



Welcome to Fox Creek School September 2018



Parent Newsletter

Principal's Message

A message from your Administration Team!!

Hello, a warm welcome to our new and returning students at Fox Creek School. We hope everyone had an enjoyable, relaxing and safe summer. Staff at Fox Creek School have been busy preparing for all of our students and are excited to guide them as they pursue excellence and strive to be the best they can be. As you know, at Fox Creek School we aim to provide our students with a safe and supportive learning environment. We believe that doing so helps to transform our students into life-long learners and as a result, responsible contributing members of society.

We would like to welcome some new staff members to our community. Mr. Edey has joined Fox Creek School as our new Jr./Sr. Math teacher. He is just beginning his teaching career as a recent graduate from the University of Alberta. Mr Wallace has joined us to teach some Jr./Sr. Options and Social Studies. Mr. Wallace brings with him a wealth of teaching knowledge. He has marked the Social Studies Diploma Exams for many years and has worked with Alberta Education extensively in the area of Assessment. Mrs. Gelleny has rejoined us teaching grade 2 and we are pleased to have her kind and gentle nature back in our building.

We have been extremely busy the past two weeks with a number of new initiatives. We opened our new playground and students are enjoying it very much. We have started the reclamation of the pool area and we are grateful to the Town of Fox Creek for filling it in for us so we can develop an outdoor learning space. Elementary students were involved in an opening day assembly. SemCAMS donated some office furniture to the school and we are in the process of setting it up. Our Learning Commons continues to grow as many businesses have donated money to this exciting project. Mamevic Construction has agreed to purchase a three dimensional printer for our Learning Commons. Please stay tuned as we prepare to unveil our new Learning Commons before Christmas break.

As educators we understand the importance of parental and community involvement. Such joint collaboration helps to ensure our students can and will be successful throughout their K to 12 journey. To help with this, we encourage our parents and community members to communicate openly with us.

We look forward to seeing you at our meet the Teacher BBQ on Sept. 26 from 4:30 till 6:00pm. Then from 6 till 7:50 you can book an appointment to meet your child's teacher.

We look forward to working with all of you this school year.

Yours in Learning,

Mr. Baxter and Mr. Mytrunec

Email List:

If you would like to be added to our email list and receive an electronic version of our newsletter, please contact Mrs. Carmichael at the office or amber.carmichael@ngps.ca



Dates to mark your calendar

September 20th
Parent Council
Meeting @ 7PM

September 21st
Scholarship and
Awards Night

October 1st-
Picture Day

October 5th-8th
No School

Box 88, Fox Creek, Alberta T0H 1P0 Ph: (780) 622-3742 Fax: (780) 622-3482 Email: foxcreek@ngps.ca

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Mr. Dwayne Mytrunec, Assistant Principal



NEWS FROM ELEMENTARY

In the interest of being a safe and caring school, Fox Creek School has had 25 grade 5 and 6 students volunteer their time in being trained Alberta Motor Association (AMA) Crosswalk Patrol guards. All members received comprehensive training from Shelley Bienderra of the AMA on Thursday, September 6, 2018. Volunteering to be a crosswalk patrol teaches responsibility, trustworthiness, perseverance, respect and teamwork. These students have dedicated their time to help ensure the safe passage to and from school of all our school students.

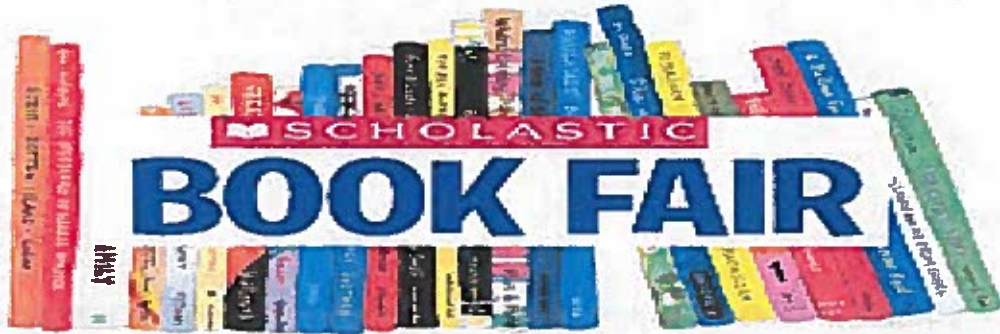


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Scholastic Book Fair

Our First book fair for the year is coming up on Wednesday, September 26th (10am-4pm) and Thursday, September 27th (9am-4pm & 5pm-8pm).

