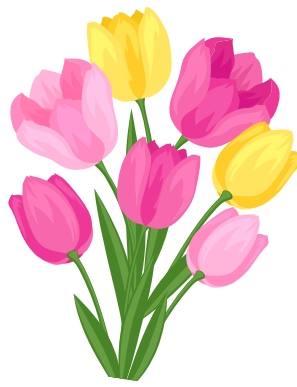


May



Northland Online School Newsletter



PRINCIPAL'S MESSAGE

Hello Students, Parents, and Guardians,

We have a busy and exciting month ahead, filled with engaging activities for our students! One of the highlights will be Mental Health Week, thoughtfully organized by Miss Tara and Mrs. Twidale. This week will feature sessions not only for students, but also for families—and we warmly invite you all to participate.

On May 5th, we will recognize Red Dress Day to honor and raise awareness for Missing and Murdered Indigenous Women, Girls, and Two-Spirit people (MMIWG2S).

On May 24th, we are thrilled to host our very first Grade 12 Graduation Ceremony! We can't wait to celebrate the hard work, perseverance, and achievements of our graduating students.

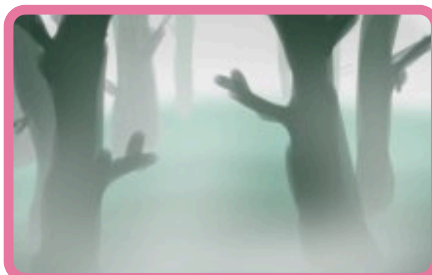
Finally, don't forget to join us for our monthly PAC meeting—we hope to see you there!

Mark Burke

Principal

Mark.Burke@nsd61.ca

780-594-2017



2025

Newsletter Highlights

Principal's Message

May Calendar & Events

Mental Health Week

Grade 9 & High School
Asynchronous Program
Options / School Clubs

Grade 12 Grad &
Grade 6 & 9 Virtual Grad

Parent Advisory
Committee Meeting

April Highlights

Division Announcements

Staff Contacts & School
Liaison

Have Your Say!



May 2025

May Calendars



NORTHLAND ONLINE SCHOOL K-9 CALENDAR

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Monday

April 29

April 30

1

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**Victoria Day
No School**

**Early Dismissal
at Lunch:
Staff Meeting in PM**

School Contact:
Principal, Mark Burke
780-783-1317
mark.burke@nsd61.ca



NORTHLAND ONLINE SCHOOL HIGH SCHOOL CALENDAR

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Monday

April 29

April 30

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**Victoria Day
No School**

**Graduation
Ceremony in
Edmonton!**

**Early Dismissal
at Lunch:
Staff Meeting in PM**

School Contact:
Principal, Mark Burke
780-783-1317
mark.burke@nsd61.ca

May 2025

Events / Important Dates

Red Dress Day May 5th

National Day of Awareness for Missing and
Murdered Indigenous Women, Girls, and
2SLGBTQIA+ People (MMIWG2S)



NORTHLAND ONLINE SCHOOL STUDENT OF THE MONTH AWARDS & ATTENDANCE CELEBRATION



KINDERGARTEN - GRADE 9

THURSDAY, MAY 8TH
TIME: 12:35PM

LOCATION: WHOLE SCHOOL MEET ZOOM

Grad Meeting

Thursday, May 8th at 5:00pm
Ms. Dagenais' Zoom



May 2025

Events / Important Dates



Friday, May 30th

**Early Dismissal at Lunch
Staff Meeting in Afternoon**



FRIDAY, MAY 16TH

Wellness Day - No School for
Students or Staff

MONDAY, MAY 19TH

Victoria Day - No School for
Students or Staff

May 2025

Mental Health Week

Northland School Division

Mental Health Week

May 5th-9th, 2025

Please join us for a evening sessions for families
Understanding ADHD for Families

Wednesday, May 7th 6:30pm.



