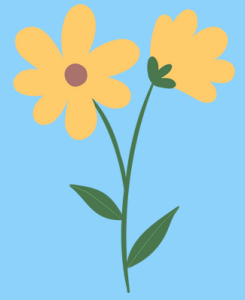


# LEGAL PUBLIC SCHOOL

## Newsletter

### April 2023



#### IMPORTANT DATES

April 3 - First day back to School!

April 7 - Good Friday, no school

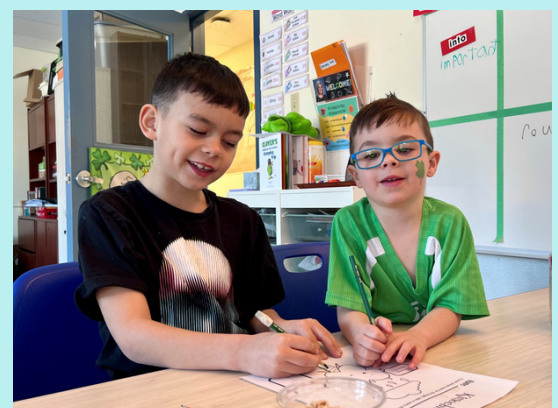
April 10 - Easter Monday, no school

April 11 - PreK/ K Collaboration Day no class

April 14 - Ukrainian Hot Lunch provided by the Durdle Family

April 21 - Grade School Telus World of Science Field Trip

April 24 - PD Day, no school



5109 46 St  
Legal, Alberta T0G 1L0  
Phone: 780 961 0133



Reminder: We are a  
nut free school!  
Thank you!



# From the Principal and Vice Principal



Dear Legal Public School Families,

We are excited to welcome Spring and all of the excitement that comes with it! In the short month of March we continued to work on some really neat STEM projects, make new games and activities in the forest space, and learn about and decorate some beautiful Pysanky Easter Eggs with a wonderful volunteer, Mrs. Petherbridge. Grade school students learned about the history of Pysanky Eggs and then created two designs using wax, wood styluses, egg dye, and a lot of concentration and focus! Everyone really enjoyed this day and we are so thankful to have amazing volunteers in our community!

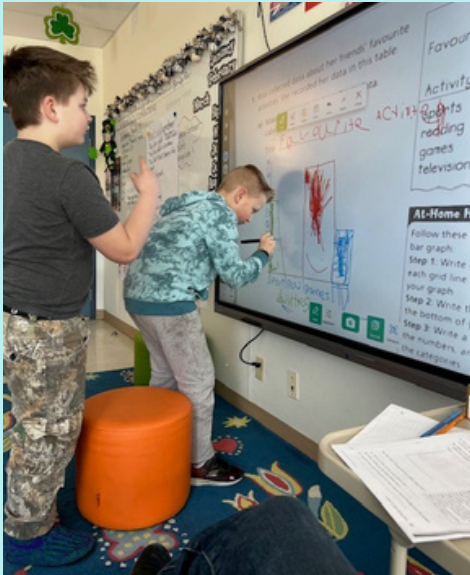
It was so great to welcome our families back to school at the end of March for Parent Teacher Interviews. This is an exciting time for teachers as we get to share the many successes and growth of your student at school. We also hosted our 2nd Parent Advisory Meeting on Tuesday, March 21st where we shared the news of our upcoming Spring Carnival on Saturday, May 13th. This is a community event we will be hosting to fundraise for swings for the playground. The Carnival includes a petting zoo, photo booth, face painter, various games, concession, food trucks, and prizes! Everyone is welcome, and we are excited to connect with community members as we continue to grow together. We are in need of 4 parent volunteers, for a 2 hour time commitment each, to help run the concession. If you are able to volunteer please connect with Mrs. McKinstry in person, by phone, or via email ([erika.mckinstry@sturgeon.ab.ca](mailto:erika.mckinstry@sturgeon.ab.ca)).

Thank you for your continued support,

Ms. Brenneis and Mrs. McKinstry



# March Highlights





Legal Public School

# CARNIVAL

*You are Invited!*

**Fundraiser  
for NEW  
SWINGS!**



Community members are invited to join  
us for a day of fun with family and  
friends!