Every purchase you make helps put student resources into our school. A few examples include: selected students receive free books and book fair gift certificates at the monthly elementary assemblies, the library continues to acquire new materials and hands-on learning materials are purchased to support student learning. Great things happen when we all support our local book fair!

Mark your calendars for the two remaining book fairs of the school year. Wednesday, December 5 and Thursday December 6th- just in time for Christmas shopping!
Wednesday, March 20th & Thursday, March 21st- always a new selection of books for spring.

If you can volunteer to work a shift at the up-coming fair, please contact Ronica @ 780-622-7544.

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Corporations Continue supporting Fox Creek School and its initiatives even through the summer!

In July, Fox Creek School was contacted by the Community Investment Team from Pembina Pipeline Corporation to announce a pledge of \$15,000 in support of our new Learning Commons Area. This support has topped up and surpassed our financial goal of this project and we are now full steam ahead! Furniture is being purchased to have installation at the end of October and school division personnel have begun plans for the infrastructure in the room.

Thanks so much to Pembina for the show of support for our students in our community!

Thank you to Shayne Smith of Trans Canada Pipelines for their donation of safety gear to the Industrial Arts Shop.

Student Validation Forms were sent home with each returning child at Fox Creek School the first week of school, if you have not yet turned your child's form into the school please do so as soon as possible to the office, as we want to have the most recent information updated for your child's school record as possible!

Some Important Dates to Remember...

Fox Creek School Awards Night will be held on Friday September 21st @7:00pm in the school gymnasium.

Meet the Teacher BBQ will be held on September 26 from 4:30pm-6pm.

Parent Teacher Conferences are Wednesday September 26th for KG- Grade 12 from 6:00 pm-7:50 pm as well as on Thursday September 27th for KG-Grade 6 from 5:00pm-

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7:50pm. You can book online by going to www.schoolinterviews.ca use code 7fy5b or call the School office @ 780-622-3742.

The Terry Fox Run will be held on Thursday, September 27th @ 10am. This is for Grades 6-12 and this year students will be running the Nordic Trail. Elementary students will be staying at the school and will be running the school track! Please ensure all students dress for the weather!

Any High School students who are interested, there will be a Career and Education Expo happening on Friday, September 28th from 9:00-4:00pm at the Allan and Jean Millar Centre in Whitecourt. This event is free and includes a free lunch for all of those in attendance!

Library Happenings

Welcome back to a new school year from the Library Learning Commons.

For those of you who are new to the community and for those who may have forgotten, this is a joint school/community library and everyone is welcome. We have materials for all ages and membership is free. We are able to order from other libraries for our patrons if we don't have what you want here. We are open on school days from 8:15-4:00 and Tuesday and Thursday from 6:00pm-9:00pm and non-holiday Saturdays from 11:00 am-1:00pm.

Classes should begin for Playschool through Grade 6 the week of September 17. Each class will have their own time slot during the week for choosing books. Please encourage your children to read, many times reading with them is what it takes initially to turn them into book lovers for life. Books are due back after a week but can be renewed if longer is required.

Please help your children take care of their borrowed books, remind them not to eat or drink near books and to keep them in a clean plastic bag to transport them. Pets and siblings can do damage to books too, so books need to be kept out of their reach.

