



The **H**eights eadlines



October 1, 2021



Mrs. Lyster's class made an awesome bulletin board for National Truth and Reconciliation Day

Sturgeon Heights School
50 Hogan Road
St. Albert, Alberta T8N 3X7

Make Sturgeon Heights your Homepage
www.sturgeonheights.ca
Instagram: @sturgeonheightsschool

Principal: Aaron Chute
Vice Principal: Kerri Trombley
Telephone: 780 459 3990

Message from the Principal's Desk

And just like that, the first month of school is over and we are moving right along into October! Where did September go? With all our updated routines and procedures, it was a busy month of learning for all of us, but students adjusted well and have settled into their classrooms. Thank you for your patience, understanding, positive attitude, and support as we began the year in as close to our “new normal” as possible!

We continue to take direction and follow the guidelines from Alberta Health Services regarding COVID-19 protocols. We ask that you continue to complete the [COVID-19 screening](#) with your child each morning to determine if they are healthy enough to attend school. If your child becomes unwell during the day, we ask that you make arrangements as soon as possible to have your child picked up. As always, we encourage you to access the [SPS School Year Plan](#) for the most up to date information.

At a school level, our goal for this year is to get back to learning. We want to create a culture of life-long inquiry and a desire to understand and explore. This requires the skills of critical thinking, collaboration, problem solving, and creativity (to name a few), which will help students throughout life. During the course of the year, students will be taking part in a number of projects which will help them understand that learning can be fun, helpful, and practical.

As we continue to navigate the school year, please do not hesitate to contact me if you ever want to chat or ask a question. I'm always happy to talk.

Aaron Chute, Principal
aaron.chute@sturgeon.ab.ca



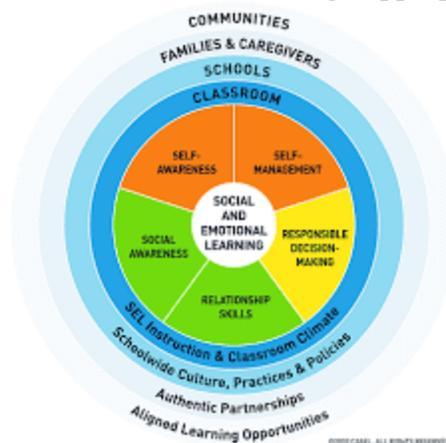
Coaches' Notes - September 2021:

Welcome back to school, Sturgeon Families!

We are pleased to be back at school to work with your children after a well-deserved summer break. Although we are still managing some health protocols, we can see every day how much our children are enjoying being back at school and able to interact with classmates and staff again.

This year we have a new staff member joining us as an Instructional Learning Coach for grades K to 4. Mrs Amanda Murray is also working as a Learning Coach at Camilla School. We see Mrs. Murray on Wednesdays, Thursdays and every other Friday. We are already seeing how fortunate we are to have her expertise added to our staff.

Ms. Johansson is continuing in the role of Instructional Learning Coach for grades 5 to 9 this school year. In addition, she has taken on the brand new role of Mental Health and Wellness Coach. She is excited to have this opportunity to work with students across all the grades, supporting teachers in focusing on Social-Emotional Learning Competencies. She will visit classrooms in K-9 once per week for health lessons, using the Kimochis program for K-3 and resources such as CASEL for grades 4-9. The month of October will focus on Self-Awareness at age-appropriate levels across the grades.



Since the start of the month, Ms. Murray has been helping to ensure teachers have the information they need to address their students' learning needs. It takes loads of effective teamwork for schools to battle the social, emotional, and academic challenges of this pandemic. Sturgeon Heights teachers are going above and beyond to ensure their students experience success at school.

Ms. Johansson has been working in classrooms alongside teachers to review the Read and Write for Google program for use with digital materials and texts, and to instruct students in the use of C-pens for reading text in books, textbooks and on paper. As well, she has enjoyed spending time in grade 6-9 ELA classes, team teaching reading comprehension strategies and descriptive writing.

TIPS and TOOLS for student learning:

Parents, if you have a St Albert or Morinville Public Library card, take a moment to have a look at these eLibrary links that you can access from home once you are logged in at your local library's website.

