



The Heights Headlines



November 30, 2021



Winter has come to Sturgeon Heights – and the displays are wonderful!



Sturgeon Heights School
50 Hogan Road
St. Albert, Alberta T8N 3X7

Make Sturgeon Heights your Homepage
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Instagram: @sturgeonheightsschool

Principal: Aaron Chute
Vice Principal: Kerri Trombley
Telephone: 780 459 3990

FROM OUR PRINCIPAL:

The first two and half months of the school year have certainly been busy ones for everyone at Sturgeon Heights! We are never too busy, however, to recognize and celebrate successes, including our keen focus on learning and on daily improvement, exemplary student behaviour in the school and in the playground, and substantial evidence of good citizenship. Good news stories about classroom and individual accomplishments are shared with me regularly! Thank you, parents, for your strong support of student learning at home, and for reinforcing school expectations. Our students are a pleasure to work with!

The weather has begun to get cooler during the past couple of weeks and is a good reminder for parents to make sure your child is wearing warm clothing to school. Whether on the bus or walking to school, a good winter jacket and a toque, mitts or gloves and boots will keep your child warm during the day and at recess times.

Finally, with winter break fast approaching, we anticipate some families may be planning to travel. If your family is planning to travel within or outside Canada, please remember to check the COVID-19 travel and re-entry requirements at <https://travel.gc.ca/travel-covid> and <https://www.alberta.ca/covid-19-travel-advice>.

Best wishes and warmest regards.

Aaron Chute, Principal
aaron.chute@sturgeon.ab.ca



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HAPPY 50th BIRTHDAY STURGEON HEIGHTS SCHOOL!!



Our amazing school turned 50 in November and we look forward to celebrating in the spring/summer of 2022.

Details to come as they are available and as restrictions allow.



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**Mrs. Gauthier's students decorated
an outstanding door for
their classroom**

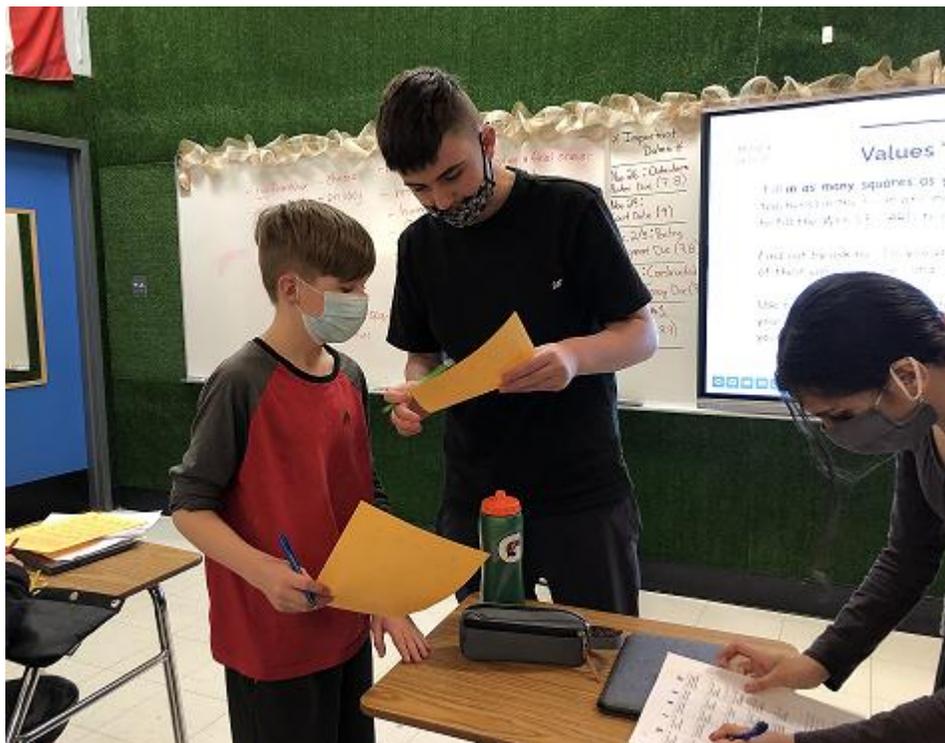


Coaches' Notes - November 2021

Sturgeon Heights' staff hope that you had a wonderful fall break this month. With our recent dump of snow, we are presently enjoying that time of year when cuddling-up with comfort snacks and a great book can be a treasured time.

