



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.
- 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 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.** Or call the office @780-791-6990 - press 1 to leave a message on the absence line or press 0 to reach the office during office hours, 8:00am - 4:30pm.

Principal's Message

What a wonderful month October was at École Dickinsfield! Wonderful long weekends spent with family as we celebrated Thanksgiving. Our volleyball teams and other clubs began, giving students so many wonderful opportunities. Parent teacher interviews gave parents an opportunity to connect with teachers about students' successes and challenges to date in the classroom, and gave students an opportunity to find a great book at our Book Fair. We observed Secret Path Week, and our grade 6 students created an impactful display of Chaney Wenjack's Secret Path. Teachers had an



opportunity to learn at the ATA Institute Day, which had a big focus around Mental Health and taking care of ourselves. Halloween was a lot of fun this year as we were all very excited to go back to our in person Halloween Parade and Soc Hops so we could see each other's costumes. It was nice to kick November off with our WITS and LEADS assembly. Students learned from two members of the RCMP and four of the Fort McMurray Oil Barons how it is important to use our WITS to solve problems. Students were also pretty excited to get a few autographs from the players. Parents can learn more about these programs and how they can support this learning at home [HERE](#).



One of our many lunch time groups is our student GSA (Gay Straight Alliance). GSAs are peer support networks run by students and supported by school staff and are grounded in the principles of promoting equity for: sexual and gender minority students; safe, caring and inclusive spaces for all students; healthy, respectful environments and relationships to prevent or eliminate bullying and discrimination. Our GSA is an optional lunch hour group for interested grade 4-6 students. Our [Board Policy](#) regarding Sexual Orientation and Gender Identity reflects section 35.1 of the [Education Act](#), which explains that schools MUST create a GSA or similar group for students if it is requested by a student. We have had several requests by students for a GSA and we are pleased that it is now up and running. The Alberta Government website speaks about GSAs and their importance [HERE](#).



November is an important time to reflect and remember. On November 10th we will be observing Remembrance Day starting at 11:05 am. Students are invited to wear red or a Girl Guides or Scouts uniform, and parents are welcome to come and join our assembly as we honour our country's veterans and consider the price that was paid for our freedom.



DF Leadership Team

Erin Keca, Principal

Leannah Robertson, Vice Principal

DIVISION (SCHOOL) CALENDAR:

If you would like a copy of the District Calendar please click on the link provided. Includes all the holidays and Friday no school days! [2022-2023 DIVISIONCALENDAR](#)

IMPORTANT DATES

November

November 9th	- 9:15am - DFFA Meeting
November 10th	- 11:05 am - Remembrance Day Assembly (parents welcome)
November 11th	- No School - Remembrance Day
November 15th	- Virtual Earth Rangers Assembly
November 23rd	- 6:30pm - School Council Meeting
November 17th	- Picture Retake Day
November 17th	- Growing Smiles Orders Due (DFFA)
November 18th	- No School - PLF
November 18th & 19th	- Boys Volleyball Tournament
November 25th & 26th	- Girls Volleyball Tournament
November 28th	- Leadership Assembly

December

December 1st	- Winter Wonderland Family Dance
December 2nd	- No School - PLF
December 3rd & 4th	- M&M Food Market Fundraiser (DFFA)
December 13th	- ECDP & Kindergarten Holiday Concert (during the day)
December 14th	- 6:30 pm Grade 1-3 Holiday Concert
December 15th	- 6:30 pm Grade 4-6 Holiday Concert
December 16th	- No School - PLF
December 23rd	- No School - Non-Operational Day
December 26th - January 6th	- Christmas Break (School resumes January 9, 2023)

