



## Elmer Elson ELEMENTARY

### NEWSLETTER - June 2025

Elmer Elson Elementary  
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#### ADMIN MESSAGE

Happy June! It is hard to believe how quickly this year has flown by! The month of June always keeps staff and students busy until the final hour on the final day.

We have had a wonderful time watching your children learn and grow, and we are proud of their efforts. Your children have given us many fond memories that we will carry with us for years to come. It is wonderful to have such a great group of students; young people who show kindness and respect for themselves and others.

It is you, the parents, who have provided us with the encouragement, cooperation, and support to work together for your children. We appreciate your active participation in your children's education and incredible support throughout the year. We couldn't do it without you!

We look forward to working with you again in the fall and cannot wait to see what next year brings.



Mrs. Feser

#### MEAL OF THE MONTH



We will have a hamburger meal on June 12<sup>th</sup>. The June Meal of the Month note will be going home soon.

#### YEAR END B-B-Q



On Thursday, June 26<sup>th</sup>, grade 1-6 students and staff will enjoy a hotdog B-B-Q.

The B-B-Q has become a yearly event and is a great way to conclude and celebrate the end of the school year. This year our friends at Pembina Pipeline will be providing the lunch for all of us and Roger from Balon Valves will be helping to B-B-Q for us.

The ECS students will have their year end B-B-Q on their last day of school, June 19<sup>th</sup>.

#### BOOKS FOR GIFTS

##### "The Gift that Keeps on Giving"

Many years ago a member of our School Council proposed a "Books for Gifts" program.

The purpose of this program was to enable a parent or guardian to have a book purchased in honor of a staff member at EEE and have it placed in the school Library. Staff members appreciate this donation to our Library in place of gifts at Christmas or year end. If you are interested in this program, please contact Mrs. LeClerc. Payment may be made by cheque, cash or through School Cash online.



#### SCHOOL START SCHOOL SUPPLIES

Parents have the opportunity to pre-purchase next year's school supplies for their children. This is completely optional for parents and all orders will be delivered to parents.

Information has been sent home and is on our website.

A supply list for each grade is posted on our website and will also be sent home on the last day of school if you would prefer to purchase your own supplies.



## ICE CREAM DAY

The Student Council has declared  
**Tuesday, June 17<sup>th</sup>**  
as  
**Ice Cream Day**

The cost is a suggested donation of \$2.00 per cone. Alternate options for peanut free and/or lactose free students will be available.

The proceeds will be donated to the Stollery Children's Hospital in Edmonton.



## SCHOOL COUNCIL REPORT

As your School Council chair, I had the opportunity to attend the Alberta School Council Association AGM and Conference. It is an informative day of breakout sessions and networking opportunities.

Your opinion is important to us and if you would like to learn more about how you can get involved, please consider attending School Council meetings in the fall. During these meetings you have the opportunity to discuss the opportunities for our students as well as hear from our school board trustees.

Reach out to me if you want to hear more or have any questions by emailing [jillstoney2@gmail.com](mailto:jillstoney2@gmail.com).

Our last School Council meeting will be held on June 9<sup>th</sup> at 5:00 p.m. Please join us if you are able.

Jill Stoney  
School Council Chair

## IMPORTANT DATES

The last day for grade 1-6 students to attend school this year is **Thursday, June 26<sup>th</sup>**.

The first day of school for students for the 2025-2026 school year is **Tuesday, September 2<sup>nd</sup>**.



Kindergarten students will receive notice by mail on their start dates.

## STUDENT DRESS CODE

Now that the weather is warming we want to review our student dress code. Our expectations are:

- All students are expected to wear clothing that is appropriate for school
- No inappropriate messages or images
- All students must dress to ensure coverage for midriffs and backs as well as no low cut tops or short shorts (shorts must ensure coverage even when students are active, bending or sitting - a mid thigh length or longer is acceptable.)

## ANNUAL GRADE 3-6 TALENT SHOW

So you think you've got talent? Students in grades 3-6 will soon be preparing and practicing their talent for the annual Elmer Elson Talent Show, which will be held in on June 25<sup>th</sup>. Parents are welcome to attend. Stay tuned for more details.

