



Glen Avon Panther Pride



Parents/Guardians
Please stop in at the
office so that we can
assist you.

NEW Text this number for
student absences
780-547-5772

Contact us:
4402-42 St.
St. Paul, AB T0A 3A3

Phone: 780-645-3237
Text Only: 780-547-5772
www.glenavonschool.ca

October 2019

Like Us on Facebook



Our welcome back BBQ/Meet the Teacher/Drop Off Your School Supplies evening on August 29 was very well received. It was a great opportunity for students and parents to find where their homeroom was located, meet their new teacher and drop off their supplies before the first day of school. On the first day of school, students and teachers alike were excited to be back at school.

PARENT/TEACHER INTERVIEWS

Thursday, October 24,
4:30 - 8:00 p.m.

Kin.- Gr. 6: Call the office to
book a 10 minute
appointment. 780-645-3237
Jr. High: Will be held in the
hub (no appointments)

REPORT CARDS WILL BE
SENT HOME TUESDAY,
DECEMBER 10



MAKE (your plans) and COMMUNICATE (them clearly)

Due to the high volume of phone calls at the end of each day and the subsequent disruption to classes, we are asking parents to **make** and **communicate** their 'after school' arrangements with their child(ren) before school each day. For younger students, a reminder written in the agenda can give your child a place to check if they are unsure.

STAY the DAY !

Classes end at 3:17 p.m. and we encourage parents to wait until the end of the day to pick up their children. Often, important reminders are given at the end of the day and it is helpful for your child to remain until 3:17 to avoid missing these.

School Fees Are Due

If you have not paid your school fees yet, please drop by the office this week. We accept cheques, cash, debit, credit cards or online payment system. Payment plans are available if needed.

Remember to bring your child's birth certificate and health care number if you didn't have it at registration time.

Fees are as follows:

ECS	\$9.00
Grade 1	\$19.00
Grade 2	\$64.00
Grade 3	\$19.00
Grade 4	\$62.00
Grade 5	\$26.00
Grade 6	\$66.00
Jr. High (depending on options):	
Grade 7	\$64.00-\$124.00
Grade 8	\$109.00-\$169.00
Grade 9	\$64.00-\$124.00



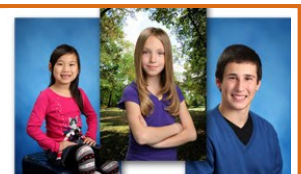
Our entire
school
participated in
the Terry Fox
Walk/Run.
Pictured here
are some of
the classes.

Fall School Pictures (beginning at 8:45am)

Kin 1 and Gr. 1 - 4 **Tuesday, October 15**

Kin 2 - Gr. 5 - 9: **Wednesday, October 16**

RETAKES are scheduled for Wednesday, November 13 .



Panther Update



Glen Avon Panthers 2019 Sr. Girls

Mercedes Trefenanko, Tanille Paradis, Kyla Kurek., Jade Wilson, Mia Ozga, Courtney Werstiuk, Lexis St. Arnault, Emma Fodness, Kyrstin Yaremchuk, Kylie Yaskow, Kylee Lotoski, Layla Large, Kiara Mangatal, Alayna Hladunewich

Coaches: Mrs. Randall, Mrs. Smid, Allysa Adkins

Glen Avon Panthers 2019 JV Girls

Taleigha Baptiste, Chloe Cardinal, Iskotev Cardinal, Jenisa Cardinal, Keira Cardinal, Ellie Cutknife, Madison Denty, Emily Deschamps, Angelina Guenter, Rebekah Hatch, Raychelle Jackson, Sara Kam, Tory Kennedy, Kaycee Kingdon, Savana Kostrub, Hayleigh Large, Zaida Lawrence, Jordyn Makokis, Autumn Malette, Lauren McLellan, Olive Murray, Keely Ozga, Tori Paradis, Tessa Saenz, Kiara Stanley, Alyssa Thunder-Letendre, Mercedes Tomlinson, Ava Wilson

