



# Welcome to Fox Creek School February 2020



## Parent Newsletter

### Tether Yourself: Advice for Youth (and adults too!) on Devices

Being a kid is tough no matter the era, and it is no surprise that our kids today are facing challenging experiences these days. Smartphones, iPads, tablets, etc. are everywhere and along with them is a constant bombardment of marketing tactics and psychological tricks. Between Instagram sending messages to wear the right clothes and look a specific way, social media algorithms that have our brains craving more comments, followers and likes, and the constant comparison of other people's lives, it's tough to be a young person right now.

*It's also tough to be a parent these days!*

This type of technology and social media is relatively new for all of us, and there's a pretty intimidating learning curve for parents everywhere. Because the previous generation did not have the internet exposure we have now, parents today have nowhere to turn to for help. We are relying on each other for tips on how to protect their children from issues with mental health, self-image, relationships, on-line predators and more that stem from the age of technology.

Rachel Macy Stafford is a best-selling author, public speaker, and parent. As part of her commitment to conscious parenting, she decided to tell the world about a unique turning point she had with her 14-year-old daughter. She (like many of us) felt an uneasiness about her child and her screen time consumption, particularly after finding a number of articles on youth suicide related to online bullying and social media use.

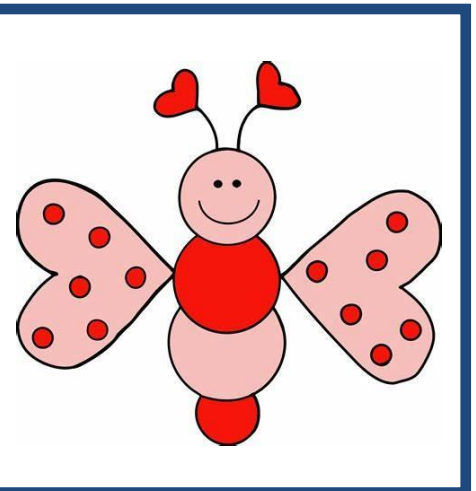
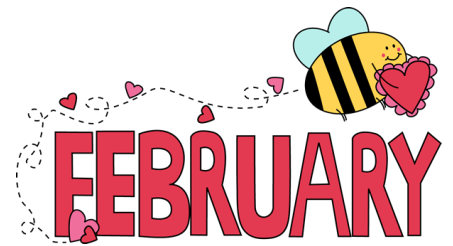
Rachel started a conversation with her daughter that she realized several weeks later would actually help her be noticeably *more relaxed, more interested in family time, more physically active, and more diligent with homework and chores* almost instantly.

Rachel explained to her daughter her own fears as a parent; with bullying, online pressures, etc. She told her what science actually says about kids and technology (that children's brains aren't fully developed, and so are especially susceptible to isolation, hopelessness, and more). And then she gave her a special letter. Here are just a few powerful snippets that encompass this mother's love for her child:

*"Each time the phone notifies you, you stop what you are doing—whether it's homework or a job you have to do. What might take you one hour to do, will take you several, and it won't be completed as well. The inability to focus will reflect in your grades and impact the job*

### 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](mailto:pamela.thackeray@ngps.ca)



Dates to  
mark your  
calendar

March 20  
PD Day  
No School

March 25&26  
Book Fair

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

Website: [foxcreekschool.ca](http://foxcreekschool.ca) Facebook: Fox Creek School Twitter: @ngpsfcs

Mr. Ian Baxter, Principal

Mr. Dwayne Mytrunec, Assistant Principal



opportunities you have as you grow. Spending quality time with friends and family will be impacted by the need to check the phone, making you believe what is most important is on your phone when it is really the person in front of you.

"Awareness is your weapon against the hidden influences and damaging behaviors. While you are online, your mind, your thoughts, your core values are drifting to wherever tech companies want you to go. The remedy is to limit the time you spend drifting in the online world and **tether yourself to real life.**"

**"Tether yourself:** To real people, real conversations, and real scenery.

**Tether yourself:** To furry animals, interesting books, good music, the great outdoors.

**Tether yourself:** To spatulas, hammers, cameras, paintbrushes, and yoga mats."

"When you feel your worth is in question, when you feel lost and alone, when you feel sad and you can't explain why, **TETHER YOURSELF TO REAL LIFE AND REAL PEOPLE.**"

**ESTABLISH GROUND RULES FOR SCREEN TIME** Rachel followed up with a few ground rules (*which she recommends for parents too!*), I have added a few of my own:

