



ONCE A FALCON, ALWAYS A FALCON!

SEPTEMBER/OCTOBER 2023

IMPORTANT DATES & INFO

Sept. 26	School Council 6:00
Sept. 28	Terry Fox Run
Sept. 28	Grad Meeting 6:00
Sept. 29	Orange Shirt Day
Sept. 30	National Day for Truth and Reconciliation
Oct. 6	PD Day--No School
Oct. 9	Thanksgiving Day--No School
Oct. 17	Picture Day
Oct. 19	K / 1 Field Trip--Prairie Gardens
Oct. 24	Secondary Academic Awards 2:00
Oct. 24	Post Secondary Night 7:30
Oct. 25	School Council Meeting 6:00
Oct. 31	Halloween




Back to School Fun!!!



PARENT DROP OFF
DOORS OPEN AND SUPERVISION BEGINS AT 8:30 AM

Parents/Guardians and Visitors



- To minimize disruptions and for safety reasons, all **PARENTS/GUARDIANS and VISITORS MUST STOP AT THE OFFICE** before proceeding down the halls or to classrooms. Visitor and volunteer badges will be provided.
- If parents/guardians need to drop off a lunch or another item, it can be left at the office and students will be called down to pick it up at breaks.
- If parents/guardians wish to speak with a teacher, arrangements should be made in advance.

Thank you for your cooperation!

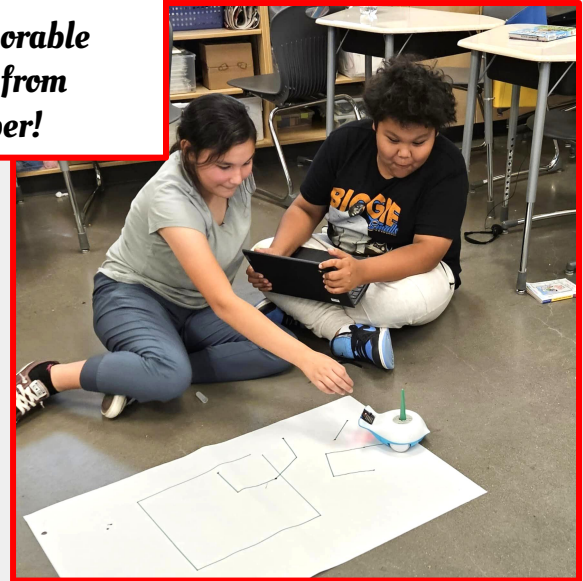
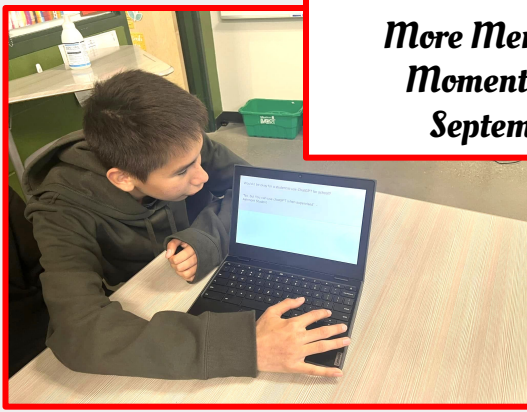
ASHMONT SCHOOL
PO BOX 330
ASHMONT, AB
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FOLLOW OUR ASHMONT SCHOOL FACEBOOK PAGE!

PHONE: 780-126-3177
FAX: 780-126-3818

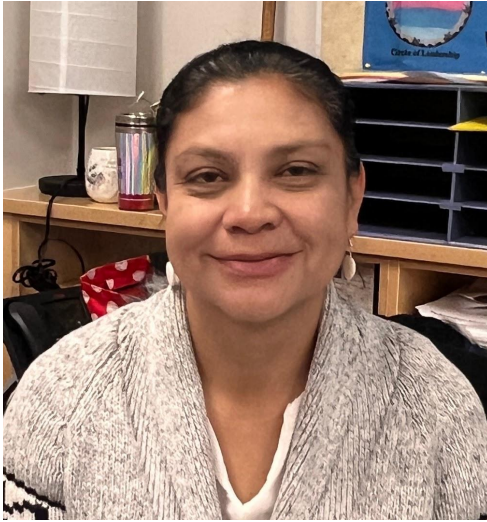
More Memorable Moments from September!