Kindergarten and Grade 2 literacy at home through Early World of Learning:

EARLY WORLD OF LEARNING

- Interactive reading, games, and more
- Preschool to early elementary
- Early Literacy



[More >>](#)

Grades 3 to 9 students could access Solaro as a resource. This site has a lot of text and quizzes (with answers provided). So much so, that for grade 3 to 5 students it is an excellent English, Math, and Science parent & child buddy program for practicing grade level curricular outcomes. For grade 6 to 9 students it is invaluable as a tool for reviewing learner outcomes in English, Math, Science and Social.

SOLARO

- Alberta curriculum
- Grades 3-12
- Study help
- Exam prep



[More >>](#)

Wishing you a fabulous fall season,

Mrs. A. Murray, Instructional Learning Coach K-4

amurray@sturgeon.ab.ca

Ms. J. Johansson, Wellness Coach K-9; Instructional Learning Coach 5-9

jjohanss@sturgeon.ab.ca

Dear Sturgeon Families:

Welcome back to school! We are all so happy to have everybody back in the building, and we are off to a great start! This year I am new to the role of Sturgeon Heights counsellor, and I am excited to work with and alongside the students to support them in any way I can. I have been part of the Sturgeon Heights family for 9 years now, and I am excited to venture into this new role. I will be the counsellor for grades kindergarten to 9, until Ms. DeLuca returns in January, at which point she will be the counsellor for kindergarten to grade 5, and I will remain the grades 6-9 counsellor.

In addition to counselling, I will be working alongside our learning coaches, Ms. Johansson and Mrs. Murray, to support students in the classroom as schedules allow.

There is a counselling section on our school website with a variety of resources, including some with help for dealing with COVID-19. This section will be updated throughout the year, so you are invited to have a look from time to time to see what's new.

I hope you are all enjoying the return to school and managing the new routines. As always, we are here to support our Sturgeon Families, so please contact us if you have any questions or concerns. I wish you a wonderful fall season.

Mrs. Ohm

Back To School Anxiety

5 TIPS FOR PARENTS/CAREGIVERS:

- 1 Start with the BASICS**
 - ensure healthy eating habits
 - begin practicing bedtime routines
- 2 Listen to your child**
 - empathize and normalize their feelings/fears
 - ASK, "What worries you?"
- 3 Role-play and Problem solve**
 - DON'T say "you'll be fine!" or "don't worry!"
 - DO practice scenarios and model appropriate responses
- 4 FOCUS ON THE POSITIVES**
 - ask what THREE things they're looking forward to
 - go back to school shopping with them and let them choose their supplies!
 - Buy their FAV snacks
- 5 MODEL confidence AND comfort**
 - say goodbye JUST ONCE to them
 - be cheerful but FIRM!

www.artastherapy.ca

Amanda.Ohm@sturgeon.ab.ca

Counsellor

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MESSAGE FROM OUR TRUSTEE:

Hello Sturgeon Heights Families! I hope everyone enjoyed the beautiful summer. It seemed to fly by. School is back in full swing with a new year full of hard work, fun, challenges and changes.

The first School Council meeting, a blend of in-person and on-line, was well attended and all positions filled. We are lucky to have a great group of involved parents and it felt good to be back in the school in person.

I am proud of our students for their recent participation in the Terry Fox Run, the Division Cross-Country Run and the Truth and Reconciliation activities. Thank you to the staff and parents that assisted with these, and the numerous other events in our busy school.

I am very happy to have Mr. Aaron Chute, our new principal, as a part of our team and look forward to working with him to ensure a successful school year for everyone!

*Trish Murray-Elliott
Trustee, Ward 4
trish.murray-elliott@sturgeon.ab.ca*



Participation in Orange Shirt Day was well-received by Junior High students.

BOARD MEETINGS:

Board and Committee Meetings are currently closed to public in-person attendance.

Committee of the Whole Meeting

Time: 4:00 pm - 6:00 pm Wednesday, October 13, 2021

The Board of Trustees meets twice a month during the school year. The Public Board meeting is held on the fourth Wednesday at 4:00 pm. The Committee of the Whole meeting is held on the second Wednesday of every month at 4:00 pm.

