

NEWSLETTER

FOX CREEK SCHOOL

MAY 15, 2024



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MESSAGE FROM THE PRINCIPAL

As we move into the summer, we are celebrating all of the learning that has taken place at Fox Creek School since September.

Graduation plans are well underway as our Grade 12 students will be celebrating their achievements with family and friends on June 22 @ 3 pm. As we move into June, our CHAMP Team will be organizing sessions for our students in an attempt to support them with the preparation for exams at the end of the year. It is important that we continue to support our students during the next month as we wind down to summer. This can be a stressful time for students as they prepare for exams and are wondering what their next steps in life will be as they finish Grade 12. We are committed to working with our students and families to ensure students have a strong finish to their school year. If you have any concerns about your daughter or son please do not hesitate to contact us so we can support them to achieve to the best of their abilities.

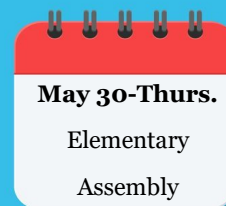
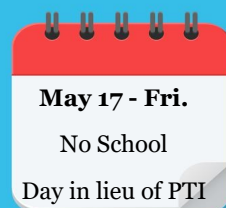
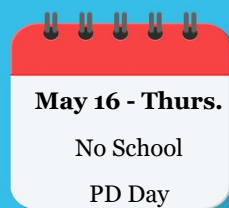
The PAT, Diploma, and Final Exam Schedule is included in this newsletter. Please take time to familiarize yourself with the specific dates and times for these exams. It is essential that students show up prepared to do their best on their exams. Students at this time of year are struggling to stay focused until the end of school. We all need to work together to support and ensure every student has a strong finish to the end of the year. Student attendance and commitment to their studies is critical for the next four weeks as they prepare for their finals.

Friday, June 7 is our Elementary Track Meet. We are hoping the weather cooperates but if we have to postpone due to weather please stay tuned for an alternative date. Thank you in advance to everyone who put their names forward to help with this event. Thank you goes out to Pembina for sponsoring lunch for all our students. Our Community Businesses and Community Groups are definitely committed to our students and school.

So once again, you can see that our students have been busy this past month. We look forward to June and we continue to ask parents to come in and meet with us if there is anything we can do to help support your children in our school.

Have a great day!

Ian Baxter





Elementary Assembly



At last month's Elementary Assembly, Mrs. DeCiccio shared the video of the Turtle (Truth) from the Seven Sacred Laws, while the CHAMP team helped students laugh with jokes.

The winners of the School Council sub-store vouchers were: ECS Brynlee Kreller, Gr. 1BL Carter Amos, Gr.1D Logan Horst, Gr.2 Jimmer Dinel, Gr.3 Jessie Johnston, Gr.4 Noah Palmer, Gr.5 Lexine Evangelista and Gr.6 Payton Brand. Each of them received a \$5 certificate.



SPARKS Awards

SPARKS winners, Thea Zboya, Jessie Johnston, Merryn Pauling, and Annika Palmer, were awarded a \$5 gift cards sponsored by Rexall.

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



HIGH SCHOOL ACTIVITIES



Congratulations to the Fox Creek Flames Junior Badminton Team on their Zone Championship last month!

Ernesto Maidment got silver!

Carter McDonough & Emmett Spiess with silver and Colton MacRae & Khayzen De Guzman with the gold medal!

Well done everyone! A big thank you to Madam Schmidt for volunteering her time to coach and to everyone who supported these awesome athletes.



Congratulations to all the students who participated in the 2024 Fox Creek King and Queen of the Creek event!
A big thank you to everyone who helped run the different events.
 Princess of the Creek—Lily Eichhorn
 Prince of the Creek—Aaron Solon
 Queen of the Creek—Skylar Chalifoux (two years in a row)—Long live the Queen!
 King of the Creek—Koda Vignal





Last Saturday, May 11th, the Fox Creek School senior teams hosted the Fox Creek School Alumni Tournament.

Men's and women's teams competed in Volleyball and Basketball games.

It was a fun and entertaining afternoon for everyone who participated in the event.



Parenting Is Not For Cowards

"I hate you!"
"You are the worst parent ever!"
"I wish I lived with a different family!"
"You are the only parent that is like this!!"
"You are the meanest parent ever!"
"You never let me do anything!"

