



École Élementaire St. Paul Elementary School

WELCOME BACK! BIENVENUE! TAWOW!

September 2025

Office Hours: 8:00 a.m.— 4:00p.m.

Phone: 780-645-3537

Absentee: 780-645-2935

Text only: 780-614-4612

Email: ses@sperd.net

**Scan this QR code to see the
SPECS public events calendar**



**DOORS OPEN FOR
STUDENTS AT 8:20 A.M.**



Welcome Message from Admin

Welcome back, everyone! It's with hearts full of gratitude that we extend a warm welcome to all of our families. We hope you've had a restful and joyful summer, filled with good moments and memories.

As we begin this new school year, we welcome a positive partnership with you in supporting and nurturing the hearts and minds of your children. Together, we will continue to foster an environment where faith, knowledge, and compassion flourish.

We are looking forward to seeing classrooms buzzing with curiosity and collaboration as new learning deepens and grows!

May God bless our students, our families, our teachers, and staff throughout this academic year.

Gratitudes & Blessings,
Adrienne Dallaire, Principal
Sherry Sosnowski, Asst. Principal
Stacey Hlushak, Asst. Principal





Welcome and please stop in at our office!

- For safety reasons, parents & guardians **MUST USE THE MAIN DOORS & STOP IN AT THE OFFICE.**
- Hallways are for staff and students only.
- Our friendly front office staff will support you if you are new to learning our routine.

Thank you for helping to make all of our students feel safe at school!



BACK TO SCHOOL 2025

SCHOOL YEAR CALENDAR

SAFE ARRIVAL ABSENCE REPORTING

SCHOOL CASH ONLINE

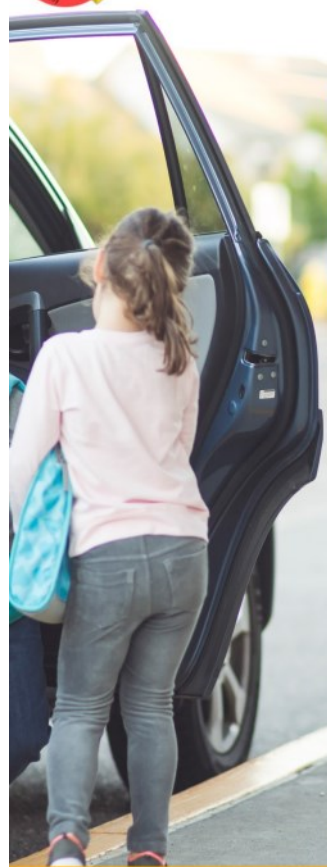
RESOURCES FOR PARENTS

ARE YOU PICKING UP
YOUR CHILD EARLY?

PLEASE STOP AT
THE OFFICE AND
SIGN OUT YOUR
CHILD(REN).



PARKING LOT DROP-OFF/PICK-UP SAFETY



- Drive slowly and be alert.
- The drive-thru ring is **ONE LANE ONLY**. No parking and no passing. Be patient and follow the flow of traffic.
- During the morning drop-off, pull up to the supervisors on the north side of the parking lot to let your kids out.
- **ABSOLUTELY NO PLAYING ON THE BIG SNOW PILE/HILL IN THE PARKING LOT.**

The Francophone Daycare and School Board parking lot is not our parking lot. Your best parking or drop-off options are:

- Our parking lot.
- Across the street from the school where we have an adult crosswalk supervisor.
- The east side of the school by the fence or postal boxes.

We appreciate your patience and cooperation during these peak traffic times for everyone's safety!