Board and Committee Meetings are currently closed to the public. Please join us online at the link below.

Webex Online Meeting Link:

<https://sturgeonpublicschools.my.webex.com/sturgeonpublicschools.my/j.php?MTID=m55ae1c4fb3af139586e11e82e9cf2841>

If prompted for password: Sturgeon2021



Public Board Meeting

Time: 4:00 pm - 6:00 pm Wednesday, October 27, 2021

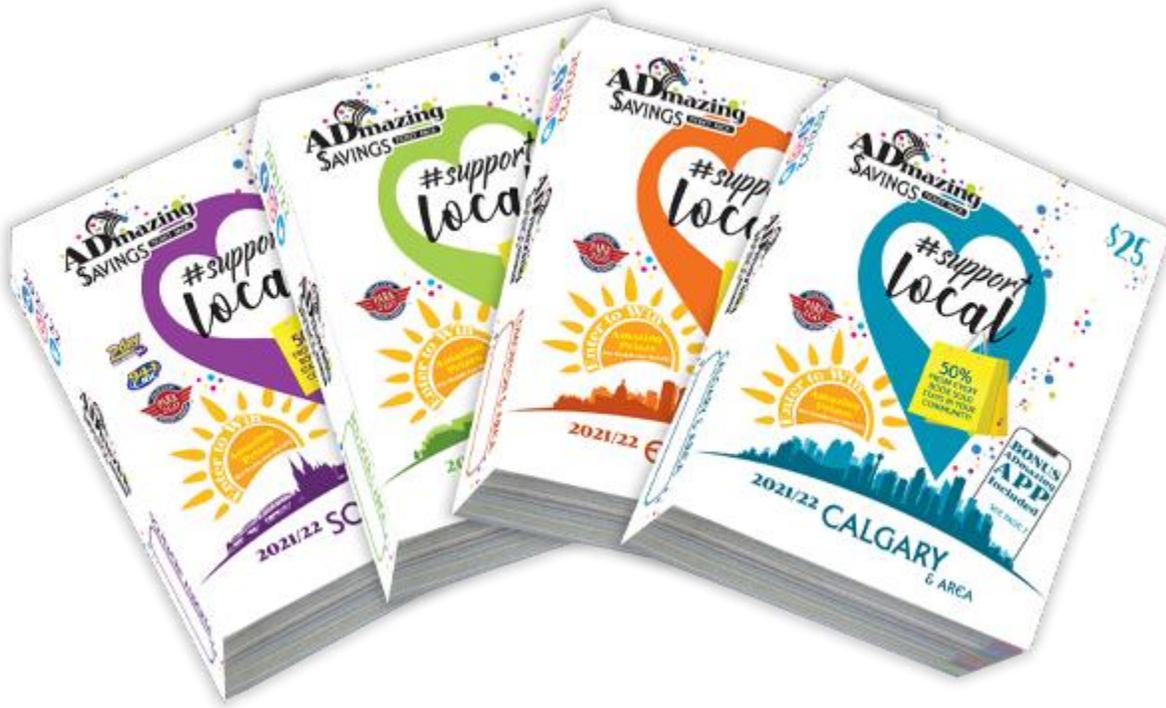
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If prompted for password: Sturgeon2021



**We have ADmazing coupon books for sale!
\$25 each. Watch for an email coming out with further details.**

S TURGEON HEIGHTS MEDIA, CALENDARS:

Be sure and check out Sturgeon Heights' website: www.sturgeonheights.ca and Facebook page for pictures, information and events. You can follow us on Instagram: @sturgeonheightsschool
Division calendar for the entire year is at www.sturgeon.ab.ca

You will find a calendar attached for October. Please remember that dates and events are tentative. We do our best to keep you up-to-date and informed as things sometimes change.

The Friday emails go out at the end of each week also – for your information.

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Ms. Oswald had her Foods classes making chocolate cake and bannock this week!



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FIRE DRILLS:

Students and staff have just started practicing fire drills for this year. We want everyone to be comfortable with the way these practises run should the need every arise. Everyone did a great job!

