The Flyers Express

École Dickinsfield School

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

January 2020

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@fmpsd.ab.ca



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**

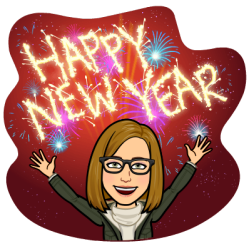
STUDENT ABSENCES/LATES

Please notify the office if your child is going to be late or absent by calling 780-791-6990 or emailing dfabsences@fmpsd.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.**

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A Message From Administration

Dear Ecole Dickinsfield Families,



Well, 2020 did certainly go out with a roar for us at Ecole Dickinsfield! Thank you to all of our families for your patience and understanding as we navigated the last day of school for 2020 at home. We certainly hope that the holiday break, this last week of at home learning, and all of the precautions you've taken at home will be that "circuit break" our school needed.

Moving forward, we will be staying the course of doing our best to stay safe. We ask families to continue to do the daily health checks with yourselves and with your children. As a school, we will continue to wash and sanitize hands frequently, wear masks for grades 4-6 and staff, and follow all of the protocols as outlined in our School Re-entry Plan. In their weekly emails, teachers will give a brief update on outcomes covered in class, and where possible, will send work that can be completed at home if students need to stay home due to symptoms or isolation requirements. In other words, we will continue to do our best to keep each other safe and to maintain learning.



We recognize that staying home and not participating in our typical activities is hard for all families. Children might also be grieving the loss of these activities or special events that have not been able to happen. We encourage all of our parents to tune in to our special presentation during our virtual School Council meeting at 6:30 pm on Wednesday, January 13th. Our division Mental Health Coordinator, Mellanie Fraser, and our school counsellor, Tyler Chaisson, will be presenting some ideas and strategies to help parents and families through this period of staying home.

This year continues to look different, but it's also been really great. Engaging activities are happening in every classroom. Teachers are finding creative new ways to support the learning of all students. Our Professional Learning Fridays (PLFs) are spent synergizing as a team to continue to find ways to meet the needs of all learners. Gaps in learning are to be expected from last year, and teachers continually work to address those gaps.



Special presentations are also still happening at Ecole Dickinsfield. Last month, many students benefited from a virtual performance of the Nutcracker from the Colorado Ballet. This week, the whole school will be having an interactive Google Meet with Explorer-In-Residence, Jill Heinerth. We are looking forward to seeing photos of her scuba diving adventures around the world, while learning what we can do to better take care of our earth. We will continue to seek out these kinds of virtual opportunities for students.

Wishing all of our Ecole Dickinsfield families health, happiness and all the best for 2021!

DF Administrative Team
Erin Keca, Principal
Leannah Robertson, Vice Principal
Erin Andrews, Vice Principal

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Begin with the end in mind at École Dickinsfield

January

4th	-	At home learning begins
11th	-	In school learning resumes
12th	-	DFFA Meeting Virtually @ 9:30am
13th	-	Jill Heinerth virtual school presentation
15th	-	School Council meeting Virtually @ 6:30pm
29th	-	PLF - No School for students
	-	PLF - No School for students

February

12th	-	PLF - No School for students
15th	-	Family Day - School Closed
22nd- 26th	-	Teacher's Convention - School Closed

School Council



School Council Meeting:
Wednesday January 13th @6:30pm
Online via Google Meet
Please email dickinsfieldschoolcouncil@gmail.com to receive the meeting link login info.

Special Presentation by Mellanie Fraser - FMPSD Mental Health Coordinator & Tyler Chaisson - School Counsellor
Topic: Coping with stress as a family; local resources available

Mellanie and Tyler will be touch on topics like dealing with stress when we are not able to travel or visit with those we care about, what are some activities families can do together to reduce stress, and what are some local resources available for families

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. 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 to receive the meeting login info.

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. 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.

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DFFA

Meeting
January 12th @9:30 am
Online using
Google Meet
Email
dicksinfieldparentsl@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 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

APPLE NEWS

This month, we encourage our Flyers Families to get active outdoors! Here are some ways you can help keep your family active while being safe this winter.

