



Welcome to  
Fox Creek School  
February 2018



# Parent Newsletter

## Principal's Message

While February can be part of the winter doldrums, it did not feel that way at FCS with all the activities and events taking place.

- **Accountability Surveys Grade 4,7 and 10-** Parents who received the survey from Alberta education are reminded to complete the survey and return the survey to Alberta Education by March 1, 2018
- **Basketball-** Our Jr. and Sr. Teams have enjoyed a successful year with all teams playing quite well. Thank you to all our coaches and parents who have worked hard to make this year's season such a success.
- **Post-Secondary Tours-** Mrs. Hodges accompanied our high school students to the University of Alberta and N.A.I.T.; where students had an opportunity to explore future careers when they leave FCS. We hosted a Canadian Armed Forces presentation for students who may be looking at the Forces for a career.
- **Elementary Valentine's Dance-** Grade 1 to 6 students enjoyed a chance to dance on Valentine's Day.
- **Grad Hosted CRC Valentine's Dinner-** The grade 12s hosted a successful dinner with the CRC on Valentine's Day. Thank you to all the community members who came out to support the grade 12 class. They raised over \$1300.
- **D.A.R.E Graduation for Grade 6-** thank you to the R.C.M.P for providing the D.A.R.E. program for our students for another year. Students enjoyed cake and received their certificates.
- **Grade 8 Students Pig Dissection-** Our Grade 8 students were given an opportunity to be hands on scientists with Ms. Pretula over seeing their pig dissections. Students do engage enthusiastically when they are given these hands on opportunities.
- **Jr. High CTF-** Jr. High students continue to explore the legal system as they work through the evidence of a staged crime scene. It is another opportunity for our students to experience hands on learning. Mrs. Garbe along with a number of different staff members have taken on roles in which they have been put on trial as students sift through evidence to find the real criminal.

Cont'd on Page 2:

## Email List:

If you would like to be added to our email list and receive an electronic version of our newsletter, please contact Ms. Carmichael at the office or [amber.carmichael@ngps.ca](mailto:amber.carmichael@ngps.ca)



Dates to  
mark your  
calendar

March 16th  
No School

March 17th-19<sup>th</sup>  
Jasper Ski Trip

March 30th  
Good Friday  
No School

April 2<sup>nd</sup>-6th  
Easter Break

April 9th  
Classes  
resume

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

Mr. Dwayne Mytrunec, Assistant Principal



As we head into March, we face the reality that the school year is drawing to a rapid close! While the end of March is only the 7<sup>th</sup> of the 10 school months, the reality is that the remainder of the year is so jam packed that it flies by! Hold on tight, FCS community, as we will be looking at June in what seems like no time!

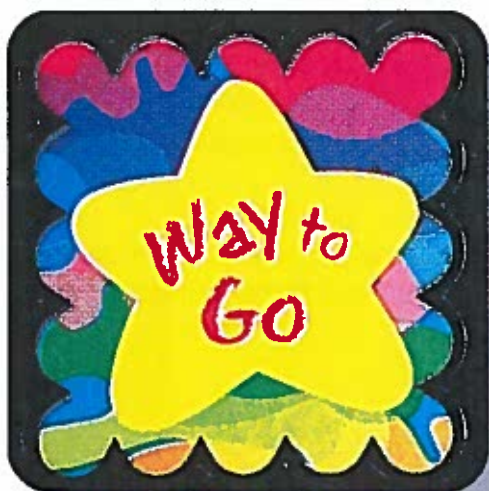
March too, will have many activities taking place.

- **World's Finest Chocolates-** Grade 12's will be out selling chocolates in early March as a fundraiser for their Graduation.
- **School Lockdown procedure practice-** taking place March 1<sup>st</sup> at 10:30 am.
- **Grade 7-12 Parent Teacher Interviews-** March 1<sup>st</sup>- 6:30-8:50 pm parent teacher interviews will take place, you can go on the school website to book your appointments, or logon to [www.schoolinterviews.ca](http://www.schoolinterviews.ca). The event code is x89th.
- **Basketball Zone tournaments take place early in March-** with both Jr/Sr. teams competing; it is going to be a busy time.
- **Family Games night March 8-** Hosted by the CRC.
- **Our next Parent Council Meeting takes place on March 15 at 7 pm.** In our new PD room Parents are always welcome to join us.
- **The NED Show for K-6-** March 15<sup>th</sup> in the gym 1:45-2:30 pm. They will have a variety of items to purchase such as yo-yo's and apparel for \$8-\$15.
- **No School for students on March 16-** Teachers will be actively engaged in Professional Development on March 16.
- **March 16 Post Secondary Tour-** High School students will be touring Fairview College.
- **K-6 Parent Teacher interviews-** March 22- 6:30 till 8:50 pm. parent teacher interviews will take place. You can go on the school website to book your appointments after March 15<sup>th</sup>.
- **March 23 Post Secondary Tour-** High school students will be at Grant MacEwan and Concordia .
- **Easter Break March 30<sup>th</sup> –April 6<sup>th</sup>-** Students return to school on April 9<sup>th</sup> 2018.

