



Upcoming Events

January 20 – 29 EXAMS – Please check the website for a complete listing of exams. All textbooks including novels must be returned to the library during exam week.

January 23 – Joint Parent Council meeting, 7 p.m., library

January 30 – First Day of term 2

February 3-5 – Ski trip to Lake Louise

February 5 – Report cards distributed at the end of the day

February 6, 7 - Teachers' Convention, no classes

February 11, 12 – Drama Production see p. 4

February 17 – Family Day – no classes

March 26 – Open House/Registration Night, 7:00 p.m.

March 28 – No classes

March 30 - April 4 Spring Break

“Knowledge, Faith, and Pride, Acquired and Retained Forever.”

John Paul II is currently accepting registrations for next term. Parents of students who are not already registered at the school should call Mr. Tonita, Principal, 780-992-0889, to make an appointment.

A Message from the Principal

The month of January is filled with promise. A new year is upon us, filled with hope for the future. For many of us, it is a time to create New Year's resolutions as we attempt to make significant changes in our lives.

For our students January also presents a wonderful opportunity to share the knowledge that they have gained over the past semester. It is a time to wrap up any last minute assignments and to prepare for end of term exams. Students are reminded of the importance of these exams as marks are a critical element in determining future pathways. We encourage our students to set other things aside and to concentrate fully on preparing for exams. As the saying goes, “You are the master of your own destiny.” Prepare well so that the future is yours to determine.

The exam schedule is posted on the school website at <http://jp2hs.eics.ab.ca/>. If you have any questions about the exam schedule or encounter any conflicts, please contact your subject teachers immediately.

Meeting to Examine Growth Pressures in our Catholic Schools

All parents are invited to attend a joint parent council meeting to discuss future plans for a new Catholic High School in Fort Saskatchewan. The meeting will be held on Thursday, January 23rd, at 7:00 p.m. in the library at John Paul II Catholic High School.

John Paul II Catholic High School Mission

“We are a Catholic community committed to developing educational opportunities in the context of gospel values, where students' gifts and talents are celebrated and nurtured through lifelong spiritual and personal experiences.” (Renewed – November 2009)

***OPEN HOUSE/REGISTRATION
NIGHT ON MARCH 26, 7:00
P.M.***

Choose JP II for

- a warm, caring Catholic environment
- small class sizes
- focus on inclusive education
- a well-rounded CTS program
- a growing fine arts program
- strong extra-curricular programs
- leadership opportunities

January 17, 2014

2

We will be bringing together parent councils from the three Catholic School Communities in Fort Saskatchewan: Pope John XXIII Catholic School, Our Lady of Angels Catholic School, and John Paul II Catholic High School.

The purpose of our meeting is to examine the growth pressures in our schools, look at short term solutions and the Board's Capital Plan to build a new Catholic High School in the community. Staff from the School Division will be here to address the plan. In addition we have invited our local MLA, Mayor Katchur, our Trustee and our parish priests. We hope you can join us.

Semester II Registrations

Are you a student not currently enrolled at John Paul II, looking for something different? Do you require a personalized learning environment where teachers focus on the individual learning needs of every child? Consider joining us at John Paul II where our faith filled focus on education may be just the thing to change your life.

John Paul II is accepting registrations for semester II from new students. To register, students must make an appointment with Principal, Bill Tonita. Please feel free to call the school at 780 992-0889 for more information.

Open House/Registration Night – March 26

Are you looking for more information about John Paul II Catholic High School? Join us on March 26th for our Open House. Teachers will be on hand to provide information and assist students in making decisions about their high school future.

John Paul II offers a high quality educational program in a caring Catholic environment. If you are a Catholic student or wish to be part of a faith filled learning environment, we invite you to join us on March 26th for more information.

Lake Louise Ski Trip

Interested in skiing or snowboarding? Join us for the annual ski/snowboard trip to Lake Louise on February 3-5th. Bus will depart from the school at 3:00 on Monday February 3rd and return late on February 5th. Cost is \$385.00 and includes transportation, accommodation, lifts and lessons.

