

## School Hours

8:40 - Doors open for  
Staggered entry for K-6  
9:00 - Start

Staggered Recess &  
Snack  
10:25- 10:55

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Staggered Recess &  
Lunch  
12:16 - 12:35  
12:35 - 12:54

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3:30 - 3:40:  
Staggered Dismissal

## ECDP/Kindergarten

AM ECDP Start: 9:05

AM ECDP & K End:  
11:46

PM ECDP & K:  
12:53 - 3:30



**A reminder to parents/guardians:** It is mandatory to wear a mask if you are entering the building for an appointment or to visit the office. Parents/guardians are also encouraged to wear masks when dropping off and picking up students.



## Contact Info

780.791.6990

[erin.keca@fmpsds.ab.ca](mailto:erin.keca@fmpsds.ab.ca)

## A note about lunches:

- Lunch Drop off table is in the front office. Pen NOT provided - please label ahead of time with student first and last name, class, and teacher
- 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 calling 780-791-6990 or emailing [dfabsences@fmpsds.ab.ca](mailto:dfabsences@fmpsds.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 with a list of symptoms if sick.**



## A Message From Administration

Dear Ecole Dickinsfield Families,

*lest we forget*



This is such an interesting year full of firsts. We had our first Virtual parent teacher interviews along with our first Virtual Halloween parade last month. Though there were a couple of hiccups, the interviews were generally well received by teachers, students and parents. The parade was a wonderful way to showcase all of our student's costumes, and it just might become a yearly tradition as many kids and teachers felt they were able to see costumes so much better than when we are all in the gym. Besides, it gave the principals an opportunity to dance and act silly as we moved from class to class. This month, we will be having a Virtual Remembrance Day assembly where we honour Canadian Veterans and all the important sacrifices and contributions they have made to secure our freedom.

We are excited to announce that Suncor Canada is gifting our school with a teepee. On November 6th we will have a small ceremony with a few dignitaries to mark the occasion. Several of our students will be present as Elder Keepers and to perform as Drum Dancers. Stay tuned to our social media for pictures and updates



At the end of this month, families will be receiving Term 1 report cards. We recognize that this year, students are not where we might have previously expected them to be. Even for students who actively engaged in online learning last spring, there are gaps in learning. Teachers are working hard to close these gaps, but this will take time. We are living in historical times and the fact that students are learning, improving, safe, and healthy is paramount. The objective is to take our students from where they currently are in their learning to as far as we can get them. This may mean that they spend the whole school year approaching grade level, and we want parents to understand that this is OK and to be expected. All staff at École Dickinsfield will continue to work hard to meet all student learning needs and ensure that every child is progressing.



Lastly, Dr. Hinshaw released new guidelines for children under 18. We are reviewing these guidelines and will be sending updates to our families. For now, please use this new [COVID Alberta Health Daily Checklist \(for Children Under 18\)](#) to screen children in the morning. We hope to have some easy to follow visuals for families soon. Remember that flu season is upon us and appropriate outdoor winter clothing is needed for break times.

Happy November everyone. Take care and stay safe!

### DF Administrative Team

*Erin Keca, Principal*

*Leannah Robertson, Vice Principal*

*Erin Andrews, Vice Principal*



## 2020 - 2021 School Staff - Revised

### In The Office

**Principal:** Erin Keca  
**Vice Principal:** Leannah Robertson  
**Vice Principal:** Erin Andrews  
**Head Secretary:** Deanna Reid-Boostrom  
**Student Services Secretary:** Kitty Roberts  
**Bussing & Attendance Secretary:** Tammy Johnson  
**Librarian:** Patti Gidge

### In Classrooms

#### English

**ECDP & Kindergarten:** Michelle Elliott  
**Grade 1K:** Lise DeLafranier  
**Grade 1/2L:** Bev Waldner  
**Grade 2K:** Cheryl MacDonald  
**Grade 3K:** Kitty Cochrane  
**Grade 3L:** Pam Wellman  
**Grade 4L:** Victoria Enwood  
**Grade 4/5K & PEAK:** Bob Niven  
**Grade 5/6L:** Kristy Fitzherbert  
**Grade 6K:** Andrea Harding

