

The Flyers Express

Ecole Dickinsfield School

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





Go to fmpsdschools.ca

SCHOOL BUS REGISTRATION FOR 2022-2023

If you have not already filled out the Bus registration form letting the school know whether or not your child(ren) will need the bus for the next school year, please click on the link below. We require ALL families to fill out the form so we know who will and who will not require the bus. If you do not require the bus please make sure you fill in your child(ren) name(s) in the section provided on the form so we know to put them on the no bus required list.

https://docs.google.com/forms/d/1qr4FX2uoeKjaNU9v4ORKs2iEGfIqNadW2JMA7SLItv8/edit

Principal's Message

Wow, what a year! Spring has been busy at Ecole Dickinsfield but as expected it's always the most fun. As the sun was shining, teachers were finishing curriculum and incorporating many fun activities with students. There were field trips to Heritage Park, the Oil Sands Discovery Center, and the waterpark. Some students even went virtually to Disney and Hogwarts!



There were many picnics, trips to the outdoor classroom, plus we hosted our annual field day, awards ceremony, and grade six farewell. A reminder to parents that report cards are digital this year. Information on how to access them can be found towards the end of this newsletter.

Our grade six students were busy preparing for and writing their provincial exams this spring. It was truly impressive to watch their work ethic develop over the past years. We enjoyed our final send off to the grade 6s at their farewell celebration on June 27th. We are very sad to see them off to junior high but extremely confident they will all continue doing great things and further evolve into the leaders we know they are.

We would like to bid a very fond farewell to a few of our staff members. Ms. Ashley LeRiche, Ms. Janet Hiscock and Ms. Nicole North are three wonderful educational assistants who made a tremendous impact on the students they worked with. They are all moving

on in their journeys with FMPSD, we thank them for all they have done at our school and wish them all the best in their future. Mr. TJ Carabeo has been such a great addition to our front office team. He too is moving on to other opportunities and will be missed by staff and students. Finally, three of our teaching staff are moving away. Mme Cait, Mme



Katelyn and Mme Diana have given so much to our school in their years at École Dickinsfield as key members of our French Immersion teaching staff. We are incredibly sad to see them go. Our consolation is that each of these teachers is moving "home" to be closer to their families.

We would like to send a huge thank you to one of our valued community partners, The Family Christian Center (FCC). Every year our families use their parking lot at drop off and pick up times, and the FCC uses our parking lot for their congregation on Sundays. What families might not know is that the FCC gives our school a generous donation every year. This year, they gifted our school \$5,000. We are so grateful for this kind donation and intend to use it to purchase more flexible seating for our students.

The 2022-2023 school year will begin with the same "Staggered Entry" that we have grown accustomed to in the last couple of years. The week of August 29 to September 1, classes will come



for one day. The reduced number of students in the school on a child's first day helps to reduce confusion for parents and students, and we have also found that it lowers the anxiety for everyone. Regular school days resume after the September long weekend on September 6. Details of staggered entry days can be found on our website in the calendar, as well as under the "Important Dates" section of this newsletter.

Parents and students might also be wondering about their child's teacher for next year. In the week before school begins your child's teacher will email to introduce themselves and to give you information about where your child will enter the school on the first day. If parents have not heard from their child's teacher by noon on August 26, please contact our front office.

We wish all of our families the very best summer. May you enjoy your time together and make many fun memories. See you in the fall!

DF Leadership Team

IMPORTANT DATES:

June

June 28th - Last Day for All Students

August

August 17th - School opens for Registration

August 18th - First Day for Administrators

August 23rd - First Day for Teachers

August 29th - Grades 5&6 attend August 30th - Grades 3&4 attend

August 31st - Grade 2 and half of ECDP & Kindergarterattend

June

September 1st - Grade 1 and half of ECDP & Kindergarterattend

September 6th - Full day for all students

September 7th - DFFA Meeting

September 15th - Tentative Welcome Back BBQ

September 21st - School Council Meeting

School Supply Lists and Order Information

Families can find our school supply lists for the 2022-2023 school year on our website

Parents can order School Supplies for the 2022-2023 School year from SchoolStart.ca, in person at Staples, on Staples School Tools website, or can purchase items on their own.

Staples: Ordering is as simple as going to <u>staples.ca/schooltools</u>, entering the school name in the search bar and selecting the appropriate grade. Click on "search" and the list will appear. Simply click on it and shop away! (<u>Staples Parent Information Lette</u>)

SchoolStart: You can place your order online at <u>www.schoolstart.ca</u>. The supplies will be packaged and delivered directly to your house.





Dickinsfield Flyers Fundraising Association (DFFA)

DFFA Meeting September 7, 2022

Email <u>dicksinfieldparentsl@gmail.com</u> 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. Our funding aids teachers in purchasing extra activities, items and books for their individual classrooms which directly benefits your kids! In the past we have funded items such as Chromebooks, enrichment toys, bussing for programs/field trips 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.

Looking ahead for 2022-2023 school year.

Hot Lunch program – Anyone interested in getting involved please e-mail thedffa@gmail.com for more information. We are hoping to offer this program again in the fall, but to guarantee its success we will need more people to join our hot lunch committee.

Casino date October 8th & 9th – This is a big fundraiser for our school and ensures we have funds available to continue supporting our students and staff. Mark your calendars to take a shift. More information will be available in September.

If you would like to learn more about the DFFA, attend a meeting or get involved with fundraising for your child's school contact us directly at **thedffa@gmail.com**.

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

SCHOOL COUNCIL

School councils are collective associations of parents, teachers, principals, staff and community representatives who work together to effectively support and enhance student learning. Joining a school council is one way members of the school community can get involved. All parents of École Dickinsfield School are members of the School Council. Parents can contact the School Council Chair at dickinsfieldschoolcouncil@gmail.com.





