

December 6, 2024

Parent Week At A Glance

December 8 – December 14, 2024



St. Charles Catholic
Elementary School



Christmas Concert Reminder

December 10- Kindergarten to Grade 3- **Matinee at 10:30 am;**
Evening performance begins at 6:00 pm. Doors open at 5:30 pm

December 11- Grades 4-6- **Matinee at 1:30 pm;** Evening performance
begins at 6:00 pm. Doors open at 5:30 pm

The matinee performances do not require a ticket for entry and will not require a limit, however for the evening performance we are only able to provide entry for 2 people as per fire regulations. We appreciate your understanding of the limit.

For the evening concerts:

Please drop off your student at their regular school day door starting at 5:00pm. Parents will then proceed to the front doors for entry with their tickets. This will help us ensure a safe and timely entry and start to our amazing concert.

Should your child not be attending the evening performance, please advise your child's teacher, so that extra tickets can be distributed to families on a waitlist.



Best Seats in the House Raffle in Support of The Edmonton Catholic Schools Foundation

We are offering families the opportunity to win a set of front row seats to our upcoming Christmas Concerts. Make a donation by using the form sent home on December 3rd and your name will be entered to win a pair of front row seats for one of the EVENING concerts. **One entry is \$2.00 and 3 entries are \$5. Last Day to purchase tickets is Monday. Draw happens on Tuesday and parents will be contacted.**

The Edmonton Catholic Schools Foundation directly impacts students' lives, supporting their well-being and academic success through breakfast, lunch, and snack programs, mental health assistance, and financial subsidies to make school activities accessible to all. The Foundation also provides grants to help schools purchase extra resources and equipment for their unique programs, allowing every student to reach their fullest potential.

Important Reminder- Schedule Change for December 19 & 20

Please note the schedule changes for Thursday, December 19, and Friday, December 20:

- Thursday, December 19: This is a full day of school (full day dismissal time of 2:39pm). Families are reminded to pack a lunch for their child. Kindergartens are at school during their regularly scheduled times.
- Friday, December 20: This is a half day of school (early dismissal at 11:29am) , and there will be no Kindergarten classes on this day.

Thank you for your attention to these changes as we approach the holiday break. We come back to school on Monday, January 6th.

Weekly Advent Celebrations



Advent is a time to prepare for the birth of our Lord JESUS CHRIST.

We will be celebrating Advent each week in December before we head off for Christmas holidays. Our 1st Advent celebration took place on Monday, December 2 at 8:30 am in the gym. Our 2nd Advent liturgy and lighting of the Faith Candle will be held on **Monday December 9 at 8:30 AM**. Our 3rd Advent Liturgy will be held on **Monday December 16 at 8:30 AM** and we will light the Candle of Joy. Our 4th and final Advent Liturgy and Christmas blessing will be celebrated with Fr. Cramer on **December 19th at 1:00 PM**. Families are welcome to join us. We look forward to celebrating this meaningful season of hope and anticipation with you!



ECSD Annual Survey

1. Complete the paper survey
2. Fill out a survey for each child registered
3. Return by January 10, 2025

Visit ecsd.net/annualsurvey for more information

Upcoming Parent & Student ECSD Surveys

Edmonton Catholic Schools is committed to providing an excellent Catholic education to the more than 50,000 students we serve. We believe it is important to hear your thoughts on the overall performance of your child's school and the Division so that we can see what's

working and what needs to be improved. One of the ways we gather your feedback is through the ECSD Annual Survey. This year, paper surveys are back and will be distributed either through your child's school or sent directly to your home.

How to Participate?

- Fill out a Survey - Take a few moments to complete the survey—it's a small step that makes a big difference for our Division.
- One Survey per Child - If you have more than one child in ECSD, please complete a survey for each student, focusing on their individual educational experiences.
- Return by January 10, 2025 - Return the survey using the provided business reply envelope. You can send it back through your child's school or drop it in any Canada Post mailbox. Due to the Canada Post strike, you are encouraged to return the survey directly to your child's school.

Inclement Weather



The health and safety of students is a paramount consideration in the organization of outdoor activities and recess. Decisions regarding outdoor activities are to take into consideration inclement weather that may result from the following conditions or combination of conditions:

Continuous rain, Extreme wind, Extreme cold and/or Air Quality.

