



Administrators' Message



As we step into December, we are reminded of the beginning of our liturgical year, which began with the season of Advent. Advent, which started on November 30, spans the four Sundays leading up to Christmas. It is a season of hope, reflection, and preparation, as we await the Adventus Domini—the coming of our Lord. While Advent prepares our hearts for the joy of Christmas, it is distinct from the Christmas season itself, offering us a special time to pause, reflect, and grow in faith.

During Advent, families and school communities are invited to embrace practices that nurture spiritual growth and strengthen our connections with one another. Lighting the Advent wreath, sharing daily reflections, and offering small acts of kindness are just a few ways we can experience the hope and anticipation of this season together.

We encourage you to read the December message from our Division's Chief Superintendent, Lynnette Anderson, which can be found [here](#). Her message highlights ways we can live out our Catholic values and support one another during this sacred time.

As a school, we have many wonderful activities planned this month that celebrate the spirit of Advent and the joy of the Christmas season. From our 12 Days of Christmas activities, a visit with Santa and our festive Cocoa Bar, to liturgies and charitable initiatives, our students are actively participating in ways that reflect the generosity, compassion, and faith at the heart of our community.

As we journey through this sacred season, may it bring peace, joy, and renewal to your homes. On behalf of all of our staff, we wish you a blessed Christmas and a Happy New Year filled with hope, love, and happiness!



Jennifer Dimas
Principal



Beth Pecson
Assistant Principal



Sonia Schultz
Assistant Principal

Advent before Christmas—A Reflection

A lot of people are unaware that the Church's liturgical year begins with the First Sunday of Advent. Unfortunately, in western culture, we have come to see these four weeks prior to the great Christian feast of Christmas, as a time for putting out the nativity scene, putting up a tree and decorating the house with lights, as well as a time for intense shopping and partying. We put on the Christmas music and hum to it while we are engaged in activities that make the home environment festive. Often times, the time of Advent is overshadowed by a hastening of Christmas. This is seen clearly in our malls and shopping centers where signs of Christmas have been evident since before Remembrance Day in November.

Christmas is a beautiful feast on the Christian calendar, but to deny the season of Advent its place in the liturgical year removes much of the meaning of Christmas. During Advent, we are invited to silent reflection on what the Incarnation of Christ opens us to. We focus on God's promise as articulated by the Prophets of old, who foretold of the hope, peace, and joy that would be birthed for the salvation of all. The lighting of the Advent candles and the use of other symbols in our liturgies and classrooms, are meant to remind us of God's desire to enter human history and instill and inspire hope in a world that does not often recognize hope or happiness.

This year, Advent begins on November 30. A good way to prepare for Christmas is to let Advent take its course; to postpone Christmas until December 24th. Our focus and practices

Inspired by our Good Shepherd, Jesus, to Love, Learn and Lead.

should take us to Christmas, by remembering, recalling, rejoicing in the promise of God to send us a Savior so that all may know of God's justice, mercy, and fidelity. Prayer, silence, reflection, and giving birth to Christ on a daily basis will help us to restore the deep meaning and relevance of Christmas as a religious festival and help us to remove some of the materialism that has become associated with it. Let us travel the path of Advent toward Christmas. Let us not lose sight of God's Word made flesh in our own lives and actions.



Advent Celebrations

Throughout December, students will be marking each week of Advent with a classroom celebration. The school-wide Advent celebration celebrating the first week of Advent will take place in our school gymnasium on Friday, December 5 at 1:15 pm. Families and friends are welcome to join us!

Our School Charism: “Inspired by our Good Shepherd, Jesus, to Love, Learn and Lead.”

Jesus Christ Is the Good Shepherd. In the Bible, shepherds are used to represent leaders of God's people (see Isaiah 63:11; Jeremiah 23:2). Shepherds watch for enemies who might attack the sheep, and they defend them when necessary. They tend to sick or wounded sheep and search for and rescue lost or trapped ones. In Christ's teachings, shepherds love their sheep and try to earn their trust. The sheep know, love, and trust the shepherd above all others. A good shepherd will even die for his sheep. Christ contrasts the shepherd with the hireling, who deserts the sheep in times of danger because he does not love them (see John 10:11–13).

Jesus Christ is the Good Shepherd. In John 10:14–15, Jesus explains that He and His sheep know each other, just as He and His Father know each other. This kind of relationship develops over time and requires personal experience.

A shepherd watches over sheep. In the scriptural stories the sheep are in danger; they need protection and nourishment. The Savior warns us that we must watch the sheep as He does. He gave His life for them. They are His. We cannot approach His standard if, like a hired servant, we watch only when it is convenient and only for a reward. The members of the Church are the sheep. They are His, and we are called by Him to watch over them. We are to do more than warn them against danger. We are to feed them.

Congratulations to the St. Arnaud Family!

We're delighted to share some wonderful news; the St. Arnaud family welcomed their precious baby girl, on November 12! Mom and baby are both doing well; proud daddy and big sister, Lily, are taking very good care of them.

We share in their happiness and wish them many blessings. May God continue to watch over their family with love, health, and peace.

Congratulations to Trustee Debbie Engel!

We are excited to share that Debbie Engel has been re-elected as Trustee for our area! We are so happy for her and wish her a wonderful term ahead, filled with continued dedication and service to our community.

