



Welcome to Fox Creek School September 2019



Parent Newsletter

Principal's Message

Dear Students, Staff and Parents:

Welcome to the 2019-2020 school year! Our commitment at Fox Creek School is to provide a safe and intellectually challenging environment that will empower students to become innovative thinkers, creative problem solvers and inspired learners prepared to thrive in the twenty-first century.

High standards and expectations for each student in regard to academic performance, co-curricular participation, and responsible citizenship are the foundation of our school. It is with pride that we hold these high standards and ask each of our students to commit to maintaining the extraordinary record of achievement and contribution that has been the legacy of Fox Creek students. It is the contribution of our students to our school community that makes Fox Creek School an exceptional learning community. Full participation in academic and co-curricular programs and a willingness to act responsibly as an individual within our educational environment are the factors that enable all to have a successful and enjoyable year.

Below are our beliefs regarding teaching and learning that we developed as part of this process.

We believe that effective teachers:

- Create opportunities for intellectual risk-taking, collaboration, problem-solving, and application of classroom learning to real life situations;
- Implement strategies that promote ownership of learning to students;
- Design instruction to integrate a variety of innovative technological tools and resources to enhance learning;
- Demonstrate ongoing professional growth in order to increase the quality of instruction;
- Collaborate with colleagues to share and discuss exemplary practices, interpret student performance data, and design assessments that promote twenty-first century skills.

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**

October 11
No School

October 14
Thanksgiving
No School

October 30
Picture re-takes
Class Photos

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



We believe that successful students:

- Communicate in a meaningful way for a variety of purposes and audiences;
- Demonstrate a sensitivity to the precision and nuances of written, visual, and aural medium through comprehension, interpretation, and evaluation;
- Employ critical and creative thinking skills to solve problems; and
- Pose questions, examine possibilities, and apply skills to find solutions to authentic issues.
- Make positive choices related to physical and mental wellness; and
- Contribute to the local and global community in a collaborative and respectful manner

In conclusion, I wish you all a wonderful school year. If I can be of any assistance, please do not hesitate to contact me and know that my door is always open. I can be reached at ian.baxter@ngps.ca. also. I am honored to serve as your principal.

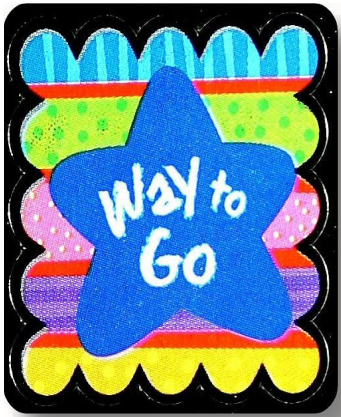
Sincerely,

Ian Baxter

Principal Fox Creek School

NEWS FROM ELEMENTARY

The following students received virtue of “Goal Setting” for the month of September:



K. AM- Emersyn Dolgos
K. PM- Anna Grunsch
1L- Wyatt Burnett-Wiltse
½L- Kielyn Dolgos
2G- Hunter Coulson
3S- Noleyn Tomlinson
4W- Colton MacRae
5C- Emma Carmichael
5O- Hyrum Bingham
6S- Jayce Coley

Scholastic Book Winners for September are:



K. AM- Roy Boostrom
K. PM- Brooklyn Arseneault
1D- Willie MacIntyre
2G- Foster Moen
3S- Azara Ammar
4- Summer Erickson
5C- Jordyn Fisher
5O- Bronson Luciak
6S- Madison Hodges

Good job to all of you!!



Elementary Assembly



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Grade 3 Rock Scavenger Hunt





Dear Parents/Guardians:

Welcome to a new year at Fox Creek School. We hope you had a wonderful summer and look forward to working with you this year.

The purpose of this letter is to make you aware of a new policy for our school and to remind you of a couple from previous years. This new policy will be in effect beginning Monday, September 9, 2019.

1. Northern Gateway Public Schools has initiated new emergency/safety protocols across the division. These protocols are being initiated through the organization Hour Zero. With this new protocol we ask that parents/guardians/caregivers follow this procedure:

*Elementary students may be dropped off at their designated boot room starting at 8:30 A.M. As in past years they will be required to put their backpacks on the boot rack designated for them and will be sent out to the playground until the bell. If you are going to wait with your child in the boot room you will need to **sign in** at the main office. You are also required to sign out when leaving the building. For pick up, if you arrive before 3:20, you must sign in. We request that all parents remain in their child's designated boot room or the main office boot room when dropping off or picking up your child. **Please do not stand in the hallway by your child's classroom.** At 9:00 A.M. all of the outside doors of the school will be locked with the only access being through the main entrance by the office.*

2. Phone Calls

As in the past we will not be transferring phone calls to a classroom as this interrupts a teacher's instruction time. If you need to get a message to your child, please let the office staff know and they will make sure your child gets it



3. *Meetings*

If you need a meeting with your child's teacher or an administrator, we would request that you make these arrangements through the office. You will need to sign in and out even if you have a scheduled appointment.

