



Ecole Dickinsfield School

Together we fly higher

Ensemble nous volons toujours plus haut.

<https://dickinsfield.fmpsdschools.ca/>



A NOTE ABOUT LUNCHES:



- Lunch Drop off table is in the front office. Please label your child's lunch ahead of time with the student's first and last name & class.
- Please be sure to provide your child with a **water bottle** and any **utensils they will need for their lunch**

STUDENT ABSENCES/LATES:



Please notify the office if your child is going to be late or absent by emailing dfabsences@fmps.ab.ca with "absent" or "late" and your child's first and last name in the subject line. **Be sure to state the reason for the absence in the body of the email.** Or call the office @780-791-6990 - press 1 to leave a message on the absence line or press 0 to reach the office during office hours, 8:00am - 4:30pm.

DIVISION (SCHOOL) CALENDAR:

If you would like a copy of the District Calendar please click on the link provided. Includes all the holidays and Friday no school days! [2022-2023 DIVISIONCALENDAR](#)

Principal's Message

January was a period of adaptation at École Dickinsfield as we all were getting accustomed to the new layout of our school, setting our school-wide reading goals, and enjoying some unseasonably warm weather. Students settled back into the routines of school and were so eager to get to work on our school WIG (Wildly Important Goal) of becoming better readers by practicing individualized reading strategies at school and at home. We will be tracking progress and look forward to achieving our goal by the end of June. You can support your child in this endeavour by continuing reading practice at home and asking about his or her work on personal reading strategies. Families can learn more about WIGs through this inspiring [video](#) on a teacher named Rachel who set a personal WIG.

Continuing with our First Nations, Métis, and Inuit teachings, some of our classes attended Indigenous Games at École McTavish and had a blast enjoying games that were, for the most part, new to them. In addition, we were very lucky to send some of our classes to observe the Arctic Winter Games last week. The energy was electric and students really enjoyed this unique opportunity to spectate the northern athletes in action. We even learned that some of our parents were previous medalists at these games. We also have an inspiring bulletin board that showcases former École Dickinsfield students who participated in the games and even won medals. So amazing!

As we begin the month of February, we are celebrating Black History Month. This observance serves as an important reminder of the critical role that guidance and education play in shaping our future leaders. During National Black History Month, we celebrate the contributions and achievements of many, and we encourage all of our students to learn about and appreciate the diversity of our communities. Our teachers have planned lessons and activities that will engage students in meaningful discussions about the role of black history in shaping the past, present, and future. Students have been writing essays, preparing visuals, and will partake in engaging activities throughout the month to support this valuable learning. One example is a read aloud story, '[Howdy, I'm John Ware](#)', by Ayesha Clough that was shared with grade 2, 3 and 4 teachers.

This month, we are also launching a fundraising campaign through DF Cares to support families in need within our community. We hope that our school community will come together to support this important initiative. We will be selling popcorn and frozen yogourt tubes, for 2\$ each, during the week of February 6-10 as pre orders. Additionally, Mme Nicole's 5/6B class will be selling special heart cards with messages students can send to friends or staff. They will be for sale Wednesday, February 8th until Friday February 10th for 1\$ each. All items will be delivered on Valentine's Day. A nice treat for our Flyers!

At month's end, ATA staff will be attending the annual Teachers' Convention in Edmonton to further their professional development and bring new and innovative ideas back to the classroom. We look forward to getting back to this in person event as it is always a great opportunity to network, collaborate, be inspired, and hear about new wonderful ideas. We hope you all enjoy this time off and students use it to rest and recharge.

We have once again needed to postpone our Family Dance that we had planned for February. We will instead have a Spring Fling in April. We will have a sock hop at school for our grade 1-6 students.

Thank you all for your continued support and partnership in education.

DF Leadership Team

Erin Keca, Principal

Leannah Robertson, Vice Principal

IMPORTANT DATES

February

February 8th	- 9:15 am - DFFA Meeting
February 17th	- No School - PLF
February 27th - 28th	- No School - Teacher's Convention

NOTE - Family Dance Postponed until Spring. Stay Tuned for a Spring Fling!

March

March 1st - 3rd	- No School - Teacher's Convention
March 8th	- 9:15am - DFFA Meeting
March 22nd	- 6:30pm - School Council Meeting
March 15th	- School Musical - Rainbow Fish (Keyano Theatre)
March 16th & 29th	- Ski days for grades 5 & 6
March 22nd & 30th	- Ski days for grades 4
March 22nd	- ECDP Open House 5:00pm - 7:00pm
March 23rd	- ECDP Open House 9:00am - 12:00pm
March 23rd	- Tubing day for grade 3
March 29th & 30th	- Student Led Conferences 4:30pm - 7:30pm
March 30th	- Kindergarten Open House 5:00pm - 7:00pm
March 31st	- Kindergarten Open House 9:00am - 12:00pm