There are still spaces available. Contact Mr. Tonita, Ms. Zaleschuk, Mr. Segberg or Ms. Labrecque for more information.

Teachers' Convention

School will be closed on February 6 and 7 as teachers participate in the annual Teachers' Convention in Edmonton.

Accountability Pillar Surveys (AP Surveys)

As an annual check-up on the education system, the Accountability Pillar provides an opportunity for Alberta Education and school authorities to ensure that we equipping students for success.

The Accountability Pillar uses a set of 16 indicators consisting of surveys of students, parents and teachers on various aspects of quality; student outcomes such as dropout and high school completion rates; and provincial assessments of student learning.

From January to the end of February, Alberta Education will be conducting the annual Accountability Pillar Survey. In January, parents of students in grade 10 will receive a survey from Alberta Education. In February, students in grade 10 and all teachers will be completing their surveys online at school.

All surveys are anonymous and ask questions about experiences with the school. In addition to English and French, the parent survey is available in Chinese, Punjabi, Arabic, Blackfoot, Cree, Korean, Spanish and Tagalog.

Your participation in the survey helps provide important information on the quality of education your child is receiving, so we encourage you to return your survey promptly.

Survey results will be available to school authorities in May 2014, and will be reported publicly as part of their 3-Year Education Plans and annual Education Results Reports.

TTFM (Tell Them For Me) SURVEY FOR STUDENTS

Elk Island Catholic Schools has partnered with Alberta Education to survey students in John Paul II Catholic on their level of engagement in learning, their level of student wellness and the climate of their classroom(s) and school.

Gathering student feedback through the *Tell Them For Me (TTFM)* survey will support our school's plans for continuous improvement.

Also included in the TTFM survey are Alberta Education's [Accountability Pillar Survey](#) questions

January 17, 2014

for students. As an annual check-up on the education system, Alberta Education conducts surveys of students to gather information on the quality of education provided by Alberta school authorities and their schools. The results are provided to school authorities to inform the development of their three-year education plans and annual education results reports, and are used to evaluate performance on [Accountability Pillar](#) survey measures.

Student participation in the survey is voluntary and completely anonymous. Students are assigned a random username and password so that survey responses cannot be attributed to any individual student. Students in John Paul II Catholic School will be surveyed in February. The survey takes about thirty (30) minutes to complete on-line and will be done within the school day during regular class time.

If you have any questions about the TTFM survey, please contact Mr. Bill Tonita, Principal, 780-992-0889.

For further information on Alberta Education's Accountability Pillar Surveys, please contact Keith Bowen, Director, System Assurance Branch, by email at keith.bowen@gov.ab.ca or by phone at 780-422-4750. Dial 310-000 first for toll-free access.

SALT AND LIGHT

This past Sunday (January 12th) marked the celebration of the Baptism of the Lord. This day marks the end of the Church's formal celebration of the Christmas season and we head back into "ordinary time."

For many of us it may feel like we've been in "ordinary time" for a while now as our Christmas and New Year's celebrations become fading memories. It may seem like it has already been a while since you packed up the decorations, found time to make New Year's resolutions, and (if you are anything like me) had enough time to abandon those resolutions - (The treadmill I said I would run on daily in 2014 taunts me from the corner of the room).

Amidst all this, the "ordinary time" of the Church beckons us to find who we really are. To, day to day, again find the rhythm of life and of who we are called to be. Apart from the high points and celebrations, resolutions and fresh starts – who are you? Perhaps it is best in ordinary time that we have opportunity to realize the core truth that we need God. New Year's resolutions fail, celebrations end, but God's love remains. Perhaps we can, in

this ordinary time, find who we are in God by taking the sage direction to "Be still and know that I am God" (Psalm 46:10). May God bless you and yours this New Year as you continue to discover His love for you!

