



# The Flyers Express

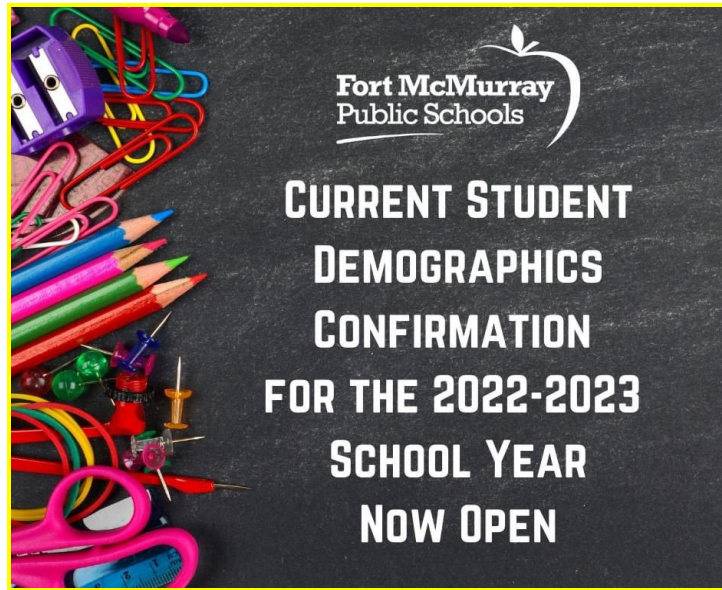


Ecole Dickinsfield School

Together we fly higher

Ensemble nous volons toujours plus haut.

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



Go to [fmpsdschools.ca](https://fmpsdschools.ca)

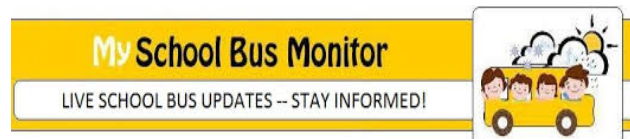


## A Note About Lunches:

- 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](mailto: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!**

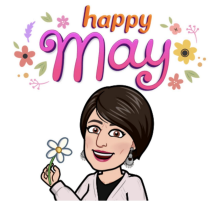
Please go to [www.myschoolbusmonitor.ca](https://www.myschoolbusmonitor.ca)

## Principal's Message

May has been a busy month, and because of that, we are late getting the newsletter out. Interested grade 4-6 students have been busy training to become AMA Safety Patrollers. We are asking all of our families to be extra cautious during drop off and pick up times as our patrollers will be on duty at the crosswalk, helping to ensure students get safely across the street. We have other clubs that have started such as robotics, running club and drawing club. It's so great to be getting back to having extra curricular activities!



May also is the month that we present our school growth plan to the Board of Trustees for the 2022-2023 school year. Parents will be able to find this plan posted on our website after May 25th. Our growth plan for the coming school year is centered around addressing gaps in literacy, and concerns around students' sense of belonging and increased levels of anxiety. We will be using programs such as the Leader in Me, Daily 5 and the Regulated Classroom to help achieve our goals of increasing student literacy success, increasing student sense of belonging and decreasing student levels of anxiety. We will also be collecting increased data for numeracy in the coming year to build in a numeracy goal for the 2023-2024 school year. Parents who would like further information on our school growth plans are invited to join our school council meetings, which happen virtually on the third Wednesday of every month.



On May 25th our students will be highlighted at the Board of Trustees meeting. We have a group of grade one French Immersion students from Mme Line's class who will be presenting a reader's theater piece. This piece will be introduced by some grade 4/5 students in Mme Kristen's class. We are excited to highlight our French Immersion program for the board, and have further plans for promotion in the community as we look to further increase our early learning French Immersion enrollment. Any parents interested in sharing with others about the French Immersion program, please contact Mme Keca.

