

# DICKINSFIELD FLYER

April 2017 "Together We Fly Higher"

"Ensemble Nous Volons Toujours Plus Haut"

Website: <http://dickinsfield.fmpsdschools.ca/>

Facebook: École Dickinsfield School

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## Principal's Message

### Technology and Parenting

Technology is a wonderful tool, but it can certainly lead to problems. All too often it is being used as an electronic babysitter, and in excess, can actually hinder healthy development. The US National Institute of Health recommends that children under age 2 should have no screen time, and that it should be limited to only two hours per day once they are older than two. Despite those warnings, most American children have about 5 to 7 hours of screen a day, including 3 hours a day watching TV or videos. And in the UK, a recent study at the University of London found that more than half of 6-11 month-old toddlers use a touchscreen device on a daily basis (about 9 min./day), rising to 45 minutes a day for about nine out of ten children in the 1-3 year old range.

Too much screen time can make it hard for your child to sleep at night; raise the risk of attention problems, anxiety, and depression; and raise your child's risk of obesity due to the fact that it is a sedentary activity.

But it is not just physical health that is endangered by the technology of today. No search filtering software or tool is perfect. You can filter explicit search results on Google, like pornography, using the SafeSearch setting. To set a parental control in Google settings on smartphones, tablets, or computers, go to <https://www.google.com/preferences>. Under "SafeSearch filters," check the box next to "Turn on SafeSearch.", and at the bottom of the page, select "Save"

SafeSearch isn't 100% accurate, although it helps avoid explicit content, but there are other image search sites that are safe. Popular kids' safe search engines based on Google are KidzSearch, Boolify, KidRex,

Parental control software in combination with these search engines can help to keep children shielded from unsavory sites, but it is still wise to have the computer located in a place where parents can see what's going. Location is key. Good luck, parents!

## Important Information for Parents April/May

April 7: Geography Challenge @ 1:00pm  
April 10 - 17: Spring Break  
April 22: Learning Bridge @ Westwood High School  
April 24: Spring Photos & Kindergarten "Grad" Photos  
April 27: Grade 6 Parent Night at Ecole McTavish Jr/Sr High School  
April 28: Talent Show @ 1:15pm  
April 29: Learning Bridge @ Westwood High School  
May 5: PLF No School & May 19: PLF  
May 8: Networks Meeting @ District Office  
May 10: Girl Power Gr. 5; FLA PAT Gr. 6  
May 11: PAT ELA Gr. 6  
May 18: School Council Meeting @ 6:30pm  
May 30: PAC Meeting

## LATE OR ABSENT PROCEDURE

École Dickinsfield School can be proud of the fact that almost every child is on time each day! Most parents recognize the importance of developing the habit of punctuality when children are young, as preparation for the world of work. Punctuality is important for students as well. If they come late in the morning, students miss key instruction and can fall behind academically. The rest of the class is also impacted when a classmate arrives during the lesson and the teacher has to stop what she has been doing and give instructions to the tardy student.

If your child is going to be late for school, will not be able to attend or if you know of a vacation coming up, it is very important that you contact the School Office.

There are a couple of options:

Call: [780-791-6990](tel:780-791-6990) and press 1 to leave a message for the Attendance Secretary  
Email: [dfabsences@fmprsd.ab.ca](mailto:dfabsences@fmprsd.ab.ca)

The information required when calling or emailing is as follows:

- **Child's first and last name**
- **Child's grade and/or teacher's name**
- **Reason for the late or absence**

When leaving a voice message it is very important that you please speak slowly and clearly.

Your child's safety is of great importance to the school so letting us know when there will be a late or absent is appreciated.





## Talent Show



We are having our Talent Show April 28th, 2017 @ 1:15  
Auditions are held April 6th and 7th! Come prepared!



## Registration Learning Bridge Spring Sessions

Learning Bridge - Spring Sessions- Back by Popular Demand

Fort McMurray Public School District (FMPSD) Learning Bridge is a learning support/tutoring program offered to the students of Fort McMurray Public School District. This program is in response to feedback from community meetings and parent concerns that children may need additional support to increase student success, achievement and bridge learning gaps.

