



Welcome to Fox Creek School December 2021



Parent Newsletter

Principal's Message

COVID Update

We continue to restrict access to the school during this time. This means that parents will not be able to come into the school without an appointment. We look forward to the day when all this is behind us but we certainly appreciate your cooperation with us as we seek to reduce the social interaction here at the school for the time being. We are pleased our school has not been required to move online as of yet this school year. Thank you to everyone for their commitment in following the regulations which all help to keep our students and school safe.

December is always a busy month at Fox Creek School. K to 6 classes will be recording their Holiday Celebration on December 10. Please keep an eye out for the finished production once we have it polished and posted online for everyone to watch. The Elementary will be participating in the annual movie and popcorn tradition in their homerooms December 17 from 12:30 to 3:20. You may send food items for your own child but given the restrictions, please do not send anything for the class unless it is store-bought and prepackaged.

Student Leadership will be hosting a number of activities which includes Candy Grams, Locker Decorating, Hot Chocolate Sales, and Food Bank. In addition, they are hosting a school-wide pajama day on Dec. 17. We thank everyone for their hard work putting these events together and we would also like to thank all of those who attended or engaged in these events. On December 17 at 12:30 the Grade 7 to 12 students will be playing broomball at the Multiplex in our Annual Tournament.

Please take time to familiarize yourself with the Diploma Exam and Final Exam Schedules in the Newsletter. The last day of regular classes for Grades 9 to 12 will be Monday, January 24, 2022. Please note Grade 9 students will be writing their Science and LA Provincial Achievement Tests as well this semester. If you have any questions or concerns please contact the school. Keep in mind Diploma Exam Dates are set by Alberta Education and there is no flexibility in changing these dates.

As the festive season is just around the corner, I want to take a moment to thank all parents/guardians and teachers for your support and dedication in giving our students the best educational experience. I wish all of you a very happy and restful holiday season and look forward to seeing all of you in the New Year.

Home – School Communication

Good communication between the school and home is very important to us and we are working to provide numerous ways for this good communication to take place.

- Please ensure we have an accurate email address that you check regularly. If you are not receiving any email from us, then it probably means we have incorrect information on our end.
- Please sign up for the digital tools that NGPS has provided. These include:
 - [SchoolCashOnline](#)
 - [PowerSchool Parent Portal](#)
- Please talk with your child's teacher about Google Classroom and how it can be used as a communication tool.
- Please follow us on Facebook.
- Please feel free to email us (firstname.lastname@ngps.ca) or call us at 780-622-3742.

Thanks for your interest in reading this far. Please remember that if you have specific questions you can always email me at ian.baxter@ngps.ca or call me at 780-622-9290.

Ian Baxter
Principal Fox Creek School
Ronica DeCiccio
Assistant Principal 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



Dates to mark your calendar

Dec. 09
Parent-Teacher
Interviews
(Gr. 7-12)
5:30-8:00

Dec. 15
Virtual Christmas
Concert

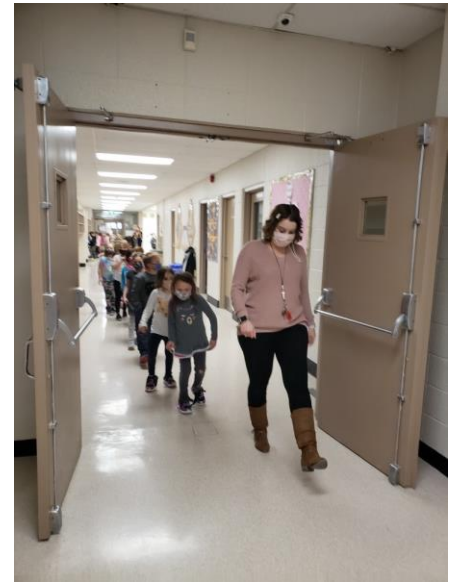
Dec. 20 – Jan. 03
Christmas Vacation

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

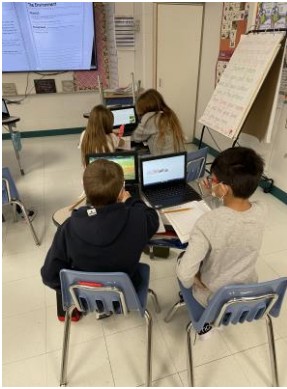
1H participated in a 100 steps challenge! Our main question was “Where will we end up in the school with 100 steps?” They did some estimating then they went to work with walking those 100 steps. 🚶 🚶 The final answer was the office!