## PANORAMA PHOTO

Our school wide Panorama Photo was taken on May 29<sup>th</sup>.

To order a whole school group photo visit [SmartOrders.ca](http://SmartOrders.ca)  
Further information will be sent home soon on how to order.

## SWIMMING

A swimming schedule has been sent home with students. Parent volunteers are welcomed and appreciated. Let your child's teacher know if you are able to swim with their class.

**Special thanks to the Parent Fundraising Committee for covering swimming fees and bussing.**

## PARENT FUNDRAISING SOCIETY UPDATE

It's hard to believe that it's June and summer break is right around the corner. The Parent Fundraising Society will cover swimming costs for all grades to go to the pool twice this year. This expense will be around \$3000.00 for bus fees and the pool rental. We are also covering the costs of instruments for the school music program of approximately \$800.00.

With this school year coming to an end we are thinking ahead to the fall with new fundraising ideas as well as bring our school community together for a fun social event to kick off the school year. More details to come in the fall when school is back in!

We are excited to have another casino fundraiser in the fall at Century Casino in St. Albert on October 4<sup>th</sup> & 5<sup>th</sup>, 2025. This fundraiser is very lucrative and funds many programs that help enrich our students' education. Please reach out to Falon Boll [falonbol@gmail.com](mailto:falonbol@gmail.com) if you are interested in assisting us in filling the positions required to run a casino fundraiser.

If you are interested in what we do as a society, and would like to help out please contact any of our members: Meagan Black, Falon Boll, or Jody Braithwaite.

We wish you all a wonderful summer with your family and friends and we will see you in the fall!

Falon Boll

## GRADE 6 ORIENTATION

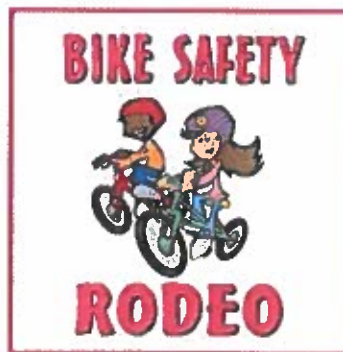
On June 16<sup>th</sup>, the Mayerthorpe High School administration team has organized an orientation for our grade sixes to assist with the transition to grade 7 next year.

Students will meet their teachers at MHS on the morning of the 16<sup>th</sup>. Attendance will be taken at MHS.


## BIKE RODEO

Unfortunately we were unable to hold the annual Bike Rodeo at school this year. It is a valuable program to teach students about bike and helmet safety.

Just a friendly reminder that it is the law for anyone under 18 to be wearing a helmet while riding bikes and scooters. Students are expected to wear helmets on school property.



# JUNE 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 Intermediate Track & Field	7
8	9 School Council Meeting @5:00 pm	10 Volunteer Appreciation @12:45 Legion awards @9:30 a.m.	11 Grade 3 Field trip	12 MOM  Student Celebration Assembly	13 Primary Track & Field	14
15	16 Grade 6 visit to MHS	17 Ice Cream Day  Anything But a Backpack Day	18 Grade 2 Field Trip  ECS Farewell at 12:45 p.m.	19 Grade 4 Field Trip  Last ECS Day of School	20 Gr. 6 PAT ELA Part B  Indigenous Peoples' Day	21
22	23 Grade 1 Field Trip Grade 5 River Walk	24 Gr. 6 PAT Math Part A	25 Gr. 6 PAT Math Part B  Grade 3-6 Talent Show	26 Last day for students  Yearend BBQ	27 Last day for staff	28
29	30 					

# Begins Here

# Co-op Summer Reading Club at MPL

Join us for a summer of stories, creativity, and adventure  
at Mayerthorpe Public Library, in partnership with Pembina  
West Co-op.

Each week brings a new theme and exciting activities for different age groups.

**Tuesdays – Ages 6 & under**  
**Wednesdays – Ages 7–9**  
**Thursdays – All ages welcome**  
**Fridays – Ages 10–13**

**Earn prize draw entries all summer long by reading, borrowing books, answering questions, and joining our programs.**

Stay up to date by signing up for our weekly newsletter—it's the best way to keep track of themes, activities, and special events.

