



# NEWS FROM THE NEST

October 14 - 18, 2024

EAGLES S.O.A.R

(Safe Organized Accountable Respectful)

Dear Parents and Advocates of East Lake School,

Fall is certainly a favourite season of mine - the colours, going for long walks, pumpkins, time with family and friends and Thanksgiving. Developing and "attitude of gratitude" is something that is important to me professionally and personally.

The little things can in fact be the big things when we talk about nurturing gratitude within our Eagles. Part of gratitude is simply being mindful and noticing when something feels good or is going well. Small humans are hard wired to take notice, to communicate and take care of each other. When we catch them SOARING, we celebrate and thank them for making good choices.

People love to feel seen, heard and valued for their contributions. We try to recognize these efforts through our newsletters, announcements in formal settings and informally within our school days. Saying thank you feels good for both the giver and the receiver!

Our Eagles get to see the adults of East Lake practicing gratitude for each other, for our school and for our students on a daily basis. We have a great staff culture of collaboration, supporting one another and having fun! If you haven't yet already, please take some time to review our social media feeds on Facebook or Instagram as a way to see gratitude of learning, our school and relationships come to life.

Please enjoy your long weekend and know that we appreciate you, our advocates, for your ongoing support of learning and the development of good humans here at East Lake.

With Gratitude,

Amanda Schultz, M.Ed  
Principal, East Lake School  
Rocky View Schools  
403.248.1091

## **This Week:**

### **October 14**

Thanksgiving  
No School

### **October 16**

Parent Council and  
Friends  
6:00 – 7:30 pm

### **October 18**

Popcorn Fundraiser

## **Upcoming:**

### **October 25**

Halloween Dance  
6:00 – 8:30 pm

### **November 1**

PL Day  
No School

### **November 6 & 7**

Student Led  
Conferences  
3:30 – 6:30 pm

### **November 11**

Remembrance Day  
No School

For translation into other languages, please click here: [translate.google.com](https://translate.google.com)

Website: <http://eastlake.rockyview.ab.ca>

Phone: 403-248-1091

Follow us on social media Instagram @eleaglesoar and on Facebook East Lake School

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## Share your thoughts on potential changes to Chestermere schools

To support ongoing enrolment growth and maximize learning spaces for our students, the Board of Trustees for Rocky View Schools is considering potential changes to some schools in Chestermere starting September 2025. Please visit [www.rvsengage.com](http://www.rvsengage.com) to learn more about the proposed solution and give your feedback until Nov. 26, 2024. An in-person presentation and table discussion is also being held on Oct. 22 at Chestermere Lake Middle School. The presentation begins promptly at 6:30 p.m. Visit [RVSEngage](http://RVSEngage) for more information.

## Important Dates from Your PE Department

### Grade 6 Volleyball:

The practice days and times are:

#### Boys team:

Mondays: 2:30-3:30 pm

Wednesdays: 2:30-3:30 pm

Fridays: 7:00-8:00 am

#### Girls team:

Tuesdays: 7:00-8:00 am

Thursdays: 2:30-3:30 pm

Fridays: 7:00-8:00 am

If you have any questions or concerns, please reach out to:

Boys team: Lauren Condrashoff; [lcondrashoff@rockyview.ab.ca](mailto:lcondrashoff@rockyview.ab.ca)

Girls team: Renee Christensen; [rchristensen@rockyview.ab.ca](mailto:rchristensen@rockyview.ab.ca)

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## NEW – SPIRIT WEAR IS NOW ON SALE IN SCHOOL CASH ONLINE



Would your student like an East Lake Eagle t-shirt, hoodie, joggers or ball cap? Spirit wear now available to purchase in School Cash Online. Various sizes and colors available.

**The deadline is October 30, 2024**

Short Sleeve T-Shirts \$16 (Blue/Light Grey/Dark Grey/White/Orange)

Long Sleeve T-Shirts \$22 (Blue/Light Grey/Dark Grey/White/Orange)

Hoodies \$35 (Blue/Light Grey/Dark Grey/White/Orange)

Joggers with elastic bottom \$38 (Youth-Blue/Light Grey : Adult-Blue/Light Grey/Dark Grey)

Ball Caps \$17.50 (Blue/Orange)

Crewneck Sweatshirt \$30 (Adult only - Blue/Light Grey/Dark Grey/White)

Full Zip Hoodie \$42 (Adult only - Blue/Light Grey/Dark Grey)

Link to school cash online: <https://rockyview.schoolcashionline.com/>

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## COME JOIN OUR FUNDRAISER!



- Visit: <https://friendsofchestermereeastlakeschool.myteamfund.ca>
- Join or Login
- Shop for our cause
- Share your personal link with others!

Limited time! Our fundraiser is open until:  
October 28th, 11pm

Make your purchase count!  
Fill your freezers and stock up on items you need.

Thank you for your support!



Order Online: \*Payment methods accepted: Visa, MC, Amex, Visa Debit

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