Join Caley Wolf of CASA mental health for
a presentation on understanding ADHD and
executive functioning.

Please RSVP to
amanda.twidale@nsd61.ca to
receive the zoom link for
this event by email



High School Programming

In the Northland Online School, we have three different learning streams that the students can choose from:



Synchronous

Communication occurs
in real time



- Student attends classes via zoom daily
- Immediate feedback loop
- More responsive interaction

Asynchronous

Communication occurs at
different times



- Student works at their own pace
- More think time
- More flexibility for communication
- Support during teacher office hours

Hybrid

Communication occurs
Synchronously via Northland
"Learning Hubs"



- Student attends synchronous classes via zoom daily
- Learn in your community via learning space in NSD school
- EA support for learners

Grade 9 Asynchronous Program

As of January 2025, Grade 9 students looking for a more flexible learning program have the opportunity to join our Grade 9 Asynchronous program with Miss Tara!

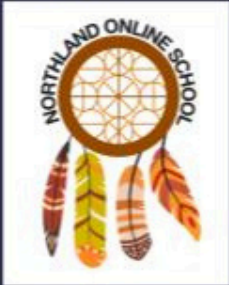


- Independent flexible learning time
- Optional daily live zoom sessions for core courses with Miss Tara
- Daily office hours with Miss Tara

Please reach out to Mark or Tessa if you would be interested in transitioning into our Grade 9 Asynchronous Program

May 2025

School Clubs



NOS KNOWS
SPORT

TALK IT! WATCH IT! PLAY IT!

MONDAY @ LUNCH
K-12 | 12:05-12:35
MRS. ROTHWELL'S ZOOM



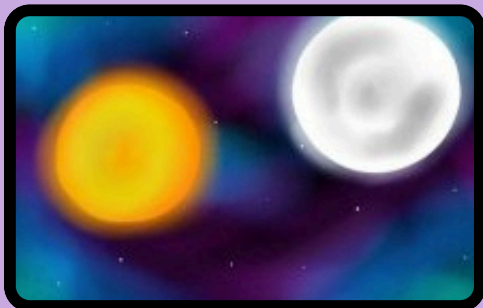
Join us every Tuesday to
draw, play games, &
hang out!

High School
**“vibe
club”**

Every Tuesday
3:30pm - 4:15pm
Ms. Dagenais' Zoom



hang out
HANG OUT CLUB
TUESDAYS AT LUNCH
Where: Miss Tara's Zoom
For: Grades 5-9



NORTHAND ONLINE SCHOOL

**JOIN OUR ART
CLUB**



JOIN OUR ART CLUB TO CONNECT WITH
CREATIVE INDIVIDUALS WHO SHARE YOUR
PASSION FOR ART!



**WEDNESDAYS AT
LUNCH!**

CONTACT MRS. STEIL FOR MORE DEATIL!
Art Club is in Mrs. Steil's Zoom

May 2025



Parent Advisory Committee Meeting



Next Meeting Date: Wednesday, May 28th

Time: 5:00pm - 6:00pm

Location: Whole School Meet Zoom

Zoom link will be emailed out to all families prior to the meeting

School councils are an important forum through which members of school communities play an advisory role in school improvement planning. Key factors in collaborative relationships are building meaningful, two-way communication and supporting respectful interactions among education partners. School council is a structured group of parents, principals, teachers, secondary students and community representatives whose purpose is to advise the principal and the school board regarding matters relating to the school. It is a means for parents and community members to work together with the school to support and enhance student learning. Respectful discussion is always encouraged.

Gift Card Prizes

Each PAC meeting we do a draw with all attendees names for two gift cards!



May 2025

Grade 12 Graduating Class of 2025



Next Grad Meeting:
May 8th at 5:00pm
Location: Tessa's Zoom

Grad Ceremony Date:
Saturday, May 24th

Grad Raffle Fundraiser:

**The Northland Online School
Grad Committee Presents:**



GRAD 2025 RAFFLE CONTEST

Support the Northland Online School's very first
Graduating Class! All of the money fundraised in the
raffle will go towards our Graduation costs!

