



FORT SASKATCHEWAN

• ELEMENTARY •

Dear FSE Families,

We had another jam-packed short week this week! I anticipate what is commonly known in the education world as the month of 'April-May-June' will continue to fly by with all the activities and learning we have planned!

Before the Easter long weekend, the calming strategies we learned about and practiced included, '*Humming Breath*' and '*Bear Hug*'. '**Grounding Tree Pose**' and '**Sliding Palms**' were this week's calming strategies.

'Grounding Tree Pose' is when you stand up with both feet on the floor and you bring your palms together in the middle of your chest. With one foot planted firmly on the floor, slowly lift your opposite foot, moving it up the side of your planted leg, as high as you can go. Balance there as you take a deep breath in through your nose and a breath out through your mouth. Then lift your arms slowly above your head into a V-shape and wave your arms back and forth for 10 seconds as you imagine wind blowing through your 'branches'. Slowly bring your hands back together above your head, bring them down to your chest and lower your foot back down. Repeat on the other side.

'Sliding Palms' is when you bring your hands together with your palms touching at eye level. With a deep inhale, slide your left hand down with your fingertips stopping in the center of your right hand's palm. On the exhale, curl your right hand's fingers around the top of your left hand. As you inhale, slide your left hand back up until your right hand's fingertips stop in the center of the left hand's palm. Exhale and curl your left hand's fingers around those fingertips. Repeat this 10 times while inhaling and exhaling.

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!

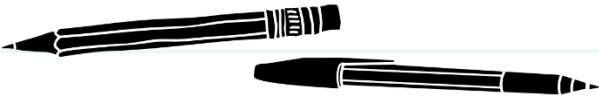
(Thank you to all attendees for registering to ensure we have adequate food and resources for this event!)

**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

Wednesday, May 24 at 5:45 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.

SAVE THE DATE! Friday, May 26 is our Family Movie Night! More details coming soon!

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 was 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.

Tips to Help Your Child Enjoy Reading

Teach your child that it's okay and normal to abandon a book. As adults, we don't finish every novel we start. Don't let your child's reading progress stall because they feel forced to finish a book they don't enjoy.

Looking at April...

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 4 ~ EIPS Invitational Relay Races at SAP (behind Bev Facey in Sherwood Park)

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 10 ~ Bear Witness Day! Our Spirit Bear, Stanley, will be going to classes to introduce himself!

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!

I hope everyone finds time this weekend to enjoy the warmer temperatures with family and friends!

Warmly,

Shelby Labrecque, M. Ed.

Principal

Fort Saskatchewan Elementary School