

NEWS

Fox Creek School News

January 11th 2024

Box 88, Fox Creek, Alberta
780-622-3742

Important Dates

Semester 1
September 5 to January 30

Semester 2
February 1 to June 27

Quarter 1
September 5 to November 8

Quarter 2
November 14 to January 30

Quarter 3
February 1 to April 17

Quarter 4
April 18 to June 27

Upcoming Events

Monday, January 15
Snack Cart day, Grades 1 to 3

Wednesday, January 24
Last day of Semester 1
classes for Grades 10 to 12

Wednesday, January 24
School Council meeting
7:00 p.m. at the Multiplex

Final Exam Week

The week from Thursday, January 25 through Monday, January 29 is final exam week.

Please make sure you are aware of the dates, times, and locations of your exams.

For all the details, please refer to the full schedule on the last page of this newsletter.

Good luck, everyone, you've got this!

School Council Meeting - change of date

Please note that the date of the School Council Meeting has been changed. The meeting previously scheduled for January 17th will now be held on Wednesday, January 24th at the Multiplex, beginning at 7:00 p.m.



24-Hour Movement Guidelines for Children and Youth

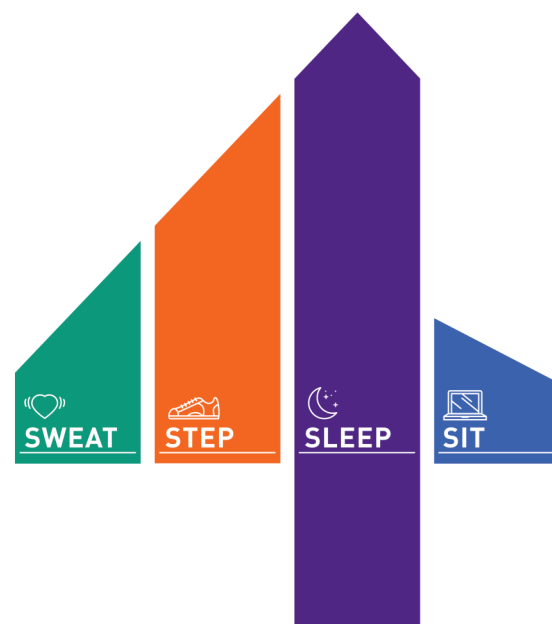
Canada's **24-hour Movement Guidelines for Children and Youth** provide a handy roadmap for a healthy day.

The Guidelines are recommendations from exercise scientists, but they're more than just fitness rules, they're a practical tool to help families figure out what a positive 24-hour period looks like.

These articles offer tips to spark conversations about how we can sweat, step, sit less, and sleep for good health.

Sweat, step, sit less, and sleep: Tips for a healthy day. (read in **English** or **French**)

How to help teens sweat, step, sit less, and sleep better. (read in **English** or **French**)



..... Message from Administration

Welcome Back

Fox Creek School Staff would like to welcome everyone back in the 2024 New Year. We hope that everyone had a fulfilling and restful holiday. We are excited to see everyone back in the building.

We are starting off with a BANG! after the break, especially for our junior and senior high students. Please make sure to become familiar with our [Final Exam Schedule January 2024](#). The schedule is also located on our school homepage and on the last page of this newsletter. Please also be aware that Semester 2 starts February 1st.

The forecast for this coming week shows that we will be heading into a bit of a deep freeze. Please make sure that all students are properly dressed for the weather outside and on the bus if they ride.

If you have any questions or concerns please contact Principal Ian Baxter (ian.baxter@ngps.ca) or Assistant Principal Ronica DeCiccio (ronica.deciccio@ngps.ca).

Sincerely,

Fox Creek School Administration Team



... **SNACK CART DAY** ...
JAN. 15 ~ GRADES 1-3
THOSE WISHING TO PURCHASE A SNACK
MAY BRING CASH TO SCHOOL - THE CART
IS BROUGHT AROUND AT LUNCH TIME.

Fox Creek GRAD
Class of 2024
**BOTTLE
DRIVE**
January 13, 2024
11am-4pm
Rescheduled to February 3
Can be picked up early pick-
up
Susan Straub
780-622-4837
Kiya Boden
780-622-9311

To Run or Not to Run

School Bus Transportation in Inclement Weather

When the safety of transporting bus students is at risk because of severe weather conditions, the Superintendent of Schools, in consultation with the Director of Transportation Services, may choose to suspend school bus services and, in extreme cases, close schools. Procedures used in this process can be found in the document titled Administrative Procedure 750: Severe Weather and Emergency Closure.