Bell Schedule 2023/24

Elementary	Junior High:	High School:
Warning bell - 8:36	Warning bell - 8:36	Warning bell - 8:36
Attendance - 8:36 - 8:39	Home Room - 8:37 - 8:41	Home Room - 8:37 - 8:41
Block 1 - 8:39 - 9:18	Block 1 - 8:45 - 9:22	Block 1 - 8:45 - 9:23
Block 2 - 9:18 - 9:58	Block 2 - 9:26 - 10:07	Block 2 - 9:25 - 10:07
Recess - 9:58 - 10:17	Break - 10:07 - 10:14	Break - 10:07 - 10:14
Block 3 - 10:17 - 10:56	Block 3 - 10:14 - 10:55	Block 3 - 10:14 - 10:56
Block 4 - 10:56 - 11:36	Block 4 - 10:59 - 11:40	Block 4 - 10:58 - 11:40
Lunch - 11:36 - 11:51	Lunch/Break - 11:40 - 12:15	Lunch/Break - 11:40 - 12:15
Recess - 11:51 - 12:18	-----	-----
Block 5 - 12:18 - 12:57	Block 5 - 12:15 - 12:57	Block 5 - 12:15 - 12:59
Block 6 - 12:57 - 1:37	Block 6 - 1:00 - 1:43	Block 6 - 1:01 - 1:43
Recess - 1:37 - 1:57	Break - 1:43 - 1:51	Break - 1:43 - 1:51
Block 7 - 1:57 - 2:37	Block 7 - 1:51 - 2:32	Block 7 - 1:51 - 2:31
Block 8 - 2:37 - 3:17	Block 8 - 2:34 - 3:17	Block 8 - 2:35 - 3:17

Welcome to Our New Staff!



Ms. Roxanne Blesse
Cree Teacher



Mr. Noah Shankowsky
Jr. High Math and Science



Mr. Dave McLellan
Shop Teacher

Falcons Sports

IMPORTANT DATES & INFO

Sept. 28	SPAA Cross Country @ Ross Lake
Oct. 4	Sr Volleyball @ Ashmont
Oct. 5	Jr Volleyball @ Ashmont
Oct. 11	Sr Volleyball @ Two Hills
Oct. 11	Cross Country Zones @ Muriel Lake
Oct. 12	Jr Volleyball @ Racette
Oct. 13/14	Jr Volleyball Tourney @ FGM

Oct. 13/14	Sr Volleyball Tourney @ Two Hills
Oct. 18	Sr Volleyball @ Ashmong
Oct. 19	Jr Volleyball @ TTES
Oct. 20/21	Jr Volleyball Tourney @ Mallaig
Oct. 20/21	Sr Volleyball WowPow @ JAWS
Oct. 23	Sr Volleyball @ TTES
Oct. 26	Jr Volleyball @ Ashmont



Junior Golf Team

A big welcome to all the new families in Ashmont and surrounding areas. Please check out the Tot Time that takes place every Thursday at the Agriplex. It is open to all caregivers!



Connecting & learning through play.

Join us with your little ones as we explore educational toys, play with others & learn new experiences through story time, singing & crafts. Mothers, fathers, grandparents & caregivers are all welcome.



DROP IN

Light snack provided.
For more info call 780-645-5311

Mallaig
Tuesdays

9:30AM-11:30AM
@ Mallaig Seniors Hall

Ashmont
Thursdays

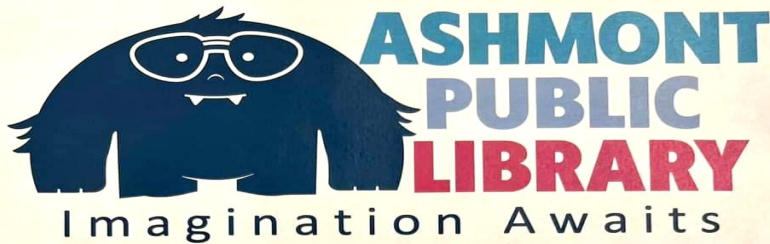
9:30AM-11:30AM
@ Ashmont Agriplex



St. Paul Regional
Family and Community
Support Services

Lakeland

FAMILY RESOURCE NETWORK



Regular hours

Monday - 8:30am - 3:30pm

Tuesday - 8:30am - 7:30pm

Wednesday - 8:30am - 6:30pm

Thursday - 8:30am - 7:30pm

Friday - 8:30am - 3:30pm

Located within Ashmont School



iHeartCraftyThings.com

A Message from St.Paul Public Health

Dear Parent/Guardian:

As always Public Health Nurses require parental consent before providing any service to children in schools.

As outlined in the provincial School Immunization Standard (albertahealthservices.ca) once consent is obtained from the parent/guardian, it remains in effect until consent is withdrawn or the student's condition has changed. To be clear, consents signed during one school year may be used until the immunization/immunization series is complete, as long as the consent has not been withdrawn by the parent/guardian and the student's condition has not changed.

Interruptions in the delivery of routine school immunizations due to the COVID-19 pandemic have made catch-up immunizations in many schools a necessity, therefore our Public Health school teams may be immunizing some students using consents obtained in previous years.

Although COVID-19 vaccines have been shown to be safe and effective vaccines, they will **NOT** be offered during routine school immunization clinics.

If you have any questions, please feel free to contact our office at 780-645-3396.