Ian Baxter  
Principal, Fox Creek School

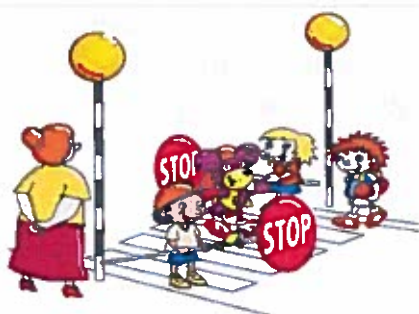
## NEWS FROM ELEMENTARY

The following students received Virtue of "Fairness" certificates for the month of January:



|      |                 |
|------|-----------------|
| 1Din | Ryker Bibaud    |
| 1Dec | Iyanna Durias   |
| 2R   | Colton MacRae   |
| 3O   | Annie Gallinger |
| 3S   | Shiloh King     |
| 4W   | Liam Palmer     |
| 5C   | Amber Christie  |
| 6S   | Emily Chwok     |

## PATROLLER OF THE MONTH



The recipient of the Patroller of the Month award for January is:

January-Taryn Matheson

Great job to all of you!



**Are you looking for excitement, adventure and challenge this summer but also wanted to make some cash? Well look no further! Agriculture and Forestry accepts applications for the Junior Forest Ranger (JFR) program between February and April 1.**

If you are a current high school student aged 16-18 looking for a new experience, then this job is for you. The JFR program will give you the opportunity to find out about careers in natural resource management, to gain employable skills and to make new friends.

The application deadline is April 1, 2018. For application or more information visit [www.albertajfr.ca](http://www.albertajfr.ca) or visit your career planning office. Applications will be ready in early February 2018

### **Survey has been continued.....**

As an annual check-up on the education system, the Accountability Pillar provides an opportunity for Alberta Education and school authorities to ensure that we are equipping students for success.

The Accountability Pillar uses a set of 16 indicators. Data on these indicators consists of surveys of students, parents and teachers on various aspects of education quality, student outcomes such as dropout and high school completion rates, and provincial assessments of student learning.

From January to the end of February, Alberta Education will be conducting the annual Accountability Pillar Survey.

- In January, parents of students in grade 4, 7 and 10 will receive a survey from Alberta Education
- In February, students in grades 4, 7 and 10 and all teachers will be completing their surveys online at school.

All surveys are anonymous and ask questions about experiences with your school. In addition to English and French, the parent survey is available in Chinese, Punjabi, Arabic, Blackfoot, Dene, Cree, Korean, Spanish, Tagalog and Urdu.





Your participation in the survey helps provide important information on the quality of education your child is receiving so we encourage you to return your survey promptly.

Survey results will be available to school authorities in May 2018, and will be reported publicly as part of their 3-year Education Plans an Annual Education Results Reports.

### Grade One

The Grade 1's enjoyed hands-on learning at Building Day on Feb. 7. Boats, pinwheels, clay cups, towers, log houses and bugs-in-a-box were a few things on the agenda. Thanks to our helpers Ms. Kelly Waye and Mrs. Thorn.





## BACK TO THE BASICS IN PARENTING

As a mother of four and a Social Worker for Northern Gateway Public Schools, I am constantly reading, learning, listening and researching the best information to help me be a better parent and more effective social worker. I have pulled together from a few different articles on basic parenting advice that is simple and easy to follow.

1. **LET YOUR KIDS FAIL**

To learn self-sufficiency, kids need to occasionally dust themselves off (literally and figuratively) without your help. "Most parents know what their children are capable of but step in to make things easier for them," says Sheri Noga, the author of *Have the Guts to Do It Right: Raising Grateful and Responsible Children in an Era of Indulgence*. Remember: Long-term benefits trumps momentary discomfort. For example, teaching your child how to wash, dry and fold clothes is stressful, but a teenager who knows how to do their own laundry is a great thing! Before you rush in to help with any physical task, ask yourself: "Is my child in real danger?" Then apply that question to other challenges (the social studies poster due tomorrow) Does your child have the necessary skills (like dexterity and balance) or simple necessities like adequate sleep and a snack. Yes? Time to back off and see what happens.

2. **ABIDE BY THE THREE RULES OF HOMEWORK**

**Rule #1:** "Do the hardest thing first," says Ted Theodorou, a middle-school social studies teacher in Fairfax County, Virginia.

**Rule #2:** Put away the phone. Homework time can't always be totally tech free, but it can at least be free of text messages, Snapchat and Instagram!

