



IMPORTANT INFORMATION: STAY INFORMED!!

Mandatory Masks:

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. 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**

Principal's Message

Happy New Year! We are looking forward to seeing all of our students and to getting back into routine. We would like to once again thank parents for the extra week of the Winter Break. We hope this provided families with the opportunity to spend some more quality time together. As parents are aware, staff were working, either from home or in school, and should be very prepared to navigate the second half of the school year.



In these cold months, and as families are being more cautious about social contacts, children inevitably spend more time on electronic devices and the internet. Our school division has prepared an Internet Safety Awareness for Parents presentation that can help parents navigate through and teach their children about the internet. Click on [THIS LINK](#) to access the slideshow.

With the increase in COVID-19 cases in Alberta, we wanted to reinforce some of our division protocols with parents. If your child is a household contact of a case of COVID-19 and they are not fully vaccinated, they should stay home and not attend school for 14 days from the last day of exposure and monitor for symptoms. If your child is fully immunized (2 doses of vaccine) and they are not exhibiting symptoms, they are good to be at school. The most recent Alberta Health Daily Checklist can be found [HERE](#). As a reminder, ALL students must wear a mask on a school bus. This is the case if they ride the bus daily, or if they are on a bus for a field trip. In schools, all grade 4-6 students and all staff must wear masks in all common areas at all times. In the classroom, when social distancing of 2m can be assured, and students are seated, masks can be removed. Masks are also highly recommended for grade 4-6 students anytime they are in their classroom. Students in ECDP - grade 3 are not required to wear masks, other than on the school bus, however, it is recommended. All of the division re-entry protocols can be found [HERE](#). For student who are wearing masks, please ensure they fit well. The mask should completely cover your nose, mouth and chin. It should fit snugly against the sides of your face with no gaps. A nose bridge wire can help to prevent air from leaking out of the top of the mask.

**WELCOME
BACK**



January 26th is [Bell Let's Talk Day](#). On this day, Bell will donate 5¢ for every applicable text, call, tweet or TikTok video using #BellLetsTalk. In the school we will be doing some lessons and activities to support student mental health and wellness. Parents looking for Mental Health resources for students at home can access our division parent support [website](#). Included on this website (and linked later in this newsletter) is a regular podcast with local Mental Health experts, providing practical strategies for parents, children, teens and schools.

In closing, we would like to wish everyone the very best for 2022. Please know that we are always here to support your children, their learning and emotional needs.

DF Leadership Team

Erin Keca, Principal

Leannah Robertson, Vice Principal

Brad St. Denis, Vice Principal

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@fmps.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.**



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 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

IMPORTANT DATES:

January

- | | |
|--------------|--|
| January 10th | - In-person classes resume |
| January 12th | - DFFA Virtual meeting @9:30am |
| January 14th | - Division Professional Learning Day - No School |
| January 19th | - School Council Virtual meeting @6:30pm |
| January 28th | - PLF - No School |

February

- | | |
|---------------------------|--|
| February 9th | - DFFA Virtual meeting @9:30am |
| February 16th | - School Council Virtual meeting @6:30pm |
| February 18th | - PLF - No School |
| February 21st | - Family Day - No School |
| February 28th - March 4th | - Teacher's Convention - No School |

March

- | | |
|-------------------|--|
| March 18th | - Term 2 Report Cards go home |
| March 23rd & 24th | - Parent Teacher Interviews (Virtual or Phone) |

SCHOOL COUNCIL NEWS

Next Virtual meeting is Wednesday January 19th @6:30pm

Parents can email dickinsfieldschoolcouncil@gmail.com to request the link

GREEN SCHOOL

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

Please send reusable bottles to school.



Garbage. It's what we don't want. Our school is a leader in reducing waste. One of the best ways we do that is by having Waste Free Lunches and reusable water bottles. Single use bottles and juice boxes create a lot of pollution through the manufacturing and recycling process, and only an estimated 10% of them actually end up in recycling. Join Ecole Dickinsfield families in making it a habit to send reusable water bottles to school with your kids, and make it a habit to take reusable water bottles with you wherever you go - to sports, in the car, and for outside adventures. Drinking lots of water is better for your health as well!



A MOMENT FOR MENTAL HEALTH

Did you know that FMPSD has a mental health page for students, parents and staff? The *FMPSD Mental Health* page is full of useful resources and information.

<https://sites.google.com/fmpsd.ab.ca/fmpsd-mental-health/home>

FMPSD Mental Health also has a podcast series including a different focus each month. Some of the topics covered so far include:

- Back to School
- Strategies & Supports for Managing Stress, Burnout, and Caregiver Fatigue
- Connection Based Parenting Strategies for Bad Behaviour & Emotional Regulation
- Depression, The Winter Blues, & Hope for 2022 (January)

<https://yourmentalhealthmatterspodcast.com/>

Please take the time to view this website and utilize the information and resources provided.



