



Welcome to
Fox Creek School
April 2021



Parent Newsletter

Principal's Message

Well we have made it to Spring break! I have to say a great big thank you to all parents, grandparents and guardians who have been diligent with the Covid screening prior to each school day. Keeping your child home with minor symptoms has helped eliminate germs in the building. Touch wood, but we have managed to keep positive cases out of our building for a number of months now, which of course allows students to attend to in-person learning. Another person who goes unnoticed in all of this is Mrs. Hailes who has dealt with student illness in the office area, as well as discussing covid-related symptoms or non-related symptoms to parents. Thank you Mrs. Hailes for the many questions you have answered for all of our school community as we work our way to the end of this pandemic.

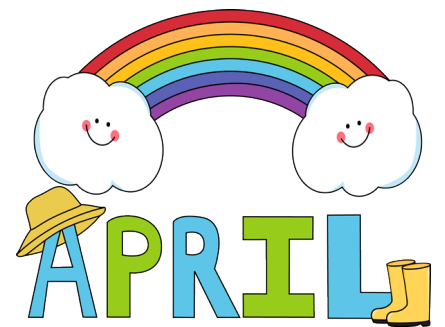
Enjoy the Spring break with your family as well as the attached Easter Break.

Yours truly,

Mr. Baxter

Email List:

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



Dates to mark your calendar

Apr. 1st, 2nd,
Easter Break
No School

Apr. 5th, 6th
Easter Break
No School

Apr. 7th
Classes resume

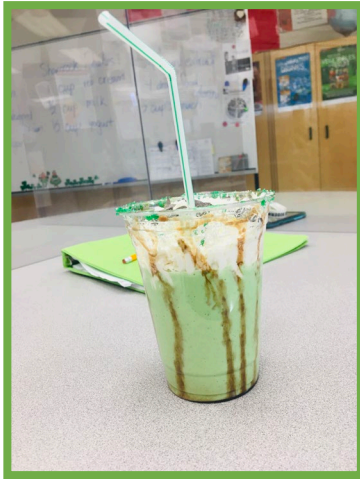
April 15th
School Council
Meeting at 7:00pm

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

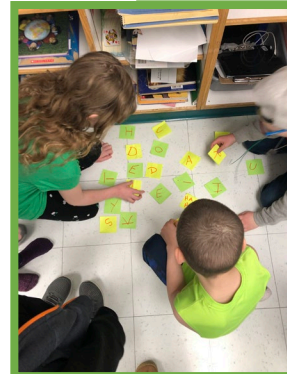
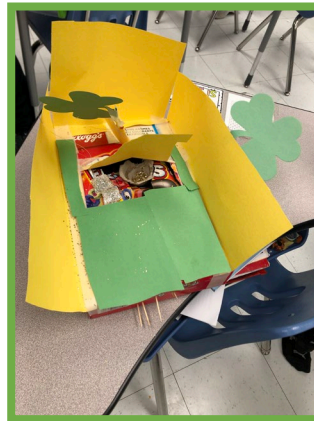
Website: foxcreekschool.ca Facebook: Fox Creek School Twitter: @ngpsfcs