EXTRA-CURRICULAR THIS MONTH

- **Grade 5 & 6 Boys Volleyball** - Mondays & Wednesdays
- **Grade 5 & 6 Boys Volleyball Competitive Tournament on November 18th & 19th**
- **Grade 5 & 6 Girls Volleyball** - Tuesdays & Thursdays
- **Grade 5 & 6 Girls Volleyball Competitive Tournament on November 25th & 26th**
- **Grade 5 & 6 Boys Basketball Skills Camp - Mondays & Wednesdays 10:30-10:45 am**
- **Grade 4 - 6 Choir** - Wednesdays at lunch
- **Grade 1-3 Robotics** - Mondays & Wednesdays 12:50 pm - 1:10pm
- **Grade 4-6 Robotics** - Tuesdays & Thursday 12:30 pm - 12:50pm
- **Grade 1-4 Lego Club** - Mondays
- **Grade 1-3 & Grade 4-6 Drawing Club** - Fridays at lunch
- **Coming Soon** - School Musical Rehearsals!!!

Dickinsfield Flyers Fundraising Association (DFFA)

Next Meeting: Wednesday November 9th @9:15am



Dickinsfield Flyers Fundraising Association is the DFFA, we are here for the school to assist in every way. We plan some events and help raise funds, so your favourite teachers and kids can learn and have fun. You don't want to pack your kids lunch everyday? You can order hot lunches through us; hurray! The money raised pays for things you maybe don't realize, like waterpark day buses, chrome books and school supplies. All money raised stays right here in the school, so our teachers can buy new books and materials; cool!

Upcoming Fundraisers/Events:

Growing Smiles Christmas Wreaths and Planters – Choose from a classic poinsettia, door wreath, outdoor planter, and more! Order information will be available early November, Orders due Nov 17, and plants pick up will be at the school Dec 2nd & 3rd. Parents can order [HERE](#).

M&M Food Market December 3rd & 4th - Shop M&M Food Market in Thickwood and before you pay, say you're shopping for the DFFA. With no extra cost to you a portion of your sale will be donated back to the DFFA to benefit Ecole Dickinsfield.

Christmas Concert Couch Auction – Want premium seats to enjoy your child's Christmas Concert? A few couches will be set up at the front of the gym and we will auction them off to the highest bidder to enjoy comfy front row seats at the Christmas concerts! Bidding process and more information will be available closer to the concert dates.

Christmas Bazaar! – The much-anticipated return of the Christmas Bazaar! For family's new to Dickinsfield this fun event gets your child in the spirit of giving! In December we will be asking for donations of gently used items in good working condition that would be suitable gifts for each of your immediate family members. During the last week of school, kids will get the opportunity to pick out items and purchase a gift for their immediate family members! Items are all priced at \$1 each and all profits raised will be donated to one of our local charities.

We encourage you to start gathering donations for when we are ready to receive them in December. We are often low on dad and teen boy items.

Ongoing fundraisers:



oliver's labels

- Tired of losing mittens and hats? Oliver's Labels is where you can order labels and other personalized items through the link below.

Get your clothing stickers with last name and phone number now before you lose your nice winter gloves/mittens!

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

Upcoming Meetings:

Our next regular meeting is Wednesday November 9th at 9:15 am. This will be a hybrid meeting so if you'd like to join us in person we will be at the school in the maker space room. If you'd prefer to join virtually contact us at thedffa@gmail.com for the meeting link and info.

All parents and guardians are invited to attend our meetings. Like and follow us on Facebook to learn more, get involved and stay up to date on fundraising events at your child's school – Dickinsfield Flyers Fundraising Association.



The season of giving!



shopping online for some Christmas gifts this year?

Be sure to join FlipGive as an easy way to give a bit back to our school. FlipGive is a cashback app you can add on your phone or login through their website that gives a small percentage of your purchase back our school! No extra cost to you, one quick extra step to login in through FlipGive app. Set a timer for 5 minutes and:



1. Go to flipgive.com or search FlipGive on your Appstore
2. Sign up via google, Facebook or e-mail
3. Select Parents & Athletes
4. Enter code: PFGKBC
5. Join our team Ecole Dickinsfield DFFA
6. Support the team
7. Role -> parent/guardian

That's it!

