

Fort Assiniboine School Newsletter

May 2016
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FORT ASSINIBOINE
SCHOOL
20 – 1st Street
Fort Assiniboine, AB
T0G 1A0

PHONE:
780-584-3751
FAX:
780-584-3876

www.fortschool.ca

Individual Highlights:

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School Council Meeting

Tuesday, May 24 @
6:30 .m.

Come out and meet our
new Principal Mrs.
Lorna Hiemstra – share
your ideas about how
you would like to see
the school

Please watch for
notices being sent
home with the students

Everyone Welcome to
attend

Message from Administration

Dear Fort Family,

Welcome May! The new green leaves and beautiful weather is both energizing and inspiring. Watching everything change and spring to life is good for the soul and the spirit. Sometimes change is easy and predictable, other times it is hard and unexpected. The key to any change is to embrace it.

Congratulations to our beloved Ms. Lauren Chapman on her new assignment as a grade 3 teacher at Barrhead Elementary beginning in September. We wish you well and thank you for the four years you have shared with us here at Fort Assiniboine School. You will be missed.

Last week the Board of Trustees approved the proposed changes to the attendance area for our school and several other schools in the district. Please review Jennifer Tunninga's Message on the following page for the reasons behind their decision. You may also wish to check out our website; www.fortschool.ca for the news release and the new boundary map. As a result of this decision, we are very excited to be welcoming some new students to our wonderful school in September and can't wait to show them the benefits of attending our great school.

Because all transportation routes are being re-organized due to the new boundaries, transfer and transportation requests continue to be suspended until further notice.

Socrates said; "The secret to change is to focus all of your energy, not on fighting the old, but on building the new." I am looking forward to the positive impact the recent changes regarding the new staff, students and building renovations will have on Fort Assiniboine School. I truly believe that change is always good because it opens us up to possibilities that didn't exist before. If you have any questions, let us know and we are happy to provide you with information you require or direct you to someone who can.

Yours Truly,
Charlene Assenheimer


May's Character Trait Focus is **"Cooperation"**

Cooperation means working together, getting along, and functioning as a team for a common purpose.

Cooperation is all about helping others and interacting with people in a way that helps everyone to succeed.

You can show cooperation by being helpful and working with others for the overall good. Cooperative people are willing and productive team players. Working in harmony with others to achieve a goal is vital to creating a peaceful and harmonious environment. Cooperation sometimes requires letting go of something for the good of the group. When everyone works together it makes for a positive and pleasant experience.

May School Calendar and Important Dates

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Adrian LaChance First Nations Dance Performance 10:00 a.m. Assembly 3:00 p.m.	4  For \$2 wear your hat all day	5 IPP Meetings	6 PD Day NO SCHOOL	7 Road Side Clean Up 8:00 a.m.
8	9	10 PAT –Gr 9 LA <i>Whole School and K Grad Pictures</i>	11 Grade ¾ and Jr High to Skills Canada	12 PAT –Gr 6 LA <i>Community Clean Up</i>	13 BEAR DAY NO SCHOOL	14
15	16 Swimming Lessons	17 Swimming Lessons	18 Swimming Lessons Jr High Wellness Seminar in Swan Hills	19 Swimming Lessons SU Hot Lunch	20 Mid Semester Break NO SCHOOL	21
22	23 VICTORIA DAY NO SCHOOL	24 <i>Jr High Track Meet</i> Outdoor Ed Camp Gr 5/6 Grade ½ and K Field trip to Prair ie Gardens <i>Parent Council Meeting 6:30 pm</i>	25 Outdoor Ed Camp Gr 5/6	26 Outdoor Ed Camp Gr 5/6	27 Outdoor Ed Camp Gr 5/6	28

Important dates in June

- Provincial Achievement Test – See page three
- June 2 - K,1,2 Children's Festival in St Albert
- June 3 - Bear Day – No School
- June 9 - Awards Night 7:00 p.m.
- June 10 - Bear Day – No School
- June 17- Last Regular Classes for Jr. High
- June 20 to 24– Jr. High Exam
- June 23 - Last Kindergarten Day
- June 23 - Color Me Rad Run
- June 28 – Year End Activity – Whole School

Swimming Lessons

At the Swan Hills Swimming Pool

May 16-19

Grade 3-4 1 pm-2 pm

Grade 5-6 2 pm-3 pm



June 6-9

Grade 7-9 1 pm-2 pm

Grade 1-2 2 pm-3 pm

Kindergarten Class

May 17 and 19 1 pm-2 pm

June 7 and 9 1 pm-2 pm

As exam season quickly approaches, you are probably looking for resources to help your children prepare. You may wish to consider visiting:

1. Quest A+ is Alberta Education's digital testing solution. This application contains released tests for various subjects. Quest A+ can be accessed from <https://questaplus.alberta.ca/>
2. <http://alberta.exambank.com/index.html>
username: phrd.fort password: Fish
3. <http://www.education.alberta.ca/admin/testing/achievement.aspx>