Environment Canada's weather for Edmonton is the site that is consulted at https://weather.gc.ca/city/pages/ab-50_metric_e.html.

The suggested guideline is that students do not go outside if the temperature is -20° C or colder, or if the temperature and wind chill factor are -20° C or colder.

- During inclement weather (e.g. temperatures below -20° C with windchill) students will be permitted in the school at 7:45 am. Indoor supervisors will be assigned to

supervise areas inside the school. Outside bus supervision will still occur from 7:45 am to 8:00 am.

- Recess will occur indoors during inclement weather. Students will remain in their homeroom classes and schedules may be prepared for classes to access the gym during indoor recess breaks.
- Late arrivals of all students after 8:00 am, are, at all times, asked to enter the main doors.
- Students are to re-enter the school at the end of the day if they miss their bus, the bus is delayed, a sibling forgets to meet the student, etc.

Bus Transportation



REMINDERS FROM EDMONTON CATHOLIC SCHOOLS TRANSPORTATION DEPARTMENT

Information regarding pick up and drop off times for your child are found on PowerSchool.

Parents of kindergarten and grade one students are reminded that there must be an ADULT (not an older sibling) at the stop to receive the student. If there is no adult at the stop, the student will remain on the

bus and will be returned to school to await pick up.

All transportation enquiries/concerns are to be addressed to the Edmonton Catholic Schools Transportation department at 780-441-6078, NOT the school, bus driver or bus carrier.

Upcoming Events:

Did you know...

November 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	
Collection for World Day of the Poor						
• 8:00 AM Skating K-2 at Castledowns Arena	• 10:00 AM Parish Council Truth and Reconciliation Consultation in Gr 4B	• 8:00 AM Sing for Santa Ticket Sale Last Day	• 8:00 AM Kindergarten Program	• 8:00 AM Kindergarten Program	• 8:00 AM Kindergarten Program	• 8:00 AM Kindergarten Program
3	4	5	6	7	8	9
St. Charles School Faith Day	• 8:00 AM Skating K-2 at Castledowns Arena	• 12:00 PM No Store Left Alone	• 8:00 AM Kindergarten Program	• 8:00 AM Kindergarten Program	• 8:00 AM Kindergarten Program	• 8:00 AM Kindergarten Program
10	11	12	13	14	15	16
Remembrance Day Weekend/Fall Break	• 8:00 AM Skating K-2 at Castledowns Arena	• 12:00 PM No Store Left Alone	• 8:00 AM Kindergarten Program	• 8:00 AM Kindergarten Program	• 8:00 AM Kindergarten Program	• 8:00 AM Kindergarten Program
17	18	19	20	21	22	23
Partnership Appreciation Week	• 8:00 AM Skating K-2 at Castledowns Arena	• 12:00 PM No Store Left Alone	• 8:00 AM Kindergarten Program	• 8:00 AM Kindergarten Program	• 8:00 AM Kindergarten Program	• 8:00 AM Kindergarten Program
24	25	26	27	28	29	30
• 8:00 AM Skating K-2 at Castledowns Arena	• 12:00 PM No Store Left Alone	• 8:00 AM Kindergarten Program	• 8:00 AM Kindergarten Program	• 8:00 AM Kindergarten Program	• 8:00 AM Kindergarten Program	• 8:00 AM Kindergarten Program

If you visit our website <https://stcharles.ecsd.net/> you can download the calendar to your devices? This is the most up to date calendar of events.

Follow us on Instagram [stcharles_ecsd](https://www.instagram.com/stcharles_ecsd) for updates and announcements, and do not hesitate to reach out to us at (780) 456-5222 or email us at 8057PublicEmail@ecsd.net if you have any questions or need assistance.

