

# École Mallaig School

*Being the best we can be*

Box 90, Mallaig, AB T0A 2K0

Phone: 780-635-3858

Text: 780-646-2777

Fax: 780-635-3938

Webpage: [www.mallaigschool.ca](http://www.mallaigschool.ca)

Email: [mcs@sperd.ca](mailto:mcs@sperd.ca)

June 20, 2025 Newsletter

## REMINDER



Don't forget to re-enroll your child/ren for the 2025/2026 school year. This is done through the Powerschool Parent Portal <https://powerschool.sperd.ca/public/>.

For new students to our school, please call the school office at 780-635-3858.



## ÉCOLE MALLAIG PRESCHOOL

*is now accepting registrations for the 2025-26 school year!*

### THIS PROGRAM INCLUDES:

- ✓ Children aged 3.5 - 5
- ✓ 3 days/week: Mon/Wed/Fri
- ✓ 8:30 - 11:30 AM
- ✓ Reduced registration fees due to government affordability funding!

For more information or to register for our preschool program, please contact us at the school.

780-635-3858

[handkell@sperd.ca](mailto:handkell@sperd.ca)

*Note: Program subject to sufficient enrollment*

3 CLASSES  
PER WEEK  
ONLY \$40.00  
A MONTH!



## Book returns!

Students please return all library books!

Textbooks **MUST** be returned on the day of the course final. For any books not returned, you will be charged.

**DON'T FORGET TO CHECK THE  
LOST AND FOUND!**

**Unclaimed items will be  
donated**





# Thank You & Farewell



We would just like to say farewell to some of our staff that will not be returning to us. First of all, happy retirement Mme. Laplante! After more than 48 years of shaping minds, inspiring hearts, and making a lasting impact, it's time to celebrate you. Your dedication to teaching has left a legacy that spans generations. You've not only educated, but uplifted — guiding students with patience, passion, and purpose.

As you close this chapter, may your next adventures be just as fulfilling — full of joy, rest, and everything you love most.

You've earned every moment of it. Congratulations on your retirement!

Mrs. Paradis, congratulations on completing your first year of teaching — what an incredible milestone! Your dedication, resilience, and the meaningful connections you've built with students and colleagues have already made a lasting impact.

As you continue your journey in education, may each year bring new growth, inspiration, and fulfillment. The future of your teaching career is bright — and this is just the beginning. Wishing you all the best in the years ahead!

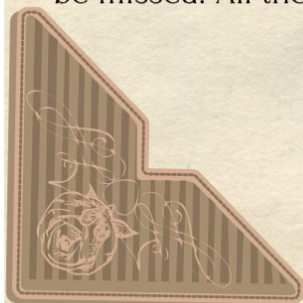
Ms. Ashley Meger, as you move on to new adventures, we want to thank you for the care, patience, and support you brought to the classroom. Your work with our elementary students made a real difference — helping them grow, learn, and feel seen.

Though we'll miss you, we're excited for what's ahead for you. Wishing you all the best in your journey ahead!

Ms. Trach, as you step into your new position, we want to take a moment to celebrate the incredible impact you've made at École Mallaig School. Your flexibility in teaching assignments, unwavering support and patience with students have created a classroom where every student felt valued and encouraged. You brought innovation to your teaching and built meaningful connections that truly made a difference. Your dedication didn't go unnoticed — you've left a lasting mark on both students and colleagues. Though we'll miss you, we're so excited for what lies ahead. Wishing you all the success and joy in this next chapter of your journey!

We would also like to wish Mme. Martin all the best as she takes a 1 year leave.

Wishing you a restful and rejuvenating year ahead! Take this time to recharge—you'll be missed. All the best!



# MALLAIG CAREER CORNER

Mrs. Kotowich-Dubrule Ph: 780-645-4491 780-614-7803 kotosusa@sperd.ca

## IMPORTANT DATES



**\*\*Student Loan** applications will be released on June 2nd. Students will be able to access the application by visiting the [studentaid.alberta.ca](https://studentaid.alberta.ca) website.

