

Fort Assiniboine School Newsletter

February 2017

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Fort Assiniboine School
780-584-3751



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Fort Assiniboine
School
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We're on the Web!
See us at:
www.fortschool.ab.ca

What's Happening in the Bear's Den

Survey Season

Whoosh, we are half way through our school year already. It is that time of year when parents, students, and staff are asked to provide feedback by phone and/or internet surveys. I can't emphasize enough how important your feedback is to our school (especially with a new principal). Thank you for taking the time to share your opinions with Pembina Hills and Alberta Education.

Kids News

We have recorded another session of Kids News that will be broadcast on 98.9 The Range on Mondays at 7:45 am and 4:36 pm. Our student reporters this month are Teo Souvie, Shelby Rondeau, Keysha McKort, Kindra Hansen, Kazon McKort, and Justin Baker.

Parent Society

Thank you to new president Kristin Machuk for joining veteran Society members VP Beth Ann Breitreitz, Secretary Teresa Dekker, and Treasurer Jenni Williams. This group does all the major fundraising that supports so many of our school activities and extra needs.

School Council

Thank you to outgoing president Jamie Baker who has provided many years of volunteer service (and is staying on as VP to assist in the transition for new president Penny Price). Teresa Dekker is staying on as our Secretary-Treasurer.

School Council Meeting

Fort Assiniboine School

Parent Council Meeting

March 21 @ 7:00 p.m

Please Note time change

Penny Price – Chairperson
Jamie Baker – Vice Chairperson
Teresa Dekker – Sec/Treas



February's Character Trait Focus is:

Kindness

FIND THE TIME
TAKE THE TIME
MAKE THE TIME
TO SMILE, TO SPEAK A KIND WORD,
TO RECOGNIZE ANOTHER PERSON.
crystalballresearch.com

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
<p>Attendance Please info the office if your child is going to be away from school or is sick. Please call at any time and leave a message.</p> <p>780-584-3751</p> 			Gr 5/6 Basketball to Pembina North	Cultural Presentation gr 5 -9 at BCHS 		
5	6	7	8	9	10	11
	Gr 5-9 Basketball to Swan Hills			Teacher's Convention NO SCHOOL	Teacher's Convention NO SCHOOL	
12	13	14	15	16	17	18
		 Jump Rope for Heart Buddy Luncheon	Grade 5/6 Basketball hosting Dunstable National Flag of Canada Day 	Winter Fun Day Youth Group Afterschool Activities	BEAR DAY NO SCHOOL	
19	20	21	22	23	24	25
	Family Day NO SCHOOL 		Early Dismissal at 2:47 PM	 Pink Shirt Day Gr 5/6 to St Mary's School in Westlock	Gr 5/6 Skiing at Misty Ridge	
26	27	28	March 1	March 2	March 3	
			Gr 5-9 Basketball hosting Swan Hills		BEAR DAY NO SCHOOL Gr.5/6 Basketball Tournament	

Other Important Dates Coming Up:

- March 3..... BEAR Day NO SCHOOL
- March 6 PD NO SCHOOL
- March 8 and 16.....Evening Celebration of Learning Conferences
- March 17NO SCHOOL
- March 22.....Early Dismissal (2:47)
- March 24BEAR Day NO SCHOOL
- March 28 – 31.....Spring Break
- April 3Classes Resume

Valentines/St. Patrick's Friendship Luncheon

On Tuesday, February 14th, Kindergarten's through Grade nine will be sharing a special Valentine's Friendship Luncheon. Each student will be randomly partnered with another student. One student will be designated to provide a special lunch for themselves and their partner. The students will then reciprocate this act of friendship by providing a special lunch for their partner on St. Patrick's Day. Each student will receive a note informing them if they are providing the lunch for Valentine's Day or if they are receiving the lunch that day. Another memo will go home for St. Patrick's Day informing students if they are providing or receiving a lunch that day. If you have any questions with regards to this luncheon, please contact your child's homeroom teacher.



Basketball season has begun at Fort Assiniboine School! Go Bears!

Bears Basketball

The Grade 5&6 Bears have been running, jumping, and shooting hoops in Westlock and Pembina North Schools. We will be playing against Swan Hills, Dunstable, and St. Mary's this month. Our season ending tournament is March 3 at Pembina North School (Dapp). We love it when we have fans in the stands! The Jr. High Bears will play a home and away series against Swan Hills on Feb. 6 (away) and March 1 (home) with a combined grade 5-9 teams.

GO BEARS GO!



JUMP ROPE FOR HEART HEART AND STROKE FOUNDATION

Tuesday February 14 in the Gym at 11:00 am.
We believe that every child has the right to grow up healthy, where they live, learn and play – and our school can help us make this vision a reality.
<http://www.jumpropeforheart.ca/>

Distance Education Week Feb. 21-23

Feb. 21- Kindergarten, grade 1&2
videoconference with the
Alaska Sea Center



Feb. 22 - Grade 3&4 videoconference
with California Science Center
"Rainforest Adaptation"

School Board News

PHPS Online If you haven't already, consider subscribing to the **e-letter @myphps** to learn more about the great things that are happening in our schools across the division www.phrd.ab.ca

The **PHPS report card** can also be found online – see how our division reports on the 15 key measures from AB. Education

The board **met with Education Minister David Eggen** January 16th to provide him with information about Alberta Distance Learning Centre (ADLC) and how we along with our partners serve 44,000 students across the province.