#### French Immersion

**ECDP A:** Zouhour Selmi  
**KA, KB & ECDP B:** Diana Anthony , **KC:** Erin Andrews  
**1A:** Samantha Descanzo, **1B:** Erin Sampson & **1/2D:** Line Landry  
**2A:** Caitlin Quilty, **2/3B:** Katelyn Sipila, **2C:** Chantalle Cloutier  
**3A:** Naoual Mrizig, **3C:** Marie-Elaine Drolet  
**4B:** Ashley Barnes, **4/5C:** Ariana Mancini, **5A:** Nicole Arseneau  
**6A:** Erika Kennedy & **5/6B:** Jenni Burke

**Literacy:** Kim Gartenburg

**Music:** Rosalee Warner

**Physical Education:** Joel Arseneau

**LAC:** Alexandra Parsons & Kim Gartenburg

**Counsellor:** Tyler Chaisson

**Indigenous Studies Teacher:** Julia McDougall

**Educational Assistants:** Nicole Blais, Gwen Britch, Kristen Fudge, Hailey Kiyan, Sophie Langlais, Kendra Morrison, Fabiola Paossi, Tracey Power, Rhonda Smith, Sheila Thorne, Angela Urchyshyn

**Custodians:** Thelma Hannaford, Kelly Elliott, Joanne White, Sherie Smith



## Begin with the end in mind at École Dickinsfield

### November

- 9th - Picture Retake Day - 9:15am - 10:30am
- 10th - DFFA Meeting @ 9:15 am
- 11th - Remembrance Day (No School)
- 16th - Rock your Mocs Day & Métis Week
- 18th - School Council Meeting @6:30 pm
- 20th - PLF - no school for students
- 23rd - Day in Lieu for PTIs - no school
- 27th - Term 1 Report Cards go home

### December

- 4th - PLF - no school for students
- 18th - PLF - no school for students
- 19th - Jan 3rd - Christmas Break - School resumes January 4th

## School Council

### Meeting

November 18th @6:30pm

Online using

Google Meet

Email

[dickinsfieldschoolcouncil@gmail.com](mailto:dickinsfieldschoolcouncil@gmail.com)  
for the meeting link.

School Council meets once per month with members of school administration (principal and vice-principals) to learn about and discuss issues relevant to the school, students and parents/guardians. Everyone with a child attending École Dickinsfield School is an automatic member of the School Council. Our meetings are a great opportunity to find out what is happening at the school and in the school district, as well as, interact and discuss with other parents/guardians and school staff.

Our School Council meetings are a great way to learn about events that are taking place at school, and in the school district. If you missed the meeting and would like to learn more, please go to the school website to view our past meetings or read the meeting minutes.

Please feel welcome to email any questions or topics you would like to be discussed at our next meeting to us at [dickinsfieldschoolcouncil@gmail.com](mailto:dickinsfieldschoolcouncil@gmail.com). Of course, you are also welcome to bring your questions to the meeting! Please remember that we focus on the entire school community at our meetings and that individual issues cannot be addressed during our meetings.

### Next School Council meeting:

Wednesday November 18th @6:30pm

Online via Google Meet

Please email: [dickinsfieldschoolcouncil@gmail.com](mailto:dickinsfieldschoolcouncil@gmail.com) to receive the meeting login info.





## Welcome Julia McDougall



We are pleased to welcome Elder Julia McDougall to our École Dickinsfield team. Ms. McDougall, is a member of the Mikisew Cree First Nation, born in Fort Chipewyan. She grew up on her family's trap line in Wood Buffalo National Park. Julia has been a part of our Fort McMurray community since 1975. She has worked and volunteered in many community events, most notably, the Regional Aboriginal Recognition Awards, and the Traditional Celebration of Achievements. She has recently become a member of the Education Committee of the 2022 Arctic Winter Games. Julia is currently working with the Fort McMurray Public School Division as an Indigenous Student Services Cultural Teacher.

