

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@fm-psd.ab.ca](mailto:dfabsences@fm-psd.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*

As we bid farewell to April, we cannot help but look back on the amazing events that took place in our school. We hope that you all had a wonderful spring break and enjoyed the Easter weekend with your loved ones.

One of the highlights of April was our fun family dance, which brought together students, parents, and teachers for a night of music, dancing, and laughter. It was truly heartwarming to see families bonding over a shared love for dancing. Thank you to all the volunteers that came to supervise and to run the concessions; it was such a fun night.



An important initiative that continues to guide us is our school focus on diversity. We had a series of meetings and training that celebrated different cultures and promoted acceptance and understanding among our students and staff. It is truly inspiring when we see our students come together to celebrate differences and embrace inclusivity.

As we move forward into May, we are excited to announce that we will be hosting a multicultural potluck. This event will provide an opportunity for our students and families to share their favorite dishes from their respective cultures and learn about different cultures and traditions from around the world. We hope to see you on May 24th at 5:30 here in the gym.



In addition to the multicultural potluck, our grade 6 students participated in a Red Dress Activity with the Indigenous Outreach Coordinator from the Multicultural Association of Wood Buffalo to raise awareness about the Missing and Murdered Indigenous Women and Girls in Canada. This is an important issue that affects many Indigenous people, and we are committed to supporting and standing in solidarity with them.

This month students are fundraising for the Heart and Stroke foundation through Jump Rope for Heart. We have set a school wide goal to raise \$2,500. If we reach this goal, one representative from each class will get to throw a pie in one of our principal's faces! Plus, if we double our fundraising goal, students will have the opportunity to duct tape Mme Keca to the wall. You can find more details on this fundraising event later in this newsletter.

As always, we are grateful for your support and participation in our school community. We look forward to another month of exciting events and activities that will engage and inspire our students.

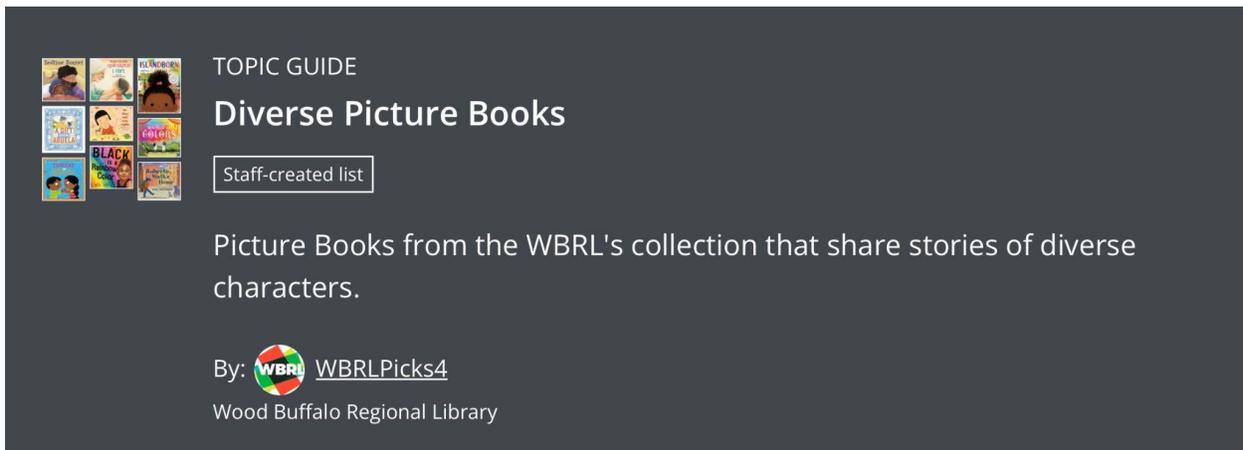
*Erin Keca, Principal*

*Leannah Robertson, Vice Principal*

*Erin Andrews, Vice Principal*

## Bright IDEAs!

Welcome to the newest section of our DF Newsletter! **Bright IDEAs** will now be a standing segment included in our regular communications with families. This section aims to highlight the important work (teaching and learning) that our school and school division are committed to when it comes to **I**nclusion, **D**iversity, **E**quity, and **A**ntiracism. For our first segment, we're sharing with you a **Bright IDEA** on how to begin conversations at home about diversity and inclusion.



