

# NEWSLETTER

JUNE 2025



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## MESSAGE FROM THE PRINCIPAL

Dear Fox Creek Families, Students, and Staff,

As the vibrant colours of spring give way to the promise of summer, we find ourselves reflecting on another incredibly successful school year here at Fox Creek School. It feels like just yesterday we were welcoming our youngest Kindergarteners and reconnecting with our graduating Grade 12s, and now, here we are, celebrating the culmination of months of hard work, growth, and learning.

This year has been a testament to the resilience, dedication, and spirit of our entire school community. From the eager explorations in our elementary classrooms to the challenging projects and thought-provoking discussions in our junior and senior high, every student has made strides, discovered new passions, and overcome obstacles. Our staff, with their unwavering commitment and passion, have created an environment where every child feels supported, challenged, and valued. And to our parents and guardians, your partnership and engagement are truly the bedrock of our success – thank you for entrusting us with your children's education.

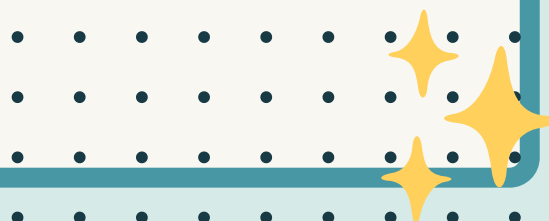
We've seen so many memorable moments: the hatching of chickens, the successful elementary and high school track meets, the incredible achievements of our graduation class and spring musicals. These moments, big and small, contribute to the rich tapestry of our school experience.

As we bid farewell to the academic year, I want to extend my heartfelt congratulations to our Graduating Class of 2025! Your journey through Fox Creek School has been inspiring, and we are so incredibly proud of each and every one of you. We wish you all the very best as you embark on your next adventures, knowing you are well-prepared for the opportunities that lie ahead. Please remember that you will always be a part of the Fox Creek family.

For all our returning students, we encourage you to embrace the summer break. Take time to relax, recharge, explore new interests, read for pleasure, and most importantly, enjoy quality time with family and friends. We look forward to welcoming you back in September, refreshed and ready for another exciting year of learning and growth.

On behalf of the entire staff at Fox Creek School, I wish you all a safe, happy, and restful summer.

Sincerely,  
Ian Baxter - Principal Fox Creek School



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## ELEMENTARY ASSEMBLY

### Elementary Assembly Highlights!

**Seven Sacred Teachings:** Ms. B shared Episode 7: Wolf (Humility) | The Seven Sacred Laws

The Grade 5 class performed a song on ukuleles, vocals and drums.

**CHAMP Team:** The CHAMP Team gave a warm welcome to our school's newest members, the chickens in the Grade 1/2 Liske class, by leading everyone in a round of "Chicken Breaths."

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

**Sub-Store Winners:** Congrats to our School Council Sub-Store winners: Maddy, Aurora, Kara, Westin, Lincoln, Danika, Brendt & Evalina who each earned a \$5 certificate!

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



## The Connection Between Screen Time and Mental Health

Conversations around screen time and its impact reflect a widespread struggle for both children and adults in limiting electronic use. A [Western University](#) report highlights a direct correlation between increased screen time in children and symptoms of anxiety and depression including heightened worrying, social stress, fear of the unknown and a loss of interest in daily activities.

### IS IT AN “ADDICTION”?

According to Today’s Parent article updated on January 17, 2025, [Signs of Screen Addiction](#) in Kids, classic signs of addiction to screens have similar symptoms as addiction to substances for adults:

- Unable to control screen use
- Loss of interest in other activities
- It preoccupies their thoughts, conversations and behaviors
- Interferes with socializing in person
- Screen time interferes with activities with family or friends
- Usage causes serious family arguments
- They are deceptive about their screen usage
- Screens are used as a temporary mood booster or as an escape from boredom or challenging situations

When screens are removed or significantly limited, signs of withdrawal may look like: irritability, changes in mood, sleep difficulty, headaches, depression and anxiety.