**July 1 -  
Aug 29**  
**For all ages!**

**MPL's Co-op Summer Reading Club is your ticket to summer fun!**



Sign up today for the newsletter!  
mayerthorpe.library.ab.ca/



## The Connection Between Screen Time and Mental Health

Conversations around screen time and its impact reflect a widespread struggle for both children and adults in limiting electronic use. A [Western University](#) report highlights a direct correlation between increased screen time in children and symptoms of anxiety and depression including heightened worrying, social stress, fear of the unknown and a loss of interest in daily activities.

### IS IT AN “ADDICTION”?

According to Today’s Parent article updated on January 17, 2025, [Signs of Screen Addiction in Kids](#), classic signs of addiction to screens have similar symptoms as addiction to substances for adults:

- Unable to control screen use
- Loss of interest in other activities
- It preoccupies their thoughts, conversations and behaviors
- Interferes with socializing in person
- Screen time interferes with activities with family or friends
- Usage causes serious family arguments
- They are deceptive about their screen usage
- Screens are used as a temporary mood booster or as an escape from boredom or challenging situations

When screens are removed or significantly limited, signs of withdrawal may look like: irritability, changes in mood, sleep difficulty, headaches, depression and anxiety

### HEALTHY RELATIONSHIPS WITH MEDIA/TECHNOLOGY

When it comes to evaluating a child’s use of screens, [American Academy of Pediatrics](#) created an easy to remember, age based tips referred to as the [5 C’s of Media Use](#):

1. **C**hild - Consider your child’s personality and how screen time, gaming and social media influences them, if it supports their interests or worsen any challenges they may already be experiencing.
2. **C**ontent - Evaluate the quality of content your child consumes. Learn about what your child plays or watches or who they follow. Help them think about the amount of violence, role-modelling, unrealistic standard or commercialism they are interacting with. [Common Sense Media](#) is a great resource for information about videos and games.
3. **C**alm - Recognize if screens are a primary coping tool to manage strong emotions and sleep. If screens, games, social media becomes the main go-to strategy, talk to friends, pediatricians, therapists or other supports to learn how to calm their brains and bodies down.
4. **C**rowding Out - Are screens crowding out other things your family cares about? Rather than just focusing on reducing screen time, discuss and implement what your family could or should do instead: more quality family time, visiting others, sleep, time outdoors, playing with pets, starting a new hobby. Help your child understand screen time has

"hooks" that are designed to keep all of us online as long as possible. Create a realistic, concrete plan about where and when to use screens every day.

5. **C**ommunication - Talk about screen time (games, videos, social media) early and often. By building digital literacy you will be able to identify when your child or teen is struggling.

### REALISTIC STRATEGIES TO MANAGE SCREEN TIME

- Be aware of **guidelines** and **research** on connection between screen time and children's mental wellness
- Monitor screen time exposure so you and your child are aware of **exactly how much time** is spent on electronics
- Establish **screen-free zones** in your home, especially bedrooms
- Schedule **screen-free times**. Particularly at family meal times and before bedtime
- Identify the apps and websites that are **used the most and reflect on why** they are the most commonly used
- Look for **patterns** of usage: before bed, weekends and plan for alternative activities to change the habit
- Set **screen time caps** and then begin limiting screen time gradually
- Schedule **internet downtimes** in your home simply by unplugging the router
- **Turn off notifications** that trigger phone checks
- Utilize a **Family Media Use Plan** to include everyone in the decision making process
- **Model the behavior** you want to see in children

As a mother of four children, I understand the constant battle with screen time. It can seem drastic to restrict electronics excessively, but if a child is struggling, it is necessary to allow their nervous system to return to a more natural state of calm and foster resilience.

*This article was written by Tammy Charko BA, BSW, RSW. She is the Division Social Worker for Northern Gateway Public Schools and supports and advocates for students and families to promote wellness and success in school. Tammy has been a Registered Social Worker for more than 25 years and is a mother to 4 children; 1 in high school and 3 in university.*