



# Welcome to Fox Creek School March 2019



## Parent Newsletter

### Principal's Message

Happy winter to everyone. It has been a long cold stretch and I think everyone is getting ready for recess to be outdoors instead of being secured in school all day. We are well into semester 2 and it is hard to believe the school year is more than half way to completion. As we are snuggled in our homes and school, I want to share some of the amazing things we have been up to as well as some upcoming events.

On March 7 please join us for grades 7 to 12 Parent Teacher Interviews from 5:00 to 7:30. Then on March 21 we will have K to 6 Parent Teacher Interviews from 5:00 to 7:30. You will be able to book an appointment online for both dates. We are busy planning our Second Annual Experiential Week April 1 to April 5. This will be an opportunity for grades 7 to 12 to experience different types of learning and projects. Yesterday we started training on Z Space which was graciously paid for by Chevron. The excitement was great as students discovered the ultimate virtual reality learning experience that improves student engagement through fearless learning. Z Space is a combined augmented and virtual reality (AR/VR) solution for immersive, interactive, multi-sensory learning experiences. Students can view virtual models in 3D through lightweight glasses, examine them in detail from all angles, and manipulate them fearlessly using a stylus pen, effectively bringing learning to life. Our grade 8 students presented their poems to the kindergarten class last week. We had our monthly assembly and Pink Shirt Day on Feb. 28.

We will be hosting Senior Boys Basketball at our school on March 8 and 9. Please come out to watch our boys play as they play in their home school. In addition, we are getting ready for our Icelandic Students and Staff visit the week of May 4-9. Once again we have a lot going on in our school so please visit our website and social media for an update of events.

*Continued on next page...*

### 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 3<sup>rd</sup> and 4<sup>th</sup>  
Jasper Ski Trip

March 15  
No School

March 20&21  
Scholastic Book  
Fair

March 29  
Yearbook Order  
Forms Due

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



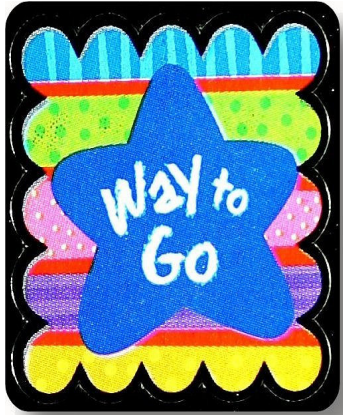
Again thank you for all your support and time. We enjoy providing a sound educational experience for our students. We constantly analyze data so it can drive our instruction. With this, students are receiving personalized instruction, project based learning, student organized learning environments, centers and much more. Everyone is working hard to ensure that all students are feeling successful and that they are ready to continue their learning journey. We appreciate our parent community and all they do as well to support student success.

Ian Baxter

Principal Fox Creek

## NEWS FROM ELEMENTARY

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



K. AM- Chesnee Lamb  
K. PM- Holden Thackeray  
1D- Madelyn Ashmore  
2G- Harley Thibert  
3S- Kaithlyn Alfaro  
4W- Luke Grumbach  
4O- Emma Carmichael  
5C- Eden Ewert  
6S- Brandon Taylor

**Scholastic Book Winners for February are:**



K. AM- Gage Barlett  
K. PM- Zeth Regier  
1D- Ava Bignell  
2G- Elli Moen  
3S- Braxton Lussier  
4W- Porter Moen  
4O- Josh Kirton  
5C- Grayson Charron  
6S- Darion Miskelly

Good job to all of you!!

## Elementary Winners for the Virtue of “Trustworthiness”



## Grade 3 Class

The grade 3 class made little earth's as part of their Rock unit for Science.





100<sup>th</sup> Day of School Activities:



Mitch Dorge, drummer for the **Crash Test Dummies** came and preformed for the grade 6-12 students!







**February 22, 2019**

**Dear Parent(s)/Guardian(s),**

It is our pleasure to announce a partnership between Fox Creek School and Shell Canada to host the "**Second Bi-Annual Experiential Learning Week**" for Junior and Senior High students at Fox Creek School.

"Experiential Learning" refers to planned learning experiences that will bring guest instructors into the classroom for students in grades 7 through 12. This experience is a complement to the learning activities that already occur throughout the year.