**June 1:** Deadline for many local scholarships, Saddle Lake Post-Secondary Funding application and Imperial Oil Billion Barrel Scholarship

**June 15:** Deadline for Freehorse Family Wellness Society Post-Secondary Funding

**June 30:** Deadline to apply to Concordia University of Edmonton and for some MacEwan U programs for Fall 2025

**August 15:** Deadline for the CNRL Building Futures Scholarship

**Mid August:** ATCO Indigenous Education Awards Program deadline

**August 1:** Alexander Rutherford Scholarship applications are open

**August 31:** Deadline for the Cornerstone Co-op Spirit of Youth Scholarship and for the MCSnet Scholarships

**August 31:** Deadline for the Greater St. Paul ATA Local #25 Scholarship and the RMA Post-Secondary Scholarship



Over the summer, we encourage students to enjoy their summer break and take the time to also do some self-reflection. Students will still have access to their myBlueprint accounts if they want to do some planning prior to the start of the new school year. Also a reminder to Grade 12's to make sure these accounts are under your personal email, NOT your school email address! If you are having issues logging into your account, please contact your Career Counsellor for help.



1. Find a study spot. Pick an area at home to study in that is away from distractions.
2. Break up your study time. Try studying for 25 minutes and then take a short 5-8 minute break. Repeat throughout your study time.
3. Exercise! Exercising is a good way to relieve stress and improve memory.
4. Limit Distractions. Turn off the volume on your phone and just study! No TV or social media.
5. Stay healthy. Eat a well balanced diet. Get lots of sleep.

## RUTHERFORD SCHOLARSHIP

Grade 12's - did you get Honour Roll in any year of high school? If yes, then you qualify for the Alexander Rutherford Scholarship. This year's applications will be available starting on August 1st. Students will be able to access the application through Student Aid Alberta at <https://studentaid.alberta.ca/>

Students will log in with their same login information as with Apply Alberta. \* Please have your Social Insurance Number on hand for this. If you have any problems applying, please contact Mrs. Kotowich-Dubrule 780-614-7803 or [kotosusa@sperd.ca](mailto:kotosusa@sperd.ca).

## EXAM STRESS

Stress is a normal part of life.  
Some situations, like exams, are more stressful than others.  
It's what you do about it that makes a difference to your well being.

## PLANNING HELPS

### Create a schedule

Okay... you've heard this one before. But actually putting everything you need to do on paper helps you to be realistic about your time. If you try to do too much in too little time you won't remember the information. Allow yourself enough time to review all the material you need to cover and be sure to schedule some relaxation time.

### When are you at your best?

Some people are early birds and some are night owls. Know the time of the day that you study best and plan to tackle your most difficult subjects during that time.

### How do you learn?

Do you remember things best when you hear them? Read about them? Visualize them? When you study use the method that works best for you. And if you happen to learn best by listening, don't forget to pay attention during class.

### Prepare for the exam

It never hurts to ask your teacher for tips on preparing for the exam. For example, will it be multiple choice or essay format? This will help you focus your energy on the right areas. And if you need extra help to understand the subject, be sure to ask the teacher or a friend who is ace-ing the class to tutor you. Write a practice exam to help you prepare.

### Your study space matters

When you study are you distracted by email, television, video games or the phone? Create a separate study space away from distractions...and use it!

### Reward yourself

Really! After a solid study session, reward yourself with some down time. You earned it!

