

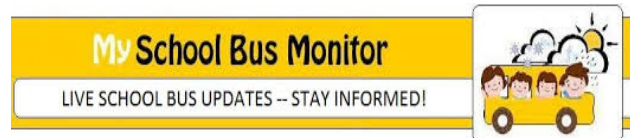


A Note About Lunches:

- 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**

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

Principal's Message

Spring has FINALLY sprung, and that means warmer temperatures and melting snow. Students of all ages are like magnets to puddles and mud. Though our supervisors do their best to keep students away from these springtime obstacles, accidents are inevitable. No matter what age your child is, we suggest that families pack a change of clothes for students, just in case. It is also a good idea to check the forecast before your child leaves, as this time of year we could see anything from rain to snow, and even plenty of glorious sunshine.



Registration for new students is now open! Children born in 2018 are invited to register for our ECDP programs. We have wonderful ECDP teachers and staff who help children learn through play in either French or English. If your family missed our ECDP or Kindergarten open house, have no fear! Call our front office and they will happily book a tour with one of our principal's who can show you around. Families are also invited to spread the word about our school with friends who are wondering about French Immersion programming

This time of year is also when schools are planning for the next school year. To assist us in ensuring we staff appropriately, we ask that all families complete the [FMPSD Demographic Confirmation for the 2022-2023 school year](#). If your family is planning to move for the next school year, we ask that you call our office to let us know as this too will help with our planning. More information about the demographic confirmation can be found [HERE](#).



School Council is also a great way for parents to stay connected and informed about our school, all parents are welcome to attend! As parents have likely heard, we are in the process of creating a Handbook for Parents and Students. Parents are invited to join our School Council meetings on the third Wednesday of every month to provide feedback and suggestions for the handbook. Earlier this school year it was announced that our red portables are being replaced. There are six portables coming from Ecole McTavish and 2 brand new portables are in the process of being built. So that there is no disruption to our classrooms, the new portables will be located at the back of our school. The ground will begin to be prepared in the coming months. Initially, the project was scheduled to be done for September 2022, however, it looks like this might be delayed by several months. The footprint and further details about the portables will be shared at the School Council meeting.

Have a wonderful Spring Break! We look forward to seeing students on April 19th.

DF Leadership Team

Erin Keca, Principal

Leannah Robertson, Vice Principal

Brad St. Denis, Vice Principal

IMPORTANT DATES:

April

- | | |
|-------------------|--|
| April 1st | - PLF - No School |
| April 6th | - Virtual DFFA Meeting @9:30am |
| April 11th - 18th | - Easter Break - School Closed |
| April 20th | - Virtual School Council Meeting @6:30pm |
| April 22nd | - AMA Safety Patrol Training for Grade4-6 students |
| April 29th | - PLF - No School |



May

- | | |
|----------|--|
| May 2nd | - Spring Photos |
| May 6th | - PLF - No School |
| May 11th | - DFFA Meeting @9:30am |
| May 18th | - School Council Meeting @6:30pm |
| May 20th | - Day-in-lieu P/T Interviews - No School |
| May 23rd | - Victoria Day - No School |

AMA Safety Patrol (Crossing Guards)- Commitment and Parent Information:

We are excited to have training for students in grades 4-6 who would like to be Safety patrol crossing guards. *In order to be part of this leadership group, students are required to complete the training and to arrive at school by 8:30am on the days they sign up to patrol.* There are three student patrols needed each day.

Mme Keca will be collecting the Parent permission forms for AMA Safety Patrol/Crossing Guards (found [HERE](#)) the week of April 19-22.

After training, Mme Keca will create a Google Classroom for patrollers to keep everyone informed of the schedule and required materials.

École Dickinsfield School Council

School Council News

Spring update

Upcoming Virtual Meetings

Weds - April 20, 6:30 p.m.

Weds - May 18, 6:30 p.m.

Weds - June 8, 2022 -AGM

Have your say!

April is a great month to attend a School Council meeting. Join other parents and teachers to learn about everything going on in our Children's school. Each meeting Mme. Keca and school admin provide helpful updates and details that can keep us informed and engaged!

March Meeting Highlights

- Parents shared feedback and ideas on the school Stakeholder Handbook
- Parents received an update on the school's Lighthouse recertification process and the Leader in Me Measurable Results Assessment
- Parents asked about getting additional bike racks as the weather warms up
- Parents asked questions about the new portables which will be arriving at our school soon.



Join us in April

Email dickinsfieldschoolcouncil@gmail.com to RSVP and receive the link to attend. if you have questions about School Council, or if there's something you would like to discuss please let us know! All parents and guardians are welcome.





Dickinsfield Flyers Fundraising Association (DFFA)

DFFA Meeting
April 6th @9:30am
Online using
Google Meet

Email dicksinfieldparents1@gmail.com for the meeting link.

All parents/caregivers are invited to attend, hope to see you there.