Focus: Joy DECEMBER 2024 Advent	
December 8	Second Sunday of Advent
December 9	AHS Immunization All Day Advent Liturgy @ 8:30 AM- All Are Welcome
December 9-15	Hour of Code "Making the Invisible Visible"
December 10	Christmas Concert 6:00 PM, K-3 matinee 10:30
December 11	K-2 Skating (make up date) Christmas Concert 4-6 6:00 PM, matinee 1:30
December 12	Fr. Cramer Visits Grade 2A & 2B
December 13	School Spirit Day and Hot Lunch- IHop 4B cookie decorating at 10:00AM Haidee deRoca-Garcia here for STEM Activities with Grade 5A and 2B
December 15	Third Sunday of Advent
December 16	Third Advent Liturgy @ 8:30 am Grade 4B and 6A Making ornaments for Seniors
Thursday December 19	Full Day of Classes 4th Advent Liturgy with Father Cramer-1:00pm
December 20	Kindergarten Programming Early Dismissal- Christmas Break begins
December 22	Fourth Sunday of Advent & Christmas Eve
December 23 – Jan 3	Christmas Break



Important Reminders:

Parking Lot

Please be aware that the parking spots opposite the school are Community league parking. We ask parents to avoid using the staff parking lot for drop off so that teachers have space to park when they arrive at work. Let's be good neighbours and do our part.

Thank you to our families who are using the drop and go in the morning. The students are able to come in safely and traffic moves smoothly.

Just a reminder to not stop in the bus zones before our buses arrive as they need to let the students off in a timely fashion.



School Spirit Day- PJ Day & I-Hop- December 13. Orders for Hot Lunch are due before Sunday December 8 before midnight!

School Start Times/ Lates/ Illness- PLEASE Communicate with our office

SCHOOL HOURS

Hours of Operation Kindergarten Monday, Tuesday, Wednesday & Friday	
Morning Program - 8:00 AM – 11:00 AM Additional Days: September 26, 2024, October 10, 2024, October 31, November 07, 2024, December 20, 2024, January 30, 2025, February 13, 2025, March 21, 2025, April 17, 2025, May 15, 2025	
Hours of Operation Grades 1-6 Monday, Tuesday, Wednesday & Friday	Hours of Operation Grades 1-6 Thursday
Block 1: 8:03 AM – 9:45 AM <i>(First Bell: 8:00)</i> Recess: 9:45 AM – 10:00 AM Block 2: 10:00 AM – 11:45 AM Lunch: 11:45 AM – 12:05 PM Recess: 12:05 PM – 12:20 PM Block 3: 12:20 PM – 2:00 PM Block 4: 2:05 PM – 2:39 PM Dismissal: 2:39 PM	Block 1: 8:03 AM – 9:45 AM Recess: 9:45 AM – 10:00 AM Block 2: 10:00 AM – 11:29 AM Dismissal: 11:29 AM
Bell Schedule Monday, Tuesday, Wednesday & Friday	Bell Schedule Thursday
8:00 AM – Inside & Outside Bells 8:03 AM – Inside Bells 9:45 AM – Inside Bells 10:00 AM - Inside & Outside Bells 11:45 AM – Inside Bells 12:05 PM – Inside Bells 12:20 PM – Inside & Outside Bells 2:39 PM - Inside Bells & Outside Bells	8:00 AM – Inside & Outside Bells 8:03 AM – Inside Bells 9:45 AM – Inside Bells 10:00 AM - Inside & Outside Bells 11:29 AM – Inside & Outside Bells

Volunteers at St. Charles-

All people wishing to volunteer with us will need to complete a **volunteer form** for the year. Some parents will require a police record check (PIC) and child welfare check (IRC) if they are going on field trips or working with students. Please provide your child's teacher with your email address and interest in volunteering.



Police Information checks for volunteers, ages 18 and above, can be obtained free of charge directly from Edmonton Police Services, with a voucher which is provided by our Division. The voucher must be **used within 1 week of obtaining it**. Please check your junk mail if you haven't received it.

Some field trip volunteers may also require an IRC to be completed, which is free. Please contact your local Children's Services office or email CS-IRCrequest@gov.ab.ca for a blank form.

Please note that the clearance is valid for one year from the date it was issued. Once you have received your documents, please send them to the office.

