

# ÉLES LIONS

## LOOK AHEAD

MARCH 2-6



SCAN HERE!



SCAN HERE!

Follow US!

### This week:

#### Mon, Mar 2

- First year Band Club at lunch recess
- Floor Hockey Intramurals

#### Tue, Mar 3

- 8 am - 5/6 Girls Floor Hockey Practice
- KFA Bake sale
- ¾ Girls Floor Hockey practice lunch recess
- 2nd Year Band Club at Lunch Recess
- 5/6 Homework Club at Lunch Recess

#### Wed, Mar 4

- Floor Hockey Intramurals
- Ski Club at Rabbit Hill for those signed up
- 6:30-7:30 pm - School Council Meeting
- 7:30-8:30 pm - Fundraising Society Meeting

#### Thu, Mar 5

- 8am - 5/6 Boys Floor Hockey Practice
- Hot Lunch - Edo Japan
- Band Club at lunch recess

#### Fri, Mar 6

- ¾ Boys Floor Hockey at lunch recess
- ¾ Girls Floor Hockey Tournament @Robina Baker

### What's New

#### ♦ Purdy's Chocolate Fundraiser

A huge thank you to everyone who has placed an order so far! We are officially halfway to our \$2,000 goal. All proceeds go directly toward the Grade 6 year-end field trip.

- Deadline: Orders must be placed by March 10.
- Support: Help our Grade 6 students reach the finish line!

#### 🍕 Pizza & Paint Night: Sign-Up Now!

We are thrilled to have our School Council hosting a Pizza and Paint Night on March 17. It promises to be a wonderful evening of guided watercolor painting and community.

- Registration: Families can sign up and pre-order their pizza by scanning this [QR Code](#).



#### 🏒 Floor Hockey Tournament

We want to wish the best of luck to our Grade 3/4 Girls Floor Hockey Team! They are heading to their tournament next weekend. Play hard, have fun, and show that great school spirit!

#### 📅 School Council Meeting

All parents are welcome and encouraged to attend our next School Council meeting. This month, we will be:

- Reviewing the 2024-2025 School Assurance Survey and Assessment results.
- Discussing how ÉLES is implementing our new Complexity Team to support students.

#### 🏠 PowerSchool Account Credits

When a student's registration is canceled for a pre-paid event, a credit is then applied to their PowerSchool account. These credits can be used for any future field trips or school fees. Please contact the front office if you have questions or need help applying a credit.

### Upcoming Events

- Mar 9 - PD Day - No School
- Mar 10 - ECS PD Day - No School for Kindy
- Mar 10 - Popcorn Day
- Mar 13&14 - ¾ Boys Floor Hockey Tournament
- Mar 17-19 - Sylvain Simard
- Mar 17 - 5F Bake Sale
- Mar 17 - 5:30 Pizza & Paint Family night
- **Mar 20 - Carnaval!**
- Mar 19-21 Grade 5/6 Floor Hockey Tournament
- March 25 - Parent Teacher/Student Led Conferences
- Mar 27 - No Kindergarten - Day in Lieu
- Mar 28-April 6 - Spring Break
- Apr 7 - School Resumes
- Apr 10 - Grade 3 Music Festival
- Apr 10 - Family Dance

Coming Soon!

**Out of School Care, including Kindercare, will be available at ÉLES starting in the 2026-2027 school year!**

Registration opens soon! To ensure you don't miss out, email the provider to join their interest list for the upcoming school year.

[leduclearners@gmail.com](mailto:leduclearners@gmail.com)

# COUNSELLOR'S CORNER

March Newsletter

**I matter!**

## Fostering positive self-esteem

Self-esteem refers to a person's overall sense of self-worth, value, and confidence. It encompasses how people perceive themselves, their abilities, and their place in the world. Healthy self-esteem is essential for children's emotional well-being, social relationships, academic success, and development. As your child grows and explores the world around them, your support and encouragement play a crucial role in shaping their self-esteem.

## Book suggestions:

- Be Who You Are by Todd Parr
- Birds of A Feather by Sita Singh
- Be You! by Peter H. Reynolds
- All The Ways To Be Smart by Davina Bell
- Smile by Raina Telgemeier
- Wonder by R.J. Palacio

## Other suggestions:

- Encourage positive self-talk: teach your child to replace negative thoughts with positive affirmations
- Help your child identify their strengths, abilities, and achievements
- Celebrate effort: praise your child for hard work, resilience, and determination
- Set realistic expectations and goals
- Avoid putting undue pressure or stress on your child
- Provide opportunities for success in a variety of extra-curricular activities
- Encourage independence: let your child make age-appropriate decisions and take on responsibilities around your home
- Model self-compassion
- Create a "special time" ritual by dedicating 10-15 minutes a day to where your child chooses the activity and you follow their lead. No phones, no teaching, no correcting.

**I am proud of myself!**



## Supporting a Cause Never Tasted So Good!

Buy your favourite chocolates to support **Grade 6 Year End Field Trip**



Go to [fundraising.purdys.com](https://fundraising.purdys.com) or **Scan QR**



Enter campaign ID **25730** to shop & support.

Place your order by **March 10, 2026**

Contact **Nicole Ostberg** at **780-986-6750**

for more details.