For more information about Debbie and her role as Trustee, please visit <https://www.ecsd.net/board-of-trustees>

Saints Spirit Wear – Now Available!



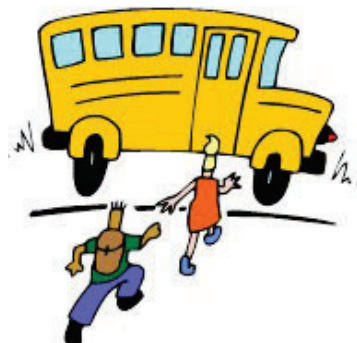
We're excited to kick off the holiday season with the chance to order **Good Shepherd Saints spirit wear** for this school year! 🎁 Show your Saints pride with cozy, fun gear perfect for the season.

🛒 Check out the store here:

<https://goodshepherdfall2025.itemorder.com/shop/sale/>

Ordering is open **now** and will close on **Sunday, December 21, 2025 at 11:59 PM**. Items will be delivered at the **end of January 2026** — a perfect way to start the new year in style!

Happy holiday shopping and go Saints! ✨



Bus Passes

Please make sure to submit payments for yellow bus passes by the first few days of each month. Our office staff simply do not have the time to call families over and over again regarding late payments.

If we have not received payment by the end of the first full week of the month, we will assume that your child(ren) will not be taking the bus for that month.

School Council/Parent Advisory Association

Parents/Guardians are always welcome to join us for our School Council/Parent Advisory Association meetings. Our most recent meetings were held on **Wednesday, November 26**. We invite you to attend our next meetings which will be held on **Wednesday, January 14, 2026 at 6:30 pm**. School Council/Parent Advisory Association meeting minutes can be found on our school website.

Move-a-thon Magic! 🏃🏻‍♀️🏃🏻‍♂️

Our Good Shepherd community absolutely **crushed it** — **together we raised over \$17,000!** Amazing job, everyone! Your energy, enthusiasm, and generosity help us plan awesome events and unforgettable experiences for our students and staff all year long.

A HUGE thank you to every student and family who participated in our Walk-a-thon / Move-a-thon. We truly couldn't have done this without you. **You are all superstars!** 🌟

🌈 Top Classes — You Rocked It!

These classes topped the charts with the highest donations:

1. Kindergarten B – Mrs. Mazer: \$2,088.30
2. 3A – Ms. Gagnon: \$1,747.00
3. Kindergarten A – Mrs. Mazer: \$1,390.00

Way to go, teams — your school spirit is off the charts!

🏆 Top Fundraising Superstars!

A special shoutout to our top five earners who went above and beyond:

1. Mateo M. (Kindergarten B) – \$630
2. Alexa S. (3A) – \$550
3. Kai J. (Kindergarten A) – \$470
4. Ava W. (Kindergarten B) – \$400
5. Theo N. (Kindergarten B) – \$365

Your dedication and effort made a huge impact — congratulations!

Thank you, Good Shepherd, for your spirit, generosity, and heart. What a phenomenal community we have!

HOT COCOA WITH SANTA

We are excited to
celebrate the Christmas
Season with a warm cup of
Hot Cocoa & a visit from
Santa with Christmas
oranges to share with
everyone!

15
DEC

ALL DAY
FOR ALL STUDENTS & STAFF

EVENT SPONSORED BY GOOD SHEPHERD'S SCHOOL COUNCIL/PARENT ADVISORY ASSOCIATION

Get ready for some holiday cheer! On **Monday, December 15**, our School Council/Parent Advisory Association is hosting a Cocoa Bar for all students and staff. Each class will have a turn to:

- Sip on delicious hot cocoa (with non-dairy options available!)
- Enjoy a healthy snack
- Have a special visit with Santa 🎅

If your child has a lactose sensitivity, please let your child's homeroom teacher know in advance so we can make sure everyone has a tasty treat to enjoy.

We can't wait to see all the smiling faces as we celebrate the season together!

A huge thank you to our amazing School Council for organizing this festive treat — your fundraising efforts, hard work and holiday spirit make events like this possible! ❄️ ✨

A Heartfelt Thank You to the McCoy Family Foundation

Good Shepherd School extends our sincere gratitude to the McCoy Family Foundation for their generous donation of \$2,000. We are truly humbled by their kindness and by the thoughtful intention behind this contribution.

The Foundation's recognition of the dedication and commitment shown by our staff is deeply meaningful. Their support encourages our teachers and support teams as we continue to navigate an ever-changing educational landscape.

The McCoy Family Foundation is known for championing initiatives that foster education, explore innovative approaches to learning, and support healthy child development — values that align beautifully with our mission at Good Shepherd.

This donation will be used to directly benefit our students through enhanced learning resources, student supports, and programs that enrich the educational experience. We are committed to directing these funds thoughtfully and responsibly to areas of greatest need within our school.

We are incredibly grateful for the trust the McCoy Family Foundation has placed in our community. Their generosity will have a meaningful and lasting impact on our students.

The 12 Days of Christmas Challenge is Back!



The holiday season is approaching, and we are thrilled to bring back our 12 Days of Christmas Challenge. From Thursday, December 4th to Friday, December 19th, our school will be celebrating with themed days, festive classroom activities, and plenty of holiday spirit.

