



Welcome to Fox Creek School April 2018



Parent Newsletter

Principal's Message

Dear Parents/Guardians:

Happy Spring everyone! Please keep in mind that it may take a while for our school grounds to dry. Even though we ask students not to play in the puddles, rubber boots are still a good idea!

Thank you to all parents who spent time attending K-6 Parent Teacher Conferences last month.

On April 23, we honored Bob Leonard with the Cenovus Award for all his hard work and dedication to our Power Engineering Dual Credit Course. We greatly appreciate the support from our community members for these programs.

We will be hosting grade 7-12 Parent Teacher Interviews on May 3, 2018 from 6:30 till 9. Please check the website for information as to how to book an interview with your child's teacher.

Our next Parent Council meeting is on Tuesday May 8 at 7 p.m. in our Professional Learning Center. Please consider joining us as it is an informative meeting.

Grade 6 Language Arts PAT will be on May 9 from 9 am till 11 am
Grade 9 Language Arts PAT will be on May 10 from 9 am till 11 am
Reminder there is no school for students on May 17, 18, & 21.

As the school year begins to wind to a close it is imperative we keep strong communication between home and school. If there are any concerns you have about your son or daughter's progress please do not hesitate to contact us at your earliest convenience. Thank you again for all your support.

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 Ms. Carmichael at the office or amber.carmichael@ngps.ca



Dates to
mark your
calendar

May 3rd
Gr 7-12 PTI
Night

May 9th
Gr. 6 LA PAT

May 10th
Gr. 9 LA PAT

May 17-18th
No School

May 21st
No School
Victoria Day

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Website foxcreekschool.ca Facebook [Fox Creek School](https://www.facebook.com/FoxCreekSchool) Twitter [@ngpsfcs](https://twitter.com/ngpsfcs)

Mr. Ian Baxter, Principal

Mr. Dwayne Mytrunec, Assistant Principal

NEWS FROM ELEMENTARY

The following students received Virtue of "Sportsmanship" certificates for the month of March:



KG	Henry White
1Din	Ryker Bibaud & Braxton Bignell
1Dec	Gage Gomuwka & Brelynd Mattson
2R	Kaylin Desserre
3O	Reid Gomuwka
3S	Landon Arsenault
4W	Lucah Lamb
5C	Jaclyn Tomlinson
6S	Brooks Lamb

PATROLLER OF THE MONTH



The recipient of the Patroller of the Month award for March is:

-Skylar Chalifoux

Great job to all of you!



Dear Students and Parents,

I know that many of you have concerns about how to make post-secondary education more affordable. Scholarships are a great way to help cover the costs of education, but they are difficult to find. There is a new website called ScholarTree.ca that helps students find all of the scholarships they qualify for in minutes.

It's super easy to get started:

1. Create an account at <https://ScholarTree.ca>.
2. Fill out your information and get matched to a list of scholarships you're eligible for.
3. Start applying!

We hope using ScholarTree will help cover some of the costs of college/university for you. If you have questions, I encourage you to contact Mrs. Hodges, Academic Counsellor or send an email to info@scholartree.ca.

Scholarship Opportunity

Any Students entering their first year of post-secondary in agriculture, food service, or culinary arts are eligible to apply for Monsanto Canada Scholarship. Each award is valued at \$1500 and applications are due May 31, 2018. Any Students wishing to apply, please see Mrs. Hodges in the office.

When you buy something from the Book fairs at school, we earn 50% of what you spend in scholastic credits. Those credits can be used to order resources.

This month we used some of our credits to buy tokens of appreciation for the hard working volunteer apple washers. Many of them picked art and music supplies such as recorders and silly putty. These students give up their own time to wash the apples located in baskets around our school. Thanks for all of your hard work!!!



Autism Awareness month

April was Autism Awareness month. Autism refers to a range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication, as well as by unique strengths and differences.

We have many autistic students in our school. To increase awareness for autism, one of our students' parents have graciously purchased autism t-shirts for all of the students and staff for the 1 Dec class! Huge shout out to that family for their thoughtfulness and helping to bring autism awareness to our school and community.

We encourage you to have discussions about autism at home. This could include stories about autistic students in our school or community.

