

# ÉLES LIONS LOOK AHEAD

SEPTEMBER 29-OCTOBER 3



SCAN HERE!



SCAN HERE!

Follow US!

## This week:

### Mon, Sep 29

- **Orange Shirt Day**
- X-Country Practice at lunch recess

### Tue, Sep 30

- National Day for Truth & Reconciliation - No School

### Wed, Oct 1

- **Rise & Shine Breakfast Program Begins**
- X-Country Practice at lunch recess
- Gr. 4-6 Student Leadership at lunch recess

### Thu, Oct 2

- gr 5&6 Volleyball at lunch recess
- Band Club at Lunch Recess
- X-Country meet in Devon

### Fri, Oct 3

- 12:51 - Weekly Assembly (Parents Welcome)

## What's New

**This week at ÉLES.** We truly appreciate your patience and cooperation as we navigate the limited parking around our school. Our location presents a challenge, and we rely on everyone to help keep drop-off and pick-up times running smoothly and safely. If you park in the surrounding neighborhood, please be respectful of our neighbors by ensuring you do not block driveways or impede traffic flow. For parents of older children, a great alternative is to use Aileen Faller Park for drop-off, allowing your children a short walk to school. Finally, please remember that the bus hill is our designated bus lane; there is no parking permitted there during peak drop-off and pick-up times. Following these guidelines helps ensure a safe environment for all our students and maintains positive relationships with our community.

**Weekly Assemblies** - At our assemblies, we focus on a variety of topics depending on the season. Often, we teach about one of our PRIDE values. Parents are always welcome to attend. What are our values? You can find them on our website by going to "About" and then selecting "Vision and Values Statement".

**Do you eat at Boston Pizza?** If you do, you can bring your receipts to our Front Office. Our ÉLES Fundraising Society will gather the receipts and get 5% back from BPs to help with our school fundraising efforts.

**The safety of our students remains our top priority,** particularly as they travel to and from school each day. We are aware of recent reports regarding the presence of individuals experiencing homelessness in the wider neighborhood. Please be assured that the Leduc RCMP is fully aware of the situation and is actively working toward finding appropriate solutions. We encourage all caregivers to be mindful of their children to and from school. If you observe any activity in the area that causes you concern for student safety, we ask that you immediately contact the Leduc RCMP directly at (780) 980-7200 to report it. We appreciate your partnership in helping us maintain a safe community environment for everyone.

Don't forget to complete your **Student Verification Forms**, now due on your child's PowerSchool account.

Have a wonderful weekend everyone!

## Upcoming Events

- Oct 7 - 3F Bake Sale
- Oct 14 - PD Day - No School for Students
- Oct 15 - ECS PLC Day - No Kindergarten
- Oct 20 - Municipal Elections
- Oct 21 - Popcorn Day
- Oct 22 - Pumpkin Carving & Pizza Night
- Oct 28 - 4F Bake Sale
- Oct 30 - Photo Retake Day
- Oct 31 - Halloween Assembly 12:51 pm

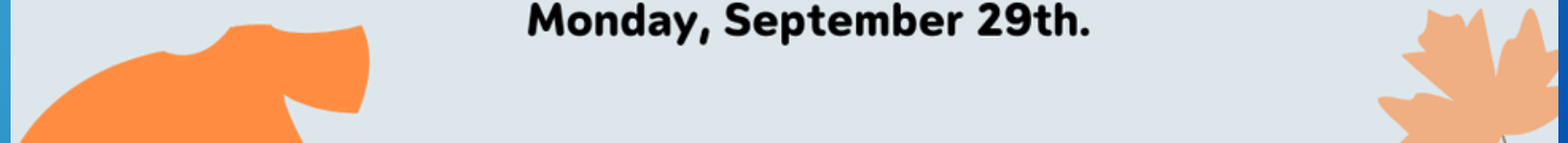


# Every Child Matters

Did you know that ÉLES is a Legacy School? Legacy Schools is a national initiative that strives to engage, inspire, and empower Indigenous and non-Indigenous educators, clubs, groups, staff, and students to take part in reconciliation everywhere in Canada. Their vision: improving the lives of Indigenous Peoples by building awareness, education, and connections between all peoples in Canada. One of our yearly initiatives is to participate in Orange Shirt Day.

Orange Shirt Day is a legacy of the St. Joseph Mission (SJM) Residential School (1891-1981) Commemoration Project and Reunion events that took place in Williams Lake, BC, Canada, in May 2013. Furthermore, Phyllis (Jack) Webstad, a former residential school student, told her story of her first day at residential school when her shiny new orange shirt, bought by her grandmother, was taken from her as a six-year-old girl.