4. *Power School*

Attached to this letter please find a copy of the web id and password letter which has been printed from Power School. The letter contains the user id and password for both you and your child. To set up your account in Power School follow the directions in the letter. Once you have set this up you may go into Power School at any time and from any place to check your child's attendance and marks. As we no longer print report cards, except at the end of the year, this will be your only method of tracking your child's progress. If you are having problems setting this up, please feel free to ask your child's teacher or stop by the office and we will help you out.

5. *School Cash Online*

This is the safest and easiest way for you to pay an amount owing to the school. The division and the division auditor would like to have this program used by all parents. This program eliminates any questions of who has or has not paid. Simply register at **ngps.schoolcashonline.com**. You can log in and register at any time on any device. You can pay all or part of what is owing. This program is available for use 24 hours a day seven days a week. By using School Cash Online there is no need to send money to school with your child or for you to make a stop at the office.

If you have any questions or concerns about any of the above, please feel free to contact me at the school.

Yours truly,

Mr. I. Baxter

Principal



Safe at School



HOLD AND SECURE is used when there is a threat or potential threat of violence **OUTSIDE** the school.

*This includes events such as: criminal activity; police pursuits; or a dangerous offender **in the area (not in the school).***

- All exterior doors and windows are locked.
- No outsider access into the building while protocol is in effect.
- **If the Hold and Secure extends past dismissal times**, doors will remain locked and parents will be provided dismissal information.
- Students will not be released until the Hold and Secure is over.



From the Academic Counsellor

1. Fox Creek School currently has more than ten students working on dual credit programs in our high school. This is a unique opportunity where students can be enrolled in college programs while they are completing high school and actually complete an accredited program. Our students are currently working on: power engineering, educational assistant, health care aide, and oilfield operator. What an amazing opportunity for the youth in our community. We have been told that we will probably set a record for the number of dual credit programs completed this year!
2. University of Alberta will be sending a representative on October 1 during the last period of the day. Any grade 11 and 12 students are welcome to attend to hear from a University recruiter telling students what the university has to offer.
3. Whitecourt Career Fair is on October 3. All grade ten students and interested grade 11 and 12 students will be attending. The event is free and lunch is provided. The bus will leave at 8:45 and will return at approximately 2:00. Students will be able to attend their last class of the day!



4. The Educational Liaison Association of Alberta (ELAA) is comprised of Alberta post-secondary institutions including colleges, universities, and technical institutes; the RCMP, and Canadian Forces. Fox Creek School is hosting an ELAA event on October 17 from 9 am - 10 am. This will be in our school gym and will have a variety of different post-secondary schools across Alberta.

5. ScholarTree is back for another year of helping graduating students find scholarships. Over the summer we added over 100 new awards to ScholarTree. Since it is early in the year, here are some of our blogs that may be useful to students looking to apply to scholarships this year

- [The 6 Most Common Mistakes When Applying to Scholarships](#)
- [How to Win the TD Scholarship for Community Leadership](#)
- [How to WIN the Loran Scholarship](#)

Additionally, here are a couple of significant scholarships that are available now:

- <https://scholartree.ca/scholarship/horatio-alger-canadian-scholarships/ygaPZSxKV>
- <https://scholartree.ca/scholarship/loran-scholars-foundations-scholarship/0q6c1o346>
- <https://scholartree.ca/scholarship/loran-scholars-foundations-scholarship/0q6c1o346>

6. **Fox Creek School** is pleased to partner with **Castle Rock Research** to provide educational resources to help support student achievement.

Over the last 20 years, hundreds of thousands of students in Alberta have used THE KEY Study Guides and SNAP Workbooks produced by Castle Rock Research as part of their studies. We have recently been introduced to a digital resource from Castle Rock called SOLARO (Student Oriented Learning, Assessment, and Reporting Online). We find that SOLARO is a comprehensive digital study guide that provides all the benefits and features of THE KEY along with the added value of more robust content and many more practice questions. The same year-end tests from THE KEY are now available in the SOLARO courses for Mathematics, English Language Arts, Sciences, and Social Studies.