The Importance of Goal Setting

Happy New Year!



Research has shown that the simple act of writing a goal greatly increases the chances of accomplishing the goal. If the goal is broken down into action steps and the action steps are tracked, goals have an even greater percentage of success.

At school, your student may write their academic and personal goals in a Leadership Notebook® or Portfolio. You will gain a lot of information on how your student is doing if you ask your student to tell you about their goals. The goals chosen are meaningful to your student so be sure to practice Habit 5: Seek First to Understand, Then to Be Understood.

At our school we use the process of The 4 Disciplines of Execution® or 4DX. In this process your student creates Wildly Important Goals® or WIGS as we call them. Encourage your student(s) to share and post their WIGS at home, and ask them how you can help and support them in their goals.

The Leadership Notebook or Portfolio idea can also be used in your home. Create goals such as reading together, eating dinner at the table, or doing an activity together. Involve everyone in the family in choosing a meaningful goal and action steps. Post the goal and the action steps in a visible place and be sure to track and celebrate progress!



APPLE MESSAGE

Don't Hibernate – Participate!

This month, we encourage students to get active outdoors with the campaign Don't Hibernate – Participate! Here are some ways you can help keep your family active this winter.



Bundle up and try some of these activities:

- Play soccer in the snow (Snoccer).
- Try having a snowman building contest.
- Head out to the local outdoor rink and strap on some blades for fun with friends or family.
- Who doesn't love sliding? The hills are waiting for you.
- Bowling if you want a break from the cold.
- Cross country skiing is one of the most challenging and fun winter activities. Give it a try!
- Local recreation centers offer indoor fun for when it is just too cold outside.
- 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.
- Swimming is an important skill to have. Head to the pool and practice your skills.

Winter is a great time to get outside and get active. This month, keep it simple: get outside, get creative, and have some family fun!



Dickinsfield Flyers Fundraising Association (DFFA)

DFFA Meeting

January 12 @9:30am

Online using

Google Meet

Email dicksinfieldparents@gmail.com for the meeting link.

The Dickinsfield Flyers Fundraising Association (DFFA) is a volunteer group of parents and caregivers of École Dickinsfield students. The main objective of the DFFA is to raise funds for school programs and to enrich the learning environment for students.

In the past we have funded items such as Chromebooks, books, learning tools, bussing for programs and activities within the school. In a typical year our main fundraiser is our hot lunch program but currently due to continuing restrictions related to Covid-19 we are unable to run this program. Once restrictions are lifted, we will be relying heavily on volunteers to help run this program. To help fill the funding void left by the loss of our hot lunch program, the DFFA is running some ongoing fundraisers.



oliver's labels

Oliver's Labels is where you can order labels and other personalized items through the link below.

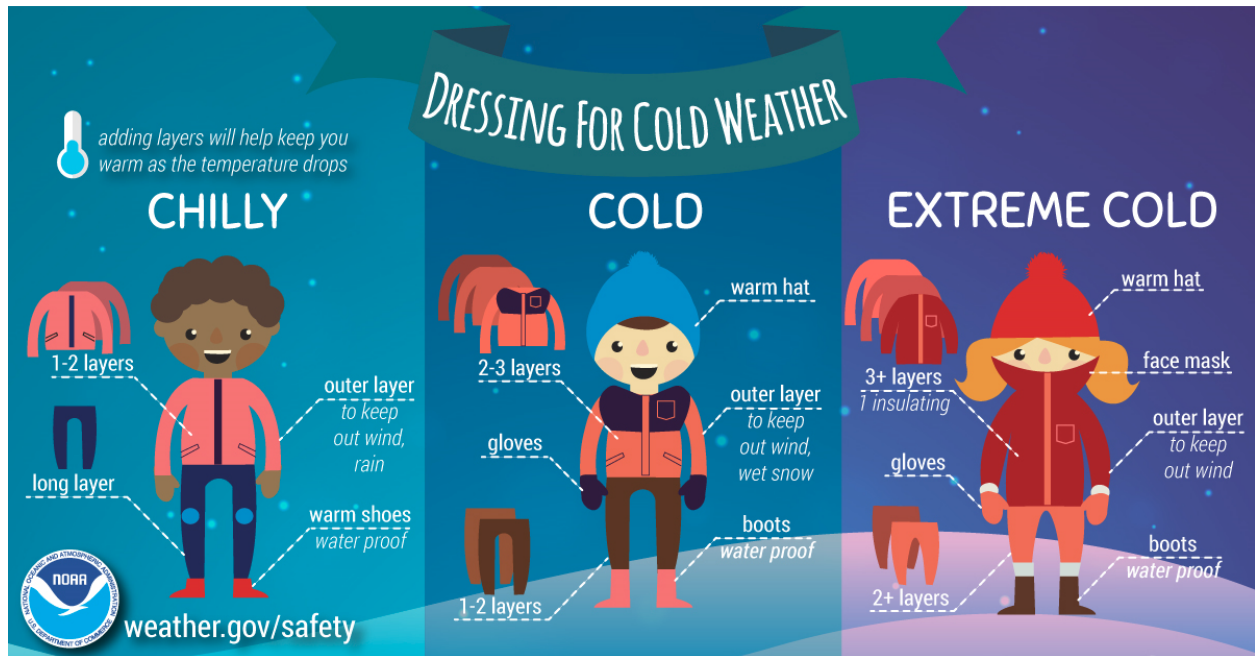
<http://www.oliverslabels.com/Dickinsfield>