PICTURE RETAKE DAY:

Pictures were recently taken at the School by Lifetouch Photography. **Retakes will be done on the morning of October 13th. If your child attends Tuesday/Thursday kindergarten, please feel free to bring them in for a picture retake on this morning. If that doesn't work for you, let us know and we will find an alternative solution.** We ask that staff and students that want a retake bring their original online form to school so teachers know who needs to have a retake done. Please make sure your son/daughter knows they are having retakes. We don't want to forget anyone in the process.

THANKSGIVING DAY:

Monday, October 11th is Thanksgiving Day! There is NO school on this date. Students and staff have the opportunity to spend the day at home with their family.

STAFF MEETING and PROFESSIONAL DEVELOPMENT DAY:

The PD/Staff meeting day for October is coming up on **Tuesday, October 12th**. There will be **no classes** for students.

FALL BREAK IN NOVEMBER:

For your information and to assist with your planning – there is a Fall break for students and staff in November this year. No classes from November 8th to 12th, with a return to school on November 15th.

INCLEMENT WEATHER POLICY:

Please read below for the Division policies on Inclement Weather

320: Inclement Weather

EFFECTIVE: March 27, 2019
REVISED: September 23, 2020
REVIEW: 2022-2023

1. POLICY

The Board believes that the responsibility of the safety of school bus passengers during periods of inclement weather or hazardous road conditions is shared by the Board, its staff, school bus operators and by parent guardians. The final decision to send a child to the bus stop or to school rests with the parents/guardians, even though buses and schools may be operational.

School bus service shall be suspended at a temperature of minus forty (40) degrees Celsius, as determined by the Weather Network at Bon Accord, AB., or as articulated in 2.4.1.

Schools shall remain open when school bus services are suspended by the Superintendent/CEO or designate and will receive students who are transported to school by their parents/guardians.

The Principal or designate shall be responsible for determining the need for suspension of recess and/or other student activities as a result of inclement weather. The lowest temperature at which students will be required to go outside shall be -25 Celsius including wind chill and as determined by the Weather Network at Bon Accord, AB.

2. GUIDELINES

2.1 This Policy will be shared in school newsletters no later than November first of each school year.

2.2 Schools Remain Open

2.2.1 Regardless of the routes affected by suspension of school bus service, all schools will remain open.

2.3 Communication of Altered Bus Service

2.3.1 Media Notification A decision by the Superintendent/CEO or designate to suspend school bus service shall be communicated by the Transportation Coordinator through the following official communication channels:

2.3.1.1 local radio stations (e.g. CFCW, CHED, CBC and CISN);

2.3.1.2 television stations Global and City TV; and

2.3.1.3 the Division website and social media accounts.

2.4 Bus Service Altered

2.4.1 Suspended by Superintendent/CEO or Transportation Coordinator

2.4.1.1 The Superintendent/CEO or designate shall direct a system wide suspension of school bus service in every instance where in their opinion, climatic and/or road conditions constitute a significant hazard to the safety and well-being of school bus passengers. Attempts should be made to contact neighboring school jurisdictions regarding their plans to suspend school bus service.

2.4.1.2 Suspension of school bus services may be limited to a specific region or route of Sturgeon Public Schools.

2.5 Proper Clothing

2.5.1 Parents shall ensure that their children who are school bus passengers are wearing weather appropriate clothing.

References:

Administrative Procedure: AP575, Exhibit 2: Transportation Rules and Regulations

255: Inclement Weather Decisions for Schools

Date: July 24, 2020

Responsible Administrator: Associate Superintendent Education Services

PURPOSE

Careful planning is necessary to ensure the safety and well-being of all Sturgeon Public students at school during inclement weather.

PROCESS

The Principal or designate shall be responsible for determining the need for suspension of recess and/or other student activities as a result of inclement weather.