Julia has been visiting classes and getting to know our students and staff on Wednesday and Thursday afternoons. She will be supporting teachers in delivering First Nations, Métis and Inuit teachings and working closely with First Nations, Métis and Inuit students in our school.

## DFFA

### Meeting

November 10th @9:15  
am

Online using  
Google Meet  
Email

[dickinsfieldparents@gmail.com](mailto:dickinsfieldparents@gmail.com)  
for the meeting link.



## Dickinsfield Flyers Fundraising Association (DFFA)

DFFA would like to send out a huge **THANK YOU** to all our volunteers that took time out of their day to help us make our Casino a success last month.

We have seen many changes so far this year with the way things will run during the 2020/21 school year and that is no different for our DFFA. While DFFA is still very committed to supporting our Dickinsfield staff and students through our fundraising options this year we are unable to host many of our favourite events. We do however have 2 new wonderful fundraisers that we are running, find the links and information below.

"**Oliver's labels**" for all your label needs - to view the large assortment of personalized labels they have to offer go to

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

"**FlipGive**" - FlipGive allows you to support our Dickinsfield Flyers just by shopping online at your favourite stores. Join our FlipGive team now by clicking this link; [https://flipgive.app.link/teams/join?fundraiser\\_name=Ecole%20Dickinsfield&joincode=PFGKBC](https://flipgive.app.link/teams/join?fundraiser_name=Ecole%20Dickinsfield&joincode=PFGKBC) If you are prompted for a join code, enter this code **PFGKBC**

Remember to use FlipGive before you shop online so we'll earn cash back - make a purchase within the first 14 days of joining and we'll receive an additional bonus!

**Join us virtually for our next DFFA meeting November 10, 2020 at 9:30am.**

**Email us at the address below for the meeting link.**

If you have any questions or concerns please reach out to your DFFA board at  
[dickinsfieldparents@gmail.com](mailto:dickinsfieldparents@gmail.com)





## APPLE NEWS

### Grocery Store Fun!



### 6 reasons to take your kids grocery shopping with you! :)

1. To find **letters/numbers/words** your child is working on.
2. To learn about **money/counting**.
3. Practice **social skills** - chat with your child about different foods you are buying!
4. Encourages **healthy eating** - involve your child in choosing healthy foods for them to eat at home or take in their lunches.
5. To learn about **different types of food** - talk with your child about trying something new!
6. **It's fun!** It is a great opportunity to have time with your child and talk to them about their day.

**HAPPY SHOPPING!!! :)**



### Hot Lunch & Breakfast Club

Hot lunch is on hold for the time being until school administration and the DFFA can come up with a way that hot lunch can be provided safely and that follows AHS guidelines. Classes have been stocked with breakfast items so that students who have not eaten can eat in their classroom before school.



### Christmas Concerts - Going Digital

We didn't want this year's Christmas concerts to not happen, so we have decided to pre-record performances and put them together for families to enjoy digitally. More details to come, however, parents will be notified of the date the performance is being recorded so that students can still be dressed in their best. There will be no singing performances, rather, all students will do some sort of instrument or rhythm performance.



## The Leader in Me at École Dickinsfield

### Habit 2, Keep The End In Mind

What are your goals? Can you clearly state them? Goals can be profound, such as knowing the purpose of your life, and having a mission statement. Or they can be small, such as getting the laundry and a phone call done today. Having clear goals helps us focus our time and energy on what is most important to us. Having clear common goals can also help in confusing or frustrating situations, and can help provide a clear path. Kids need to be taught this really important skill too.



#### Leader In Me At Home:

1. Create a family mission statement. What is your family all about? Here's a ["how to"](#)
2. Include your child in setting family goals.
3. Use the words, "What is the end in mind?" and "What is our goal?" throughout the day.
4. Help your child set short term, achievable goals and celebrate their accomplishment.
5. Write them, put them up for all to see. Keep the words short and simple.
6. Model goal setting.

For more information on The Leader In Me, [click here](#).