Raffle Prizes:

**\$10.00 per ticket
to Enter!**

**4 Tickets to any CONCERT
at Rogers Place**

**4 Tickets to an OILERS
Game at Rogers Place**

**4 Tickets to an
Oilers Game for
the 2025/2026
Season**



**Seats are
in the Sky
Box Suite!**



**4 tickets to a
Concert of Choice
at Rogers Place**



**Seats are in the
Sky Box Suite!**

To Purchase Raffle Tickets:

- Send EMT to
northlandonline@nsd61.ca
- Please give your name, phone #, and
which draw you would like to enter
(or split between both draws)
in your EMT message

Raffle Ends:
May 14, 2025
Draw Date:
May 15, 2025

\$10.00 per ticket



**FORT McMURRAY 468
FIRST NATION**

We are beyond grateful for the generosity of the Fort McMurray
#468 First Nation for donating 4 tickets to an Oilers Game & 4 tickets
to a concert at Rogers Place in their Sky Box Suite!
Thank you so much for supporting our Grad Class!

May 2025

Grade 6 & 9 Virtual Graduation



Save the date

Grade 6 & 9 Graduation



Wednesday June 11 at 6 pm
Northland Online School Zoom



April Highlights

April Challenge: Earth Day Poster



Acelynn Grade 5

Aaliyah Grade 7



Walker Grade 7



Miles Grade 8



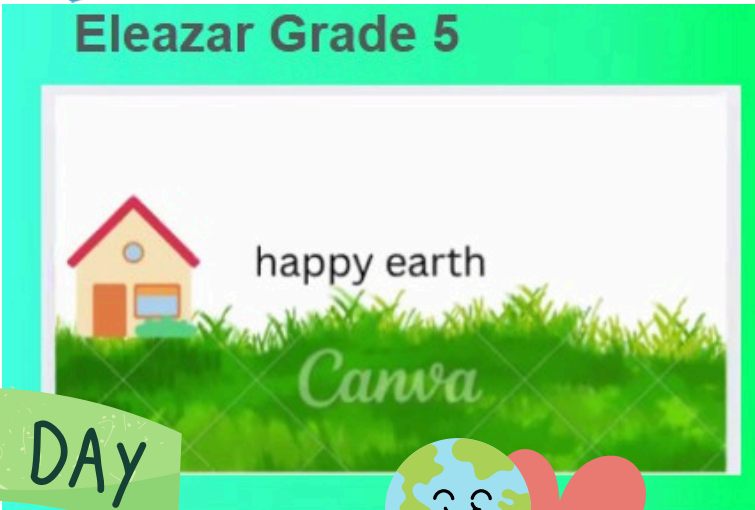
Loren Grade 7



Bella Grade 5



Eleazar Grade 5



May 2025

April Highlights

Power of Stories

How important is it to be able to have someone in your life who can share their stories with you?

its important when i learn something about me or my family

Why is it important for you to learn where you come from?

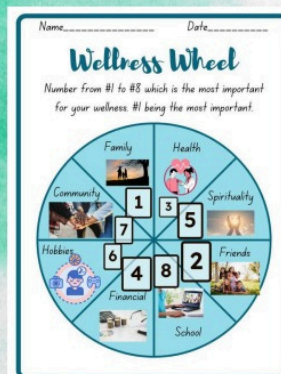
it is important to understand who i am

Who is important to you in your life and why?

