



# The Flyers Express

École Dickinsfield School

Together we fly higher.

Ensemble nous volons toujours plus haut.

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



February 2021

## School Hours

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

Staggered Recess &  
Snack

10:25- 10:55

Staggered Recess &  
Lunch

12:16 - 12:35

12:35 - 12:54

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

**ACTION CALENDAR: FRIENDLY FEBRUARY 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Send someone a message to say how much they mean to you	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone else	4 Organise a virtual 'tea break' with colleagues or friends	5 Show an active interest by asking questions when talking to others	6 Get back in touch with an old friend you've not seen for a while	7 Make an effort to have a friendly chat with a neighbour
8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for the good in people, even when they frustrate you	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Send a friendly message of support to a local business	14 Tell your loved ones why they are special to you
15 Smile at the people you see and brighten their day	16 Check in on someone who may be struggling and offer to help	17 Respond kindly to everyone you talk to today, including yourself	18 Appreciate the good qualities of someone in your life	19 Share a video or message you find inspiring or helpful	20 Make a plan to connect with others and do something fun	21 Actively listen to what people say, without judging them
22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about their strengths that you value most	25 Thank three people you feel grateful to and tell them why	26 Give positive comments to as many people as possible today	27 Call a friend to catch up and really listen to them	28 Make uninterrupted time for your loved ones

"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain

"The only way to have a friend is to be one" - Ralph Waldo Emerson

Click [here](#) for a full page printable version of this calendar from [ActionForHappiness.org](http://ActionForHappiness.org)  
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 in the front office. Pen NOT provided - please label your child's lunch ahead of time with the student's 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,



February brings more sunshine and longer days, helping to lift our spirits. At École Dickinsfield, we would like to encourage all of our families and students to do a little more to reach out and show kindness to others. We happened upon the website [actionforhappiness.org](http://actionforhappiness.org) where they had a Friendly February calendar. This calendar, pictured on the front of our newsletter, has great ideas for spreading kindness to those around us. Please feel free to click on the link below the calendar on the front page, which will take you to a larger version of the calendar to print. Enjoy spreading kindness as a family all month long!



Our school division recognizes Pink Shirt Day on February 19th this year, instead of February 24th, the day it is recognized in other places in Canada. This is because we have no school due to Teachers' Convention on the 24th. For those who are new to this day, Pink Shirt Day began in 2007 when a student in Nova Scotia was bullied for wearing a pink shirt to school. It has since been recognized annually worldwide as a day to stand against bullying. Bullying is a form of aggression where there is a power imbalance; the person doing the bullying has power over the person being victimized. At École Dickinsfield we teach students to be leaders, to seek first to understand, then to be understood. We also learn about using our WITS (Walk away, Ignore, Talk it Out, Seek help) to solve problems. In addition, we encourage students to be kind to each other, to look for students who might be sitting on the buddy bench and ask them to play. All of these efforts help to counteract the types of behaviours that accompany bullying. If you feel your child is being bullied, or you are worried about them exhibiting signs of being a bully, please reach out to your child's teacher, school leadership, or our counsellor, Tyler Chaisson.



This month we will host our second round of parent teacher interviews virtually. Please book appointments using our [school appointment](#) link and call us if you are having trouble logging in. Parent teacher is a great time to chat with your child's teacher about successes and challenges they have had in term 2. Having them before report cards gives the students time before formal reporting to make a plan for improvement and growth moving forward.

As part of this month's School Council meeting on Wednesday, February 10th, we will be sharing our school Achievement data and seeking parent input on school goals for the 2021-2022 school year. This is an important opportunity for parents to get involved and give input on making our school the very best place for your children to learn and grow.

Have a wonderful month everyone, be sure to enjoy some time together as a family and spread kindness wherever you go!