## HEALTHY RELATIONSHIPS WITH MEDIA/TECHNOLOGY

When it comes to evaluating a child’s use of screens, [American Academy of Pediatrics](#) created an easy to remember, age based tips referred to as the [5 C’s of Media Use](#):

1. **C**hild - Consider your child’s personality and how screen time, gaming and social media influences them, if it supports their interests or worsen any challenges they may already be experiencing.
2. **C**ontent - Evaluate the quality of content your child consumes. Learn about what your child plays or watches or who they follow. Help them think about the amount of violence, role-modelling, unrealistic standard or commercialism they are interacting with.  
[Common Sense Media](#) is a great resource for information about videos and games.
3. **C**alm - Recognize if screens are a primary coping tool to manage strong emotions and sleep. If screens, games, social media becomes the main go-to strategy, talk to friends, pediatricians, therapists or other supports to learn how to calm their brains and bodies down.
4. **C**rowding Out - Are screens crowding out other things your family cares about? Rather than just focusing on reducing screen time, discuss and implement what your family could or should do instead: more quality family time, visiting others, sleep, time outdoors, playing with pets, starting a new hobby. Help your child understand screen time has “hooks” that are designed to keep all of us online as long as possible. Create a realistic, concrete plan about where and when to use screens every day.
5. **C**ommunication - Talk about screen time (games, videos, social media) early and often. By building digital literacy you will be able to identify when your child or teen is struggling.



### REALISTIC STRATEGIES TO MANAGE SCREEN TIME

- Be aware of guidelines and research on connection between screen time and children's mental wellness
- Monitor screen time exposure so you and your child are aware of exactly how much time is spent on electronics
- Establish screen-free zones in your home, especially bedrooms
- Schedule screen-free times. Particularly at family meal times and before bedtime
- Identify the apps and websites that are used the most and reflect on why they are the most commonly used
- Look for patterns of usage: before bed, weekends and plan for alternative activities to change the habit
- Set screen time caps and then begin limiting screen time gradually
- Schedule internet downtimes in your home simply by unplugging the router
- Turn off notifications that trigger phone checks
- Utilize a Family Media Use Plan to include everyone in the decision making process
- Model the behavior you want to see in children

As a mother of four children, I understand the constant battle with screen time. It can seem drastic to restrict electronics excessively, but if a child is struggling, it is necessary to allow their nervous system to return to a more natural state of calm and foster resilience.

*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.*



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## CHAMP TEAM



Join the CHAMP Team this summer for **FREE** mental wellness activities!

### **Mindful Mondays\* Partnered with the CRC**

Hands-on and in-person activities to promote positive mental wellness from 1-3 PM on the following Mondays at Fox Creek School's Outdoor Classroom:

- June 30-** Flower Pot Designing and Seed Planting to Promote a Growth Mindset
- July 7-** Create a Unique Water Cup and Enjoy Some Positivi-Tea
- July 14-** Create Bubble Wands and Practice Mindful Breathing
- July 21-** Create a Feelings Bag Because All Feelings are OK
- July 28-** Create a Calming Summer Sensory Bottle Fidget
- Aug. 11-** Decorate a Bookmark Using Squeegee Painting to Use When You Read to Feel Regulated

\*Supplies may be limited and will run on a first come, first served basis.

### **Grati-Tuesdays\* Partnered with the Fox Creek Municipal Library**

Hands-on and in-person activities to promote mental wellness from 1-3PM on the following Tuesdays at the Fox Creek Municipal Library, located upstairs in the Fox Creek Greenview Multiplex:

- July 8-** Positive Affirmation Butterflies
- July 15-** Create a Windchime to Practice Mindful Listening
- July 22-** Keep Your Cool Fans
- July 29-** Create Your Own Positive Affirmation Button
- Aug. 5-** Sharing Frogs
- Aug. 12-** Design Wooden Peg People to Showcase Positive Connections

\*Supplies may be limited and will be available on a first come, first served basis.

\*Participants aged 9 and under must be accompanied by a parent or guardian over the age of 14.



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## CHAMP TEAM



### Wellness Wednesdays\* Partnered with the CRC and the SPARK Family Resource Network

Hands-on and in-person activities to promote positive mental wellness on the following Wednesdays from **10AM- 12 Noon** at Fox Creek School's outdoor classroom.

**July 2-** Decorate a Pinwheel to Practice Mindful Breathing

**July 9-** Character Strengths Hero Day!\*\*

**July 16-** Create Pet Cactus Rocks to Nurture

**July 23-** Create a Courage Catcher Because You Can Do Hard Things

**July 30-** Create a Bird Feeder for Our Feathered Friends

**Aug. 6-** Create a Calming Pencil Fidget

**Aug. 13-** Create a Reusable Bag Out of a Recycled T-Shirt

\*Supplies may be limited and will run on a first come, first served basis.

\*\*Thank you, **Whitecap Resources Inc.** for sponsoring this amazing activity!

### Tranquil Thursdays\* Partnered with the Fox Creek Municipal Library

Join us at the Fox Creek Municipal Library, located upstairs in the Fox Creek Greenview Multiplex, to build a take-home kit that promotes mental wellness from 1-3PM on the following Thursdays:

**July 3-** Journaling Supplies and Information

**July 10-** Bee Yourself Activity

**July 17-** Calming Cube Fidget

**July 24-** Pieces of Me Puzzle Activity

**July 31-** Calming Tactile Fidget- **AKA Slime!**

**Aug. 7-** Brain Break Dice Games

**Aug. 14-** Do Not Stress Activity

\*Supplies may be limited and will be available on a first come, first served basis.