[Click here to read the document.](#)

REMEMBER: It's always your call.

The final decision to send a child to the bus stop or to school always rests with parents, even though buses and schools may be operational.

Don't forget to dress warmly!

PLEASE NOTE:

Except in very special circumstances, NGPS schools always remain open on school days.

BUSES: Running or Not

HOW DO WE DECIDE?

The Director of Transportation makes the decision based on:



HOW DO WE NOTIFY?



DECISION IS MADE BETWEEN

6:00 AM - 6:30 AM

-40°

Temperature Readings from Environment Canada & 511 Alberta



Your Choice

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



Mental Health is...

Mental health is a state of well-being in which the individual:

- realizes their own abilities
- can cope with the normal stresses of life
- can work productively
- is able to make a contribution to their community

Mental health is more than the absence of disease, mental health includes well-being.

Anyone can experience mental illness.

Social factors like housing, income, trauma, and discrimination are risk factors for developing mental health issues.

Stigma is not only hurtful, but can prevent people from seeking help.

Let's create real change!

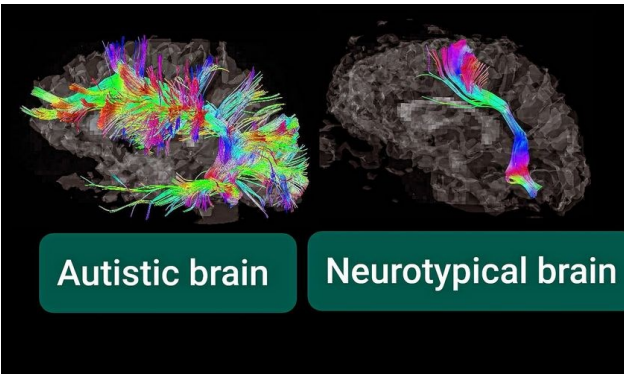
- C**hoose a mental health organization to learn about or support
- H**elp a friend struggling with mental health issues by learning ways to support them
- A**sk about how your school, workplace, or community is creating change for mental health
- N**urture your own well-being by practicing and learning mental health strategies
- G**et involved in a mental health initiative or organize an event to support mental health
- E**ngage in conversations about mental health to fight stigma



Share your actions using #BellLetsTalk and help inspire others to join the movement to create real change.



For more ideas visit bell.ca/letstalk



Autistic brain

Neurotypical brain

Brighten Up Monday with Tyler Smith

Monday, January 15, 2024, 5:30 - 8:00 p.m.
 Make sure to add this event to your calendar. There is no cost to attend. Tickets are available at [this link](#).

BRIGHTEN UP MONDAY
January 15, 2024
5:30pm: Dinner
7:00pm: Presentation from Tyler Smith: Inspiring Humboldt Broncos Crash Survivor, winner of The Amazing Race Canada, and Mental Health Advocate

Event will take place at the **Fox Creek Community Hall**
 All ages welcome

Please call 780-622-3758 or visit <https://www.eventbrite.com/e/brighten-up-monday-with-tyler-smith-tickets-772349396837?aff=oddtcreator> to register for event. Limited tickets available

SCAN ME

Online Spirit Wear Store

Have you visited our online School Spirit Wear shop?
 Click to order directly from our [webstore](#).

<p>Gildan Heavy Blend™ Youth Hooded Sweatshirt</p> <p>4 Colors</p>	<p>Gildan Heavy Blend™ Hooded Sweatshirt</p> <p>4 Colors</p>	<p>Gildan Softstyle® T-Shirt</p> <p>4 Colors</p>	<p>Gildan Youth Softstyle T-Shirt</p> <p>4 Colors</p>
<p>ATC Adult Everyday Cotton Long Sleeve Tee</p> <p>4 Colors</p>	<p>ATC Youth Everyday Cotton Long Sleeve Tee</p> <p>4 Colors</p>	<p>Gildan Heavy Blend Sweatpant</p> <p>3 Colors</p>	<p>Gildan® Heavy Blend™ Youth Sweatpants</p> <p>4 Colors</p>
<p>Fersten Eureka Hat</p> <p>2 Colors</p>	<p>AJM International Board Toque</p> <p>4 Colors</p>	<p>AJM Acrylic Cuff Toque Beanie</p> <p>3 Colors</p>	<p>Gildan® Heavy Blend™ Crewneck Sweatshirt</p> <p>4 Colors</p>

Support Services

Just a reminder from the RCMP that these Support Services are available and are great resources.