Each morning, students will learn about the day's challenge during announcements.

Homerooms will earn points toward becoming the division champions in:

Kindergarten – Grade 1

Grades 2 – 3

Grades 4 – 6

These activities are designed to build teamwork, creativity, school spirit, and fun as we count down to the Christmas break.

Daily Festivities & Challenges

Thursday, December 4 – Green & Red Day

Students are invited to dress in green, red, or a festive combination of both. This cheerful spirit day sets a joyful tone and fills the school with Christmas colors.

Friday, December 5 – Guess That Holiday Tune

Students will listen to short clips of Christmas songs and work together as a class to identify each tune. This activity encourages teamwork, cooperation, and attentive listening.

Monday, December 8 – Christmas Trivia

Students will answer fun Christmas-themed trivia questions as a class. They will also receive supplies to create Christmas cards for seniors in our community, helping spread kindness and holiday warmth.

Tuesday, December 9 – Festive Socks Challenge

Students are invited to wear colorful, sparkly, silly, or cozy holiday socks to add some festive fun to the school day.

Wednesday, December 10 – Christmas Song Challenge

Students will take part in another musical challenge, listening to new Christmas song clips and guessing the correct titles. This activity is lively and fun for all ages.

Thursday, December 11 – Tree Topper Challenge

Students can wear festive holiday headwear such as Santa hats, elf hats, reindeer antlers, sparkly headbands, or creative homemade pieces. This day always brings lots of smiles and creativity.

Friday, December 12 – Christmas Movie Trivia

Students will work together to answer questions about well-known Christmas movies. This nostalgic activity is always a favorite.

Monday, December 15 – Christmas Hide 'n' Seek

Teachers will hide a small Christmas-themed item, such as a paper snowflake, somewhere in their classroom. Students will work together to find it as quickly as possible, building cooperation and excitement.

Tuesday, December 16 – Christmas Sweater Day

Students can wear their favorite Christmas or winter-themed sweater, whether it is silly, cozy, sparkly, or classic. This day fills the school with warmth and festive spirit.

Wednesday, December 17 – Christmas Card Challenge

Students will submit the Christmas cards they created for seniors. Classes will work together to contribute as many cards as possible to brighten someone's holiday season.

Thursday, December 18 – Christmas Jar Guess

Students will guess how many small “snowflakes” are inside a Christmas jar. This classic guessing challenge sparks excitement for all ages.

Friday, December 19 – Pajama Day and School-Wide Christmas Caroling

Students may wear their coziest pajama for our final festive day. We will end the challenge with joyful Christmas caroling, and winners for each division will be announced.

Thank you for your support as we celebrate the season together and create joyful memories for our students!

A special thanks to Mrs. Melo, Mrs. Pond and Mr. Kay for organizing this fun and festive activity for our students!

Inspired by our Good Shepherd, Jesus, to Love, Learn and Lead.

Good Shepherd Christmas Concert News

As was already reported via the November newsletter and in an email to families, due to the recent interruption in programming, there is unfortunately not enough time for our students to adequately prepare and rehearse performances for a December concert. While we are disappointed that we won't be able to present a Christmas concert this year, we are excited to announce that we will instead be holding a Spring concert for all grades at the end of April.

This will give our students ample time to develop and showcase their musical skills and talents, and we are looking forward to celebrating their hard work and creativity in the spring.

We thank you for your understanding and continued support as we adapt our plans to ensure the best possible experience for our students. We can't wait to see you in April!

Grade 6 May/June 2025 Provincial Achievement Test Results Released

We are thrilled to share the wonderful news that our Grade 6 Provincial Achievement Test (PAT) results for the 2024–2025 school year have been released—and they are truly outstanding!

The Provincial Achievement Testing Program is designed to:

- determine whether students are learning the outcomes they are expected to learn
- show Albertans how well students are achieving provincial standards
- help schools and the province monitor and strengthen student learning.

This year, our Grade 6 students performed **exceptionally well**, achieving results **well above the provincial average in all six areas**—including both **Acceptable Standard** and **Standard of Excellence** in Language Arts, Mathematics, and Social Studies.

These remarkable achievements reflect the hard work, dedication, and perseverance of our students; the commitment and expertise of our staff; and the ongoing support of our families. This truly is a Kindergarten–to–Grade 6 celebration of learning, growth, and partnership.

Congratulations, Good Shepherd community—this is something to be incredibly proud of!

GRADE 6 PAT RESULTS		Acceptable Standard		Standard of Excellence	
	Subject	School	Province	School	Province
	Grade 6 Language Arts	93.2%	81.7%	43.2%	17.0%
	Grade 6 Mathematics	83.8%	62.8%	40.5%	18.4%
	Grade 6 Social Studies	93.2%	76.2%	48.6%	24.2%

“Edmonton Catholic School Division Annual Dream Builders Challenge” in Support of the Edmonton Catholic Schools Foundation and its Dreams for Kids Campaign

As a school community, we are excited to participate in the **ECSD Annual Dream Builders Challenge**, supporting the **ECS Foundation** and its *Dreams for Kids* campaign. This initiative directly benefits students by funding lunch and snack programs, mental health supports, emergency resources for families, financial assistance for school activities, opportunities for social justice engagement, and early learning support for children in need.

