

Important Dates

Quarter 2
November 14 to January 30

Quarter 3
February 1 to April 17

Quarter 4
April 18 to June 27

Upcoming Events

Wednesday, January 31
PD Day—no school

Thursday, February 1
First day of Semester 2

K-6 Parent-Teacher Interviews
5:30 p.m. to 8:00 p.m.

Grad meeting 7:00 p.m.

Saturday, February 3
Grad Class Bottle Drive

Thursday, February 8 &
Friday, February 9
Teachers' Convention
no school

Thursday, February 15
Red, White or Pink Day

Monday, February 19
Family Day—no school

Fox Creek School News

January 26th 2024

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

Alberta Education Assurance Survey

2023/24 Alberta Education Assurance (AEA) Survey Alberta Education is sending out an assurance survey the week of January 22, 2024 by mail to families that have students in Grades 4, 7, or 10.

The survey can be completed by paper or online. It provides feedback on the quality of education provided by school authorities and their schools. This survey allows parents to engage with the education system and help shape local priorities and initiatives. School authorities and schools use this information to understand how they are doing and plan for the future.

Teachers, students, and parents are asked to complete this survey.

We encourage parents with children in Grades 4, 7, or 10 to complete the survey as the information you provide informs our planning and results provincially as well as locally.

The logo for the province of Alberta, featuring the word "Alberta" in a white, cursive script font with a small square icon at the end of the word.

Concern Addressed

A concern was brought to the school administration with regard to the sidewalk at the entrance used by students in Kindergarten and Grade 1D. The concern was forwarded to the School Division's maintenance department who have attended to the concern and informed us that it has been rectified.

We thank the parents who alerted us to the situation.



..... Message from the Principal

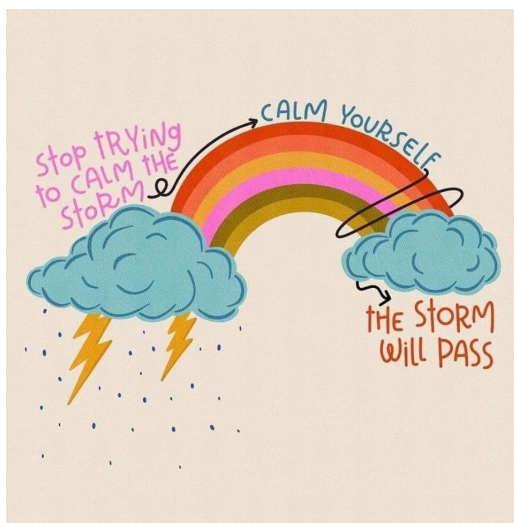
Message from the Principal

Happy winter to everyone. I think the cold weather finally came with a vengeance. As we are snuggled in our homes and school, I want to share how hard our students are working as we enter the second half of the school year. The teachers have analyzed data so it could drive all of their instruction. With this, students are receiving personalized instruction, project-based learning, student organized learning environments, centres, and much more. Everyone is working hard to ensure that all students are feeling success and that they are ready to continue their learning journey.

A new year is exciting and so is a new semester. But change can also be challenging and, combined with these dark days of winter, this is a time of year when many of us feel 'out of sorts'. School teams do their best to help ensure students who are struggling have access to the resources they need. If you are worried about your children's wellbeing, please don't hesitate to reach out to their school for support. There are skilled counselors available to help and also community resource referrals that can be made if needed.

Take good care everyone, have a great month!

Ian Baxter
Principal,
Fox Creek School



Online Spirit Wear Store

Have you visited our online School Spirit Wear shop?

All items are made to order.

Click here to visit our [web store](#).

Reminder of some important dates:

Wednesday, January 31
PD Day - Teachers and CHAMP team ONLY . NO SCHOOL for Students or EA/Office Admin. Support Staff

Thursday, February 1
First Day of Semester 2
Elementary Parent-Teacher Interviews
Grad Meeting 7 pm

Saturday, February 3
Grad Bottle Drive

Wednesday, February 7
Jr./Sr. Broomball Tournament


Thursday, February 8 and
Friday, February 9
Teachers' Convention,
NO SCHOOL for Students

Tuesday, February 13
NGPS Board of Trustees Meeting

Thursday, February 15
Valentine's Dance 7:00 p.m. to 10:00 p.m.