The Experiential **Learning Week** will provide a variety of career interest area courses and or sessions through partnerships with post-secondary institutions and or community partners. The senior high school students will be registered in a career interest area and will have the opportunity to select a course(s) that will run the entire week. The junior high students will rotate through six different career areas. Welding, Electrical, Painting, Coding (Computer programming), Money Management (Money Fair) and Design studies (3-D printer), Monday through Wednesday. Thursday and Friday they will participate in a Maker Day Experience which will be showcased on Friday, April 5<sup>th</sup> PM.

The week will be organized in a way that meets a student's life and career aspirations. Experiential learning can enhance student growth and development. "**Lunch and Learn**" Guest Speakers will be also be hosted throughout the week.

We invite you to join us on **Friday, April 5 at 1:00 PM** for the Experiential Learning Week Showcase and Gallery Walk. Refreshments and the Cooking with Class Bakery will be celebrated at this event. You will have an opportunity to sample the delicious baking from the high school Cooking with Class Program.

If you have any further questions please do not hesitate to contact the school. .

Yours truly,

Mr. Ian Baxter, Principal  
Fox Creek School

***DATES: MONDAY APRIL 1, 2019 TO  
FRIDAY, APRIL 5.***

***TIME: REGULAR CLASS TIME HOURS  
FRIDAY APRIL 5, 1:00 PM***

***EXPERIENTIAL LEARNING WEEK  
SHOWCASE AND GALLERY WALK***

[Cite your source here.]

## Introducing Z Space to Fox Creek School!!!

Thanks to the generous contribution from Chevron Canada, Fox Creek School began its training path to incorporate Z Space augmented reality and virtual reality learning into our classrooms. Participants are very excited as to what they can offer the students in the classrooms. Learn more about Z space here <https://zspace.com/>





# Thank You

## A HUGE THANKS TO PEMBINA

Pembina Pipeline Corporation has generously donated \$25,000 to Fox Creek School in an effort to support the out-of-classroom educational experiences that Fox Creek School students have access to. Currently, school staff is planning the use of those funds to gain access to educational field trips supporting the courses delivered at our school. While not possibly being able to cover all transportation costs, the school will be able to greatly reduce the amount that we must charge for transportation for a class trip. Instead of having fees cover the entire mileage portion of the trip, the school will be able to limit transportation costs that the parents must pay to the following: \$5.00 for trips under 200 km, \$10 for trips between 200 and 600 km, and \$15 for trips over 600 km. Each and every student in Fox Creek School will benefit from this donation because it will make field trips less cost restrictive for our students and families, therefore teachers will be less apprehensive to plan these trips. Hats off to Kevin Radomske and Kia Pyrcz for advocating on the behalf of our school community to help us provide a quality education for all students.

## Book Fair

Our next book fair is March 20 and 21. Every purchase at our fair benefits the students. The book fair has books for people of all ages and is open to the public.

Your support of our fairs allows resources to be put in the hands of our students. Not only do we receive free books for our students, but we earn credits that can be used towards resources, such as the new Gr. 4-6 class libraries.

If you can volunteer some time to help out at the book fair, please contact Mrs. DeCiccio @ 780-622-3742.

A huge **thank-you** to School Council for helping update our Grades 4-6 classroom libraries! The books and carts are already getting great use!



Also a huge **thank-you** to the following parents Sarah DeCiccio, Amber Luciak, Natalie Chalifoux-Fisher for helping organize and label the new classroom books.



## Save the Date!

Experiential Learning Week at Fox Creek School

**April 1 - 5, 2019**

Providing all junior and senior high students with a one-week in-depth experience into a variety of career interest areas. Junior high students will cycle through six activity stations and participate in "Maker Days". Senior high students will be immersed in a boot camp focusing on a chosen area of interest for the week. All students and staff will end the week with the Experiential Learning Week Celebration on the afternoon of Friday, April 5. All families are invited to come out and see what the students of Fox Creek have studied and created during the week.



### **New Scholarship announced by the MD of Greenview!**

Greenview Council wishes to recognize community involvement and academic achievement of students to enhance the future of individuals within Greenview and to encourage students from Greenview to pursue further education, thereby making meaningful contributions to their community.

Greenview Council will dedicate \$25,000 in the annual operating budget for scholarships and bursaries. Students enrolled in four (4) year college or university programs are eligible for a \$2,500 scholarship. Students enrolled in two (2) year college programs or apprenticeships programs are eligible for a



\$1,500 scholarship. The scholarships will be awarded to students who are a resident of Greenview (when not attending post-secondary) and who are enrolled in post-secondary studies at a college, university, or apprenticeship program. Council will review the scholarship applications annually and select scholarship recipients.