**Saturday, May 13th  
11:00AM to 3:00PM**

5109 46 Street, Legal, AB

**Family  
Photobooth**



**Games and  
Prizes**



**Thistle Hill  
Farm Petting  
Zoo**



**Face  
Painting**



**ACFA**  
Régionale de Centralta

# Stay Informed!

## There's always something happening in Sturgeon Public School Division!

SUBSCRIBE TO OUR DIVISION NEWSLETTER

<https://www.sturgeon.ab.ca/>

[February Trustee Talk](#)

SPS GUIDING PRINCIPLES

Excellence in Teaching

Shared Responsibility

Mutual Respect

Belonging

Learning Choices

Communication



[Follow SPS on Instagram](#)



[Follow SPS on Facebook](#)



[Follow LPS on Instagram](#)



Legal Public School

[Follow LPS on Facebook](#)

Dear Parents/Guardians,

Mental Health in Schools is a new initiative supported and funded by the Government of Alberta. Positive mental health is a critical component of academic success. Students who experience positive mental health are better able to learn, achieve success and build healthy relationships. The initiative focuses on providing mental health prevention and promotion. As each school and community is unique, services are tailored to address the needs of the student population.

Two designated Mental Health Coaches work in Lilian Schick, Bon Accord Community School and Legal Public School; three days a week, spending half days at each school. Being present in the schools allows students, families and staff to connect with the Mental Health Coaches. Services offered but is not limited include, facilitating social and emotional learning/skill building groups for students, providing students with strategies when they are having difficulty managing their emotions (self-regulation), after school information presentations on various mental health topics for parents and creating partnerships with community agencies. Please note that the Mental Health Coaches do not provide counselling or therapeutic services.

Please feel free to reach out and connect with us via email – Kezia Mensah-Franks

([Kezia.Mensah@sturgeon.ab.ca](mailto:Kezia.Mensah@sturgeon.ab.ca)) and Marnie Kassian ([Marnie.Kassian@sturgeon.ab.ca](mailto:Marnie.Kassian@sturgeon.ab.ca))

We look forward to working with your school communities!

Marnie Kassian, Mental Health Coach



Kezia Mensah – Franks, Mental Health Coach



## Kimochi Corner



Kimochi is something you might have heard your child talk about at home, but you might be wondering, what that is? Kimochi means “feelings” in Japanese, and the Curriculum is based on research that tells us that a strong social-emotional learning foundation is essential to academic and life success. Research also shows that teaching social-emotional skills in school increases academic test scores by 11%!

In our school, we will be using the Kimochis® characters, feelings, and lessons to teach character education along with our regular academic curriculum.

The lessons in the Kimochis® Curriculum teach real-life skills, such as communication, self-management, decision-making, problem-solving, resilience, and responsibility. These are the skills that help us all become successful in life and in school. When children learn to communicate their feelings effectively, they build confidence, self-esteem, and strong relationships. Ask your child(ren) about what they've learned in their Kimochi's lessons so far!

# Ayîkipîsim- Frog Moon

pronounced- eye-ee-ghee-pee-sim



Together we greet this new moon and welcome the return of miyoskamin(Spring). We have lots to celebrate because Spring is a wonderful time of new beginnings. We find lots of new buds on the trees, and many different baby animals are being born. The weather is getting warmer and we see the water begins to thaw and lakes and rivers flow freely again. After the water is open frogs begin to wake up and sing their mating songs. Did you know that when frogs hibernate during winter their bodies create a natural anti-freeze that keeps them alive despite having frozen bodies? Keeping this amazing fact in mind we acknowledge that frogs offer us the teaching of adaptability. Frogs can survive in the water, on the land, and throughout the winter's freezing temperatures. How can we be adaptable in our own lives? This month's challenge is to go outside and make a list of all the new things you see growing around you. Study them throughout the month and notice the ways they grow as the month goes on.





# In Our Legal Community

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

## PUBLIC SKATING @ Legal Arena

SUN'S: 3:30 - 4:15 PM  
WED'S: 4 - 5 PM



Did you Know that Sturgeon Public School Division also has access to Social Workers? They can help connect families to various community supports, mental health supports, navigating new systems, and many other areas. Contact the school for more information!



# EASTER Egg Hunt



**FRIDAY, APRIL 7TH**

**CITADEL PARK GAZEBO  
1:00 - 2:00 PM**

BRING YOUR  
OWN BASKET

OPEN TO CHILDREN  
12 & UNDER

PHOTOS WITH  
EASTER BUNNY



Registration is required email  
[spearce@legal.ca](mailto:spearce@legal.ca)



## Easter COLOURING CONTEST



**WINNER WILL RECEIVE A EASTER  
GIFT BASKET FULL OF FUN!**

Print off your colouring sheet at [www.legal.com](http://www.legal.com) or contact the Town Office at 780-961-3773 for a copy. Return by April 4th to be entered. Must be 12 years or under to enter draw.