Coach: Janice Noel

Glen Avon Panthers 2019 JV Boys

Dominic Cardinal, Matthew Cardinal, Tristan Cardinal, Reed Cherniwchan, Alex Kennedy, David Looy, Taku Nemhara, Kane Pitman, Kingston Williams

Coach: Paula Fejzullai, Ravessa Fejzullai



GOLF



Congratulations to our golfers on their play at SPAA on September 17. Our girls had a play off hole with a close finish to end up in 4th overall. Congratulations to both teams for a great day. Left to right: Ryan Songer, Darian Steinhauer, Josh Laurie, Jaron Baerg. Jade Willson, Kylee Lotoski, Kyrstin Yaremchuk, Kylie Yaskow

V O L L E Y B A L L



Glen Avon Panthers 2019 Sr. Boys

Ryan Songer, Izzak Warholik, Jesse Smyl, Dalin Fejzullai, Josh Laurie, Nick Bromberger, Sam Atwal, Moiz Fouad, Logan Renauld, Kayden DeSchover
Coaches: Ms. Nickason, Miss Fejzullai

Volleyball season is underway and our teams are off to a terrific start. Great playing for the girls in the Lloydminster Tournament coming in first in tier 2. Also, congratulations to both our boys and girls volleyball teams for winning 1st place in our home tournament! Way to go, Panthers!



Congratulations goes out to JV Girls Team 1 for coming in first at the Glen Avon JV Tournament. Left to right: Savana Kostrub, Kiara Stanley, Tory Kennedy, Emily Deschamps, Madison Denty, Taleigha Baptiste. Front: Lauren McLellan, Ava Wilson.
Coach Ms. Noel



It was cool with a slight rain shower, but a good run for all of our cross country runners at Ross Lake on September 26. Great run, girls, for winning the banner!

Fire Drill Evacuation & Lockdown

This month, we will be practicing fire drills and lockdowns. Here are the other drills that may be called throughout the year, but are not necessarily practiced.

Classroom Hold Used to keep students *in classrooms* for medical situations, RCMP arrest, etc.

Shelter in Place Used to move and keep staff and students *indoors* due to environmental situations such as chemical spills, blackouts, explosions, or extreme weather.

Hold and Secure Used to move and keep staff and students *indoors* for ongoing situations outside of the school that involve potential danger including security threats or criminal activity. This could potentially lead to a lockdown.



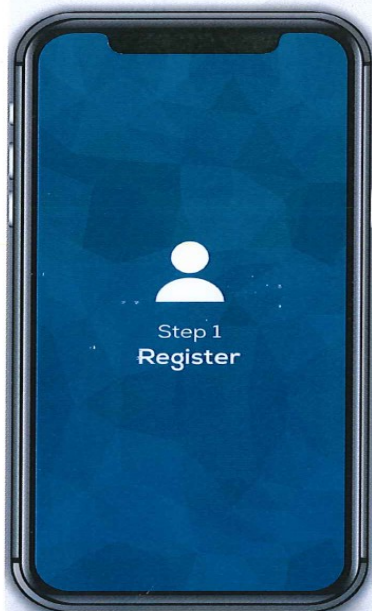
Gavin Wickens one of our many students, playing for the Bengals Football team!

Welcome to SchoolCashOnline

Fast. Safe. Convenient.

For safety and efficiency reasons, St. Paul School Division would like to reduce the amount of cash & checks coming into our schools. Please join the thousands of parents who have already registered and are enjoying the convenience of paying ONLINE!

