



Welcome to Fox Creek School June 2019



Parent Newsletter

Principal's Message

June is just around corner, and with that comes major Fox Creek School events. Our Jr./Sr. Students will be travelling to Grande Prairie on May 31 to compete in Zones for a Track Meet. Elementary Track Meet will be here on June 7, 2019. Leadership will be hosting a Prom Dance on June 7 from 7 pm to 11 pm.

Kindergarten Graduation will be June 18 from 6pm to 7pm. June 28, 2019 will be our Grade 12 Graduation. We wish our Grade 12 students well as they close-in on completing their high school education and prepare to embark on the next stage in their educational journeys, whether it be entering the workforce or starting post-secondary training.

Our sports teams have had a great showing at badminton and track and field continues. It is great to be able to comfortably go outside again.

We continue our work planning for the upcoming school year, and now that the provincial election is over, we expect to see budget information that will enable us to move forward. We are still exploring ways to diversify the programming offered at Fox Creek School, and invite input from any of our stakeholders who have innovative ideas to share with us.

Our last School Council Meeting of the year is on June 20, 2019. We encourage parents to attend and learn about what's happening at school, and join in on the great conversations and idea - sharing.

Ian Baxter

Principal Fox Creek School

Email List:

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



Dates to mark your calendar

June 7th
Elementary
Track &
Field

June 18th
Kindergarten
Grad

June 27th
Last Day of
School

June 28th
Graduation for
Grade 12

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

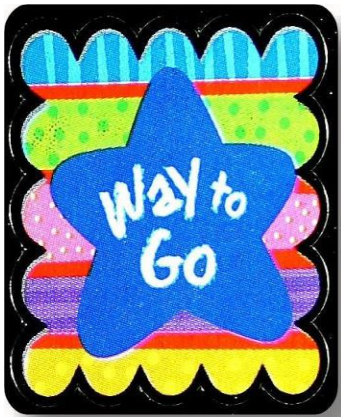
Website: foxcreekschool.ca Facebook: Fox Creek School Twitter: @ngpsfcs

Mr. Ian Baxter, Principal

Mr. Dwayne Mytrunec, Assistant Principal

NEWS FROM ELEMENTARY

The following students received virtue of “**Citizenship**” for the month of May:

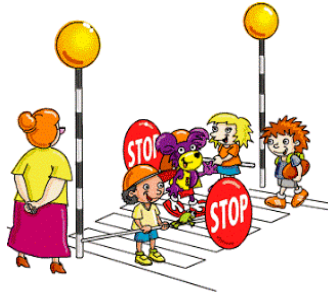


K. AM- Loch Malcolm
K. PM- Rykker Smith
1D- Rocelle Nelson
2G- Ryker Bibaud
3S- Hadlee McKay
4O- Jomar Pangan
4W- Sydney Sheppard
5C- Carter Deciccio
6S- Nicole Molina

Scholastic Book Winners for May are:



K. AM- Chesnee Lamb
K. PM- Nathan Minks
1D- Lauren Randall
2G- Leighton Gallant
3S- Everett Burnett-Wiltse
4O- Jomar Pangan
4W- Reid Clair
5C- Eden Ewert
6S- Nicole Molina
Good job to all of you!!



Patroller of the Month of May: Jaclyn Tomlinson

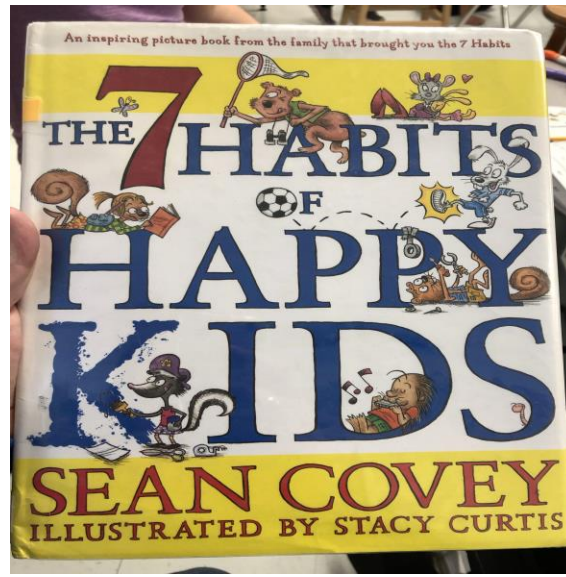
Students who received certificates for the Virtue of “Citizenship**”**



Grade 3's Hats on for Mental Health while building structures



Grade 3s read 7 Habits of Happy Kids for Education Week



Icelandic Students and Teachers visit Fox Creek School





Grade 7 Field Trip to St. Albert



THANK YOU!
THANK YOU!
THANK YOU!

