Sacred Heart School Jeekly Jolate

Hold the Date

- June 26 LAST DAY OF SCHOOL
- Aug 28 Back to School Bar-B-Que
- Sept 2 1st Day of School

Service of the servic

Cree Word of the Week Later (see ya later) -<u>mwestas ¬·^C^ IPC</u>

Important Links & Contact Information

School Cash

https://starcatholic.schoolcashonline.com/

Parent PowerSchool

https://sh.starcatholic.ab.ca/parents/powerschool

Attendance Email

sh.lg.attendance@starcatholic.ab.ca 780-352-9355





ATTENDANCE MATTERS regularly miss school, they miss out on fundamental reading and math skills and the chance to build good attendance hal the future.



REMINDER: school class hours are 8:40 - 3:15 doors open @ 8:30 AM

June 23 - June 27, 2025

June 23 Monday Day 5	June 24 Tuesday Day 6	June 25 Wednesday Day 1	June 26 Thursday Day 2	June 27 Friday Day
Gr 9 Math PAT - part A Gr 7 & 8 - Math part A Exam students will leave the school after they complete their exam and are dismissed	Gr 9 Math PAT - part B Gr 7 & 8 - Math part B Exam students will leave the school after they complete their exam and are dismissed	Gr 9 Social Studies - PAT Gr 7 & 8 - Social Studies Exam students will leave the school after they complete their exam and are dismissed	Gr 9~ Science PAT Gr 7 & 8 - Science Exam students will leave the school after they complete their exam and are dismissed	LAST DAY FOR TEACHERS Sacred Heart Feast Day Mass Report Cards go LIVE
Div 2 (GR 4-6) Trackmeet Welcome to Kindergarten to new students by invitation only NO SCHOOL FOR KINDERGARTEN	Year End Mass @ Sacred Heart Parish NO SCHOOL FOR KINDERGARTEN	Div 1 & 2 Assembly - theme - KNDNESS NO SCHOOL FOR KINDERGARTEN	Gr 4,5,6 Swimming - PM NO SCHOOL FOR KINDERGARTEN LAST DAY OF SCHOOL	on your Parent PowerSchool
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You can find all the above on our website site below: <u>https://sh.starcatholic.ab.ca/</u>

We have to say Good-Bye...

As the school year comes to a close, we want to take a moment to say goodbye and express our heartfelt thanks to the teachers and EAs who are moving on. Your dedication, compassion, and hard work have made a lasting impact on our school community. You've inspired students, supported colleagues, and helped shape a positive learning environment that will be remembered long after you've gone. Though we're sad to see you leave, we wish you all the best in your next chapter and hope your journey ahead is filled with success, joy, and new opportunities. You will be truly missed!

Christa Howey Cristina Fischer Caitlin Hunt Erin Daly Melissa Burke Jason Abtosway

Parent Council for the 2025-2026 School Year



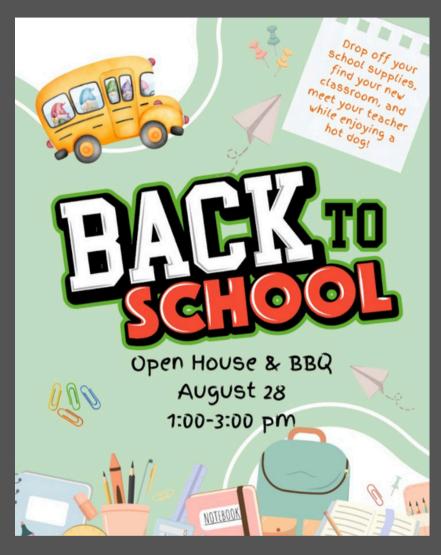
Welcome! 2025-2026 Council Members Chair- Amanda Johnson Vice Chair - Sarah Seinen Treasurer - Aimee Hiebert Secretary - Tammy Hardie

Fundraising Coordinator & Commitee - Sam Ali, Alanda Warford, Cherryl Hackelberg

Resigning Council: Vice Chair: Ashley Cross Treasurer: Miranda Hardy Fundraising: Tanya Hendriks

Thank you to our 2024-2025 Council Members for all their help this past year.







School Supplies



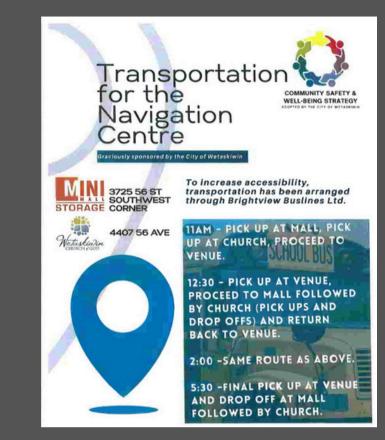
Can be found on our school website: https://sh.starcatholic.ab.ca/parents/supply-lists



Mental Health and Addiction Support, Domestic Violence, Health Navigation, Government Financial Assistance, Legal Advice, Virtual Opioid Dependency Program, Employment, FASD Support, Victim Services, Food Insecurity, Housing Support, and Information and Community Referral Services.

Additional partners include:









Hi Parents, Guardians, Staff, and Students,

Summer holidays are fast approaching and with that comes "less" school structure & adult supervision.