TOPIC GUIDE

### Diverse Picture Books

Staff-created list

Picture Books from the WBRL's collection that share stories of diverse characters.

By:  WBRLPicks4  
Wood Buffalo Regional Library

Children are never too young to learn about diversity. Provided that teachers and parents have the right tools, resources, and language, learning about these concepts can be rich and engaging, prompting great discussion and growth.

This month, we encouraged our teachers to explore the Diversity Section of our school library. Children's books are an excellent way to start conversations, learn and build empathy. Our very own [Wood Buffalo Regional Library](#) has a wide-range of children's books highlighting and celebrating diversity. Library staff have compiled a list of books, available right here at the WBRL, that explore, highlight and celebrate diverse cultures!

We encourage you to take a look through this [Diverse Picture Book List](#)! All 25 of these books are in circulation at our local library and are free to sign out with a library card! Perhaps you'd like to sign out some stories from this list and read them together at home this month!

Remember: everyone is welcome at the WBRL and it's free to [sign up for a library card](#) allowing you to borrow books at your leisure!

## IMPORTANT DATES

### May

May 5th	- No School - PLF
May 15th	- Grade 6 FLA PAT (Part A)
May 17th	- Grade 6 ELA PAT (Part A)
May 19th	- No School - Day-in Lieu of Parent-Teacher Interviews
May 22nd	- No School - Victoria Day
May 24th	- Multicultural Potluck (5:30-7:30pm)
May 31st	- May Leadership Assembly (1:15pm)

### June

June 2	- No School - PLF
June 13	- Volunteer Spring Tea (10:30 am - 12:00 pm)
June 26	- Grayling Terrace Splash Pad for Kindergarten only
June 27	- Grade 6 Farewell
June 28	- Howard Pew Water Park for Grades 1-6
June 28	- Kindergarten Graduation
June 29	- Year End Awards Assembly
June 29	- Last Day of School for Students

## EXTRA-CURRICULAR THIS MONTH

- Grade 4-6 Bhangra Dance Club - Thursdays - 12:30-12:50pm in the gym
- Robotics - Wednesdays @3:40pm - 4:30 pm - 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 3:45-4:45 pm
- 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 3:40 - 4:40 pm in the Gathering Space
- Grade 5 & 6 Boys/Girls Track & Field - Tuesdays and Thursdays 3:40pm - 4:40pm, starting Tuesday May 9th

## SCHOOL COUNCIL

The next School Council meeting will be on May 17th, 2023 @6:30pm. Parents and caregivers can join in-person or online.

## 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.

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

This month, students are learning about vitamin D through a campaign called Fun in the Sun with Vita-Man D. Here is a summary of the learnings.

#### 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.<sup>1</sup>



#### 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.<sup>1</sup>

#### Fun-D-mental Sun Tips

- The best time to be outside is the early morning or late afternoon.<sup>2</sup>
- Stay in the shade and out of the hot sun between 11:00 am and 4:00 pm.<sup>2</sup>
- Use sunscreen lotion or cream that is SPF 15 or more. SPF means Sun Protection Factor.<sup>2</sup>
- Use a sunscreen that says “broad spectrum” on the label. It will screen out most of the UVA and UVB rays.<sup>2</sup>
- Wear a hat or sunglasses to protect your eyes from damage.<sup>2</sup>
- Don't forget about putting sunscreen on your lips, ears, and nose. These parts of your body burn easily.<sup>2</sup>

#### Reference

<sup>1</sup> <https://www.albertahealthservices.ca>

<sup>2</sup> <https://www.canada.ca/en/health-canada/services/healthy-living/sun-safety.html>

## Habit 7: Taking it Home

### 1. Balance Feels Best

Invite a family member to sit on a four-legged chair. Ask: "What would happen if one leg broke or fell off?" Identify the four basic human needs: body (physical), mind (mental), heart (emotional), spirit (spiritual). Discuss: Is our family sharpening the saw in all four areas?

### 2. First Sharpen Your Saw

Explain that on an airplane passengers are instructed to put on their own oxygen masks first before they try to help someone else. Ask: "Why would we need to put on our own masks first? Is that selfish? Why is it important for us to take time every day to sharpen our own saw?" Discuss as a family: How can we help each other take time to sharpen our individual saws?