Blessings, Mr. Scott Walker, School Chaplain

SACRAMENTAL PREPARATION 2014

Reconciliation, First Eucharist and Confirmation, registration and mass Tuesday, January 28 @6:30 PM, OLA Parish, Fort Saskatchewan.

Please see the information on the JP2 homepage.

Call the church office for more info @ [780-998-3288](tel:780-998-3288)

John Paul II Ski Trip

ATTENTION ALL SKIERS AND SNOWBOARDERS!!

Would you love to /ski/ride Lake Louise? Join us Feb. 3-5 for two day, two nights at the Lake Louise Inn and ski Lake Louise. See Mrs. Raiwet's desk for the information and permission forms. If you have any questions, please see Ms. Zaleschuk or Mr. Tonita!



GRADUATION 2014



Please see all information about grad on another page on our website. Dates, times, places – all kinds of important information.

HARBOUR POOL INFORMATION

Escape the winter cold, come and work where the atmosphere is always tropical... Aquatics. Join the following courses to start you on your way to a hot career.

Bronze Medallion

Feb 2 – Mar 23 Sunday 11:30am – 2pm

Assistant Water Safety Instructor (AWSI)

March 15 – 23 Sat/Sun 9am – 5:30pm

NL / AEC recertification

March 30 Sunday 8am – 3pm

Basketball

The Senior Girls basketball team is starting to really build momentum.

The core group of girls has been working really hard at practice and started strong after the Christmas break with a close game against CTK. The girls are off to

Lloydminster for the Holy Rosary Tournament on January 17. Our next home games are on Thursday February 13th at 5:00pm and Tuesday February 18th at 6:30pm. Thanks to our fans for their continued support! Go Patriots!

Coach: Ms. Balla



Junior Basketball Season Begins

The junior basketball season will begin on Thursday January 16 with our home opener against Fultonvale. The junior boys will play at 4:00 and the girls at 5:30. Come out and cheer on our Junior Patriots.

Wheelchair Basketball



The Alberta Northern Lights Wheelchair Basketball Association will be coming to JP II on February 18th.

Initiated in 1987, HiLights is an education and awareness program that promotes inclusive sporting experiences for youth of all abilities. The Alberta Northern Lights provides two sets of 10 specialized sport wheelchairs to schools, community groups, or any other interested parties, so that participants can try the sport of wheelchair basketball, or engage in other sport or everyday activities with the wheelchairs.

ANDY POLANSKI MEMORIAL BASKETBALL TOURNAMENT

On the weekend of January 10-11, 2014, the John Paul II H.S. Sr. Boys Basketball team hosted the first annual Andy Polanski Memorial basketball tournament. Teams from all over the province were in attendance; from Kainai down south, to Hinton out west, to Whitecourt and everywhere in between. The boys were extremely proud and moved by the opportunity to play in memory of a former student-athlete, Andy Polanski. So much so that their team cheer after timeouts changed from "Patriots" to "Andy." In the final game, each player donned the initials "A.P." on their right shoulder in memory of Andy. Even though our boys lost in the final, the stands were packed with family members, friends, and former students as they showed overwhelming support. Andy's time with us will never be forgotten and the team expressed great honor in playing in memory of him.

Coach, Mr. Stecyk

TRANSPORTATION

Skating and ski season are in full swing with the school programming. With that in mind, please remember that skis and snowboards are not permitted on the school bus during a regular fixed run (AM from home, PM to home) and skates must have skate guards.

INCLEMENT WEATHER

As per EICS Board Policy, Bus Service will be cancelled when the temperature is below -40C. Bus Service may also be cancelled if road conditions are not safe for travel. In the event that service is cancelled, families will be advised via SynreVoice, a message will be placed on the website at eics.ab.ca, or, you may contact us at 780-449-6480.

January 17, 2014

ITEMS PROHIBITED ON THE YELLOW BUS

Toboggans, sleds, skis and snowboards are not allowed on the bus.