During our Fall and Winter sessions close to 400 students received learning support. We are pleased to be able to offer this program to students of Fort McMurray Public School District.

Here is the Learning Bridge link for parents to learn more:

<http://tinyurl.com/TheLearningBridge>

If parents have any other questions about the registration process, please contact Nancy Ball at District Office.

## Parent Meeting: Parents of Gr. 6 (next year Junior High students)

Parent Meeting: Parents of Gr. 6 (next year Junior High students):

Ecole McTavish will be hosting a Parent Information Night, April 27th, from 7 - 8 pm. Parents can tour the school and hear a presentation about how to register and what Ecole McTavish has to offer. Students will also be able to get a look at the options being offered. It will be a different, more interactive night this year! Ecole McTavish is looking forward to having many parents and future Marauders out!!

## HUB Support Sessions

HUB Parenting sessions:

The HUB in Timberlea will be hosting some awesome Discussion Group nights from 6-8pm on the following dates:

**May 9th** - Hassle-free shopping

**May 16th** - Bedtime routines

**May 23rd** - Dealing with disobedience

**May 30th** - Fighting and aggression

Parents can call either the HUB downtown at [780 791 7110](tel:7807917110) or the hub in Timberlea at [780 743 9225](tel:7807439225) to register - **do it soon, these fill up fast!**

### **Clothing Donations Wanted**

Sometimes children have accidents and end up with wet clothes, or throw up and need a change of clothes. In those cases our office ladies provide pants or tops, etc., if they have the correct sizes on hand. However, we are missing pants and T-shirts in the larger sizes. If your child has outgrown his/her clothes, please keep us in mind. Donations of clean children's clothing in good condition will be gratefully accepted.

### **DFGreen**

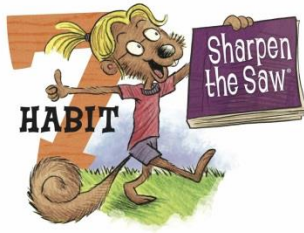
Great green things are happening at our school! Follow it all on [@DFGreenSchool](https://www.instagram.com/DFGreenSchool)  
To see the other green things happening in our district check out [@GreenSceneFMPSD](https://www.instagram.com/GreenSceneFMPSD)

### **Waste Free Lunches**

At Ecole Dickinsfield School we encourage Waste Free Lunches, every day! Reusable water bottles and reusable containers are a great habit. [Learn more here.](#)



## HABIT 7: SHARPEN THE SAW



**Sharpen the Saw** means to have balance in your life. There is a story of a man who was sawing down a tree and not making a lot of progress. When a passerby asked him why he didn't stop sawing to sharpen his saw, he remarked that he was too busy sawing. Habit 7 reminds us that we are more productive when we are in balance – body, brain, heart and soul. Just like the four tires on a car, if one area is being ignored or overused, the rest will feel the results. For young children, the car analogy is one they understand; a car could not go on fewer than all four tires. Explain the four parts of each person (body, brain, heart, and soul) and how important it is to take care of each part to make them all work better.

### Balance Feels Best

I take care of my body by eating right, exercising and getting sleep. I spend time with family and friends. I learn in lots of ways and lots of places, not just at school. I find meaningful ways to help others.

Check out the "Parent's Place" at [www.TheLeaderInMe.org](http://www.TheLeaderInMe.org) for fun ways to bring the habits home.

Suggested titles for young children that reinforce Habit 7:

- *Arthur's TV Trouble* by *Marc Brown*
- *Horton Hatches the Egg* by *Dr. Seuss*

Suggested titles for older children that reinforce Habit 7:

- *The Tortoise and the Hare* by *Janet Stevens*
- *Henry & Mudge in Puddle Trouble* by *Cynthia Rylant*

### Ways to Apply at Home:

Body- eat good foods, play sports and get plenty of rest.

Brain- Read, work on puzzles, watch a documentary or research topics that you enjoy.

Heart- Keep promises, listen, laugh and be honest.

Soul- Volunteer, write in a journal, draw, sing or play an instrument.