Wellness Coach News

Ms. Johansson has continued her visits to all classes for social-emotional learning lessons. Primary students continue to learn about emotional regulation through the Kimochi program. Elementary and junior high students are working on self-awareness and awareness of others through learning about values. We have done discussions and activities based on the "What Matters" materials by Danielle Reed, "Coach on the Go" "The strategies we learn will be used for conflict resolution and building positive relationships throughout the year. For "Anti-bullying Week" (November 15-19), students played a game of Values Bingo to learn more about the values of their classmates.



Primary students will be sorting the Kimochis (feelings) and creating a class "Kimochi meter" we can use for checking in with our emotions each day and as a tool for conflict resolution. They will talk in their groups about which feelings are "hard to have" and which ones are "easier to have" to help them build emotional self-awareness. Each week, primary "kindness detectives" report on how their class has been doing with showing kindness and using skills we are learning in class.

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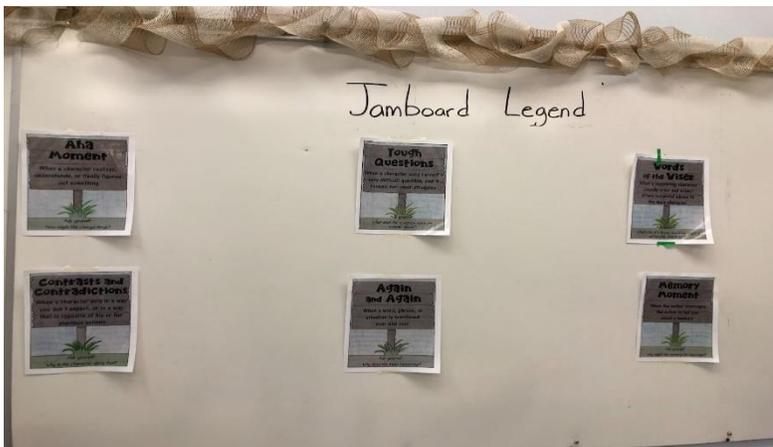
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Learning Coaches' News

Differentiated instruction supports the wide variety of background knowledge, skills, and attitudes that students bring to each different learning opportunity. Sturgeon Heights' K-4 teachers work tirelessly to provide students with differentiated programming that addresses the learning levels of each student in their classrooms. One goal of teachers is to develop expert learners that know their own strengths and challenges when it comes to learning new things. Thank you for participating in parent-teacher interviews at the beginning of the month, so teachers can hear about your child from multiple perspectives. We make a great team.

As Learning Coach for grades 5-9, Ms. Johansson continues to support teachers with assistive technology use in their classrooms. Students are learning how to use speech to text and text to speech applications to help them with various stages of their school work. For example, in the brainstorming stage of a writing assignment, a small group can use the speech to text tools to record their conversation, and then go back to clean up the lists of ideas they generated for use in creating their outlines and drafts. Grade 5 to 9 classes are receiving a few sets of microphone headsets that can be used by students in the cohort for better sound clarity when working on individual work with speech to text.



Ms. Johansson has also enjoyed working with grade 6 students on a reading comprehension strategy called "Signposts" based on the work of Robert Probst and Kaylene Beer. This strategy helps readers to stay focused on the story and notice important details as they read. 6M will be finishing up a novel study with some differentiated student projects in the next few weeks. Our junior high students have also continued to use these strategies for their novel study this fall. All classes have used the Jamboard, a virtual whiteboard app, for recording their answers in groups or as a class.

