

CLASSROOM NEWSLETTER

April 2025





CLASSROOM NEWSLETTER



Message From the Principal

Dear Parents and Guardians,

As the vibrant colors of spring begin to paint our surroundings, I'm delighted to share the exciting developments and upcoming events at Fox Creek School in our April newsletter. This month is a time of renewal and growth, mirroring the progress we see in our students every day.

Academic Highlights:

- **Project-Based Learning:** Many classes are diving into hands-on, project-based learning experiences. We encourage you to ask your children about their projects and engage in their learning journey.
- **Literacy and Numeracy Focus:** April will see a continued emphasis on strengthening literacy and numeracy skills across all grade levels. Teachers are implementing innovative strategies to foster critical thinking and problem-solving.

Upcoming Events:

- **Easter Break:** Please note that school will be closed for Easter break from April 17th to April 21st, inclusive.
- **First Aid Training for Grade 9 to 12 Students** April 24 and April 25. Contact Mr. Baxter for more information if interested. Cost is \$100.00

Important Reminders:

- Please ensure your child arrives at school on time and prepared for the day.
- Check our school website and any other communication platform, e.g., school app, social media, email message regularly for updates and announcements.
- We appreciate your continued support in reinforcing positive behavior and academic expectations at home.

A Note of Gratitude:

I want to extend my sincere gratitude to our dedicated teachers, staff, and volunteers for their unwavering commitment to our students' success. Your partnership is invaluable in creating a nurturing and enriching learning environment. As we move forward into this season of growth, let's continue to work together to inspire and empower our students to reach their full potential.

Warmly,
Ian Baxter
Principal, Fox Creek School



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Elementary Assembly

Elementary Assembly Highlights!

Seven Sacred Teachings: Ms. B shared Episode 5: Sabe (Honesty) of The Seven Sacred Laws

CHAMP Team: This month the CHAMP team did a breathing exercise called Bear Breathes - This spring breathing exercise, "Good Morning Bear", teaches kids how to be mindful by stretching and breathing like a bear when they are overwhelmed with big emotions such as anxiety. These mindful activities are perfect for fostering calm kids during morning entry routine, midday meditation to support transitions during class, de-escalation and behavior management, as a positive bedtime routine, or to relax before test prep.

We went over some wet weather reminders and discussed preparing for Spring Break.

Wet Weather Guidelines

Only play in puddles if you have proper boots!

Don't go deeper than your boots.

Splash or mud pants are a great idea.

Keep a change of clothes at school.

Bring lots of extra socks!

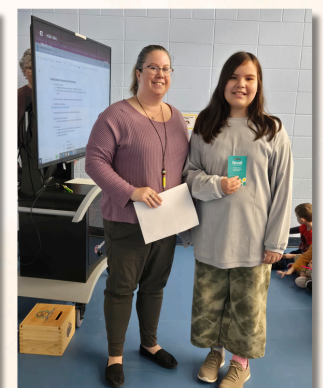
SPARKS

Congratulations to this month's SPARKS winners: Sophia, Zach, Jaxx & Irene. Each received a \$5 gift card from Rexall.

Sub-Store Winners

Congrats to our School Council Sub-Store winners: Ethaniel, Brynlee, Hunter, Wayne, Thea, Marlee, Abby & Miggy who each earned a \$5 certificate!

March birthday students were celebrated with special pencils and a cheerful Happy Birthday sing-along!



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Helping Children Manage Big Emotions

I am a trainer for Nonviolent Crisis Intervention which is taught in many NGPS schools. The key component staff learn is how to verbally de-escalate a student who is feeling overwhelmed and struggling to manage their emotions. I believe these same simple and effective strategies can be used at home by parents and caregivers when their child is having trouble staying calm and unable to regulate themselves. As parents, we all do the best we can, with what we have and know at the time. However, I believe that when we know better, we do better. Our response to our child's misbehavior can have lasting impacts either good or bad. Here are a few suggestions that I teach staff, and have used with my own children.

Our ability to regulate ourselves and remain calm is crucial. If we lose control, we will likely make the situation worse and say or do things we regret. Model healthy and appropriate emotional expression.

