



THE SPITZEE BIZ

SEPT 25, 2026



Upcoming Events



TO-DO



FOOTHILLS SCHOOL DIVISION MONTHLY NEWSLETTER

Sept 29th - **Flag Football - away game**
Sept 29th to Oct 19th - **Fill Your Freezer Fundraiser** (see pg. 3)
Sept 29th - **Orange Shirt Day to honour Sept 30**
Sept 30th - **National Day for Truth & Reconciliation - No School**
Oct 1st to 8th - **Inline Skating in Phys Ed in the gym!**
Oct 4th to 10th - **Fire Prevention Week**
Oct 8th - **Flag Football Jamboree - all day**
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 23rd - **Monthly Assembly - 1:00pm**
Oct 30th - **Halloween Parade - 2:30pm**



Did you know... there is always fresh fruit available on the table outside the office for students who need a little more? Sometimes there are other snacks, too (yogurt, cheese strings).

Thank you, School Council & PC Charity!

To see the October Hot Lunch schedule, go to the calendar on page 3!



SAFETY
FIRST

We now have a camera at the front door so that office staff can "buzz" you in if they recognize you when you ring the doorbell.



Listen for the "click" then give the door a little tug.

Congratulations, Eagles!
In our "Toonies for Terry" campaign, we raised \$542 for the Terry Fox Foundation's Cancer Research!



Tips for Parents:



Dr. Caroline Adelman, Clinical Psychologist, reminds us that **early executive functioning skills predict later academic and social success**. These skills develop gradually and can be nurtured through intentional parenting strategies. **How can you help at home?**

- **Create predictable routines.** Consistent schedules help young children build working memory and understand sequencing.
- **Play games that practice self-control.** Activities like Simon Says, Red Light, Green Light, and Freeze Dance support inhibitory control, the ability to inhibit one's impulses.
- **Encourage pretend play.** Role play helps children practice cognitive flexibility and self-regulation.

For age 7 to 12:

- **Use visual supports.** Charts, calendars, and checklists help children manage tasks and stay organized.
- **Break larger tasks into manageable steps.** Scaffold tasks like cleaning a room or completing homework into manageable chunks to support planning and working memory.
- **Teach problem-solving.** Walk through challenges together, asking "What's the problem?" "What are your options?" and "What will you try first?"

Patience & practice Matter Most!

To read the whole article, click [HERE...](#)



Admin Message

This month, students have been getting to know new classmates and staff, as well as learning all the routines in their new grades. In Alberta schools, September is also the month when teachers need to complete government assessments in both literacy and numeracy. In our younger classes, these can easily take between 15 or more hours to complete. Because these assessments are not directly tied to what is being taught, they will not show up in your child's Edsembli grades. You will, however, receive a report later in October about your child's achievement on these gov't assessments. Once these are all complete, teachers will get into the routine of regularly inputting marks into Edsembli. You will receive an email reminder from Foothills School Division next week to check your child's progress in the Edsembli gradebook, however, it may take until mid-October to see grades. The gradebook provides ongoing information about your child's learning and growth throughout the year. To help families better understand assessment and reporting, Foothills School Division has created a helpful Parent Guide which can be viewed here: [Parent Guide to Assessment & Reporting](#).

What you can expect for communication from your child's teacher this year:

- Regular emails to explain the focus of learning in the various subject areas.
- Assignments and grades being entered through the online gradebook after September government assessments are completed
- Student work being sent home
- Learner Conferences (a.k.a. Parent-Teacher Interviews) in late November and April
- Learner Profiles (formerly known as Report Cards) in early February and end of June

Still have questions? Please reach out!

Controversial issues are those topics that are publicly sensitive and upon which there may not be a consensus of values or beliefs. They include topics on which reasonable people may sincerely disagree. Luckily for us, there's an AP for that! Admin Procedure 205 "[Controversial Issues and Human Sexuality Education](#)" is where we turn for guidance. Within this AP, we are reminded that "Growth, development, and human sexuality are concepts outlined in the Grade 4-6 Physical Education and Wellness curriculum". For us at an Elementary level, this includes Physical Education and Wellness curriculum in grade 4 that deals with change & development, emotions, puberty and in grade 5, with human reproduction. Permission is sought through your registration documents, however prior to this instruction taking place, teachers must notify parents and caregivers at least 30 calendar days in advance and provide parents and caregivers with the option to opt-in their child, rather than opt-out, for this instruction. For more information, please click [HERE](#) for AP 205 and [HERE](#) for the curriculum.



Orange Shirt Day and the National Day for Truth and Reconciliation provide an opportunity for our school community to learn about the impacts of residential schools, honour Survivors, their families, and communities, and celebrate the resilience, strength, and contributions of Indigenous Peoples. In the spirit of Every Child Matters, we encourage families to wear orange, read Indigenous stories together, and take time to learn and reflect as a family. Families may also wish to participate in local events in High River and Okotoks that support learning and reflection around Truth and Reconciliation.

