



The Flyers Express

Ecole Dickinsfield School

Together we fly higher

Ensemble nous volons toujours plus haut.

<https://dickinsfield.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.
- 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.

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](#)

Principal's Message

Happy New Year to all of our Dickinsfield families! It's hard to believe that we are now into 2023 as it seems the fall went by so quickly. You know what they say - time flies when you are having fun!

In December, we saw a wonderful end to our volleyball seasons and we thank all of our amazing coaches. The students had so much fun and learned plenty about the sport. In addition, our French Immersion students were able to participate in a field trip to Landmark Cinemas to view an authentic French film, fulfilling part of our French Language Arts learning outcomes. It was a fun-filled day! Mid-month, Ms. Rose also organized three days of holiday concerts that were real crowd pleasers packed with beautiful music, instrumental rhythm work, and cheeky lyrics. Thank you to all who attended, organized, and volunteered for these concerts. Finally, Ms. MacDonald and Mme Katherine closed the month by bringing students to present in front of the Board of Trustees explaining their genius hour projects. These projects are based on topics that sparked real passion in the students and they were so proud to talk about their process and product.

This month, we are back to business while enjoying the warmer weather. You may have noticed that our new portables are now open and teachers and students have moved in. While there still is work to be done, it will not impact learning. We are so pleased to have these bright, airy classrooms added to our building and can ensure they will be a welcomed new environment for all. If your child is in one of these new classes, the teacher will have communicated a change in entry doors for them. We look forward to assisting you all with this change. Lastly, January requires reminders of school routines and emergency preparedness protocols (Hour Zero). One that students are familiar with is a Shelter in Place. This requires students to head to a class and continue school activities in a closed door environment. It is called when we need to have the hallways free for a reason such as privacy for a dysregulated student or an injury that requires adult attention. These may be called for only certain sections of the school and not the school as a whole. Secondly, we will practice a lockdown. All schools in our division are required to practice this twice a year in preparation for a possible threat within the school. While these are not necessarily enjoyable, it is important to be prepared in case of an emergency. Lockdown protocols require students to head to the nearest class, door locked, blinds drawn, and students huddled in a corner in silence. Administration then makes rounds to assure students and unlock doors. We remain in lockdown for a minimal amount of time and teachers will have practiced with students prior. If you have any questions about any of our protocols, please contact us.

We hope 2023 brings continued joy, success, love and laughter to our school community. We are not big believers in New Year's resolutions, but we know that École Dickinsfield has extremely hard working students and teachers who will continue to strive for progress not perfection. We can hardly wait to see what this year brings!

DF Leadership Team

Erin Keca, Principal

Leannah Robertson, Vice Principal

IMPORTANT DATES

January

- January 9th - School resumes
- January 11th - 9:15 am - DFFA Meeting
- January 25th - 6:30 pm - School Council Meeting
- January 27th - No School - PLF

February

- February 3rd - No School - Division PD Day
- February 17th - No School - PLF
- February 27th - March 3rd - No School - Teacher's Convention

March

- March 22 & 30 - Ski days for grades 4
- March 16 & 29 - Ski days for grades 5 & 6
- March 23 - Tubing day for grade 3
- March 15 - School Musical - Rainbow Fish (Keyano Theatre)

EXTRA-CURRICULAR THIS MONTH

- Grade 1 - 4 Lego Club - Mondays after school (except January 9th)
- Grade 3 - 6 Musical rehearsal - Monday -Thursdays at 8:00 am. See Google Classroom for details.
- Grade 1-3 Robotics - Mondays & Wednesdays 12:50 pm - 1:10 pm
- Grade 4-6 Robotics - Tuesdays & Thursday 12:30 pm - 12:50 pm
- Grade 1 - 6 Drawing Club - Fridays at Lunch
- Grade 5/6 Floor Hockey - Tuesdays 8:10 am - 8:45 am
- Coming soon - Grade 5&6 Basketball

GREEN SCHOOLS



Turn It Down *We are one of the leading green schools in the city, and inspire others.*

It's cold out! It's so tempting to turn up the heat. But this is a great time to help the environment by turning down the heat.