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TIPS and TOOLS for student learning:

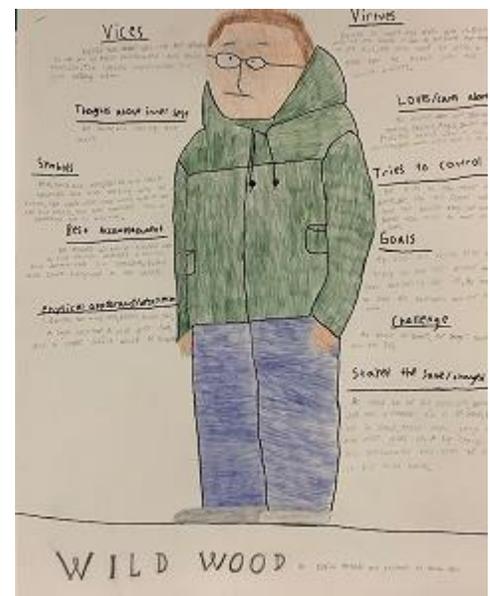
Sturgeon Heights' teachers develop creative, engaging activities to teach and provide student practice opportunities to support your children's growth in literacy and numeracy. Research shows that playing with sounds and patterns forms the basis for phonemic awareness and number concepts.

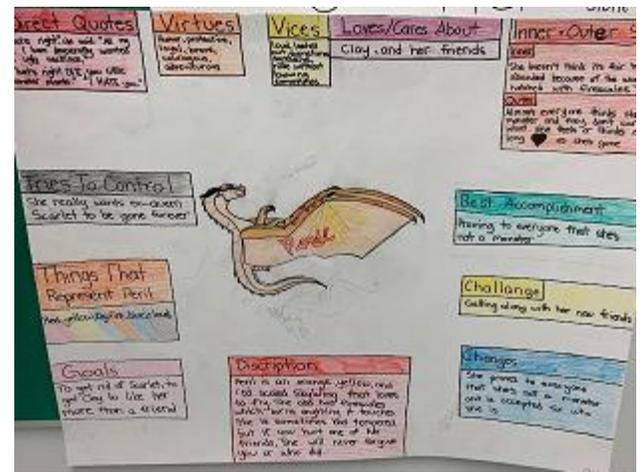


As we approach the holiday season, we encourage you to share riddles, songs, rhymes, and puns with your family. These oral traditions build student's background knowledge and literacy skills. Students who are involved in planning and budgeting for holiday gift purchases have the opportunity to develop and apply numeracy skills. Involvement in activities such as these contribute to student success at school.

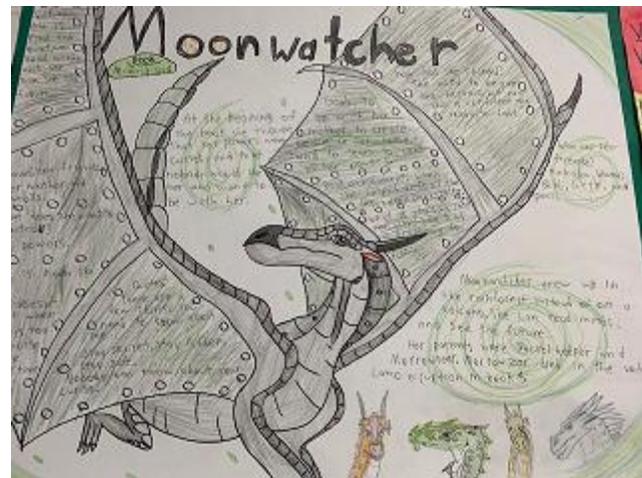
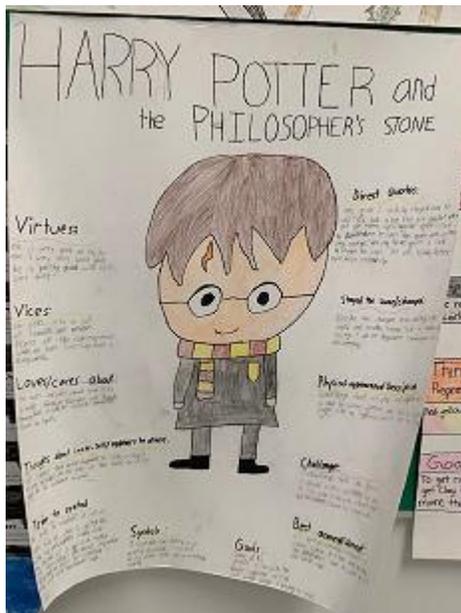
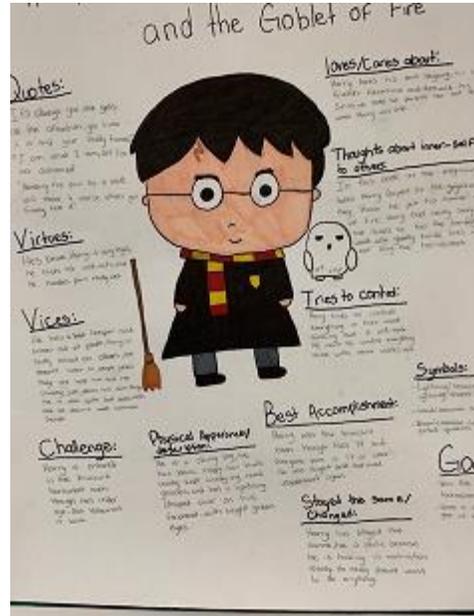
Ms. A. Murray, Instructional Learning Coach K-4
amurray@sturgeon.ab.ca