Thursday, February 18
Trustee Tour, 1:15 p.m. to 2:15 p.m.



Gildan Heavy Blend™ Youth Hooded Sweatshirt 	Gildan Heavy Blend™ Hooded Sweatshirt 	Gildan Softstyle® T-Shirt 	Gildan Youth Softstyle T-Shirt 
ATC Adult Everyday Cotton Long Sleeve Tee 	ATC Youth Everyday Cotton Long Sleeve Tee 	Gildan Heavy Blend Sweatpant 	Gildan® Heavy Blend™ Youth Sweatpants 
Fersten Eureka Hat 	AJM International Board Toque 	AJM Acrylic Cuff Toque Beanie 	Gildan® Heavy Blend™ Crewneck Sweatshirt 
Atc™ ES Active Baseball Tee 	Atc Youth ES Active Baseball Youth Tee 	Trimark Men's Peyto Softshell Jacket 	Trimark Women's Peyto Softshell Jacket 

Family Literacy Day 2024—Theme: Let's have a family party!

Family Literacy Day takes place every January 27th to raise awareness about the importance of reading and engaging in other literacy-related activities as a family.

Since 1999, thousands of schools, libraries, literacy organi-

zations and other community groups have taken part in the initiative. ABC creates free learning and promotional resources for anyone that wants to get involved. Taking time every day to read or do a learning activity with children is crucial to a child's development, improving a child's literacy skills dramatically, and can help a parent improve their skills as well.

Celebrate 25 years of Family Literacy Day and learning together as a family by having a party! Make food, sing songs, and play games. The possibilities for learning are endless – and it's fun when you do it together.

For more information about Family Literacy Day, visit the [website](#).



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

Student Leadership Presents:

Valentine's Day Candy Grams

Purchase a Candy Gram for \$3.00 and help support Student Leadership. We will be selling starting Wednesday, January 17 until Friday, February 9. They will be handed out in class on Wednesday, February 14th!

Members of Student Leadership will be coming around during lunch to the elementary classes during this time. We will be selling to the Junior/Senior High during Connections.



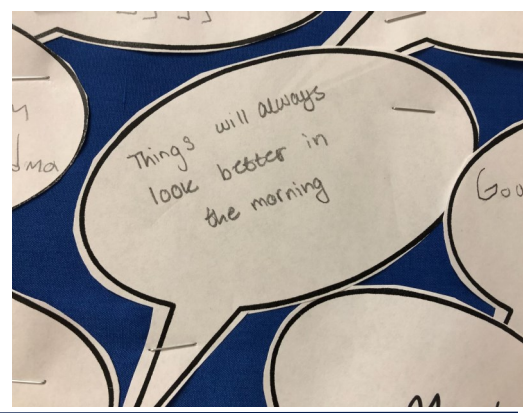
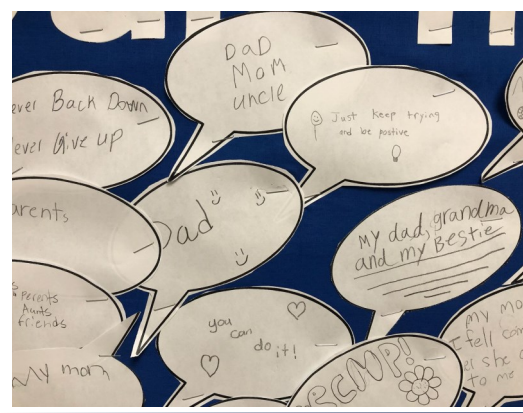
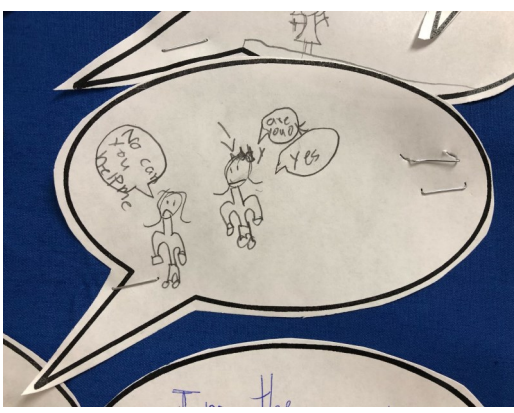


In acknowledgement of Bell Let's Talk Day, observed on Wednesday, January 24th, the CHAMP Team collaborated with Ms. Gingras' art class to create a Let's Talk bulletin board.