2/3 G had a blast in library learning commons playing cooperative games!



Grade 3S doing their first independent partner research project! For this project students have choice of topic and in which way they present the information they find.



Grade 3S shadow activities in LLC!



The grade sixes recreated the phases of the moon using Oreos.



Inside Education, Trees and Forests presentation





Fox Creek School wishes to congratulate Leslie Ann Sharkey on her retirement! Leslie Ann was with the school for 27 years, serving as both an Educational Assistant and Librarian. We wish her the best, as she enjoys time with her family in this new chapter of life.





Non Diploma High School Final Exam Schedule January 2022

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



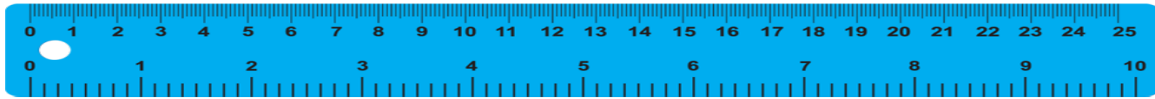
PAT AND Diploma Final Exam Schedule January 2022
Last day of regular classes for High School is January 24/2022

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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NOW AVAILABLE

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- ✓ Sports Events
- ✓ Activity Fees

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KEY GROUP
School Cash Simplified

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

- Who makes the decision and how?**
Rhett Czaban
Director of Transportation

Weather

Highway Satellite Cameras

Temperature readings
Environment Canada
511 Alberta

-40

Scouting the Roads

Calls to bus drivers and contractors
- Are the buses running?**
- The decision is made between**
06:00 am 06:30 am
- How do we let you know?**

ngps.ca
- 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.
- Dress warmly!**

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

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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



SCHOOL COUNCIL

School Council Meeting on Thursday, January 20, 2021 at 7:00pm.



Fox Rod Auction! Save the Date May 14th, 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:

1. Has your child been a household contact of a case of COVID-19 in the last 14 days?
A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19.
For example, siblings, someone who slept over, or someone who provided direct physical care to the child.
If the answer is "YES" AND they are NOT fully immunized:
• Child should stay home and NOT attend school, childcare and/or other activities for 14 days from the last day of exposure and monitor for symptoms. If your child has symptoms, proceed to question 2.
If the answer is "NO" to question 1, proceed to question 2
2. Does the child have any new onset (or worsening) of the following core symptoms:
Fever: Temperature of 38 degrees Celsius or higher
Cough: Continuous, more than usual, not related to other known causes or conditions such as asthma
Shortness of breath: Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma
Loss of sense of smell or taste: Not related to other known causes or conditions like allergies or neurological disorders
If the answer is "YES" to any symptom in question 2:
• The child is required to isolate for 10 days from onset of symptoms as per the current CMOH Order OR receive a negative COVID-19 test and feel better before returning to activities.
• Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation.
If the answer is "NO" to all of the symptoms in question 2, proceed to question 3.

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.	Do you have any new onset (or worsening) of the following symptoms:			
	• 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	
If you answered "YES" to any symptom:				
<ul style="list-style-type: none"> • Stay home. • Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. <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 CMOH Order OR receive a negative COVID-19 test and feel better before returning to activities</p>				
If you answered "NO":				
<ul style="list-style-type: none"> • You may attend work, school, and/or other activities. 				



CHRISTMAS SURVIVAL GUIDE



I wrote this article in 2018. However, in light of global, health, economic, mental health, community crises and losses too numerous to mention, I decided to re-share it.

With the Christmas season upon us, I find traditional images of the holidays are often too optimistic and too perfect. We see cozy, cheerful, tastefully decorated homes, surrounded by white, pristine snow, with happy, well-dressed families gathered around a table sharing a large dinner cooked to Instagram perfection.