## HEALTHY HABITS

- Garbage in – Garbage out ... so eat healthy foods. Make smart food choices. A greasy double cheeseburger and fries might taste great at the time, but it can make you feel sluggish later. Choose nutritious foods, such as fruits and vegetables, and remember to drink plenty of water.
- Caffeine Buzz... While caffeine in coffee or cola can give a boost in the short term, too much can negatively affect your sleep and cause you to feel anxious. It may also affect your ability to focus.
- Exercise – Physical activity, even in small amounts, helps get rid of stress. Don't make excuses about having too much to do. Ten or twenty minutes of being active can clear your head and help you study...and exercise has the added benefit of helping you get a restful sleep.
- Catch enough ZZZZZs – Your body needs rest, especially when you are stressed, so try to get enough sleep. Before you go to bed, give yourself some time to relax and get out of study mode.
- Take breaks – For every fifty minutes you study, spend ten minutes moving around. Stretch, go for a walk or play with the dog. Come back refreshed and ready to study.
- Don't forget you have a life outside of school. Studying is important but so is the rest of your life. Don't cancel other activities that are important to your well-being. You need some down time, so go to soccer practice or watch your favorite TV show. Then get back to the books.

## EXAM DAY

**\*\*Get a good night's sleep** – Contrary to popular belief, cramming all night is not the best way to study. You'll do much better on the exam if you are not nodding off in the middle of it.

**\*\*Don't rush** – Running late will add to your sense of panic. Don't get up too early (or you will be tired), but make sure you have plenty of time to get ready and get to the exam on time.

**\*\*Bring what you need** – Take your favorite pens and pencils to the exam, and anything else you need. It adds to that feeling of being prepared!

**\*\*Eat** – If your stomach is tied up in knots you may not feel like eating, but having something nutritious will give you energy and

help you focus on the exam. For a small energy buzz, bring small hard candies or lifesavers to melt in your mouth while you write.

**\*\*You remember more than you think you do** – If you can't remember the answer to a question, don't panic. Take a deep breath, relax and move on to the next question. Sometimes other questions on the exam can trigger your memory.

**\*\*Slow down** – Scan the exam briefly so you will know how to use your time. Pace yourself and allow more time for questions that are worth more marks. Take time to read each question carefully so you know what is expected in your answer.

**\*\*Celebrate** – Once you have written your exam, don't fret about what you may have done wrong. What's done is done and you can't change the outcome. Reward yourself by hanging out with friends or participating in your favorite activity.

### Study Tips & Study Skills

- \* Students with better study methods and strategies score higher on their exams.
- \* Everyone is different. Different methods work for different people; the following are only suggestions on improving upon your current studying techniques.
- \* It is best to review the material right after class when it's still fresh in your memory.
- \* Don't try to do all your studying the night before the test. Instead space out your studying, review class materials at least several times a week, focusing on one topic at a time.
- \* Have all of your study material in front of you: lecture notes, course textbooks, study guides and any other relevant material.
- \* Find a comfortable and quiet place to study with good lighting and little distractions (try avoiding your own bed; it is very tempting to just lie down and take a nap).
- \* Start out by studying the most important information.
- \* Learn the general concepts first, don't worry about learning the details until you have learned the main ideas.
- \* Take notes and write down a summary of the important ideas as you read through your study material.
- \* Take short breaks frequently. Your memory retains the information that you study at the beginning and the end better than what you study in the middle.
- \* Space out your studying, you'll learn more by studying a little every day instead of waiting to cram at the last minute. By studying every day, the material will stay in your long-term memory but if you try to study at the last moment, the material will only reside in your short-term memory that you'll easily forget.
- \* Make sure that you understand the material well, don't just read through the material and try to memorize everything.
- \* If you choose to study in a group, only study with others who are serious about the test.
- \* Test yourself or have someone test you on the material to find out what your weak and strong areas are. You can use the review questions at the end of each chapter, practice tests that the teacher may give out or other pertinent materials.
- \* Listening to relaxing music such as classical or jazz on a low volume can relieve some of the boredom of studying.
- \* Don't study later than the time you usually go to sleep, you may fall asleep or be tempted to go to sleep, instead try studying in the afternoon or early evening. If you are a morning person try studying in the morning.