My kokum because she is always there for me



**NSD Priority
#1:
Connection
Supporting
Reconciliation**

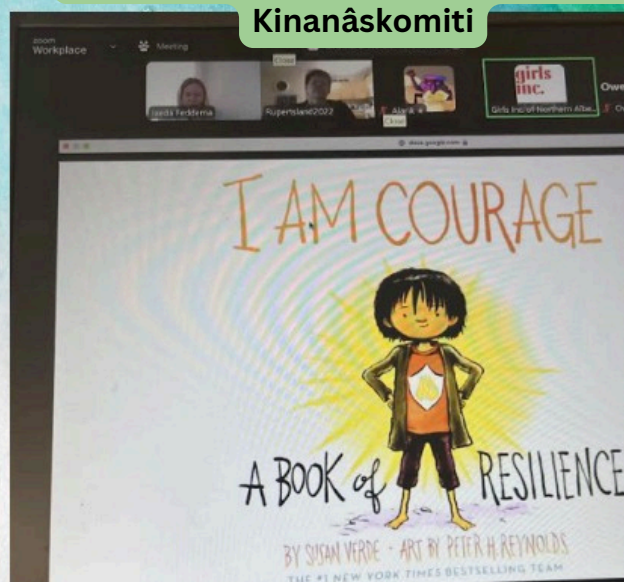
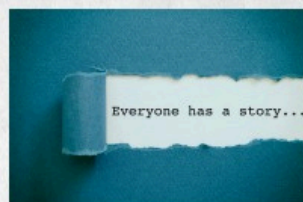
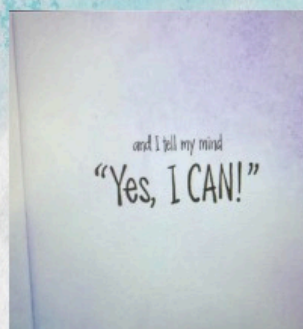


Thank You
SUSAN SINCLAIR

Our Grade 5-7 class had the wonderful opportunity to participate in an eight-week program called The Power of Stories, offered by Girls Inc. of Northern Alberta. We were fortunate to have the sessions led by a local Elder, whose guidance brought depth and meaning to our learning experience.

Through an Indigenous storytelling approach, our students were encouraged to grow their storytelling and listening skills. Susan Sinclair generously shared her knowledge, teachings, stories, and local protocols with us, creating a space of connection and respect each week. We will truly miss her weekly visits, and we extend our heartfelt thanks for the wisdom and warmth she brought to our classroom.

Kinanaâskomiti



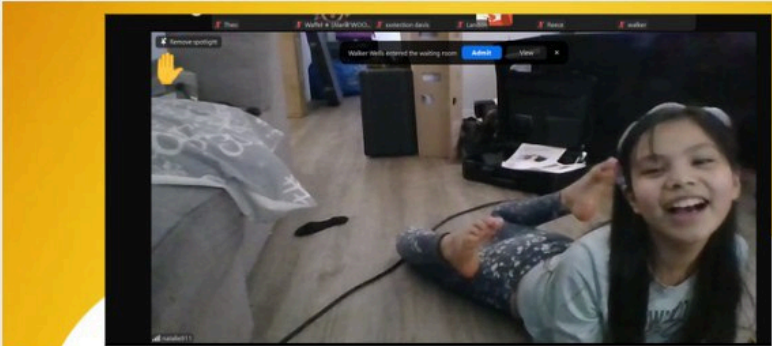
My Story

My kokoum, told me a story
When she was a little girl she
would always be out on the lake
skating all day. I find it
intresting hearing my kokoums
stories she tells me but I forget
sometimes , so i'll get a journal
to write down her stories.

April Highlights



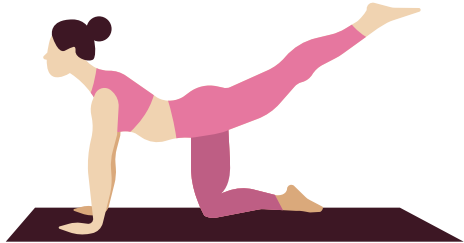
NSD Priority #2: Holistic Learning



Stretch of the Day!



Natalie, Grade 4 led our stretch yesterday for the students and staff for our 'Stretch of the Day' in our K-9 assembly!