Alberta School Boards Association As a Director for the 29 school boards in zone 2/3 I was excited to be part of the association's strategic planning in January. The continuing erosion of locally elected school boards in other provinces is an issue of concern as governments look for efficiencies. Having trustees who are familiar with their communities and schools allows for good decision making at the local level. Alberta school boards are also advocating the government to approve the long awaited Education Act.

Jennifer.Tuininga@phpschools.ca 780-674-6579

Facebook: Jennifer Tuininga, School Trustee PHRD Barrhead North Twitter: @JennifeTuining

Thank you Ms Leah Disney and Woodlands County for the Drumming Session January 19, 2017



Check out the Fitness Workout Room

Monday – Thursday

From 8:00 a.m. -4:30 p.m

Except Holiday Mondays, or when a Professional Development Day is scheduled for a Monday

For alternate times please call the school

Check out our website at <http://www.fortschool.ca/> for the latest school news and twitter feed.



#fortschoolrocks



Anti-bullying Day is February 23th. Wear pink to support the victims on this day and to send a message of no tolerance to bullies.



Freson Bros.

Smart Shopper Cards and Stamps.

Filled out cards or stamps can be dropped at the office during regular school hours.

Filled cards will be used to purchase supplies needed for Breakfast for Learners

Parent Council Update

At the January 31, 2017 Meeting a parent brought forth a concern in regards to the student not being allowed to bring extra items on their school bus.

Under the Guidelines of Alberta Transportation School buses fall the a "Commercial License"

- Part of these rules include only 1 (one) bag per person.

Students' school items should fit into that one bag.

On days when extra items are required for activities, ie skating, swimming or class parties, students may bring a larger bag on the bus as long as all their belongs can fit into that bag. A hockey bag is not recommended but a large back pack or a small tote bag would be sufficient.

These rules and regulations are in place for the safety of the riders and the driver. In the possibility of an accident happening the last thing anyone would want, would be for a loose item becoming a projectile and hitting another student in the back of the head.

Extra items on a school bus are at the discretion of your bus driver, and it best to contact them before sending an extra items to or from school.

Thank you for your cooperation in this matter. Thanks to the parent(s) for bring this item up at the PC meeting.

Jamie Baker and Teresa Dekker

Babysitting Course

Course offered by EZ Nursing

In cooperation with FCSS FSL program and Bethel Pentecostal Church.

Red Cross based program

Saturday, March 4

9:00 a.m. - 5:00 p.m.

at the Bethel Pentecostal Church in Barrhead

Includes

1. Business of Babysitting
2. Caring for Babies
3. Caring for Toddlers
4. Caring for Preschoolers
5. Caring for School-aged Children
6. Creating Safe Environments
7. How to Handle Emergencies and First Aid
8. Special Consideration

Course information

Age of participation: 11-15

Course Duration: 8 – hours

Course Cost: \$ 80.00 +GST

Price includes Manual & Mini First Aid Kit

Registration Forms with more information are

available in the school office



Parent Questionnaire/Survey Please fill out and return to school office by Feb 28, 2017

Do you have a Facebook account? Yes _____ No _____

If so, are you a member of the Fort Assiniboine Parent Council Page? Yes ___ No ___

Do you think the Fort Assiniboine School should have its own Facebook Page? Yes _____ No _____

(There is Fort Assiniboine School page but it is not administered by the Fort Assiniboine School and the school has no control as to what or who posts pictures or comments on this page)

If the School were to create a new Fort Assiniboine School Page would you follow us? Yes ___ No ___

We would like to create a FB page with stronger settings to insure the safety of our staff and students but at the same time be open to the public to show case our "Awesome" school. We appreciate your feedback and comments _____

Please feel free to call the school if you have any questions. Creating a new Facebook page will be on the next FA School Parent Council meeting agenda as well - March 21, 2017 @7pm



Talk to Your Child About Mental Health – Part 1

Everyone has mental health and it changes daily. It's about your range of emotions and affects the way you think and feel about yourself and others and how you cope with life's challenges. Mental health problems can affect your thinking, feelings, mood and behaviour. Mental illnesses also affect your thinking, feelings, mood and behaviour but need a diagnosis from a doctor and treatment. Commonly diagnosed mental illnesses are depression and anxiety.

Mental health problems and illnesses are common. Even if your family isn't directly affected by them, you're likely to know people who are. Talking to your child about mental health may seem like a hard topic, but talking about it breaks down the stigma surrounding it. The more open you are, the more you encourage your child to look after his or her own mental health, ask for help, and help support friends.