**In honor of Orange Shirt Day and the National Day for Truth and Reconciliation, ÉLES students are invited to wear **orange** on Monday, September 29th.**





# ÉLES RISE AND SHINE BREAKFAST PROGRAM



## **Start the day right with our new school breakfast program!**

*This is a free, light, a la carte style breakfast. Whether your child has a hard time eating first thing in the morning, got up extra early for daycare, or just needs to grab a bite to eat on their way to class, everyone is welcome.*

### *Please note:*

- *This program is supported by a nutrition grant, but donations are always appreciated.*
- *Due to the a la carte style, we are unable to accommodate for allergies or specific dietary needs. We apologize for any inconvenience.*



**When? Daily from 8:10-8:30**  
Beginning October 1st  
Questions? Ask Mrs. Cable



# COUNSELLOR'S CORNER

## GRATITUDE

Teaching children gratitude offers a multitude of benefits that extend far beyond simple politeness. By helping them recognize and appreciate the good things in their lives, we foster a positive mindset that can significantly improve their mental and emotional well-being. A grateful child is more likely to be resilient in the face of challenges, as they can find silver linings and maintain hope. Gratitude also cultivates empathy, encouraging them to see the world from others' perspectives and appreciate the kindness they receive. This leads to stronger, more meaningful relationships and a greater sense of connection to their community. Ultimately, a foundation of gratitude equips children with the tools to live happier, more content, and compassionate lives.

### FOSTERING GRATITUDE IN CHILDREN

- Model Gratitude: Make it a habit to say "thank you" for everyday kindnesses. When you express gratitude for a meal, a clean home, or a helpful gesture from your child, they learn to appreciate what they have.
- Create a Gratitude Ritual: Start a simple family ritual, like sharing one thing you're each thankful for at the dinner table. This helps shift focus from what's missing to what's present.
- Encourage Acts of Kindness: The best way to feel gratitude is to give it. Encourage your child to do small, thoughtful things for others, like helping a neighbor or writing a thank-you note.

### FOSTERING GRATITUDE IN CHILDREN

- Go Beyond "Thank You": Help your child connect with the effort behind a gift or act. Instead of just saying "thank you," encourage them to think, "My friend shared his favorite toy with me. That was so kind."
- Connect with Nature: Take a "gratitude walk" together. Point out and appreciate the simple wonders around you—the warmth of the sun, the colors of a flower, or the sound of a bird. This helps them find joy in the little things.
- Read the following books or watch the following movies:
  - The Thankful Book by Todd Parr
  - Last Stop on Market Street by Matt de la Pena
  - Bear Says Thanks by Karma Wilson
  - Thank You, Mr. Falker by Patricia Polacco
  - A Charlie Brown Thanksgiving
  - Up
  - The Grinch
  - Wonder
  - The Blind Side
  - A Little Princess

### STAY IN TOUCH

Kyla Donovan M.Ed

School Counsellor

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# MUSIC NEWSLETTER

OCTOBER 2025

## THANK YOU

Thank you to everyone who came out to the Oil Kings game to see the kids sing O Canada. It was great.



## UPCOMING EVENTS

OCT

6

Choir club at lunch recess- Grades 3-6

OCT

T &  
TH

Band club

NOV

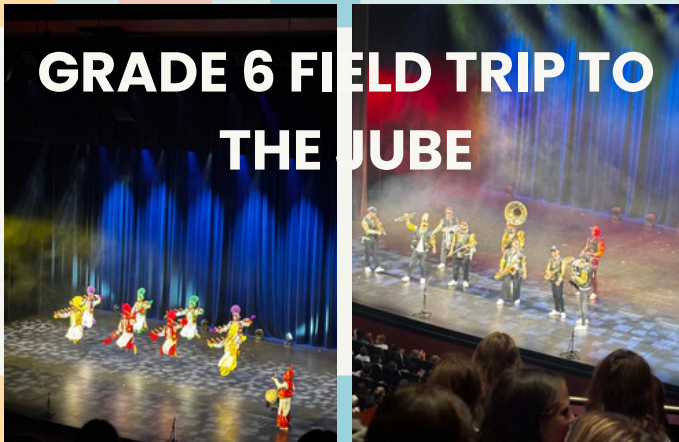
26-  
28

K, 3,4,5,6 Concerts

## REMINDERS

Don't forget to purchase your recorder on powerschool- Grades 2-6

## GRADE 6 FIELD TRIP TO THE JUBE



## CONTACT INFO

Email:  
[amanda.clark@blackgold.ca](mailto:amanda.clark@blackgold.ca)



**ÉLES, ÉLES Fundraising Society & the MHCB team  
presents a night of**

**Oct  
22**

**5:30 -  
7:30 PM**

**ÉLES  
SCHOOL  
GYM**

# **PUMPKINS & PIZZA**

**BRING YOUR OWN PUMPKINS!**



Templates, tea lights, pizza, refreshments, and  
some carving tools will be provided.

Feel free to bring tools from home.

Scan the QR code or click [this link](#) to register  
before October 16.



## Product Information

- 24/16g Original Potato Chips
- \$10.00
- 24/10g Popcorn Twist
- \$10.00
- 24/16g Cheese Sticks
- \$10.00
- Variety Pack 30/32g
- \$16.00