Mr. Ian Baxter, Principal Mrs. Ronica DeCiccio, Assistant Principal

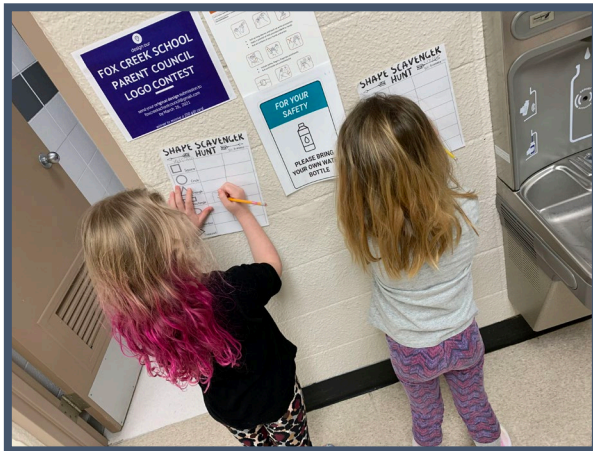
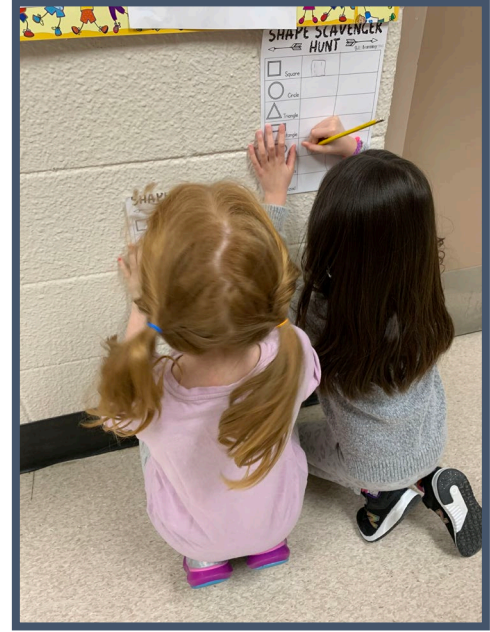
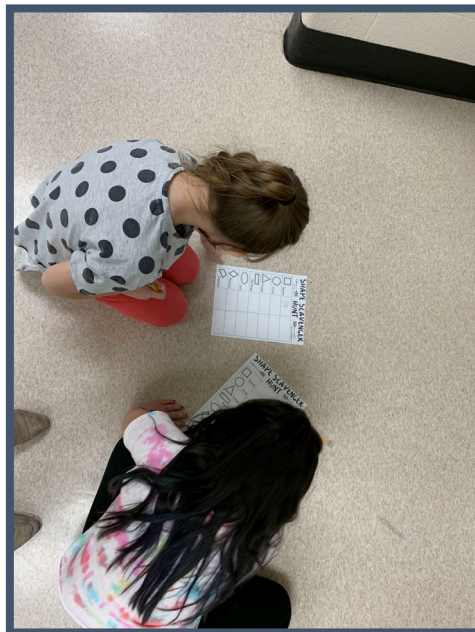
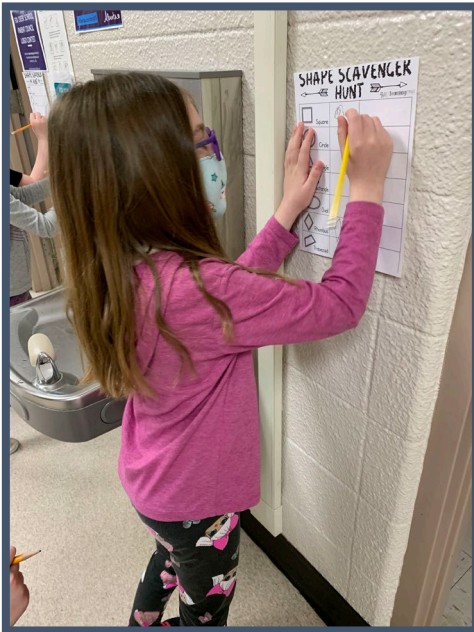
Shamrock shakes made by the Grade 7s to celebrate St. Patrick's Day!