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. We provide funding to teachers to purchase extra activities, items and books for their individual classrooms which directly benefits your kids! In the past we have funded items such as Chromebooks, learning tools, books, enrichment toys, bussing for programs and various activities within the school.

Current ongoing fundraisers:

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

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

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**.

Like and follow us on Facebook to stay up to date on fundraising events at your child's school – Dickinsfield Flyers Fundraising Association.

If you would like to learn more about the DFFA or get involved with fundraising for your child's school check us out on Facebook or you can contact us directly at thedffa@gmail.com

Our next virtual meeting is Wednesday April 6th at 9:30 am all parents/caregivers are invited to attend, hope to see you there.

Possible Hot Lunch Program Return

With volunteers being approved back in the schools starting in March the Dickinsfield Flyers Fundraising Association (DFFA) is eager to offer our hot lunch program again!

The DFFA can not commit to this endeavour without dedicated parent volunteers to ensure its success. Our hot lunch program is run entirely by parent volunteers and all funds raised go directly to our school to help the DFFA fund a variety of programs and materials for your child's teacher/classroom.

The hot lunch program provides the opportunity for parents to pre-select from a set menu a fun and healthy lunch to be delivered to their child at school twice a week. Set menus are offered through some local favourite restaurants and are often accompanied by fresh fruit, vegetables or yogurt etc.

For the hot lunch program to proceed we will need volunteers throughout the process. Initially we require parents to join the hot lunch planning committee to get started. Eventually a variety of volunteer shifts will be available, some during lunch hour sorting and delivering the lunches and other shifts will be flexible during open school hours including grocery shopping, prep and cleaning.

Want a discount? **Volunteer 5 cumulative hours with the hot lunch program and earn 25% off your next month's order!**

Volunteers working in the school will need to complete a criminal record check in advance. Criminal record check paperwork can be picked up at the school's office and completed at our local RCMP headquarters located on Paquette drive in Timberlea. This check is free of charge as long as the forms are picked up from the school.

We need committed parents to step up and join the hot lunch committee before we can proceed.

If you're interested in not making your child's lunch every night, learning more and joining our volunteer efforts e-mail dfhotlunch@gmail.com

Hot lunch can return but it's up to you.



A MOMENT FOR MENTAL HEALTH

What To Do If Your Child Is Nervous About Ditching Their Mask

Here are nine research-based tips for establishing and negotiating new social rules that can help you and your children reduce stress and anxiety.

1. **Help children anticipate that mask-wearing has to be adapted to the person and the situation.** There will still be many places where kids will be required to wear masks, like doctors' and dentists' offices. But masks will likely be optional in other settings such as schools, libraries, sports centers and other social venues. The key is to explain to children beforehand that different situations will have different rules. Knowing what to expect can reduce stress.
2. **Anticipate times when you may feel uncomfortable.** Decisions about mask-wearing are personal, so it makes sense that different situations may feel uncomfortable for different people. Imagine you're sitting at your child's sporting event and there are a number of unmasked parents who are seated very close together and cheering for the kids. Or, think about how you would feel if your child got an invitation stating that masks are forbidden. Or, imagine that you're required to wear masks when visiting grandparents, but feel uncomfortable doing so. While these scenarios are different, the key to each is to anticipate problems by asking ahead and search for solutions such as physically distancing yourself, masking up for a short time or politely excusing yourself from the event or situation.
3. **Be prepared to encounter unresolvable differences of opinion.** In these situations, explain to your child that sometimes others have the right to make these decisions. Hosts get to decide what happens in their home; business owners get to decide about rules in their store. There are often options: You can attend and respect the host's wishes, you can try to find a compromise or you can simply not attend. Teaching your child that the rules don't apply to them is usually not a good parenting strategy, as it can lead to defiant or even dangerous behavior.
4. **Emphasize that circumstances change but the principles remain the same.** To help children feel less anxious about changing guidelines, emphasize that we all need to observe the same consistent rules: (1) do what's safe for you and others, (2) think ahead about different situations, and when unclear, (3) ask for guidance. Even if the rules about mask-wearing change again, the process of following these three key steps can remain a stable constant in the lives of children.