It's important for children to know that they can talk to you about their own or someone else's mental health. Being open to talk about mental health shows your child you care. Before you begin your conversation, keep in mind the following:

- Small chats are just as good as long ones.
- You don't need to have or know all the information. It's okay if you aren't an expert.
- Having good mental health doesn't mean you're happy all the time. People can have a mental health problem without having a mental illness. Encourage healthy coping strategies like being creative, being active, eating healthy food, getting enough sleep and spending time with others.
- Try and get in the habit of talking about everyday things like hobbies, school day or friends. This can make it easier if harder topics come up.
- If your child doesn't feel like talking, just wait until he or she does.

Adapted from resources available at: <http://www.time-to-change.org.uk/>

Talking to Your Child About Mental Health - Part 2

One of the most significant things for children is to know that they can come and talk to someone if they are worried about their own or someone else's mental health. Being open to talk about mental health, and showing you care means a lot. Here are tips that can help:

- Listening is more important than talking.
- Everyday conversation questions can help: "How was today?" or "What was the most challenging thing you did today?"
- Talking while going for a walk, doing the dishes or watching TV in natural times and places works well.
- Emotions are emotions, they are not right or wrong. Your child may feel differently about things than you do. And you may not understand or agree with their feelings. That is okay.
- Acknowledge your child's feelings. For example: "I can see this is a really difficult time for you. You look upset. Tell me about it." You don't have to solve the problem; you can empathize and listen to your son or daughter's feelings.
- Judgemental statements like: "Why on earth did you do that?" "Were you not thinking at all?" are likely to create a defensive reaction. It's okay if you're disappointed or upset. Try to name your feeling and ask your question without judgement: "I'm disappointed with your behaviour. Please tell me what happened."
- Use non-judgemental statements and questions: "Tell me more about that." "What are your thoughts?" "Tell me what happened?" "How do you feel about that?"

Protecting Teeth with Fluoride

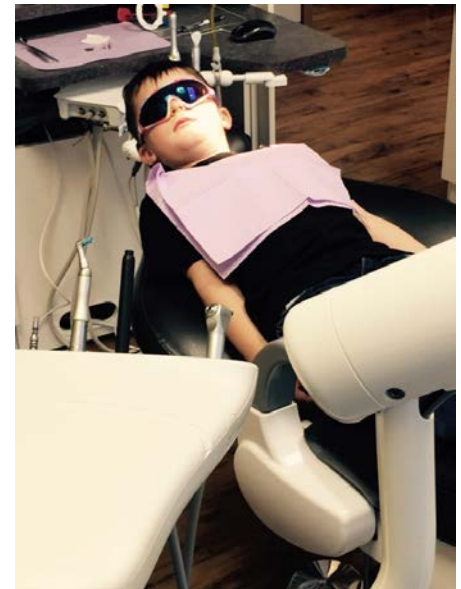
Even though teeth are hard they are porous too, which means minerals pass in and out of your child's teeth every day. One of these minerals is fluoride. Fluoride helps to keep the outer surface of teeth, called enamel, hard and decay free.

Fluoride works best in direct contact with your child's teeth. Daily, constant exposure of small amounts of fluoride is one of the best ways to strengthen teeth. This happens when your child drinks water with fluoride, uses a fluoride mouth rinse and brushes with fluoride toothpaste. Sometimes teeth need additional protection from tooth decay. Your child's teeth may benefit from professional fluoride treatments like fluoride gel, foam or varnish from their dentist.

Remember to get the best benefits from using fluoride:

- Drink water with fluoride when available
- Make sure your child brushes twice a day with only a pea-size amount of fluoride toothpaste. Spit when finished brushing and don't rinse

Ask your child's dentist if your child's teeth would benefit from additional fluoride



Milk: More than just calcium!

Written By: Rola Zahr, MPH, RD, BC Dairy Association

When we think of milk, we think of it as a good source of calcium. However, did you know that it also comes with a package of nutrients that helps children grow and focus at school? Key nutrients include protein, vitamin A and D, potassium, magnesium, and vitamin B12. Research suggests that people who consume enough milk are more likely to meet their overall nutrient needs, which is vital in the development of children. Yet many Canadian children (and adults) do not get enough servings from the Milk & Alternatives food group. Consider the below statistics:

- More than one in three children ages 4-9 consume less than two daily servings of milk products.
- By ages 10 to 16, about six out of ten boys and eight out of ten girls consume less than three daily servings of milk products.

How many servings of milk and milk alternatives does a family need?

	Age	Number of Servings
Children	2-8	2
	9-13	3-4
Teenagers	14-18	3-4
Adults	19-50	2
	51+	3

*1 serving is equivalent to 1 cup (250 ml) of milk or fortified soy beverage, ¾ cup (175 g) of yogurt and 1.5 oz (50 g) of cheese.

Helpful tips on how to feature more milk in your daily preparation of meals!

- Serve milk with meals instead of juice or pop.
- Prepare meals and snacks with your child that uses milk or other dairy products as an ingredient. Children are more likely to eat what you are serving if they are involved in the preparation. For example:
 - Use yogurt as a dip, garnish, spread or dressing.
 - Make soups and cooked cereals with milk instead of water.
 - Add cheese to salads and sandwiches.
 - Offer milk-based desserts such as yogurt, custards and puddings.