PROCEDURE

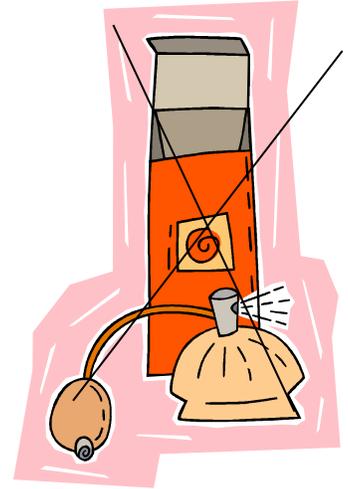
1. The Principal or designate is responsible during inclement weather to ensure they act in a reasonable manner and with full regard for the safety and wellbeing of all students.
2. The lowest temperature at which students will be required to go outside shall be -25 Celsius including wind chill and as determined by the Weather Network.
3. The Principal shall establish provisions for students at school during inclement weather conditions. The provisions shall include:
 - 3.1 The designation of an area for students who are outdoors to use for periodic shelter when needed.
 - 3.2 That students will at all times be permitted access to washroom facilities.
 - 3.3 Sufficient adult supervision is provided to ensure student safety.
4. The Principal of each school shall ensure that staff, students and parents are familiar with the provisions for keeping students safe during inclement weather.
5. The Principal shall include a copy of the provisions for keeping students safe during inclement weather in their school newsletter no later than November 1st of each school year.

STURGEON HEIGHTS IS A NUT FREE AND SCENT FREE SCHOOL

Sturgeon Heights has strived to be a “peanut and nut free environment.” Our school has several children with severe peanut and/or nut allergies. To these students, the taste, touch or smell of peanuts and/or nuts could cause an anaphylactic reaction (severe allergic reaction that could lead to death if untreated), which would require the injection of epinephrine by an EpiPen, and a 911 call immediately.

We ask that parents of children in our school and staff open their hearts to these children and their families. We need everyone’s co-operation to minimize the risks that these children face on a daily basis. As caring individuals and collectively, as a school and a community, we need to diligently do our best to keep all children safe.

Peanut and nut oils are easily transferred onto other items, such as doorknobs, computers, books, playground equipment, etc. This is known as cross-contamination. That is why it is so important not to have any peanut or nut products anywhere in the school.



Please check labels carefully before any food items are sent in to the school.

Many people are extremely sensitive to perfumes, colognes, aftershaves and other scented products. Please do not wear them at any time in the building.

Thank you to all students, staff and community members for your attention to both of these sensitivities.

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**Mrs. Denomme's class had lots of orange shirts
in honour of National Truth and Reconciliation Day**

LUNCHES:

Lunches, snacks and beverages are a big part of each school day. Please ensure you are sending enough with your child to get them through the day.

The school does not hand out cutlery, so please send from home if your child requires cutlery to eat their lunch with.

Junior high students are able to use microwaves this year. Please consider using a thermos for younger grades if your child requires a hot lunch from time to time.

Snack Shop is not running at this time.

YEARBOOK:

The 2020 – 2021 Yearbook made it in to the school a short time ago. If you didn't order over the summer, and would still like a copy, please call or email the office. Cost is \$34 per book.

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ATTENDANCE:

If your child is at all unwell, please keep them at home. The next step would be to call 811 and follow the AHS Questionnaire. You will be advised if a COVID test is required. Please advise the school of results should you go for testing.

If your child is going to be late or absent, it would be appreciated if you would leave a message on the answering machine at School 780 459 3990. We take attendance every morning and if there is not an excused absence, a call will go out to you to ensure the safety of our students. Once you receive the call, it would be appreciated if you would call the school to confirm the absence.

You may also email the absence information to: SHSabsences@sturgeon.ab.ca

Thank you for your attention to this matter.

****LEADERSHIP****

The Leadership class has planned a few events for October:

September 27-October 8 - Collection of clothing donations for the Canadian Red Cross. Students can drop off clothing in Rm. 121. Please make sure all clothing items are in good condition and in a sealed plastic bag.

October 5 - Crazy Clothing Contest

This event will be for all grades. It will be judged in the library during your recess break. Don't wear a "costume" - just wear crazy mixed up clothes...plaid and stripes, circles and squares, lots of colors, anything you think looks fun and crazy.

October 19 - Wear your Best Vacation outfit to school

Wear something to school that you might wear on vacation - a great sunhat, flower lei (following dress code, please)



Grade 8 was well-represented



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