ÉCOLE ST. PAUL ELEMENTARY SCHOOL

BELL SCHEDULE



8:35	First Bell
8:40 - 8:44	Morning Announcements
8:44 - 9:17	Block 1
9:17 - 9:49	Block 2
9:49 - 10:21	Block 3
10:21 - 10:33	Recess
10:35 - 11:08	Block 4
11:08 - 11:40	Block 5
11:40 - 12:12	Block 6
12:12 - 12:29	Lunch
12:29 - 12:46	Recess
12:48 - 1:21	Block 7
1:21 - 1:53	Block 8
1:53 - 2:05	Recess
2:07 - 2:40	Block 9
2:40 - 3:12	Block 10
3:17	Dismissal Bell

Bus Status App




The Bus Status App

St. Paul Education's bus app is called "Bus Status" and is available as a FREE download from the [Apple App Store](#) or [Google Play](#). Bus Status makes keeping tabs on our buses simple. Parents and guardians can select the bus routes they want to follow and receive notifications for in the event those routes are delayed or cancelled.

The status of bus routes will also be displayed on the division and school websites for those without access to a mobile device capable of receiving push notifications, such as a cell phone, or for those who prefer a browser-based experience.

Instructions for downloading the Bus Status 4 App are available [here](#).



Journey To Communion
 What better gift than to accompany your baptized child in his/her
Journey to Communion!
Be ready for the September 7th kickoff!
Register NOW!



SIGNS of GRACE
You Are Forgiven

Reconciliation
September - November

SIGNS of GRACE
You Are Sent

Confirmation
January - February

SIGNS of GRACE
You Are Loved

Holy Communion
February - May

spcp.ca/sacraments

Journey To Communion
 *Journey to Communion*
Sacramental Prep 2025-26

FIRST RECONCILIATION
SIGNS of GRACE
You Are Forgiven
September
7th & 21st
October
5th & 19th
November
2nd
15th (Retreat & Celebration)

CONFIRMATION
SIGNS of GRACE
You Are Sent
January
11th & 25th
February
7th (Retreat)
10th (Celebration)

FIRST HOLY COMMUNION
SIGNS of GRACE
You Are Loved
February
22nd
March
15th
April
12th & 26th
May
3rd & 10th
23rd (Retreat)
24th (Celebration)



spcp.ca/sacraments

SCAN TO REGISTER AND FOR MORE DETAILS!



BACK TO SCHOOL PRAYER

Blessed are you, Lord God,
Creator of body and mind and heart;
you have sent the Spirit of wisdom and knowledge
to guide your people in all their ways.

At the beginning of this new school year,
in this time of uncertainty and anxiety,
we implore your mercy.
Bless and protect our students, teachers,
staff and their families.
Give wisdom to the decision-makers,
be they in our schools or our homes.

Expand the horizons of our minds,
and deepen our commitment to seek
the truth of your ways.
Enliven our faith to reach out to those in need,
particularly those isolated and lonely.

In these days when so much has changed,
help us to trust in the love of your Son Jesus,
our Divine Teacher, who is the same
yesterday, today, and forever. Amen.





FSLW/Counselling Program

Hi! My name is Mrs. Filipchuk and I am the Family School Liaison Worker/School Counsellor at St. Paul Elementary School. I provide one-on-one support and assistance to students and their families relating to emotional health and wellness. I focus on a variety of areas to support the emotional well-being of the child so that he/she can focus on his/her educational needs and goals.

The following is a small list of some of the issues I can address:

- *Anxiety/Depression
- *Loss & Grief
- *Family Difficulties/Disruptions
- *Big Emotions
- *Problem Solving
- *Conflict Resolution

I work closely with our School Psychologist, Rachael Upham to discuss the children's needs and their overall mental health.

This year I may provide small group work with students on specific issues and concerns.

I am also an important resource and link to outside agencies when needed. I receive referrals from staff, parents, community members, agencies, peers, or the individual in need. Those who wish to make a referral may contact me by phone or in person at the school. If you have any questions regarding the FSLW program, please contact me at 780-645-3537.

Wishing all students and their families a fantastic school year!

Parent Council



PARENT COUNCIL AGM

You are welcome to join us...

- Start up meeting:

Sept. 16th @ 6:30pm at the school in the Gathering Area

- Afterwards, every 3rd Tuesday of the month.