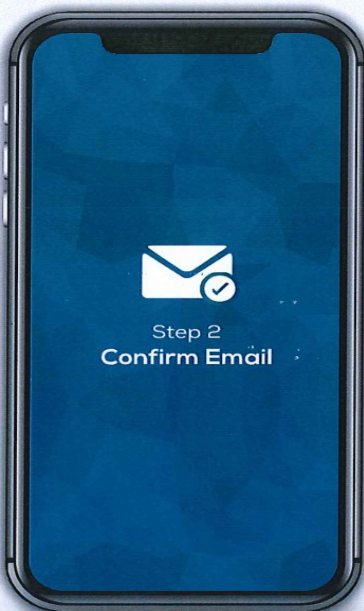
It takes less than 5 minutes to register. Please follow these step-by-step instructions so you will begin to receive email notifications regarding upcoming events involving your child.



Go to
<https://sperd.schoolcashonline.com/>

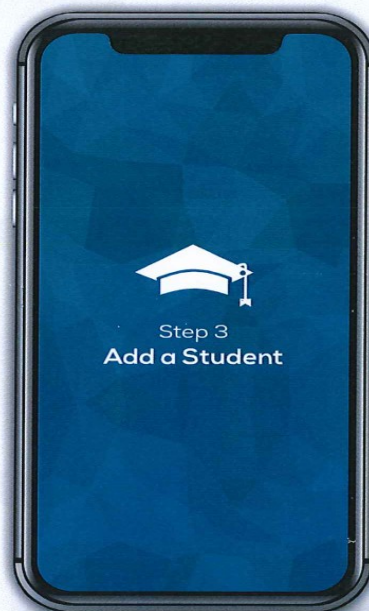
and click on **Register**.

- ✓ Enter in your first name, last name, email and create a password.
- ✓ Select a security question.
- ✓ Check YES to receive email notifications



A registration confirmation email will be forwarded to you. **Click on the link provided inside the email** to confirm your email and School Cash Online account (check spam).

The confirmation link will open the School Cash Online site, prompting you to **sign into your account**. Use your email address and password to log in.



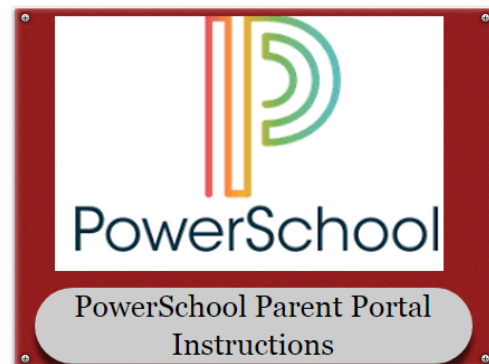
This step will connect your child to your account.

- a) Enter the **School Board Name**.
- b) Enter the **School Name**.
- c) Enter Your Child's **Student Number, Last Name and Birth Date**.
- d) Select **Continue**.
- e) On the next page confirm that you are related to the child, check in the **Agree** box and select **Continue**.
- f) Your child has been added to your account.



PowerSchool Parent Portal

Create an account in PowerSchool's Parent Portal to view your child's attendance and grades for students in Grades 7-12. Please note that due to the outcome format of elementary reporting, grade information is currently not available on-line for students in Grade 6 and lower. Find full instructions on our website www.glenavonschool.ca, click on **For Parents** and then on the **PowerSchool Parent Portal Instructions** button.





SCHOLASTIC BOOK FAIR

There is snow much to read at our Scholastic Arctic Adventure Book Fair! It is coming Oct 21st-25th (open from 8:30am -3:20pm, closed at all recesses and lunches) with our late night running from 4:30-8:00pm on Thurs, Oct 24th. The fair wraps up on Fri, Oct 25th @ 11:30am.



St. Paul Education
Regional Division No.1

Learning Together, Growing Together

4313 -- 48 Avenue, St. Paul, Alberta T0A 3A3 Tel: (780) 645-3323 Fax: (780) 645-5789 www.stpauleducation.ab.ca

August 26, 2019

RE: New Alertus Bus Notification System

We are excited to inform you that St. Paul Education Regional Division No. 1 has implemented a new bus notification system for parents/guardians. This system is called **ALERTUS** and will send **push notifications (pop-up message on your phone)** to your cell phone advising you of any delays/cancellations or other significant changes to a **respective bus route(s)**.