Ms. J. Johansson, Wellness Coach K-9; Instructional Learning Coach 5-9
jjohanss@sturgeon.ab.ca





Mrs. MacKay's and Mrs. Hellinga's students made some wonderful posters depicting the research they did on various books.



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MESSAGE FROM OUR TRUSTEE:

Hello Sturgeon Heights Families,

November has been a busy month for Trustees with two conferences and numerous meetings. The month saw the release of two important Division documents, the 2020 – 2021 Alberta Education Results Report (AERR) and the 2020 – 2021 Audited Financial Statements. Both will be available shortly on the Division website at www.sturgeon.ab.ca and I encourage everyone to view them.

Our first Fall Break received a positive review and it is being considered again for next year. There was strong support from our School Council that the National Day for Truth and Reconciliation, September 30, be recognized as a holiday for students and staff for next year. Thank you to everyone for providing feedback.

November also saw some challenges in the bussing and snow removal areas. Thanks for that, Mother Nature. I understand the confusion and disruption to your schedules and the Division will try to make the decision of suspending bus service with as much notice as possible. Even if busses are running, as always, it is up to parents whether or not they want their children to take a bus, and it is up to each bus contractor and driver to decide if they are comfortable driving with the conditions in their area. Extra snow cleaning options have been put in place to help clear parking lots and bus lanes, when necessary. I appreciate our families' patience as we work through these issues.

I thoroughly enjoyed watching the Sturgeon Heights video from the Land Based Learning trips. It is a great example of the engaging opportunities offered at our school and the feedback I received was outstandingly positive. Thanks to Mother Nature for co-operating too!

Trish Murray-Elliott
Trustee Ward 4
Trish.murray-elliott@sturgeon.ab.ca



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**"The Pigeon Wants a Puppy" -
 Story enjoyed by Mrs. Cornet's Kindergarten class
 Artwork by Mrs. Cornet's Kindergarten class**

**In Kindergarten, we want a...tiger - whale - giraffe -
 penguin - dragon...**



PREMIERING DECEMBER 16TH, 2021

Sing the Same Song

Holidays look a little different this year as the hidden Veil sweeps into town, snuffing out the lights of the season. Throughout this magical tale, light fights its way through darkness, changing the hearts of those who see its dazzling rainbow of colours. We are once again reminded that even in the darkest of times, we each have a light that shines bright for all to see!

We will be filming classroom/department groups on specific dates:

On Wednesday December 8th we will be filming the finale sequence, and encourage all of our students to wear holiday/festive clothing. Thank you!

