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# FORT SASKATCHEWAN

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## • ELEMENTARY •

Dear FSE Families,

Thanks to our awesome volunteers we had another successful Hot Lunch! We feel so grateful to have such a supportive group of caregivers to organize and execute this initiative!

The calming strategies we learned about and practiced this week included, **'Sparkler Breath'** and **'Rock and Roll'**.

**'Sparkler Breath'** is when you inhale deeply and raise your arms up above your head, pretending you have a sparkler in each hand. As you hold your breath for 4 seconds, wave your sparkler around. As you exhale, lower your arms and make the sound of a sparkler extinguishing in a pretend bucket of water by breathing out between your teeth with your mouth closed. Do this three times. Try to slow your exhale way down as you lower the sparklers into the water.

**'Rock and Roll'** is when you roll a pen or pencil along your palms, from the tips of your fingers to the base of your hands in rhythm with your breath. Try this for one minute.

### **School Fees:**

Reminder to check your students' school fees regularly. Field trips are posted as they are scheduled during the school year and are due within 30 days of being posted.

To access your fee information, simply log in to the [PowerSchool Parent Portal](#) and go to "Student Fees." There you can view your fees and pay them online using Visa, MasterCard or debit card—when available from your financial institution.

For more information about school fees, waivers and payment deadlines, visit [www.eips.ca/schools/fees](http://www.eips.ca/schools/fees) and [www.fortelem.ca/about/fees](http://www.fortelem.ca/about/fees). Alternatively, contact Manon Marcoux-Jones at Fort Saskatchewan Elementary School at 780-998-7771.

### **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. 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.

Thank you to our volunteers for supporting our Hot Lunch program! We could not run this program without your generous donation of time!

### **Hot Lunch!**

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

- 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](http://cyfcaregivereducation.ca/home) and click on the latest newsletter link at the bottom of the page.

### **Tips to Help Your Child Enjoy Reading**

Relevance. Show your child how books are relevant to their lives. Focus on themes and lessons that can be learned from reading.

### **Looking at April...**

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

**April 26 ~ Administrative Assistant Day!**

**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!**

As we move into the last week of April, I hope everyone finds some time this weekend to get outside and enjoy the warmer temperatures! Have a wonderful weekend everyone!

Kindly,

Shelby Labrecque, M. Ed.

Principal

Fort Saskatchewan Elementary School