Students were asked the question, "Who do you talk to when you are facing a challenge?" They used words and drawings to fill talk bubbles with their responses.



Supporting Bell Let's Talk Day



Basket of Books Contest

The library has partnered with the CRC to host the Annual Basket of Books Contest for Family Literacy Month. It is a great way to encourage reading to the students and community.

Entry forms can be dropped off to the library until January 27.

Basket of Books Contest



Every book, eBook, audiobook, magazine, etc. read January 1-27 earns you an entry to win a Basket of Books!


Draw will be held on
Monday, January 29, 2024 at noon!

Enter at the Fox Creek Library!

Basket of Books Prizes for:

- Preschool-Kindergarten
- Grade 1-3
- Grade 4-6
- Teen
- Adult



School Council Meeting





Wednesday, February 21
7:00pm Multiplex Flex Room

Please Join Us For Our Meeting! All Are Welcome!



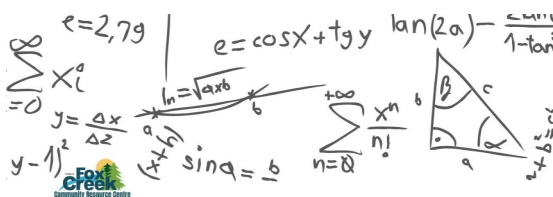
GoZen program for Upper Elementary Students

The CHAMP Team is pleased to be offering the GoZen program to students in Grade 4. This program features research based animated videos that teach students about worry: what it is, why we have it, and provides tools on calming overactive worry.

program features research-based animated videos to build resilience in students. Topics include problem solving, character strengths, fixed and growth mindsets, being a better friend, and goal setting.

Grade 6 students have started the GoStrengths program. It is part of the Go Zen series. This

Check out the GoZen [website](https://gozen.com/) for additional details. <https://gozen.com/>



CRC Tutoring Program

A new tutoring program is available through Fox Creek Community Resource Centre.

For more information or to register, contact Kelly or Phebe at 780-622-4614

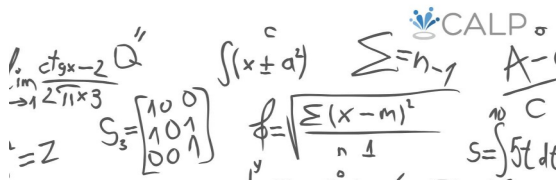
TRUBLE WITH NUMBERS?

I CAN HELP YOU!

Tuesdays 2:30 - 4:30PM
January 9th - February 27th

Topics Include

1. Whole Numbers, adding & subtracting
2. Whole Numbers, multiplying & dividing
3. Decimals
4. Review/Anything Math
5. Fractions
6. Integers
7. Rates, Ratios & Percents
8. Review/Anything Math



Parent-Teacher Interviews

Parent-Teacher interviews for Kindergarten to Grade 6 students have been scheduled for Thursday, February 1, 2024.

To book your appointments on the School Interviews website, you can [click this link](https://schoolinterviews.ca), click the logo below, or go to <https://schoolinterviews.ca> and enter the event code xmhps.



SPARKS Awards

- Safety
- Pride
- Accountability
- Respect
- Knowledge
- Self-Control



Each month, Rexall provides \$5 gift cards to students who have been recognized for demonstrating positive behaviours.

January's SPARKS award winners were Cooper Gallant, Grade 1; Lincoln Huether, Grade 2; Sadie Gomuwwka, Grade 4; and Nathan Minks, Grade 5. We had extra posters from

the Book Fair so we drew extra names and presented posters to the winners. Those students were Jimmer Dinell, Grade 2; Thea Donovan, Grade 2; Harleen Kaur, Grade 2; Annyka Gunsch, Grade 4; Olivia Ryan, Grade 5; and Miggy Silvestre, Grade 5.