A huge **Thank You** goes out to ProFoxx for giving the school a beautiful new event tent!



A BIG **Thank you** to Murphy Oil Corporation for a \$1200.00 donation towards the creation of our Outdoor Learning space.

A huge **Thank You** to Paramount for their donation of batteries to the recycle program and Chris Stadnyk for arranging their pick up



News from the Library/Learning Commons

June 21 is Indigenous Day and we will have a cattail weaving workshop after school for students in Grade 5 and up. The public is also welcome to attend. If you have any questions, please call the library at 780-622-2343.

The library will be open to the public and to our students during July and August on modified hours; Tuesday and Thursday evenings from 6:00 – 9:00 pm and Wednesday afternoons from 1:00 – 4:00 pm.

There will be a Summer Reading Program for children up to grade 6 with logbooks, library activities and an optional online component. Children who continue to read during the summer school break need less catching up in September when they return to school. Plus, the program will be fun. Sign your children up and collect a logbook to participate.

The library will a stop in the Fox Creek Summer Passport Program. Once you have your passport from the CRC, visit the library and other locations in town to get your passport stamped. Participate in numerous draws and a final event.

For more summer fun, be sure to attend the Fox Creek Canada Day celebration. Mary Lambert will be performing three short concerts; at 1:00, 2:00 and 3:00 for your enjoyment. Mary is a well know children's entertainer who will keep you and the kids hopping, or singing or clapping or even all three.

If you are looking for even more summer fun, check out the Teddy Bear's Picnic on July 9 at the Community Hall from 11:00 am – 2:00 pm. Music with Mandy, a group of jazz performers, will be in attendance for you to enjoy and sing along with. And be a bear and have your photo taken at the "Big Bear Hug."



Some Exciting News!!

Fox Creek School is very excited to be commencing on our new project of creating an Outdoor Learning space on the location of the decommissioned pool site. The first step is planting some trees and laying sod thanks to a grant from Trees Canada funded by Pembina Pipeline Corporation. Planting day is set for June 11 at 10 am. We are looking forward to the naturalization of this space and the creation of a shade area at our new upper elementary basketball courts. Once the trees and sod are in, the school will continue working on the site to create planters, seating, a living wall, and more!

EXAM BANK

Practice tests for all grade levels are available on this site.

1. Log onto alberta.exambank.com
2. On the left hand side choose a grade level
3. Choose which exam you want to write and click on the start exam button
4. username: foxcreek
password: school



Important Dates to Remember

Kindergarten Information and Registration Meeting Wednesday, June 5th at 6:30 PM in RM 59

Meeting for Grade 11 and 12 Students interested in Health Care Aide dual credit program
Thursday, June 6th at 4 PM in the Student Learning Commons

Track and Field Day Elementary Friday, June 7th at 10:30 AM

Debbie Vance (NGPS) will be in the school to present to students Dual Credit opportunities
Tuesday, June 18th from 10 AM- 3 PM

Kindergarten Grad Tuesday, June 18th at 6 PM

Parent Council Annual General Meeting Thursday, June 20th at 7 PM



WE HOPE YOU WILL JOIN US AT AN UPCOMING
SUMMER
SEND-OFF EVENT

Summer Send Off Spring Concert for Elementary Students
Thursday, June 27th at 2 PM in the gym

Grade 12 Graduation Friday, June 28th at 3 PM in the gym



Junior High Final Exam Supervision Schedule:



Junior High Final Exams aligns across the NGPS

Students will report to their assigned class at the regular start time. Students will have from 8:45 till 9:50 for a study session. Students will begin their exam at 10 am sharp. They must stay in the classroom for at least 1.5 hours before they can leave the school. Last day of regular classes for Jr. High will be June 21, 2019.