Filming Schedule:
 December 8th
 Classes 4R, 34C, 3H, 1H, 2R, 2O, 5D
 December 7th
 Classes 6M, 1L, 4C, 1G, 5BF
 December 6th
 Finale filming, all classes
 December 5th

All speaking roles, mini Veil dance, Boomwhacker group

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POPPY SALES:

The St. Albert Royal Canada Legion Branch #271 poppy campaign would like to thank everyone for their generous donations this year. Donations from the school amounted to \$281.80!

HOLIDAYS FOR CHRISTMAS:

Dismissal on **Friday, December 17th** will be at the regular time of 3:10 p.m. All students will begin their Christmas holidays on **December 18th** and will return in the school at the regular time on **Monday, January 3rd, 2022.**

BOARD MEETINGS:

The Board of Trustees meets twice a month during the school year. The Public Board meeting is held on the fourth Wednesday at 4:00 pm. The Committee of the Whole meeting is held on the second Wednesday of every month at 4:00

Board and Committee Meetings are currently closed to the public. Please join us online at the link below.

Committee of the Whole Meeting

December 8, 2021 Time: 4:00 pm - 6:00 pm

Webex Online Meeting Link:

<https://sturgeonpublicschools.my.webex.com/sturgeonpublicschools.my/j.php?MTID=m55ae1c4fb3af139586e11e82e9cf2841>

If prompted for password: Sturgeon2021



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SPORTS:

VOLLEYBALL

League Volleyball volleyball teams had a fantastic year. The girls' team worked hard and showed a lot of growth throughout the season and were able to win third place overall. Congratulations girls! Boys' came up short, after a strong start and should be proud of their performance. Great job by all! Go Eagles Go!

BASKETBALL

Tryouts for the boys' and girls' basketball teams took place last week and practices will begin on a regular basis. Enjoy your play! Team members in no particular order:

Junior Boys

Ty Funk
Jawad Ammar
Shaun Eagleson-Sun
Koen Koretz
Rian Kennedy
Logan Schneider
Noah De Varennes

Coach: Ms. Brenna Oswald

Junior Girls

Jayden Allen
Eden Hebb
Kaya Kanji
Mikka Lorsoff

Coach: Mr. Kris Perlinski

Senior Boys

Braxton Boddez
Kayde Blair
Hayden Barry
Tymoore Ammar
Evan Halabi
Christian Dabbagh
Tyson Whitney
Max Morrison
Jeremy Lawson
Gavin Chinni
Brandan Lazaruk

Senior Girls

Anna Perlinski
Isabella Barsotti
Robyn Baron
Avah Coyes
Easha L'Heureux
Naina L'Heureux
Emily Rasmussen
Breanne Wolff
Avery Wood
Isabella Young



WEATHER:

We have had many pleasant weather days, however, the temperatures are chillier. Please ensure your children are properly dressed – boots, gloves/mitts/ hats/toques, winter jackets and ski pants. Children are only kept inside on days when the temperature reaches below -25 with the wind chill.

SNACKS / LUNCHES:

Please ensure you are sending sufficient snacks, lunches and beverages for your children to get them through their busy days. There is no Snack Shop running this year, and no microwaves available. Please send cutlery if your children require it to eat their lunch with.

IN SCHOOL HOURS AND LATE ENTRY:

The day begins for students in the school with announcements at 8:40 a.m. They should be in their classrooms and settled by time O Canada is played each morning. Should your child be late, they need to ring the doorbell at the front of the school, (regardless of what door they usually enter through), and they will be let in. They need to stop by the office and let us know which room they are going to – and they are on their way!

Every effort should be made for students to arrive on time, rather than late, if at all possible. Of course, we realize that there are many reasons for late arrivals. We would rather see them late, than not at all!



Ms. Rutherford's "students" were trying to catch snowflakes!

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Outerwear

&

Underwear



Gloves

Socks

Mitts

Slippers

Hand warmers

Scarves

Underwear

Jackets

Hats



Donations go to **Bissell Center**

Deadline: Dec 10

CUPE Local #4625

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