Some guiding questions could be:

What do you know about autism?

What would you like to know?

What things do the students with autism enjoy?

How is that the same or different than you?

What is something that is challenging for you?

Do you think it is also challenging for someone with Autism?

What is something you could do to be helpful for someone with Autism?



Ukrainian Easter egg (Pysanky) Decorating.

Before Easter Break, our Grade 3 classes had the chance to partake in some Ukrainian culture, and thanks to Oksana Atwood, we learned how to decorate Ukrainian Easter eggs also known as Pysanky. A pysanka (Ukrainian: **пysанка**, plural: pysanky) is a Ukrainian Easter egg, decorated with **traditional** Ukrainian folk designs using a wax-resist method. The word pysanka comes from the verb pysaty, "to write" or "to inscribe", as the designs are not painted on, but written (inscribed) with beeswax.





Parent-Teacher Conferences.



Grade 7-12 Parent – Teacher conferences

Thursday, May 3rd, 2018

@6:30 P.M-8:50 P.M

Please use the following to book an appointment

<https://www.schoolinterviews.ca/code=grcm4>

HIGH PROFILE TRAUMA

The bus accident involving the well-beloved Humboldt Broncos on April 6, 2018 has shaken our north central school division and the world at large. Northern Gateway Public Schools is made up of little towns; we work here and play here; most of us know our neighbors and the people working in the grocery store. We wave to people driving through town. Hockey is also a big part of many of our lives. This backdrop is similar to the community of Humboldt.

On a personal note I am raising 4 hockey players. I have been giving this tragedy a lot of thought. If you are like me, perhaps you are spending more time on social media, watching and reading the news, looking for updates on the injured, watching memorial services, and all the while looking for answers.

I received the following article from J. Kevin Cameron, Board Certified Expert in Traumatic Stress with the Canadian Centre for Threat Assessment and Trauma Response. With his permission, I have taken his highlighted points and am sharing it with you. Though it is a long read, I hope it eases your concerns when you consider your own response to such high profile trauma and in speaking to your children.

LISTEN, LEARN, SUPPORT

As a standard, we say that “high profile trauma” intensifies already existing symptoms in individuals struggling with their own trauma histories but we have also seen how it can rekindle historical trauma in families, schools, communities and even Nations. A related dynamic is that the more individuals can relate to the details reported by Mainstream Media, the more it will intensify trauma symptoms as well. Additionally, **Social Media is a double-edged sword**, as some posts can lower anxiety and be helpful, while the next post may elevate anxiety and fuel hurt and anger. Professionals, parents (caregivers) and adult mentors (coaches etc.) must be mindful of what our children and youth are posting. We consistently find in the age 30 and under category, our youth will verbally say to adults “I’m fine” and then post their true fears, anger, pain, and confusion online.

TAKE ACTION

Become familiar with your young people’s use of Twitter, Snapchat and Instagram as these are the most common areas where the more private side of a youth’s life is manifested and publicized to their peers. The rest of communication will likely occur through private messages and group chats.

Ask your children and youth:

1. *“Did (so and so) Tweet about the ...?”*
2. *“What are people saying on Twitter?”*
3. *“What are people posting on Snapchat?”*
4. *“What are people posting on their Snapchat Story?”*
5. *“Is anyone posting on Instagram?”*
6. *“What are you seeing on Instagram?”*
7. *“How are you feeling about what is being posted?”*

8. "Have you posted anything, or responded to any postings?"

Facebook is not completely irrelevant to young people but their use of it tends to be more for the sense of self they want to portray to parents and caregivers: it is, in essence, a "Family App".

For those throughout the Country feeling the weight of this tragedy, we encourage you to reach out to trusted family members, friends, spiritual leaders, and professionals.

EVERYONE MATTERS! If personal supports are unavailable and you are experiencing an acute emotional response please contact your local:

- Crisis Hotline 1-877-303-2642
- Kid's Help Line 1-800-668-6868
- Health Link 811
- Distress Hotline 1-800-232-7288
- Emergencies 911

It is not essential that everyone talks right now! But it is essential that everyone feels supported and in proximity to those they feel safe with. Due to the national impact of this tragedy Provincial Health Regions, School Districts and other helping agencies should be publicly reminding community members of local resources for individuals in distress including 24-hour hotlines.