At Spitzee School, we will be wearing orange shirts on September 29 and are honoured to welcome our Kokum, Virginia Adolph, into classrooms on September 28 and 29 to share her knowledge with our students.

Please note that there will be no school on September 30 as we recognize the National Day for Truth and Reconciliation. Through listening, learning, and taking action, we can all help create communities where every child feels seen, valued, respected, and empowered to thrive. 🧡

SPITZEE SCHOOL COUNCIL NEWS



School Council

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](#)

YOUR SCHOOL COUNCIL EXEC

Chair - Rozlyn Neighbour

Co-Chair - Teresa Lund

Secretary - Tess Pfeifer

Treasurer -

Fundraising - Roz Neighbour

For more information email schoolcouncil@gmail.com

Not every volunteer task requires a Criminal Record Check. If you are wanting to volunteer in your child's class this year, check with Miss Megan in the office to see if you need a record check or not.

THANK YOU!

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



October Hot Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct. 1	Oct. 2 McDonald's
Oct. 5	Oct. 6	Oct. 7 Okotoks Cinema Popcorn Cookie Dough Co.	Oct. 8	Oct. 9 Edo Japan
Oct. 12 Thanksgiving	Oct. 13	Oct. 14 Little Caesars	Oct. 15	Oct. 16 Boston Pizza Chippy's Cookie House
Oct. 19	Oct. 20	Oct. 21 JRRR BBQ	Oct. 22	Oct. 23 Subway
Oct. 26	Oct. 27	Oct. 28 reFresh Cookie Dough Co.	Oct. 29	Oct. 30 My Pizza Candied Cookie



Spitzee Sports News



Run Club with Miss Daisy



Flag Football with Coach Brook, and assisted by Miss Daisy



PE news: Students have been working on warm-ups, stretching, discussing fitness, healthy mindsets and of course, have been working at their cross-country running this month! Kudos to those who are doing family fitness at home with push ups, curl ups, and walks to the park! Thank you to the volunteers who made our Terry Fox Walk/Run a success - we appreciate your help. And everyone appreciated the popsicles from School Council!

From October 1st to 8th our students will be **Inline Skating** in Phys Ed! We are very grateful to our School Council for their donation to this, which reduces the cost of this great opportunity to just \$10 per student (it should be posted to your Edsembli account in October). Alien In-Line offers this school program that includes a certified instructor and a complete set of rollerblade rental skates with protective gear. Learning how to inline skate develops skills and confidence that transfers to many other activities and helps students remain active for life!

- FYI: Your child can bring their own properly fitted helmet with a safety certification sticker (CSA, CPSC, etc.). This includes helmets for bicycles, hockey (no cage), skateboarding and ski/snowboard.
- Helmets NOT permitted include those for BMX, baseball, football, equestrian, motorcycles, or without chin straps, or those that cover the face
- Your child must have socks to be able to participate for health and safety reasons.

On Friday, September 25th, we enjoyed our "Eagles in Action" assembly. This was a first for us at Spitzee as we recognize students who are caught living the 7 Habits and our school motto.

At each monthly assembly, some students will be recognized for:
Kindness, Teamwork, Collaboration, Voice, Leadership, Sportsmanship, Citizenship, Learner, Heart & Hustle, Growth Mindset, Responsibility, Wellness, Creativity & Spirit.

We look forward to seeing our Eagles connect, lead & serve, and soar this year!



Spitzee Eagle Photos



In Music, students have been exploring drum circles, playing rhythmic cooperative learning games, and singing our school song!





FOOTHILLS SCHOOL DIVISION

GET BEHIND THE WHEEL OF YOUR CAREER

TEST DRIVE OUR SCHOOL BUS

OCTOBER 19, 2026



foothillsschooldivision.ca/careers



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

CLIMB INTO ALLSTAR CHEER



2026-27 REGISTRATION OPEN NOW

LEARN MORE:





BEFORE & AFTER SCHOOL CARE

Located in
Spitzsee 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

-  **CONVENIENT CARE**
Before school, after school, PD days & holiday weeks.
-  **SAFE & CARING**
Dedicated staff in a secure, welcoming environment.
-  **FUN & ENGAGING**
Games, crafts, outdoor play & learning through play!
-  **FLEXIBLE OPTIONS**
Choices to fit your family's needs.

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
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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!



BEFORE & AFTER SCHOOL CARE PROGRAM

MEETING KIDS WHERE THEY ARE. HELPING THEM DREAM BIG!

(403) 498-5876
info@kidsdreamoscld.ca
Kids Dream OSC Ltd.



REGISTRATION REQUIRED • SPACES LIMITED!