What to expect for your school immunization

The school immunization program

Each year, the Alberta Health Services Public Health School Immunization Program reviews immunization records of students in grades 1, 6 and 9. Parents and guardians will get information about the vaccines the student needs and instructions for completing the consent forms for them to get these vaccines in school. Students are immunized in the school by a team of public health nurses who are trained to support students to have a positive immunization experience.

Alberta Health Services treats every person with respect and dignity. It is important to us that you feel safe using healthcare services wherever they are provided.

Preparing for your school vaccine

- Wear short sleeves or loose-fitting sleeves because you will get the vaccine in your upper arm.
- If you are worried about getting a needle, nurses at our clinics are trained to help you feel more comfortable. To learn more, visit ahs.ca/vaccinecomfort or talk to your nurse.

Checking in

- When you come for your vaccine, you will check in with a staff member.
- All your information, including what vaccine you are receiving, is kept private.
- When it is time for your immunization, you will meet with your nurse.

During your immunization

- Your nurse will only give you vaccines that are recommended for you and that your parent or guardian have given consent for.
- Your nurse will talk to you about your health to make sure it's safe for you to get immunized. They will ask questions about medicines you take, health conditions, including pregnancy if you're in grade 7 or older, allergies, and any reactions you've had to vaccines in the past. The nurse will also ask you about other immunizations you've had recently. Your parent or guardian may have already provided some of this information on the form they returned.

- You can ask the nurse any questions you have about the immunization.
- Your nurse will ask if you are ready to get immunized. It's okay to feel afraid or nervous. The nurse will help you to use comfort strategies during your immunization. Then they will clean a spot on your upper arm and give you the immunization.
- You will get a record of your immunization to take home. The immunization details will be saved to your personal electronic health records. A copy of all the immunizations you got in school can be provided on request. Children age 14 years and older can access an electronic copy of their immunizations by registering for a MyHealth Records account at MyHealth.Alberta.ca/myhealthrecords. Children under age 14 years, can contact their local public health or community health centre to get a copy of their immunizations.

After your immunization

- You need to stay in the school for 15 minutes after your immunization. This short wait is important in case you have a rare but serious allergic reaction called anaphylaxis. If anaphylaxis happens, the nurse can give you medicine to treat the symptoms.
- Please let a teacher or staff member know if you're not feeling well so they can get the nurse to help you.

For more information about immunization



Call Health Link at 811



Scan the QR code or go to ahs.ca/immunize

Ashmont Legion

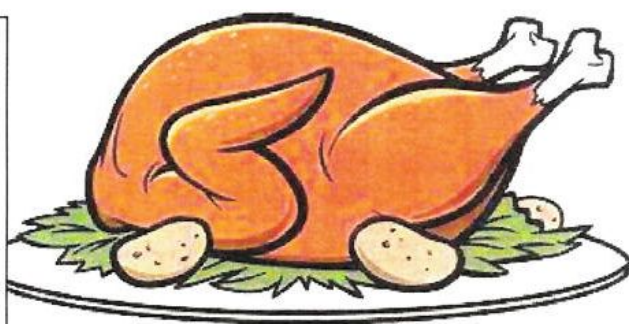
Thanksgiving Ham & Turkey Bingo

When: Sunday October 1, 2023

Time: Doors open at 12:00pm

Bingo starts at 1:00pm

Where: Ashmont Legion Hall



50/50 Cash
games,
Bonanza,
2/3/5 and
Lucky 7 games.

Concession
Available!!

Meal Deal!





Hot Lunch Menu

September/October 2023



ECS-Grade 6 Hot Lunch \$5.00

Grade 7-12 prices as advertised daily

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
24	25 Egg Salad sandwich with potato soup	26 Chicken Caesar wrap with a cookie	27 Pulled pork on a bun with coleslaw	28 Hot dogs \$2	29 Perogies, sausage & cabbage	30
1	2 Grilled ham and cheese w/ tomato soup or fruit cup	3 Pancakes and sausage	4 Chicken burger w/veggie sticks	5 Shepherd's pie	6 PD DAY NO SCHOOL	7
8	9 Thanksgiving Day!	10 Turkey sandwich with beef soup or fruit cup	11 Chili and a bun	12 Chicken alfredo & salad	13 Chinese Food	14
15	16 Ham sandwich w/ Soup or a fruit cup	17 Spaghetti with meat sauce and garlic toast	18 Roast beef sub with soup or a fruit cup	19 Pizza and salad	20 Roasted chicken dinner	21
22	23 Egg salad sandwich W/potato bacon soup or a fruit cup	24 Perogies, sausage & cabbage	25 Cheese burger with Jello	26 Chicken fingers, tater tots & veggies	27 Taco Salad	28
29	30 Grilled pizza sandwich with fries!	31 Nachos & Cheese with celery				