The scholarship criteria are as follows:

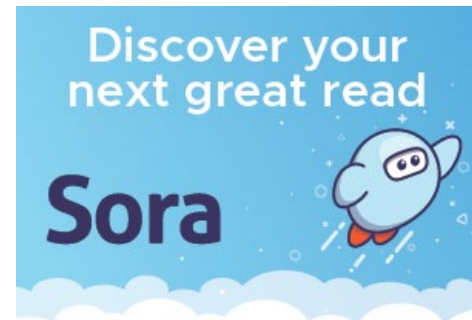
- a. The student is a resident of Greenview;
- b. The student has demonstrated financial need;
- c. The student demonstrates community involvement, volunteering or extra-curricular activities;
- d. The student has demonstrated high academic achievement;
- e. Consideration may be given to scholarship recipients from the previous year.

Students may apply, or re-apply, for the scholarship each year that they are enrolled in university, college, or apprenticeship programs. Application forms will be available at, and should be returned to, any Greenview Administration office. The deadline for applications will be the second Friday in May of each year. Successful applicants will be notified by Greenview Administration. The successful applicant must provide proof of enrollment through proof of payment of tuition to Greenview Administration in order to receive scholarship funding.



## Library/Learning Commons Happenings

Have you and your child tried the free Overdrive Sora EBook and Audio Book app? It contains hundreds of books suitable for all age students and is easy to access. What's better than free books? A good way to give your child screen time is to get them set up reading or listening to a good book. They will require their school login name and password and will have to click on Northern Gateway Regional Division. This site can also be accessed on a computer by going to [apssdc.lib.overdrive.com](http://apssdc.lib.overdrive.com). You can choose Northern Gateway Regional division and then click on the green bubble at the top that says "Try it (Sora) in your browser." There are lots of books to choose from. You may have to place a hold on a book if it is already checked out to someone but you will get an email saying when it is available. From Comics and Graphic Novels to mystery and non-fiction, for all grades from Preschool through High School, you are sure to find something your student(s) will enjoy. This can be accessed at school as well as at home or away from home on your computer or device.



The grade 4s will be receiving their certificates and books of Canada 1000 Awesome Facts at the March 29 assembly. If you are a parent or guardian of a grade 4 student, you will be asked to sign a permission form for your child to be photographed in a group picture. This will be sent home with students closer to the date. You are invited to watch this presentation at the assembly.

Family Lego Club starts March 12 and will run until April 18. Preregistration is required but there is no charge. You will choose Tuesday or Thursday evening (from 6:30 – 7:30) whichever suits your family best. Each week will have a different suggested theme that you can work on or build into your creation for the week. These will be on display in the library throughout the session.



Keep in mind that the public is welcome at our library. It is a joint school/public library located in the school and has been for over 40 years. We welcome adults and younger children to come in and check out the library. We have books, magazines and DVDs for you and we can borrow from other libraries in the province if we do not have what you are looking for. There are lots of in-library activities for you and your children as well, Lego, Keva Planks and other building materials, puzzles, kits etc. You are also able to borrow electronic resources through our library system such as ebooks and audiobooks, magazines and newspapers.



### **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





## SCREEN TIME AND MOODS

Is it just me or does every parent conversation end up in venting about our kids' electronic use? Whether its young ones glued to Peppa Pig, middle ones “addicted” to Fortnite and YouTube or teens obsessed with sending their “streaks” on Snapchat and spending endless hours scrolling through Instagram. Perhaps to our kids, the adults in their life look no different. I like to consider myself fairly “normal” when it comes to my parenting practices but when I get the weekly screen time notice on my phone, I am shocked! Although I justify it as productive: banking, reading a novel, reading/watching the news, checking the weather, emailing work, scheduling family activities, booking meetings, reading articles pertaining to my hobbies, social media, researching holiday destinations, texting family and friends, etc. It is no wonder my kids see me on my phone ALL THE TIME. But why does adult screen time not affect moods and behavior the way it seems to children? Anyone who has witnessed a full blown breakdown after hours on Fortnite or Snapchat can attest that too much screen time does something negative to younger people.

I read an interesting article by Victoria L. Dunkley, M.D. Victoria (a child, adolescent and adult psychiatrist) about this complex subject. With her permission, I have summarized it below.