Classes have begun our annual community clean up! Every classroom will be finding a time during the day to go outside and help keep our school grounds beautiful. This is just one way that we help give back to our community. Families who are interested in participating in the RMWB Community cleanup can visit the [Parks and Recreation website](#)

On May 30th our school welcomes back Steve Harmer, the Motivational Magic magician who will present his show *Kindness and Gratitude - Your Superpowers*. In this show, Steve explains that Kindness and Gratitude are much like "super powers" that everyone can CHOOSE to have. When you claim and use your superpowers amazing things can happen in your life and in the lives of others. We hope this show helps to inspire and remind our students to fill each other's buckets and choose their own weather by finding the positive things happening in their lives.



### DF Leadership Team

Erin Keca, Principal

Leannah Robertson, Vice Principal

Brad St. Denis, Vice Principal

## IMPORTANT DATES:

### May

- May 16th - Grade 6 French Language Arts PAT
- May 18th - Grade 6 English Language Arts PAT
- May 18th - School Council Meeting @6:30pm
- May 20th - Day-in-lieu P/T Interviews - No School
- May 23rd - Victoria Day - No School
- May 30th - Motivational Magic Show

### June

- June 2nd - Talent Show - time TBA
- June 3rd - PLF - No School
- June 16-24 - Grade 6 PATs - see teacher for schedule
- June 27th - 6:00-9:00 pm - Grade 6 Farewell
- June 28th - Last Day for Students

## GREEN SCHOOL

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

### GREEN SCHOOL



### **Grow Plants!**

*We have a school learning garden for the students! Plants left in the garden from last fall are observed to see the impact of winter, and to spread flower seeds. Students plant more seeds and transplant seedlings. By tending the garden, kids learn about the plant life cycle, weather, solar energy and small animals. They also learn about the carbon footprint of food through transportation and waste, and how growing our own food reduces that. Kids love being outdoors and getting their hands in the dirt. In the fall they harvest the food and have taste tests. Green at home? Get your kids planting seeds and seedlings!*

# School Council News

May Update

## Upcoming Virtual Meetings

Weds May 18 – 6:30 p.m.  
Weds June 8, 2022 AGM

## Have your Say!

Join us in May for the second last School Council Meeting of the school year. Learn about everything going on in Ecole Dickinsfield School. Each meeting contains helpful updates and information that can keep parents and families informed and engaged!

## Important update on School budget and more...

- Join us in May as Mme. Keca presents on the school budget.
- Learn the budget priorities, and share your feedback.
- Wondering what's going on with the School Portable upgrade project?
- Join the meeting in May for an update on the construction plan!

## Join us in May!

If there's something you'd like on the agenda, or addressed at the meetings, please let Vice President, Megan Langpap know. Email [dickinsfieldschoolcouncil@gmail.com](mailto:dickinsfieldschoolcouncil@gmail.com) to RSVP and receive the link to the School Council meeting!



## Dickinsfield Flyers Fundraising Association (DFFA)

**DFFA Meeting**  
**May 11th @9:30am**  
**Online using**  
**Google Meet**

Email [dicksinfieldparents@gmail.com](mailto:dicksinfieldparents@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.

Our next regular virtual meeting is Wednesday May 11th at 9:30 am all parents/caregivers are invited to attend, hope to see you there.

We also have a planning meeting Tuesday May 17<sup>th</sup> at 6:30 pm this is an opportunity to brainstorm fundraising events and prospects for the 2022-2023 school year.

Lastly Our Annual General Meeting takes place Wednesday June 8<sup>th</sup> 6:30 pm to review the budget and executive members.

If you would like to learn more about the DFFA or get involved with fundraising for your child's school contact us directly at [thedffa@gmail.com](mailto:thedffa@gmail.com).

To attend any meeting e-mail us for the meeting link and more information.



## A MOMENT FOR MENTAL HEALTH

### Progressive Muscle Relaxation (PMR)

PMR is a helpful strategy for kids with anxiety difficulties, as they are often chronically tensing muscles. PMR helps the child learn to distinguish between the feelings of a tensed muscle and a completely relaxed muscle. This in turn teaches the child to “cue” this relaxed state at the first sign of the muscle tension that accompanies anxiety. PMR helps build awareness about anxiety triggers through physical sensations, and teaches an association between relaxed muscles and a relaxed mental state. It is easier to have someone guide a child through this the first few times until the technique is learned. Tell kids this is like learning to turn their muscles from uncooked spaghetti into cooked spaghetti.