A MOMENT FOR MENTAL HEALTH

Strategies for a Successful Summer Break

Tips for managing your kids' downtime to help make it relaxing for everyone

Kids do better with structure. That's even more true for kids with emotional or developmental issues. Structure makes kids with anxiety, ADHD or autism feel safe and comfortable. So summer vacation is a challenge for these kids and their parents. But following some basic rules can make summer easier to handle and more fun for everyone.

Keeping to your child's usual bedtimes and mealtimes is important. Posting the day's schedule helps kids move from one activity to another. Planning activities ahead of time, like going to the playground or pool every day, gives kids structure they can depend on. Then you can schedule other activities around that.

Rules for behavior are important, too. It's good to pick a few "good" behaviors you want your child to work on. You can reward kids for good behaviors with stickers or a special outing. And ignoring as many minor "bad" behaviors as you can teaches kids that acting out won't get them what they want.

Meet-ups and other groups are a great way of connecting your child with other kids and families who might make good matches for playdates. Outdoor activities are important for kids. If day camp is an option, it can provide great structure and fun outdoor activities that keep kids from spending too much time in front of screens. If your kid has anxiety, it's good to figure out what's triggering it. Then you can take baby steps to make those fears less scary.

Even if you do everything you can to prepare for summer, it's normal for kids to act out more over vacation. That's tiring for parents. It's important to take care of yourself during the long summer break, too. Hiring a sitter for a few hours or asking family members to pitch can make a big difference.





The 7 Habits of Highly Effective Families

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Habit 1 Be Proactive® Identify any reactive behaviors your family wants to stop doing.	Habit 2 Begin With the End in Mind® Choose a quote that represents what's most important to your family.	Habit 3 Put First Things First® Family time is a Big Rock! Have a family date night. What activity best fits your family?	Habit 4 Think Win-Win® Talk about how you show courage as a family.	Habit 5 Seek First to Understand, Then to Be Understood® Write about three things you do as a family to show respect to one another.
Habit 6 Synergize® Pick a date this month to synergize as a family with a "family meeting." Complete a Plus/Delta Chart to identify what is going well for your family and what you could change.	Habit 7 Sharpen the Saw® Share a family meal together. Take a family selfie and record the date of the meal.	Habit 1 Be Proactive Identify any proactive behaviors you want to start or continue doing.	Habit 2 Begin With the End in Mind Write a goal that you want to achieve as a family in the next month.	Habit 3 Put First Things First Write to tell about your family's three biggest priorities for the next week.
Habit 2 Begin With the End in Mind Discuss what your family wants to be celebrating at the end of this school year.	Habit 5 Seek First to Understand, Then to Be Understood What closes the door for understanding in your family? Criticizing, talking about yourself, and giving advice are door slammers. What can you do to open the door to listening for understanding?	Student Name	Habit 6 Synergize Identify and record two or three strengths for each member of your family.	Habit 7 Sharpen the Saw Exercise together as a family. How do you like to stay healthy and active?
Habit 7 Sharpen the Saw Write about your favorite family traditions or create a new family tradition.	Habit 1 Be Proactive Identify any reactive language your family wants to stop using.	Habit 2 Begin With the End in Mind Discuss and write about what you want your family to stand for.	Habit 3 Put First Things First Make a "perpetual calendar" for your family. What important dates does your family commit to each week? month? year?	Habit 4 Think Win-Win Talk about how you show consideration as a family. Write about it.
Habit 3 Put First Things First Schedule one-on-one family time. Use the prompt below to write about that time: My time with was special because	Habit 6 Synergize Work together to complete a community service project. Write to tell about how you used Habit 6.	Habit 5 Seek First to Understand, Then to Be Understood Try using Habit 5 to fill in the blanks: An eight-year old says to his parent, "I hate my teacher." Parent's response: You seem to feel[feeling] about [subject].	Habit 7 Sharpen the Saw Try learning something new together. What did you learn?	Habit 4 Think Win-Win Make an Emotional Bank Account deposit by doing something kind for an extended family member, neighbor, or friend.



Name:		



APPLE NEWS



Be a Sleep Star!

Be a Sleep Star! Here is a summary of the learnings, and how you can support your child's health.

Let's Get the Facts Straight:

- Well-rested children are more likely to be physically active, eat healthier foods, and have less screen time.
- Children aged 5-12 need about 10-11 hours of sleep every night. A good sleep is the best way to get enough energy to work and play at school.
- Changes to a child's sleep routine or lack of sleep can affect his or her mood, memory, and ability to pay attention.
- •A regular bedtime routine can help children fall asleep sooner

Media in the bedroom impacts a child's sleep. A bedtime routine that sets guidelines for when all screens need to be turned off improves how much sleep a child gets.

71% of all 8 to 18-year-olds have a TV, 50% have a video game player, and 36% have a computer in their bedroom

Stress plays a role in a child's ability to sleep. Good thing that 60 minutes of physical activity a day keeps the stress away!

GREEN SCHOOL

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

Appreciate Nature



Would you like your children to care about the planet? The best way to build a commitment to help our planet is to be out in nature. Go for walks in the woods. Teach your child to listen to the birds singing, and the frogs croaking. Stroll along the river and look closely with them at the plants growing and the leaves popping out on the trees. Look at bugs, beetles and worms under

logs. Take a bag so you can pick up some garbage along the way. On rainy days, watch nature shows on t.v. together as a family. Loving nature helps build motivation to reduce, reuse, recycle and compost.



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 SI	5	
Student and	Parent Sign In	
Sign In Create Acc	ount	
Username		
Password		
	Forgot Username or Password?	
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"Doing What's Best F	or Kids""	
Fort McMurray Publ	c School	

D PowerSchool Parent Portal
SIGN IN

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