### 3. Sharpen the Saw Family Brainstorm

Label four pieces of blank paper with one of the following words on each piece: Body, Mind, Heart, and Spirit. As a family, brainstorm ways your family can Sharpen the Saw in each of the four areas of care. As a family, choose one thing from each of the lists that you would like to focus on and circle it. Commit to complete all four activities you have circled and set a date for completion. Celebrate together as a family when you complete your goal!

### 4. Plan a Vacation

As a family, discuss options for a family vacation. Allow each member of your family to contribute to the discussion and brainstorm ways the vacation could potentially sharpen their saws.

### 5. To Live, to Love, to Learn, to Leave a Legacy

As a family, discuss the importance of all four needs: to live (physical), to love, (emotional), to learn (mental), and to leave a legacy (spiritual).



## A MOMENT FOR MENTAL HEALTH

### Three Things to Avoid When Your Child is Worried

#1 Avoid Enabling Avoidance – Many children with anxiety naturally want to avoid the people, places, and things which cause them to worry. As parents, we don't want to see our children suffer. Sometimes allowing them to avoid their worry situations seems like it will provide everyone relief. Unfortunately, in the long-term enabling avoidance can consequently:

- Make your child more dependent on you.
- Provides your child a false sense of security.
- Reinforces the anxiety.

#2 Curb your Anger/Frustration – If you yourself have not suffered from anxiety (or even if you have), watching your child exhibit the same anxious behavior day after day can be extremely frustrating. It's understandable that once in a while, you may lose your temper. However, from the big picture perspective, getting mad at a worried child does not help them overcome their anxiety. In fact, getting mad results in kids feeling frightened, guilty, and disconnected from their parents.

#3 Reduce Excessive Reassurance – Reassuring frightened, nervous, and worried children comes naturally to most parents. There is absolutely nothing wrong with expressing your love and reassuring your child. What you do want to avoid is excessively reassuring them as a means to counter their anxiety. Excessive reassurance can reward anxious behavior. As a consequence, kids may express their worries more frequently and profusely. More importantly, excessive reassurance will only temporarily alleviate anxiety; it's not a long-term solution.

## GREEN SCHOOLS

### Birds

A great way to care about our planet is to get out and enjoy nature. A walk in the woods, in a park or even around the neighbourhood is amazing right now, with the first signs of spring. And the songbirds are back! Getting out in nature with your family helps kids learn to look and listen closely, and to care more deeply about our environmental impact. It's also great for emotional and physical health. Here's a guide to [Boreal Forest Songbirds](#). There are apps that can help identify songs, such as [Merlin](#). Enjoy!





## Dickinsfield Flyers Fundraising Association (DFFA)

**Next Meeting: Wednesday May 10th @9:15am**

You know the whole Christmas/charity bazaar? That fieldtrip your child went on and you did not need to pay for buses? 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 5<sup>th</sup> 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! We are asking parents to volunteer to bring in a dessert or assist with set up and take down on May 5<sup>th</sup> if you're interested in helping follow the link to sign up [DFFA: Staff Appreciation \(signupgenius.com\)](https://signupgenius.com)

### 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](https://signupgenius.com)

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 \(signupgenius.com\)](https://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 May 10th at 9:15 am.

Our Annual General Meeting is Wednesday June 14<sup>th</sup> at 6:00 pm. This will be a joint meeting with our school council. All parents and guardians are invited to attend our meetings. These will be hybrid meetings 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](mailto: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.

**SAVE THE DATE**

**École Dickinsfield Multicultural Potluck**

Wednesday, May 24  
5:30-7:30 pm

There will be a form shared so families can let us know if you or someone in your family, or if you know someone in the community who would like to

- Perform
- Display an artifact
- Share something from your culture
- Do art such as Henna

**Fort McMurray Public Schools**

We can't wait to see our school families at our Multicultural Potluck!

Please fill out this form to indicate if your family will be attending. On the form you can also indicate if you would like to share something from your culture.

<https://forms.gle/HKtjjZewH8wHkk548>



Dear Parents/Guardians,

Jump Rope for Heart is the school FUNdraising event that nobody wants to skip. Students discover fun ways to get active, practice healthy habits and learn about helping others while raising money to beat heart disease and stroke.

We recently hosted our Jump Rope for Heart kick-off assembly to launch this year's program. From now until our Jump event, students will learn fun ways to get active for heart health while raising awareness and support for Heart & Stroke.

## We love participating in Jump Rope for Heart because:

### Students learn life-long habits:

Jump encourages kids to be active and live healthily. A lesson they will value for life!

### Kids feel good by doing good:

Students learn the importance of giving back as they collect donations that help fund critical research that saves lives, prevents heart disease and stroke, and supports survivors and their families.

### Fits any time, place and activity:

Kids can move their way by jumping, dancing, wheeling and more, on their schedule, at school or home.

### Jump gives back:

Schools that raise a minimum of \$500 will receive 8% of their fundraising dollars back to put towards what they need most (think, sports equipment, or educational tools!) or can donate back to Heart & Stroke to make an even bigger impact.

## Be part of the movement - register today!

Join our school and help Heart & Stroke save lives by jump-starting your fundraising. Here's how:

Visit [jump rope for heart.ca](https://jump rope for heart.ca) and click "Register" and search for our school's name or copy and paste the school link below to register right from our school page!

Help your child set up their fundraising page online. It's never been easier.

### School Page Link :

<https://jump rope for heart.ca/17649>

### Kids helping kids!

The funds kids collect supports research that helps other kids and families across the country.



**Dani**  
Was born with congenital heart disease.



**Zoe**  
Wears a device in case her heart isn't beating.



**Nolan**  
Had a stroke before he was born.



**Madeleine**  
Had a cardiac arrest when she was five.

## How Jump Works It's as easy as 1, 2, 3, 4!



**1.** Register online & start your Jump experience!



**2.** Play the EASY Online Challenge & track Healthy Habits.



**3.** FUNdraise to help beat heart disease and stroke.



**4.** Jump into a fun-filled Event Day! Time to celebrate & redeem rewards!

### EASY Healthy Habits

Jump Rope for Heart is more than a fundraiser. It teaches students 4 EASY Healthy Habits to help protect their heart and brain health – for a lifetime! Check out the EASY Online Challenge at [jumpropeforheart.ca](http://jumpropeforheart.ca) – it's full of fun activities that you can even do as a family at home!



### Student Thank You Prizes:

As our heartfelt thank you for your support, students can earn one of five Thank You Prizes\*, an online gift card – from Toys "R" Us, Indigo, Amazon or Walmart – based on the fundraising levels, as follows:

<b>\$5</b>	<b>\$15</b>	<b>\$25</b>
<b>Raise \$25 online:</b> \$5 Gift Card <i>(Walmart or Indigo only)</i>	<b>Raise \$75:</b> \$15 Gift Card	<b>Raise \$250:</b> \$25 Gift Card
<b>\$50</b>	<b>\$200</b>	
<b>Raise \$500:</b> \$50 Gift Card	<b>Raise \$1,000:</b> \$200 Gift Card	

### Fundraise to earn contest entries:

With each donation you receive, you're one step closer to entering two great contests!



**Raise \$50 and get entered to win one of five "Get Active" prize packages.**



**Raise \$100 and get entered to win one of six "Summer Fun" prize packages.**

**Presented by Desjardins**

### Track your EASY Healthy Habits to help your school win!

#### Presented by Desjardins

In addition to educating your child about the importance of having healthy habits to help reduce their risks of heart disease and stroke later in life, tracking their Healthy Habits online can help qualify our school for an entry into the Healthy Habits prize draw to purchase new equipment for the school.



### National Top Prize Draw

- \$2,500 to spend on Phys. Ed equipment for their school
- \$1,000 donation Desjardins to add to their school's fundraising total
- A skipping rope for every student

### Regional Prize Draw

- \$1,000 to spend on Phys. Ed equipment
- Additional skipping ropes for the school and more!

Visit [www.jumpropeforheart.ca/about-jump](http://www.jumpropeforheart.ca/about-jump) for full details. \*No purchase necessary to enter "Get Active" or "Summer Fun" draws. Residents of New Brunswick are not eligible. For full contest details visit [www.jumpropeforheart.ca/getactive](http://www.jumpropeforheart.ca/getactive) and [www.jumpropeforheart.ca/summerfun](http://www.jumpropeforheart.ca/summerfun).



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