DRESS APPROPRIATELY

Please ensure your child is appropriately dressed for the weather. Drivers will insist that children be appropriately dressed before boarding and leaving the bus.

WINTER WALK DAY

STEP UP ALBERTA!

Join In on February 5, 2014

Celebrate winter by walking outside for at least 15 minutes!

Sign up now at winterwalkday.com

- Organizations with children will be sent a participant giveaway per child.
- Join the conversation, find events, and share your #MyWinterWalk pictures and stories! More information at the website.



The John Paul II Drama Club is incredibly excited to invite you to see our winter production of The Great Gatsby.

‘Jay Gatsby, a self-made millionaire, passionately pursues the elusive Daisy Buchanan. Nick Carraway, a young newcomer to Long Island, is drawn into their world of obsession, greed and danger. The breathtaking glamour and decadent excess of the Jazz Age come to the stage in F. Scott Fitzgerald’s classic novel, and in Simon Levy’s adaptation, approved by the Fitzgerald Estate.’
Where: At John Paul II Catholic High School
When: February 11th & 12th
Time: Doors open at 6:30 and the show starts at 7:00

5



Tickets are \$5 each

HURRY HARD, KELSEY!



Kelsey Rocque, who graduated from JP II, will be taking her winning curling team to compete in the Canadian Junior National championship

January 17, 2014

in Nova Scotia. Her team's first game will be
on Saturday at 11 a.m. against the Quebec team.

6

Way to go, Kelsey! We're all cheering for you!



Kids' Health

Get active this winter

Find yourself wanting to curl up under a blanket rather than get active when it's frosty outside?

For many families, getting active in the winter can be a challenge. Keep your family active this winter by trying these useful tips:

- Dress for the weather!
- Take up an activity you can only do in the winter like hockey or skiing
- Incorporate winter activity into your daily routine. Consider walking your child to and/or from school.
- Complete a family challenge! Try a snowman building competition, take part in Winter Walk Day in February 2014, or attend a local winter carnival.
- If the weather is just too terrible, keep active indoors. Try swimming, racquetball or yoga. Try some mall walking or other indoor walking programs.

With a little preparation, your children and family can enjoy staying active this winter.

Take action to stop bullying

Being bullied or bullying can have negative effects like low grades in school, anxiety, depression or even increased thoughts of suicide. What can we do to stop or reduce bullying?

- Step in when you see someone being bullied. Or, tell an adult. Don't remain silent.
- If you are being bullied, tell someone you trust. Preferably an adult. They can help.
- If you are bullying, but don't know how to stop, ask for help to learn different ways to deal with emotions.
- If your child is being bullied talk to them and listen to what they are going through. Contact the school and ensure the issue is being dealt with.



Healthy baking and cooking tips

Healthy cooking and baking doesn't have to be hard. With a few simple changes, you can make a healthier version of your favourite meals. Here are some ways to decrease the fat, salt and/or sugar content in your recipes:

Baking Tips

Fat

- Use oil instead of butter or hard margarine.
- Replace up to half the fat with yogurt or pureed fruit such as applesauce or mashed banana.

Salt

- Salt can be reduced or removed in many recipes.
- Use recipes that don't include ready-to-use baking mixes which can be high in sodium.

Sugar

- Often, the sugar in a baked good recipe can be reduced by 1/3 of the amount without affecting the taste. Instead of 1 cup (250 mL) of sugar, molasses, or syrup, use 2/3 of a cup (167 mL) in your recipe.
- Add more flavour to recipes by adding extra vanilla extract, almond extract, or spices.

Cooking Tips

Fat

- Trim visible fat from meat and remove skin from poultry.
- Drain the fat from ground meat after cooking and rinse the meat with hot water. Do not drain fats down the sink or you may clog the drains.
- When possible, use low fat



cooking methods such as baking, broiling, barbequing, grilling, microwaving, roasting, stir-frying, and steaming.

- Use oil instead of butter or hard margarine.