Unfortunately, life can be complex and messy and it's impossible to guarantee a picture perfect Christmas. Yet, every year, we still expect it. We work, plan, bake, shop, decorate, craft, build, organize and clean all the while expecting a fun, peaceful, relaxing Christmas. Most of the time we end up with a chaotic and stressful one. It's extremely difficult to be going through a tough time when everything around us looks like a Hallmark movie. For some of us, we would rather stay under the covers and wake up in January! Though the instinct may be to hibernate until it is over, it is not practical or healthy!

When I looked at my social circle, I realized there are many who are going through horrible, trying times: disease, death of a child, a spouse, a friend, a parent, divorce, bankruptcy, job loss, moving away from friends and family. I asked some of my wise friends how they manage the season of "joy" when life seems anything but joyous. This is a summary of what I learned from them:

1. Have a "Survival Plan":

- a) Give yourself permission to say no to social events or engagements that you feel will drain you
- b) Limit how much you are willing to participate in events. Perhaps you can attend for an hour, and leave early? Will you come to the potluck, but only bring store-bought items and rather than stressing out about bringing something homemade?
- c) Create a code word with your significant other so that once you have reached your ability to cope, you can communicate your need to leave with your partner quickly and easily.

2. When going through dark times, our first inclination is to shut people out. That is the worst thing to do. Remember, you are not alone, so try to **surround yourself with supportive friends and family.**

3. If you know someone who is grieving or has experienced a loss, do not be afraid to **invite them to an event.** Ask if you can pick them up and try to stay with them throughout the event for support. Talk about the loved one they lost, share your memories, say their name. It is okay if there are tears. Hearing warm memories of someone who has been loved and lost is like a balm to the grieving person's soul.

4. **Do something different** – go away or visit different relatives or friends. By changing your routine you may not be triggered to spiral into despair.



5. Don't push yourself beyond what you feel able to do. Stress, bereavement, tragedy, or sickness, are all exhausting. Remember to get enough sleep and don't feel you have to do everything you have done in previous years.

6. Keep traditions. Or lose them. Give yourself permission to keep or toss whatever doesn't feel right this year. It doesn't mean you'll never take up those traditions again. But maybe a change of pace is necessary, if only for this season. And maybe, you'll find a new tradition that honors your loss that you will want to keep around for years to come.

7. Make self-care a priority. Take a break from social media, and the perceived "perfect" family and "perfect" Christmas. Nourish your body with nutritious food. Get outside, if even for a short walk or a breath of fresh air. Take a relaxing bath to de-stress. Schedule some time with your therapist so you have a safe person who can help you navigate the ups and downs of the holidays. Escape in a good book, or a binge-worthy Netflix show. Wrap yourself in a warm blanket and cuddle with your pet.

8. Write a letter to the ones you are missing this Christmas. Whatever it is that you wish you could have said to them — go ahead and say it. Even if they'll never have a chance to read it.

9. Allow yourself to feel all the feelings of the holidays - the good and the bad. Sometimes we think that because we are mourning, or we are going through a very difficult time, we should not laugh, smile or otherwise feel merry. But the truth is, we need to smile when we want to smile and laugh when we find joy. The presence of joy does not take away the sadness we are also feeling. It merely indicates that we are indeed still alive, still human, still standing.

10. Stick to your budget so you do not create more stress. You can't buy happiness with an avalanche of gifts. Rather, donate to a charity in someone's name, give homemade gifts, start a family gift exchange, give a gift of experience such as concert or movie tickets, cooking, art or dance classes, a gift of time such as babysitting, carwash, date night out.

The holidays don't have to be perfect, families change and grow, traditions and rituals change as well. Choose a few to hold on to and be open to creating new ones. Volunteering your time to help others can lift your spirits and broaden your friendships. You can make it through the Christmas season with generous self-compassion and kindness. My hope for you is that you will discover some magical moments of joy this holiday season.

This article was written by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She advocates for students and families and provides a link between the student and other supporters within the community. Tammy has been a social worker for more than 20 years and is a mother to 3 teenagers and one young adult.