

The Flyers Express

École Dickinsfield School

Together we fly higher.

Ensemble nous volons toujours plus haut.

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



September 2020

School Hours

8:40 - Doors open for
Staggered entry for K-6
9:00 - Start
10:27- 10:57 - Recess &
Snack

1K, 1A, 1B, 2K, 1/2L
3A, 3L, 3B, 4L, 4/5K,
5/6L 6A, 6B, 6K
12:25 - 12:44 - recess
12:44 - 1:03 - eating

1C, 2A, 2B, 2C 3C, 3K
4A, 4B 5A, 5B
12:25 - 12:44 - eating
12:44 - 1:03 - recess

2:30 - DPA
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

Contact Info

780.791.6990

erin.keca@fmps.ab.ca

WELCOME
BACK
to
School

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.



A note about lunches:

- Lunch Drop off table is at the front doors. Pen NOT provided - please label ahead of time with student name, class, and teacher
- Please be sure to provide your child with a **water bottle** and any **utensils they will need for their lunch**

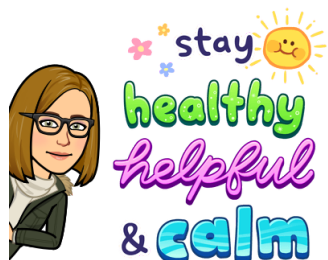
Student Absences

Please notify the office if your child is going to be late or absent by calling or emailing dfabsences@fmps.ab.ca with "absent" and your child's name in the subject line. Be sure to state the reason for the absence in the body of the email.

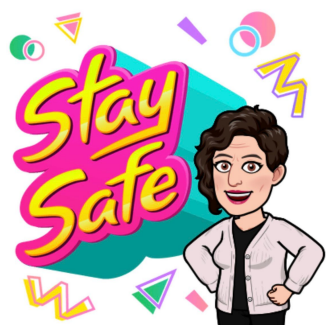


A Message From Administration

Welcome to all our new and returning École Dickinsfield School Families:



We were so excited to see all of our students and their families this last couple of weeks. Amid the recent uncertainty and long absence from school, we are confident about the wonderful year we will have together. We will work to build relationships and connect with our students and families in the coming days and weeks. Rest assured that our school will adhere to all recommended safety protocols while bridging learning gaps, and focusing on new curricula.



Though much of our staff remains unchanged from last year, we have a few position changes, and some new faces. We would like to welcome our two new Vice Principals, Leannah Robertson and Erin Andrews. These two amazing ladies bring a wealth of knowledge and experience to their roles and will be a tremendous asset to our team. We are also excited to have a new counsellor join our team. Mr. Tyler Chaisson has been teaching in our school division for more than 10 years, and spent the last couple of years getting his Masters of Counselling. We know he will be a great support to our students. In our instructional staff, we welcome Mme Caitlin Quilty to our French Immersion team. Mme Quilty joins us from Ecole McTavish, where she has been teaching junior high students for a number of years. She's already fitting in with our DF family. Ms. Shania rounds out our Educational Assistant team and will do an amazing job supporting students. Finally, Ms. Sherie joins us as our daytime custodian, ensuring that high touch points are cleaned regularly.



We would like to thank parents for being diligent about screening your children for symptoms every morning using the [Government of Alberta's COVID-19 Screening Questionnaire](#). This helps reduce the risk for everyone in the school. We understand that keeping a child home for a runny nose is inconvenient and might seem silly, but it is one of the [5 symptoms](#) that legally require an Albertan to stay home. As we have emphasized with staff, this is not a permanent expectation, rather, it is what we need to do for now to keep schools open and operational. Please be sure to refer to our [Dickinsfield Operational Procedures for Re-entry](#) for any questions about safety protocols. There are also Government of Alberta documents that are helpful for families that can be found [HERE](#).

If you have any questions or concerns, do not hesitate to contact us at the school at 780.791.6990.