Has your child ever spewed hurtful words like this in your direction? The same child that you sacrifice everything for. The one you would literally die for? You may be thinking: How ungrateful and disrespectful! How dare they speak to me that way!

Though I am not a child psychologist or a behavioral specialist, I am a seasoned parent of 4 young people and a social worker for more than 25 years. I have learned a lot from other parents as well as my own mistakes.

It is not okay to hurt other people's feelings and what is our child REALLY trying to tell us?

It is difficult to not feel personally attacked and somehow you have failed as a parent. I assure you, you have not failed, in fact when a child says these words, it may actually be a good thing.

Let me explain, though we feel that our kids should be appreciative and maybe indebted to us, they do not. Considering their brains are not fully developed (and sorry to tell you that this won't happen until they are in their 20's!), they honestly cannot view the world and situations from anyone's perspective other than their own. They are SUPPOSED to be self centered and egocentric.

Let's unpack what such hurtful words and insults really mean and possible responses. It may be surprising to learn that it is not about you at all, and therefore, very important to not take it personally. If you respond as though it's personal, you have essentially given power to your child and taken it away from yourself which reinforces the negative behavior.

Hurtful words and insults are more about not knowing how to express a deeper, more frustrating, nameless pain. Like us parents, it is always easier to respond with anger than to pause and examine what is the underlying need. Our job, with our (hopefully!) developed, adult brain, is to dig a little further to discover what the issue really is.

Kids will always act out with the person they feel the safest with. They know you aren't going to abandon them or ever stop loving them. Hurting your feelings shifts the pain from them onto you, which is easier for them to manage. It is our job to teach them how to recognize the underlying pain AND express their feelings without hurting others.

Regardless of your tendency, saying hurtful things back or engaging in the argument is a recipe for losing the battle. Not only will your child think you are not in control of your feelings, they may think you do not have the ability to help them solve their problems. Subconsciously they may hope that hurting you will help them get what they want, so don't play that game with them.

This is when we really need to be strong and regulated as a parent. Our ability to remain calm in moments like this is where we will see the greatest rewards.

There is beauty and strength in taking a pause, a deep breath, rolling your shoulders back, controlling your facial expressions and body language, and repeating in your head that this is not about you.

Downplay the words and stick to the topic.

Keep your responses clear and direct:

"I am sorry that you feel that way and you are still not going to the party tonight"
"I know you are disappointed with the rules. When we both cool off, we can talk about it"
"You sound very angry and when you can stop yelling, I will be able to help you with your math"

With tweens and teens, don't fall into the comparison trap "all the other kids are allowed to..." This is about their feelings of missing out or not fitting in. Listening and validating their feelings will help them feel heard and respected even if they don't like your decision.

After the storm has passed and both of you are feeling more calm is the time to talk about the underlying issues, how those words hurt and to teach other strategies and alternatives.

KIDS BASKETBALL CAMP

25 May Greenview Regional Multiplex

REGISTRATION LINK <https://forms.gle/TmtyHdn1HsajA8Mp8>

GRADES 1 - 3 Boys & Girls 10:00 AM - NOON	GRADES 4 - 6 Boys & Girls 1:00 PM - 3:00 PM	\$20
Presented by Valleyview Cubs Basketball		

Fee is Per Participant

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

Let's support the Grad Class of 2024 fund-raising drive by donating empty bottles or cans.

Fox Creek GRAD Class of 2024 BOTTLE DRIVE

2024

DRIVE

May 25, 2024
11am-4pm

Bottles can be dropped off anytime at pool shed.
For questions or early pick-up contact:

















Susan Straub
780-622-4837

Li-am Balasbas
780-622-5334



SCHOOL SPIRIT SHOP

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>3 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>4 Colors</p>	<p>Gildan® Heavy Blend™ Crewneck Sweatshirt</p>  <p>4 Colors</p>
<p>Ate™ ES Active Baseball Tee</p>  <p>4 Colors</p>	<p>Ate Youth ES Active Baseball Youth Tee</p>  <p>4 Colors</p>	<p>Trimark Men's Peyto Softshell Jacket</p>  <p>4 Colors</p>	<p>Trimark Women's Peyto Softshell Jacket</p>  <p>4 Colors</p>



Kids Health Hub [Home](#) - [Kids Health Hub](#)

*Is a free online portal developed by the Central Alberta Child Advocacy Centre (CACAC) to promote well-being, mental health, and resiliency in children and their families.