Provincial Achievement Tests Dates May and June:

- o May 10 9-11 am grade 9 LA Part A
- o May 12 9-11 am grade 6 LA Part A
- o June 15 9-10:30 gr 6 LA Part B
- o June 16 9-10:30 gr 6 Math
- o June 17 9-10:30 gr 6 Science
- o June 20 9-10:30 gr 6 SS
- o June 20 9-11 gr 9 Science
- o June 22 9-11 gr 9 Math
- o June 23 9-11 gr 9 LA Part B
- o June 24 9-11 gr 9 SS

PLEASE TRY NOT TO BOOK ANY APPOINTMENT ON THOSE DAYS IF YOUR SON OR DAUGHTER ARE IN GR 6 OR 9

PARENTS:

Please be sure to write a note in your child day planner or call the school office if your child is to stay after school for any afterschool activity (Baseball, hockey, etc).

Please be advised there is NO Staff supervision after hours on the playground.

Students without notes in their day planners will be sent home on the bus as per regular routine/policy.**

Students Union Hot Lunch Sale

Hot Dogs with Veggies and Dip

Thursday May 19, 2016

Watch for Pre Order Forms

**Wacky Hair Day
May 12**



Helmets Required

To ensure the safety of our students, students caught operating their bike, scooter or skateboard without a helmet will have it confiscated and parents will be notified to come in and pick it up.



News from your School Board Trustee – May 2016

Fort Assiniboine School – New Boundary

Following a six-month review, which included consulting the community at three junctures, the school board made 17 changes to school attendance areas. These changes come into effect August 31st. This is the first comprehensive review of attendance areas in twenty years. The board made these decisions informed by community input and our guiding principles. In the face of declining enrollment, these changes reflect the school board's commitment to keeping all our community schools viable. These were hard decisions to make; and will be disruptive to some families, however the board also needs to focus on the future of the school division as a whole. **The Fort Assiniboine attendance area will be expanded south of the Athabasca River.** The *guiding principles* the board applied to this decision were: Viability of schools, Community input, Natural geographic boundary, Density of population.

Note: To ease the transition to the new attendance area current Grade 7 and 8 students, who live in the expanded Fort Assiniboine attendance area, may finish junior high at Barrhead Composite High School (BCHS). They will be able to ride the transfer bus from Fort Assiniboine School to BCHS for free.

The school board also urged administration to minimize "back-tracking" for students who travel to school on transfer buses. Next steps will see division administration review the rules for busing students who choose to attend an out-of-attendance-area school, they will report back to the board on May 11th.

For further details on the changes and updated maps of the new attendance areas please see the following link: http://www.phrd.ab.ca/Attendance_Area_Home.php

Jennifer Tuininga

Board Chair, Barrhead North Trustee

Jennifer.Tuininga@phrd.ab.ca 780-674-6579

Fort Assiniboine Preschool

Early Registration

May 26, 2016 2:00 – 4:00p.m.

Or 6:00- 8:00 pm

At the Preschool for

3 and 4 year olds

Starting in September

Please bring

Names/Addresses/phone numbers of Emergency contacts,
AHC#, and Legal Land Address

Phone 780-674-0537 for more information

Fort Assiniboine Preschool

Spring Raffle Tickets

DRAW June 3, 2016

Phone 780-674-0537 for details

We appreciate your support!

VC (Video Conferencing)

Parents are you hesitant or have reservations about having your son or daughter in a VC class in 2016-2017

Come in and check out a class in session. Sit at the back of the classroom and see how the video conferencing class works.

Monday – Thursday
10:20 - 11:10 a.m. Math 9
11:10a.m. - 12:00p.m. Math 8

Or
Mon/Wed
1:20 – 2:10 p.m. Math 9

Parents are always welcome!

Parent Society Fund Raiser
Highway RoadSide Clean Up

Saturday May 7, 2016

Starting at 9:00 a.m. Meeting at the Rec Center for Breakfast
(Saturday, May 14 being the alternate day in the event of inclement weather)

This fundraiser will be help cover the cost of bussing for fieldtrips
(swimming, skiing, Telus World of Science, etc).

Participates must be 9 years or older
All Participates are required to view the Safety Training DVD

To request a section of roadside to clean please contact
Beth Ann Breitreitz at 780-584-2450 or Jenni Williams at 780-674-0537

Breakfast 9-10 am at Rec Center with
Safety Training Video to follow

Student Legal Documentation:

Each year, School Finance implements internal controls to ensure that resources allocated by Alberta Education are allocated according to the funding conditions set out in the Funding Manual for School Authorities 2012/2013. The funded enrolment verification process is one of these controls.

To claim a student as eligible for funding, that student must meet the funding conditions set out in the Glossary under Funded Student.

To substantiate the funding claims for the students, School Jurisdictions are required to submit documentation to support age and citizenship, and residency.