All the best,

DF Administrative Team

Erin Keca, Principal

Leannah Robertson, Vice Principal

Erin Andrews, Vice Principal



2020 - 2021 School Staff

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: Rachelle Koulibaly
Kindergarten: Diana Anthony & Erin Andrews
Grade 1: Samantha Descanzo, Erin Sampson & Line Landry
Grade 2: Caitlin Quilty, Katelyn Sipila, Chantalle Cloutier
Grade 3: Naoual Mrizig, Zouhour Selmi, Marie-Elaine Drolet
Grade 4: Laure-Anne Boily-Tremblay, Ashley Barnes
Grade 5: Nicole Arseneau & Ariana Mancini
Grade 6: Erika Kennedy & Jenni Burke
Literacy: Kim Gartenburg
Music: Rosalee Warner
Physical Education: Joel Arseneau
LAC: Alexandra Parsons & Kim Gartenburg
Counselor: Tyler Chaisson
Educational Assistants: Nicole Blais, Kristen Fudge, Hailey Kiyan, Sophie Langlais, Shania Miersch, Kendra Morrison, Fabiola Paossi, Tracey Power, Sheila Thorne, Angela Urchyshyn
Custodians: Thelma Hannaford, Kelly Elliott, Joanne White, Sherie Smith



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@fmpsd.ab.ca

School Council

Meeting
September 16th
@6:30pm
Online using
Google Meet
Email

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 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.

At our September meeting, we will meet some of our new staff and review COVID protocols. If you have questions for members of administration regarding COVID protocols, or other school matters, please email School Council at dickinsfieldschoolcouncil@gmail.com ahead of the meeting to ensure your concerns can be adequately addressed. 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.

We look forward to meeting you. Come join the discussion!

DICKINSFIELD FLYERS FUNDRAISING ASSOCIATION

NOTICE OF ANNUAL GENERAL MEETING

Tuesday, September 22nd, 2020 - 9:30 am
Meeting will be hosted via Google Meet.

Agenda and meeting link to follow; please RSVP your attendance to
dickinsfieldparents@gmail.com



The DFFA is a registered society that provides support to students and staff through fundraising activities.

DFFA consists of an elected board; please be advised that only registered members will be permitted to vote at the AGM.

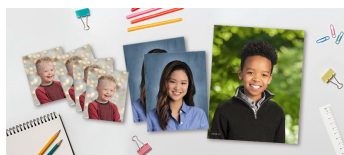


The
LeaderinMe™
great happens here



Our school is honoured to be a Leader In Me Lighthouse School. Since 2011, we have embraced the Leader In Me program, which teaches the 7 Habits Of Highly Effective People in kid-friendly and family-friendly ways. Through this program, we have found students becoming the leaders of their own behaviour and their own learning. They learn the power of being proactive, and they learn how to set goals and track their efforts through to success. By learning how to effectively listen to each other and synergize, kids and families learn the skills to effectively navigate small and large challenges. Students become empowered by having important leadership roles that truly help our school and their families function at a higher level. Our staff embraces the Habits as well as we work together as a team to bring the best education possible for your child. We welcome you to join us in this inspiring journey! For more information please check out our [website](#).

PICTURE DAY - September 22nd



The tradition of taking school pictures will look a bit different this year but Lifetouch is confident they can provide families with the pictures parents value and schools with the images required for safety, security and recognition in a way that meets the guidelines set out by both the government and our school division. For more information, visit the Lifetouch website: <https://lifetouch.com/newpicturedayexperience/>



CHEQ Questionnaire for Kindergarten

The CHEQ is an innovative way to capture and report on children's experiences in their early environments. The CHEQ focuses on experiences in specific areas of development that are strongly linked to children's health and well-being, education and social outcomes. Information reported by parents and caregivers on the CHEQ helps communities understand how to support children and families prior to Kindergarten; it also helps schools with individual, classroom and school level planning. You can find more information [here](#).

We are asking Kindergarten families to fill out the Childhood Experiences Questionnaire (CHEQ) in our school gym on a sign up basis Monday, September 14 to Thursday, September 17. You can sign up for a half hour time slot [here](#); the survey will take about 20 minutes. If you have any questions regarding the process or questionnaire itself, please do not hesitate to contact our school office.

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.