Fox Creek School will be opening this portal soon--interested parents and students should stay tuned for the upcoming ordering dates.



Fox Creek School would like to thank School Council for their donation of books from the book fair. We have books to give away to elementary students for our next 3 assemblies, our speech program received some books and some of our teachers were able to add to their classroom libraries. Your support is greatly appreciated!

A huge **Thank-You** to Chevron Canada. The outdoor space fund has received \$10,000 and the CNC router is now completely funded with a \$5,000 donation. We are so excited to work on these projects for our school and continued support from our community makes it happen.

A huge **Thank-You** to Murphy Oil Corporation has donated \$1,200 towards our outdoor space fund. This pledge will help provide trees and paving materials for the first phase of our project.

All the cooking students and Madame Schmidt would like to send their appreciation to the Parent Council for their generous donation of new supplies. **Thank-You** very much!!





From School council:

Our first book fair was a huge success! Thank-you to everyone who supported the fair by making purchases or volunteering their time.

School council earned over \$300 worth of books, which we have dispersed out to students, classrooms and programs within the school. In addition, we earned over \$1800 worth of credits to buy resources for our students to use. That's over \$2100 worth of student support, put back into our school from just under \$3200 worth of sales at the fair. That's an excellent return and one of the reasons why supporting our book fairs is such a great idea!

Our next fair is Dec. 4 & 5, just in time for Christmas shopping! If you are available to help out with this fair, please contact Jenn Ashmore @ 780-668-5726. (Feel free to send a text.)



Ms. Czinkota is pleased to announce that Grade 5 and 6 students will be starting crosswalk patrol in the near future! Students will be on duty from 8:30 - 8:40am, and from 3:25 - 3:35pm. Please watch for our yellow vests and red stop signs.





SURVIVING THE RETURN TO SCHOOL (for parents!)

I saw this sign at a hockey rink the other day and I thought how relevant it is in regards to our children returning to school. We all want our children to be successful and success is measured in many ways, not just academically.

“Your child’s success or lack of success in sports doesn’t not indicate what kind of parent you are.

But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient, and tries their best IS a direct reflection of your parenting”

~author unknown

It’s that joyful, stressful, exciting, anxiety inducing time of year again for all of us: BACK TO SCHOOL. I have heard it said, students returning to school after 2 months of vacation is like trying to run a marathon after lying on the couch all summer! Children are often completely off their regular routines, diet, nutrition, sleep, activities, not to mention, they are likely not reading a lot or practicing math! There may be some jitters: new friends, new teachers, challenging school work and anticipating new transitions. We parents can have similar jitters: new teachers, maybe new school, new parent friends, etc. We feel panic at how we are going to do it all and vow that “this year it will be different!”.

I am sharing with you some tried and tested (by me, a super busy mom of 4) that may help you survive the return to school. But first I need to say this, for all you exhausted and frazzled parents trying to do everything on your own (and I cannot emphasize this enough!): ***get your children on board to help you! I am a firm believer of the notion “Do not do for your child what they can do for themselves”. If your child is old enough to go to school, they are old enough to take on some responsibilities.***

1. Save panic by ***downloading school supply lists*** on line and having the local stationary store prepare it for you. What a stress relief!
2. Find ***lunch box inspirations***: think roll-ups, wraps, Bento boxes (just a healthier, fancy Lunchable), left overs in a thermos, cheese/crackers/pickles. With encouragement and guidance, by age 7, (in my humble opinion) children should be able to make most of their lunch on their own.
3. ***Talk a lot about your child’s school friends***. It will get them excited about who they haven’t seen for a while.
4. Go to the school, play in the playground, and walk around the building to ensure they know the doors to go in and out of.
5. Keep a ***family calendar***, either digital if all your children can access it, a whiteboard or an old fashion paper one. It helps prepare children for what is coming, so they know what to expect and hopefully provide smoother transitions.
6. Create an ***accessible*** and ***convenient*** routine for all the paper that comes into your home: hanging file folders, individual storage boxes or crates, wall folders. Whatever works for you, your family and the space in your home.
7. Go through the letters, notes and agenda items ***each and every day***. Many tears have been shed in my house over missed permission forms and upcoming activities that they were not able to attend because we did not complete the forms!

