



THE SPITZEE BIZ

OCTOBER 9, 2026



Upcoming Events



Oct 12th - Thanksgiving - No School
Tues Oct 13th - School Photos for JK, KB, IT, 2J, 3T, 4,5K & 5LM
Wed Oct 14th - School Photos for JK, KM, IS, 2S, 3B, 4M
Oct 14th - School Council Meeting 6:30pm - all welcome!
Oct 19th - Professional Learning Day - no school for students
Oct 20th - **LAST DAY** for ordering November Hot Lunch!!
Oct 23rd - Monthly Assembly - 1:00pm
Oct 30th - Halloween Parade - 2:30pm
Nov 6th - Remembrance Day Ceremony - 10:30
Nov 7th - 15th - Fall Break - No School
Nov 17th - Photo Retakes Day
Nov 18th - School Council Meeting 6:30pm - all welcome!
Nov 25th & 26th - Learner Conferences (a.k.a. "Parent-Teacher Interviews")
Nov 27th - Professional Learning Day - no school for students

Save the Date - Our Learner Conferences are coming
November 25th and 26th.



Each week, grade 5 students in our Journalism elective will be interviewing staff members so our school community can get to know everyone.



Recently Mrs. Thomas shared an article from Parenting Science with her classroom parents. In the article, linked [HERE](#), the author talks about **SELF-CONTROL**: What it is, what it looks like in children, and **tips for parents** on how to improve it. Here's a highlight...



When researchers track young children over time, they keep seeing the same, worrying pattern: The more time kids spend in front of screens, the worse they tend to perform on subsequent tests of self-control. For example, in one study, 2-year-olds who spent more time engaging with televisions and touch-screens ended up – one year later – with lower scores on tests requiring focus, concentration, and inhibitory control (McHarg et al 2020).

Why does this happen? In part, it might be that screen time displaces other activities – activities that help kids hone their self-regulation skills. It also appears that the type of content matters. Kids may be at less risk if they consume only age-appropriate, educational programs. But note that even background TV seems to contribute to the problem (e.g., Portugal et al 2022), and – overall – kids who meet current screen time recommendations from the American Academy of Pediatrics (less than 60 minutes per day) display better self-regulation (McMath et al 2023).

FOOTHILLS SCHOOL DIVISION MONTHLY NEWSLETTER

Meet Our Spitzee Staff!



This week's entry is from Brooklynn, Breelyn, and Aria D.

Introducing Ms Corre Mahan, Spitzee's new Vice Principal and Kindergarten teacher. Just like student reporter Brooklynn, Ms Mahan's favourite colour is black. Her husband teaches golf so that's her favourite sport. She loves teaching art and seeing what the students create. Her favourite job is helping kids, and her first job was at Subway as a "sandwich artist". Ms Mahan has been at Spitzee for just over a month and did not go to Spitzee as a child because she lived in Nanton, and was born in Calgary. She has taught Kindergarten to grade 6, including in a northern Alberta "fly-in" community, and was at Joe Clark before Spitzee. Her favourite school event is the Christmas concert and her favourite TV show is Bridgerton. She has a 12 year old son and enjoys eating sushi. She knows a little bit of French because her son was in French Immersion, and she is allergic to dust. Ms Mahan played the clarinet when she was younger and doesn't have any pets, now that her hamster passed away. Her favourite animals are penguins, and she has 3 brothers.

Welcome to Spitzee, Ms Mahan!

Admin Message

As we head into the **Thanksgiving** weekend, we are reminded of the many things for which we are **grateful** at Spitzee School. In preparing for this week's presentation of our Education Plan to the Board of Trustees, we reflected on the incredible people who make our school such a special place.



