



# NEWS FROM THE NEST

April 7 – 11, 2025

**EAGLES S.O.A.R**  
(Safe Organized Accountable Respectful)

Dear Parents and Advocates of East Lake School,

Today was Be Bright Day! Be Bright is an East Lake day to promote positivity and kindness and to uplift one another in community. Students and staff wore bright colours and enjoyed a dance party! An aspect of the day involved positive affirmations. The benefits of using positive affirmations with student Eagles are endless. Affirmations offer a chance to build self confidence, self love, resilience and to practice using a growth mindset.

Favorite affirmations at the Schultz house include "I am strong, I am brave and I am smart." We practice these before bed and offer a time in the day when we might have lived them. I try to offer an example from my own day as well. This helps my children understand that affirmations are both for kids and for adults.

"I was strong when I made it across the monkey bars for the first time!"

"I was brave when I asked for adult help when there was a problem with my classmate."

"I was smart when I created a something new at the maker space station and shared it with my friends."

We can also use these affirmations in the moment, in the face of uncertainty to have confidence and know that whatever happens, there will be a supportive space to talk about it later at home.

Affirmations are easy to remember and are child friendly. After announcements, I always end with "you matter." I am extra proud that this year's Be Bright theme was "I matter." Our Eagle's words, experiences and feelings are important and they very much matter.

What affirmations do you use with your Eagle?

Have a wonderful weekend.

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

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 @eaglessoar and on Facebook East Lake School

## **This Week:**

### **April 10**

Celebrate French  
Immersion Night  
5:00 – 6:30 pm  
Doors Open 4:45 pm

### **April 11**

Popcorn Fundraiser

## **Upcoming:**

### **April 16**

Volunteer Orientation  
8:30 – 9:00 am  
5:30 – 6:00 pm

### **April 18**

Good Friday  
(No School)

### **April 21 - 25**

Spring Break  
(No School)

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**Wednesday, April 16, 2025**

**8:30 - 9:00 am**

**5:30 - 6:00 pm**

Attendance at one of our Volunteer Orientation sessions, along with a valid Criminal Record and Vulnerable Sector check from the RCMP, is required for those interested in volunteering at East Lake School this school year in any capacity.

Some of the many upcoming opportunities are:

- Camp Chestermere (Grade 4 and Christian Program)
- Telus Spark (Grade 1)
- Calgary Zoo (Kindergarten)
- Pioneer Acres (Grade 2)
- Heritage Park (Safety Patrols)
- More to be announced

Please let us know you will be attending by completing this brief form:

[https://docs.google.com/forms/d/1Fe2i90AB4rQ89ZZ6W9eyLQRcxwnMw8y1poDX\\_a7mx4o/edit](https://docs.google.com/forms/d/1Fe2i90AB4rQ89ZZ6W9eyLQRcxwnMw8y1poDX_a7mx4o/edit)



## NOW ON SALE

The Yearbook is a way to capture the fond memories of your student's time at East Lake. The yearbook contains pictures of friends, teachers, activities, events, sports and much more. **The 2024-2025 Yearbooks are now on sale.** They will be distributed in the Fall of 2025. Cost \$25.00 per yearbook.

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## FRIENDLY REMINDER

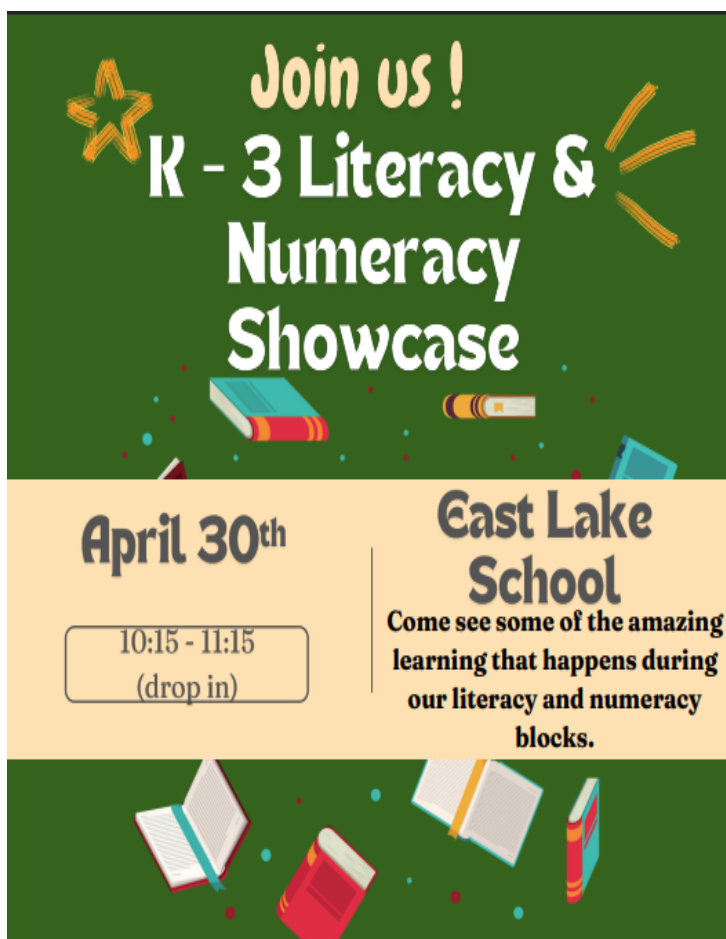
### 2025-26 REGISTRATIONS

IF YOU HAVE A NEW STUDENT YOU PLAN TO ENROL IN OUR SCHOOL FOR SEPTEMBER, PLEASE ENROL THEM NOW.

ENROLLING THEM BEFORE THE END OF JUNE ENSURES THEY WILL BE ABLE TO START ON TIME.

OUR OFFICE IS CLOSED OVER THE SUMMER AND REGISTRATIONS SUBMITTED AFTER JUNE WILL TAKE TIME TO PROCESS.

@REALLYGREATSITE



**Join us!**

**K - 3 Literacy & Numeracy Showcase**

**April 30<sup>th</sup>**

**10:15 - 11:15**  
(drop in)

**East Lake School**

Come see some of the amazing learning that happens during our literacy and numeracy blocks.

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 EAST LAKE SCHOOL   
*Mother's Day*  
**PLANT FUNDRAISER**  
DEADLINE TO ORDER: APRIL 14  
PICK UP: MAY 9 (10 AM TO 1 PM)

  
HANGING BASKET \$30

  
PATIO PLANTER \$35

  
CAGED TOMATO PLANT \$25

  
STRAWBERRY PLANT \$4

Order: <https://form.jotform.com/250833667949271>  
Contact: [eastlakeschoolsociety@gmail.com](mailto:eastlakeschoolsociety@gmail.com)

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