



FORT SASKATCHEWAN

• ELEMENTARY •

Dear FSE Families,

If you have not yet had a chance to read them, report cards are still available through the PowerSchool Parent Portal!

Last week, our calming strategies included 'Hot Chocolate Breath' and 'Affirmation Tapping'. This week we learned '*Lower Body Contract and Stretch*' and '*Lotus Flower Breath*'.

Lower Body Contract and Stretch: First, curl your toes as tight as you can for five seconds. Then release. Repeat this five times. Then roll your ankles to stretch. Next, stand up. Rise up on your toes, as tall as you can, and hold yourself there for five seconds. Then release. Repeat this five times. Then sit down and shake out your legs to stretch. Finally, stand up. Squat into a chair pose and hold for three seconds. Then stand up tall. Repeat this five times. Then stretch each leg out by pulling it behind you and holding for five seconds.

Lotus Flower Breath is: Place the fingertips of both hands together. With an inhale, pull your thumbs apart, then bring them together while you exhale. Go through each finger with the same inhale, pulling the pair of fingers apart and exhaling the fingers together. As you take one final breath, push the heels of your hands together and pull apart all of your fingertips as you exhale, as if you're opening a flower.

School Council & Parent Society

Thursday, April 13 at 5:30 p.m. is our next School Council and Parent Society meeting at our school! We will also be offering a virtual hybrid of this meeting for those who are unable to attend in person. All parents/guardians welcome!

VOLUNTEERS STILL 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 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/>

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).

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.

Last call to complete your EIPS Annual Feedback Survey – deadline March 23

Dear Fort Saskatchewan Elementary families:

Thank you to all Fort Saskatchewan Elementary families who've already completed the EIPS Annual Feedback Survey: For parents and caregivers. If you haven't yet done so, we'd appreciate if you could take five minutes of your day and share your thoughts by March 23. The survey is an opportunity for you to provide direct feedback to Fort Saskatchewan Elementary and Elk Island Public Schools (EIPS) about your experiences throughout the past year. Parent and caregiver input provides valuable information to evaluate what's working well and what could improve, as well as assisting the school and Division with future planning.

At the Division level, EIPS uses the survey results to gauge its progress toward meeting the goals and priorities outlined in its [Four-Year Education Plan](#). The survey feedback helps the Division develop new strategies to better serve students and the wider community.

TAKE	THE	SURVEY	NOW!
Survey	closes	March	23, 2023
<i>Open to all Fort Saskatchewan Elementary parents and caregivers</i>			

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

Thank you,
Fort Saskatchewan Elementary

Your Child's Mental Health

Talk about emotions and feelings regularly. Kids learn so much by watching their parents, including behaviours when it comes to emotional expression and regulation. Rather than simply saying your day was good or okay, try to discuss different emotions you felt throughout your day when talking with your child. Talk to them about the moment you felt stressed in a meeting or frustrated with a coworker, and then talk to them about how you handled your emotions in that situation. This teaches them that these feelings are normal, provides suggestions on how to handle the feelings and gives them the vocabulary to talk about a wider range of emotions affecting them.

Tips to Help Your Child Enjoy Reading

Carve out family reading time. There's something powerful about sitting down together in the same room and reading. It could be a read aloud time or an independent reading time where everyone reads something different. Keep it light. And get comfortable.

Proposed collegiate school in Fort Saskatchewan

Dear Fort Saskatchewan families:

Elk Island Public Schools (EIPS) is proposing to build a collegiate school to replace one junior high school and the senior high school in Fort Saskatchewan. The replacement school would support grades 7 to 12.

Located within Alberta's Industrial Heartland, the Elk Island Collegiate School would use existing partnerships and current industry leaders to provide students with the knowledge, skills and attitudes needed to respond to the changing landscape of the world of work. This model differs from current high schools within EIPS as, in addition to typical high school programming, it would also provide programming centred around seamless entry into the world of work or post-secondary education by providing students with industry-leading career and technology education and work-integrated learning experiences.

While EIPS is still in the early stages of the proposal process, the Division is looking for feedback from students, families, staff and the community to assist with planning. EIPS invites students, parents and caregivers of students at all grade levels, staff members and interested community members to share their thoughts through the EIPS Collegiate School Proposal: Stakeholder Feedback survey.

TAKE THE SURVEY NOW

Survey closes March 29, 2023

When possible, schools may also provide time in class for grades 5-12 students to complete the survey to provide their input. The survey is anonymous and only takes about five minutes to complete. Feedback gathered will help the Division fine-tune the proposal and final business plan to be submitted to Alberta Education.

If you have any questions, contact your child's school.

Thank you,

Elk Island Public Schools

Looking at March...

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 ~ School Council/ Parent Society Meeting @ 5:30 p.m.; 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!

I hope everyone finds time over the break to spend time with loved ones and are able to rest and recharge! Have a wonderful Spring break!

Kindly,

Shelby Labrecque, M. Ed.

Principal

Fort Saskatchewan Elementary School