FlipGive
CASH BACK FOR TEAMS

Did your timer end yet? It only took 5 minutes to set up and earn our school %'s back on your regular or even gift card purchases. If google chrome is your regular browser FlipGive Max will notify you if you are shopping an eligible website.

Shop with **hundreds** of top brands



Check it out, it won't take long and who knows, maybe you're 5 minutes can help buy a new book or more for your child's classroom.



JOIN US FOR NOVEMBER'S MEETING

- We meet monthly as a Council to discuss school updates, principal updates, parent concerns, and more
- You don't have to be a member to attend meetings
- Meetings take place in-person, and online
- Meetings are always on Wednesdays at 6: 30 p.m.
- Dates at a glance: Nov 24, Jan 18, March 22, April 19, May 17, June TBD. *Subject to change*

NOV 23 6:30 ONLINE & IN-PERSON

- Please keep an eye on School Messenger for a link to the upcoming Google Meet meeting.
- Join us in-person or online!
- If you have any topics added to the agenda, please let us know.

NOVEMBER MEETING TOPICS

- Mme. Keca will present on the 2021-2022 Alberta Education Assurance result for Dickinsfield Students
- School Council update
- Dickinsfield Flyers Fundraising Association Update
- Parent questions for Admin

**Email Chair, Megan Langpap for more info:
Dickinsfieldschoolcouncil@gmail.com**



GREEN SCHOOL



We are one of the leading green schools in the city, and inspire others. Join in!

Idling is when a vehicle is still running while it is parked. Exhaust from vehicles is harmful to breathe, especially for children. When possible, please turn off your vehicle while waiting in our school area. Check out the impact for children. And check out the information on the City Of Sudbury's website on the importance of turning off vehicles to help the environment.

The
Leader in Me™ THE LEADER IN ME
great happens here



Habit 2: Taking it Home

1. Puzzle Activity

Preparation: Get a puzzle (about 24 pieces) and take the pieces out of the box so that your family does not see the puzzle picture on the cover.

Invite family members to put the puzzle together without the aid of the picture. After two minutes, give them the puzzle picture and let them complete the puzzle. Ask: "Why is it easier to complete a puzzle with the picture?" Discuss why having the end in mind helps achieve your desired results as a family.

2. Family Values

Explain that family values are what you believe in and care most about as a family—what is most important. Together, make a list of what values your family shares. Discuss each value listed and why it is important. Allow all family members to have a voice. Celebrate your family's values with a special treat or fun activity.

3. Family Collage

Resources: Poster board or paper, crayons, markers, magazines, scissors, family photos or memorabilia, and glue sticks.

Gather as a family. On a piece of poster board, make a collage of what you want your family to stand for. Cut out pictures and words from magazines, find old photos, or draw words and pictures that represent what you want your family to stand for. Talk about how the words or pictures represent your family's values, hopes, and goals. Allow space for each family member to make a contribution as they glue the items to the poster board to make a collage. Hang the collage in your home as a reminder of what is important to your family.

4. Storytelling

Reinforce your family values through storytelling. Think of stories from parents, grandparents, other relatives—or your own life—that reinforce one of your family values. Share the stories and discuss them on more than one occasion. Write them down and keep them in a binder. Add photos.

APPLE SLICE E-NEWS



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APPLE Schools Once Again Celebrating Recognition as Global Top 100 Innovation

The APPLE team is thrilled to announce that APPLE Schools has been selected by [HundrED](#) as a top 100 global education innovation of 2023 for its proven impact on almost 30,000 vulnerable students each year!

APPLE Schools was chosen from more than 3,000 international innovations due to its innovative expertise and ability to create a scalable impact while helping kids flourish.

This is the second time we are celebrating this achievement, as we were selected in 2020 as well.

This year, HundrED focused on identifying organizations that are changing the face of education in a post-pandemic world, developing 21st century skills including social and emotional learning; and increasing focus on student wellbeing and mental health.