### DF Leadership Team

*Erin Keca, Principal*

*Leannah Robertson, Vice Principal*

*Erin Andrews, Vice Principal*



## Begin with the end in mind at École Dickinsfield

### February

- 8th - Valentines submitted to teacher - will be distributed on the 11th
- 9th & 11th - Parent Teacher Interviews (virtual)
- 10th - 9:30 am - DFFA meeting (virtual)  
- 6:30 pm - School Council meeting
- 12th - PLF - No School for students
- 15th - Family Day - School Closed
- 19th - Pink Shirt Day
- 22nd- 26th - Teachers' Convention - School Closed

### March

- 4th - 6:30-7:30 pm ECDP Open House (virtual)
- 5th - 8:30 - 3:30 ECDP Open House (virtual) **NO SCHOOL FOR ECDP**
- 10th - 9:30 am - DFFA meeting (virtual)  
- 6:30 pm - School Council meeting
- 12th - PLF - No School for students
- 18th - 6:30-7:30 pm Kindergarten Open House (virtual)  
- Kindergarten Report Cards go home
- 19th - 8:30 - 3:30 Kindergarten Open House (virtual) **NO SCHOOL FOR ECDP OR KINDERGARTEN**  
- Grade 1-6 Report Cards go home

## School Council

February Meeting - Wednesday February 10th @6:30pm  
Online via Google Meet



### Information Item - School Achievement Results and the change from the Accountability Pillar to the Assurance Framework

Mme Keca and the school leadership team will guide parents through our new reporting and funding model. We will look at our school data from the last three years to identify strengths and areas for growth for the 2021-2022 school year.

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 February 10th  
@6:30pm  
Online via Google Meet  
Please email  
[dickinsfieldschoolcouncil@gmail.com](mailto:dickinsfieldschoolcouncil@gmail.com) to receive the meeting login info.

March Meeting - March 10th @6:30 pm

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## DFFA

Meeting  
February 10th @9:30 am  
Online using  
Google Meet  
Email  
[dickinsfieldparents1@gmail.com](mailto:dickinsfieldparents1@gmail.com)  
for the meeting link.



## Dickinsfield Flyers Fundraising Association (DFFA)

“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!

**Future DFFA meetings will be held the 2nd WEDNESDAY of each month, instead of the second Tuesday of the month. .**

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



**APPLE**  
Schools

## APPLE NEWS

This month, let's work on showing our heart some love!

**Did you know that the heart is a muscle?** Our heart works 24 hours a day, 7 days a week and never stops. Your heart beats around one hundred thousand times a day! That's a lot of work which is why it is important to be proactive and keep your heart healthy and beating strong.



**Have you ever wondered how big your heart is?** Make a fist with your hand. This is about how big your heart is. Your heart is located almost in the center of your chest cavity. If you are looking down at your body, place your hand in the center of your chest. Now move your hand a tiny bit towards your left side. That's where your heart is.

**Did you know that your heart feels better when you do physical activity, eat healthy foods, and reduce your stress?** Yes, indeed! Taking time to focus on those three things can help make your heart feel really good.

This month, remember to sharpen your saw and show your heart some love by exercising, destressing with your favorite activity and eating healthy foods!

P.S.: Check out our school Facebook page this month for some **♥ HEART HEALTHY RECIPES ♥** you might like to try out at home or in your lunch for school!



The Leader in Me™

great happens here



## The Leader in Me at École Dickinsfield

### Habit #4: Think Win-Win

It's a competitive world. But what happens when we stop thinking there's always a winner and loser, in every conversation, in every conflict, in every day? If we have a different paradigm and think there must always be a win-win solution in every situation, then that's when people relax, start listening to each other, and truly start finding amazing solutions that can meet everyone's needs. Thinking win-win allows for different opinions, different beliefs, and different ways of doing things. Thinking win-win is how we can build respectful families, communities and countries. It starts so small, yet gets so big.



### Leader In Me At Home:

1. Use the words "Let's find a win-win solution" when your family is figuring out problems, with your kids, and with your other adults.
2. Talk with your kids about when win-lose is appropriate (a card game) and inappropriate (always wanting to have their own way).
3. Explore different ways of doing things with your kids: different faiths, different cultures, different types of food. Showing interest and respect for others is modelling win-win.
4. Teach manners. Please, thank you, not butting in front of someone, saying excuse me, apologizing and showing consideration are essential to win-win. Otherwise, the rudest, boldest person always wins. And nobody likes that.

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## Green School

### Reusable Water Bottles Help The Environment!

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



Water! It's so important for kids' health to get lots of water. And using reusable water bottles instead of single use juice boxes and water bottles reduces the pollution created through manufacturing, disposal and recycling. Our school worked hard to fundraise the \$11,000 needed for 3 bottle filling stations - and our kids love them, Remember to pack your child's water bottle each day!



