



# The Lion's Roar

Fort Saskatchewan Elementary School  
[www.fortelem.ca](http://www.fortelem.ca)

**November 2, 2018**

## Calendar of Events

- Nov 1 School Council 6:30pm
- Nov 2 Newsletter emailed
- Nov 5 Fundraiser orders due
- Nov 6 Parent literacy night 6-7pm
- Nov 7 Parent literacy session 1-2pm  
Early Out
- Nov 9 Remembrance Day  
Celebration 10:45 am
- Nov 10-18 November Break
- Dec 5 Report Cards (on line)  
Early Dismissal
- Dec 20 Winter Celebration
- Dec 22- Jan7 Christmas break

## Message from Administration

This year we will be having a Winter Celebration on December 20<sup>th</sup>. Mark your calendars for a great night of fun with our Fort Families. More details to come later this month.

We hope you all take some time downtime with your wonderful children during the Fall Break. It has been a very busy and eventful start up.

Jessica Smith & Jim Gerwing  
Principal Assistant Principal

## Instructional Minutes

We realize that there are sometimes circumstances out of our control which do not enable students to be here on time, but we are trying to encourage all students to be ready in class at 8:30. ***Did you know that if a student is 10 minutes late everyday they are missing over 30 hours of instructional time in a year.***

## Teacher Contact

To assist teachers in providing your child's education, we ask that you keep classroom interruptions to a minimum. Protecting instructional time is very important to our students' academic success. Teachers are available to discuss your child's progress outside of class time. Please contact your child's teacher directly to set up a meeting time. If you would like to drop something off at the school for your child, just drop by the office and we will make sure the item gets to them. Thank you for your continued support.

## **School Fees**

Reminder that school fees are due. We are happy to set up a payment plan if that will help your family.

For more information about school fees, waivers and payment deadlines, visit [www.eips.ca/schools/fees](http://www.eips.ca/schools/fees). Alternatively, contact **Mrs. Mclsaac** at 780-998-7771.

## **Report Cards**

We want to you remind you we will NOT be sending home report cards, but that all report cards will be available online on Friday December 5<sup>th</sup>. Access information is on our webpage, or you can always contact the office for assistance.

## **Movember**

This November Mr. Yung and Mr. Smit are teaming up to raise awareness for men's health. They will both be growing moustaches and giving weekly updates in their Mustaches. There are 2 ways to support us this Movember.

1. You can donate online by following this link:

<https://moteam.co/fort-saskatchewan-elementary?mc=11>

2. We are hosting "Mustache Monday" on Monday November 26th where students can donate \$1 to wear their own mustache sticker!

If you want to take part in Fundraising you can also make your own page and be a part of our group! There are 3 ways to fundraise:

1. Grow a mustache
2. Run 60km in November
3. Host a Mo-Event!

## **New School Messenger Call-display Number**

Effective November 1, all phone calls going out through SchoolMessenger will display one of the following toll-free numbers rather than the school or Division number.

- Messages programmed from Student Transportation: 1-833-298-5234
- Messages programmed from schools and the Division office: 1-833-202-1419

With this change, parents/guardians have the ability to call back to this number to replay all recent phone messages they've received through SchoolMessenger. If you've missed a call or would like to replay a message to confirm you have all the details, simply call back the applicable 1-833 number and follow the prompts to repeat any recent messages.

### **Inclement Weather**

With the winter season already here, we want to remind parents to dress children appropriately for the weather when getting ready for school or the bus. The weather often changes unexpectedly throughout the day, so please select suitable outerwear and ensure your child is prepared for changing conditions.

If inclement weather conditions occur, Elk Island Public Schools (EIPS) advises parents of any bus cancellations using various communications tools—automated-telephone messages, alerts posted on [www.eips.ca](http://www.eips.ca) and school websites, Twitter, Facebook, local radio stations and on Versatrans My Stop. Any morning bus cancellations are posted on [www.eips.ca](http://www.eips.ca) by 6:30 a.m.

Decisions regarding bus cancellations are guided by EIPS administrative procedures that states, “school bus service may be suspended...when Environment Canada reports a temperature of -40 C.” Other reasons for suspending or delaying school bus services include adverse weather and poor road condition.

When school bus services are suspended, schools remain open to students. EIPS believes parents have the right and responsibility to make choices for their children based on their beliefs and perceptions of safety during times of inclement weather. For more information, contact EIPS Student Transportation at 780-417-8151.

### **No Child Without: Free MedicAlert for students**

In our ongoing effort to provide safe and caring schools for our students, Fort Elementary is once again participating in the Canadian MedicAlert Foundation’s No Child Without program. The program is a national initiative that provides no-cost MedicAlert services to children—between the ages four and 14—who have chronic health conditions. The goal is twofold: to help children with severe allergies, medical conditions or special needs and to assist schools with medical-emergency plans for students.

Once a child is registered, their school is provided with advice on a medical-emergency plan for that student and given a list of medications, allergies and medical conditions the student has. If your child has a serious medical condition or allergy and could benefit from MedicAlert services, contact the school office at 780-998-7771. To learn more about the No Child Without program, visit [www.nochildwithout.ca](http://www.nochildwithout.ca).

### **Winter Celebration-**

This year FSE will be doing a Family Winter Celebration on December 20; there will not be a concert. More details will be coming home soon. If you have any questions please do not hesitate to contact the office.

### **Caregiver Education Series**

The Division, in partnership with Strathcona County and Elk Island Catholic Schools, is hosting a series of caregiver information sessions focused on ways to support students' mental health. The free sessions provide parents, caregivers, teachers and community members with information about challenges that can impact children and adolescents. Some of the session topics include: dealing with anxiety, teenagers and technology, cannabis, understanding depression and self-injury, test anxiety, building executive functioning skills, and limit setting.

Visit the [Division calendar](#) to see all scheduled caregiver sessions.

### **Counsellors Corner**

#### ***Keeping Scattered Kids on Track: Supporting Children and Adolescents with ADHD***

*Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come and learn about the signs and symptoms of ADHD, ways that ADHD impacts academic achievement, self worth, and relationships. You will leave with new strategies (not solutions) and resources for supporting success in children and adolescents with ADHD.*

Wednesday, November 7, 2018

TIME: 6:00-7:30pm

LOCATION: Donnan School (7803 - 87 Street NW, Edmonton, AB)

#### ***More than Just a Bad Day: Understanding and Supporting Students with Depression and Self-Injury***

*This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and intentionally injuring themselves. We will explore factors that contribute to depression and the motivation behind self-injurious behavior. Caregivers will learn about treatment options for depression as well as strategies to help support youth who may be engaging in self-injury.*

Wednesday, November 7, 2018

TIME: 6:00-7:30pm

LOCATION: St. Andre Bessette School (8300 Southfort Drive, Fort Saskatchewan AB)

**Next School Council Meeting - Thursday, January 10  
at 6:30pm.**