High School Yoga Class Spotlight

This is an example of a high school yoga class sequence one of our online students, Sid has created! Students were tasked in Ms. Johnson's yoga class to use their creativity to curate a unique yoga practice with a few things in mind:



Opening, Meditation, Intention Setting:

Namaste

In today's class we'll be focusing on relaxation to help you get rid of any stress or worries. No equipment needed and feel free to modify at any time.

We'll get started into sitting forward fold. Start by sitting in the middle of the mat, legs apart and extended. Lean your arms forward and stretch as far as you can and keep the palms on the mat with the forehead.

Take a few moments to relax and feel the stretch. Take a three deep breaths then when inhaling into staff pose. Gently raise your head and guide the hands to your sides, palms still on the ground. Then bring your legs together and take three deep breaths.

Sun Salutation

Sun Salutation A: # 3

Sun Salutation B: # 3



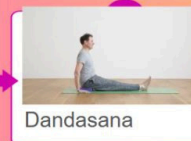
Sun B



SEATED WARM UP



Uttanasana



Dandasana



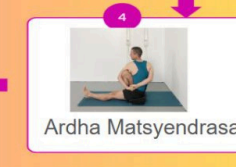
Marichyasana



Setu Bandha Sarvangasana



Ustrasana



Ardha Matsyendrasana

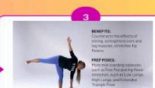
MAIN STANDING SEQUENCE



Tadasana



Vrikshasana



Ardha Chandrasana



Parighasana



Uttitha Parsvakonasana



Trikonasana

MAIN STANDING SEQUENCE CONTINUED



Abhaya Chandrasana I



Virabhadrasana II



Ardha Chandrasana



Uttanasana



Uttanasana



Parsvottanasana

COOL DOWN



Bhujangasana



Adho Mukha Svanasana



Utkatasana



Savasana



Janu Sirsasana



Malasana

Savasana, Closing, Meditation:

Gently bring your attention back to your body, wiggle the fingers and toes slowly. Be mindful of your breath and let it come back naturally.

Opening the eyes and carefully sit up.

Thank you for joining me, reminder;

Keep watering yourself. You're growing.

a have a good rest of your day.

-To open the yoga class with a theme and mindful practices to act as a transition into the yoga class.

- A warm up sequence using the six directions of the spine.

- Several main sequences utilizing postures that we have been analyzing in our "Asana labs" and link to them together seamlessly. - All of the postures also had to help prepare for a "peak posture" at the end of the sequence.

- To incorporate the traditional Sanskrit language in which we have been learning in class.

- And finally, to close the practice thoughtfully to give it purpose, meaning, and intention.

Sid worked incredibly hard on this project and was thoughtful in incorporating the structure of the project while simultaneously creating a class that is unique and one of a kind. I would LOVE to take this class - well done, Sid!

May 2025

April Highlights

HAPPY ADMINISTRATIVE PROFESSIONALS DAY

Happy Administrative Professionals Day (April 23rd) to our incredibly hard working Secretary in the Northland Online School, Toby! We are so grateful for ALL that Toby does for our students and staff each and every day in the Northland Online School! Thank you for everything, Toby!

Division Announcements

Student Artwork for the Northland 2025/2026 Calendar

Students are invited to submit any of their artwork to their teacher to be sent into Northland for the 2025/2026 calendar!