1. Lie down in a quiet room and take slow breaths
2. Think about the muscles of your head and face, now scrunch them up tightly and clench your teeth, hold that as you count to 10, then allow all of those muscles to relax. Notice that feeling of relaxation in your face, and your jaw loosening
3. Now concentrate on muscles of your shoulders and neck, tighten up your neck muscles pulling your head down, shrug your shoulders up, hold that uncomfortable tightness, for a count of 10, then let all those muscles relax and notice the feeling.
4. While continuing your slow breathing, move your attention to your arms and hands, tightening those muscles further and further, hold it as you count to 10. Then allow those muscles to relax.
5. Now think about the muscles in your legs, your bottom and your feet, tighten all these muscles up, feel the hard tension throughout your legs, hold it as you count to 10, then allow your legs and feet to relax as you continue your slow breathing.
6. Now that all of your muscles have relaxed, continue your slow breathing and take some time to enjoy the sense of relaxation. Focus on how the most relaxed areas of your body feel now.

YouTube video demonstrations:

<https://www.youtube.com/watch?v=cDKyRpW-Yuc> (cartoon demo)

<https://www.youtube.com/watch?v=aaTDNYjk-Gw> (pictures and audio)





## 5 Core Paradigms

### LEADERSHIP

1

**Everyone can be a leader.**

NOT: Leadership is for the few.

### POTENTIAL

2

**Everyone has genius.**

NOT: A few people are gifted.

### CHANGE

3

**Change starts with me.**

NOT: To improve schools the system needs to change first.

### MOTIVATION

4

**Empower students to lead their own learning.**

NOT: Direct and control student learning.

### EDUCATION

5

**Educators and families partner to develop the whole person.**

NOT: Educators focus solely on academic achievement.



## APPLE NEWS



# *Fun in the Sun with Vita-Man D*

What is the sunshine vitamin? Vitamin D is known as the sunshine vitamin because the sun's ultraviolet B (UVB) sun rays make vitamin D in our bodies.

Sunlight on our skin provides a major source of our vitamin D, however, we cannot safely get all the vitamin D this way. One reason can be the time of year - during the winter months (October to March) northern-hemisphere parts of the world, like Alberta, do not receive the UVB rays needed to make vitamin D.

Why do we need vitamin D? A lack of vitamin D can cause rickets in children, and softening of the bones and osteoporosis (fragile bones) in adults. Many parts of the body, including muscles, nerves, skin, glands, and the immune system also benefit from the sun's rays.

### Fun-D-mental Sun Tips

The best time to be outside is the early morning or late afternoon.

Stay in the shade and out of the hot sun between 11:00 am and 4:00 pm.

Use sunscreen lotion or cream that is SPF 15 or more. SPF means Sun Protection Factor.

Use a sunscreen that says "broad spectrum" on the label. It will screen out most of the UVA and UVB rays.

Wear a hat or sunglasses to protect your eyes from damage.

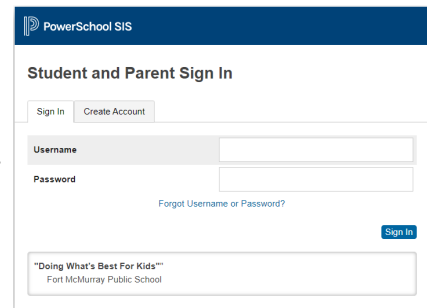
Don't forget about putting sunscreen on your lips, ears, and nose. These parts of your body burn easily.