\*Participants aged 9 and under must be accompanied by a parent or guardian over the age of 14.





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## SPORTS

### Fox Creek Track & Field Highlights

Huge congratulations to all our incredible Fox Creek athletes!

#### Senior Athletes

Brandon, Jaclyn, Luke, Brock, and Lucah competed at Provincials in Calgary—Fox Creek is so proud!

#### Zone Results in Edmonton:

- Brandon: 2nd in 1500m
- Jaclyn: 3rd in Javelin
- Luke: 2nd in 400m
- Relay Team (Gold!) – Brandon, Lucah, Luke, Brock

#### Junior Athletes

Strong showings at the GCAA Meet and Zones in Onoway

- Zone Qualifiers: Ernesto, Connor, Ryker, Lily, Kalel
- Zone Medals:
  - Ernesto: 2nd in Javelin
  - Kalel: 2nd in Long Jump, 3rd in Javelin

Special thanks to our amazing volunteers and coaches: Mr. Dinel, Madam Schmidt, Brad Peavoy, Steve Dinel, Tara Bacon, Yani & Mark Maidment—and all the parents and fans for their support!





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## ART CORNER

The Art Studio is currently asking families to save up old or new blank t-shirts for the next school year.

They can be brought to the office or the Art studio once school begins in September.

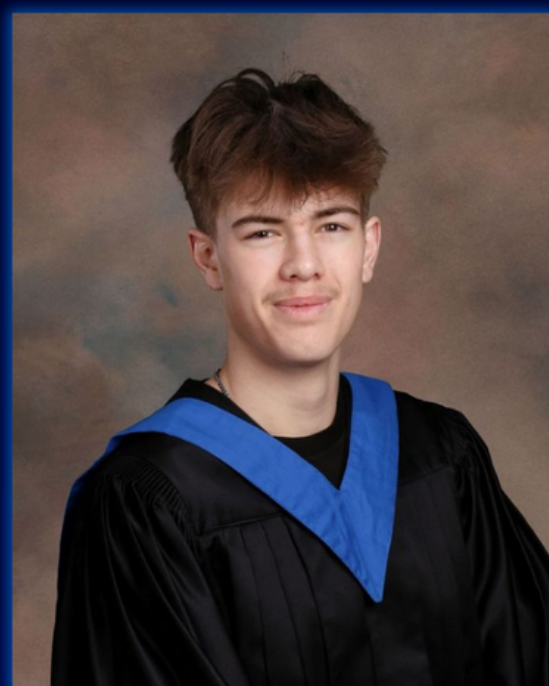
Thank you for all of your donations this year!

Ms. Paley





# Congratulations Graduates



"To accomplish great things we must not  
only act, but also dream; not only plan, but  
also believe." — Anatole France



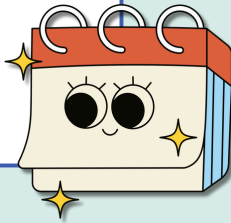
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2025-26 School Calendar

[Click here](#)



## 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 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



## Contact



(780) 622-3742



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foxcreek@ngps.ca

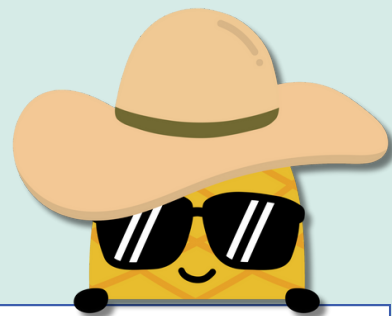
## FOX CREEK CAMPUS LENDING LIBRARY

Are you a current or former NLC student with textbooks collecting dust? The Fox Creek Campus is creating a Lending Library and we need your help! Donate your textbooks so students can borrow them and study on campus without the extra weight. Your donation makes a big difference!

**DONATIONS WILL BE ACCEPTED AT ANYTIME THROUGHOUT THE YEAR, FROM ANY PROGRAM!**

For more information contact  
Courtenay Vink 780-620-0586  
vinkc@northernlakescollege.ca

NORTHERN LAKES COLLEGE  
**CEC**  
COMMUNITY EDUCATION COMMITTEE  
FOX CREEK CAMPUS



<http://>



## Useful Websites

[School Cash](#)

[School Newsletters](#)

[Power School Parent Portal](#)



[School Spirit Shop](#)