MEET THE SCHOOL PSYCHOLOGIST

Rachael Upham (Ms. Rachael)
Registered Psychologist



I'm in my 3rd year at SPECS as part of the Integrated School Supports Program (ISSP). I provide a variety of supports at school including one-on-one and small group counselling/therapy; consultation for teachers, school staff, and parents; and help support learning, behaviour, and mental health in a variety of different ways. Students experiencing difficulties which are impacting their functioning at school are prioritized. However, I am always happy to have a chat with parents/guardians who may have questions or concerns and can help navigate where to access support. I work closely with our School Counsellor/Family School Liaison Worker, Ms. Olga Filipchuk and school administration team.

I believe children function within the context of their environment and the most effective interventions involve a collaborative, team approach - including both home and school. Together we can work together to best support students to be happy and successful at school!



Hours: Monday-Friday
8:30am to 4:30pm

Referrals: Made by school staff, parents/guardians. Either speak to your child's classroom teacher or give me a call at the school 780-645-3537

What is ISSP?

The Integrated School Support Program (ISSP) is a child wellness initiative intended to provide essential services to address a variety of needs in diverse schools and communities. The goal is to improve academic performance and the social, emotional, and physical well-being of children ages 5-12.

ISSP is a collaborative community initiative managed by the Calgary Police Youth Foundation (CPYF). CPYF partners with several school authorities, the Ministry of Mental Health and Addiction, the Ministry of Education, the Ministry of Children's Services, and Alberta Health Services, along with several community partners, to ensure that Alberta students and families have ready access to the supports they need.

There is a research component to ISSP which includes surveys twice a year completed by students Grade 2-5, parents, and school staff. More information will be coming out about surveys in October. The research is an important component to advocate for the continued support of ISSP past our 5 year contract.



Mental Health & Addiction News

September 2025

Monitor Screen Time

Screen time includes use of computers, TVs, video games, smartphones, and tablets. Help kids build healthy habits by limiting screen time and teaching safe, smart media use. Keep devices in a shared space, like the kitchen, and create screen-free zones during meals, bedtime, and family time.

Canadian Pediatric Society Guidelines:

- Under 2 years: No screen time
- Ages 2-4: Less than 1 hour per day
- Older children: Less than 2 hours per day

Balance Screen Time with Other Activities

Ideas:

- Indoor: Reading, arts and crafts, board games, puzzles, cooking, imaginative play
- Outdoor: Biking, sports, nature walks, playground time, sidewalk chalk
- Family: Game nights, dance parties, DIY projects, visiting the library or local events

Why Limit Screen Time?

- Too much screen time—whether TV, tablets, phones, or games—can affect kids' sleep, schoolwork, and relationships.
- It can lead to more frequently choosing highly processed foods and fewer nutritious choices.
- It may reduce physical activity.
- Try to balance screen use with habits like outdoor play, reading, and family time.

Use Screen Time to Learn

Help your child learn by viewing and talking about TV and other media together.

Choose TV shows that:

- Repeat ideas to help kids learn
- Pause and ask kids to join in
- Teach only one message at a time
- Model good media use to teach children to use screen time mindfully

MORE RESOURCES, visit:

[Media Smarts.ca](https://www.media-smarts.ca)

- Search: Screen Time
- myhealth.alberta.ca



For information on mental health, community supports, programs and services in your area:








Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642



2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labour Day	2 Day 1 First day of School 	3 Day 2	4 Day 3 Welcome Assembly— 9:30 a.m.	5 Day 4 Opening Liturgy— 11:00 a.m. 	6
7	8 Day 5	9 Day 6	10 Day 1	11 Day 2	12 Day 3	13
14	15 Day 4	16 Day 5	17 Day 6	18 Day 1	19 PLC Day No School	20
21	22 Day 2	23 Day 3	24 Day 4	25 Day 5	26 Day 6 	27
28	29 Day 1	30 Day 2 National Day for Truth & Reconciliation Wear Orange 	Upcoming Events: October 1 & 2—Picture Day October 9—Faith Formation Day—No School 			

SPECS is an ALLERGY AWARE Zone