- Don't charge your phone in your room overnight
- Let your friends know you won't respond to texts after 9pm
- Use a real alarm clock instead of your phone
- Hourly limits to cell phone time at home
- Dare your friends to have a sleepover with no screen time
- Set a timer for when they are on a device
- For younger kids, put all the devices away: out of sight, out of mind
- Use screen time as a reward: 30 minutes extra for completed chores and homework (without arguing!)
- Chose a day (or evening) a week with NO SCREEN time for the household
- Utilize parental controls on your Wi-Fi, modem, and devices
- Be a good role model, put down your devices and tether yourself

(Rachel's parenting tips and advice for life can be found in her book *Hands-Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters.*)

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



## NEWS FROM ELEMENTARY

The following students received virtue of “**Trustworthiness**” for the month of February:



K. AM- Merryn Pauling  
K. PM- Noah Palmer  
1- Roy Miguel  
½- Arianna Lussier  
2G- Kal El Fernicol  
3S- Hudson Thackeray  
4W- Carter McDonough  
5C- Reid Gomuwka  
5O- Aurora Castle  
6S- Cayley Stadnyk

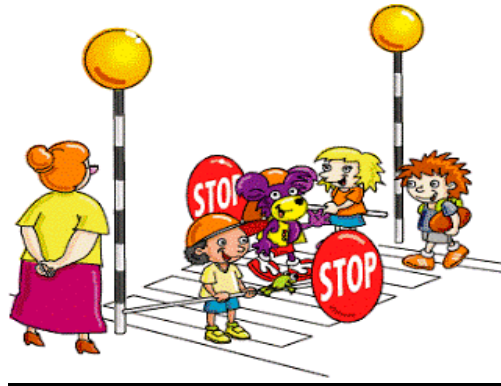
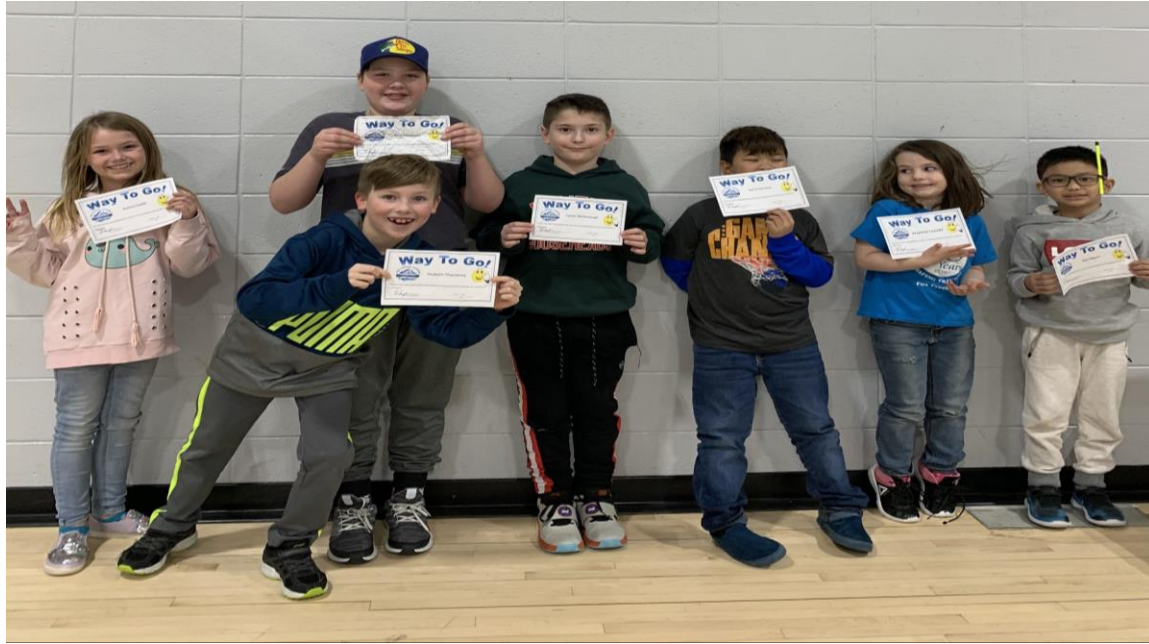
**Scholastic Book Winners for February are:**



K. AM- Sadie Gomuwka  
K. PM- Abigail Clair  
1L- Molly Hanlon  
½- Ranjot Singh  
½- Mason Smith-Mackenzie  
2G- Sophie Sheppard  
3S- Gage Gomuwka  
4W- Alyssia Mackenzie  
5C- Canaan Ewert  
5O- Peyton Barker  
6S- Blake Davis

Good job to all of you!!