**Rule #3:** As soon as assignments are finished, load up the backpack for tomorrow and place it by the door. This is a clear three-step process that kids can internalize, so there's less nagging from you (Yes!).

3. **MEMORIZE THE ACRONYM H.A.L.T.**

Think: is your child Hungry, Agitated, Lonely or Tired? I don't know about your children, but if mine are any of these things, or worse, ALL of them, I am in for a battle!

4. **BE STRICT ON BEDTIME**

Lack of sleep is often the culprit for difficulty listening to detailed instructions, focusing on planned activities or being slow to react to a question. It also inhibits time management and task prioritization, Dr. Judith Owens M.D. says, coauthor of "Take Charge of Your Child's Sleep". Because of this, a child might miss out on information learned at school.

5. **LET THEM READ WHAT THEY WANT**

Don't worry so much about what your child is reading, if comic books or what you may think is a "silly" series is what gets your child hooked on reading, it's okay! Read to your child, even if they are older. Let them see you read. Make reading part of your daily routine. Visit your public library.

6. **MODEL BRAVE BEHAVIOUR**

Want confident kids? They will be less likely to be easily flustered if they see you taking healthy

risks. "A lot of adults won't go to a movie solo because they would be embarrassed to be seen sitting alone. So do it, then talk to your kids about it," says David Allyn, the author of *I Can't Believe I Just Did That*. Recently, I walked into the men's public bathroom, when a gentleman was using the urinal! When I told my teenager what I did, she was mortified! "Weren't you embarrassed, mom??" I answered, "Not really, I thought it was a funny mistake. No point in being embarrassed!" Maybe she will be able to giggle, instead of feeling embarrassed, when it happens to her.

#### 7. **SELECTIVE EATING BOOTCAMP**

Tired of finicky food preferences? Try a few of these suggestions:

- 1) Take 3 bites before you say you don't like something.
- 2) Let your child choose their own portions, to give them some control.
- 3) Let your child help plan the menu.
- 4) Let your child help you in the kitchen, as safely as possible!
- 5) Eat together as a family, without any electronics.
- 6) Make ONE meal, not separate meals, but with several choices.

#### 8. **PAY ATTENTION ESPECIALLY TO THE ADOLESCENCE**

According to a study published in *Developmental Psychology*, **14 years old** is when many kids start to resist peer influence and flex the think-for-myself muscle, rather than simply following the leader. Do you want to help strengthen that muscle at any age? Put screens aside, look your child in the eye and ask, "What's new with your friends?" This will (hopefully) give you a chance to decode what's happening behind the scenes and offer support.

#### 9. **THE CHORE CONFLICT: IS IT WORTH THE STRUGGLE?**

Even though it is more difficult at the time to persist in having children do chores, kids benefit from the experience. Research indicates that children who have a set of chores have higher self-esteem, are more responsible, are better able to deal with frustration and delay gratification, all of which contribute to greater success in school. Furthermore, research by Marty Rossman, from the University of Minnesota, shows that involving children in household tasks at an early age can have a positive impact later in life. In fact, says Rossman, "the best predictor of young adults' success in their mid-20's was that they participated in household tasks when they were three or four."

*This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Division Social Worker. She is a support for schools, students, parents and caregivers to encourage success in school. Tammy advocates for students and provides a link between the student and other supports within the community. Tammy has been a social worker for nearly 20 years and is a mother to 4 children, 3 of which are teenagers.*

Sources: [www.parenting-ed.org](http://www.parenting-ed.org); [www.realsimple.com](http://www.realsimple.com); [www.parents.com](http://www.parents.com); [www.ahaparenting.com](http://www.ahaparenting.com); [www.healthandnutrition.com](http://www.healthandnutrition.com); [www.centerforparentingeducation.org](http://www.centerforparentingeducation.org)



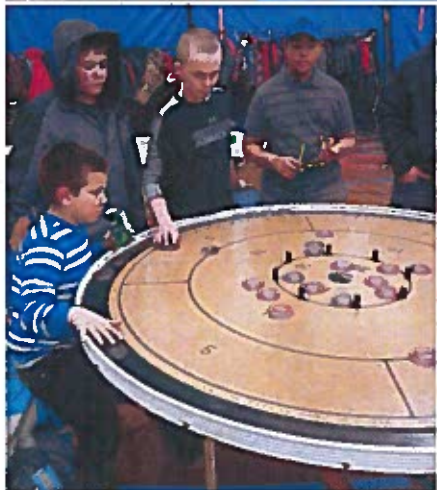
## What's Happening at the Fox Creek Library in March?

### Family Games Night – March 8

Are you ready for some fun? Good, clean, active family fun? Come out to the Fox Creek School Gym on March 8 from 6:30 to 8:30 and play games with your family. Everyone is welcome, bring your friends and family.