Good Shepherd is contributing to this important cause through a series of school-wide events:

Movie Day – Students were invited to bring a \$5 donation to participate in Movie Day on **Friday, November 28, 2025**. All students enjoyed a movie and a special snack.

Bend-the-Rules Day – On **Thursday, January 29, 2026**, students may bring in a donation to “bend the rules” selected by their classroom teacher.

Thank you to our incredibly generous school community for your support with our Dream Builders Challenge and for recognizing the meaningful impact this campaign has on students across Edmonton Catholic Schools. Your generosity truly makes a difference.

Kindergarten to Grade 3 Skating Program – Jan/Feb

Students in Kindergarten to Grade 3 will have skating lesson this year. The dates for skating are as follows: January 14, 21, 28, and February 4 and 11. The skating lessons will be at Callingwood Arena, 17740 – 69 Avenue. Each child will need their own pair of skates, a **CSA approved helmet**, snow pants and mitts/gloves for the lessons. A few locations that sell used

Inspired by our *Good Shepherd, Jesus, to Love, Learn and Lead.*

skates include Totem Outdoor Outfitters (7430 – 99 Street) and Play It Again Sports (13883 – 156 Street). Parent volunteers are needed to help with putting on skates. If you can help out, please contact your child's teacher.

Sacramental Preparation

The first faith educator of the child is the parent, as stated in the Vatican II documents. As part of our Catholic religion curriculum, we support parents when their children are going through sacramental preparation at their local parishes. Parents are required to register their children into Sacramental Preparation courses through their Church. We celebrate with students by sharing their news on morning announcements and presenting the student with a special sacramental pin. Please have your child share this information with their classroom teacher so we do not miss anyone.

Preparation for the sacraments of Reconciliation (Penance) and Eucharist (Communion) is offered for children in Grade 2 and higher. Preparation for the sacrament of Confirmation is offered to children in Grade 6 and higher. Deadlines for registrations at each parish vary, please see your home parish registration forms for details.

Student Record Information

A reminder to parents, if you have recently moved or changed your contact information, please let the office know. In case of emergencies, it is important that we have up-to-date contact information. Also, if students have recently become Canadian citizens, we ask that you provide us with documentation so that we can update our records. Thank you!



Change in Dismissal on December 18 and 19

Just a reminder that Thursday, December 18 will be a full day of school for students (Kindergarten students will attend school on Thursday), with dismissal at 3:30 pm. Students will be dismissed at 12:12 pm on Friday, December 19 for the Christmas break (Kindergarten students will not attend on Friday).

January Start-up Date: Monday, January 5, 2026

Classroom instruction for all students after the Christmas break will begin on Monday, January 5, 2026.

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December: It's Not Cool to be Cold!

Did You Know?

- Snow forts and tunnels can collapse and suffocate a child.
- When children are outside they often do not realize how cold they are becoming.
- Bright sun during the winter can cause a sunburn.



What Parents Can Do:

- Signs of frost nip are slight pain and whitening of the affected area e.g. tips of the ears turn white. Warm the affected area by breathing on it or warming it with your hands but do not rub. Do not apply snow or water.
- Supervise children when they play outside.
- Choose play areas with warm shelters nearby.
- Provide children with a neck warmer instead of a scarf to prevent strangulation on playground equipment.

What Kids Can Do:

- If you feel pain in your fingers, toes, ears, cheeks, nose or chin, get inside to warm up.
- Dress in layers. If you get too warm take off one layer at a time.
- Wear sunscreen on exposed skin on sunny days.
- Don't put your tongue on cold metal.

If you can only remember one thing: Most of our body heat is lost through our heads, so always wear a hat or toque in cold weather.

Good Shepherd Reading Superstars Program



Our monthly draw for our Good Shepherd Reading Superstars was held on November 29 and we are pleased to congratulate our lucky winners who will enjoy lunch with Mrs. Dimas and Mrs. Pecson on Friday, December 5. Our Kindergarten students will get to “shop” for a new book of their choice.

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- Kindergarten: Ethan, Charlotte and Savannah
- Grade One: Penelope, Sophia S. and Arabella
- Grade Two: Olivia, Charlotte and Savannah
- Grade Three: Kiann, Brooklyn, Concia and Arabella
- Grade Four: Alexi, Keiley and Bruno
- Grade Five: Haskel, Pippa and Riya
- Grade Six: Chloe, Audrey and Emmanuel

The class who collected the most reading strips last month was 2A with a 120 strips, 3C came in 2nd with 102 strips and coming in 3rd with 6C strips was 98. Great job, Everyone!!!

Thank you to Mrs. Dimas for coordinating our Good Shepherd Superstars Reading Program and thank you to our parents for encouraging their children to read and participate!

Good Shepherd House News

In November, our school community focused on the house attribute of being courageous! Students worked really hard to demonstrate this attribute and were recognized for being courageous, brave and risk-takers.

The three houses that earned the most rocks in November for being courageous were as follows:

1st Place: Buffalo House – 262 Rocks Earned

2nd Place: Wolf House – 244 Rocks Earned

3rd Place: Turtle House – 238 Rocks Earned

In December, we will work towards following the character trait of the wolf which is humility. Humility is to know that you are a sacred part of creation and that you live life selflessly and not selfishly. The attribute supports respecting your place and carrying your pride with your people and praising the accomplishments of all.