## A Moment for Mental Health



## A MOMENT FOR MENTAL HEALTH

If you have a growth mindset, you believe that with **work, practice, and perseverance**, you can improve – whether it’s your academic performance, or any other skill. (Those with the opposite, a fixed mindset, believe that our intelligence and talents are predisposed, and either you were born with it or not.)

Thanks to the great work of Stanford’s Carol Dweck, we know that not only is the growth mindset accurate, but those who hold these beliefs actually improve more than those with a fixed mindset, which makes it so essential for our kids!

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### HOW YOU CAN HELP FOSTER A GROWTH MINDSET AT HOME:

- 1. Pay attention** and verbally praise kids for skills that don’t sound predetermined: hard work, persistence, rising to a challenge, learning from a mistake, etc., rather than being “smart”, “brilliant” or “gifted”.
- 2. Be a growth mindset role model.** Be honest: how often do you say “I can’t (cook/sing/balance my bank account)” or “I’m terrible at (sports/spelling/public speaking)” as if there’s no hope for you? Make sure you’re sending the right message – maybe even take on something new! We should expect children to finish any sentence about something they are currently unable to do with the word “yet”!
- 3. Encourage your child to forget taking the easy route** (where little learning is done) and instead embrace challenges. A sheet full of questions he already knows the answers to won’t “grow the brain” like one deeper problem to solve (even if he doesn’t get the correct answer).
- 4. Remember growth mindset isn’t just academic;** it applies to many areas of life (athletic, musical, social). Having trouble getting the basketball into the net? Keep making mistakes on a guitar chord? Tried to initiate play with someone but it didn’t go well? Discuss the next step for improvement.
- 5. Discourage envy of peers,** and talk to your child about what he or she can learn from others who appear more successful. While skills may come more easily to some, most often there’s a (possibly unseen) element of practice, persistence, and hard work which leads to achievement.

Embracing a growth mindset isn’t always easy, but can have a huge impact on  
your child...

and perhaps on you, too!

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



## FACE MASKS

We are requesting that all students wishing to or are required to wear a mask at school (grades 4-6), have two face masks each day so they have a replacement in case they lose or get one dirty/wet. This will help to ensure everyone stays safe at all times.

## PEAK Hockey



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@fmpsds.ab.ca](mailto:krista.butz@fmpsds.ab.ca)

*Program Assistant/Secretary PEAK Athletic Academy*



### **My School Bus Monitor has live school bus updates - stay informed!**

Please go to [www.myschoolbusmonitor.ca](http://www.myschoolbusmonitor.ca)

You can click for a Mobile Friendly option or click to receive email alerts. You can also search by school in the search box start typing Ecole Dickinsfield School and school options will show just pick our school.

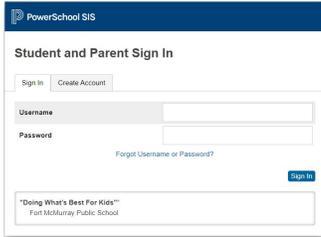
They will update any buses that have a delay of 10 minutes or more late.



## PowerSchool Parent Portal

A secure web-based student management system designed to strengthen communication between the school and home. It provides parents and legal guardians online access to their children's progress in school as well as their attendance. Parents are also able to pay fees as well as register for the upcoming school year directly from their parent portal account.

Parents who have not yet registered please watch for information with your child's report card.



Tips on how to navigate (larger version)

Parent Portal: (click [HERE](#) to see larger version)



Go to [fmpsd.powerschool.com/public/](https://fmpsd.powerschool.com/public/)

**Navigation**

- Grades and Attendance
- Attendance History
- Email Notification
- Teacher Comments
- School Bulletin
- My Schedule
- School Information
- Account Preferences
- Returning Student Registration 2019-2020
- Student Fees