- Auto save furnace temperatures to a lower temperature at night
- Wear sweaters and slippers
- Wear layers of clothing
- Wear proper clothing in the car
- Don't idle your car unless it's super cold out

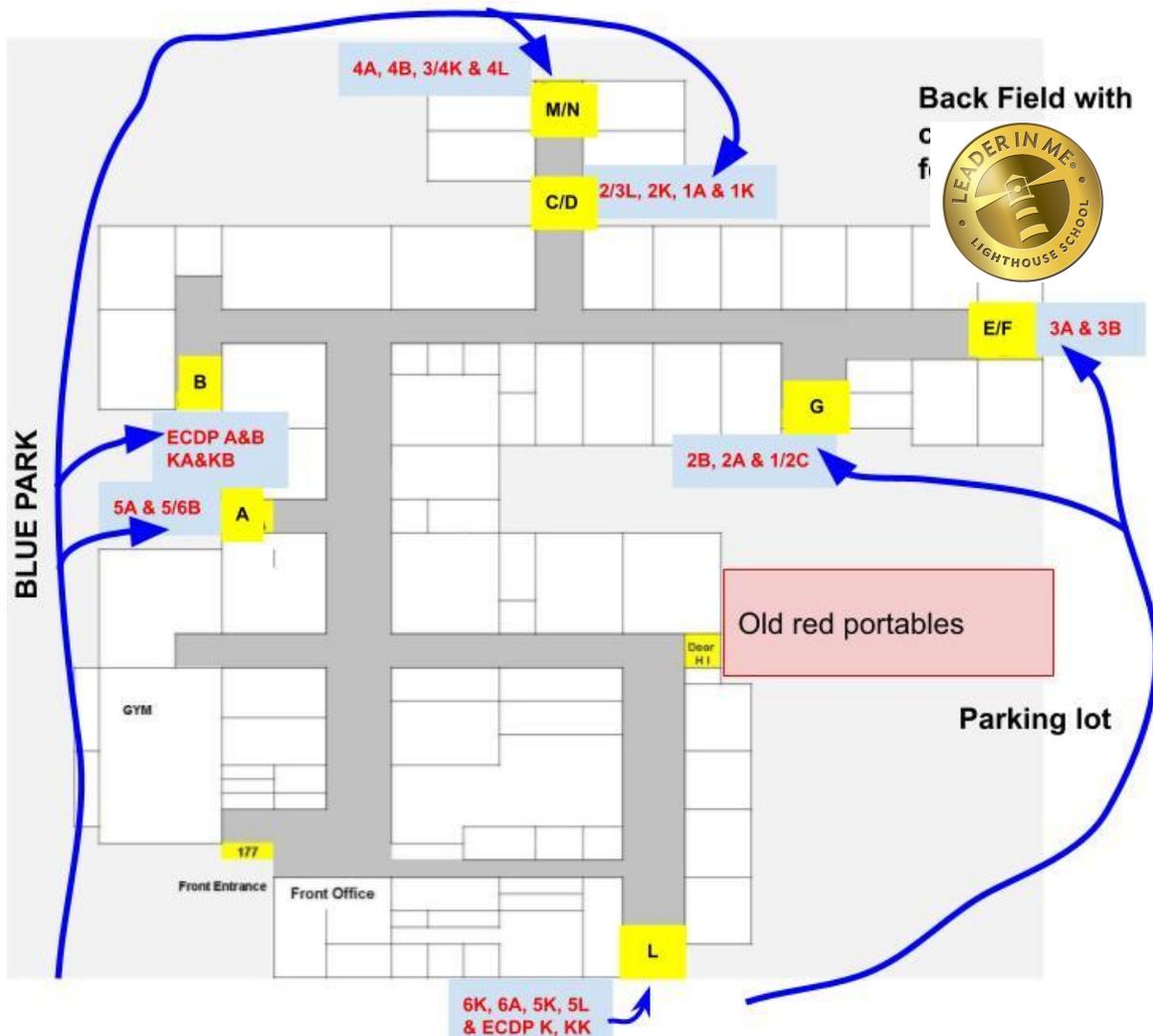
Every little thing makes a big difference!