POPA Legislation Regarding Photographs or Recordings of Students

Parents may have questions regarding the issue of not being allowed to take photos and video recordings at most on-site school events. Please be aware that it is not school or Division policy that dictates this, but rather government legislation. Below are some FAQs regarding Division administrative procedures that are based on government legislation.

[FAQs Regarding the Taking of Photos and Video Recordings at School Events](#)

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Why can't parents and visitors to our site take photos and video recordings while at a school event?

- The Protection of Privacy Act (POPA) is a provincial law that applies to all public bodies in Alberta. This law is designed to strike a balance between an individual's right to privacy and the public's right to know. POPA applies to the operations of the Division and, with few exceptions, to all records under the custody or control of Edmonton Catholic Schools. Alberta's Protection of Privacy Act requires the Division and its employees to:

1. Protect the privacy of individuals' personal information.
2. Provide a general right to access to the information held by the Division.

When can parents and visitors take photos and video recordings? Are schools public spaces?

- Schools and classrooms are the private property of the Division. By default, they are not public spaces. Parents and visitors may not take photos and video recordings.

- When an event is held in a public venue (at a parish, for example), it is beyond the Division or school's ability to restrict who may or may not take photographs.

- Students and members of the public can take photos or videos of students at school activities that are held at public venues which are open to the general public. These activities include, but are not limited to, sporting events, some field trips, concerts and theatrical performances. It is beyond the Division or school's ability to control the use, or further distribution, of personal information acquired in these instances.

What if an event is held at the school that is open to the public?

- At times (very seldom) a school may choose to hold a public event at the school. When this is the case, administration will declare the event a public event. An email will be sent out to the school community and signs will be placed on the front doors to notify parents and the public that the event is open to the public and pictures and video recordings are permitted. Schools will not do this very often because it opens up the site to the general public which is a safety, security and privacy concern. It may also limit students from participating in school events. When a public event is held at the school, all visitors in attendance may take pictures or recordings without first obtaining consent.

Can staff take photographs of students?

- School staff are allowed to take photographs or recordings of students for use within the school. Consent is not required in these instances as they fall under the general notification of the collection of personal information for the delivery of educational programming, which is included in the annual registration form. If schools plan on distributing or displaying these images/videos outside of the school, parental consent is required.



Alberta Project Promoting
active Living & healthy Eating

Eat, Move, and Play Through the Holidays

This month, students are learning how to stay healthy during the holidays through a campaign called Eat, Move, and Play Through the Holidays. Here is a summary of the learnings and how you can support your child's health.

'Tis the Season to be Healthy and Mindful

During the holidays, baked goods are just a hand's reach away and gatherings focus around food. Maintaining a healthy routine can be challenging during this time. Here are some quick tips to promote a healthy holiday season for your family:

- **Store treats until snack or meal time.** If left out in an accessible area, your family is more likely to nibble throughout the day instead of scheduled meals times.
- **Plan fun winter activities.** Make the best of the snow while you can. Build a snowman, have a snowball fight, or go tobogganing as a family.



How Will You Eat, Move and Play Through the Holidays?

This month, students' goal is to get 60 minutes of physical activity, replace a less healthy food or drink with something healthier, and spend at least 1 hour less in front of a screen every day for five days.¹

Help your child reach his/her goals, or even better, join in the challenge yourself!