EXTRA-CURRICULAR THIS MONTH

- Division II Robotics
 - There will be no robotics from January 30th - February 10th.
 - February 14th - start of after-school robotics for students in the tournament
 - February 14th - start of lunchtime robotics for student who are not in the tournament
- Division I Robotics
 - Mondays & Wednesdays @12:50pm in the Makerspace
- Grade 1 - 6 Drawing Club - Fridays at Lunch (check with Britney)
- Mondays - Lego Club Div I @3:40pm
- Tuesdays - Division I Choir @12:50pm
- Fridays - Division II Art Club @12:30pm
- Grade 5 & 6 Boys Basketball - Mondays & Wednesdays 3:40-4:40 pm
- Grade 5 & 6 Girls Basketball - Tuesdays & Thursdays 3:40-4:40 pm
- Turtle Islanders Club - Tuesdays 10:30 - 11:30 am
- Beading Club - Tuesdays 3:50-4:40 pm (registration closed in January)

The
Leader in Me™ THE LEADER IN ME Habit 4 - Think Win-Win
great happens here

Habit 4: Taking it Home

1. Relationship Balloon

Resources: Make a list of common deposits and withdrawals you hear in a home. Make the last item a big withdrawal. You will need one balloon for each family member.

State: "We make deposits and withdrawals every day in each of our relationships. This is a relationship balloon. I am going to read a list of interactions that are common to families. When you hear something that you think is a deposit, blow air in your balloon. When you hear something that is a withdrawal, let air out of the balloon." Read your list of deposits and withdrawals one at a time. On the last item, the big withdrawal, let go of your balloon, allowing it to fly around the room. Ask: "How would you feel if this really was a day in your life? Why? What did you learn or discover in this activity?"

2. Deposits and Withdrawals

Show the deposits and withdrawals examples on page 40 to your family. Review each item and discuss why it would be a deposit or withdrawal. Emphasize that relationships need consistent and sincere deposits. Withdrawals create low trust relationships. Ask each family member what a deposit and a withdrawal is for them. Listen and validate. Remember, it comes from their point of view.

3. Four Ways of Thinking in Relationships

Describe and explain the four ways of thinking in relationships: Win-Lose, Lose-Win, Lose-Lose, and Win-Win. Break into four groups. Assign a way of thinking to each group. Give groups a few minutes to prepare a skit or role-play a family scenario that shows their assigned way of thinking. If needed, give a specific scenario for all groups to plan their skit around, such as people watching TV together and one person has the remote.

4. Abundance or Scarcity

Enjoy an afternoon in the sun with your family. Go to a park, the beach, or a place where there is plenty of sun. Talk with family members about how wonderful the sun is and how there is enough for everyone. Point out that it doesn't take anything away from the sun whether one or one million people are enjoying it. There is an abundance of sunshine, there is enough for everyone. Like sunshine—or love—think with an abundance paradigm. Think there is plenty for everyone.



APPLE SLICE E-NEWS

Dear Parents/Guardians

Welcome to our APPLE ally school community! APPLE Schools is a health promotion project with the vision of healthy kids in healthy schools. The project is student-centered, evidence-based, and unique in Canada. APPLE Schools works with schools across British Columbia, northern Alberta, Manitoba, and Northwest Territories. It improves thousands of students lives annually by supporting healthy eating, physical activity, and mental health habits.

We are an APPLE ally school

What does an APPLE ally school look like? We empower students to make healthy choices and we work with them to create positive experiences. All healthy initiatives reflect our school's specific needs. Initiatives can include:

- Monthly campaigns
- Wellness challenges
- Movement breaks
- Non-food rewards
- Mental health education
- Healthy classroom celebrations
- Health-focused student leadership opportunities

Research shows that children in APPLE schools demonstrate:

  40% Decrease in chance of obesity.	 Improvements in quality of life, leadership abilities, productivity and learning outcomes.	
  10% More fruits and vegetables eaten.	 Fewer mental health visits to the doctor during adolescence than peers who did not attend an APPLE school in their childhood.	

APPLE Schools does not dictate policy. Each province/territory and school district has its own guidelines and policies that support wellness. APPLE Schools staff work with our school using these existing guidelines and policies to support healthy school environments.

Get Involved

Want to support your child's wellness at home?

- Help establish a regular bedtime routine
- Pack lunch together, and always include a water bottle
- Ensure a healthy balance between screen time and activity time
- Make time for outdoor activities

Learn more about APPLE Schools at appleschools.ca





A MOMENT FOR MENTAL HEALTH

Animal Metaphors for Caring

There are three types of *emotional responses* when it comes to caring.