1. The first principle of Crisis/Trauma Response is "*model calmness.*"

2. A standard of Psychological First Aid is that traumatized individuals will often seek us out if we present ourselves as safe to approach and available.

3. Some individuals may not seek out services and yet, are in need of intervention and may need professionals to "over function" on their behalf by identifying them and making the first contact.

4. Trauma Response Continuum – ensure that everyone understands that the response to trauma is on a continuum from some individuals who may not be impacted at all, to those with profound symptoms and every possible response in between. As well, some may have acute symptoms, only while others may have chronic symptoms.

5. It is very common to have either delayed or denied responses to trauma. A delayed response comes from individuals who are either required by their profession, or by nature in their families or friendship groups, to be a formal or natural leader. If traumatized, many of these individuals do not exhibit symptoms until weeks, months or a year later (after the first anniversary has gone by) and when those they were helping are now okay.

6. Everyone has a "right" to be as impacted as they need to be. Sadly, after many high profile tragedies many people will ridicule another saying they don't have a right to be traumatized because "they hardly even knew the deceased/victim(s)". Especially during a high profile trauma, people's personal histories of grief, loss, and trauma from the past have a way of converging as the current loss feels like the reliving of the past. **BE COMPASSIONATE.**

7. Communication. Staff needs to be communicated with openly so they understand all of the key circumstances that may affect them and their students, as well as know how they can help and be helped. Parent/Caregiver meetings also need to occur to educate parents how to determine if their children are doing okay and if not,

what to do and where to go. Professionals need to assist some parents with how to talk to their children by modeling through how we talk to parents. Parents/Caregivers also need our support, as during Traumatic Events we consistently see dramatic symptom development in parents, especially if they feel they do NOT have a right to be traumatized and yet are bearing the weight of the symptoms. **BE COMPASSIONATE.**

8. School district leadership, police, city/town councils, cultural leaders, mental health, social services, health regions and others need to be publicly seen together from time to time for press conference updates and privately seen together for parent/community meetings, staff meetings etc. One of the most powerful ways to “model calmness” for the entire community is for these agencies to truly collaborate together. We can “feel” if we are in good hands. **BE COMPASSIONATE.**

This article was written by J. Kevin Cameron, M.Sc., R.S.W., B.C.E.T.S., B.C.S.C.R. Board Certified Expert in Traumatic Stress, Diplomate, American Academy of Experts in Traumatic Stress, Executive Director, Canadian Centre for Threat Assessment and Trauma Response AND Theresa Campbell, M.A. President, Safer Schools Together Ltd.

This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Division Social Worker. 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.

Library Happenings

Author Visit

On April 27 we had Lorna Schultz Nicholson who visited with the Kindergarten – Grade 3's and Robert Feagan who visited with the Grade 4 – 9's.

The author visit is brought to us by Wordpower which is presented by the Young Alberta Book Society and made possible by the generous sponsorship of Cenovus Energy.

Tom Higgins Presentation for Jr. and Sr. High Students - May 15 @ 2pm

Tom Higgins successfully coached the Edmonton Eskimo Football Club and the Calgary Stampeder Football Club; he now is Head of Officiating for the CFL. He will be speaking at Fox Creek School on the topics of leadership, overcoming adversity, health & wellness and excellence.

Displays

Discovery Box is from the Canadian War Museum

We have on display in the library, WW1 artifacts until May 3. These are replica items that the students will be allowed to handle and try on.

Local Quilt Display

Pop in to the library to see a display from local quilters until May 17.



Alberta Foundation for the Arts Travelling Exhibition

The library will have a new art display called "Rain Dance" in the library from May 17-June 8.

Upcoming Workshops

Miniature Gardening for Grades 2-4 will be May 16, 3:30pm-4:30pm. No fee but preregistration is required.

Follow our webpage @ www.foxcreeklibrary.ca, or our Facebook page @ Fox Creek Municipal Library, or Instagram @ Fox Creek Library for details on our upcoming workshops.