<div>1</div> <div>PHYSICAL ACTIVITY</div> <div>>> Colour in one bar for every 10 minutes of activity you do</div> <div></div> <div>My favourite activity</div> <div></div>	<div>2</div> <div>HEALTHY EATING</div> <div>>> Choose healthy foods and drinks often. See other side for more information</div> <div>Today I ate/drank</div> <div></div> <div>(something healthy)</div> <div>Instead of</div> <div></div> <div>(something unhealthy)</div>	<div>3</div> <div>SCREEN TIME ALTERNATIVES</div> <div>>> Reduce your screen time by at least one hour. See other side for ideas on what to do instead</div> <div>I reduced my screen time by 1 hour today</div> <div></div> <div>What I did instead:</div> <div></div>
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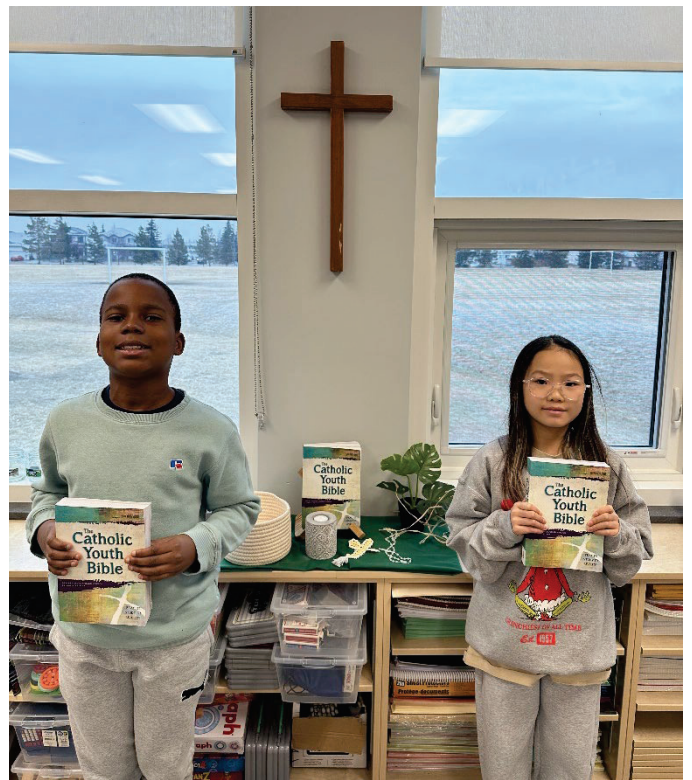
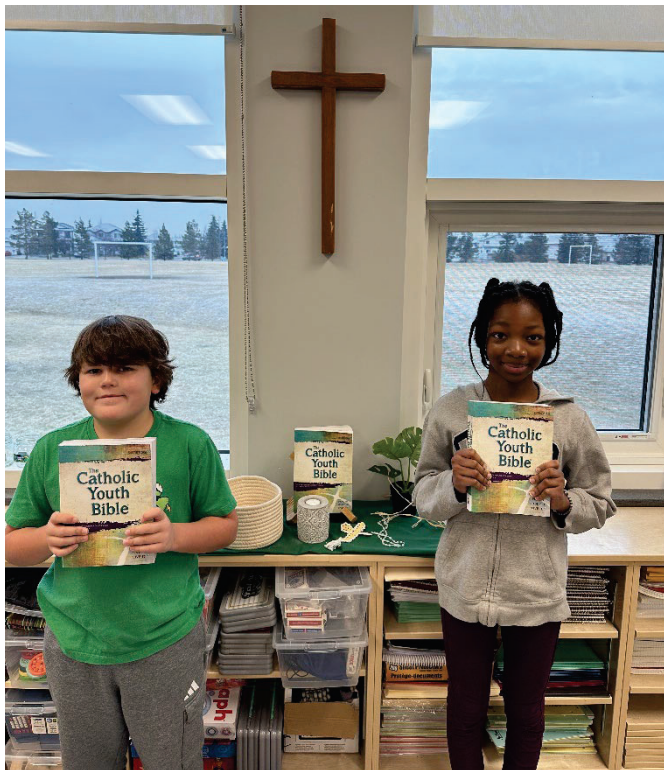
Grade 4 Bible Presentation: Growing in Faith, Growing in Christ

We are delighted to share that our Grade 4 students have received their very own Bibles! This special milestone is an important part of their faith journey and a key component of the *Growing in Faith, Growing in Christ* religious education program.

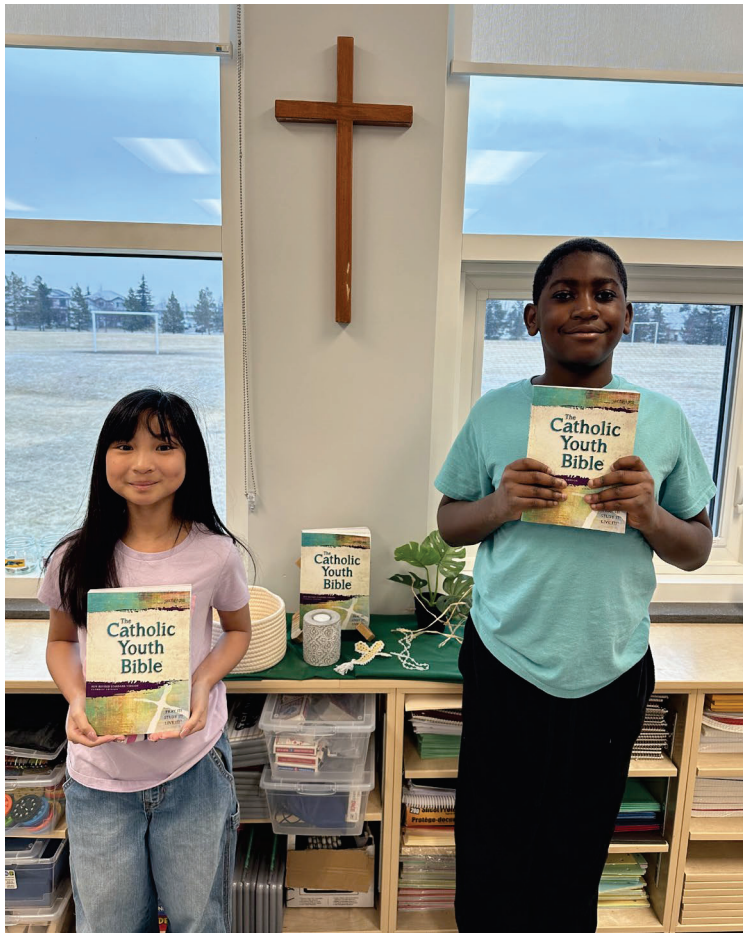
The presentation of the Bible symbolizes the gift of God's Word and invites students to deepen their relationship with Christ. Through the curriculum, they will learn how Scripture guides us in living as disciples, making connections between the stories of our faith and their everyday lives. This moment encourages students to explore the richness of God's love and to grow spiritually as members of our Catholic community.

The Bibles will remain at school during Grades 4, 5, and 6 so students can use them as part of their learning. When they complete Grade 6, the Bibles will be sent home as a treasured keepsake of their faith journey.