Congratulations to you all!



School Council SUB Store certificates

Thank you to the School Council for keeping the SUB Store up and running, arranging for the snack cart to go around, and making delicious popcorn for everyone.

School Council generously provided SUB Store gift

certificates for this assembly. At the assembly on Thursday, January 25th, certificates were presented to Nash Milne, ECS; Loree Preete, Grade 1BL; Myles Guay, Grade 1D; Lincoln Huether, Grade 2; Sophia Durias, Grade 3; Dewjan Samaranayake, Grade 4; Dane Boden, Grade 5; and Addison Best, Grade 6.

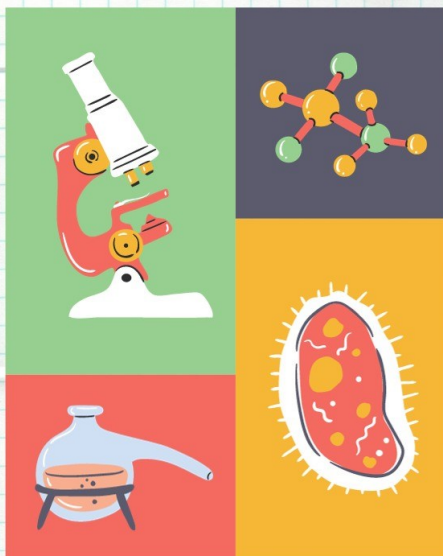
Congratulations, everyone!



Interdisciplinary Science Competition

This is a great opportunity for our high school students, brought to you by TeamUP Science and the University of Alberta.

The Interdisciplinary Science Competitions gathers high school students for a weekend of Science, Technology, Engineering, and Math (STEM)-focused learning via the University of Alberta. Competition format is based on student performance and innovation in three laboratory components (Organic Chemistry, Molecular Biology, Computer Science), an integrated problem solving scenario, and several workshops with prizes. Throughout the weekend, students will also have the opportunity to attend a keynote speech and explore STEM research and development at the post-secondary level.



INTERDISCIPLINARY SCIENCE COMPETITION

PARTICIPATE IN
UNIVERSITY-LEVEL LABS
ORGANIC CHEMISTRY
CELLULAR BIOLOGY
COMPUTER SCIENCE

FEBRUARY 16-18
UNIVERSITY OF ALBERTA

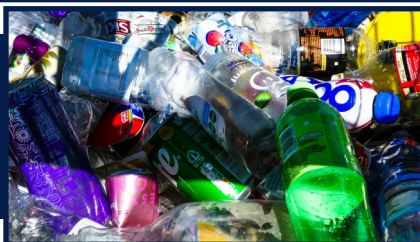


TEAMUP SCIENCE

Spots for the 2024 Interdisciplinary Science Competition will be filled on a first-come-first-serve basis. Please [visit the website](#) for full details.

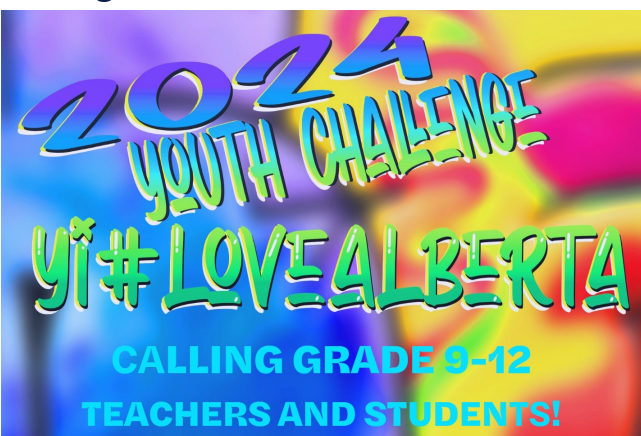
If you have any questions or concerns that are not addressed on the website, please email isc@teamupscience.com

Grad Class Bottle Drive



Grad Class bottle drive
Saturday, February 3rd
beginning at 11:00 a.m.