Kids Help Phone

- Kids' Help Phone – 1-800-668-6868 or text to 686868
- Indigenous Help – 1-855-554-4325
- Black Youth Helpline – 1-833-294-8650
- Hope For Wellness Line – 1-855-242-3310 or use their chat function
- Canadian Indian Residential Schools Crisis Line – 1-866-925-4419
- Trans Lifeline – 1-877-330-6366
- Sexual Assault Text Line – Text HOME to 741741



Well done, Flames!

Congratulations to the Senior Basketball teams on their games vs. Onoway on December 22nd.

The boys won 85-53 with some incredible rebounding by Brooks Lamb and big baskets by Darion Miskelly.

The girls battled hard and lost a close one 25-15.

Great defence and team spirit by Izabella Ammar and Esta Kitojo.

Good luck to the Junior Basketball Teams for their mini tournament against Valleyview this Saturday January 13.

Thanks to everyone who continues to support and cheer on these incredible student athletes.

Fox Creek Basketball

Senior Boys
Mondays & Wednesdays
5:00-7:00 p.m.
Sundays, 5:30-7:30 p.m.

Senior Girls
Tuesdays & Thursdays
5:30-7:30 p.m.

Junior Girls
Mondays & Wednesdays
3:30-5:00 p.m.

Junior Boys
Tuesdays & Thursdays
3:30-5:00 p.m.

Basketball Games

Saturday 13 January
Mini tournament
FC Juniors at Valleyview

Tuesday, January 16
Hilltop at Fox Creek

Friday, January 19 &
Saturday, January 20
Fox Creek Invitational

Tuesday, January 26 &
Wednesday, January 27
Fox Creek Senior girls at Hilltop



CAREER INVESTIGATIONS

ONE-WEEK, ONLINE SESSIONS TO HELP YOU EXPLORE POTENTIAL CAREER PATHWAYS!

SESSION OFFERINGS

- Trades Nov. 27-Dec.1, 2023
- Business Administration Careers Dec. 18-22, 2023
- Helping Careers Jan. 22-26, 2024
- Health Careers Feb.26-March 1, 2024
- Youth Development Careers March 18-22, 2024
- Culinary Arts/Hospitality Apr. 22-26, 2024

FREE TO REGISTER
Register for one or more of the sessions
www.northernlakescollege.ca/career-investigations

CONTACT US!
www.northernlakescollege.ca
1-866-652-3456

START HERE. GO ANYWHERE.

Diploma Prep Courses for January 2024

These classes are offered for Alberta students who want to get the best possible marks on their Grade 12 diploma exams.

Learn more about Diploma Prep and their courses at the following link: <https://diplomaprep.com/>

U of A Getaway

Explore one of Canada's top five universities with this one-of-a-kind weekend away. More information is available at [this link](#).



A UNIVERSITY OF ALBERTA EXPERIENCE like no other...

Explore one of Canada's top 5 universities with this one-of-a-kind weekend away.

F Who: 20 selected grade 11 students from across Canada

C When: May 24 - 26, 2024

P Where: University of Alberta, Edmonton, Alberta

Your getaway will include transportation reimbursement (up to a maximum based on location) and accommodations.



APPLY BY JANUARY 31, 2024 AT uab.ca/getaway



Alberta Diploma Prep

Get the skills you need and the grade you want!