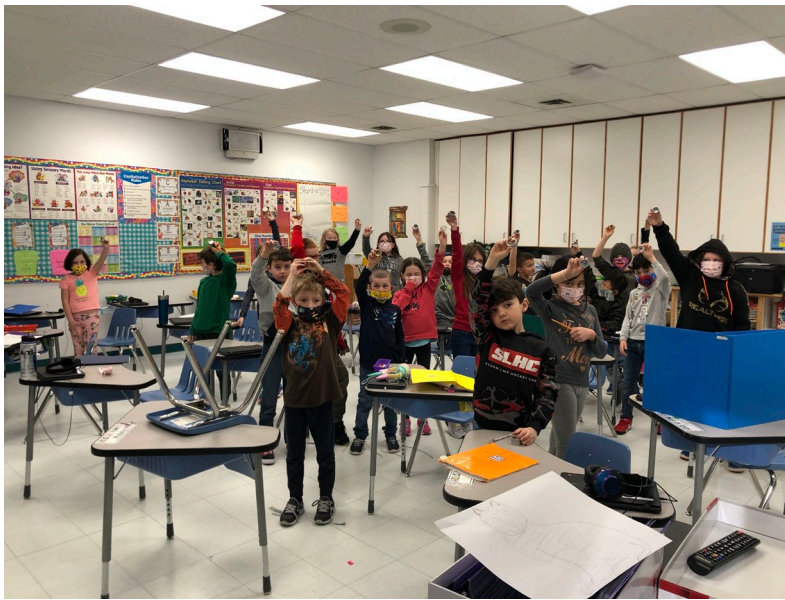
The Grade 3s were lucky as they each got a real loonie in their traps they made for their building unit. The leprechaun left a message they had to make sense of as well!



Grade 1H are SHAPE-TASTIC scavenger hunters! ● ◆ ■ ▼
They searched for 2-D shapes around the school!



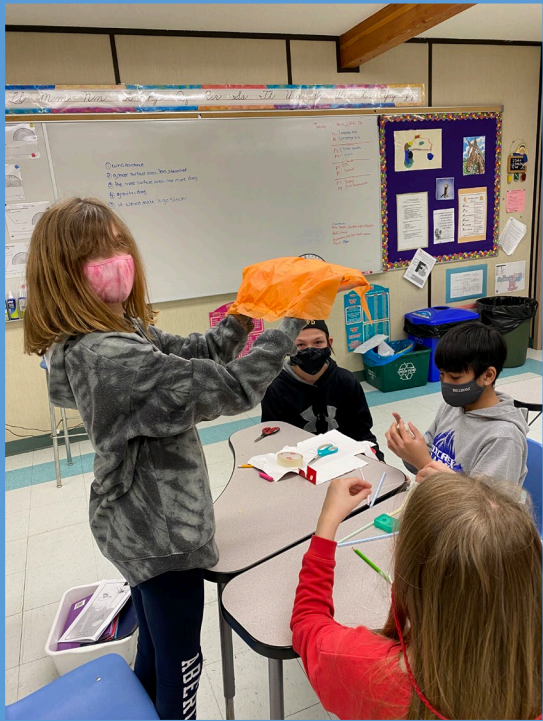
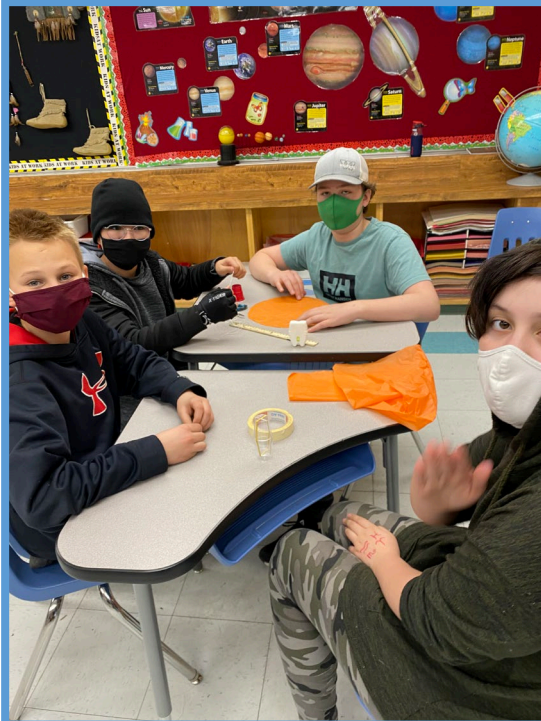
Grade 3s are cracking open simple words to make their writing more interesting. Great writing skills with the “Bear Necessities of Writing!”