- ➔ Have a family game of "snoccer"...get it?! Soccer in the snow!
- ➔ Snowmen come in all shapes and sizes. Try having a snowman building contest with your family.
- ➔ Create a snow maze in your yard so your family can try to search their way out of it
- ➔ Get out and enjoy a nice walk on the trails here in Fort McMurray!
- ➔ Do you have snowshoes? See who can leave the most footprints on the ground.
- ➔ Build a snow fort so you have a quiet place to hang out.
- ➔ Use the snow as your canvas and create some beautiful artwork by snow painting with water and food colouring.

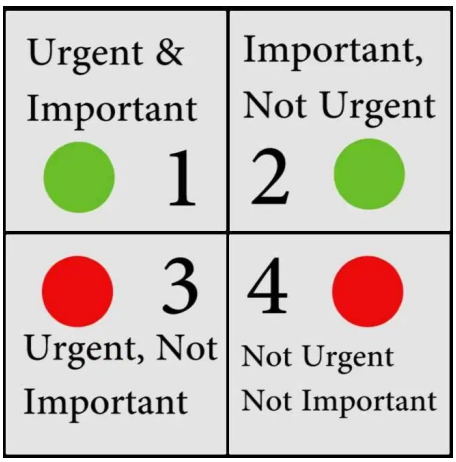
Bundle up and try some of these activities with your family!



Remember, don't hibernate – participate!

The Leader in Me at École Dickinsfield

Habit #3: Put First Things First, 4 Quadrants & Agendas



Stress. Feeling scattered. Boredom. How can time be organized so that kids and adults can feel successful? Start by knowing what your "big rocks" are. Then block those things carefully into the week in a calendar or agenda. And consider the 4 quadrants. Most people operate in Quadrant 1, responding to crises, or Quadrant 4 with time time wasters. Successful people operate in "Quadrant 2", taking care of important things in advance. By organizing our time, each day is filled with more meaning, calm and productivity. Children need to be taught these concepts as well!

Leader In Me At Home:

1. Give your child their own wall calendar to write their important dates on.
2. Have your child look at and add to the family calendar.
3. Check your child's school agenda daily. Teachers help your child organize important due dates through their agenda.
4. Use the quadrant names as you go through your day so you and your child can master the ideas. For example, "Let's be in quadrant 2 and get your backpack ready tonight for tomorrow morning".
5. Print and post a quadrant near your family and child's calendar to help remember what they mean. Here are lots of image ideas.

	Urgent	Not Urgent
Important	**Quad I** **Activities** • Crisis • Pressing Problems • Deadline Driven **Results** • Stress • Burn-out • Crisis management • Always putting out fires	**Quad II** **Activities** • Prevention, capability improvement • Relationship building • Recognizing new opportunities • Planning, recreation **Results** • Vision, perspective • Balance • Discipline • Control • Few crisis
Not Important	**Quad III** **Activities** • Interruptions, some callers • Some email, some reports • Some meetings • Proximate, pressing matters • Popular activities **Results** • Short term focus • Crisis management • Reputation – chameleon character • See goals/ plans as worthless • Feel victimized, out of control • Shallow or broken relationships	**Quad IV** **Activities** • Trivia, busy work • Some email • Personal social media • Some phone calls • Time wasters • Pleasant activities **Results** • Total irresponsibility • Fired from jobs • Dependent on others or institutions for basics

A Moment for Mental Health





A MOMENT FOR MENTAL HEALTH

Making New Year's Resolutions with Your Child – by Laura Lewis Brown

For many of us, the New Year means it's time to take stock of our lives and fix what we don't like. Whether it's our diet, exercise routine or tendency to procrastinate, there is always room for improvement in the coming year. We not only benefit from New Year's resolutions; our children can also learn a lot about self-discipline and the value of making goals. Here are some tips on how to help your kids benefit from making resolutions.

Make It a Family Activity

The best way to teach your children the importance of New Year's resolutions is by making it part of the family tradition. Sit down and reflect on the past year, discussing your accomplishments and goals, as individuals and as a family. In your resolution conversation you can each talk about what worked this year and what didn't.

Dr. Benjamin Siegel, professor of pediatrics and psychiatry at Boston University School of Medicine, suggests saying, "Each one of us is going to state a few things that we want to continue to do and things we'd like to change that would make us feel better about ourselves and how our family works."

Each family member gets a turn sharing something they are proud of and something they want to improve. It may help for parents to go first, to give children a model. If your child is old enough to write, he or she should write down their accomplishments and goals, and you can help your younger child by writing theirs down.