- ❖ Certified Alberta Teachers
- ❖ Learn Exam Writing Strategies

- ❖ Extensive Notes Packages
- ❖ Practice Diploma Style Questions

January 2024

Biology 30 – Option A January 15–18 Monday to Thursday – Watch anytime	Math 30-2 – Option A January 13–16 Saturday to Tuesday – Watch anytime
Biology 30 – Option B+ January 21–24 Sunday to Wednesday – w/live teacher help	Math 30-2 – Option B January 18–21 Thursday to Sunday – Watch anytime
Chemistry 30 – Option A+ January 15–18 Monday to Thursday – w/live teacher help	Physics 30 – Option A January 20–23 Saturday to Tuesday – Watch anytime
Chemistry 30 – Option B January 22–25 Monday to Thursday – Watch anytime	Physics 30 – Option B January 25–28 Thursday to Sunday – Watch anytime
English 30-1 – Option A January 2–5 Tuesday to Friday – Watch anytime	Science 30 – Option B January 26–29 Friday to Monday – Watch anytime
English 30-1 – Option B+ January 6–8, 21–22 Sat to Mon & Sun to Mon – w/live teacher help	Social 30-1/30-2 – Option A January 2–5 Tuesday to Friday – Watch anytime
Math 30-1 – Option A January 13–16 Saturday to Tuesday – Watch anytime	Social 30-1/30-2 – Option B+ Jan 6–9, 22–23 Sat to Tue & Mon to Tue – w/live teacher help
Math 30-1 – Option B+ January 18–21 Thursday to Sunday – w/live teacher help	...and many more options and classes available on our website.

\$59 or less per course

Classes are on-demand. Live teacher help available.
Choose our dates and times or choose your own schedule.

Register at

<https://diplomaprep.com/>

How To Reduce Test Anxiety



Positive self-talk...

"I can do this!" "I know the material!"
"I have practiced this!"
"I am smart and capable!"

Visualization...

Close your eyes and picture yourself doing well on the test. This will boost confidence!

Muscle relaxation...

Begin at your toes. Tighten and clench them for three seconds, and then release. Work your way through all the muscles in your body until you've tensed and relaxed them all.

Deep Breathing...

This is a great anxiety reliever. Sit up straight and put your hands on the top of your head. Breathe in a full breath through your nose for five full seconds. Hold that breath in for five seconds. Then breathe out for seven seconds. Repeat until you feel better.

Get silly...

There are many silly methods to relax before a test.

- Think of something funny (What if your whole class showed up for the test in their underwear!)
- Get out all the wiggles -- dance, shake, and move around.
- Raise your hands up above your head! It will help you to feel victorious.
 - Force a smile or laugh. This will help you feel better.

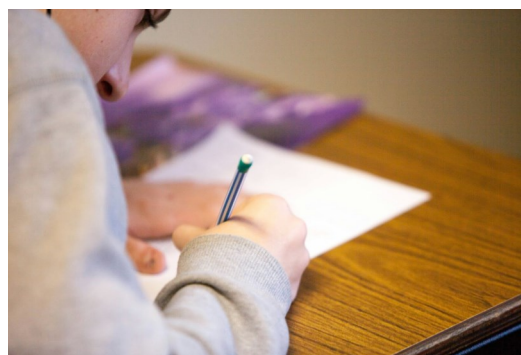


2024

January Final Exams

We are back from Christmas break and students are heading into final exams. The first exam is scheduled to be written on Wednesday, January 10, 2024.

Please check the schedule below to confirm dates, times, and locations of exams.



GRADE 9 PAT Schedule - January 2024

Date	Time	Subject
Wednesday, January 17 - Part A	9:00 am - 11:00 am 9:00 am - 10:20 am	Grade 9 LA - K&E PAT - Room 38
Friday, January 26 - Part B	9:00 am - 11:00 am	Grade 9 LA - K&E PAT - Room 38
Monday, January 29	9:00 am - 10:15 am	Grade 9 Science - K&E PAT - Room 32

HIGH SCHOOL Final Exam Schedule - January 2024

Date	Time	Subject
Wednesday, January 10	9:00 am - 12:00	English 30-1/30-2 Part A - Computer Lab
Monday, January 22	9:00 am - 12:00	Math 30-1/30-2 - Room 12
Tuesday, January 23	9:00 am - 12:00	English 30-1/30-2 Part B - Room 12
Wednesday January 24	Last Day of Classes	Grades 10 to 12
Thursday January 25 Grade 7 to 9 have regular classes all week. The only exception will be Grade 9s when they write their PAT Exam.	9:00 am - 10:15 am 9:00 am - 11:00 am 9:00 am - 11:00 am	Chemistry 20 - Room 32 Social Studies 10-1/10-2 - Room 4 Math 20-3/30-3 - Room 1
Friday, January 26	9:00 am - 10:15 am 9:00 am - 11:00 am	Math 10C - Room 36 Social Studies 20-1/20-2 - Room 4 Math 10-3 - In Reach
Monday, January 29	9:00 am - 11:00 am	CALM - Room 39