Junior High Final Exam

Students will report to their exam room at 8:45. The expectations are they will study under the teachers supervision until 10 am. At 10 am the final exam will begin. Students are to stay at least one hour and 30 minutes for the exam. After 1:30 hour or when they are finished students are to leave the building so they are not disturbing other classes or exams. Tracey and Kevin will be floaters if people need a break or bathroom visit.

Date	Time	Subject
Wednesday, May 8	9:00 - 12:00	LA 9 PAT Part A
Tuesday, June 18	9:00 - 12:00	Math 9 Part A
Monday, June 24	8:45 am - 12 pm	Math 7 - Ian W. Room 4
Math	Exam begins 10 am	Math 8 - Kevin Room 16 Math 9 Part B - Matt Room 36
Tuesday, June 25	8:45 am - 12 pm	LA 7 - Kim Room 22
ELA	Exam begins 10 am	LA 8 - Ian W. Room 22



		LA 9 PAT - Tiffany Room 38
Wednesday, June 26	8:45 am - 12 pm Exam begins 10 am	Science 7 - Steve Room 39 Science 8 - Leanne Room 32
Thursday, June 27	8:45 am - 12 pm Exam begins 10 am	Social Stud. 7 - Matt Room 36 Social Stud. 8 - Kim Room 22 Social Stud. 9 - Steve Room 39



Grade 6 PAT Final Exam Schedule

April 8/2019

Date	Time	Subject
Wednesday, May 8	9 am - 12 pm	Grade 6 LA Part A
Monday June 17	9 am - 12 pm	Grade 6 LA Part B
Tuesday June 18	9 am - 12 pm	Grade 6 Math Part A and Part B Students will have a break between both writings
Wednesday June 19	9 am - 12 pm	Grade 6 Science
Thursday, June 20	9 am - 12 pm	Grade 6 Social Studies



Diploma Final Exam Schedule June 2019

Date	Time	Subject
Wednesday, June 12	9 am - 12 pm	English 30-1 and 30-2 Part A
Thursday, June 13	9 am - 12 pm	Social Studies 30-1 and 30-2 Part A
Wednesday, June 19	9 am - 12 pm	Math 30-1 and 30-2
Thursday, June 20	9 am - 12 pm	English 30-1 and 30-2 Part B
Friday, June 21	Last day of regular Jr./Sr. High School Classes Aboriginal Day - No Exams	No Exams Scheduled
Monday, June 24	9 am - 12 pm	Social Studies 30-1 and 30-2 Part B
Tuesday, June 25	9 am - 12 pm	Biology 30
Wednesday, June 26	9 am - 12 pm	Chemistry 30
Thursday, June 27	9 am - 12 pm	Physics 30
Thursday, June 27	1:00 pm - 4 pm	Science 30



Non Diploma High School Final Exam and Supervision Schedule

June 2019

Date	Time	Subject
Monday June 24	9:00 am - 12:00	English 20-1/20-2- Tiffany Room 38 Grade 10 ADLC/Ind. St. Exam Tracey and Leanne Room 2/ Room 32
Tuesday June 25	9:00 am - 12:00	Science 10 - Leanne Room 32 Science 14/24 - Kevin Room 1
Wednesday June 26	9:00 am - 12:00	Math 10/3 - Kim Room 22 Math 10C - Matt Room 36 Grade 11/12 ADLC and Individualized Final Exams - Tracey and Leanne Room 2/ Room 32



The Good, The Bad and The Ugly About Vaping

Back in the old days, “smoking in the boy’s room” was dangerous, rebellious and cause for a school suspension! Times have changed and electronic cigarettes now seem to be the temptation for today’s youth. Regardless of our choices and habits, most of us can agree that smoking is bad for our health. But what about e-cigarettes? What is Northern Gateway Public School’s position on using them in school or on school property?

WHAT ARE E-CIGARETTES?

There are many different types of electronic smoking devices: Vapes, e-cigarettes, e-hookahs, vape pens, JUUL, etc. For the purpose of this article, I will simply use the generic term “VAPES”. The devices are battery-operated, with cartridges filled with liquid chemicals. Heat from the atomizer turns the chemicals into a vapor that is inhaled by the user.

