The Flyers Express

École Dickinsfield School

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

December 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.**

A Message From Administration

Dear Ecole Dickinsfield Families,

Happy Holidays to all of our École Dickinsfield families! We understand that this holiday season will look different for many families. Often, people in our community travel to "go home" for the holidays to see extended family and friends. With COVID-19 cases on the rise across the country, we know this is not possible this year. Our wish for everyone in our school community is that you can enjoy time with your immediate friends and family, and perhaps try out new traditions or ways of celebrating the season.

Premier Jason Kenny announced on November 24th that, as part of the Alberta Government mandatory measures, all students will be learning at home January 4-8, 2021 (this includes our ECDP-Grade 6 students as well). Our staff will be busy during the next two professional learning days this month as we wrap our heads around what at-home learning will look like during that time. It is important for our parents and caregivers to know that this teaching and learning will likely look different from one class to the next. Each one of our teachers is a professional, who will make the best possible instructional decisions for at-home learning based on the needs of their students, and their own expertise. Some students may complete online activities, while others may complete paper and pencil, or perhaps a combination of both. Regardless, the time commitment will be more than the one hour per day that was outlined in the spring, and the learning will be more robust. Expect more details to come from your child's teacher closer to the end of the month.

We know that with the new restrictions in place within our province/community, students are not permitted to meet face-to-face with their peers in the way that they typically have. We have noticed, children are reaching out to connect more with friends online. There are a great number of platforms for this, such as, Kids Messenger, FaceTime, Zoom and many more. Regardless of the platform, we encourage families to supervise these meetings as best you can. Social media is a reality for our students, and this is a great time to teach children about Digital Citizenship and the ways to stay safe online. Many teachers provide direct instruction on this in the classroom, but we also invite parents to have discussions with their children about these topics. Common Sense Media is a great resource for parents should you be interested in learning more about a variety of topics including online safety and social media.

Finally, we are excited to welcome our very own Elf on the Shelf, Guillaume "Punch" Dickins. He will be busy watching for student leaders throughout the month of December. Every day, classes will have the opportunity to collect points as they guess where Guillaume is, answer holiday trivia and guess the name of the Christmas Carol played for a brief time over the intercom. The class with the most points at the end of the month will win an extra Physical Education class on December 17. We will also celebrate Holiday Cheer Spirit Week (December 14-17).

In whatever way your family celebrates the season, we wish you a wonderful time together and a Happy New Year to everyone!

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

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

Begin with the end in mind at École Dickinsfield

December

4th	-	PLF - no school for students
14th - 17th	-	Holiday Cheer Spirit Week
18th	-	PLF - no school for students
19th - Jan 3rd	-	Christmas Break - School building reopens January 4th
	-	Students return to classes January 11th

January

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

School Council

Meeting
January 13th @6:30pm
Online using Google Meet
Email dicksinfieldschoolcouncil@gmail.com for the meeting link.

School Council wishes everyone a very Merry Christmas and a safe holiday season!

There will not be a School Council meeting in December. We look forward to seeing you in the new year when we meet again in January.

Next School Council meeting:

Wednesday January 13th @6:30pm
Online via Google Meet
Please email dickinsfieldschoolcouncil@gmail.com to receive the meeting 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.

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.

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!

Join us virtually for our next DFFA meeting January 12, 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

BIG THANKS!!

Thank you to all the families that supported us through the Growing Smiles Fundraiser.

The Leader in Me at École Dickinsfield

Habit #3: Put First Things First, Big Rocks

What are the things that are most important to you? Family? Work? Community volunteering? Self-care? How do you fit everything in?
The next question is - what do you actually spend your time on? In this picture the most important things are the "big rocks". The sand represents all the things that are less important that we tend to fill up our time with, like social media, t.v., and procrastinating. Using an agenda, day timer, or calendar and actually blocking in the "big rocks" for the week in advance can help make sure you get everything done, feel less stressed, and have lots of time for the other things after. Kids need to be taught these strategies as well.

Leader In Me At Home:

1. Have a weekly family meeting where you decide the big rocks for the next week together.
2. Write those big rocks on a shared family calendar.
3. Your child is old enough to have their own calendar!
4. Show your child how you use a calendar or daytimer to organize your time.

APPLE NEWS

This year, the holiday hustle and bustle might feel a little different. Get your family to participate in fun, refreshing activities that brighten your spirits while staying safe this holiday season!

- Hold a contest to see who can build the biggest snowman in the neighborhood.
- Grab your skates or sled and head outdoors to the local rink or hill.
- Try out a new, festive holiday recipe! Cooking together can be a great way to enjoy some family fun!
- Spread some cheer by supporting local charities.
- Participate in the 12 Days of Fitness at Home challenge (see below)!

12 Days of Fitness at Home

The 12 Days of Fitness is modified from the 12 Days of Christmas song and adds new activities each day. It's a lively movement break to get active first thing in the morning, or in the evening after dinner. Try it with your family!

On the _ day of fitness, École Dickinsfield gave to me...

12 jumping jacks	6 shoulder shrugs
11 chair squats	5 high fives
10 calf raises	4 table push ups
9 bum kicks	3 muscles poses
8 knee lifts	2 toe touches
7 arm circles	1 walk around the table

On December 11, start with day one and add the next verse each day after until you've completed all 12 days of fitness. Modify any activities to your preference, or add new ones, and have fun!

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.