FlipGive

FlipGive is an easy to use cash back app/website where you can support our Dickinsfield Flyers whenever you do regular or online shopping. You can use FlipGive through their app or on your online browser. Here is a link about how FlipGive works:

<https://www.youtube.com/watch?v=DybjpF6oyms>

The code to join our team École Dickinsfield DFFA is PFGKBC. If you would like to learn more about the DFFA or get involved with fundraising for your child's school you can contact dicksinfieldparents@gmail.com. Our next virtual meeting is Wednesday January 12th at 9:30 am all parents/caregivers are invited to attend, hope to see you there.



Winter Weather

A reminder to all families to check the weather before sending your children to school and be sure that they are dressed appropriately. As stated in the FMPSD [Administrative Procedure 131](#), when the combined temperature and wind chill register colder than or below -24°C , students shall not be required to go outside during class breaks. That means if it's -24°C or warmer, students will be outside for recess. Above is an infographic to assist parents in knowing more about having students dress appropriately. Click [HERE](#) or on the image for a large version.

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 through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

If your child has traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments. International travellers who become a case of COVID-19 after arrival in Alberta should follow isolation requirements outlined by the Government of Canada.

If your child has received a message from Public Health indicating that they are a case⁴ of COVID-19 or if your child has tested positive on a rapid test, they are required to isolate as per [Public Health instructions](#). For more information on isolation requirements after a positive rapid test, refer to the [Rapid Testing at Home website](#).

Screening Questions for Children under 18:

1.	Has your child been a household contact of a case ⁴ of COVID-19 in the last 14 days? <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, someone who slept over, attended a birthday party or someone who was a play date with a case.</i>	YES	NO
<p>If child answered "YES" AND they are NOT fully immunized⁵:</p> <ul style="list-style-type: none"> Child should stay home and NOT attend school, childcare and/or other activities for 14 days from the last day of exposure and monitor for symptoms <p>If child answered "YES" and they are fully immunized⁵ proceed to question 2: If child answered "NO" to question 1, proceed to question 2</p>			
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, 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
<p>If the child answered "YES" to any symptom in question 2:</p> <ul style="list-style-type: none"> If the child is fully immunized⁵ they are required to isolate for 5 days from onset of symptoms or until symptoms resolve³ whichever is longer. They must wear a mask for up to 5 days after their isolation period if you are outside of the home in a public place or otherwise in the company of other persons out of your household (no exceptions permitted) OR If they are NOT fully immunized⁵, they must isolate for 10 days from the onset of symptoms or until they resolve³ whichever is longer OR Until symptoms resolve³ if they receive a negative PCR COVID-19 test OR Until symptoms resolve³ if they receive two negative rapid antigen tests, with at least 24 hours between tests 			

³ Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication

⁴ A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

⁵ A child who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

• They can use an [at-home rapid test if available](#) or 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/conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite Not related to other known causes/conditions, such as anxiety or medication	YES	NO
Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes/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 and consider giving child an [at-home rapid test](#). If the test is positive or negative see below for further instructions.
- If [at-home rapid testing](#) is not done and the symptom is improving after 24 hours, your child can return to school and activities when they feel well enough to go.
- If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use an [at-home rapid test](#) if available or 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 an [at-home rapid test](#) if available or use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.

For at-home rapid testing result instructions for those without symptoms:

- If an [at-home rapid test](#) is done and is negative, they can return to school and activities as long as they remain asymptomatic.
- If [at-home rapid](#) test is positive, the child is required to isolate as outlined above for question 2.

If the child answered "NO" to all questions:

- Your child may attend school, childcare 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 or until symptoms resolve (whichever is longer), unless they receive a negative PCR COVID-19 test result or two negative rapid test results at least 24 hours apart and feel better.