CANADA'S CHOCOLATIER SINCE 1907

# SCHOOL RESOURCE OFFICER REPORT (CPO) BLACK GOLD SCHOOLS EDITION



January 2026 Edition (completed on February 24<sup>th</sup>)

## WHY I TRADED THE ROADWAY FOR THE CLASSROOM

### SNAPSHOT



School Visits: 19 (33 hrs)

Morning Welcome During Drop-off: 6

Presentations: 37 (26 hrs)

School Council Meetings: 2

Zone Patrols: 4 (1.4 hrs)

Zone Warnings: 21

Zone Violations: 2

Investigations: 4

3 x traffic/parking

1 x information



*Graduating from the RCMP Training Academy, March 2006*

In February 2011, after one year spent as a Constable with the RCMP and four with Victim Services in Fort McMurray, I realized I was at a crossroads. Those years had rooted me and my family deeply into the community, but I wanted to do more. I decided to switch gears and become a Community Peace Officer (CPO).

During those first two years up north as a CPO, I learned that the job isn't just about writing tickets or responding to community complaints. It's about being a problem-solver. Whether I was mediating a dispute or enforcing traffic safety on a busy roadway,

the goal was always the same: education, safety, and community building.

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In 2013, the pull of family brought us south to the City of Leduc. While Leduc was smaller than Fort McMurray, it came with its own unique challenges. As I settled into my role as a General Duty CPO, I brought a simple belief with me: Safety is built on relationships, not just regulations.

Throughout my years on patrol, I found myself drawn back to our local schools. As a young boy, I remember the law enforcement officers who took the time to talk to me. They weren't just "the police"; they were mentors who made me feel safe and seen. For 15 years, I've continued to want to be like those police mentors all those years ago.

Even as a general duty officer, I looked for excuses to visit a classroom—whether it was teaching bike safety or participating in the annual liquor bag campaign. I was waiting for my opportunity to work full time in the schools.

In 2024, that opportunity arrived. I was offered the role of School Resource Officer (SRO) for Leduc's elementary schools. It is, quite literally, my dream job. I have found my place. Today, my "patrol" looks a little different—it's filled with handing out tattoos and high-fives in the hallway, safety presentations, and building positive relationships with students, staff, and families.

After 15 years in uniform, I've realized that the best way to build a community is to invest time in the children who will one day lead it.



*As a CPO in Fort McMurray: Dressed up as mascot "Bylaw Bob," and at a bike rodeo in the summer of 2011.*



*As a CPO in Leduc: Patrolling on a side-by-side in the parks, and starting as a SRO in August 2024.*

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# PRESENTATIONS

In January, 37 presentations were made in Black Gold elementary schools. They included:

## 1. DARE (36 presentations)

Drug Abuse Resistance Education began again in January. Grade six students from 6 Black Gold schools have been learning how to make safe and responsible decisions, through videos, discussions, and by working through workbook situations by using the DARE Decision-Making Model (DDMM). From the 10 sessions that DARE has to offer, the first three were presented:

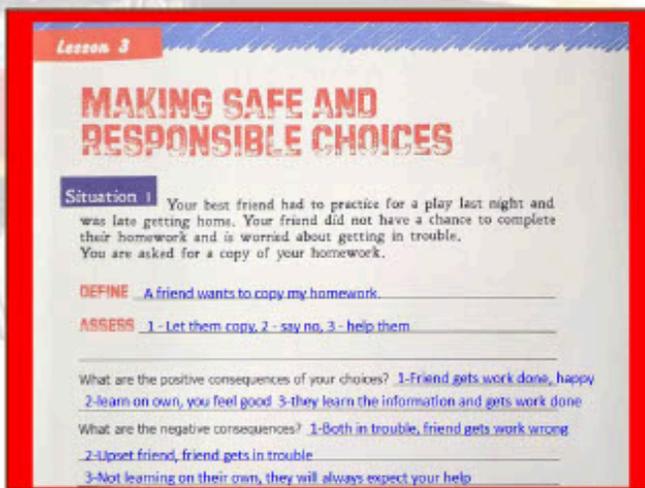
- #1 - Introduction to DARE, Keepin' It Real
- #2 - Drug Information for Responsible Decision Making
- #3 - Risk and Consequences



The DARE Decision-Making Model (DDMM) from Lesson #1.



Tobacco Facts and Health Effects from Lesson #2.



Risk and Consequences DDMM Practice from Lesson #3.



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## 2. Walking to School Safely / Winter Safety (6 presentations)

On January 13<sup>th</sup>, I visited École Leduc Estates School to present to grades 3, 4, and 5 about walking to school safely, which included some information about winter safety. Since about 13,000 people attend Alberta emergency rooms for falling on ice, it was important to teach the students how to walk like a penguin to try and avoid those falls.



### Snow and Ice Safety

- When you see ice or compact snow, you can use your Happy Feet
  - Walk like a penguin
- 13,000 people visit hospital emergency rooms each year in Alberta



*How to walk like a penguin on icy sidewalks.*

### Crossing With Bicycles / Scooters

- When at a crosswalk:
  - Get off the bicycle or scooter
  - Point - Pause - Proceed
  - Cross when safe



*How the Beatles would have crossed Abbey Road with their bicycles.*

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