5. **Be respectful, kind and caring about others' decisions regarding their comfort and safety.** As mask mandates and guidelines change, opinions about mask use will continue to be a sensitive issue. While many can't wait for masks to be a thing of the past, there are others who are filled with worry. Remind your children that mask decisions can be personal and context-driven. Try to avoid language that is judgmental or demeaning. Teach your kids that bullying a child at school for wearing a mask can be just as bad as bullying one who uses a wheelchair.
6. **Address your child's questions before different situations and events.** For example, kids may be confused or even upset by going to a playdate where masks are required if they went to a maskless one just the previous week. In these seemingly contradictory situations, you may need to discuss with children how it's polite and caring to respect a mask request, even if, as a family, you disagree. Explain that there may be extenuating circumstances that aren't obvious. Give a clear example they can understand, like a family member who is much more vulnerable to the virus.
7. **Monitor your children's anxieties.** It's not so much masks or no masks that cause stress; it's the cascade of changes that takes a toll. Take time to check in with your children about their feelings. Children can experience stress differently than adults. Things to look for include changes in their sleeping and eating patterns. Talk to them about how they're feeling about school and friends as they relate to mask-wearing.
8. **If you are hosting an event, be upfront and communicative about what you are expecting.** Let people know in advance what your rules are about mask-wearing: Is it optional or required? When possible, give people who are uncomfortable with your expectations different options. For instance, you may require masks at your child's birthday party, but if a parent is uncomfortable with that decision, perhaps their child could come just for the outdoor portion of the party, or even attend virtually.
9. **Check in with the other adults.** Is there a reason your family has decided to continue wearing masks, such as having a member of the household who is immunocompromised? Consider sharing your family's decision, and perhaps your rationale, with your child's teacher. Did your child receive an invitation with no mask guidance? Ask the parents what they're anticipating or expecting guests to do. Open communication and checking in can help keep messaging to children more consistent and can lower the chance of a surprising or stressful situation later on.

Emphasizing and modeling empathy and respect for others' decisions in this pandemic can go a long way toward establishing the kind of normalcy and consistency that helps kids feel less anxious.



Choosing Your Own Weather

Analogies make new ideas more meaningful by connecting us to something we already know. “Choose your weather” is an analogy. It teaches that, although we may not be able to choose what happens to us, we can choose a “sunny” response over a “rainy” or “stormy” response. In this lesson, your child will learn that proactive leaders control their “weather.”

Use the questions below to engage your child in a conversation:

BEFORE THE LESSON:

- What do you think the word “analogy” means? (To compare two things; to connect something new with something we already know so we can understand it better.)
- If I said, “I feel cloudy today,” what kind of mood do you think I am in?

AFTER THE LESSON:

- How does a “sunny” or proactive choice show others that you control your weather?
- What kind of weather will you choose next time someone says something mean to you?

OPTIONAL ACTIVITY:

- Use the situations below or other situations that occur in your home. Invite your child to give you a “thumb up” if the statement shows a sunny or proactive response and a “thumb down” if the statement shows a stormy or reactive response.

Examples:

- o You and your brother want to watch different television shows. It ends with you both yelling.
- o Your friend says something mean to you. You ask him why he said it.
- o You want to play a video game and I say, “not now.” You ask when you can play again and then find something else to do.
- o We wake up late and everyone is in a hurry. Your sister is taking a long time in the bathroom. You get mad and throw a toy at the door.
- o Your grandma asks you to walk her dog. You get frustrated because you want to play with your cousins.

GREEN SCHOOL

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



The Problem With Plastic

We are one of the leading green schools in the city, and inspire others. Plastic is everywhere, and very useful. The problem with plastic is that it does not decompose. A small percentage gets recycled, but the majority gets tossed or sent to landfill, where it never fully decomposes into dirt. It's everywhere - lining our ditches, in our water systems, entering our food chain as micro particles. [Check out this photo by Chris Jordan](#), showing 60,000 plastic bags, the amount thrown out every 5 seconds in the U.S. Check his other photos showing the cumulative impact of disposable items. The answer? Use reusable containers & bottles. Buy bulk. Buy fresh. Reuse. Buy second hand. Buy less. Bring your bag, everytime. Take the time & effort to recycle. Teach and show your kids. Every little thing you do - we do - adds up and makes a big difference.

SAFETY REMINDER

By now we all know that being distracted behind the wheel can net you a pretty hefty fine. But did you know that around one out of every three collisions is due to driver distraction? Set a great example by staying focused, keeping your hands on the wheel and your eyes on the road. If you're walking, teach your kids to put the phone away, avoid headphones, and always be aware of their surroundings, especially around moving vehicles. Learn more at amainsider.com/schoolzonetips





APPLE NEWS



Bring Back Play!



This month, students are learning to get active outside of school hours through a campaign called Bring Back Play. Here is a summary of the learnings and how you can support your child's health.

Physical Activity Guidelines recommend that children and youth get at least 60 minutes of moderate to vigorous physical activity daily, in order to live healthier, happier lives. You heard right – that's every day.

What can parents do? After school and on weekends are perfect times to encourage outdoor, active play. Let your child decide what he/she would like to do - from dancing with friends to playing hide and seek or collecting sticks in the woods. Don't forget to take advantage of parks and playgrounds that are available for free fun. Parents, you can be a great role model by playing with your children!

Active Ways to Play

Classic Games

Captured the Flag

Jump Rope

What Time is it, Mr. Wolf?

Jumping Jack Tag

Ball Games

Kick Ball

Hacky Sack

Wall Ball

Four Square

Unstructured

Walk the Dog

Play Hopscotch

Get On Your Bike & Go

Throw a dance party