## Virtue of the Month Students



## **Patroller of the Month of February: Sydney Sheppard**



## Eureka with the Grade 7's

February 12 and 13 grade 7 students were able to work with the John Howard Society of Grande Prairie in a program called Eureka! Students helped build self- confidence, understanding, respecting others and self. This program encourages students to look at both sides of the situation and brings empathy and understanding.



## Virtual Field Trip with Glacier National Park

1L participated in a Virtual Field Trip with Glacier National Park through Exploring by the Seats of your Pants! They learned that Grizzly Bears have bigger claws than Black Bears.





## Grade 3's 100 Days of School

Grade 3s celebrated 100th day with some fun centres.  
Happy 100th day! Finding 100 pieces of blocks, telling time 100 times, finding different things that weigh 100 grams, measuring how long 100 pieces of string are, writing 100 on one piece of paper as many times as possible, reading 100 words to a partner!





# Lights, Camera, Action!



School

By: Rhys Hanlon at Fox Creek

From February 24th to February 28th, an acting company called Trickster Theatre came to Fox Creek School to teach grades 1 to 6 how to act in drama.

Fox Creek School contacted Trickster, and applied to the Alberta Foundation for the Arts, Murphy Oil, and the Fox Creek For the Children Fundraising Society to help us afford to do this for 2020. The teachers thought Trickster would be fun, entertaining, and something new.

After asking him what is your favourite scene/part in our play? Bronson Luciak said, "I like the chase scene."

A very special thank you to all of our sponsors and to Delia, Liam, and Mark from Trickster Theatre for coming to Fox Creek and for teaching us all that we are learning this week.

Cut!!! That's a wrap for today, folks!



# Tricky Trickster



By: Reid Gomuwka at Fox Creek School

Trickster is an acting company for kids. They come to schools for a week to teach kids how to act and do plays. They practice daily at our school for two periods at a time. It's awesome practicing at our own town in Fox Creek School and learning how to do different plays.

It was easy to get them to come to our school, all we had to do is contact them, then get a price, then booked a date. We searched into it and it looked really fun, entertaining, and something different to do.

I asked Jomar Pangan to give me a quote on Trickster. He said "Trickster is awesome. My favourite part of my play's the hunting part."

The names of the people who run trickster are Delia, Liam, and Mark. The performance is on Friday at 2:10 Grade 1-6. Come to watch the amazing performances!!



That's a rap. Break a leg!!!

## Trickster Theatre

From Feb. 24-28 Fox Creek Elementary students had Trickster Theatre, Artist-in-residency program, come and work with them and create a theatre based performance. The Elementary students had their final performances on Friday, Feb.28, afternoon for Trickster Theatre. Thank-you to Delia, Liam and Mark from Trickster for coming out and working with our students all week. A huge thank-you to the parent volunteers who helped all week as well.





Dear Parents:

As a result of the cuts to funding for the education sector of the province, we as a school have made the following changes to how we are doing some of our business:

1. In order to cut costs on our phone bill, we have decided to reduce the number of lines coming into the school. We now only have one phone line coming in. We apologize if you can't get through on the first try. You can either phone back later or leave a message. Mrs. Hailes' voicemail extension is 202. As she is here all day the message will be retrieved in a timely manner. If you are trying to contact the school at 8:45 A.M. no one will answer the phone as we are playing O'Canada at that time. A reminder that we will not transfer calls to a teacher's classroom while classes are in session.
2. As the cost of postage is going up in the new year we will be sending most of our correspondence to parents by e-mail (if we have your e-mail address). Some information will still be going by Canada Post, but most will be coming by e-mail.

If you have any question about these changes, please feel free to contact Mr. Baxter at the school 780-622-3742

## **EXAM BANK**

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

1. Log onto [alberta.exambank.com](http://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





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2020 FOX CREEK  
**BUSINESS SHOWCASE  
 CAREER FAIR**



FIND YOUR DREAM, FIND YOUR OPPORTUNITY

# BUSINESS SHOWCASE & CAREER FAIR

THURSDAY, MARCH 12 12:30 - 6:30 PM

FOX CREEK GREENVIEW MULTIPLEX, 103 - 2A Ave.