May 2025

Staff Contacts

K-9

K-4 Teacher: Amanda Twidale: amanda.twidale@nsd61.ca

Grade 5-7 Teacher: Jaeda Feddema: jaeda.feddema@nsd61.ca

Grade 8 Teacher: Bailey Johnson: bailey.johnson@nsd61.ca

Grade 8 Teacher: Taylor MacDonald: taylor.macdonald@nsd61.ca

Grade 8 Teacher: Dawn Steil: dawn.steil@nsd61.ca

Grade 9 Teacher: Brandon Szott: brandon.szott@nsd61.ca

Grade 9 Async. Program Teacher: Tara Johnston: tara.johnston@nsd61.ca

Cree Language Teacher: Sherill Supernault: sherrill.supernaul@nsd61.ca

K-4 Educational Assistant & School Liaison: Angie Steil: angie.steil@nsd61.ca

K-9 Educational Assistant: Sophia Bourque: sophia.bourque@nsd61.ca

Grade 10-12

High School Teacher: Rachel Cripps: rachel.cripps@nsd61.ca

High School Teacher: Darla Daly: darla.daly@nsd61.ca

High School Teacher: Julie Rothwell: julie.rothwell@nsd61.ca

High School Teacher: Taylor MacDonald: taylor.macdonald@nsd61.ca


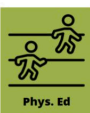

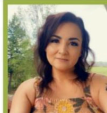





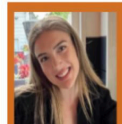

High School Teacher (Yoga): Bailey Johnson: bailey.johnson@nsd61.ca

High School Teacher (Media): Dawn Steil: dawn.steil@nsd61.ca

Secretary: Toby Clements: toby.clements@nsd61.ca

Vice Principal & HS Teacher: Tessa Dagenais: tessa.dagenais@nsd61.ca

Principal: Mark Burke: mark.burke@nsd61.ca

 Whole School Meet	 Phys. Ed	 Principal Mr. Burke	 Cree Language Mrs. Supernault	 Miss Tara	 Educational Assistant Miss Sophia	 School Liaison K-4 EA Miss Angie	Northland Online School Grades 10 - 12	 Whole School Meet	 Options: Yoga Ms. Johnson	 Options: Media Mrs. Steil	 Principal Mr. Burke
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Northland Online School | Kindergarten - Grade 9

 K - 4 Mrs. Twidale	 Grade 5-7 Ms. Feddema	 Grade 8 Ms. Johnson	 Grade 8 Mrs. Steil	 Grade 8 Mrs. MacDonald	 Grade 9 Mr. Szott	 ELA Mrs. MacDonald	 ELA & CALM Mrs. Rothwell	 Options Vice Principal Ms. Dagenais	 Socials & Options Ms. Cripps	 Math & Science Academic Counsellor Mrs. Daly
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Meet the Northland Online School Liaison Worker

ANGIE STEIL

Hello, this is my 15th year with Northland School Division. I'm starting a new journey with the Online School team, and I'm so excited to help families learn and stay connected.



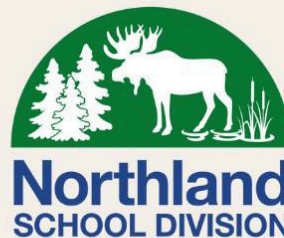
WHAT DOES A LIAISON WORKER DO?

FAMILY SCHOOL LIAISON WORKERS FACILITATE THE RELATIONSHIP BETWEEN THE HOME, SCHOOL ENVIRONMENT, AND COMMUNITY.

- HELPING ALL STUDENTS FEEL SAFE AND WELCOME IN THE SCHOOL.
- CONNECTING WITH STUDENTS AROUND ATTENDANCE AND ENGAGEMENT AT SCHOOL.
- CONNECTING FAMILIES WITH THE SCHOOL COMMUNITY

POSITIVE AFFIRMATIONS:

I AM A GOOD STUDENT
I AM READY TO LEARN
I LEARN FROM MY MISTAKES
I AM PROUD TO BE MYSELF



CONTACT:

Email: angie.steil@nsd61.ca
Phone #: 780-215-7706

Have Your Say!



We would love to hear from you! Please let us know if you have any questions or thoughts about anything going on at the school. Please send us an email at mark.burke@nsd61.ca, or fill in the page below and email it back to Mark Burke!

A large, empty speech bubble shape with a thick black border and a small tail pointing downwards, intended for a response.

**Insert Name and Contact Information
(If you would like a response)**

Name:

Phone Number:

Email: