

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 DIVISION CALENDAR](#)

Principal's Message

March has been a very busy month at École Dickinsfield. We were so pleased to see so many families at our Student-led conferences and they were a great success. These conferences are an essential opportunity for students to take ownership of their learning, reflect on their progress, and set goals for the future. It was wonderful to see so many engaged in meaningful discussions with their child and their teacher.

Mid-month, our school also hosted a fantastic production; The Rainbow Fish Musical. Our talented students and four dedicated teachers worked tirelessly to prepare for this show, and they delivered an outstanding performance that showcased their creativity, teamwork, and dedication. We are immensely proud of their efforts and achievements. In addition, our Early Learning Open Houses were a great success. These open houses provided an opportunity for parents to learn more about our Early Learning program and the benefits of early childhood education. We had a fantastic turnout, and we were delighted to see so many parents interested in providing their children with a strong foundation for learning. There is still lots of room in our classes so please help spread the word about our fabulous English and French programming for both Kindergarten and ECDP.

Ski and tubing day for our students were well attended by our grade 3-6 students in March and were an excellent opportunity for our students to enjoy the outdoors and participate in winter sports. Our students had a great time, and we want to thank the staff and volunteers who made this event possible. Furthermore, we had an assembly this week that celebrated our students' achievements and recognized their hard work. We recognized classes who have shown outstanding reading growth and leadership. It was a great way to finish the month, incorporate the diverse talents of our students and promote school spirit. As we look ahead to the month of April, we would like to wish all of our DF Flyer families a happy and healthy Spring Break. As a reminder, there is no school starting Friday April 7th. School resumes for all students Monday April 17th.

With the spring weather (hopefully) here to stay, we remind all families to ensure your child is dressed for the weather (boots, splash pants, etc.). Putting first things first and ensuring students have a change of clothes (including socks), especially for those in our Division 1 classes, is particularly important this time of year as the snow melts and the puddles grow in and around our school playgrounds.

Our monthly school council meeting will be hosted on Wednesday April 19th at 6:30pm in our school Maker Space room. Please remember these meetings are open to all school families and we encourage all parents/guardians to join us in person or virtually. To receive the meeting link, please reach out to Mme Keca at erin.keca@fmprsd.ab.ca. **We are asking that parents who are available attend this month's meeting as we will be seeking your input on our school goals for the coming year.**

Put on your dancing shoes because we are busy planning for our upcoming school dance! We are excited to host our first school dance of the year on Thursday April 20th from 6-7:30pm. All school families are invited to attend the DF Spring Fling in our school gymnasium. This is a family event. All students in attendance must be accompanied by a parent/guardian. This is sure to be a fun and energetic evening for all and we hope to see you there. Lifetouch will be returning to our school at the end of the month to complete school photos for all interested families. Photos will take place in our school gymnasium on Tuesday April 25th. Whole class photos will be taken at this time as well; however, we will not be offering sibling photos as an option this year.

This short month of April is sure to fly by but we hope you enjoy your time together as a family this Spring Break and look forward to flowers blooming, the grass getting greener and all the exciting things on the calendar for this month!

Erin Keca, Principal

Leannah Robertson, Vice Principal

Erin Andrews, Vice Principal

IMPORTANT DATES

April

April 1 & 2nd	- M&M Meats Fundraiser
April 5th	- DFFA Meeting - 9:15am
April 7th	- No School - Good Friday
April 10th - 14th	- No School - Spring Break
April 19th	- School Council Meeting - 6:30pm
April 20th	- Spring Fling Family Dance 6-7:30pm
April 21st	- No School - PLF
April 25	- Spring & Kindergarten Graduation Photos - NO SIBLING PHOTOS

May

May 5th	- No School - PLF
May 19th	- No School - Day-in Lieu of Parent-Teacher Interviews
May 22nd	- No School - Victoria Day
May 24th	- Multicultural Potluck - Save the Date

EXTRA-CURRICULAR THIS MONTH

- Robotics - Wednesdays @3:40pm - 4:30pm - only for the students that have signed up and have permission
- Grade 1 - 3 Drawing Club - Fridays during lunch
- Grade 4-6 Art Club with Max - Wednesdays 3:45-4:45pm
- Grade 4 - 6 Drawing Club - Fridays @12:30 pm - 12:50 pm in Room 230
- Turtle Islanders Club - Tuesdays 10:30 - 11:30 am in the Gathering Space
- Beading Club - Tuesdays 3:50-4:40 pm (registration closed in January)
- Grade 5 & 6 Boys/Girls Badminton - Mondays and Wednesdays 3:40pm - 4:40pm

SCHOOL COUNCIL

Please join us at our next meeting on Wednesday April 19th @6:30pm. We are looking for parent input on our 2023 annual education plan. This is a great way to have some input on what happens at École Dickinsfield School.



APPLE SLICE E-NEWS

A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

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.

Canadian children spend only 14 minutes of the after-school period engaged in heart-pumping physical activities. And only seven per cent of kids are meeting the current Physical Activity Guidelines of 60 minutes of moderate-to vigorous-intensity physical activity per day.¹



Canadian kids can move more. 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.¹

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
Four Squate
Wall Ball

Unstructured

Get on your bike and go
Play hopscotch
Walk the dog
Run through the sprinkler

Fun Stuff

Throw a dance party
Make an obstacle course
Fly a kite
Tobogganing

Try a New Sport

Skiing/snowboarding
Swimming
Gymnastics
Bouldering

More Fun Stuff

Lawn bowling
Yoga
Climb a tree
Frisbee Golf

Reference:

¹ www.participation.com

www.appleschools.ca

Join our social community for the latest on our project



Habit 6: Taking it Home

1. Landscape Artwork

Resources: Blank sheets of paper (one per family member), crayons or markers, and one large poster-sized piece of paper.

Give each family member a blank piece of paper. Invite each person to draw a beautiful picture of a mountain scene. Have everyone hold up their finished pictures and show each other. Next, invite everyone to work together to draw a beautiful mountain scene on the large piece of paper. It's okay for everyone to draw at once. Discuss what happens when working together as a team. Did everyone have different ways to contribute? Did individuals build on each other's ideas? How did it feel to creatively cooperate? This is synergy!

2. Stronger Together

Materials: About 20 popsicle sticks, or other type of stick that is easily broken on its own.

Give each family member a popsicle stick. Ask them to each try to break their stick. Was it easy? Now give someone several popsicle sticks and ask them to try to break them all. Chances are they won't be able to break the bundle. Ask why that is the case and have a discussion about how the family united together is stronger than one person alone.

3. Value One Another

Preparation: Write each family member's name on a small piece of paper and put it in a jar/bowl. Write the following questions on individual pieces of paper and put them in a different jar/bowl:

- What I admire most about you is...
- One of my proudest memories of you is...
- What I have learned most from you is...

Invite each family member to draw one paper from the "name" jar and one from the "question" jar. Ask everyone to answer the question they drew about the person whose name they drew. Give everyone two minutes to think about their answer, then invite them to share their answer. Valuing one another helps create synergy in families.



A MOMENT FOR MENTAL HEALTH

How to Teach Your Child Calm Breathing

What is “calm breathing”?

Calm breathing is a technique that teaches your child to slow down their breathing when feeling stressed or anxious.

Why is calm breathing important?

When your child is feeling anxious, their breathing will change. When we are anxious, we tend to take short, quick, shallow breaths or even hyperventilate.

- This type of anxious breathing can actually make the feeling of anxiety worse!
- Doing calm breathing can help lower your child’s anxiety, and give him or her a sense of control.
- Calm breathing is a great portable tool that your child can use when feeling anxious, especially in situations when you are not there to help him or her through it.

How To Do It

Step 1: Explaining calm breathing to your child

This is a tool your child can use anywhere, anytime! Other people will probably not even notice when your child is using this tool. For older children and teens, explain that taking short quick breaths actually increases other feelings of anxiety (e.g. heart racing, dizziness, or headaches). Calm breathing will slow down their breathing.

Step 2: Teaching the calm breathing technique

- Take a slow breath in through the nose (for about 4 seconds)
- Hold your breath for 1 or 2 seconds
- Exhale slowly through the mouth (over about 4 seconds)
- Wait 2-3 seconds before taking another breath (5-7 seconds for teenagers)
- Repeat for at least 5 to 10 breaths

Step 3: Practice, practice, practice!

In order for your child to be able to use this new tool effectively, they first need to be an expert at calm breathing.

Rules of practice:

- Until your child is comfortable with this skill, they should practice it at least twice a day, doing 10 calm breaths in a row.
- When you are practicing calm breathing, start when your child is relaxed, before they are feeling anxious. Your child needs to be comfortable breathing this way when feeling calm!
- Once your child is comfortable with this technique, they can start using it in situations that cause anxiety.

Important Hint: There are lots of different variations of calm breathing. Take some time to research candle breathing, belly breathing, and starfish/five finger breathing (to name just a few) to help teach calm breathing to your child.



Dickinsfield Flyers Fundraising Association (DFFA)

Next Meeting: Wednesday April 5th @9:15am

You know the whole Christmas/charity bazaar? That fieldtrip your child went on and you did not need to pay for busses? The Chromebook your child uses at school? Hot lunch program we all love? The new books your child's teacher added to their classroom library? **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:

Friday May 5th Staff Appreciation Luncheon – The DFFA is hosting a staff appreciation luncheon to thank our wonderful staff for all the hard work they do all year! At this event we will be presenting each staff member with a gift of appreciation. Gift donations can be dropped off in person at the school during the week of May 1st – 4th. Alternately, monetary donations can be made via e-transfer to the dffa@gmail.com and our volunteers will purchase appropriate thank you gifts. We will be sending out a sign up later in April for parent volunteers to offer to bring in a dessert or sign up to assist with set up and take down on May 5th. If you would like to help with planning or during the event, please e-mail the DFFA. All parents are welcome to join!

Ongoing Fundraisers:

Hot Lunch Program – Place your orders the month before and don't pack your kids lunches Wednesday and Thursdays, let us bring them a hot lunch from a local restaurant!

Sign up and place your hot lunch orders here [Hot Lunches - Ecole Dickinsfield School](#)

This program is entirely volunteer run! If you are able to help please check out available shifts.

Volunteer sign up here [DFFA: Lunch Program Volunteers 2022/23 \(signupgenius.com\)](#)



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 April 5th at 9:15 am. All parents and guardians are invited to attend our meetings. This will be a hybrid meeting so if you would like to join us in person, we will be at the school in the maker space room. If you would prefer to join virtually, contact us at thedffa@gmail.com for the meeting link and info.

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.

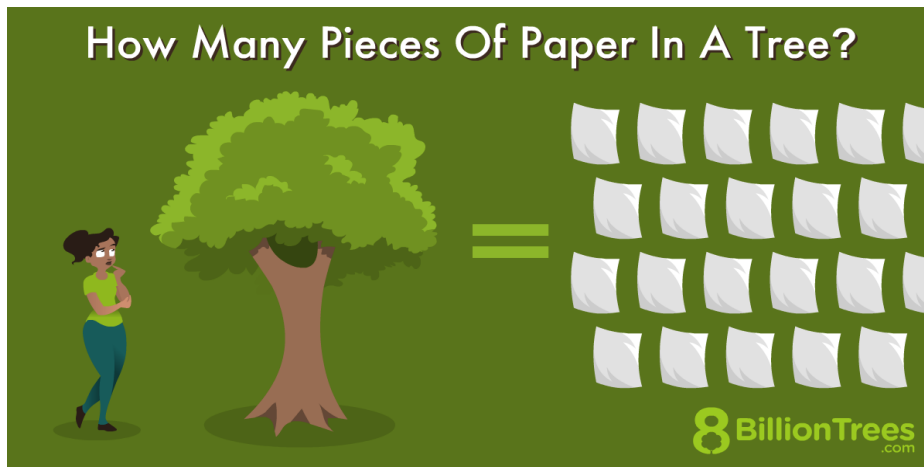
GREEN SCHOOLS

March 2023 Reducing Paper

We're reducing paper at Ecole Dickinsfield!

- On-line report cards reduce paper! Each year we save 60,000 pages of paper by doing on-line editing and viewing of report cards, just in our school alone
- Our school has also reduced photocopying for students
- In the whole of FMPSD that equals about 840,000 pieces of paper.
- That equals 84 trees
- Thanks for reading your child's report card on PowerSchool, and reducing your own paper use at home!

We are one of the leading green schools in the city, and inspire others. Every little thing makes a big difference!



**REGISTRATION
NOW OPEN**

2023 SEASON



**More information can
be found on our
website at
www.fmmba.ca or by
scanning the below
code**

**REGISTER
BEFORE APRIL
1ST TO AVOID
LATE FEE**



WWW.FMMBA.CA

ÉCOLE DICKINSFIELD SCHOOL

SPRING FLING

dance

6:00 - 7:30PM

THURSDAY APRIL 20th 2023

Put on your dancing shoes and join us for a night of family fun!
All students must be accompanied by a parent/guardian.



Fort McMurray
Public Schools