Resolutions for the entire family might include taking a monthly hike, playing board games twice a month or committing to more volunteering activities. Try to limit the number so they are more doable and more meaningful. "A list of 100 things is impossible," Siegel says. “It should be based on things that are doable without economic hardship."

You can make a master list to hang in a public spot, like a bulletin board in the kitchen. Dr. Kathleen Clarke-Pearson, a clinical assistant professor of pediatrics at the University of North Carolina School of Medicine, suggests making a resolution box, in which each family member can drop in his or her resolutions, then pull them out at a later date to review them.

Different Resolutions for Different Ages

What your child needs to work on depends on your child. If you are concerned about his diet, then encourage healthier eating habits for him as well as the whole family. If your daughter's room is a mess, try to help her commit 10 minutes a day to cleaning it. As your child ages, he can be more active in coming up with goals, which will mean more to him when he achieves them.

For preschool-aged children, the American Academy of Pediatrics (AAP) recommends resolutions that focus on cleaning up toys, brushing teeth and washing hands and being kind to pets. However, parents who consider these behaviors part of their regular expectations may want to provide resolutions that focus on higher goals.

Clarke-Pearson suggests preschoolers be encouraged to work on listening and helping skills. A resolution could be "I will be a better listener when Mommy or Daddy asks me to do something" or "I will help out more when Mommy or Daddy asks me." If you keep it simple, your child is more likely to understand the concept as well as succeed.

A Moment for Mental Health continued...



As a child reaches age five and up to age 12, he or she is more able to comprehend a resolution and participate more in the process of picking one. The AAP suggests this age group commit to drinking more milk and water on a daily basis, wearing a seat belt and being friendly to all children. What your child needs to work on is very personal, so work with your child to come up with areas for improvement. Is she having trouble with a certain subject at school that needs more attention? Is he oversleeping and nearly missing the bus most mornings?

When your child gets into adolescence, the AAP recommendations focus more on the child taking more responsibility for his actions, including taking care of his body, dealing with stress in a healthy way, talking through conflict, resisting drugs and alcohol and helping others through community service.

Serve as a Role Model

No matter what age your child is, he or she is more likely to understand the value of goal setting if you take the lead. Just as with everything else you do, your child is watching. "Parents should be reflective about how they wish to be in the coming year," Siegel says. "It's a good opportunity to promote good mental and physical health."

Think of how you can include your child in your resolution. "I'm going to drink more water this year, because water is good for me. Do you want to join me?" If you are finding yourself checking your e-mail when you should be spending time as a family, consider incorporating that into a goal. "I'm going to turn off my phone when I get home. Can you remind me and also remember to keep your computer in your room until after dinnertime?"

Rewards Are Long Lasting

We all know the feeling of meeting a goal, whether it be losing five pounds, quitting smoking or putting in extra hours to earn a promotion. Children also relish that thrill of accomplishment, especially when their parents are acknowledging it. As you go over the family list of resolutions each month or quarter, take time to acknowledge the successes, along with reinforcing the resolutions that need more attention. "Children will benefit by having the parent praise them, which will improve their self-esteem," Siegel says. "This will help them with self-regulatory behaviors that they can integrate into being a healthy adult."

When you sit down to review resolutions, this is not time for punishment, however. It's important to be flexible and understanding, especially if the child is making the effort. "You don't penalize if you don't fulfill a resolution," Clarke-Pearson says. "The resolution is not written in stone. It's a guide."

However your family arrives at resolutions, the best part is that you're doing it together and learning how to manage your role not only in the family but also in the larger world.



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

On January 11, we will see the return of students to the classrooms but unfortunately not to the hockey rink. Our plan moving forward until the arenas are open is as follows:

Monday & Wednesday PEAK days
8:00-8:45 a.m.

Off-ice gym time at the school with Coach Keca.

You can drop off your child between 7:45-8:00. Please bring your indoor shoes and wear gym attire as there will not be change rooms available at the school.

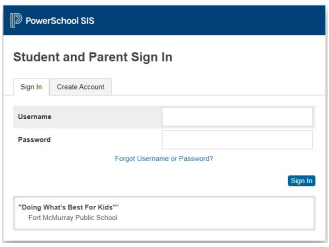
Following their gym time, the students will head to a classroom with Coach Keca until the end of period 1. After that, they will return to their regular classes.