APPLE NEWS

Dear Parents or Guardians:

Welcome to our APPLE 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 74 schools across British Columbia, northern Alberta, Manitoba, and the Northwest Territories. It improves more than 20,000 students' lives annually by supporting healthy eating, physical activity, and mental health habits.

WE ARE AN APPLE SCHOOL

What does an APPLE School look like? We empower students to make healthy choices and 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
- Student leadership opportunities with a health focus

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.

Please note that we are not the broccoli police! We do not dictate what is allowed to go in students' own personal lunches. We are here to promote healthy lifestyles and to ensure that you as parents can trust us to support your children's health and wellness at school.

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



Orange Shirt Day 2020



Orange Shirt Day is an event, which was created in 2013, to educate and promote awareness in Canada about the Indian Residential School system and the impact it has had on Indigenous communities for over a century— an impact that continues today.

We will recognize this day by wearing orange shirts. Interested families can order Orange Shirt Day t-shirts or other merchandise here:

<https://orangeshirtday.net/en/cad/category>

RECOMMENDED ORDER DEADLINES FOR SEPTEMBER 30th DELIVERY

Alberta September 23, 2020

**September 30th
Every Child Matters**



Shop now and support Dickinsfield Flyers Fundraising Association

www.oliverslabels.com/Dickinsfield

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

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.

PASSION EXCELLENCE ATTITUDE KNOWLEDGE

PEAK's founding philosophy was built around achieving a balance between academics, leadership and sport skill development. Too often, there is a great deal of pressure on young competitive athletes to balance their academic studies with their community team commitments and extracurricular activities, along with other responsibilities in their young lives. This rigorous schedule can often result in these students experiencing varying degrees of difficulty completing their academic studies. Our PEAK Academy focuses on promoting students as athletes and providing the academic and leadership development to support success in sports.

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@fmpsd.ab.ca

Program Assistant/Secretary PEAK Athletic Academy



TIPS TO SUPPORT MENTAL WELLNESS DURING THE RETURN TO SCHOOL

Tip #1 Remember the 3 A's

Accept that things may be uncertain for a while, and may constantly change.

Acknowledge what you are feeling and do not try to bury the emotion. Facing these feelings head-on is less draining and less time-consuming than trying to hide or bury these feelings.

Assess for extreme changes in yours or your child's behaviours and moods. If you notice these changes, please do not hesitate to contact me for help and direction

Tip #2 Highlight things that are still within your child's control

Focus on the things that your child has control over right now, as opposed to focusing on what is not in anyone's control. This will help you and your child feel less helpless and discouraged. Simple choices like what to wear, what to eat for breakfast, and what to pack for lunch are some of the choices your child may wish to make.

Tip #3 Routine

Try to maintain a schedule that is easy to follow. This may be a big adjustment for many families. Try to set regular bedtimes, wake times, and meal schedules. Try to also limit the amount of structured activities outside of the school day. It may be a good idea to schedule some downtime for your family each day. Limiting demands and being together without tasks is a great way to reduce stress.

Tip #4 Encourage Questions-Communicate

Talk about the return to school, and ask if your child is feeling nervous. Be honest about any concerns you may have, and allow them to express their concerns. Offer reassurance that you and other trusting adults are, and will be available to help when needed. Remind your child of the positives of returning to school, like seeing friends. Let them know they are supported and safe, at home and at school. (See conversation starters on the next page)

Tip #5 Take care of YOU

You have been juggling many different things for several months. It is important to remember that practicing self-care in these times of uncertainty will help you and your child cope in the days and months ahead. It is like the classic airplane announcement, reminding you to put on your own mask before assisting others. Taking even 5-10 minutes per day to do something that will make you happy can improve the way you react to, and deal with stress. (See self care ideas on the next page)

BE COMPASSIONATE TO YOURSELF. YOU ARE DOING YOUR BEST.

Simple Self Care Activities

- Spend time in nature.
- Challenge negative thoughts by using positive self-talk.
- Get plenty of sleep and rest.



