



FORT SASKATCHEWAN

• ELEMENTARY •

Dear FSE Families,

This past week was Education Week and we celebrated as a school community in multiple ways. This included daily motivating educational quotes in our announcements and having our entire school go outside and create the message “We Love to Learn” with their bodies! School spirit day was Wednesday whereby we encouraged staff and students to wear the Element colour that they most identified with! Finally, a video was made sharing what students and administration love most about their school community!

Hats On for Mental Health Day was also on Wednesday! Thanks to everyone who wore hats to raise awareness of the importance of positive mental health!

The calming strategies we learned about and practiced last week included, **‘Rooftop Breathing’** and **‘Breathing in Colour’**. This week we explored **‘Five Senses Focus’** and **‘Deep Dive Breath’**.

‘Five Senses Focus’ is when you focus on each of our five senses for five seconds. Sit up tall. Take a deep breath in and breathe out. Look around you. Name five objects in your head. Listen closely. What sounds do you hear in the classroom or in the hallway? Touch something close to you. What do you notice about the texture? Swallow and notice the taste in your mouth. Take one more big breath in and notice if there are any scents in the air.

‘Deep Dive Breath’ is when you stand up next to your desk. Close your eyes and visualize a warm, deep pool of water. Inhale for four counts, hold for four, exhale for four. Inhale for five counts, hold for five, exhale for five. Inhale for six counts,

hold for six, exhale for six. Increase how long you hold your breath by a second each time you repeat as you dive deeper and deeper into the pool.

School Council & Parent Society

DATE CHANGE: Monday, May 15 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.

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 May/June 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 Autism, Parenting Strategies for Positive Mental Health, Test Anxiety Strategies for Success, and Junior-High Jitters – Transitioning to the Teenage Years.

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

Alberta Health Services Addiction and Mental Health Newsletter

The May edition of the Alberta Health Services Addiction and Mental Health Newsletter is a special edition in recognition of Mental Health Week! [Newsletter](#)

Themes include:

- [Move your body](#)
- [Practice mindfulness](#)
- [Expand your mind](#)
- [Fuel your body](#)
- [Build assets](#)
- [Move your mood](#)

Looking forward to May...

May 5 ~ Professional Learning Day – no school for students

May 8 ~ Class pictures for ECS A and grades one through six students (with the exception of Ms. Percy's class); Mental Health Monday - Wear a hat to raise awareness of mental health.

May 9 ~ Class pictures for ECS B & Ms. Percy's class

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

May 15 ~ School Council and Parent Society Meeting at 5:30 p.m.; Mental Health Monday - Wear a hat to raise awareness of mental health.

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. (caregivers only)

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

May 26 ~ Parent Society is putting on a Family Movie Night!

All students must be accompanied with an adult!

Bring a blanket to sit on!

The movie is The Bad Guys!

Doors open at 5:30 p.m. with the movie starting at 6 p.m.

\$2 per person or \$5 per family: tickets available at the door (cash only)

Concession snacks will be available (cash only)

May 29 ~ Mental Health Monday - Wear a hat to raise awareness of mental health.

Looking at June...

June 1 ~ Last day to order hot lunch for June 9

June 2 ~ (Weather permitting) Track Day

June 7 ~ Early dismissal; Not a Backpack Day

June 9 ~ Rainout date for Track Day; Hot lunch

June 16 ~ Gr. 6 Year End Trip to Birch Bay
June 20 ~ Gr. 6 ELA PAT 9 – 10 a.m.
June 21 ~ National Indigenous Peoples Day
June 22 ~ Gr. 6 Math Part A PAT 9 – 9:20 a.m.
June 23 ~ Gr. 6 Math Part B PAT 9 – 10:10 a.m.
June 26 ~ Gr. 6 Social PAT 9 – 10 a.m.
June 27 ~ Gr. 6 Science PAT 9 – 10 a.m.
June 27 ~ Gr. 6 Farewell School Assembly 1 p.m. (Families invited to attend!)
June 27 ~ Last instructional day; Term 3 Report Card

As things continue to stay busy, I hope you can get outside in nature to enjoy the birds chirping, trees budding and flowers starting to bloom! It is a wonderful time of year, and I wouldn't want you to miss any of it! Have a wonderful weekend, everyone!

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