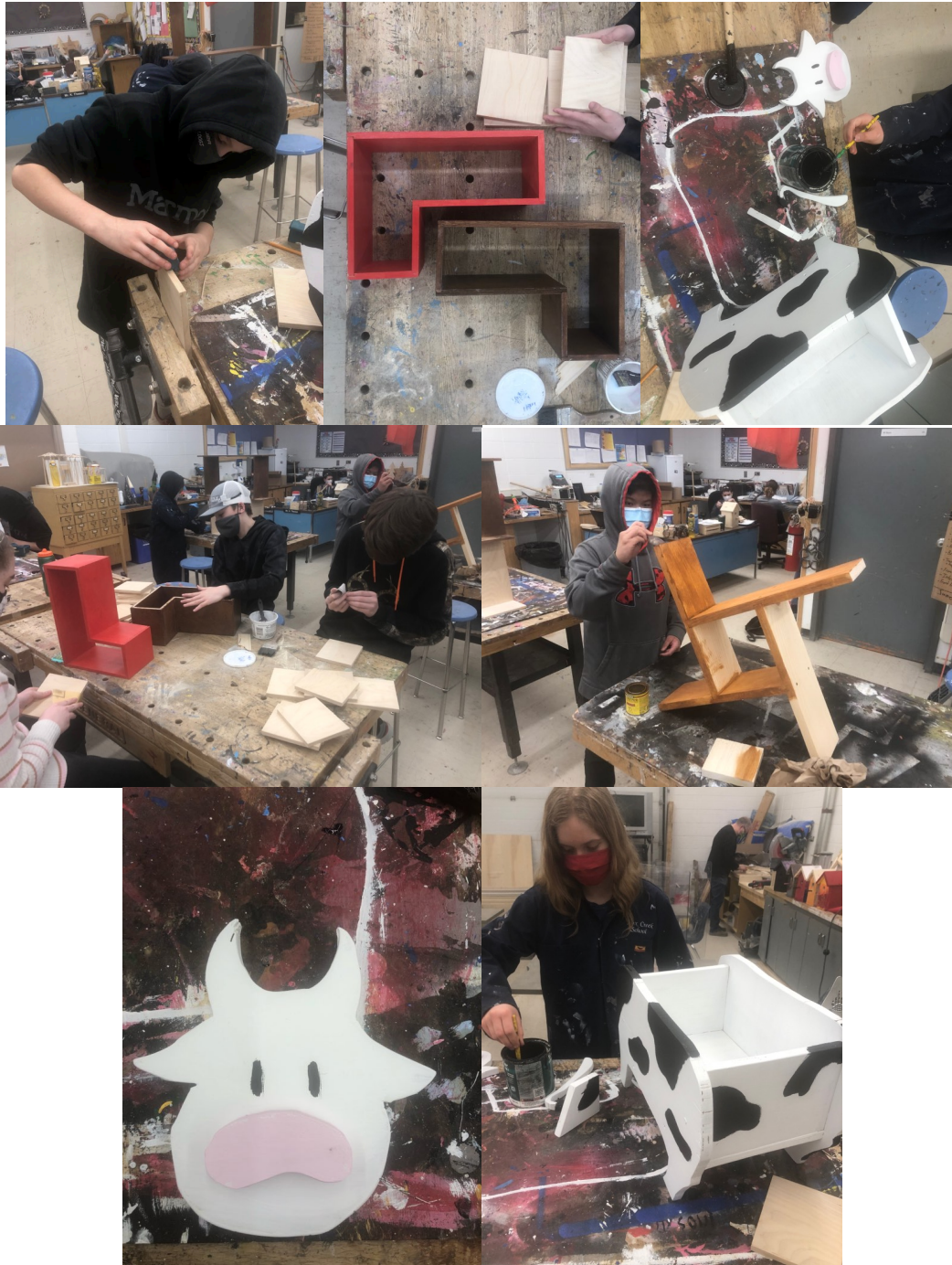
Hands-On Learning Happening in Grade 5!
Nearing the conclusion of our measurement unit, the students in Grade 5 used the displacement of water to determine the volume of objects. They were able to see that cubic centimeters were equal to the increased milliliters of displaced water. They also honed their skills at reading the graduated scale on their containers and were controlling variables in the experiment.