Calling Alberta Youth!



Are you a young individual with big dreams and future aspirations?

Are you looking for a place that can offer you endless opportunities to learn, grow, and

succeed? Look no further than Alberta!

Alberta is becoming a hub for attracting and retaining young talent. With industries booming, and local businesses expanding, there's a growing demand for skilled workers in our province. As a young person, you can be part of an exciting, thriving economy.

When choosing a place to study, start your career, and live we want you to consider Alberta! Help us keep our best and brightest here—and attract even more. Use your skills to show us, via video, why you love Alberta to be entered to win CASH prizes for the winning student's classroom.

Click here for more information: lovealberta.ca

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.

Congratulations to the Senior Basketball Teams on their incredible games versus Hilltop on Tuesday, January 16th. The girls lost a hard fought game. The boys won 69-49! A big thank you to the coaches, referees, and everyone that came out to cheer on the teams.

Good luck in the tournament at Hilltop this weekend, Friday 26 and Saturday 27th January

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

Fox Vegas Invitational—an Amazing Weekend!

What an absolutely amazing Senior Basketball tournament weekend!

We are so proud of these girls and boys! The boys won the gold and the girls came away with silver at their second annual home Fox Vegas Invitational, held at our school on January 19th and 20th.

The Junior Boys team also competed against Senior teams this weekend and held their own in every game. Fox Creek strong.

Thank you to everyone that came out to watch these student athletes play, they gave it everything they had. Way to go, Flames!

A big thank you to everyone who helped make this tournament possible. It wouldn't have happened without huge support from

our incredible community. We are grateful to our awesome sponsors, to Dawn Vick-MacKay and Laura-Lynn Camps who did so much work, and to the volunteer scorekeepers. You are all amazing, thank you!

Volunteers (we apologize if we missed anyone): Tamara Czinkota, Mandy Miskelly, Kade Peavoy, Hyrum Bingham, Brooklyn Taylor, Peyton Young, Alyssia MacKenzie, Wyatt Moon, Jomar Pangan, Rain Garde, Carter McDonough, Emmett Spiess, Brookelynn Burnett-Wiltse, Savannah Decaire, Susan Straub, Cheyenne Straub, Dawn MacKay, Laura Lyn Camps, Georgia Solon, Olivia Moon, Anna Brick, Hadlee MacKay, Hailey Detta, Natalie Fisher, Jennifer Taylor (live streaming), and everyone who was there cheering and supporting the teams.



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

Tuesday, January 26 &
Wednesday, January 27
FC Senior girls @ Hilltop

Tuesday, January 30
FC Girls @ Mayerthorpe
FC Boys @ Swan Hills
(playing at Mayerthorpe)

Tuesday, January 6
FC @ St. Joseph's

Friday, February 9 &
Saturday, February 10
Hillside Invitational

A TEACHER HAIKU

Germs, germs, germs, germs, germs.
For the love of all things, cough
Into your elbow.



Thank-you!

The Cosmetology class and
Madame Schmidt are
very grateful to
Jennifer Taylor
from the Community
Resource Centre for her
generous donation
of mannequins.



BROOMBALL TOURNAMENT

Wednesday, February 7th 2024

Grades 7 to 12
at the Multiplex
12:30 p.m. start

Team lists will be posted
outside of Mr. Dinel's office.

Information About Scholarship Applications - Some Ending Soon

Brit Garon, Co-Founder and CEO of ScholarTree, has provided the following important information regarding scholarship applications, as well as scholarships that will be ending soon.

A new year brings big decisions for students looking to attend post-secondary school next September. Most importantly, they need to know where to continue their education. Here are a couple of blogs that highlight some of the things that students should be considering. Click to follow the links.

[The 5 Things That Matter Most When Choosing a University](#)

[How To Stand Out From Other Top University Applicants](#)

[5 Tips to Improve Your Scholarship Essays](#)



Here are some scholarships that either just opened or are ending shortly that may be of interest to students:

[Ada - Indigenous STEM Bursary](#)

[The Make UR Mark Moore Freedom Scholarship](#)

[Christopher Bushnell Memorial Scholarship: Empowering Minds](#)

[Schulich Leader Scholarship](#)

[Kin Canada Bursaries](#)



Well done, Anthony!