Salt

- Use herbs, spices, lemon juice, garlic, or onion instead of salt to flavour your food.
- Limit the amount of processed or prepackaged foods you include in your recipes.
- Choose lower sodium sauces or broths when preparing a stir-fry, casserole, or soup.
- Rinse canned beans and vegetables with water before using.

For more information about healthy baking and cooking methods, please visit: <http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-making-foods.pdf>

For recipes please visit: <http://www.healthyalberta.com/recipes.htm>

For more information about the above, or any other health-related topic, please visit www.albertahealthservices.ca

kidshealthnewsletter@albertahealthservices.ca



January 6, 2014

Dear Parents and Guardians:

Aligned with our ongoing commitment to the health and safety of your child, Elk Island Catholic Schools wishes to share important information about the H1N1 influenza. Across Alberta in the past few months, 965 lab-tested cases of influenza have been reported, with the H1N1 strain confirmed in 920 individuals. In Edmonton and Calgary, five deaths due to H1N1 have been reported.

Alberta's Health Minister Fred Horne is encouraging people who have not been immunized against influenza to do so at their earliest opportunity. Alberta Health Services provides flu shots free of charge at public immunization clinics, doctor's offices and some pharmacies. For information, you may call Health Link Alberta at 780-408-5465 or visit www.albertahealthservices.ca

Influenza can spread from person to person by droplets when an infected person talks, coughs or sneezes. The virus is contained in droplets, which can travel 1 – 2 metres in the air. The virus can survive on hard surfaces for 1-2 days; on cloth, tissue and paper for 8-12 hours, and on hands for five minutes.

Within all our schools and facilities, we are taking preventative measures to help reduce the spread of influenza. Our custodial staff will be sanitizing high touch areas such as water fountains, bannisters, railings, telephones, door hardware, knobs and doors themselves. In addition, teachers are speaking with all students about the following prevention strategies:

- wash your hands often, with soap and water, or with a hand sanitizer
- keep hands away from your eyes, nose and mouth, as the virus can enter your body this way
- cough or sneeze into your upper sleeve, or cover your mouth with a tissue, then wash your hands immediately

Symptoms of H1N1 are similar to the flu and include fever, cough, chills, headache, muscle pain and a sore throat. According to Alberta Health Services, some people with H1N1 also reported a runny nose, sore throat, nausea, vomiting and diarrhea. Most people with the flu or H1N1 should begin to feel better within a week.

We ask that you please monitor the health of your child. If symptoms of the flu appear, we encourage you to keep your child home for 24 hours after the symptoms disappear. All our staff and students will be reminded to practice prevention strategies of frequent hand washing, covering coughs and staying home from school if they feel ill.

As the flu season continues, we hope this information is of help to you. Thank you for helping us take proactive measures to facilitate good health for all in Elk Island Catholic Schools.

Sincerely,

Shawn Haggarty
Acting Superintendent



Invest in the future.

Alberta Education invites you to play an important role in your child's education as we continue to implement a more flexible, student-centred approach to 21st-century learning – a vision laid out in Inspiring Education.

By completing this survey, you are giving your school, your school authority and your provincial government important information to gauge the quality of education your child is receiving and make improvements where needed.

When you fill out the attached Accountability Pillar survey, you're adding your voice to the future of education in your school and throughout Alberta. Results are used by schools, school authorities and government to see what's working and what needs to be improved.

We all have a part to play in the important work of educating the next generation of Albertans to be engaged, ethical, and entrepreneurial citizens who will contribute to building Alberta. Thank you for your participation.

Jeff Johnson
Minister of Education
MLA, Athabasca – Sturgeon – Redwater

If you have any questions, please contact:
Keith Bowen, Alberta Education
E: Keith.Bowen@gov.ab.ca
T: (780) 422-4750
(toll-free access within Alberta by dialing 310-0000 first)

Please return your
completed survey
in the enclosed,
pre-paid envelope by
February 28, 2014.