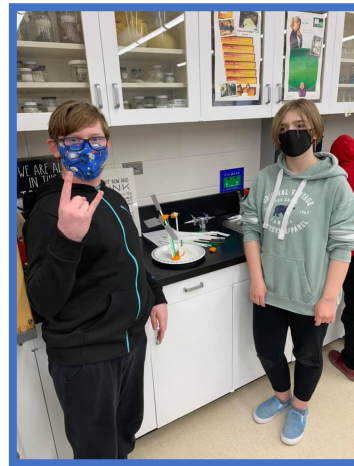
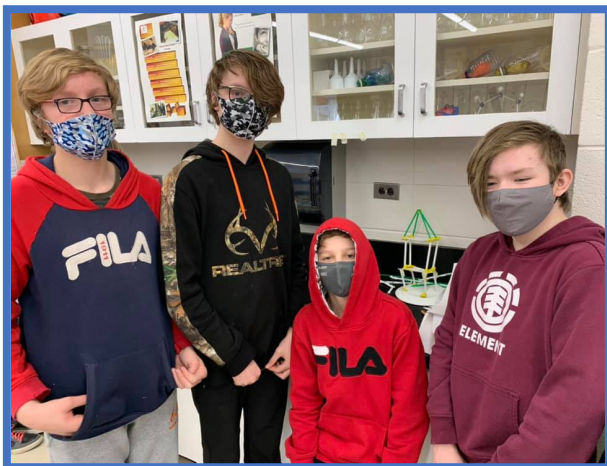
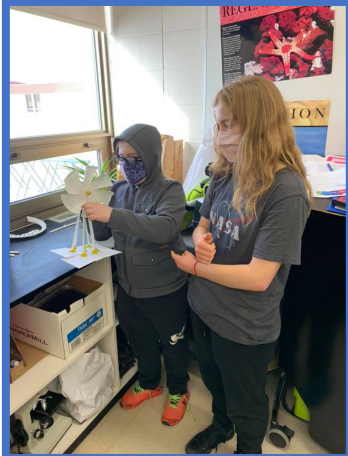
Grade 6S designing parachutes!



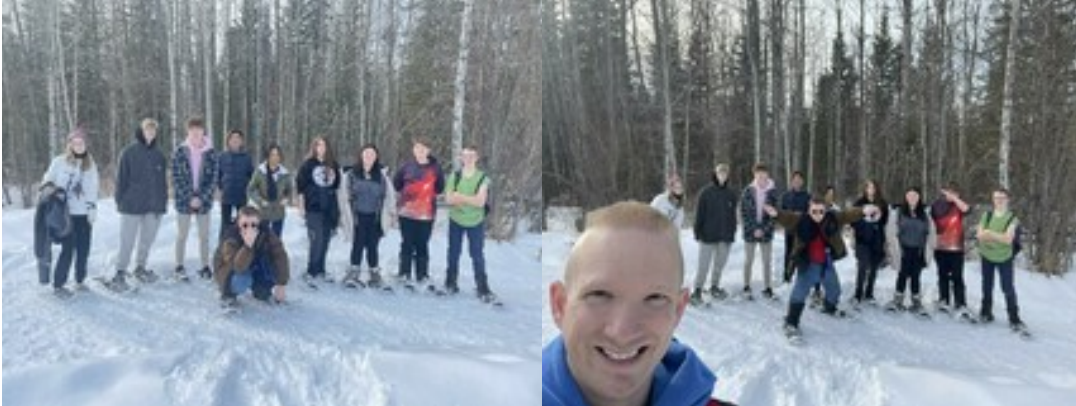
Grade 7 showing their creativity in shop class!



Science 7 students design and build windmills. Some very creative designs. Perhaps some future engineers from Fox Creek!



Grade 9 take advantage of the nicer weather and got outside to enjoy their surroundings. They had a blast snowshoeing in Gym.



Theme Thursday- Dad outfits with Mr. Dinell!