ARE THEY SAFE?

Although Vapes are advertised as being safe, Health Canada advises not to use electronic smoking devices because they **have not been tested and may be harmful**. Most vaping liquids have nicotine in them, even those that are sold as “nicotine-free”. In fact, **a single JUUL pod contains as much nicotine as a package of 20 cigarettes!**

Promotional material for Vapes describe the vapor as simply “water vapor”. In reality, there are no standards or labelling requirements, making it hard to know exactly what is in the liquid. The U.S. Food and Drug Administration found **cancer-causing chemicals** in many of the cartridges.

A study from the University of North Carolina discovered the two primary ingredients found in Vapes are **propylene glycol** (a man-made product used in antifreeze and theatre fog) and **vegetable glycerin**. Vapes also contain **acrolein** (an **herbicide** primarily used to kill weeds). Other chemicals are added for flavor. All these substances are toxic to human cells and the more ingredients in an e-liquid, the greater the toxicity.

Vaping can cause a type of lung disease called “**popcorn lung**”. This condition is when the airways of the lungs are damaged, making the user cough and feel short of breath. There is no cure for this disease other than a lung transplant. In addition to popcorn lung, vaping can cause **acute lung injury, COPD**, and may also cause **asthma** and **lung cancer**.

Researchers found signs of the airways becoming narrow and inflamed after using the vape for only 5 minutes.



Defective batteries have caused fires and explosions, some of which resulted in serious injuries.

WHAT ARE THE EFFECTS ON YOUTH?

Data from a 2017 survey by Health Canada revealed that the rates of vaping among Alberta youth almost **tripled** between 2015 and 2017 (8% to 22%) among those in grades 10 to 12. In 2017, there were over 35,000 Alberta youth using vaping devices and risking nicotine addiction.

A study of more than 44,000 grade 9 to 12 students from Ontario and Alberta teenagers, published in the Canadian Medical Association Journal, reports a “strong and robust” linkage between so-called vaping and subsequent tobacco use.

“We found that youth that had used e-cigarettes and vapes were significantly more likely to start smoking a year later. They’re more likely to try smoking and they’re more likely to become daily smokers.” ~ lead researcher David Hammond, a professor in the school of public health at the University of Waterloo.

IS VAPING ALLOWED IN SCHOOL OR ON SCHOOL PROPERTY?

DEFINITELY NOT. Not by students, staff, or visitors. NGPS Administration Procedure #163.1 states:

Students may not use, or be in the possession of tobacco products, including electronic cigarette products, while in school, on school premises or on the school property or during school related functions.

Section 163.2 states the same rules for staff and visitors.

This is the bad and the ugly about vaping, and I have yet to find the good. As time goes on, and more medical research is completed, I suspect that we will be seeing the same health warnings on electronic smoking devices as we see on cigarette packaging.

My familiar piece of advice is this: **START THE CONVERSATION EARLY** about the dangers of vaping. Talk about general health, safety and good decisions for the mind and body. Get the “Talk with Your Teen about Vaping” tip sheet for parents from the link below. If your teen is vaping, remind them that, like smoking, it is illegal for youth under the age 18 to buy, sell and use these products. Set strong boundaries and expectations for your home. Be sure you are setting a healthy example. Keep in mind that quitting vaping is like quitting smoking cigarettes. Talk to your local Mental Health and Addictions worker about strategies and products to help.



This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. Tammy

advocates for students and parents, providing a link to other supports within the community. Tammy has been a social worker for over 20 years and is a mother to 4 children, 3 of which are teenagers.

Sources: https://www.canada.ca/content/dam/themes/health/publications/healthy-living/vaping-mechanics-infographic/FINAL_English%20-%20Talking%20with%20Your%20Teen%20About%20Vaping%20-%20December%2018.pdf

Protectalbertakids.ca January 23, 2019; Tobacco Reduction Program, Alberta Health Services July 20, 2017; Sheryl Ubelacker of The Canadian Press October 30, 2017; American Lung Association February 2019; https://www.cdc.gov/tobacco/basic_information/e-cigarettes; <https://journals.plos.org/plosbiology/article?id=10.1371/journal.pbio.2003904>