



Welcome to  
Fox Creek School  
November 2021



# Parent Newsletter

## Principal's Message

And here it is... November. We have been very fortunate to have enjoyed such a mild Fall so far. The beautiful weather even allowed us to fit in two evacuation drills ("fire drills") without having to worry about too many shivers! We are all thankful for that. And, to carry on with the Thank Yous: thank you to the parents who participated in parent teacher interviews, thank you to parents and guardians for getting the large bundle of start up forms filled out and returned to the school, thank you to all staff members for their participation and leadership in the many extra-curricular opportunities that are available to students, thank you to the Student Leadership team for organizing multiple spirit days this month, thank-you to students and parents for the continued cooperation with COVID protocols and remaining at home when ill.

The renovations to our change rooms and washrooms are almost complete. We are looking forward to opening these up soon to students and staff. We have the furnace hooked up in our greenhouse so we are looking forward to growing things throughout the winter.

Looking ahead to the month of November, we have Remembrance Day virtual assembly, re-takes, and a long weekend. And all of that before December even starts! Before long, we will be talking about snow and winter break, but until then we continue on our exciting journey of learning and fun here at Fox Creek School.

## Email List:

If you would like to be added to our e-mail list and receive an electronic version of our newsletter or other communication, please contact Mrs. Lussier at the office or [victoria.lussier@ngps.ca](mailto:victoria.lussier@ngps.ca)



### Dates to mark your calendar

Nov. 04  
Parent-Teacher  
Interviews  
(Gr. K-6)  
5:30-8:00

Nov. 09  
Virtual  
Remembrance  
Day Ceremony  
10:30am

Nov. 10  
PD Day  
No School

Nov. 11  
Remembrance Day  
No School

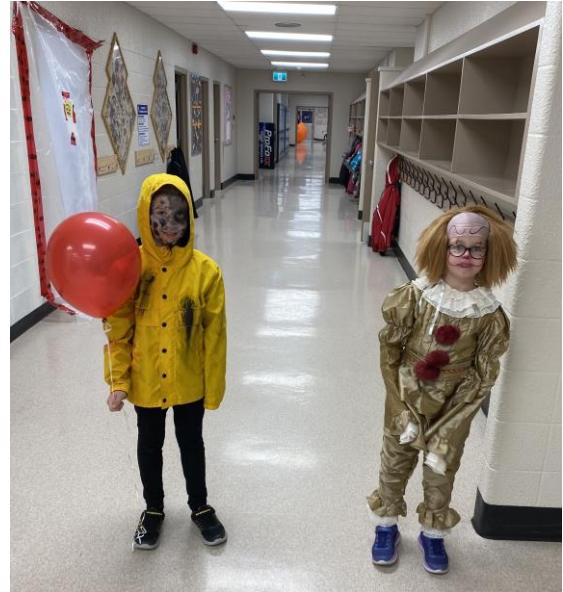
Nov. 12  
No School

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

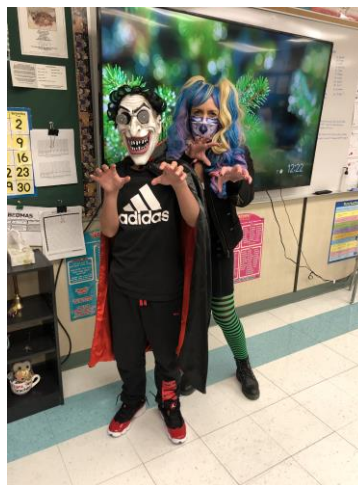
Website: [foxcreekschool.ca](http://foxcreekschool.ca) Facebook: Fox Creek School Twitter: @ngpsfcs