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



My School Bus Monitor has live school bus updates - stay informed!
Please go to www.myschoolbusmonitor.ca
You can click for a Mobile Friendly option or click to receive email alerts. You can also search by schoo:l 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.



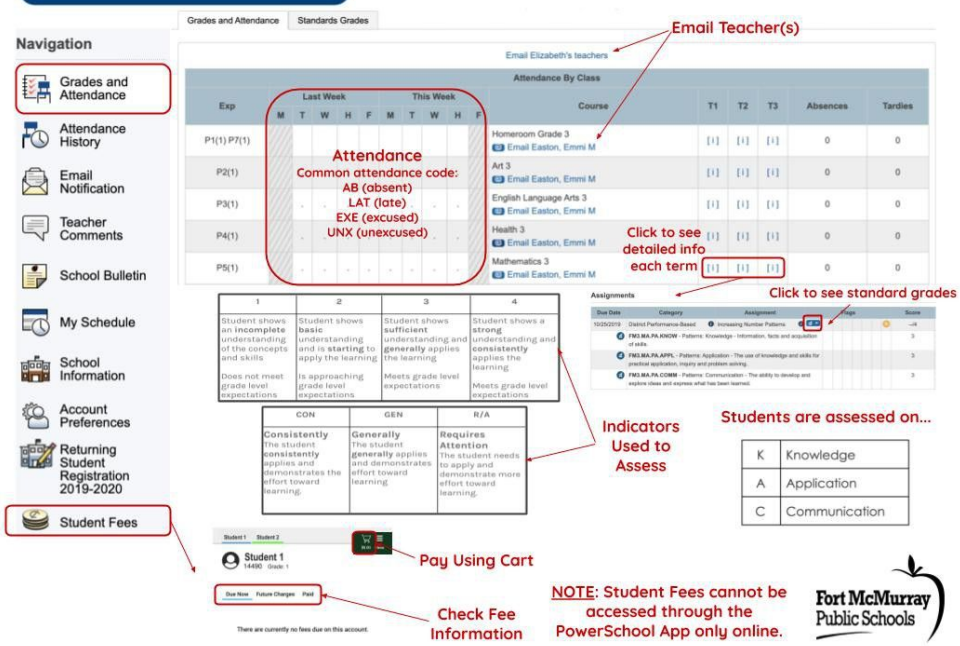
PowerSchool Parent Portal

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 PowerSchool *Parent Portal* SIGN IN **Parent Portal:** (click HERE to see larger version)

PowerSchool *Parent Portal* ELEMENTARY **Go to fmpsd.powerschool.com/public/**



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)

Traveled outside Canada in the last 14 days? 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**
Had close contact with a case of COVID-19 in the last 14 days? Face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging	**YES**	**NO**

If the child answered "YES" to any of the above:

- The child is required to quarantine for 14 days from the last day of exposure.
  - If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times.
- If the child develops any symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended.

If the child answered "NO" to both of the above:

- Proceed to question 2.

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

Fever Temperature of 38 degrees Celsius or higher	**YES**	**NO**
Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	**YES**	**NO**
Shortness of breath Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	**YES**	**NO**
Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	**YES**	**NO**

If the child answered "YES" to any symptom in question 2:

- The child is to isolate for 10 days from onset of symptoms.
- Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If the child answered "NO" to all of the symptoms in question 2:

- Proceed to question 3.

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

Chills Without fever, not related to being outside in cold weather	**YES**	**NO**
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	**YES**	**NO**
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	**YES**	**NO**
Feeling unwell/fatigued 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**
Nausea, vomiting and/or diarrhea Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	**YES**	**NO**
Unexplained loss of appetite Not related to other known causes or conditions, such as anxiety or medication	**YES**	**NO**
Muscle/joint aches Not related to other known causes or conditions, such as arthritis or injury	**YES**	**NO**
Headache Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	**YES**	**NO**
Conjunctivitis (commonly known as pink eye)	**YES**	**NO**

If the child answered "YES" to ONE symptom in question 3:

- Keep your child home and monitor for 24 hours.
- If their symptom is **improving** after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.
- If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use the AHS Online Assessment Tool or call Health Link 811 to check if testing is recommended.

If the child answered "YES" to TWO OR MORE symptoms in question 3:

- Keep your child home.
- Use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended.
- 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.

If the child answered "NO" to all questions:

- Your child may attend school, child care and/or other activities.

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.

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