Family Lego Club will start October 2nd and run through to November 8th. This is a once a week either/or club. You and your family choose either Tuesday or Thursday evenings to attend from 6:30pm-7:30pm, whichever suits you best. An idea or challenge will be given and you can choose to build and display according to the idea or do your own thing! Further ideas will be gathered from the group as we continue building. We have space for ten families so stop in or call us to register your family at 780-622-2343. Your family must be registered to attend. This will be a good chance for you to try out our new, upright Lego Wall which has been funded by Shell Canada.

We are planning a Food Fear Factor towards the end of October for students in Grade 6 and up. Check for this and further activities in upcoming bulletins, on our website, foxcreeklibrary.ca and our Facebook page, Fox creek Municipal Library.

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We hope you enjoy this new school year and will feel welcome to come and visit us in the library learning commons.

<p>Attention Business Owners Time To Get Ready For The 3rd Annual</p>	<p>RESERVE YOUR FREE TABLE Now</p>
<p>Fox Creek Business Showcase, Career & Job Fair</p>	
<p>Tuesday, October 16th, 2018 4:00 pm - 8:00 pm Fox Creek School Gymnasium</p>	<p>Free Dinner Sponsored by </p>
<p>ONE DAY ONLY! Connect with job seekers, students & local businesses</p>	
	<p>To reserve your table, email Kristy.Tuts@gov.ab.ca</p>

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Dear Parents,

Did you know that having breakfast actually increases your level of concentration, improves your memory and other mental abilities? That is why we at ProFoxx have teamed up with Fox Creek School and the Champ team to provide Breakfast to all the students at the school. We want to help everyone to start their day off right, by providing the right foods to fuel their day.

'Feeding Our Future' is a new program initiated and sponsored by Profoxx in the school that will provide free healthy breakfast items and snacks for students. We encourage everyone to take advantage of the program, and help themselves to a healthy start. Fridges will be stocked and located outside the Champ Room and Mrs. Hardy's office, for anyone to help themselves at any time during the school day.

This program will be starting up later in September and will carry on throughout the school year. We hope this program is a huge success and we look forward to this partnership with the school for years to come. So please encourage your children to stop by and fuel up for the day. We are very excited to be able to offer this program and to 'Feeding Our Future'.

Sincerely,

A handwritten signature in black ink, appearing to read "Vernon Merrill".

Vernon Merrill

General Manager

THE POWER OF A FRESH START

As a child I had a love/hate relationship with returning to school after summer break. I loved getting a new outfit, the smell of a fresh box of crayons, and the feel of a brand new pad of paper. Growing up on a farm, summer meant infrequent visits with my friends, so September brought renewed social engagements and the potential seemed endless. I loved the excitement of finding out who was in my homeroom and who my teacher would be. I loved the lunch items my mom would have stocked in our fridge and pantry. I loved the new resolutions I would make for myself, such as: I will have my lunch and clothes ready the night before, complete my homework early, achieve honors, be brave and try-out for the school team or drama production, etc. On the other side of the coin, I hated to say goodbye to my dog and my horse, not being able to sleep in, and not having my evenings free to play and watch TV. I hated the thought of getting on the school bus in the cold and the dark, and the thought that I might have that bothersome kid in my class or the teacher that yells.

Now, as a mom of four, I continue to have a love/hate with back to school. I love getting my family back on schedule, I love the excitement on the kids' faces when we find that "perfect" outfit, I love not having to listen to the kids bicker from the moment their eyes open, not hollering for the 567th time to "Shut Off Fortnight! You have been playing for 36 hours straight!" I love not planning activities and chores to keep the kids entertained and off their electronics, I love the new resolutions we plan as a family: pack lunches the night before, go to bed early, have an organized homework schedule, etc. I love the promises of new heights my children will soar in the school year and goals they will accomplish. But, alas... I hate the end of the long, warm, quiet days. I hate the panic I feel trying to organize all their school supplies and signing the 6000 forms. I hate spending \$28, 425 on school clothes! I hate watching our family calendar quickly fill up and over flow. I hate the tightness in my throat and the stinging in my eyes as I wave goodbye to each one, knowing they're not so little anymore