[Recent research](#) on mental health effects from pandemic lockdowns and unfavourable [physical activity data](#) highlighted the need to equip students with the tools and knowledge for resilience. Through the challenges of the pandemic, APPLE Schools proved to be an effective model for supporting student wellness and resilience during challenging times.

This prestigious acknowledgment will help amplify our project to more deserving students across Canada, and maybe globally one day.

To the students, teachers, administrators, parents, and donors of APPLE school communities – thank you! You have all greatly contributed to this recognition and without your efforts, we would not be celebrating right now!

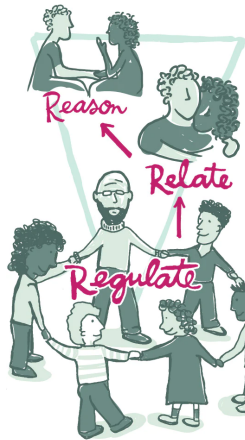
Thank you from everyone on our team.

Check out the [100 global innovations](#), or visit the [HundrED website](#).

News

[APPLE Schools In the News](#)

[Announcements](#)



A MOMENT FOR MENTAL HEALTH

The Three R's



Third: We can support the child to reflect, learn, remember, articulate, and become self-assured.

Second: We must relate and connect with the child through an attuned and sensitive relationship.

First: We must help the child to regulate and calm their flight/fight/freeze responses.

Dr. Bruce Perry has developed a simple but powerful model to show how to re-engage the thinking brain when a person is stressed and operating in survival mode. This works well for children or adults whose stress response is always on or easily triggered.

When someone becomes very stressed (dysregulated), they are operating in the survival part of their brain. An actual or perceived threat has triggered their stress response and they are no longer in the calm/relaxed state. This can lead to fight-flight-freeze behaviour as their ability to listen, learn, comprehend, and cope will be significantly impaired. It is important to help people to become calm and feel safe in order to enable them to access their ability to relate socially. This can be done through a pattern of repetitive and soothing tasks, such as deep breathing, doodling, walking, or listening to music.

Once someone is calmer we need to relate and reconnect with them in a way that reminds them that they are safe, understood and supported. Dr Perry states that “the most powerful buffer in times of stress and distress is social connectedness.” At this time we need to stay physically distant but emotionally close. Instinctively, we may wish to talk and reason when someone is stressed but ways of communicating other than using words can be more effective at this time. Non-verbal communication and tone of voice used can be more significant than the actual words used. If you can relate to others in an attuned and sensitive way this will have a powerful effect in reducing the impact of stress on them. Examples of ways to relate include eye contact, listening, and validating feelings.

Reasoning involves our thinking brain. It is only when someone is calm (Regulated) that they are able to form trusting relationships (Relate) and access their ability to understand, think, and reflect (Reason).

If this sequence is followed and modeled, it will help us to communicate effectively and support people to reflect, learn, remember, and express themselves and their feelings. Relationships cannot be built and skills cannot be learnt when people feel stressed. Feeling safe and calm provides a foundation that allows all other elements of wellbeing to develop. Dr. Perry argues that an environment that is relational, relevant, repetitive, rhythmical, respectful and rewarding helps in times of crisis.



Lifetouch.

PICTURE DAY IS COMING



Thursday, November 17, 2022
Retake Day! Ecole Dickinsfield School



What to Expect:



Students are photographed
on Picture Day



Pictures are sent home
with your child



Review pictures &
purchase on
mylifetouch.ca

All students will be photographed. Please notify your child's teacher if you do not want an individual picture taken of your child. Your child may be included in a group picture requested by the school. Questions? Please contact Customer Service at 1-866-457-8212.

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If getting retakes, Lifetouch encourages students to bring their original proof package to show the photographer how they would like to improve their original photo, or parents can write a note in this regard. However, this is not required to get a retake photo.