**Shop now and support Dickinsfield Flyers Fundraising Association**  
[www.oliverslabels.com/Dickinsfield](http://www.oliverslabels.com/Dickinsfield)

20% of your purchase will support our fundraising efforts! (excluding gift cards)



## A MOMENT FOR MENTAL HEALTH

### Mindfulness

Mindfulness is a way of paying attention to our thoughts, kindly and without judgement. When we are mindful, we begin to notice that although our thoughts often seem like the truth, they are really just thoughts, and we don't always have to follow where they lead. As with any skill, it takes regular practice to make mindfulness a habit, but the rewards are huge; protection from anxiety and depression, improved memory and attention, greater levels of happiness and many more.

We can begin at any time, just by gently noticing our thoughts and feelings. As parents and carers, we can help by talking about what is in our minds (and children seem to find this more natural than we do). Here are some ideas to try with your child if you would like to experiment with being more mindful at home.

#### **1. Every now and then, take a moment to notice what is going on in your head, heart and body.**

You can sit down and close your eyes to do this, or you can do it while you are cleaning your teeth or taking a walk - anything which doesn't require too much concentration! All you have to do is notice your thoughts and feelings in a way which is kind and accepting.

Is your mind clear and blue, or stormy and crackly? Are there lots of thoughts fizzing about in there, or is it moving slowly?

Have your thoughts been like that all day or have they just changed? Whatever you find is fine. Isn't it amazing how different thoughts can be?

#### **2. Notice any fluffy cloud thoughts.**

Humans have evolved to notice the negative more than the positive. This keeps us safe in many ways, but it also means our good thoughts tend to drift off without us even noticing them. This is a shame, because positive feelings aren't just nice, they are good for our health and our relationships.

So when you notice a positive thought, pay attention to it. Where did it come from? How does it make you feel? Watch those feelings travel around your body and let yourself enjoy them.

#### **3. Notice any raincloud thoughts.**

We all have more difficult thoughts from time to time. If we try to ignore or "solve" them, they can expand and become overwhelming. Instead of diving into a raincloud thought, begin by noticing it is there. Is it a big, dark thought, or just a small gray one? Have you seen it before, or is it new? What sort of feelings does it bring with it? Remember that this thought won't be here forever.

We don't have the power to banish our children's raincloud thoughts, but we can let them know that sadness comes and goes, that they are stronger than they think, and that, no matter what, we love them.



Together we fly higher.  
Ensemble nous volons toujours plus haut.  
<https://dickinsfield.fmpsdschools.ca/>



## PEAK Hockey



Fort McMurray Public School Division is pleased to offer the PEAK Athletic Academy - a passion-based learning model that allows students athletes to combine their passion for sports within an academic setting. The "peak" is the focus on students striving to be at the top of their athletic, academic, and leadership potential.

PEAK hockey is offered at École Dickinsfield School for grades 3-6. Join Coaches Tom Keca and Bob Niven to learn the skills needed to enjoy and excel at hockey! For more information or to register, please contact:

**Mrs. Krista Butz** - [krista.butz@fmps.ab.ca](mailto:krista.butz@fmps.ab.ca)  
*Program Assistant/Secretary PEAK Athletic Academy*

### GREEN SCHOOL



### Ecole Dickinsfield is Green!

*We are one of the leading green schools in the city, and inspire others.*

**Waste Free Lunches:** Waste Free Lunches are so easy. Reusable water bottles and containers mean we have so much less garbage now. As an Apple School we also encourage healthy eating, and healthy food often comes with little or no packaging. Check out our video on [Waste Free Lunches](#).

### Parent Contact Information



This year, more than any other, it is EXTREMELY important that we have the most up to date demographic and medical information for all our students. We are asking that parents remember to contact the school only if there is a change in parent phone numbers, emergency contacts (adding or removing them or updating their phone numbers) and any new medical information since this current year's registration forms were completed.

To update any of the above information, please email Mrs. Kitty Roberts:  
[kitty.roberts@fmps.ab.ca](mailto:kitty.roberts@fmps.ab.ca)