In order to utilize this notification service, you will be required to download the free **ALERTUS Recipient App**. The app is available on the App Store for Apple devices and the Google Play Store for Android devices. The app will allow you to choose notifications specific to your child's/children's bus route (instructions are included with this letter).

As always, our top priority is student safety and Alertus is another tool to provide you with timely and accurate information. Please note that in more serious situations you will still receive a personal phone call from your bus driver or a St. Paul Education employee.

The "Bussing Schedule" on the website will still continue to be updated.

If your child rides a bus, we encourage you to sign up. If you are having trouble logging in or require additional assistance please call our St. Paul Education office at 780-645-3323.

Sincerely,

Doug Fedoruk
Director of Facilities and Transportation

TRANSPORTATION ALERTUS NOTIFICATION SYSTEM

Download the App following the directions below or find the quick link on our home page on our website

<https://www.glenavonschool.ca/>

Locate and install Alertus Client app in your App store

Android (Phone, Tablet)

https://play.google.com/store/apps/details?id=com.alertus.mobile_receiver



12:13



Alertus

Alertus Technologies LLC

Communication

INSTALL



iDevice (Phone, Tablet)

<https://apps.apple.com/ca/app/alertus/id896799884>

12:31

LTE

Search alertus

Cancel



Alertus +
Utilities

★★★★☆ 1

OPEN

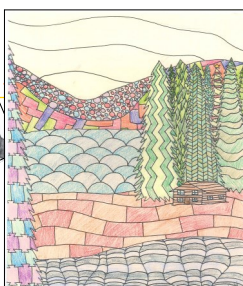




What is Card Art?

Card Art is a project that originates with a sample of your child's art. It is scanned and printed onto high quality cardstock to become a personalized greeting card with your child's name printed on the back. Money raised from the sale of these cards is used in various ways to enhance our school.

Art Card order forms showing your child's art will be sent home with students as the art for their class is completed, so not all grades will be sent at the same time. Orders will be completed and ready for pick up in November. Check your child's backpack for your form!



Welcome back everyone!

In Glen Avon School this year, Alberta Health Services is offering two free fluoride varnish applications for children in Kindergarten to Grade 2.

Please note that this is the same service we offered last year with the addition of Grade 2 this year.

The following service is provided to all the children in Kindergarten to Grade 2 with a signed parental consent for fluoride varnish:

- ☐ The child's teeth will be looked at using a light and dental mirror. *This does not replace your child's routine dental check-ups.
- ☐ Each child will receive two fluoride varnish applications. (One while we are looking at their teeth and a second application later in the school year).
- ☐ We will send home a note after each time we see the child.

Fluoride varnish is a safe way to make teeth stronger and help prevent cavities.

We look forward to seeing your child(ren) to help them achieve their best smiles!

Play & Learn Evening Session



ANXIETY

"How to Face Fear with Courage"

with

Cecilia Quist

a Pre-school Child Mental Health Therapist

Tuesday
October 15, 2019 @ 6-8pm
Multipurpose Room
(Beside St Paul Library)

Register Today!

For more inquiries call:
FCSS office: 780-645-5311


Cradle to Crayon Coalition
St Paul & Area



(No Childcare for this session)