Supporting Wellness in our Schools and Families

Meet Our School Support Team

Karla Blimke, our **Family School Liaison Worker (FSLW)**, offers support to our students and families here at St. Charles School. Mrs. Blimke will be at our school on **Mondays and Fridays**. Her email is karla.blimke@ecsd.net



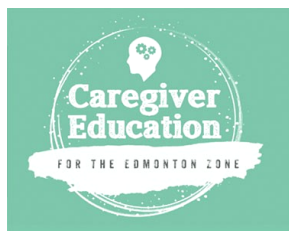
Ms Fenisha, our **Emotional Behavioural Specialist** works alongside our teachers to provide support for our students. She will also be working directly with students to help support their development. Ms. Fenisha will be here Monday to Friday all day. Her email is fenisha.francis@ecsd.net

Families Helping Families at St. Charles

Please reach out to our office if you are experiencing challenges. Our school team is here to support all our families.

Winter Clothing

For families requiring assistance with winter clothing, please contact our office. We have sizes available. Thank you to our Knights of Columbus, and our families for the generous donations.



Alberta Health Services is proud to offer FREE online programming for parents and caregivers who support children and youth, as well as sessions for adults looking to support their own wellness. Sessions are live and interactive. Our aim is to increase awareness and reduce the stigma around addiction and mental health challenges, provide participants with evidence-based information, and offer strategies that promote health and resilience. [Click to learn more.](#)

Download our latest newsletter: [November/December Newsletter](#)

Important Phone Numbers

- Recovery Alberta Children Youth & Families Centralized Intake Services: 1-780-342-4415
- Recovery Alberta Crisis and Stabilization Team: 780-407-1000
- Canadian Mental Health Association Distress Line: (780) 482-4357
- Kids Help Phone: Phone 1-800-668-6868 • Text 686868 • Message online kidshelpphone.ca

Check out the many more resources on **Healthy Living/ Healthy Communities**

U of A Nutrition Students at St. Charles

Hello Parents & Guardians!

We are Cindy, Lesley, and Sophie, Nutrition students from the University of Alberta. Over the past few weeks, we've had the opportunity to lead interactive workshops with Grades 4-6 students, focusing on healthy eating. These sessions aimed to enhance food literacy, promote balanced eating, and build an understanding of how food supports overall well-being. Here's a summary of the topics we've covered:



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Food Groups	Balanced Meals	Describing Food
Students were introduced to Canada's Food Guide and its three food groups: whole grains, protein foods, and fruits & vegetables. Through interactive activities, they identified examples of each group while learning the unique roles: grains for energy, proteins for muscle health, and fruits and vegetables for essential nutrients. They practiced categorizing foods into these groups.	Students learned about balanced meals and the various ways they can look. They learned that a well-balanced meal contains a variety of food groups, welcomes cultural and traditional foods, and provides a mix of nutrients essential for growth and health. Students had an opportunity to build their own balanced meals.	We explored how the senses of taste, smell, touch, and sight can be used to evaluate and describe food characteristics. For instance, they practiced describing the sweetness of a ripe mango, the crunchiness of celery, the smooth texture of yogurt, or the vibrant colors of a salad. These activities aimed to enhance their descriptive skills and appreciation of the sensory qualities of foods.

Recipe to Try: Veggie and Cheese roll-ups

Ingredients:

- 1 large whole-grain tortilla (or any tortilla of your choice)
- 2 tbsp cream cheese or hummus (for spreading)
- 1/4 cup shredded carrots
- 1/4 cup baby spinach leaves (washed and dried)
- 2 slices of cheese (cheddar, mozzarella, or your favorite type)
- Optional: sliced bell peppers, cucumbers, or avocado

Instructions:

1. Prepare the tortilla: Lay the tortilla flat on a clean surface or cutting board.
2. Spread the base: Evenly spread cream cheese or hummus across the entire tortilla.
3. Layer the veggies and cheese
4. Roll it up: Starting at one edge, tightly roll the tortilla into a log shape.
5. Slice into pinwheels: Cut the roll-up into 1-inch thick slices.
6. Serve and enjoy!

Next Steps for Healthy Eating

- Meal planning - Practice planning meals that include a variety of food groups. Provide your child with opportunities for involvement in planning, preparing, or packing meals.
- Food literacy - Encourage your child to try new foods and practice describing the taste, texture, smell, and appearance.
- Food preparation skills - Include your child when preparing meals to provide hands-on experience in the kitchen!