I am not alone when it comes to the stress and anxiety I feel preparing for back to school. According to Parents Magazine, September 2017 by Amanda First "

48% of moms say they're extremely concerned about managing their family's schedules once school starts. 86% are worried about the quality and healthfulness of their children's school lunches. 94% say protecting their children from bullying is a major back-to-school concern. 47% find it difficult to fit in quality time with the whole family once school starts. 4 out of 5 of moms see back-to-school as a chance for a fresh start, not just for their kids but for themselves as well. 69% of moms are concerned about their children's academic performance. More than half (58%) of moms worry about staying on budget for back-to-school shopping. 82% of moms say back-to-school season is their biggest shopping time of the year.

How can we be realistic on our expectations and embrace the power of a fresh start?

- Talk with your family about goals for the upcoming school year with practical, simple steps that will help your family succeed in accomplishing them. WRITE THEM DOWN, then post them where you can all see it daily.

- Even if you don't have your kids back to a normal bedtime routine, its ok! Everyone will eventually adjust.
- Set a budget for school supplies and schools: not everything needs to be purchased right away. It's all right to buy supplies as you can afford them.
- Have an ongoing list on your phone or a notepad that is accessible of what needs to be completed before school begins
- Keep extra-curricular activities to a minimum. Our family rule is 1 activity per child per semester.
- Take pictures! Who cares if your child is scowling, or their hair is sticking up or their shirt miss-buttoned. It only adds character.
- Remember your sense of humor and go easy on yourself (and your kids!) It's a stressful time for everyone: school staff, kids and parents.
- Don't compare yourself to the posts on social media of the seemingly "perfect families" on the first day of school. You never know what happens behind closed doors. We all lose it, some are just better at hiding it than others!

This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support for schools, students, parents and caregivers to encourage success in school. Tammy advocates for students and provides a link between the student and other supports within the community. Tammy has been a social worker for nearly 20 years and is a mother to 4 children, 3 of which are teenagers.

Timeline of a School Morning

©Adrienne Hedger

Hedger Humor

Gently wake children.



Switch to yelling.



Manage drama related to outfit and hair issues.



Look for missing shoes.



Deal with emergency.



Look for your coffee.



Realize you're running late.

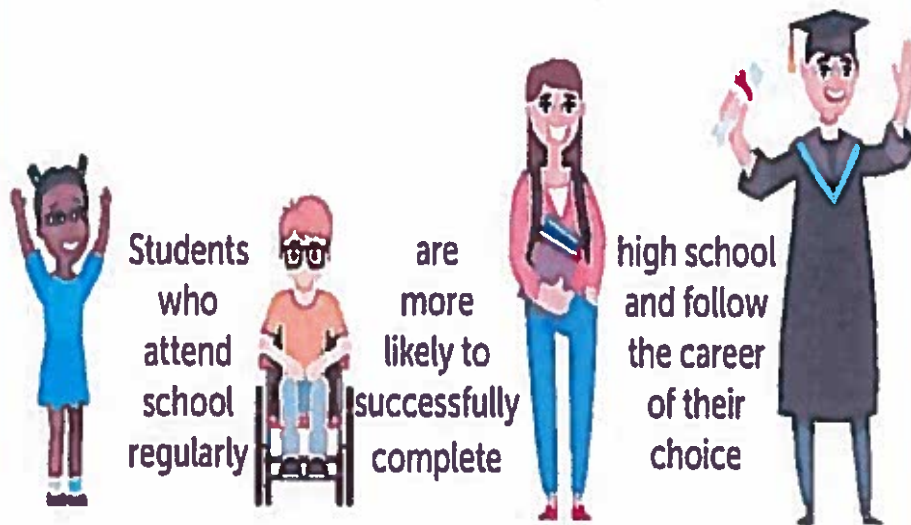


Be informed that you're supposed to bring a snack to class, fill out eight critical forms NOW, and a shoe is *still* missing.





Attendance matters every day in every grade.



Did you know that if a student misses just 2 days a month, that works out to 18 days a year. In 10 years, that equals to a full year of school.