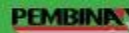
FREE ADMISSION

- TALK WITH
- POST-SECONDARY SCHOOLS
  - TRAINING PROVIDERS
  - & EMPLOYERS

FOR MORE INFO CONTACT  
 Kristy Tuts, Workforce Consultant  
[kristy.tuts@gov.ab.ca](mailto:kristy.tuts@gov.ab.ca)

FIND  
 EMPLOYMENT  
 OPPORTUNITIES

FREE  
 Community BBQ  
 12 Noon - 2 PM  
 Sponsored by



GREAT  
 CAREER  
 INFO



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Mr. Dwayne Mytrunec, Assistant Principal



Forms are now distributed for students in grades 10-12 interested in attending a post-secondary tour to MacEwan University and NAIT in Edmonton on Friday, March 20, 2020. Permission forms are available from the office or from their Connections teacher. Cost of the trip is \$10 + lunch/supper money. A very affordable way to investigate two institutions available to Alberta students. Forms and payment will be due on Friday, March 13, 2020.

GPRC workshop for Grades 10-12. May.12, 2020 from 9:30-2:30 at the Grand Prairie Campus.

thank  
you!

A huge thank you to everyone that has dropped off batteries and helped us out in our recycling program. We recently sent a shipment of batteries to Industrial Recycle LTD. in Grande Prairie. It consisted of approximately 500 batteries weighing in at 27204 lbs. which brought in \$8161.00 towards finishing the Hot Rod and supporting the shop program.

Thank you Fox Creek for all of your support,  
Kevin Thesen



**March 25: 1-4 & 5:30-8**  
**March 26: 9-4**





### Scholarships to Consider(Chronological)

This is not an exhaustive list—these are just ones that are floating across my desk currently.

1. RE/MAX of Western Canada "Quest For Excellence" Bursary Program—Closes March 9. This program was established by RE/MAX of Western Canada to recognize the success and ongoing pursuits of Western Canadian students in regards to leadership and community contribution initiatives. Students can enter online at [www.remax.ca](http://www.remax.ca).
2. Alberta NewsPrint Corporation—Closes May 8 at noon. Application includes a letter of application, two letters of recommendation, and a short essay on a topic. **Paper printouts** of the scholarship are available from Mrs. Hodges.
3. MD of Greenview No. 16—Closes second Friday of May. Application includes a completed form, an official or unofficial transcript, and MAY include reference letters. **Paper printouts** of the scholarship application are available from Mrs. Hodges.
4. TC Energy Scholarship—Closes May 15 at midnight. Basic scholarship criteria:
  - a) Enrolled in a post-secondary institution for the Fall-start school year
  - b) A citizen or permanent resident of Canada
  - c) Located in a community near TC Energy's operations or projects
  - d) Would benefit from supplementary education funding
5. Premiers Citizenship—Applications in to the school office by May 15. Application includes a completed form, two letters of reference, and a record of accomplishments chart outlining the community service, volunteer work, citizenship, and leadership activities of the student. The Premier Citizenship award nominee may also be considered for the other two Alberta Citizenship Awards. **Paper printouts** of the application are available from Mrs. Hodges.
6. Chevron Canada Scholarship—Applications in to the school office by June 11. 4 disciplines:
  - a) Mental health
  - b) Emergency services
  - c) Nursing and Medical services
  - d) Recreation

If Chevron does not receive an application for the areas of studies listed above the selection committee will review application for any post-secondary degree or diploma.

The student must have applied to a post-secondary or trades college in one of the disciplines to apply within six months of graduating, award given upon proof of registration. Students are required to provide a 500 word application essay on why they have chosen to pursue an education in their field of choice and a reference letter from a teacher or community volunteer activity coordinator.

7. Alberta Teachers Association Scholarship—Application date TBA (usually around end of May). For students who are pursuing a degree in Education. **Paper copies** of the scholarship are available from Mrs. Hodges.