We are thankful for **our dedicated teachers**, who model lifelong learning through their ongoing professional growth and their commitment to strengthening their practice for the benefit of students. We are grateful for **our caring School Council**, whose generosity and advocacy help ensure that every child has what they need to thrive while also making enriching experiences, such as inline skating, more accessible for families. Most of all, we are thankful for **our students**, whose enthusiasm, kindness, and growth inspire us every day, and for the wonderful community that surrounds and supports our school. As we gather with family and friends this Thanksgiving, **we wish all of our Spitzee families a joyful and restful holiday filled with gratitude.**



Did you know... School Council is a valuable partnership between parents, school staff, and the community that helps support student success. Through Council, families have opportunities to provide input on school plans, goals, budgets, and other important initiatives. Councils work closely with the principal to share perspectives, strengthen communication, and enhance the learning experience for all students. Parents are encouraged to get involved, participate in discussions, and contribute ideas that help make our school community a positive and successful place for every learner.

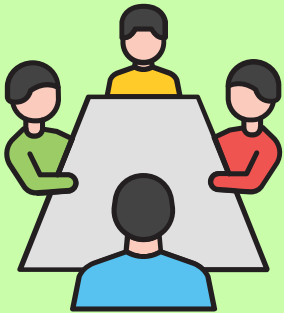
For more information, please click [HERE](#) for AP 110.



**Next Meeting: Wed. Oct. 14th 6:30pm
in the school Learning Commons (library).**

This will be our AGM! Interested in being more than a member at large? Come out to hear about the elected School Council Exec positions!

MINUTES of last meeting - [CLICK HERE](#)



Provincial Assessment Results

As we mentioned in last month's Biz, we were busy in September completing Provincial Assessments in Grades 1-5. As part of the provincial literacy and numeracy screening requirements, your child's screening results will be emailed to you when they are released.

Literacy and numeracy screenings are intended to help identify learning strengths and areas where additional support may be beneficial. They are not graded assessments and are not used for Learner Profile marks. Screening results are one source of information that teachers use alongside classroom assessments, observations, and daily learning evidence to better understand and support student learning. If results indicate that additional support may be helpful, appropriate interventions will be provided and progress will be monitored throughout the year.

If you have any questions about your child's results or would like assistance interpreting them, please contact your child's teacher. Thank you for your continued partnership in supporting your child's learning.

SPITZEE SCHOOL COUNCIL NEWS

School Council

PITZEE School Councils **FILL YOUR FREEZER!**

Sept 29 - October 19

Spitzee Parent Council is raising funds for our School!
We are trying to raise money to Support Science Education experiences and field trips for all of our Kids.

You can stock up on Delicious Frozen Foods and of course Fresh Bacon for the upcoming Holiday Season 🥰



Order Now!!!

Food!

Pick up is Thursday
October 29 From 145-430pm
Back Gym Doors @
Spitzee!



<https://spitzeeschool.myteamfund.ca>

TEAMFUND
Fundraising Made Tasty



Spitzee
Elementary
School

FUNDRAISING PROGRESS

\$651 of \$2,500 Raised

26%

JOIN OUR FUNDRAISER

Register as seller here to place orders and invite supporters

Like Bacon? Click Here!

Spitzee **NOVEMBER** Hot Lunch Days

Good Food
Brighter Minds
Stronger Together

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4  Okotoks Cinemas Popcorn & Cookie Dough Co.	5	6  Little Caesars & Chippy's Cookie House	7
8	9	10	11	12	13	14
15	16	17	18  Ka Sushi & Cookie Dough Co.	19	20  Boston Pizza & The Sweet Spot (no P/T Kindy)	21
22	23	24	25  Nice Buns	26  McDonald's	27	28
29	30					

♥♥ Thank you for supporting our students! ♥



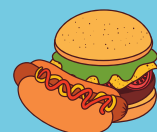
Good Food
Happier Learners
Brighter Tomorrows

The last day to order hot lunch for November is

October 20!

LUNCH TIME

Unfortunately, Sweet Spot had to cancel.. check your email for more info if you have already paid...



Phone calls at the end of the Day



To help our school day run smoothly, we kindly ask families to make after-school arrangements with their child before the start of the school day whenever possible. Our office is a very busy place, and delivering last-minute messages to students can take time away from supporting students, families, and other important school operations. By reviewing pick-up plans, transportation arrangements, or after-school activities in advance, you can help us ensure that everyone's day runs more efficiently. Thank you for your understanding, cooperation, and support in helping us maintain a safe and well-organized learning environment for all students.

