



FORT SASKATCHEWAN

• ELEMENTARY •

Dear FSE Families,

Welcome back everyone! We trust you had an amazing break and are ready to give your all to these last few months of school!

Before the break, we learned about our calming strategies, '*Lower Body Contract and Stretch*' and '*Lotus Flower Breath*'. This week the calming strategies we learned about were called '*Humming Breath*' and '*Bear Hug*'.

'*Humming Breath*' is when you stand up and place one hand on your belly button and the other hand in the middle of your chest. You take a deep breath in and then hum on a long exhale, feeling the soothing vibrations of the sound. Repeat once, then switch your hand position.

'*Bear Hug*' is when you open your arms wide and take a deep breath in and slowly let the breath back out. Cross your arms over your body and give yourself a squeeze, only as loose or as tight as you like. Imagine you are being hugged by your favorite person and say to yourself "I am calm. I am safe. I am secure." Take one more deep breath in and out, and then release your arms.


Save the date FSE families!

On Tuesday, April 18, with doors opening at 5:30 p.m., our Elk Island Public Schools literacy and numeracy consultants will be providing sessions for our elementary and secondary families.

A light dinner of sandwiches and salads, as well as childcare will be provided so caregivers may attend the sessions. **Registration is required!**

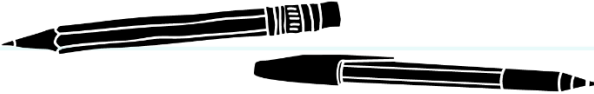
Click on the QR code below to register!
(Thank you to all attendees for registering to ensure we have adequate food and resources for this event!)

**LITERACY AND
NUMERACY INFO
SESSIONS**



Tuesday, April 18


**FORT SASKATCHEWAN
ELEMENTARY, 9802 101 ST**



6-7 P.M. Elementary session
7:15-8:15 P.M. Secondary session

Doors open at 5:30 p.m. **Register by
April 14**

Information presented by EIPS
literacy and numeracy consultants.
A light dinner and childcare will
be provided.



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. Please join us virtually using the following Google Meet link: <https://meet.google.com/fzh-qioi-spk>. All participants will be required to identify themselves.

A huge thank you goes out to the volunteers who are supporting our FSE Parent Society fundraiser at the Camrose Casino on April 23 & 24! These events would not happen without your support!

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 April 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 – Understanding Anxiety, Building Executive Functioning Skills and a Harm Reduction Approach to substance use.

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

Your Child's Mental Health

Get professional help if needed. Recognizing when your child needs help is a crucial skill to have as a parent/guardian. There may be times when it can be overwhelming or frustrating to try to handle your child's behaviors or respond appropriately to their emotions. Don't be afraid to find and ask for help - it can be a great benefit to both you and your child.

Tips to Help Your Child Enjoy Reading

Limit screen time. As the parent/guardian, create and reinforce healthy guidelines and boundaries about when phones, tablets, computers and TVs can be used. Prioritize reading every day.

Looking at April...

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!

Looking forward to May...

May 2 ~ Gr. 6 Immunizations 12:50 p.m.

May 3 ~ Early Dismissal! Hats on for mental health!

May 5 ~ Professional Learning Day – no school for students

May 8 ~ Class pictures for ECS A and grades one through six students

May 9 ~ Class pictures for ECS B

May 16 ~ Volunteer Tea 11:30 – 12 p.m.

May 17 ~ Gr. 6 PATs – ELA Part A

May 19 ~ School closure day – no school for students

May 20 ~ Victoria Day – no school for students

May 24 ~ Kindergarten Information Night 4:30 – 5:30 p.m.

May 26 ~ Tacky Tourist Day! Dress in your tackiest tourist outfit!

As the weather is looking warmer and more Spring-like, I hope everyone is able to spend time with loved ones outside enjoying the sunshine this long weekend. Happy Easter everyone!

Kindly,

Shelby Labrecque, M. Ed.

Principal

Fort Saskatchewan Elementary School