**Ecole Mallaig School**

# **Sports Team Bottle Drive**



Help support the school sports program with expenses that come throughout the year

**Collection Date:**  
**August 28**

**Drop-off Location:**  
Drop-off on the south side of the school

**Drop-off Time:**  
10:00 AM – 3:00 PM



Thank you for supporting us with your donation!

JUNE 11, 2025

## BOARD MEETING

# HIGHLIGHTS



### Ashmont School Presentation

A delegation of students from Ashmont School, led by Emery Delver from Saddle Lake, shared the knowledge and teachings they received while crafting their handmade drums during music class. They spoke about the cultural significance of singing and drumming, and the connection these traditions have to identity and community. The group then performed a powerful and beautiful song.

### Literacy Presentation

Division Literacy Consultant Erin Cherniwchan provided a presentation on the Division's literacy program, highlighting this year's work in providing in-school support to selected schools, implementing division-wide Acadience testing, and offering data-informed professional development for teachers. Next year, the program will expand support to all elementary schools, continue work with the Literacy Committee, and increase professional learning opportunities for all staff.

### Northeast Alberta Collegiate Institute

The Division is excited to announce its partnership with neighbouring school divisions and Portage College in establishing the Northeast Alberta Collegiate Institute (NACI), supported by a \$2.3 million grant from Alberta Education. This collaborative initiative will offer Grade 11 and 12 students the opportunity to explore career pathways in education, health care, and the trades, earning both high school and post-secondary credits. Programming will begin in the new school year. Students interested in these opportunities are encouraged to contact their school for more information. Read the full media release [here](#).

### ASBA Lieutenant Governor Award

The Division congratulates Harper Matthews, a student from New Myrnam School, on receiving the Alberta Schools Boards Association Lieutenant Governor Award. This honour recognizes students who have demonstrated remarkable growth in developing skills to better themselves through determination, initiative and independence, leading to both personal and academic success. Well done, Harper!

## 2025–26 Education Plan and Budget

Superintendent Dr. Peter Barron presented the Division's four-year Education Plan, aligned with both Division and provincial priorities. The plan focuses on student success through improving literacy and numeracy, increasing student and family engagement, promoting Catholic identity in Catholic schools, supporting Indigenous student success and post-secondary pathways, expanding learning opportunities for all students, and fostering healthy learning and working environments. The Board accepted the plan as presented.

The Board also approved the 2025–26 budget plan, forecasting a balanced budget of approximately \$60 million. Despite challenges such as the loss of Jordan's Principle funding, declining enrolment, inflation, and an outstanding collective agreement, the Division remains committed to advancing the priorities outlined in the Education Plan.



## Real Property Changes

The province has passed new legislation transferring ownership of all new and replacement K–12 school properties to Alberta Infrastructure, starting with Budget 2025 projects. School divisions will lease these properties while continuing to operate and maintain them. This change does not affect existing properties. Infrastructure is gathering stakeholder input to support a smooth transition.



## Terry Fox Foundation

The Division is proud to recognize the ongoing efforts of St. Paul schools in supporting the Terry Fox Foundation, having raised over \$265,000 over the past 44 years. A special shout-out to École Mallaig School, which was one of Alberta's top fundraising schools in 2024—raising over \$8,100!

## Long Service and Retirement Celebration

On May 29, the Division honoured the commitment and service of long-serving staff and retirees at its annual celebration. It was a wonderful evening recognizing the dedication and contributions of our staff. Congratulations to all who were recognized!