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

## 2G Halloween



## Fox Creek School Staff Harry Potter Themed Halloween





### 3 Days of Jube School Halloween Workshop with 6S



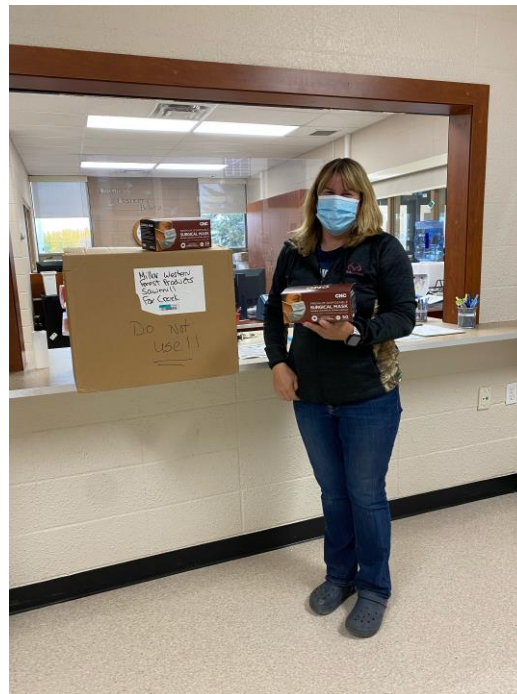




Thank you to Luke, Carter and Ryan who refinished this bench for the Fox Creek Hospital!



Thank you to Miller Western for their donation of masks to Fox Creek School!





**Non Diploma High School Final Exam Schedule January 2022**

<b>Date</b>	<b>Time</b>	<b>Subject</b>
Tuesday, January 25	9:00 am - 12:00	<b>Chemistry 20</b> Ian Baxter (supervisor) Room 16 <b>Social Studies 10-1/10-2</b> Jessica Gingras (supervisor) Room 4
Wednesday January 26	9:00 am - 12:00	<b>Social Studies 20-1/20-2</b> Jessica Gingras (supervisor) Room 4 <b>Math 10C</b> Ameer Jaber (supervisor) Room 36
Thursday, January 27	9:00 am - 12:00	<b>ADLC &amp; Individualized Final Exams</b> Kevin Thesen (supervisor) Room 16





**PAT AND Diploma Final Exam Schedule January 2022**  
**Last day of regular classes for High School is January 24/2022**

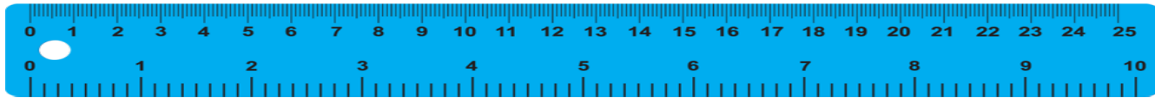
Date	Time	Subject
Tuesday, January 11	9 am - 12 pm	English 30-1 and 30-2 Part A Ian Baxter (supervisor) Secondary Computer Lab 20
Thursday, January 20	9 am - 12 pm	Math 30-1 and Math 30-2 Ian Baxter (supervisor) Rm. 16
Friday, January 21	9 am - 12 pm	English 30-1 and 30-2 Part B Ian Baxter (supervisor) Rm. 16
Monday, January 24	Last day of regular High School Classes grades 10 to 12	
Wednesday, January 26	Last day of regular classes for grade 9. Grade 7 and Grade 9 continue on regular schedule	

All students are provided with up to double the official time noted above, if they require it.

**Grade 9 PAT Exam Schedule**

Tuesday , January 11	9:00 - 11:00 <i>All students are provided with up to double the official time as noted above if they require it.</i>	Grade 9 English Language Arts Part A Grade 9 K.&E English Language Arts Part A Ashley Heyden (supervisor) Rm 38
Thursday, January 27	9:00 - 10:15 <i>All students are provided with up to double the official time as noted above if they require it.</i>	Grade 9 Science Grade 9 K.&E Science Leanne Pretula (supervisor) Rm. 32
Friday, January 28	9:00 - 10:15 <i>All students are provided with up to double the official time as noted above if they require it.</i>	Grade 9 English Language Arts Part B Grade 9 K.&E English Language Arts Part B Ashley HeydenAshley Heyden (supervisor) Rm 38





# EVERY DAY COUNTS!

1 or 2 days a week doesn't seem like much, but...