The Jellyfish (too much emotion)	The Ostrich (too little emotion)	The St. Bernard (The goal)
		
<ul style="list-style-type: none"> - Feels a lot of emotion and conveys a lot of emotion - Struggles to keep own emotions in check - Becomes distressed in response to loved one's distress 	<ul style="list-style-type: none"> - Avoids seeing, thinking, and dealing with emotions - Supports the family using practical strategies 	<ul style="list-style-type: none"> - Responds with calmness, warmth and compassion - Approaches emotion with interest and affirmation

There are also three types of *caregiving styles*.

The Kangaroo	The Rhinoceros	The Dolphin (the goal)
		
<ul style="list-style-type: none"> - Seeks to protect loved ones from both the experience and pain as well as the challenges of life - Tries to prevent pain and works hard to "make everything right" 	<ul style="list-style-type: none"> - Attempts to persuade and convince by argument and confrontation - Frequent use of logic - "Charges" into coercive circles 	<ul style="list-style-type: none"> - Provides gentle guidance, security, and safety - Does not over manage but will take the lead when needed - Offers a balance of caring and control

Beware of 'charging in for change,' like a Rhinoceros, or trying to provide total protection by sheltering your child in a Kangaroo's 'pouch.' Be careful of having your emotional responses on display like a Jellyfish, or ignoring your child's symptoms or behaviours like an Ostrich with its head in the sand.

Behaviourally, try to get beside your child when they are experiencing big emotions or challenges and help guide them in the right direction, like a Dolphin swimming alongside and helping to navigate a ship-wreck survivor through stormy seas. Emotionally, think of yourself as a St. Bernard, calmly tracking out to provide warmth and nurture to your child.

*Please note - some styles of care are not always accessible or possible for people to embody. The Dolphin and St. Bernard are excellent goals, however, so aiming for these types of care is helpful!

GREEN SCHOOLS Bring Your Own Bag

Here is Ms Cochrane wearing 500 single use plastic bags, the amount the average person used in Ft McMurray before the 2010 Bag Ban. Now she uses maybe 20 single use bags per year. Excellent reusable bags do the job. Join in!

- Reduce the amount of pollution in the sourcing and manufacture of bags
- Reduce the amount of plastic in landfill
- Reduce plastic in ditches and gutters, with less impact on wildlife
- A good single use bag can last a decade
- Join in with [Canada's efforts to reduce plastic waste.](#)

We are one of the leading green schools in the city, and inspire others. Every little thing makes a big difference!



ECOLE DICKINSFIELD SCHOOL COUNCIL

Please be advised that there will not be a meeting in February for the School Council. Looking forward to seeing you at the next meeting in March.



Dickinsfield Flyers Fundraising Association (DFFA)

Next Meeting: Wednesday February 8th @9:15am

You know the whole Christmas/charity bazaar? That fieldtrip your child went on and you didn't need to pay anything for busses? The Chromebook your child uses at school? Hot lunch program we all love? The new books your child's teacher added to their classroom library? That is us! If you love these programs and support that we offer to the school, come check out a meeting! See how you can get involved or just learn a little more about what we do.

Upcoming Fundraisers/Events:

M&M Food Market April 1st & 2nd - Shop M&M Food Market in Thickwood and before you pay, say you are shopping for the DFFA. With no extra cost to you a portion of your sale will be donated back to the DFFA to benefit Ecole Dickinsfield.

Ongoing Fundraisers:

Hot Lunch Program – Place your orders the month before and don't pack your kids lunches Wednesday and Thursdays, let us bring them a hot lunch from a local restaurant!

Sign up and place your hot lunch orders here [Hot Lunches- Ecole Dickinsfield School](#)

This program is entirely volunteer run! If you're able to help out please check out available shifts. Volunteer sign up here [DFFA: Lunch ProgramVolunteers 2022/23 \(signupgenius.com\)](#)



Tired of losing mittens and hats? Oliver's Labels is where you can order labels and other personalized items through the link below. Get your clothing stickers with last name and phone number now before you lose your nice winter gloves/mittens!

<http://www.oliverslabels.com/Dickinsfield>

Upcoming Meetings:

Our next regular meeting is Wednesday February 8th at 9:15 am. All parents and guardians are invited to attend our meetings. This will be a hybrid meeting so if you would like to join us in person, we will be at the school in the maker space room. If you would prefer to join virtually contact us at thedffa@gmail.com for the meeting link and info.

Like and follow us on [Facebook](#) to learn more, get involved and stay up to date on fundraising events at your child's school – Dickinsfield Flyers Fundraising Association.

**A CELEBRATION
OF NATIONS!**

There's something for
the whole family to enjoy!

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FASHION

BALLOON ANIMALS

FACEPAINTING

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...and more!

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MULTICULTURAL
EXPO**



Purchase your tickets today at
bit.ly/MCAEXPO2023-tickets

INDIVIDUAL - \$5

GROUP OF 5 - \$20



FEBRUARY 11, 2023

MACDONALD ISLAND PARK

11AM - 6PM



[Multicultural EXPO 2023 Tickets](#)