# 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.



PowerSchool SIS

Student and Parent Sign In

Sign In Create Account

Username

Password

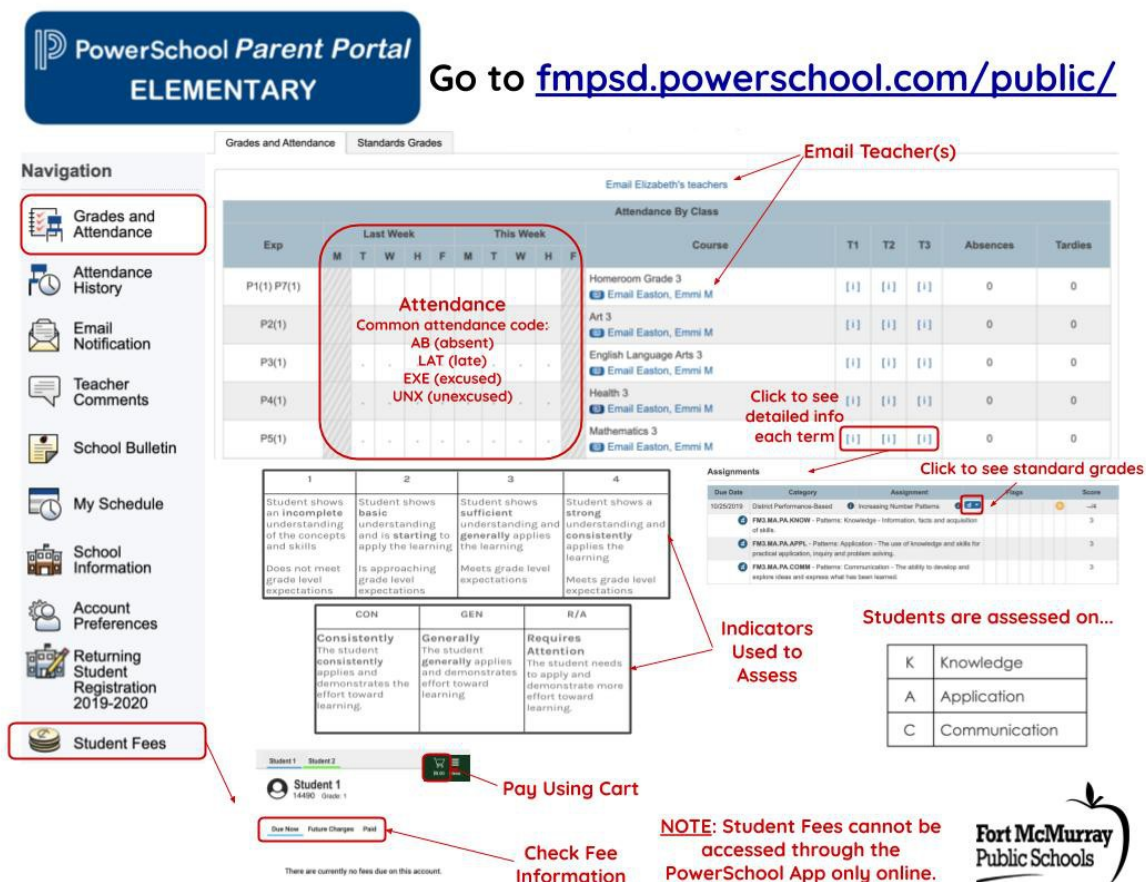
[Forgot Username or Password?](#)

[Sign In](#)

"Doing What's Best For Kids"  
Fort McMurray Public School



Tips on how to navigate Parent Portal (click [HERE](#) to see larger version)



**PowerSchool Parent Portal ELEMENTARY**

Go to [fmpsdpowerschool.com/public/](https://fmpsdpowerschool.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

**Grades and Attendance**

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

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

**Assignments**

Due Date	Category	Assignment	Score
10/25/2019	Distict Performance-Based	Increasing Number Patterns	3
	FW3.MA.PA.KNOW - Patterns: Knowledge - Information, facts and acquisition of skills.		3
	FW3.MA.PA.APPL - Patterns: Application - The use of knowledge and skills for practical application, inquiry and problem solving.		3
	FW3.MA.PA.COMM - Patterns: Communication - The ability to develop and explore ideas and express what has been learned.		3

**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 Card**

**Check Fee Information**

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

**Fort McMurray Public Schools**