Do not engage in a power struggle. Stick to the main issue and downplay the challenge. For example, the accusation that "you never let me do anything fun" can turn into a long argument or debate about all that you do for your child, or you can downplay the challenge and focus on the fact that you are not allowing them to stay out past their curfew.

Praise in public, reprimand in private. Having an audience (friends or siblings) makes it harder for your child to back down. Correcting behavior in private shows respect to your child and allows them to "save face". Be mindful of what you discuss about your child when you think they are not listening. Let your child overhear you brag about them.

Set limits with simple, clear and direct language. When a child is upset, they are unable to process information effectively. The less words the better. Be sure any choices you give are attainable and realistic.

Setting clear, consistent rules and consequences helps children learn self control and personal responsibility.

Use reflective questioning and validate what your child is feeling. "I can see that you are angry that you are not able to stay out as late as your friend."

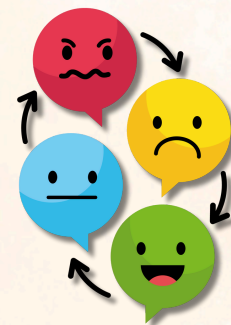
Name the emotion, talk about what you are observing and help your child identify how their body feels when they feel big emotions. So much of what teachers see in students is an inability to self-regulate. To teach your child how to soothe and regulate themselves is a gift to them and those around them.

Understanding and utilizing paraverbal communication is incredibly important. Children are often more attuned to how something is said rather than the actual words. Calm, gentle tones can soothe anxiety, a firm but not angry tone can convey clear boundaries, sarcasm can damage self esteem.

Parenting is a continuous learning process and making mistakes is inevitable. The power of apologies and asking for a "re-do" demonstrates humility, honesty and healthy conflict resolution.

Create a "toolbox" with your child of strategies and activities for when big feelings come.

- talk it out: family members, teachers, pets etc
- physical activity: squeezing a stress ball, running, jumping, tearing up scrap paper, going outdoors, stretching, yoga
- creative activity: painting, drawing, coloring, journaling, music
- Grounding exercises: deep, rhythmic breathing, naming what they see, feel, hear, touch. Visualizing peaceful scenes or listening to soothing music
- Sensory tools: weighted blanket or stuffed animals, fidget toys, soft cozy pillow



When schools and homes create environments that model appropriate expression of feelings and teach how to manage emotions and behaviors, children are equipped with essential skills. These skills will pave the way for success at school, at home and in communities.

This article was written by Tammy Charko BA, BSW, RSW. She is the Division Social Worker for Northern Gateway Public Schools and supports and advocates for students and families to promote wellness and success in school. Tammy has been a Registered Social Worker for more than 25 years and is a mother to 4 children; 1 in high school and 3 in university.



CLASSROOM NEWSLETTER



Canfor High School Scholarships

**Considering a future career
supporting the forest industry?**

**You may be eligible for a
\$1,000 Canfor scholarship!**

We want to help you reach your goals!

To support our future foresters, business and wood products manufacturing leaders, and skilled tradespersons, we're offering up to four scholarships per high school in our operating communities.



Eligibility.

To meet the minimum requirements, you must:

- Be a Canadian or US citizen or permanent resident attending a high school in one of our operating areas.
- Be enrolling in an eligible post-secondary program (see under Areas of Study).

Application Process.

Ask your school counsellor, Awards Committee or Administration to be nominated.

- 1 You submit a completed application form to your school.
- 2 Your school reviews your application, confirms your eligibility and nominates you.
- 3 Canfor reviews nominations and selects scholarship winners.

Once selected and enrolled in your program, you will be required to provide proof of post-secondary program registration to receive payment of your scholarship.

Areas of Study.

- Forestry
- Wood Products Manufacturing
- Process, Mechanical or Chemical Engineering
- Certified Trades Programs
 - > Carpentry
 - > Electrician
 - > Heavy-duty Mechanic
 - > Instrument Mechanic
 - > Millwright
 - > Pipefitter
 - > Power Engineer
 - > Saw Filer/Benchman
 - > Welder
- Business Programs
 - > Accounting
 - > Business Administration
 - > Finance
 - > Human Resources
 - > Marketing
 - > Technology

To Apply.