That being said, SCREEN time can become a huge problem ~ IF we allow it?!

Having the "tech talk" before they are consumed by "summer boredom" will help with bed time battles, brain fog, addiction, and arguments.

Some recommendations: <u>https://protectkidsonline.ca/app/en/</u>

1. Sit down & talk with your kiddos about all things tech (video games, cell phones, social media, ipads etc.)

2. Discuss your expectations, dealbreakers, non negotiables, healthy & unhealthy usage & screen time.

3. Collectively design a contract / safety plan together.

4. Discuss "screen influence" i.e.: apps, websites, celebrities, influencers, content, and shows that are age appropriate/ not age appropriate.

5. Discuss the hidden dangers and what to do IF they feel uncomfortable about someone/ something.

6. Discuss privacy/ passwords, parent controls, limitations, private VS public access. It is highly encouraged to know your children's passwords ~ this is NOT an invasion of their privacy, this is parenting!

7. Discuss screen time, usage & night time expectations. It is highly encouraged that cell phones do NOT go to bed with your kiddos ~ think "safety!" After all, would you allow a stranger in your kids bedroom for a sleepover? The internet is FULL of adult content, predditors, stranger danger, cyber bullying & blackmailing to name a few...

By creating healthy habits, establishing respect & rules around social media, screen time, and video games you will be teaching your child to manage screen time independently, know the dangers, listen to their gutt, and trust you, so that they WILL come to you when they need to!!

Lastly, model healthy habits for them ~ monkey see/ monkey do...

Little extra info re: some of the "hidden" dangers & support if needed!

Alberta Integrated Child Exploitation (I.C.E.) Unit is a Provincial Integrated Unit involving the RCMP, the Calgary Police Service, the Edmonton Police Service, the Lethbridge Regional Police Service and the Medicine Hat Police Service. There are two teams; a Northern Alberta Team covering all areas north of Wetaskiwin and a Southern Alberta Team covering all areas south of (and including) Wetaskiwin. Each Team is comprised of a Team Leader, Investigators and Forensic Technicians.

Accessing, possession, distribution, importation, manufacturing of child pornography and any computer-related child sexual abuse Child luring over the internet

Voyeurism involving victims under the age of 18 years

Child Sex Trade/Tourism

If you have any concerns regarding any of the above-mentioned child exploitation concerns, contact our local Police Department,

Edmonton Police Service complaint line or,

<u>www.cybertip.ca</u>

an you believe June is here? We've almost survived another year...

I wanted to emphasize that June isn't just summer fun, sun, and relaxation. June also means good-byes, transitions, year-end assignments, tests, finals, and PATS for some, which can all shake & stress out the calmest of kids.

When it comes to change & goodbyes it is normal for kiddos to feel all the uncomfortable & sad feelings that come with these experiences. Even though it can be tough, allow feelings like sadness to visit and just like a guest in our home and those feelings will leave. Just like the weather changes, so do our feelings! It is important to recognize & name our feelings, as much as it is to experience them. This allows us & our kiddos to "grow"through tough times & overcome obstacles, thus build resiliency and bounce back!

When it comes to the pressure of exams (Finals to PATs) It is important to prepare for them! SMART goals can help with this! See SMART plan below:

SPECIFIC - Focus on the particular test or assignment coming up /due.

MANAGABLE - Break up the work! Do not try to do it all in one day or cram the night before.

ATTAINABLE - I have done it before - I CAN do it again!

<u>REALISTIC - Can I reach the objective/ goal I have set for myself re: tests/ assignments? If you're sitting at 55% – don't expect ONE test or assignment to bring you up to honors in June, however, if you put in the work, the time, the effort – you CAN see positive improvement!</u> <u>TIMELY - Plan, prep, and allocate a bit of time each day/ night to read, re-read etc.</u>

Parents & Guardians, please remember - your child's Mental Health is more important than their grades! Know we are an email or phone call away! So please let your teaching team, admin, or myself know IF your child needs anything over the next few weeks xo Love & Blessings,

Ms. Lefebvre, FSLW

Have a great Summer xo Ms.L





Community Resources click <u>HERE</u>





If you are experiencing an emergency, please head to your nearest emergency department, or call 911

About:

This resource was created by the Wetaskiwin & Area Community Collaborative Network. The Wetaskiwin CCN is a collaborative network of different agencies serving Wetaskiwin and the County of Wetaskiwin.



Message from our Principal



Dear Families,

As we wrap up another school year, I want to take a moment - on behalf of all the staff at Sacred Heart School - to sincerely thank you for entrusting us with your children's education. It is truly a privilege to walk alongside you in this journey, and we are grateful for the trust and partnership you've shown us.

Our students have accomplished so much this year, and none of it would be possible without the steady support, encouragement, and commitment from you at home.

In Matthew 11:28, Jesus invites us: "Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest." As summer begins, may we all find the time to pause, rest, and reconnect with the peace that comes from God's unfailing love. Let us continue to guide our children toward that same trust and faith.

Wishing you a joyful, safe, and restorative summer. We look forward to welcoming everyone back in the fall, refreshed and ready for another wonderful year together.

With gratitude and blessings,

Tara McBride Principal, Sacred Heart School