A MOMENT FOR MENTAL HEALTH

COVID-19 Parental Resources Kit – Childhood

Social, Emotional, and Mental Well-being of Children during COVID-19
(Excerpts from:
www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/childhood.htm)

Coronavirus disease (COVID-19) can affect children directly and indirectly. Beyond getting sick, many children's social, emotional, and mental well-being has been impacted by the pandemic. Trauma faced at this developmental stage may have long-term consequences across their lifespan. CDC's COVID-19 Parental Resource Kit: Ensuring Children and Young People's Social, Emotional, and Mental Well-being can help support parents, caregivers, and other adults serving children and young people in recognizing children and young people's social, emotional, and mental challenges, and helping to ensure their well-being.

Challenges

Change in routines

In addition to other everyday steps to prevent COVID-19, physical or social distancing is one of the best tools we have to avoid being exposed to this virus and to slow its spread. However, having to physically distance from someone you love—like a grandparent, friends, your worship community, or sick family members—can be hard for children. It is important for adults to support children in taking time to check in with friends and family to see how they are doing.

Missed significant life events

Physical distancing can feel like placing life on hold. The truth is that the clock keeps ticking. Birthdays, graduations, talent shows, vacation plans, births, and funerals are just a sample of the many significant life events that children may have missed experiencing during COVID-19. Social distancing, stay-at-home orders, and limits to gatherings have affected the ability of friends and family to come together in person to celebrate or grieve in typical ways. Grief is a normal response to losing someone or something important to you. It is important to help children understand that hosting gatherings during COVID-19 could be dangerous to those who would want to participate. Family and friends can help them find alternate ways to connect and support each other at a distance.

What can you do?

Recognize and address fear, stress and behavior changes

Children might worry about getting sick with COVID-19, and about their loved ones getting sick, too. Excessive worry or sadness, unhealthy eating or sleeping habits, and difficulty with attention and concentration are some signs of stress in children. Adults can take steps to provide stability and support to help children cope.

Continued on the following page...

A MOMENT FOR MENTAL HEALTH
Continued..

Teach and reinforce everyday preventive actions

There are actions we can take to prevent getting sick and slow the spread of COVID-19. Be a good role model— if adults wash their hands often, stay at least 6 feet apart from others, and wear their mask in public spaces to help protect themselves and others, then children are more likely to do the same.

Help keep children healthy

Schedule well-child and immunizations visits for children. Seek continuity in mental and occupational health care. Help children to eat healthy and drink water – instead of sugar sweetened beverages – for strong teeth. Encourage children to play outdoors— it's great for physical and mental health, and can help children stay healthy and focused.

Help children stay socially connected

Reach out to friends and family via phone or video chats. Write cards or letters to family members they may not be able to visit. Schools may have tips and guidelines to help support social and emotional needs of children.

Resources

See the Centers for Disease Control and Prevention website for resources to help support your child's social, emotional and mental well-being during COVID-19 and beyond.

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@fmpsd.ab.ca
Program Assistant/Secretary PEAK Athletic Academy

Green School

Healthy Food Has Less Waste

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

The great thing about healthy food is that there is often less waste. Apples and bananas come in their own skins that we can compost at the school. Berries, melon, cucumber and celery can be easily packed in reusable containers. Consider buying larger boxes & packages of crackers and cheese to put in containers for your child. There is less amount of packaging by total weight when buying in bulk. It's a win-win for the health of our kids and our planet.

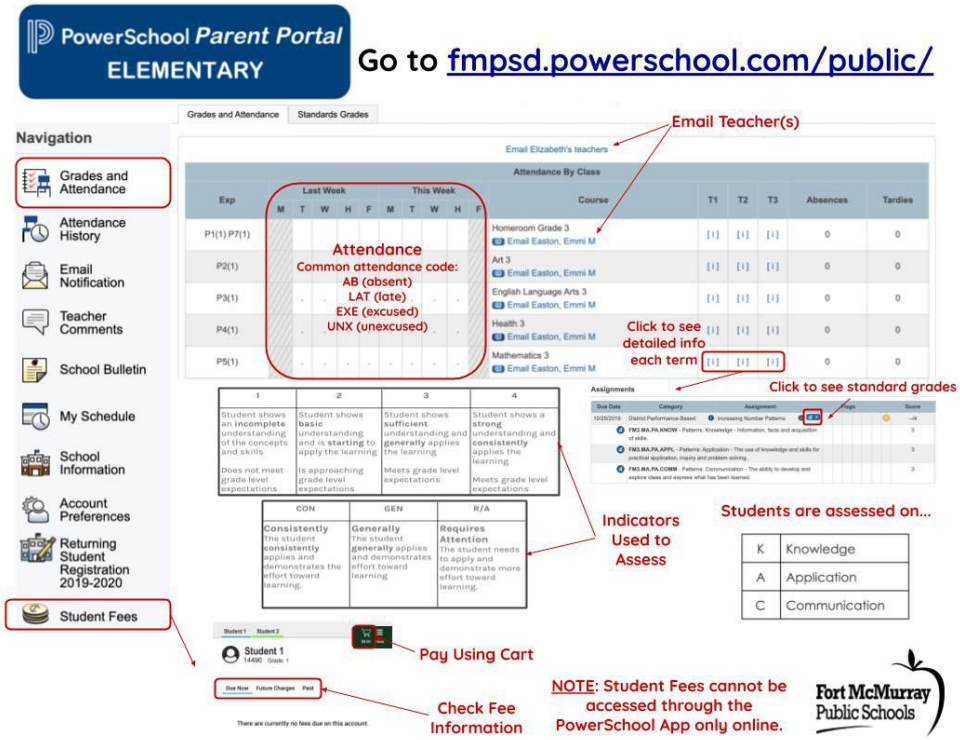
PowerSchool *Parent Portal*
SIGN IN

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 Parent Portal: (click HERE to see larger version)



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.

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.

©2020 Government of Alberta | Updated: October 2020