8. Repsol –Last year’s date was June 17. Applications for this scholarship are in the form of an essay outlining their academic plans for the future, explaining why they need the money, and telling a little about themselves. Students can e-mail their essays to [tswerbus@repsol.com](mailto:tswerbus@repsol.com) or mail their essay to:  
Repsol Oil & Gas  
Attention: Trina Swerbus  
Box 6840  
Edson AB. T7E 1V2
9. Steven Harding Memorial Scholarship. Application in to the school office by June 15. A letter of application is required describing why the applicant should receive the award based upon ALL of the stated criteria:
  - a) Participation in extra-curricular activities
  - b) Community involvement
  - c) A History of volunteerism
  - d) A positive attitude
  - e) Displayed enthusiasm to work, school and their peers
10. Town of Fox Creek Legacy Scholarship—Application to Town Office by August 15. This award will go to the graduating High School Student who exemplifies the qualities of good citizenship at Fox Creek School and in the Community. The winner of this award should have demonstrated the following attributes:
  - a) Leadership: The student should be very involved in school and community activities. A
  - b) Positive Attitude: The student will have displayed a positive attitude towards academics, extracurricular activities, fellow students and the community.
  - c) Academics: the student should be achieving academically at a level commensurate with their abilities and be enrolled in a post-secondary program at a provincially approved institution.

The student must present a letter detailing your attributes in relation to the outlined criteria.



Shell has indicated that they are offering Scholarships this year. In the past, the academic counsellor has applied via an online portal on behalf of all the students who meet the criteria. Last year’s criteria was STEM based. When that is announced, Mrs. Hodges will contact all students that she is aware of that are pursuing post secondary in Science, Technology, Engineering, and Math.

Rutherford Scholarship applications open in August and students must apply directly to that. Here is a link <https://studentaid.alberta.ca/scholarships/alberta-scholarships/alexander-rutherford-scholarship/how-to-apply/> which includes a link to the actual application page. Students may receive financial help up to \$2500 depending on their presenting averages in each of their grade 10-12 years if they are enrolled in a recognized post secondary.

Other sources for listings of scholarships:

Alberta Student Aid-- <https://studentaid.alberta.ca/scholarships/alberta-scholarships/>  
ScholarTree-- <https://scholartree.ca/>



LET'S CELEBRATE!  
DATE TBA

# MULTI CULTURAL EVENT

VOLUNTEERS NEEDED!

FOR MORE INFO CONTACT JENN ASHMORE  
780\*668\*5726/jennlynk@hotmail.com

TEACHER APPRECIATION WEEK

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# PARENT VOLUNTEERS NEEDED

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**MAY 4-8, 2020**

CONTACT JENN ASHMORE FOR MORE INFO  
780.668.5726/jennlynk@hotmail.com

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

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## Every Day Counts

If your child misses...	That equals...	Which is...	And over 13 years of schooling that is...
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1 ½ years
1 day per week	40 days per year	8 weeks per year	Over 2 ½ years
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years

How about 10 minutes late a day? Surely, that won't affect my child?

He/She is only missing...	That equals...	Which is...	And over 13 years of schooling that is...
10 minutes per day	50 minutes per week	Nearly 1 ½ weeks per year	Nearly ½ a year
20 minutes per day	1 hr 40 min per week	Over 2 ½ weeks per year	Nearly 1 year
30 minutes per day	Half a day per week	4 weeks per year	Nearly 1 ½ years
1 hour per day	1 day per week	8 weeks per year	Over 2 ½ years

If you want your child to be successful at school then **YES**, attendance does matter!

**BOTTLE DRIVE  
GRAD CLASS  
OF 2020**

Saturday May 2, 2020 at 9am

WE WILL BE GOING DOOR TO DOOR  
TEXT 780-622-9157 TO HAVE YOUR ADDRESS LISTED  
AHEAD OF TIME!

For more information text 780-622-9157 or email [sarah.norman@ngps.ca](mailto:sarah.norman@ngps.ca)

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# Family Games Night

**FREE**

March 12, 2020  
6:30pm - 8:30pm  
Fox Creek School Gym



Join us for a fun evening of board games, door prizes, cookies & milk!



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# THE 5 LOVE LANGUAGES OF CHILDREN

FREE TO ATTEND  
**SATURDAY, MARCH 14**

FOX CREEK GREENVIEW  
MULTIPLEX

**9:30 AM- 12:00 PM**

THE 5 LOVE LANGUAGES OF  
CHILDREN

»» **1:00 PM - 3:30 PM** ««

STRENGTHENING YOUR  
PARENT-CHILD RELATIONSHIP  
LUNCH WILL BE PROVIDED

REGISTRATION REQUIRED  
PLEASE CALL 780.622.3758



DANYELLE LYNCH IS A REGISTERED  
PROVISIONAL PSYCHOLOGIST WHO  
SPECIALIZES IN WORKING WITH  
FAMILIES, ADULTS, AND CHILDREN  
OF ALL AGES

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