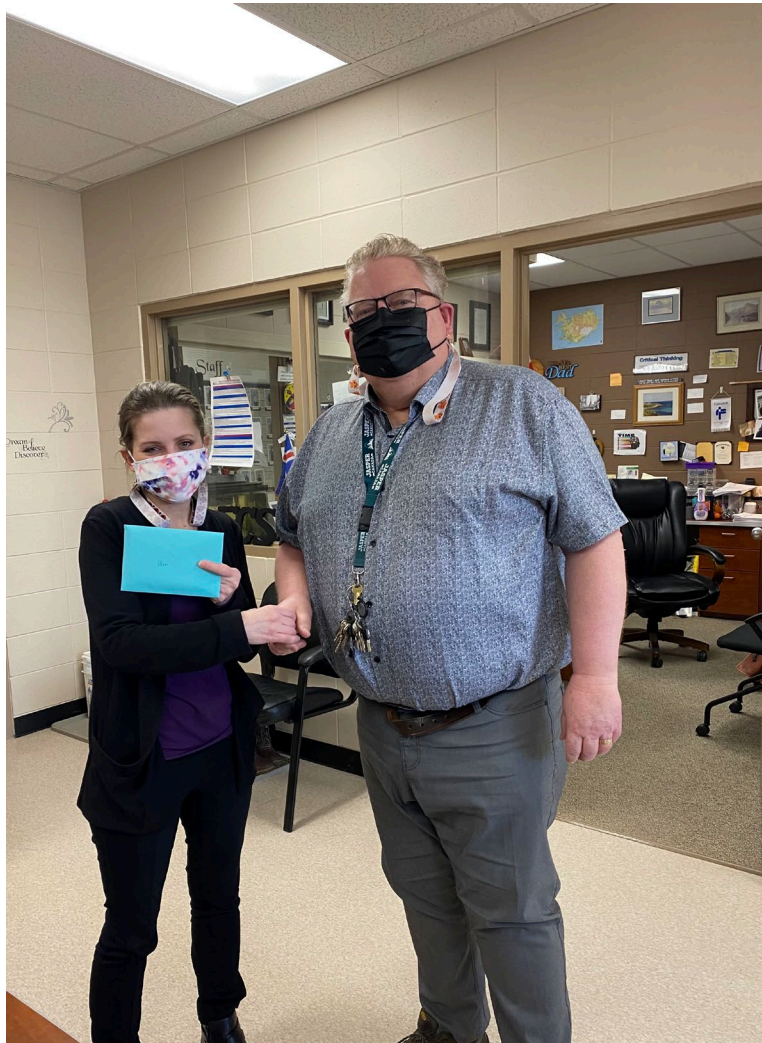


Science 10 students examine potential and kinetic energy by designing, building, and testing creative Roller Coasters. It was great to see their engagement in Physics concepts.

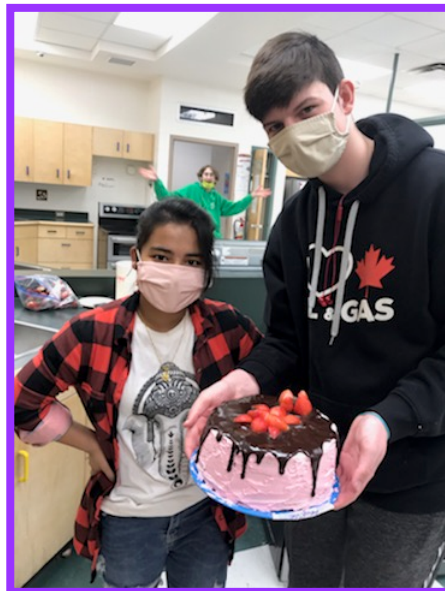
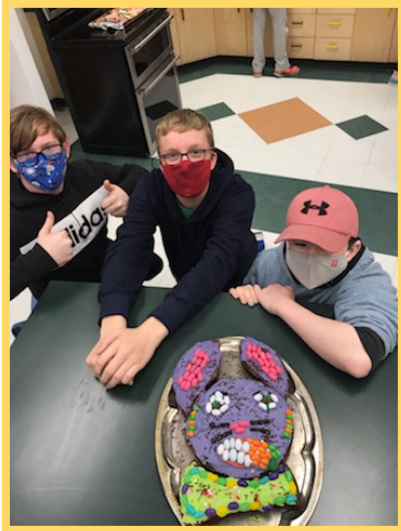
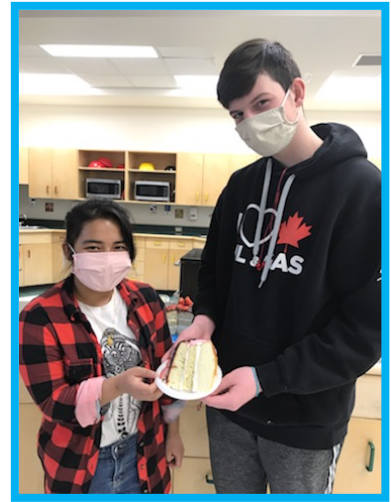