*Explore downloadable activities, informative articles and links to organizations, as well as find tools for parents to support the youth in your life.

*Broken down in to age-appropriate categories (Ex. K-Grade 2)

GATEWAY ACADEMY
SUMMER 2024

Career Exposure

SUMMER CAMPS



FREE Camps
FOR STUDENTS
GRADES 9-12

**JULY 1-5
and 8-12**

**Register
now!**

COMPLETE PE/CALM CREDITS

THIS SUMMER
**PE 10 / CALM 20
COMBINED
COURSE**



GATEWAY ACADEMY
**Career
Exposure**
SUMMER CAMPS

Register now!

REGISTRATION IS NOW OPEN for our Career Exposure Summer Camps!
Follow the link <https://bit.ly/4d9xBS5> to view the camp options and to register!

GATEWAY ACADEMY

Career Exposure

Summer Camps



GRADES 9-12!
**EXPLORE INTERESTS
AND EARN CREDITS
FOR FREE THIS
SUMMER!**

SAVE THE DATES:
**July 1-5 &
July 8-12**

MORE INFO TO COME!

Camps will be held in Whitecourt with transportation from Onoway, Sangudo, Mayerthorpe, Fox Creek and Valleyview.



May is the end of peak scholarship season, so there are many awards with upcoming deadlines.

Students can sort their scholarship list at (<https://scholartree.ca/scholarships>) by the deadline using the sort-by option at the top of the page.



Enriched Academy is once again connecting with all high schools across the province to provide access to the free lifetime financial literacy program for Alberta graduates.

- This program is only available to Alberta students. That means, the urgency lies in giving access to 2024 grads before they finish Grade 12.
- Scholarship opportunities and details can be found here.

<https://new.enrichedacademy.com/albertaessay>

Learn more about finances
Win \$250 to start your savings plan!!
Apply for a Scholarship
Free for Alberta Students

Course Includes:

- Investing
- Understanding Debt
- Controlling your Spending

Scan to Access Your Account



Alexander Rutherford Scholarship

Application Deadline: Apply online when the official high school marks are available, and when the applicant is enrolled in full-time post-secondary studies.

This \$2,500 scholarship was named in honour of Alexander Rutherford, who had the distinction of being Alberta's first Premier and Minister of Education. He was known for his strong support of public education, particularly the University of Alberta and his active involvement in community affairs.

To receive this scholarship, a candidate must also meet all of these eligibility criteria:

- be a Canadian Citizen, a Permanent Resident of Canada or Protected Person under Canada's Immigration and Refugee Protection Act, (Visa students are not eligible).
- be an Alberta resident, and to be considered an Alberta resident the following conditions must apply:
 - one parent or legal guardian must have maintained permanent residence in Canada for at least 12 consecutive months immediately prior to the applicant commencing a program of study;
 - applicant has maintained permanent residence in Alberta at least 12-months prior to commencing a program of study;
 - applicant is not eligible to receive a scholarship with respect to any grade unless the applicant or the applicant's parent(s)/legal guardian were a resident in Alberta throughout the whole of that grade.
- have completed high school on or after September 30, 1980.
- be enrolled in a full course load in a designated undergraduate post-secondary or an apprenticeship program of at least one semester in length.

If you are a senior high school student, and have the qualifications required, you might be eligible for the scholarship grant of the **Alexander Rutherford Scholarship**.

For more details check the link below.

<https://studentaid.alberta.ca/scholarships-and-awards/alexander-rutherford-scholarship>



Alberta Foundation for the Arts is looking for a young Albertan writer who shows extraordinary talent in the field of literary arts or creative writing.

For more information about the **Dr. MacEwan Literary Arts Scholarship**, click the link below.

<https://www.afta.ab.ca/funding/find-funding/dr-macewan-literary-arts-scholarship>



Dr. MacEwan Literary Arts Scholarship

Application Deadline: March 3, 2025

This \$7,000 scholarship is awarded annually to a young Albertan writer who shows extraordinary talent in an eligible literary genre and who demonstrates clear educational or training goals.

To be eligible for scholarship funding:

- the applicant must be a resident of Alberta.
- is a Canadian citizen, permanent resident, or Protected Person with an open study permit from inside Canada
- have had a primary residence in Alberta for one full year before applying
- ordinarily live in Alberta for at least six months each year with the exception of attending a formal program of study

Must be 25 years or younger as of the application deadline.
Must be enrolled in an eligible writing training program.