In-line skating fun!

Spitzee Sports News



Thanks in part to a School Council donation, we have been lucky enough to have Alien Inline here at school with Coach Greg. The students learned so much and improved their skills tremendously in the past week! Teachers heard great comments from students like, "I liked helping my friends" and "No one gave up on us. Someone was always there to help!" What a great experience! And parents, with the School Council financial donation, it reduced your cost to \$10, which has now been posted in Edsembli.

Flag Football Jamboree on Thursday with Coach Brook, and assisted by Miss Daisy



GO!



It's not easy playing against older students, but our Eagles persevered!



Spitzee Eagle Photos



CLASSIFIEDS

TOTAL BASKETBALL ASSOCIATION

OKOTOKS & HIGH RIVER SESSIONS

SKILL & TECHNIQUE DEVELOPMENT

SCRIMMAGE AND GAME SETTING LEARNING

SESSIONS RUNNING SEPT 14-DEC 14

ACADEMY

EXPERIENCED COACHES AND PROGRAM

GR 3-6 & JR/SR HIGH

NURTURING PLAYER POTENTIAL

1 OR 2 SESSIONS/WEEK

SESSIONS ARE:

1-1.5 HR

BASED ON A TRIED AND TRUE STRUCTURE

DESIGNED TO DEVELOP:

TECHNICAL SKILLS

IN GAME DECISION MAKING

BASKETBALL IQ

PERFECT FOR:

FINE TUNING BEFORE SCHOOL OR CLUB SEASON STARTS

EXPLORING THE SPORT AND CULTURE OF BASKETBALL

REALIZING YOUR POTENTIAL

OKOTOKS SESSIONS:

GR 4-6 & JR/SR HIGH

SUNDAYS @ MEADOW RIDGE JR HIGH

WEDNESDAYS @ OKOTOKS JR HIGH

HIGH RIVER SESSIONS:

GR 3-6

MONDAYS @ HOLY SPIRIT ACADEMY



Use the QR code to register for academy, learn more about us, upcoming opportunities, and our vision, or visit www.totalbasketballassociation.ca

BEFORE & AFTER SCHOOL CARE

Located in **Spitzee School**

A safe place to learn, play & grow!



HOURS OF OPERATION
6:00 AM - 8:15 AM
3:15 PM - 6:00 PM
SCHOOL DAYS

FLEXIBLE OPTIONS TO FIT YOUR FAMILY!

BEFORE & AFTER SCHOOL CARE
\$625 PER MONTH

MORNING ONLY
\$250 PER MONTH

AFTER SCHOOL ONLY
\$275 PER MONTH

PD DAY CARE
\$50 PER DAY

HOLIDAY WEEKS
\$200 PER WEEK

SUBSIDY AVAILABLE FOR THOSE WHO QUALIFY!
We are pleased to offer the Canada-Alberta Child Care Subsidy. Ask us for details - we're happy to help!

Kids Dream OSC LTD.
BEFORE & AFTER SCHOOL CARE PROGRAM

MEETING KIDS WHERE THEY ARE. HELPING THEM DREAM BIG!
(403) 498-5876
info@kidsdreamosc.ca
Kids Dream OSC Ltd.

FUN FRIENDS ADVENTURES EVERY DAY!

REGISTRATION REQUIRED • SPACES LIMITED!

CLIMB INTO ALLSTAR CHEER

2026-27 REGISTRATION OPEN NOW

LEARN MORE:



FOOTHILLS SCHOOL DIVISION

GET BEHIND THE WHEEL OF YOUR CAREER

TEST DRIVE OUR SCHOOL BUS

OCTOBER 19, 2026



foothillsschooldivision.ca/careers

Foothills SCHOOL DIVISION

Ever wondered what it's like to drive a school bus? Find out on October 19, 2026 with FSD Transportation Services!

Test Drive Our School Bus

Monday, October 19, 2026

9:00 am - 2:00 pm

FSD Transportation Services

64204 418 Avenue E

Aldersyde, AB