There will be several oversized games like Connect 4, Crokinole, Kerplunk, Twister and Dominoes. Play Hopscotch, Limbo, Bean Bags, Bowling, Jenga, Sling Puck, Bingo and lots more. Enter your name to win a door prize and enjoy milk and cookies. Kids will take a treat bag home at the end of the night. We will have a hoola hoop/skipping area and will have a build-it centre with our new KevaPlanks so be prepared for a new experience or two.

This is being brought to the community by a partnership of the Fox Creek Community Resource Centre, The CHAMPS Team and the Fox Creek Municipal Library.



**OUR NEW KEVA PLANKS – UNLIMITED BUILDING POSSIBILITIES!**



**A Birthday Party for Dr. Seuss**

We will be celebrating the birthday of Dr. Seuss, everyone's favorite author and doctor. Come in to the library, have some fun and enjoy a snack with us on Friday, March 2.



**Train Day with Parent Link at the Library.**

Join us with your little ones at the library on March 24 from 11 – 12 am for an hour of TRAINS! Plans are underway for a fun time!

### **FAMILY LEGO CLUB IS UNDERWAY**

Our Either/Or Family Lego Club meets on Tuesday or Thursday evenings, whichever suits our families the best, from 6:30 – 7:30 and builds together. Our themes so far have been Zombies and the Olympics. Some fine pieces have been built so far. The last week for this is March 20 – 22. Families were preregistered for this club.







# How to run a Smooth & Efficient Sale

## 1 COPY & DISTRIBUTE



Copy and send the parent letter home with students 1 to 2 days prior to the show. *Please Note: On the send home letter we ask that checks are made payable to the school. Contact your Account Executive if you have questions.*

Copy and distribute the teacher letter to staff.

## 2 PICK A TIME & PLACE

Pick a time and place to run the sale for the 5 consecutive school days following the performance. You are welcome to sell for a maximum of two weeks. Your performer will bring NED® items, price sheets (menus) and a trick sheet on the day of the show.



We recommend that you avoid using the school office. Pick an area where there is plenty of room.

## 3 SET UP THE TABLE



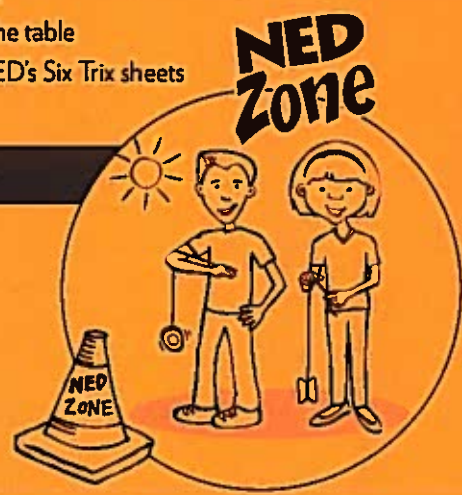
Play the *What to Know Before You Yo DVD* at the sale area to recap the NED lessons and safety rules.

### Student Line ..... Sale Table .....

- Designate a line-up area, starting at the wall menu
- Have 1-2 students approach the sale table at a time
- Display a menu on the table
- Put boxes of product near the table
- Make copies available of NED's Six Trux sheets

## 4 CREATE A NED ZONE

Choose an area at school for "safe yo play" during the sale week (*safety rules posters will be provided by performer*). At the end of the show, our performer talks about the safety rules and lets the children know that they can play with their NED items in the designated NED Zone.







## String Adjustment

Yo-top string too long? Not a problem. Here are 3 options to help students learn how to “custom kid fit” their strings to their height:

1. An instructional diagram at the top of their NED's Six Trix sheet.
2. A step by step video, called *How to Adjust Your String*, located on the KIDS page of [www.theNEDshow.com](http://www.theNEDshow.com).
3. A video tutorial on your school's complimentary DVD, *What To Know Before You Yo*.



*Have an adult (with scissors) available in the NED Zone to help adjust strings on an “as needed” basis.*

## Sale Support



**All items are 100% GUARANTEED. If there is a broken or defective item, simply replace the item from existing inventory. Please return the defective item along with your unsold product.**

If there are any product issues after the sale, please have the student or parent contact All for KIDZ® Customer Care directly.

### HOW TO REORDER

When you run out of **NED GEAR**, please reorder more. Your performer will bring the reorder sheet on the day of the show.

### CUSTOMER CARE

1-877-872-9696, ext 101  
[customercare@allforkidz.com](mailto:customercare@allforkidz.com)



## Earn NED Gear for your school!

Through the Pay-it-Forward® payment option your school is receiving this \$1,200 assembly at no cost. When you exceed \$1,200 in sales, *10% of the entire proceeds will be awarded to your school* in the form of a gift certificate for character-messaged NED items.