If your child misses...	That equals	Which is....	And over 13 years of schooling, that's...
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1 1/2 years
1 day per week	40 days per year	8 weeks per year	Over 2 1/2 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.

If your child misses...	That equals	Which is....	And over 13 years of schooling, that's...
10 mins per day	50 mins per week	Nearly 1 1/2 weeks per year	Nearly 1/2 year
20 mins per day	1 hr 40 mins per week	Over 2 1/2 weeks per year	Nearly 1 year
30 mins per day	1/2 day per week	4 weeks per year	Nearly 1 1/1 years
1 hour per day	1 day per week	8 weeks per year	Over 2 1/2 years

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



If you require support in getting your child to school consistently and on time, talk to your Principal.



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



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# To Run or not to run



### 1 Who makes the decision and how?

Rhett Czaban  
Director of Transportation



Bus Driver  
Dropway





Weather



Highway Satellite Cameras

Calls to bus drivers and contractors



Scouting the Roads



-40



Temperature readings  
Environment Canada  
511 Alberta

### 2 Are the buses running?




### 3 The decision is made between

06:00 am

06:30 am

### 4 How do we let you know?





[ngps.ca](http://ngps.ca)



### 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!



**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](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





# SCHOOL COUNCIL

School Council Meeting on Thursday, November 18<sup>th</sup>, 2021 at 7:00pm.



Fox Rod Auction! Save the Date May 14<sup>th</sup>, 2022.



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 through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

If your child has traveled outside Canada in the last 14 days, follow the Government of Canada Travel, Testing, Quarantine and Borders instructions, including any requirements for exempt travelers related to attending high-risk environments.

If within the last 10 days, your child has been notified by Public Health that they are a case of COVID-19, they are required to isolate as per Public Health instructions.

Screening Questions for Children under 18:

Table with screening questions for COVID-19, including household contact questions and symptom checks (Fever, Cough, Shortness of breath, Loss of sense of smell or taste).

3 A lab-confirmed case OR a probable case as defined in the Alberta COVID-19 Notifiable Disease Guideline
4 A person who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series





2.	<b>Do you have any new onset (or worsening) of the following symptoms:</b>	
	• Fever	YES NO
	• Cough	YES NO
	• Shortness of breath	YES NO
	• Runny nose	YES NO
	• Sore throat	YES NO
	• Chills	YES NO
	• Painful swallowing	YES NO
	• Nasal congestion	YES NO
	• Feeling unwell / fatigued	YES NO
	• Nausea / vomiting / diarrhea	YES NO
	• Unexplained loss of appetite	YES NO
	• Loss of sense of taste or smell	YES NO
	• Muscle / joint aches	YES NO
	• Headache	YES NO
• Conjunctivitis (commonly known as pink eye)	YES NO	
<b>If you answered "YES" to any symptom:</b>		
<ul style="list-style-type: none"> <li>• Stay home.</li> <li>• Use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to arrange for testing and to receive additional information on isolation.</li> </ul> <p>If you have fever, cough, shortness of breath, runny nose, sore throat or loss of sense of taste or smell you are required to isolate for 10 days as per the current <a href="#">CMOH Order</a> OR receive a negative COVID-19 test and feel better before returning to activities</p>		
<b>If you answered "NO":</b>		
<ul style="list-style-type: none"> <li>• You may attend work, school, and/or other activities.</li> </ul>		







## Encouragement for Weary Parents

Have you ever sat down at the end of a long day feeling exhausted and drained, maybe like you are failing as a parent? As you reflect on your day, do you sometimes replay in your mind the mistakes you may have made with your children that day? Please tell me I am not the only one!

Raising little people is tough business, and the older they become, the more complicated and demanding it can be. As a seasoned mom and experienced social worker, I have had my personal share of difficulties and walked alongside other parents, through extremely painful challenges.