2024-2025 DIVISION CALENDAR

● First Day of Classes
● Last Day of Classes

September 3
June 25

○ Early Dismissal Day

○ Cancellation of Early Dismissal Day

● PUBLIC HOLIDAYS *NO CLASSES*

Heritage Day	August 5
Labour Day	September 2
National Day for Truth and Reconciliation	September 30
Thanksgiving Day	October 14
Remembrance Day	November 11
Christmas Day	December 25
Boxing Day	December 26
New Year's Day	January 1, 2025
Family Day	February 17
Good Friday	April 18
Easter Sunday	April 20
Easter Monday	April 21
Victoria Day	May 19
Canada Day	July 1

● NO CLASSES

Fall Break/ Remembrance Day Weekend	November 8-12
Christmas Vacation	Dec 23-Jan 3
Faith Development Day/Staff PD	February 26
Teachers' Convention	February 27-28
Spring Break	March 24-28
Victoria Day Weekend	May 19-20

OTHER IMPORTANT DATES

Catholic Education Week	October 19-25
Catholic Education Sunday	October 20
Holodomor Memorial Day	November 23
Ash Wednesday	March 5
World Catholic Education Day	May 29
National Indigenous Peoples Day	June 21
First Day of Summer School	July 2

AUGUST 2024

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SEPTEMBER 2024

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DECEMBER 2024

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JANUARY 2025

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APRIL 2025

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MAY 2025

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JUNE 2025

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JULY 2025

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Chief Superintendent December Message December 2024

Please visit the website <https://www.ecsd.net/december-2023-message> for Chief Superintendent Anderson's December message.

Scholastic Book Fair Success!



Our Winter Wonderland Scholastic book fair was a very successful fundraiser for our school this year thanks to the generous sales from students and St. Charles families. Our total sales were **\$6,660.42**. Scholastic let us know that our school broke the Alberta Sales Record for an elementary school under 450 students. Way to go St. Charles! Our fundraiser dollars available for our literacy needs totalled 3331.21 (50% of the sales!)

We are so blessed to have such supportive families! A huge shout out to our wonderful Mrs. Melnyk who organized and ran the book fair with our wonderful parent volunteers!

In Sports News

Congratulations to our **Volleyball Teams** and our coaches for an amazing season! **Way to go Cardinals!** We look forward to your last game in our Teachers vs Students face off!



Celebrating the Sacraments

Congratulations to Jackson, Paige and Mabel on receiving the Sacraments of Reconciliation and First Communion! May you always know how much He loves YOU!



First Reconciliation &
First Communion



Grade 4-6 at the Citadel

Our students in Grades 4-6 travelled down to the Citadel Theatre where they enjoyed the performance of A Christmas Carol. A beautiful story with a powerful message for everyone at this time of year, reminds all of us of the blessings we have and our responsibility to care for those less fortunate.



Community Board Baturyn Community League

Visit <https://www.baturyn.ca/> to learn more about events and to sign up for their newsletter

Child Care Available at St. Charles



Before and After School Care

for children 6-12 years old

Kids & Company is a leading child care and early learning provider. In addition to child care for children under 5, we also offer School Age programming for children ages 6-12, including Before and After School care.



Register



Why Kids & Company?

- Programming tailored to each child's interest.
- Meals and snacks provided by Kidco Kitchen.
- Care is provided on non- school days including PD Day.



**kids&
COMPANY**

Parish News



Please visit [St. Charles Parish](#) for more on what is happening in our Parish.

Weekday Mass Times

- Tue: 6:30pm
- Wed: 9am
- Thu: 6:30pm
- Fri: 9am
- Sat: 9am

Weekend Mass Times

- Sat: 4:30pm
- Sun: 9am, 11am, 7pm

A reminder to all parents to send in a picture of your child once they have celebrated their sacraments.

CHRISTMAS SEASON SCHEDULE

St. Charles Reconciliation Celebration

Wed. December 11 7PM

Christmas Eve

Tue. December 24 6PM, 9PM 12Midnight

Christmas Day

Wed. December 25 11AM

Holy Family Sunday

Sat. December 28 4:30PM

Sun. December 29 9AM, 11AM, 7PM

New Years Eve

Tuesday, December 31 4:30PM

New Years Day

Wednesday, January 1 11AM

Christmas Season Weekday Mass Times

Thursday, December 26—6:30PM

Friday, December 27—9AM & Adoration