Please join us in praying for our Grade 4 students as they open their hearts to God's Word and continue to grow in faith and understanding.



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5A Makes the News!

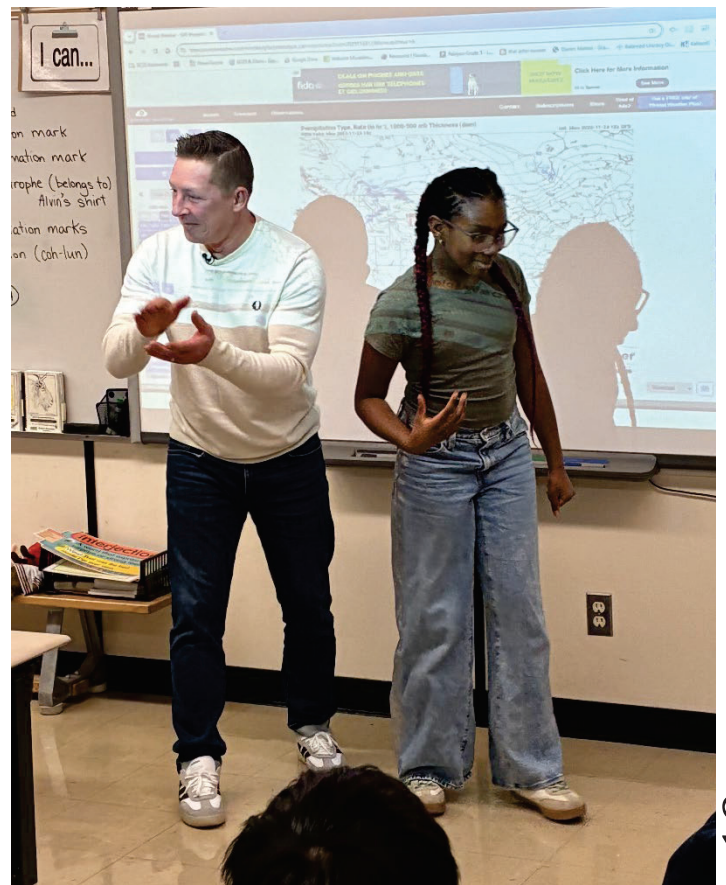
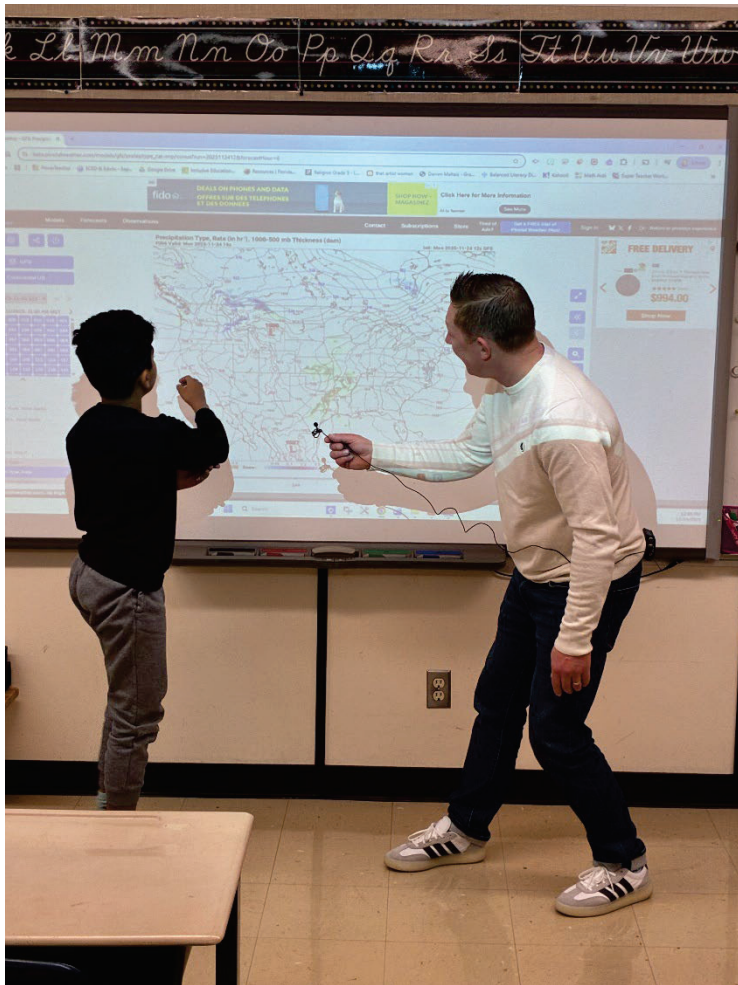
Excitement was in the air when CTV's meteorologist Josh Klassen and his camera crew, Bruce Wiggins, visited Mr. Griebel's 5A class — and our students made it on the news!