Snack Bar/Vending Menu

Item	Price		Item	Price	
Soup of the Day and Bun	\$3.00		Milk 2 Go	\$2.00	
Subs, Wraps, Pitas	\$4.00- \$5.50		Milk (small)	\$1.00	
Chili/Stew	sm \$3.00 lg \$4.00		Sparkling Water	\$1.00 \$0.50	
Pizza Thursday	\$3.00- \$3.50		V-8 Juice	\$1.00	
Salad of the Week Greek/Taco/Cobb/Japanese/Spinach	sm \$3.00 lg \$4.00		IOGO	\$1.00	
Tossed Salad	\$2.00		Cheese Strings	\$0.50	
Pitas and Salsa	\$2.00		Cheese Stick	\$0.50	
Pitas and Hummus/Salsa	\$2.00		Yogurt Tubes	\$0.50	
Rice Crackers and Salsa or Hummus	\$2.00		Fruit/Greek Yogurt Parfaits	\$2.50	
Guacamole and Pita Chips	\$2.00	Yogurt	\$1.00		
Chicken or Tuna and Crackers	\$2.00				
Chia Pudding of the Week	\$1.50				
Veggies and Dip	\$1.50	Sunflower Seeds	\$2.00	Stacey's Pita Chips	\$1.00
Boiled Eggs	\$0.50	Gum	\$2.00	Peanuts	\$1.50
Pretzels & Peanut Butter/Honey	\$1.50	Fiber One Bars	\$1.50	Almonds	\$2.00
Sesame Snaps	\$1.50	Vector Bars	\$2.00	Walnuts	\$2.50
Made to Go Puffs or Granola Bars	\$1.00	Cliff Bars	\$2.00	Trail Mixes	\$2.50
Protein Balls	\$1.50	Seaweed	\$1.00	Cashews	\$3.00

MILK CARDS— Milk cards can be purchased from the snack bar for your child to use throughout the year. They are \$30.00 for 30 milk (white or chocolate milk). Milk carts go to elementary classrooms just before lunch everyday.

BREAKFAST PROGRAM

A light breakfast is available at school every morning to all students. Toast with jam or cereal is offered. Whether your children missed breakfast, weren't hungry at home or had breakfast, but can't resist the welcoming smell of toast, they are welcome to partake as breakfast is for everyone!

We welcome any contributions whether monetary or donations of margarine, jam or cereal (Mini Wheats, Raison Bran, Corn Flakes or Rice Krispies).

**\$25.00 SNACK
BAR PUNCH
CARDS**

No need to send money with your child to school to purchase lunch every day!
Glen Avon now has \$25 Snack Bar punch cards available for purchase at the school. Your child can either carry their own card or use it safely in the snack bar for convenience.

[illegible]



October



		1	2	3 VBall Home Game vs Saddle Lake	4 JV VBall Tournament in Mallaig	5 Sr. VBall Tournament in Mallaig
6	7 VBall Home Game vs Elk Point & Glendon	8	9	10 No School Teacher PD	11 No School Teacher PD	12
13	14 No School Thanksgiving Day	15 Kin 1 & Gr. 1 – 4 Picture Day	16 Kin 2 & Gr. 5 - 9 Picture Day	17 VBall @ Myrnam Wear school colors (black, white or burgundy)	18	19
20	21	22	23	24 Parent Teacher Interviews 4:30-8:00 p.m.	25	26
Scholastic Book Fair 8:30 to 3:20 p.m. daily. One late night 4:30-8:00 p.m. on Thursday. The fair wraps up Friday at 11:30 a.m.						
27	28	29 AGM School Council Meeting 7 p.m. in Library	30	31 Wear school colors (black, white or burgundy)	Upcoming Events Nov. 8 - No School (in lieu of reporting) Nov. 11 - No School-Remembrance Day Nov. 12 - No School (Teacher PD Day) Nov. 13 - Picture Retakes p.m.	