**For more information,  
contact:**

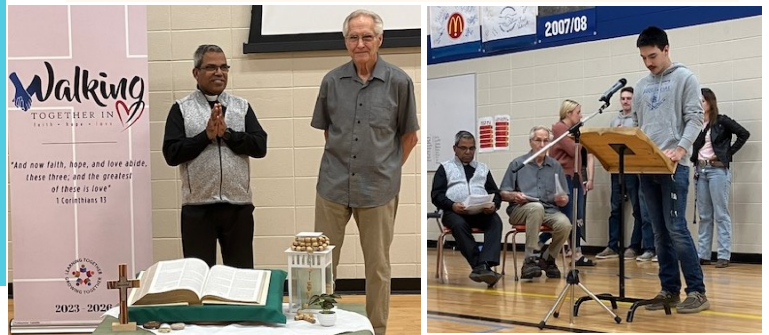
**Dr. Peter Barron**  
**Superintendent of Schools**  
[barrpete@sperd.ca](mailto:barrpete@sperd.ca)



**St. Paul Education**

*Learning Together, Growing Together*

4313–48 Ave. St. Paul, AB T0A 3A3  
P: 780–645–3323  
E: [st\\_paul@sperd.ca](mailto:st_paul@sperd.ca)  
[www.stpauleducation.ab.ca](http://www.stpauleducation.ab.ca)



**Grad 2025**

Our graduating class would like to thank everyone that made their graduation day special! Thank you Ms. Jean and Mrs. Paradis for helping to organize the day. Thank you to everyone that participated in the day and also that prepared us to be able to be standing on the stage to be recognized!



**Thank you to our Elementary Track and Field volunteers! Thank you Mrs. Lamontagne for organizing the afternoon. Thank you Ms. Trach for preparing the hot dog lunch!**



**Congratulations to our Junior and Senior Track & Field Athletes!**

We are incredibly proud of our Jr. and Sr. Track and Field athletes for their strong performances at SPAA. A special shoutout to the six senior athletes who advanced to Zones in Bonnyville—your dedication and effort truly paid off!

A big congratulations to Austin Amyotte, who advanced to Provincials in Calgary. He did an outstanding job representing our school on the provincial stage!

We would also like to extend our sincere thanks to Mr. Ayres, Mr. Weinmeier, and everyone else who supported the Track and Field program. Your time, guidance, and commitment are deeply appreciated!



**Thank you**

**To the  
St. Paul  
Museum for  
the great  
day of  
activities for  
the Grade  
1/2 classes!**



**Science 30**

**Releasing the fish  
into the St. Paul trout  
pond!**



## Ecole Mallaig School

### ECS - Gr 2 Supply List 2025/2026

Supplies need to come clearly labelled with student's name

#### ECS SUPPLY LIST

Please supply your child with the following items:

- 1 School Bag
- 1 Lunch Kit
- 2 Boxes of Kleenex
- 1 Water Bottle
- 1 Pair of Indoor Running Shoes (To stay at school)
- 1 Headphones - no earbuds (Labelled in a Ziplock)
- 1 Pencil Case
- 1 Full change of clothes in a large Ziplock /Plastic Bag

The following items will be purchased by the school , some of which will be shared collectively amongst the students . A charge of \$42.00 will be added to the registration fee to cover the costs.

- Glue Sticks
- Dry Erase Markers
- Pencils
- Wax Crayons
- Crayola Fine Tip Markers
- Erasers
- Exercise Books
- Duotangs
- Pencil Crayons
- Twin Pocket Folders
- Highlighters
- Ziplock Bags

#### GRADE 1/2 SUPPLY LIST

Please supply your child with the following items:

- 1 School Bag
- 1 Lunch Kit
- 2 Boxes of Kleenex
- 1 Water Bottle
- 1 Pair of Indoor Running Shoes (To stay at school)
- 1 Headphones - no earbuds (Labelled in a Ziplock)
- 1 Pencil Case
- 1 Full change of clothes in a large Ziplock /Plastic Bag

The following items will be purchased by the school, some of which will be shared collectively amongst the students . A charge of \$42.00 will be added to the registration fee to cover the costs.