8. **Help your children organize their tasks, chores and responsibilities** by creating a chart, lists or reminders throughout the house. I am talking signs or notes taped to doors, TV's, mirrors, etc. on things such as what to pack in their backpack, their jobs, chores or homework after school.
9. Bring closure to the end of summer by doing a **memorable family activity**: picnic, going for ice cream, playing board games, visit a museum, have a different dinner (fondue, indoor grill, make your own pizza). Talk about some of the memories you created over the summer and what you are all looking forward to in the new school year.
10. **Screen time** is a constant battle in my household. It wreaks havoc on proper exercise, homework and sleep. If you have this issue as well, consider contacting your Wi-Fi provider about available options to set time limits for devices. Utilize "Apple Screen Time", "Google Family Link" already on your smart phone or download an app such as "Our Pact", "Questodio" or "Mobicip" which are all very effective at a minimal cost.
11. If you're really organized (I have never actually done this, but it sounds like a sweet and thoughtful idea), print off "My Teacher's Favorite Things" at www.likeabubblingbrook.com/wp-content/uploads/2016/07/Teacher-Favorite-Things-Printable.pdf

I have to admit, I begin each school year with good intentions and enthusiastic optimism of staying organized and in control - only to feel like I am losing my grip on everything by October 1st. But like we teach our children: every time you fall, get back up again! Welcome back to Northern Gateway Public Schools! We are all in this together, we got this, and we are just getting started!



This article was submitted by Tammy Charko BA, BSW, RSW. Student Support Facilitator at Northern Gateway Public Schools. 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.



WORDS OF INSPIRATION

Classes are in full swing, extra-curricular activities are on their way, routines are set, and calendars are filling up. How are you holding up?

If you haven't seen in the news or social media the inspirational story of Tyler Smith, I encourage you to search him up. Tyler is one of the survivors of the Humboldt Broncos bus crash in April 2018. On September 15, 2019 he shared his heart wrenching experience with "Unsinkable", a

story-sharing platform hosted by Olympic Rower Silken Laumann. Unsinkable's mission is to empower Canadians to achieve better mental, physical and spiritual health through sharing of stories. Please check out this wonderful site:

www.weareunsinkable.com

I heard Tyler speak at Roger's Hometown Hockey in Leduc last February, at the Midget Provincials opening ceremonies in Whitecourt in the spring and again on Global News last week. Tyler's story has been shared throughout social media thousands of times. He gladly gave me permission to share it with you in this article, telling me that if he could give others that hope, then he feels he is doing something right.

Tyler wrote candidly and authentically with hopeful insight. He shared frankly that he will never completely heal mentally from the tragedy. He knows there is power in opening up and that it is truly **okay to not be okay**. He wrote that "if you're not doing so hot, you need to be willing to talk about it. Take advantage of the time you have and be grateful for the ones around you who care about you. When going through dark times," he writes, "it is one step at a time, one day at a time, one lesson at a time."

Whoever may think that youth do not have wisdom to share or cannot change the world is mistaken. This is a young man, at 21 years old, who is using his horrific experience to inspire and give strength to others.

There is strength in vulnerability. I do not know anyone who is not touched by hardship, struggles or tragedy. Why do we think that we need to always put on a brave face and pretend all is fine? Yes, yes, I know that we need to be professional, we have jobs to do and have to be mature parents (most of the time!). I realize that we cannot come all undone much of the time, or complain about our problems nonstop. Let's be real, that would be a downer, and people would eventually avoid us like the plague.



Is it possible to find a way to say “Hey, I am not okay right now” and say “thanks for supporting me” or “thanks for being my friend and my inspiration”? Can we allow ourselves to be a little more transparent: “I am still here, doing my job, or taking care of my kids, but wow, today is a tough day”? Perhaps when we share our experiences and how we have risen above it, we may also be an inspiration for others to keep fighting the good fight.

This brings to mind a very dear friend with childhood trauma, single parenting and ongoing health issues. She is so precious with her openness, and not only that, she is optimistic and encouraging. Sharing her stories and the strategies she uses to triumph is a gift to others.

We are all on the same side and we are all stronger together. Your story matters and it needs to be told. When you are REAL and authentic, others listen. Your light, your story just may be the light that shines in the darkness for others.

I leave you with these words: **Time** and **pressure** turn caterpillars into butterflies, sand into pearls and coal into diamonds, imagine what it is doing in you. **It really is okay to not be okay.**

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.



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Come out to
the
**HALLOWEEN
SPOOKTACULAR**
October 29
5-9 pm
Fox Creek Greenview Multiplex
Hosted by the Town of Fox Creek-
Parks and Rec. Dept and Community Resource Centre

Halloween Activities with the CRC
Spooky Swim*
Haunted House*
Food Specials at Mama B's

*minimal charge

Watch for more details coming soon!

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