During their visit, students got a behind-the-scenes look at the fascinating world of weather prediction:

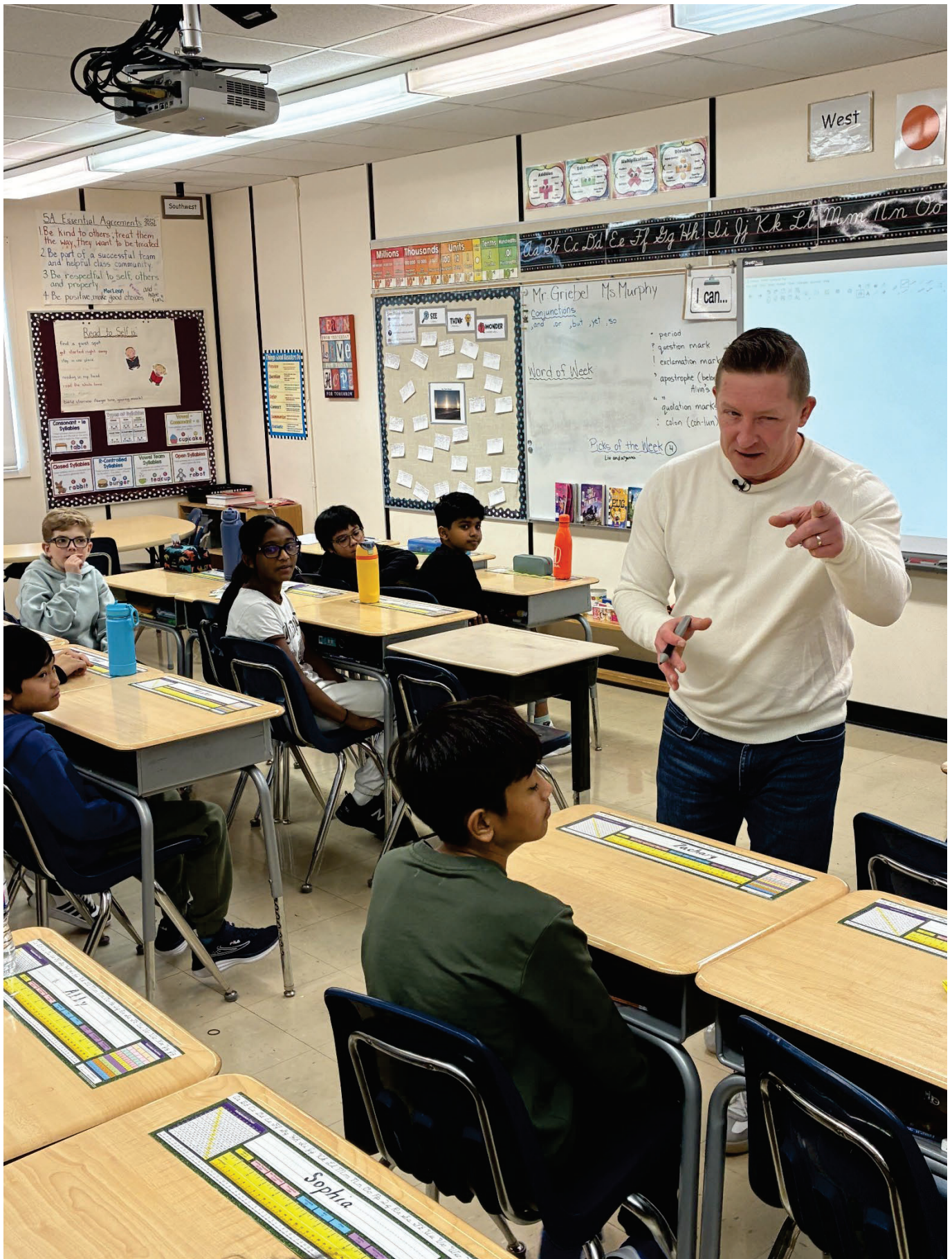
- How weather is predicted: Josh shared that meteorologists use computer modeling, historical data, satellite imaging, and First Nations, Métis, and Inuit traditional knowledge to forecast the skies.
- Where to check the weather: Students explored websites, weather maps, and apps to see how everyone can access up-to-date weather info.
- Tools of the trade: Our class got a peek at the instruments used to measure weather, including thermometers, wind vanes, windsocks, anemometers, barometers, rain/snow gauges, and hygrometers.

It was an incredible learning experience, and seeing 5A on the CTV evening news made it even more unforgettable!

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A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

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How Will You Eat, Move and Play Through the Holidays?

This month, students' goal is to get 60 minutes of physical activity, replace a less healthy food or drink with something healthier, and spend at least 1 hour less in front of a screen every day for five days.¹

Help your child reach his/her goals, or even better, join in the challenge yourself!

<div>1</div> <div>PHYSICAL ACTIVITY</div> <div>>> Colour in one bar for every 10 minutes of activity you do</div>	<div></div> <div>My favourite activity</div> <div></div>	<div>2</div> <div>HEALTHY EATING</div> <div>>> Choose healthy foods and drinks often. See other side for more information</div>	<div>Today I ate/drank</div> <div></div> <div>(something healthy)</div> <div>instead of</div> <div></div> <div>(something unhealthy)</div>	<div>3</div> <div>SCREEN TIME ALTERNATIVES</div> <div>>> Reduce your screen time by at least one hour. See other side for ideas on what to do instead</div>	<div>I reduced my screen time by 1 hour today</div> <div></div> <div>What I did instead:</div> <div></div>
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Reference:

¹ <http://www.everactive.org/>

www.appleschools.ca

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