- Try new things.
- Participate in activities you are passionate about.
- Give your body the nutrition it needs.
- Journal or write down thoughts/feelings.
- Take a hot bath.
- Exercise.
- Listen to your favourite music.

Conversation Starters

- Who are you looking forward to seeing at school?
- What is one thing you are hoping to do during this school year?
- How are you feeling about going back to school?
- How can I help you feel comfortable about going back to school?

Begin with the end in mind at Ecole Dickinsfield

September

14th - 17th → CHEQ Questionnaire for French & English Kindergarten parents

16th → 6:30 pm Virtual School Council Meeting

18th → No school for students (PLF for staff)

21st - 25th → Terry Fox Week



**THE TERRY FOX
FOUNDATION**

Ecole Dickinsfield School is proud to take part in this year's 40th Anniversary of Terry Fox's Marathon of Hope. Please help show your support by donating to:

<http://www.terryfox.ca/EcoleDickinsfieldSchoolFortMcMurray>.

Students can even get involved too by creating their own fundraising page under their school name: <https://terryfox.org/schoolrun/students/>. Thank you for your supporting our school in the fight against cancer and continuing Terry's legacy! #terryfoxschoolrun @terryfoxfoundation

21st → PEAK hockey begins

22nd → Picture Day

9:15 am DFFA meeting

30th → Orange Shirt Day

October

2nd → No school for students (PLF for staff)

12th → Happy Thanksgiving (no school)

November

9th → Picture Retake Day

11th → Remembrance Day (no school)



Stay at Home Guide

When do I keep my child home?

It's confusing. When should I keep my child home?

The new public health measures for COVID-19 mean students and staff who are showing any signs of illness, must stay home from school. To simplify the 'should I keep my child home' and 'how long does my child need to stay home' process, we've created a visual guide to help you understand how our schools are making decisions around managing student illness.

My child is sick. How long do they need to stay home for?

Core COVID Symptoms	Other Symptoms
<ul style="list-style-type: none"> ● Fever (above 38°C or 100.4°F) ● Cough (new cough or worsening chronic cough) ● Shortness of breath or difficulty breathing (new or worsening) ● Runny nose ● Sore throat 	<ul style="list-style-type: none"> ● Chills ● Painful swallowing ● Stuffy nose ● Headache ● Muscle or joint aches ● Feeling unwell, fatigue or severe exhaustion ● Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite) ● Loss of sense of smell or taste ● Conjunctivitis (pink eye)
<h4><i>This is my child. Now what?</i></h4> <p>If your child has one of the core COVID symptoms, they must do the following before returning to school:</p> <ol style="list-style-type: none"> 1) Receive a negative COVID test result and no longer be presenting any symptoms, or 2) Stay home for a minimum 10 days (or longer if they still have symptoms). 	<h4><i>This is my child. Now what?</i></h4> <p>If your child has one of the 'other' illness symptoms, they must do the following:</p> <ol style="list-style-type: none"> 1) A COVID test is recommended, but not required. The sick person must stay home and minimize contact with others until feeling better. 2) Before returning to school, the sick person must be completely free of all illness symptoms. No student with symptoms will be allowed at school.
<h4><i>How do I get my child tested?</i></h4> <p>If your child has one or more of the 'core' symptoms we strongly encourage booking them a COVID test. This will speed up the return to school process, as the turn-around times for testing are faster than the required 10 day isolation period.</p> <p><i>No official document is required for 'proof' of a negative test result.</i></p> <p><i>In a family with more than one child, only the sick child is required to isolate and be tested.</i></p>	<h4>What does it mean to stay home and self-isolate?</h4> <p>www.alberta.ca/isolation.aspx</p> <h4>Take the COVID-19 self-assessment test and book an appointment:</h4> <p>https://myhealth.alberta.ca/Journey/-COVID-19/Pages/COVID-Self-Assessment.aspx</p>

Information for the creation of this document was taken from: COVID-19 in School (K-12) Settings, Symptoms and Testing. Retrieved on Sept 4, 2020 from: <https://www.alberta.ca/covid-19-testing-in-alberta.aspx>

Learn more by visiting our website: fmpsdschools.ca