NEW ENTRANCES

We are very excited to have eight of our classes transition to new spaces in the new to us portables. As with any change, and construction, there are some growing pains. Many of our entrances for our classrooms have changed. Please refer to the attached map for drop off and pick up. We suggest that families take the routes as outlined on the map;

- Classes using doors A, B, M/N AND C/D walk by the blue park (and around to the back for doors M/N AND C/D).
- Classes using doors E/F and G walk through the staff parking lot

The accessibility in the back of the school for strollers, and for those with limited mobility, is not great between doors M/N and E/F or C/D and E/F, so it is not suggested to walk through there for families. We recognize that it is difficult for families with multiple children to get around the school to drop off multiple children. To accommodate for this, we will allow for students to walk through their sibling's doors, however, we do ask that parents communicate with your child's teachers about these arrangements.





THE LEADER IN ME

Habit 3: Taking it Home

Games to play and activities to do to practice Habit 3 - Put First Things First

1. Big Rocks and Little Rocks

Resources: Two clear plastic cups; little rocks (small gravel or jelly beans), enough to fill two thirds of one plastic cup; six bigger rocks, large enough to make them bulge over the rim of the cup when added to the little rocks, and markers to write on the rocks.

Fill one plastic cup two-thirds of the way to the top with little rocks. Add enough big rocks so that the big rocks bulge over the cup.

Select a family member and state: "You've been given a cup with big and little rocks in it. The cup represents all the time you have in a week. Big Rocks are important things that must get done. Little rocks are also important but not as important. Label each big rock with one of your most important things to do."

Continue: "Your task is to get all the rocks into the cup so that they are below the rim of the cup. Rocks above the rim are not allowed. Find a way to make all the important big rocks fit." (Eventually they will need to put the big rocks in first, followed by the little rocks. Some of the little rocks might not fit, which is okay because they are less important than the big rocks.)

Discuss: What does it mean to put Big Rocks first in your schedule? Why is it important to put Big Rocks first?

2. One-on-One Time with a Family Member

Go on a "date" or casual one-on-one activity with a family member. It does not need to be expensive. Ask what they would like to do, such as go for a walk, have a picnic, play a game, or work on a puzzle. Listen to them and affirm their worth and potential.

Also, look for opportunities to have daily one-on-one times with family members.

3. Family Gratitude Dinner

Turn off any distractions. Gather around the table for a family meal. Invite family members to take turns sharing what they are most grateful for in their life. Encourage family members to take turns sharing why they are grateful for each other.



A MOMENT FOR MENTAL HEALTH

Calm Place or Person

This is an activity you can complete with your child when they are feeling regulated and feeling safe and connected. Once the script is completed, the Calm Place/Person is a resource and strategy your child can use when they are feeling dysregulated.

SCRIPT: Think about an experience you have had, or a person you have been with, or a place you wish to be that feels calm and safe.



Perhaps it is sitting on a warm beach on a tropical island, or sitting on a flat rock in the woods, or on a favourite swing at a nearby playground. Maybe you are with a loved one, like a parent or relative, a neighbour, a friend, or someone in your classroom that makes you feel loved and safe. What image flashes in your imagination? Hold that image in your imagination.

If you are reading this script with young children, have them create the calm place with figurines or toys or through drawing. The drawing could be on display and used as a reminder to use when your child is feeling dysregulated. Really try and conjure as many details about the calm, comfortable place or person as possible. If the child cannot think of a calming place, help him or her imagine one by describing a comforting place to you (i.e., woods, beach, island, in bed, etc.).

After you imagine your calm place or person, and as you think of that place, notice what you see, hear, and feel? What emotions are you experiencing? What sensations do you have in your body?

Focus on this Safe/Calm Place – its sights, sounds, smells, and sensations.

As you imagine your Safe/Calm place or person, is there a word or phrase that represents it? Now say that word to yourself, now whisper that word aloud, now say that word louder, and notice how you feel.