- Glue Sticks
- Thin Dry Erase Markers
- Pencils
- Wax Crayons
- Crayola Fine Tip Markers
- Erasers
- Exercise Books
- Duotangs
- Pencil Crayons
- Pencil Sharpener
- Mr Sketch Markers
- Ziplock bags

# **Ecole Mallaig School**

## **Gr 3-6 Supply List 2025/2026**

**Supplies need to come in clearly labelled with students name**

### **GRADE 3/4 SUPPLY LIST**

2 pencil cases  
1 pencil sharpener  
2 pkg. dividers (5 in pkg.)  
5 duo-tangs (Red/Orange/Blue/Green/Black)  
4 highlighters  
2 black Sharpie fine tip markers  
4 large glue sticks  
24 HB Pencils  
2 four pack dry erase markers  
1 pkg. markers  
1 pack pencil crayons  
4 white erasers  
3 blue pens  
2 black pens  
1 ruler  
1 pair scissors  
2 Coil Ruled Notebooks  
1 set of headphones-No ear buds(Labelled in Bag)  
1 set watercolour paints  
2 – 1” Binder for LA, Math, Social & Science  
1 bag with a complete set of clothes  
1 Pair of Outdoor Shoes  
1 Pair Indoor Running Shoes (Non marking)  
1 backpack & Lunch Kit  
3 Boxes of Kleenex  
10 large ziploc bags  
1 box plastic forks for lunches  
1 box plastic spoons for lunches

### **GRADE 5/6 SUPPLY LIST**

1 pencil case  
1 calculator  
2 pkg. dividers (5 in pkg.)  
5 duo-tangs variety of colours  
3 highlighters  
2 black Sharpie fine tip marker  
3 large glue sticks  
24 HB Pencils  
2 four pack dry erase markers  
1 pkg. markers  
1 pack pencil crayons  
4 white erasers  
3 blue pens  
3 red pens  
1 ruler  
1 pair scissors  
1 pencil sharpener  
150 Sheets of lined paper  
1 set of headphones-No ear buds(Labelled in Bag)  
3 coiled ruled notebooks  
25 sheets 0.5cm graph paper  
4 - 1”binders  
1 Gym Bag with T-shirt & Shorts/Sweats  
1 Pair of Outdoor Shoes  
1 Pair Indoor Running Shoes (Non marking)  
1 backpack & Lunch Kit  
3 boxes of Kleenex  
10 large ziploc bags  
1 box plastic forks for lunches  
1 box plastic spoons for lunches

## Ecole Mallaig School

### JR/SR High Supply List 2025/2026

Supplies need to come in clearly labelled with students name

#### JUNIOR HIGH

3 2" binders (Math, L.A., Social, Science 7)  
2 1" binders (FLA/FSL, CTS)  
2 coiled scribblers—L.A., Math  
2 pkg. lined paper  
1 pkg. graph paper (25 sheets)  
1 30cm ruler  
2 pkg. subject dividers  
5 duo tangs  
pencil case  
geometry set  
24 pencils  
12 dry erase markers  
scissors  
1pkg (24) pencil crayons  
10 black or blue pens  
5 erasers—white  
2 highlighters  
1 lg. glue stick  
1 box of kleenex (Homeroom) Headphones

Gym Shorts (appropriate length) and/or Sweat Pants

Cotton T-Shirt

NON-MARKING GYM SHOES

#### Math

Grade 7-9: Required Calculator- Texas Instrument TI-30XIIS

#### SENIOR HIGH

3 2" binders  
2 1" binders  
2 coiled scribblers  
2 pkg. lined paper  
1 pkg. graph paper (25 sheets)  
1 30cm ruler  
2 pkg. subject dividers  
5 duo tangs  
pencil case  
geometry set  
24 pencils  
12 dry erase markers  
scissors  
1pkg (24) pencil crayons  
10 black or blue pens  
5 erasers—white  
2 highlighters  
1 lg. glue stick  
1 box of kleenex

#### **Headphones**

Gym Shorts (appropriate length) and/or Sweat Pants

Cotton T-Shirt

NON-MARKING GYM SHOES

#### Math

TI-83 Plus or TI-84 Plus CE Calculator - required

