

January 6, 2025

Dear Wes Hosford Families,

We are glad to be back at school and we look forward to a fabulous 2025 with you and your children!

Digital Well-Being: For Parents and Caregivers of Youth Ages 9 - 14 years

Save the Date! Thursday, January 30, 2025, 6 - 7:30pm Wes Hosford Library

Learn how to help your child with the social and technological pressures they face in the world today. Together we will go through research-based ways we can support teens when they are feeling the pressure of their digital lives. Issues addressed include interacting with strangers online, understanding their digital identity, and healthy relationships.

The content of this workshop is geared for parents and caregivers with children between 9-14 years of age.

The presentation is from 6 to 7:30 pm, with an opportunity for Q & A from 7:30 to 8 pm

Sign Up: [Digital Well-Being: For Parents and Caregivers of Youth Ages 9 - 14 years, Thursday, January 30, 2025, 6 - 7:30pm - Family and parenting supports | Strathcona County](#)

First Nations, Métis, Inuit, Newsletter

Please read our district First Nations, Métis, and Inuit newsletter:

<https://secure.smore.com/n/ur47tn>

Readathon!

January 20 - 24

Details will follow, but please help us build your child's love of reading. Proceeds go toward library books, classroom resources, and field trips!



MHCB – From Miss K

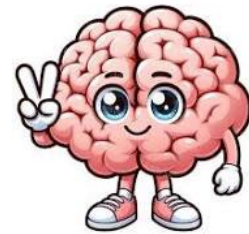
Hello everyone, welcome back to school! I hope you had a good holiday break.

In December, we wrapped up Understanding the Brain. Our last area of focus was learning how to calm our "Guard Dog" (our amygdala and brain stem). We did this by learning various breathing and focused attention practices that we will continue to use throughout the year.

I am looking forward to starting Self Awareness & Emotional Management with Kindergarten-Grade 3, where we will be diving deeper into our emotional responses and regulation.

In Grades 4-6, we will be starting the Relationships program, which will explore how to relate to others in a kind way, and how to maintain good connections with others.

Our lunch groups will continue: Grade 6 Art Club on Thursdays and Mindfulness Club on Wednesdays with Mrs. Nichol.



Below is some information on a program for grade 5-6 students.

Have a great January! - Miss K

Move Your Mood - For children currently in Grades 5 and 6

A research-based program that promotes physical activity and healthy lifestyle practices to improve the mental and physical well-being of participants. The MYM program provides opportunities for participants to experience how to move their bodies, fuel their bodies, practice mindfulness, and build positive coping strategies. The goal is that participants have fun in the program, gain confidence and learn about healthy lifestyle practices to improve both their physical and mental well-being in this 8-week program.

Date: Starting Friday, January 17, 2025 (8 week program)

Time: 4:30 - 6pm

Location: 160 Festival Way Sherwood Park

Cost: Free, registered today!

[Sign Up](#)

For more Information email FamilyResourceNetwork@strathcona.ca

Inclement Weather

With the winter season well underway, we want to remind families to dress children appropriately for the weather when getting ready for school or the bus. The weather often changes unexpectedly throughout the day, so please select suitable outerwear and ensure your child is prepared for changing conditions.

If inclement weather conditions occur, Elk Island Public Schools (EIPS) will advise families of any bus cancellations using various communications tools—automated-telephone messages, alerts posted on www.eips.ca and school websites, Twitter, Facebook, local radio stations and notification through both the Bus Status and the Ride 360 apps. Morning bus cancellations are posted on www.eips.ca by 6:30 a.m.



Decisions regarding bus cancellations are guided by EIPS' [Administrative Procedure 131: Inclement Weather](#), which states: "school bus service may be suspended ... when there is a forecast or current temperature of -40 C including wind chill, in one or more regions." Other reasons for suspending or delaying school bus services include adverse weather and poor road conditions.

When school bus services are suspended, schools remain open to students. EIPS believes families have the right and responsibility to make choices for their children based on what they feel is safest during times of inclement weather.

For more information, contact EIPS Student Transportation at 780-417-8151.

Kindergarten Registration Starts Soon!

Is your child turning five on or before Dec. 31, 2025? If so, it's almost time to register for kindergarten. Kindergarten registration opens for the 2025-26 school year on Feb. 3, 2025.



To help families prepare, Elk Island Public Schools has put together an online [EIPS Kindergarten Tool kit](#) to make the transition as smooth as possible. The kit includes information on registration, important dates, programming options, what to expect, eligibility, how to find your designated school, transportation and more.

Additional information regarding Wes Hosford's kindergarten program is available at <https://www.weshosford.ca/>.

Upcoming Events and Important Dates

- **January 6:** First day back to school
- **January 8:** Early dismissal
- **January 13:** Popcorn Day!
- **January 16:** School Council and Fundraising Society Meetings at 6:30
- **January 17:** Treat Day!
- **January 20:** Hot Lunch!
- **January 29:** Professional Learning Day (schools closed to students)
- **February 3:** [Kindergarten](#) and [grades 1-12](#) new student registration opens for 2025-26
- **February 4 & 5:** Parent/Teacher Interviews
- **February 6 & 7:** Teachers' Convention (schools closed to students)