Fox Creek School thanks Pam Thackeray for all of her service with our school. We wish her and her family well wishes and good luck on their new adventure!



HOPPY EASTER! From the foods room!



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ngps.schoolcashionline.com

Paying for school items just got easier! SchoolCashOnline is the easy and safe way to manage your school expenses and view your payment history online. Save yourself the trip to the school and sign up today! ngps.schoolcashionline.com

To Run or not to run

1 Who makes the decision and how?

Rhett Czaban
Director of Transportation

Weather

Highway Satellite Cameras

-40

Temperature readings
Environment Canada
511 Alberta

Scouting the Roads

Calls to bus drivers and contractors

2 Are the buses running?

4 How do we let you know?

ngps.ca

3 The decision is made between

06:00

am

06:30

am

5 It's your decision!

Send to School

Keep Home

It is always your decision whether or not to send your child to school when weather conditions are extreme.

6 Dress warmly!

Don't forget to dress warmly. See you at school!



February to June is the peak scholarship period for grade 12 students. This is the time of year that there is the most number of scholarships available to students. Peak season coupled with the fact that some students who were actively looking for scholarships in Oct & Nov have dropped off, makes this a great time for students to find and apply for scholarships.

Please visit Fox Creek School website to see some of the scholarships available to apply for!!



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



The Cosmetology class and Madame Schmidt send out a HUGE thank-you to Sheila Gilmour of Urban Style Salon. She generously donated a stylist chair and mat, curling irons, brushes, carts, barbicide and a variety of supplies. We truly appreciate our new supplies.



**We all want our students to be successful.
That's why we need to hear from you.**

Parents of school-aged children across Alberta will be receiving Alberta Education Assurance Surveys in the mail in the coming weeks. At Fox Creek School, we reflect on student, parent, staff and community feedback when creating and implementing school plans.

For more information regarding this survey and the Alberta Education Assurance Framework - [click here for a message from Education Minister Adriana Lagrange](#)

If you require any assistance in completing this survey, please contact the school:

780-622-3742 or email ian.baxter@ngps.ca



SCHOOL COUNCIL

School Council Meeting on Thursday April 15th, 2021 at 7:00pm. This will be done virtually please click the link if you would like to attend.

meet.google.com/cpv-rdoj-giu



Thank-you to everyone who participated in our online ThoughtExchange survey. The results were discussed amongst leadership members within the division and the feedback will be used to guide our goals as we move forward into planning next year.



COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

Overview

This checklist applies for all children, as well as all students who attend kindergarten to Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

Screening Questions

1. Has the child: (Choose any/all possible exposures)

Table with 3 columns: Question, YES, NO. Rows include: Traveled outside Canada in the last 14 days? Had close contact with a case of COVID-19 in the last 14 days? If the child answered 'YES' to any of the above: If the child answered 'NO' to both of the above:

2. Does the child have any new onset (or worsening) of the following core symptoms:

Table with 3 columns: Symptom, YES, NO. Rows include: Fever, Cough, Shortness of breath, Loss of sense of smell or taste. Includes instructions for 'YES' and 'NO' responses.