Now imagine a minor annoyance or challenging situation and notice how you feel. Bring up the words or phrases that capture your Safe/Calm place or person and notice any shifts in your experience. What do you notice?



APPLE SLICE E-NEWS

Healthy Winter Holiday Snack Ideas

School holiday celebrations provide a unique opportunity to make healthy eating fun and exciting for children. As an APPLE School, we want to serve food that tastes good, is nutritious, and provides students with positive education experiences.

When sending food to school for your child's holiday party, please consider sending some fun AND nutritious foods! To get you started, here are some examples:

- Air-popped popcorn or pretzels
- Baked chips or multigrain tortillas with salsa
- Mix sparkling water with 100% cranberry juice
- Angel food cake with fresh fruit as a topping
- Anything on a stick – veggie or fruit kabobs are fun
- Cheese, whole wheat crackers & apple slices
- Whole grain bagels, cut into quarters, spread with hummus, and topped with fresh vegetables
- Fruit salad/tray (use red, green & white fruits to be festive) with vanilla yogurt as the topping
- Festive muffins made with whole grain flour. Keep the portion small
- Holiday smoothies: blend raspberries & kiwi with vanilla yogurt & ice
- Baked whole wheat pita triangles with hummus for dipping
- Choose cookies with whole grains and dried fruit (e.g., oatmeal and raisin)

Tip: You can reduce the fat in your winter holiday baking by replacing about half the butter or margarine with unsweetened applesauce or vegetable oils. Add dried fruit or replace white flour with whole wheat. Red, white, and green add holiday flair, so try making a festive veggie or fruit tray, or salad, using these colourful suggestions:

Fruits and Vegetables - RED

Blood Oranges, Cherries, Cranberries, Pink/Red Grapefruit, Pomegranates, Raspberries, Red Apples, Red Grapes, Red Pears, Strawberries, Red Watermelon, Rhubarb, Beets, Red Peppers, Radishes, Red Leaf Lettuce, Red Onions, Tomatoes

Fruits and Vegetables - WHITE

Bananas, Brown Pears, Dates, White Nectarines, White Peaches, Cauliflower, Mushrooms, Parsnips, Shallots, Turnips, White Corn, White Onions

Fruits and Vegetable - GREEN

Avocados, Green Apples, Green Grapes, Green Pears, Honeydew Melon, Kiwifruit, Limes, Artichokes, Asparagus, Broccoli, Celery, Cucumbers, Green Beans, Green Cabbage, Leafy Greens, Green Leaf Lettuce, Green Onions, Green Bell Pepper, Peas, Romaine Lettuce, Snow Peas, Spinach, Sugar Snap Peas, Zucchini



Dickinsfield Flyers Fundraising Association (DFFA)

Next Meeting: Wednesday January 11th @9:15am

You know the whole Christmas/charity bazaar? That field trip your child went on and you didn't need to pay anything for buses? The Chromebook your child uses at school? Those new books your child's teacher added to their classroom library? Hot lunch program we all love, to get a break from making lunches? That is us!

If you love these programs and support that we offer to the school, come check out a meeting! See how you can get involved or just learn a little more about what we do.

Upcoming Fundraisers/Events:

M&M Food Market April 1st & 2nd - 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.

Ongoing fundraisers:



- 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 January 11th at 9:15 am. This will be a hybrid meeting so 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.

ECOLE DICKINSFIELD SCHOOL COUNCIL

Please join the Dickinsfield School Council Meeting on Wednesday, January 25th, 2023 at 6:30 p.m.

Topics on the agenda include:

1. Principal's Update
2. Information on Gay straight Alliance (GSA) peer support network

Join us in-person, or on Google Meet!

A Message from CASS (College of Alberta School Superintendents)

Using Parental Controls

With more and more children spending time on the Internet before and after school, the use of parent controls helps to ensure kids are not exposed to inappropriate content. Media Smarts has put together a [tip sheet](#) to help parents limit what content their children can see online, which apps and programs they can access, and how much time they should spend online. School authorities are encouraged to share the tip sheet with their school councils and parents, along with the reminder that they should talk to their children about what is and isn't appropriate, and how they expect them to behave online.