Congratulations to Anthony Johner Piscia for receiving his Alberta High School Diploma in 2023.

Anthony made it back to his home town to get a picture taken commemorating his achievement.

We love celebrating student successes.

Campus tours—University of Alberta and Concordia University



UNIVERSITY OF ALBERTA



CONCORDIA UNIVERSITY OF EDMONTON

Mrs. Hodges is arranging tours of the University of Alberta and Concordia University campuses for Thursday, March 7th. Students in Grades 10 to 12 are invited to participate in this excursion and should prepare for an early start—the bus will be leaving at 7:00 that morning.

Forms will be sent out in February.

If you require additional information, please contact Mrs. Hodges at 780-622-3742.



The words "MENTAL" and "HEALTH" are spelled out using light-colored wooden blocks with black lettering. The blocks are arranged in two rows: "MENTAL" on top and "HEALTH" on the bottom. To the right of the blocks is a small, vibrant green leaf with several serrated leaflets on a single stem.The words "MENTAL" and "HEALTH" are spelled out using light-colored wooden blocks with black lettering. The blocks are arranged in two rows: "MENTAL" on top and "HEALTH" on the bottom. To the right of the blocks is a small, vibrant green leaf with several serrated leaflets on a single stem.

Reminder

Wednesday
January 31
is a PD Day,
there will be
no classes
that day.

Let's Talk

by Tammy Charko, BA, BSW, RSW

Why does January seem like such a hard month? I don't think there is any scientific basis for it but there seems to be a perfect storm of depressing factors. It is super cold, days are short, sunlight is minimal, the excitement of Christmas is over, New Year's resolutions are broken,

summer and vacations are so far away. There is little wonder that many people struggle with their mental health worse at this time of year than any other.

Are you really okay?

There is such angst in starting a conversation about mental health. Will they think you are weird for asking something personal? Will they think you are being nosy? What if they say NO they are not okay?

It is stressful to be worried about a friend, colleague or family member when you notice changes in them and you may be unsure how to talk to them.

An excellent resource is www.bethere.org. It teaches the average person how to break the ice and start the conversation.

Conversations around mental health are becoming more common and so is overcoming the stigma around mental illness. Initiatives like [Bell Let's Talk Day](#) Campaign, on (January 24, 2024) have been excellent in engaging Canadians in open and candid discussions about mental illness. Just talking about it isn't enough though, we all need the confidence and knowledge to step up and be there for one another. Not only for kids but also parents, colleagues and friends. When we are prepared to support someone, we can truly make a difference.

Tammy Charko BA, BSW, RSW, is Northern Gateway Public School's Student Support Facilitator. She is a support and advocate for schools, students, parents and caregivers to promote success in school. Tammy has been a Registered Social Worker for more than 25 years and is a mother to two teenagers and two young adults.

The 5 Golden Rules of Being There

1. **Say what you see.** Reach out when you notice something is different. Describe the changes you have noticed and why you are worried. *Stick to the facts, don't judge, don't make assumptions.*

2. **Show you care by building trust.** Support them by being compassionate, helpful, inclusive. Offer practical everyday Support—give them a ride, take a few chores off their plate, make a meal or bring their favorite snack.

3. **Hear them out.** Be a good listener by finding the balance between listening, asking questions and wisely sharing your experiences. Remember, *this conversation is about them, not you.*

4. **Know your role and set boundaries to protect your relationship and your own mental health.** You are not their therapist or doctor so don't fix, don't preach, *just be there.*

5. **Connect to help.** Learn how to access professional and community resources and keep following up to ensure they are being supported. Check out:

Kids' Help Phone call 1-800-668-6868 or text 686868
www.kidshelpphone.ca/resources-around-me

Suicide Crisis Helpline 988

Mental Help Line 1-877-303-2642

Crisis Support www.alberta.ca/individual-family-crisis