*Children or teens who are “revved up” and prone to rages or—alternatively—who are depressed and apathetic have become disturbingly commonplace. Traditional treatments often don’t work very well, and a downward spiral continues.*

*Both parents and clinicians may be trying to treat what looks like a textbook mental disorder, but fail to address the most common environmental cause of such symptoms—everyday use of electronics. Time and again, I’ve realized [that to] successfully treat a child with mood dysregulation today requires methodically eliminating **all** electronics use for several weeks—an “**electronics fast**”—to allow the nervous system to “reset.” If done correctly, this intervention can produce **deeper sleep, a brighter and more even mood, better focus and organization, and an increase in physical activity. The ability to tolerate stress improves, so meltdowns diminish** in both frequency and severity. The child begins to enjoy the things they used to, is more drawn to nature, and imaginary or creative play returns. In teens and young adults, an increase in self-directed behavior is observed—the exact opposite of apathy and hopelessness. When a child goes through an electronic fast, we see improved sleep, more exercise, and more face-to-face contact with others all compound the benefits—an upward spiral! After*



*the fast, once the brain is reset, the parent can carefully determine how much if any electronics use the child can tolerate without symptoms returning.*

***RESTRICTING ELECTRONICS MAY NOT SOLVE EVERYTHING, BUT IT'S OFTEN THE MISSING LINK IN TREATMENT WHEN KIDS ARE STUCK.***

*An electronic fast is effective because it reverses much of the physiological dysfunction produced by daily screen time.*

**SIX WAYS THAT EXPLAIN WHY ELECTRONICS PRODUCE NEGATIVE MOODS**

**1. SCREEN TIME DISRUPTS SLEEP AND DESYNCHRONIZES THE BODY CLOCK.**

Because light from screen devices mimics daytime, it suppresses melatonin, a sleep signal released by darkness. Just minutes of screen stimulation can delay melatonin release by several hours and desynchronize the body clock.

**2. SCREEN TIME DESENSITIZES THE BRAIN'S REWARD SYSTEM.**

Gaming and at times, social media, releases so much dopamine—the “feel-good” chemical—that on a brain scan it looks the same as cocaine use! When reward pathways are overused, they become less sensitive, and more and more stimulation is needed to experience pleasure.

**3. SCREEN TIME PRODUCES “LIGHT-AT-NIGHT.”**

Light-at-night from electronics has been linked to depression and even suicide risk in numerous studies. In fact, animal studies show that exposure to screen-based light before or during sleep causes depression, even when the animal isn't looking at the screen. Sometimes parents are reluctant to restrict electronics use in a child's room, but in fact removing light-at-night is protective.

**4. SCREEN TIME INDUCES STRESS REACTIONS.**

Both acute stress (fight-or-flight) and chronic stress produce changes in brain chemistry and hormones that can increase irritability. Indeed, cortisol, the chronic stress hormone, seems to be both a cause and an effect of depression—creating a vicious cycle.

**5. SCREEN TIME OVERLOADS THE SENSORY SYSTEM, FRACTURES ATTENTION, AND DEPLETES MENTAL RESERVES.**

Experts say that what's often behind explosive and aggressive behavior is poor focus. When attention suffers, so does the ability to process one's internal and external environment, so little demands become big ones. One way to temporarily “boost” depleted reserves is to become angry, so meltdowns actually become a coping mechanism.



## **6. SCREEN-TIME REDUCES PHYSICAL ACTIVITY LEVELS AND EXPOSURE TO “GREEN TIME.”**

Research shows that time outdoors, interacting with nature, can restore attention, lower stress, and reduce aggression. Time spent with electronics reduces exposure to natural mood enhancers.

*In today's world, it may seem crazy to restrict electronics so drastically. But when kids are struggling, we're not doing them any favors by leaving electronics in place and hoping they can wind down by using electronics in "moderation". It just doesn't work. In contrast, by allowing the nervous system to return to a more natural state with a strict fast, we can take the first step in helping a child become calmer, stronger, and happier.*

As parents, perhaps we should analyze our own screen time as well. Maybe we can buy a newspaper once in while or read a “real” book or magazine in a sunbeam or on the deck when it warms up. Ask our child to help with on-line banking (if it is age appropriate), rather than texting pick up the phone for a conversation. What our kids see us DO is far more impactful than what our kids hear us SAY.

*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 between 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.*