3. Does the child have any new onset (or worsening) of the following other symptoms:

	YES	NO
Chills Without fever, not related to being outside in cold weather	YES	NO
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
Nausea, vomiting and/or diarrhea Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite Not related to other known causes or conditions, such as anxiety or medication	YES	NO
Muscle/joint aches Not related to other known causes or conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO
<p>If the child answered “YES” to ONE symptom in question 3:</p> <ul style="list-style-type: none"> Keep your child home and monitor for 24 hours. If their symptom is improving after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary. If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use the AHS Online Assessment Tool or call Health Link 811 to check if testing is recommended. <p>If the child answered “YES” to TWO OR MORE symptoms in question 3:</p> <ul style="list-style-type: none"> Keep your child home. Use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started. <p>If the child answered “NO” to all questions:</p> <ul style="list-style-type: none"> Your child may attend school, child care and/or other activities. 		

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started/until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.

alberta.ca/BizConnect

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

Mr. Ian Baxter, Principal Mrs. Ronica DeCiccio, Assistant Principal



A Season of Grief, Loss and Hope

This may appear to be a depressing start to an article that should be uplifting, but please be patient, and read on. Yes, it is the beautiful season of spring...however it is also a season of grieving. All of us caregivers, educators, coaches and helpers have tried so very hard this past year, to be positive and hopeful. We are now at the anniversary of a year defined by losses, some great, some some small. I believe it is the time to allow our children to GRIEVE. It is time to give our children the opportunity to talk, to cry, to mourn, and to be angry. It is frightening to hear such a suggestion. What if they start crying and not stop? What if they stay sad and depressed forever?

What I know of grief, on a personal level, is this: Like physical pain, grief is best faced head on. Not to stuff it, ignore it, numb it, or deny it. With deep loss, it may feel as if we will actually die ourselves should we let ourselves feel the full extent of that loss. Yet, when we put a name to grief, call it what it is, we allow the feelings to happen which will eventually evolve into empowerment.

David Kessler is the world's foremost expert on grief and the founder of www.grief.com. He co-wrote "On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss" with Psychiatrist Elizabeth Kubler-Ross. Kessler explains that when we are dealing with a loss, it is important to acknowledge it, learn to manage it and learn to find meaning from it.

For children, the five stages of grief they may have experienced this past year look like this: **DENIAL** (*this virus won't affect my friends and I*), **ANGER** (*COVID has taken away my sports and music and cancelling grad*), **BARGAINING** (*okay, if I wear a mask all day, it will get better*), **DEPRESSION/SADNESS** (*this is how everything is going to be forever*) **ACCEPTANCE** (*I guess this is really happening, I better figure out how to move on, within provincial regulations*).



Kessler tells us that it is *in acceptance where the power lies*. He reminds us that the stages are not linear or even happen in order, oftentimes we circle back and repeat a stage.

Once we have allowed our children to process their grief, there will come a time of acceptance. When our children are able to accept this past year of losses for what it is, then, my dear friends, they will have hope. Brene Brown's words of wisdom seems fitting: *"When we deny the story, it defines us. When we own the story, we can write a brave new ending"*.

I am finding that spring 2021 seems to be bringing more hope than most years. Perhaps it is just me, but doesn't it seem as though the sun is brighter, the birds more cheerful, the sky more blue? With anticipation of normalcy on the horizon, it feels as though the weight of the past year and the dreariness of the long winter months are being lifted from our weary shoulders.

Our children need us to be the safe sanctuary as they grieve the many losses of this last year and they also need us to point their sweet faces to the warmth of the rising sun and share with them the message that all hard times come to an end, giving way to the promise of better days ahead. While they need us to help them name, navigate and process their grief, they also need us to embrace this season of hope. As a Buddhist Monk, Thich Nhat Hanh once said *"if we believe tomorrow will be better, we can bear the hardships of today"*.

**Wishing all Northern Gateway Public School Division students, families
and staff a wonderful Easter break.**



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.