Fort Assiniboine School is reviewing all our student files to ensure compliance with Alberta Education requirements, in the event they select for review your child registration file we have to be certain that the following document is in place

*** Birth Certificate or other documentation to support age and citizenship**

Examples of acceptable documentation to support age and citizenship are: Birth Certificate (Canadian), Passport (Canadian), Immigration Papers (including Refugee), Treaty Card (Number), Permanent Resident Card, Adoption Papers, Temporary Resident Papers, Legal Guardianship (Court Order), Parent's Work or Study Permit, Parent's Citizenship

To assist us in supporting our claim for funding for your child's education we need you to provide a copy of the requested documentation to the school.

Please contact Charlene Assenheimer, School Principal, 780-584-3751 if you have any questions regarding this matter or Cindy Jarry, Alberta Education 780-422-0930.



A monthly publication provided by your child's school in recognition of your role as a partner in education.

Resources for Families

Nutrition is key to academic performance for students

According to the Centers for Disease Control and Prevention (CDC), and Health Canada (<http://www.hc-sc.gc.ca/fn-an/nutrition/child-enfant/index-eng.php>), student health has a strong effect on academic achievement.

“No matter how well teachers are prepared to teach, no matter what accountability measures are put in place, no matter what governing structures are established for schools, educational progress will be profoundly limited if students are not motivated and able to learn. Health-related problems play a major role in limiting the motivation and ability to learn...” says Charles Basch, professor of health and education at Columbia University.

It is not surprising that students who are distracted by health issues related to illness, sleep deficits and poor nutrition will not – or cannot – focus on school work.

Many schools are taking steps to minimize distractions related to unhealthy or inadequate foods by offering a school breakfast program to ensure that students start the day with an adequate meal.

Research has shown these connections between dietary behaviors or issues and academic achievement.

Connections between food and performance:

Issue: Participation in a school breakfast program

Outcomes: Increased academic grades and standardized test scores; reduced absenteeism; and improved cognitive performance

Issue: Skipping breakfast

Outcome: Decreased cognitive performance

Issue: Lack of adequate consumption of healthy foods

Outcome: Lower grades

Issue: Deficits in specific nutrients

Outcomes: Lower grades and higher rates of absenteeism and tardiness

Issue: Insufficient food intake

Outcome: Lower grades; higher rates of absenteeism; repeating a grade; inability to focus

In addition to these food-related issues, the CDC has found that the more soda pop students drink, the lower their grades.

www.cdc.gov/healthyschools/health_and_academics/pdf/2014_8_29_health-academics_508tagged.pdf

Brain food for kids

Starting the day with a healthy meal is essential for school success. WebMD has the following healthy food tips for kids:

- **Twenty-five percent of daily calories should come from breakfast.** Low-carb, high-protein foods, such as oatmeal, whole wheat toast and eggs are good choices. Calcium is important, so the meal should include milk to drink or with cereal. Yogurt and fruit are also healthy options. Be sure to look for low-sugar brands.
- **Inadequate water can make students feel tired and less alert.** Offer children water with every meal. Busy kids can get dehydrated. Water keeps their brains functioning well and is a better option for health and protection against sugary drinks on teeth enamel.
- **Fish supplies great food for the brain.** Fish with omega-3 oil found in fish may be beneficial to brain health and function. Try to offer children one serving per week of salmon, sardines or tuna.
- **Iron can help kids learn.** A lack of iron can affect concentration and increase feelings of fatigue. Most balanced diets provide enough of the required daily allowance of iron. Iron can be found in red meat, oily fish, eggs, some cereals and leafy green vegetables. Citrus fruits can help improve iron absorption. Children should never be given iron supplements without a recommendation from a physician.
- **Eat a rainbow.** Students who eat a variety of fruits and vegetables are more likely to get enough vitamins and minerals that contribute to health and school success. Offer a range of fruits and vegetables. Cut them up and serve with dip, cook them into foods, and make smoothies.
- **Avoid sugar.** One study found that children who eat a high-sugar diet at age three have a lower IQ at age eight. Junk food is hard to avoid, but there is growing evidence that it is harmful to students' health and intelligence.
<http://bit.ly/1QAIoG9>

Suggestions for a healthy lunch

Combine food from these categories when you pack your child's lunch:

- One portion of starchy food, preferably whole grain or whole wheat. If your child only eats white bread, try to compromise by making a sandwich with one slice of white and wheat.
- One portion of lean protein, such as chicken, ham, tuna, eggs, beans or lentils.
- Lots of fruit and vegetables. Remember to make it colourful.
- One portion of dairy, such as milk, cheese or yogurt.
- Plenty to drink. Aim for non-sugar beverages. Water is best.

Nutritionists suggest offering a variety of foods to keep students interested. Think beyond sandwiches. Homemade soup, salads and leftovers from dinner can be good options. But be careful of food temperatures. Pack foods that can wait, unrefrigerated, until lunch time.
<http://bit.ly/1QEnOJj>