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# FORT SASKATCHEWAN

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## • ELEMENTARY •

Dear FSE Families,

This past week we participated in Bear Witness Day and had our newly named bear, Stanley, go to all our classes to share about the role of Spirit Bear!

Thursday was the Moose Hide Campaign, so all students were provided information and a pin with a small piece of moose hide on it to support this important cause.

The calming strategies we learned about and practiced last week included, **'Five Senses Focus'** and **'Deep Dive Breath'**. This week we explored **'Focused Breathing'** and **'Heavy Sighs'**.

**'Focused Breathing'** is when you use your breath as a focus point. Place one hand close to your nose, without touching it. Place your other hand on your belly. As you breathe in deeply, feel your belly expand. As you breathe out, focus on the warm air hitting your hand. Continue focusing on your belly and warm breath as you breathe in and out for one minute.

**'Heavy Sighs'** is when you Stand up next to your desk. Inhale deeply and lift your shoulders up to your ears, as high as you can. As you exhale, drop your shoulders and let out a huge sigh, as big as you can. (Remember, a sigh is not a scream or a shout, but the swirling sound your voice makes when you let all of your vocal energy go.) Sighing can lead to yawning and giant yawns are calming to the nervous system. Let's try three sighs in a row.

**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](https://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 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 22 ~ Victoria Day – no school for students**

**May 23 ~ Mental Health Monday (on a Tuesday!) – Wear a hat to raise awareness of mental health.**

**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 by 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 in the gym 1 p.m. (Families invited to attend!)**

**June 27 ~ Last instructional day; Term 3 Report Card**

With the even warmer temperatures coming our way, I hope you all get a chance to get outside and enjoy the sunshine this weekend!

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