**Attendance By Class**

Exp	Last Week					This Week					Course	T1	T2	T3	Absences	Tardies
	M	T	W	H	F	M	T	W	H	F						
P1(1) P7(1)	-	-	-	-	-	-	-	-	-	-	Homeroom Grade 3	[1]	[1]	[1]	0	0
P2(1)	-	-	-	-	-	-	-	-	-	-	Art 3	[1]	[1]	[1]	0	0
P3(1)	-	-	-	-	-	-	-	-	-	-	English Language Arts 3	[1]	[1]	[1]	0	0
P4(1)	-	-	-	-	-	-	-	-	-	-	Health 3	[1]	[1]	[1]	0	0
P5(1)	-	-	-	-	-	-	-	-	-	-	Mathematics 3	[1]	[1]	[1]	0	0

**Common attendance code:**  
 AB (absent)  
 LAT (late)  
 EXE (excused)  
 UNX (unexcused)

**Indicators Used to Assess**

CON	GEN	R/A
Consistently The student consistently applies and demonstrates the effort toward learning.	Generally The student generally applies and demonstrates effort toward learning.	Requires Attention The student needs to apply and demonstrate more effort toward learning.

**Students are assessed on...**

K	Knowledge
A	Application
C	Communication

**Pay Using Cart**

**Check Fee Information**

**NOTE: Student Fees cannot be accessed through the PowerSchool App only online.**





## COVID-19 INFORMATION

# COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

### Overview

This checklist applies for all children, as well as all students who attend kindergarten to Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

### Screening Questions

#### 1. Has the child:

*(Choose any/all possible exposures)*

<b>Traveled outside Canada in the last 14 days?</b> When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days unless enrolled in the Alberta COVID-19 International Border Pilot Project	YES	NO
<b>Had close contact with a case of COVID-19 in the last 14 days?</b> Face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging	YES	NO
<b>If the child answered "YES" to any of the above:</b> <ul style="list-style-type: none"> <li>• The child is required to quarantine for 14 days from the last day of exposure.                             <ul style="list-style-type: none"> <li>◦ If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times.</li> </ul> </li> <li>• If the child develops any symptoms, use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to determine if testing is recommended.</li> </ul>		
<b>If the child answered "NO" to both of the above:</b> <ul style="list-style-type: none"> <li>• Proceed to question 2.</li> </ul>		

#### 2. Does the child have any new onset (or worsening) of the following core symptoms:

<b>Fever</b> Temperature of 38 degrees Celsius or higher	YES	NO
<b>Cough</b> Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
<b>Shortness of breath</b> Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
<b>Loss of sense of smell or taste</b> Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
<b>If the child answered "YES" to any symptom in question 2:</b> <ul style="list-style-type: none"> <li>• The child is to isolate for 10 days from onset of symptoms.</li> <li>• Use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to arrange for testing and to receive additional information on isolation.</li> </ul>		
<b>If the child answered "NO" to all of the symptoms in question 2:</b> <ul style="list-style-type: none"> <li>• Proceed to question 3.</li> </ul>		



**3. Does the child have any new onset (or worsening) of the following other symptoms:**

<b>Chills</b> Without fever, not related to being outside in cold weather	YES	NO
<b>Sore throat/painful swallowing</b> Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
<b>Runny nose/congestion</b> Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
<b>Feeling unwell/fatigued</b> Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
<b>Nausea, vomiting and/or diarrhea</b> Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
<b>Unexplained loss of appetite</b> Not related to other known causes or conditions, such as anxiety or medication	YES	NO
<b>Muscle/joint aches</b> Not related to other known causes or conditions, such as arthritis or injury	YES	NO
<b>Headache</b> Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	YES	NO
<b>Conjunctivitis</b> (commonly known as pink eye)	YES	NO
<p><b>If the child answered “YES” to ONE symptom in question 3:</b></p> <ul style="list-style-type: none"> <li>Keep your child home and monitor for 24 hours.</li> <li>If their symptom is <b>improving</b> after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.</li> <li>If the symptom <b>does not improve or worsens</b> after 24 hours (or if additional symptoms emerge), use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to check if testing is recommended.</li> </ul> <p><b>If the child answered “YES” to TWO OR MORE symptoms in question 3:</b></p> <ul style="list-style-type: none"> <li>Keep your child home.</li> <li>Use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to determine if testing is recommended.</li> <li>Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.</li> </ul> <p><b>If the child answered “NO” to all questions:</b></p> <ul style="list-style-type: none"> <li>Your child may attend school, child care and/or other activities.</li> </ul>		

**Please note:** If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started/until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.