October



Greek Yogurt parfait \$2.50 Hummus and Pita Chips \$2.00 Salsa and Pita Chips \$2.00 Frozen Yogurt Tubes \$0.50 Tossed Salad of the Day \$2.50		Guacamole and Pita Chips \$2.00 Pretzels/Honey/Peanut Butter \$1.50 Chicken and Crackers \$2.00 Water \$0.50 Sushi \$7.00		Boiled Egg \$0.50 Tuna and Crackers \$2.00 Protein Balls \$1.50 Milk white/chocolate \$1.00 Vegetable Platter \$1.50/add hummus \$1.00		All Soups served with a whole wheat bun Falafel wraps available on WRAP day	
	FEATURES in Snack Bar for October: Pumpkin Protein Balls Pumpkin Chia Seed Pudding	1 Klondike Chili and a Bun \$3.00—sm/\$4.00—lg Greek Salad \$3.00—sm \$4.00-lg Italian Wedding Soup \$3.00	2 BLT Pita \$5.00 1/2 BLT Pita & Soup \$5.00 French Onion Soup topped with Crou-tons /Cheese \$3.00	3 Chicken/Bacon Ranch Pizza \$3.50 Cheese or Ham Pizza \$3.00 Assorted Veggies/Dip Cream of Chicken Rice Soup \$3.00	4 Roast Beef and Cheese Tortilla Wrap \$5.00 1/2 Roast Beef Wrap and sm. Soup \$5.00 Cream of Mushroom Soup \$3.00	5	
6	7 Ham & Cheddar Cheese Sub \$4.00 Cream of Chicken Soup \$3.00 1/2 Ham & Cheddar Sub with sm. Soup \$4.00	8 Hearty Beef Stew and a Bun \$3.00– sm \$4.00– lg Taco Salad \$3.00-sm/\$4.00-lg Cream of Turkey Vegetable \$3.00	9 Chicken Caesar Pita \$5.50 1/2 Chicken Caesar Pita and Soup \$5.50 Hearty Beef Vegetable Soup \$3.00	10 No School Teacher PD Day	11 No School Teacher PD Day	12	
13	14 No School Thanksgiving	15 Klondike Chili and a Bun \$3.00– sm \$4.00– lg Cobb Salad \$3.00-sm \$4.00-lg Creole Chicken Gumbo Soup \$3.00	16 Falafel or Ham Pita \$5.00 1/2 Falafel or Ham Pita & Soup \$5.00 Chicken Cheddar Broccoli Soup \$3.00	17 Beef and Onion Pizza \$3.50 Cheese or Ham Pizza \$3.00 Assorted Veggies/Dip Homestyle Minestrone Soup \$3.00	18 Smoked Chicken and Vegetable Tortilla Wrap \$5.00 1/2 Chicken Wrap and sm. Soup \$5.00 Cheese Cauliflower Soup \$3.00	19	
20	21 Beef and Cheddar Sub \$4.00 Chicken Vegetable Noodle Soup \$3.00 1/2 Beef and Cheddar Sub and sm. Soup \$4.00	22 Hearty Beef Stew and a Bun \$3.00-sm/\$4.00-lg Japanese Cabbage Salad \$3.00-sm \$4.00-lg Wicked Thai Soup \$3.00	23 Roasted Chicken Breast Pita \$5.50 or 1/2 Pita & Soup \$5.50 Tomato Ravioli soup \$3.00	24 Greek Pizza \$3.50 Cheese or Ham Pizza \$3.00 Assorted Veggies/Dip Italian Wedding Soup \$3.00	25 Roasted Turkey and Cheese Wrap \$5.00 1/2 Turkey Wrap and sm. Soup \$ 5.00 Potato Bacon Soup \$3.00	26	
27	28 Roast Turkey and Swiss Cheese Sub \$4.00 1/2 Turkey Swiss Sub and Sm. Soup \$4.00 Cream of Tomato Soup \$3.00	29 Klondike Chili and a Bun \$3.00—sm/\$4.00—lg Spinach Salad \$3.00—sm \$4.00-lg Chicken Tortilla Soup \$3.00	30 Donair Pita \$5.00 or 1/2 Pita and Soup \$5.00 Chicken Corn Chowder Soup \$3.00	31 Hawaiian Pizza \$3.50 Cheese Pizza \$3.00 Assorted Veggies/Dip Beef Barley Soup \$3.00	All of our SUBS come with the option of sliced tomatoes, onions, cucumbers and lettuce Complimentary veggies and dip served on PIZZA day All our soups are served with a whole wheat bun *Check our newsletter and FB page for new and nutritious menu items that are being sold		