I have learned though there are no perfect parents, every parent does the best they can with what they have. I still have a long way to go in my journey as a mom, but here is what I have observed so far.

1. **"I did then what I knew how to do. Now that I know better, I do better."** These words shared by Maya Angelou are healing for when you feel overwhelmed with guilt at the times you feel as though you have messed up. You cannot repeat yesterday (or this morning), but you can learn from it and do better tomorrow.
2. **Practice self care.** This is not just bubble baths and candles. Looking after yourself involves many aspects. I often rely on teachings from a wise Cree friend when she explained to me the Medicine Wheel. To be in balance, you need to be sure you are caring for your *whole* being:
  - Physical:** Having a balanced diet, exercise, ensuring a safe home environment, following through with medical appointments such as dentist, doctor, or optometrist.
  - Emotional:** Talking about what hurts you or angers you. Seeking out professional help if necessary. Learning how to share your feelings in a respectful manner.
  - Spiritual:** This is not necessarily religion. It is about knowing you are part of something bigger than yourself. It is being connected to nature, your culture and your history. It is knowing there is a purpose for your life.
  - Mental:** Stimulating and challenging your mind, learning something new, reading, games, or keeping an open mind to different ideas and views.
3. **You do not have the right to ruin someone else's day.** My dad was the only male in our very tiny home and his message to my sister and I was this: regardless of how moody/cranky/impatient etc we were feeling, it was never OK to take it out on someone else and ruin their day. For the times I snap at my kids or unintentionally hurt their feelings, I refer back to #1 for forgiveness for myself and #2 to see where I am out of balance.
4. **Read to your children every day, even when they are older.** My parents were only in their teens when they started their family and my mom was a sponge when it came to

learning how to be a great mother. A smart person told her to read to her babies all the time. She instilled a love of reading and learning in my sister and I at very young ages. Sit with your children daily, when you can, and read to them out loud. Read interesting and age appropriate articles and stories to them as they get older. Listen to books while you drive. This will encourage their imagination and curiosity.

5. "Listen earnestly to anything your children want to tell you, no matter what. If you don't listen eagerly to the little stuff when they are little, they won't tell the big stuff when they are big, because to them all of it has always been big stuff." Poet and author Catherine M. Wallace shared this advice 20 years ago and it continues to be relevant. There will always be distractions, but when your little ones are trying to tell you something, it is crucial to your relationship with them to put down your phone or mute the TV or whatever for a few moments and give them your attention. It builds a safe foundational relationship so they will come to you with their big concerns when they are older.
6. **Be honest...but discerning when taking with your child about yourself.** If you have had a bad day it's ok to say it, then balance it with sharing what healthy self care activities you will do to make yourself feel better such as going for a walk, cuddling the dog or phoning a friend. Kids are great imitators, give them something great to imitate.
7. **Learn how to speak your child's love language.** Dr. Gary Chapman and Dr. Ross Campbell explain in their book "[The 5 Love Languages of Children](#)" the incredible gift of discovering how to communicate your love to your child so they genuinely feel loved by you. Children are all unique, learn about what makes your child feel adored.
8. **Comparison is the root of unhappiness** and this is especially true if you compare your child with others. Just as you, your children and your family are imperfect, so are others. What you see on social media or the image others portray in public is not always accurate. Embrace the uniqueness of your child and your family.

My home is becoming more quiet these days, with one child playing hockey 12 hours away and another attending university 7 hours away. I am realizing that time truly passes in a blink and I miss the chaos of the younger years. Parents, don't forget to look for the good in yourself and your child each and every day. Parenting is complicated, wild, fun and hard. Enjoy the journey, laugh and love as much as you can.



*This article was submitted by Tammy Charlo BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support for schools, students, parents and caregivers to promote success in school. Tammy advocates for students and families. Tammy has been a Registered Social Worker for more than 20 years and is a mother to 3 teenagers and 1 young adult.*