Contact your school counselor or Awards Committee to discuss your eligibility and complete the application form.

For more information, visit
GoodThingsComeFromTrees.com/scholarship.





CLASSROOM NEWSLETTER



Sports

Fox Creek Basketball Season Wrap-Up

Congratulations to all our Fox Creek basketball teams for an incredible season!

Senior Boys Playoff Victory – The boys secured a thrilling 83-76 win over Holy Trinity and headed to the Championship!

Senior Girls Show Resilience – Despite a tough loss to Oneway, they fought back from a 20-point deficit, demonstrating incredible sportsmanship and teamwork.

Junior Boys Take the Zone Championship – They clinched the NCASAA Zone Championship with a nail-biting 60-53 win over St. Mary's. Amazing work!

Junior Girls Compete at Zones – With only seven players, they fought hard and had a fantastic season!

Senior Boys Earn Silver – The team finished 2nd in the GCAA league after a hard-fought championship game, losing by just three points.

Senior Girls Win Bronze at Zones – A heartbreaking one-point loss kept them from gold, but they bounced back to take home the bronze medal.

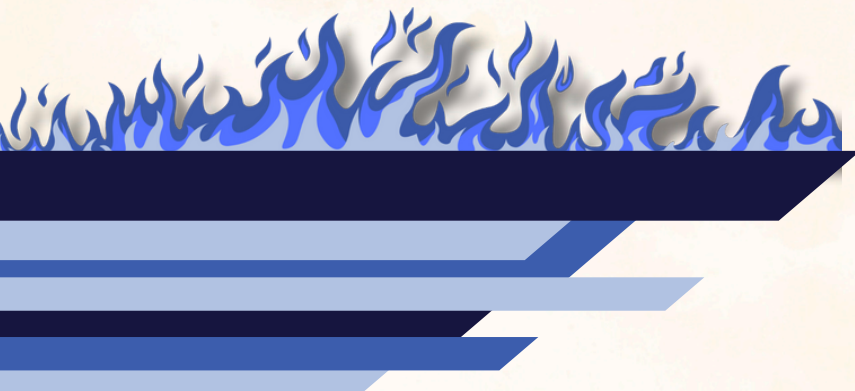
A Special Thank You – Huge appreciation to our dedicated volunteer coaches: Laura Camps, Abigail Schnell, Steve Dinel, and Jesse Schueler.

You all represented Fox Creek proudly—what a season!



FOX CREEK SCHOOL SCHOOL SPIRIT SHOP

Ignite Your Spirit with Fox Creek Flames Gear!



Check out our website here



[School Spirit Shop](#)



GATEWAY ACADEMY

Career Exposure Summer Camps

EXPLORE INTERESTS
AND EARN HIGH
SCHOOL CREDITS

FREE Camps
FOR STUDENTS
GRADES 9-12

SAVE THE DATE
**JUNE 30-JULY 4
& JULY 7-11**

INFO AND REGISTRATION COMING SOON!

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



http://



Useful Websites

[School Cash](#)

[School Newsletters](#)

[Power School Parent Portal](#)



NO SCHOOL
April 17 - 21



Contact



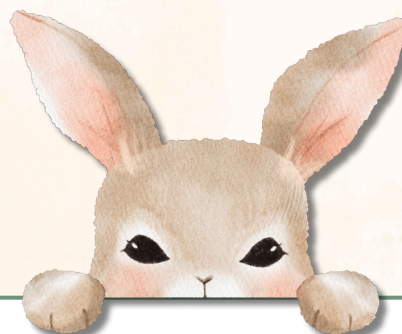
(780) 622-3742



Box 88 Fox Creek, AB T0H 1P0



foxcreek@ngps.ca



Snack Cart Dates

- May 12
- June 9

Payment can be made with cash or e-transfer to
foxcreekschoolcouncil@gmail.com



[School Spirit Shop](#)



**FOX CREEK
ALUMNI**



SENIOR TEAM VS. ALUMNI

Game 1 - Women's Volleyball
Game 2 - Men's Volleyball
Game 3 - Women's Basketball
Game 4 - Mens Basketball

**Saturday, May 10
@ 12:30 PM**

FOX CREEK SCHOOL

COME JOIN THE FUN!