



FORT SASKATCHEWAN

• ELEMENTARY •

Dear FSE Families,

Congratulations go out to our basketball teams who represented Fort Saskatchewan Elementary well during their games! Our boys team won second at the tournament last weekend! Way to go Elements! We are so proud of you!

In response to the impact the pandemic has had, we recently had our Elk Island Public Schools Mental Health nurse, Mardi Hardt, out to all our classes to speak with students and staff about our “upstairs brain” and our “downstairs brain” and how it relates to how we are feeling. Mardi taught strategies including ‘7 – 11 breathing’ and ‘horse lips’. ‘7-11 breathing’ is when you breath in through your nose for 7 seconds and out through your mouth for 11 seconds. ‘Horse lips’ refers to breathing in through your nose for 3 seconds, hold your breath for 4 seconds, and then breathing out through your mouth, allowing your lips to wiggle like a horse. Our school counsellor, Sarah Pieterse, is continuing this good work by providing classes two new strategies each week, including a visual for each class to post in the classroom as a reference, with the intention of providing common language and giving students a variety of regulating strategies in their toolboxes. Each class is committed to practicing these multiple times throughout each day.

Have your say! EIPS’ 2023 Annual Feedback Survey Opens March 1-23

Elk Island Public Schools (EIPS) wants to hear from you. Make sure to complete the 2023 EIPS Annual Feedback Survey: For parents and caregivers—open from March 1-23.

Every year, EIPS conducts the feedback survey to gauge its progress toward meeting the goals and priorities outlined in its [Four-Year Education Plan](#). Families are asked a series of questions about their experiences with EIPS and the school

their child attends, the overall performance of the Division, the quality of education being provided to students and areas for improvement. The survey input helps the Division develop new strategies to better serve students and the wider community. [VISIT EIPS.CA TO TAKE THE SURVEY: March 1-23](https://www.eips.ca)

NOTE: The survey is anonymous and only takes a few minutes to complete. If you want to share the experience of more than one child attending an EIPS school, simply complete the survey again.

Yearbook Pre-orders Ready!

We are happy to announce the FSE 2022/2023 Yearbook is currently under construction, and we are now able to accept pre-orders.

To pre-order your copy, please log into your [Parent PowerSchool Portal](#) and add the "Optional Yearbook Fee". The cost is \$20 and once payment is received, your student's copy will be reserved and sent home once they arrive on site (May 2023).

School Council & Parent Society

Thursday, April 13 at 5:30 p.m. is our next School Council and Parent Society meeting at our school! All parents/guardians welcome!

VOLUNTEERS NEEDED! Our Parent Society is holding a fundraiser at the Camrose Casino on April 23 & 24. Volunteer shifts are from 4 – 11 p.m. each night. Hotels and meals are paid for by the Parent Society. If you are interested in supporting a major fund raiser for our school, please reach out to our Parent Society via email at fseparentsociety@gmail.com.

Hot Lunch!

The [Winter/Spring 2023 Hot Lunch program](#) is now open for the following dates:

- Friday Mar. 17 – Boston Pizza (cut off to order is Thursday Mar. 9)
- Friday Apr. 21 – Ken's Catering (cut off to order is Thursday Apr. 13)
- Friday May 26 – Prime Time Donair (cut off to order is Thursday May 18)
- Friday June 9 – Perry's 2 For 1 Pizza (cut off to order is Thursday June 1)

School Spirit Wear Is Now Available

Order your Fort Saskatchewan Elementary school spirit wear and 10% of your purchase will be donated to our Parent Society to support our school community!

Order here: <https://fse.entripyshops.com/>

Caregiver Education Team Newsletter March 2023

Alberta Health Services offers free online programming for parents and caregivers of children and youth. These free sessions are using the Zoom platform. Upcoming sessions include - Test, Anxiety, Supporting Children & Youth with ADHD, and Understanding Anxiety.

For more information, visit cyfcaregivereducation.ca/home and click on the latest newsletter link at the bottom of the page.

You are invited to a Round Dance!

Elk Island Public Schools Community Round Dance Friday March 10, 7:00 - 9:00 PM

At F.R. Haythorne Jr. High School

Elk Island Public School Division takes pride in hearing and honouring the voice of our children within our division. In doing so, we are proud to host our 1st round dance. All families are invited to come learn about and understand the meaning behind the round dance.

The evening will be interactive with dancing, storytelling, laughter and learning together. There will be a pipe ceremony the morning of, as well.

There will be soup, bannock and beverages as well and a small giveaway. Everyone is welcome to attend.

If you have any questions, please feel free to reach out to the First Nation, Métis and Inuit Education Team.

RCMPTalks Session

The RCMP is hosting its first ever RCMPTalks for parents on March 15, from 7:00 – 8:30PM EST. The virtual session will cover topics including mental health, substance use, cyberbullying, and sextortion. Register now: Parents, educators, and youth-facing professionals can register by contacting RCMP.Youth-Jeunesse.GRC@rcmp-grc.gc.ca

Your Child's Mental Health

Provide positive feedback and encouragement. Kids love to receive positive feedback and learn that they've done something well. Knowing they've done something well increases feelings of pride and confidence, which can stick with a child long term. In addition, providing positive reinforcement for behaviors will often encourage children to repeat that behavior.

Tips to Help Your Child Enjoy Reading

Help your child find books about topics they love. If you need help, contact the Fort Saskatchewan Public Library as they are trained in literacy. While you are at the library, spend some time hanging out there.

Looking at March...

March 17 ~ Hot Lunch! Term 2 Report Card Published!

March 22 ~ Crazy Hair Day!

March 23 ~ Popcorn Day! \$1 per bag

March 24 to April 2 ~ Spring Break! No school! Classes resume April 3.

Looking forward to April...

April 3 ~ Classes resume! Autism Awareness Day! Wear blue to spread kindness and raise awareness for those who are living with autism.

April 5 ~ Early dismissal ~ Green Day ~ Wear green to celebrate the element of Earth!

April 7 ~ Good Friday ~ No School

April 10 ~ Easter Monday ~ No School

April 13 ~ Cut off to order Hot Lunch on April 21

April 21 ~ Hot Lunch

April 23 & 24 ~ Parent Society Camrose Casino Fundraiser 4 – 11 p.m.

April 28 ~ Favorite Colour Day! Show your school spirit and wear your favorite colour!

Next week is Substitute Appreciate Week and we are looking forward to celebrating our substitute staff who come to our school to support us when our staff have to be away! We are so grateful to them!

As well, it is the Week of Inspirational Math next week so classes will be participating in various activities to support their numeracy skill development. It is such a privilege to be a part of these educational and engaging initiatives!

Have an amazing weekend, everyone!

Kindly,
Shelby Labrecque, M. Ed.
Principal
Fort Saskatchewan Elementary School