



A NOTE ABOUT LUNCHES:

- Lunch Drop off table is in the front office. Please label your child's lunch ahead of time with the student's first and last name & class.
- Please be sure to provide your child with a **water bottle** and any **utensils they will need for their lunch**

STUDENT ABSENCES/LATES:

Please notify the office if your child is going to be late or absent by emailing dfabsences@fmps.ab.ca with "absent" or "late" and your child's first and last name in the subject line. **Be sure to state the reason for the absence in the body of the email with a list of symptoms, if sick.** Or call the office @780-791-6990 - press 1 to leave a message on the absence line or press 0 to reach the office during office hours, 8:00am - 4:30pm.

DIVISION (SCHOOL) CALENDAR:

If you would like a copy of the District Calendar please click on the link provided. Includes all the holidays and Friday no school days! [2022-2023 DIVISIONCALENDAR](#)

Principal's Message

Welcome back to another great year at École Dickinsfield! September has been a busy month as students and staff have been settling in to new routines and new friendships. We had a very well attended Welcome Back BBQ that was hosted by our Dickinsfield Flyers Fundraising Association. Thanks to all who attended, it was so wonderful to see so many families in person once again. We look forward to meeting more of our families at upcoming events throughout the school year.



Our Terry Fox Run was a huge success this year. Students raised more than \$1,700 for the Terry Fox Foundation. We learned about Terry's Marathon of Hope and how the Terry Fox Foundation continues to raise money for cancer research. Students also paid tribute to Mme Jodine, our vice principal who passed away from cancer in March 2020. As a visual tribute, students placed a heart sticker on her bench on the Birchwood Trails.

We closed out this month by observing Orange Shirt Day on Thursday, September 29th. Students gathered in a morning assembly to learn about the origins of this day and its impact. Elder Pollyanna gave a land acknowledgement and spoke about how when we wear orange shirts on this day it helps residential school survivors and their families know we are thinking of them. Classes went on to complete an Every Child Matters activity with their teachers. Be sure to ask your children about this activity and what they learned this week. We hope that all of our families were able to observe the National Truth and Reconciliation Day on September 30th, and take "reconcili-action", that is, learning about residential schools and their impact.



Finally, we would like to welcome all of our new staff. You will notice some new smiles in the office with Mrs. Scott and Mrs. Martyshuk. On our teaching staff we have three new teachers, Mme Katherine, Ms. Vashi, and starting in October, Ms. Murphy. New to our school as Educational Assistants we welcome Ms. Cathryn and Ms. Newhook. Rounding out our team are our two new custodians, Ms. Nancy and Ms. Cody. Welcome to the DF Family everyone!

DF Leadership Team

Erin Keca, Principal

Leannah Robertson, Vice Principal

École Dickinsfield Staff - 2022-2023

In The Office

Principal: Erin Keca

Vice Principal: Leannah Robertson

Senior Administrative Assistant: Natalie Scott

Bussing & Attendance Administrative Assistant: Tammy Johnson

Administrative Assistant: Crystal Martyshuk

Librarian: Patti Gidge

Teachers

English

ECDP & Kindergarten: Kristy Fitzherbert

Grade 1: Bev Waldner

Grade 2: Brittney Peters

Grade 2/3: Kitty Cochrane

Grade 3/4: Maggie Murphy

Grade 4 & PEAK: Bob Niven

Grade 5: Cheryl MacDonald & Vyoma Vashi

Grade 6: Andrea Harding

French Immersion

ECDP: Ariana Mancini

Kindergarten: Lise DeLaFranier

Grade 1: Samantha Descanzo

Grade 1/2: Line Landry

Grade 2: Chantalle Cloutier & Erin Sampson

Grade 3: Naoual Mrizig, Mireille Bujold

Grade 4: Ashley Barnes, Danielle Taylor & Kriste Craig

Grade 5: Katherin Lenoir

Grade 5/6: Nicole Arseneau

Grade 6: Jenni Burke

Literacy: Kim Gartenburg

Music: Rosalee Warner

Physical Education: Joel Arseneau

PEAK Hockey Coaches: Tom Keca & Bob Niven

LAC: Alexandra Parsons & Kim Gartenburg

Counselor: Tyler Chaisson

First Nation, Metis & Inuit Liaison: Pollyanna McBain

Educational Assistants: Jessica Abraham, Nicole Blais, Sophie Langlais, Kendra Morrison, Kelsey Newhook, Fabiola Paossi, Tracey Power, Rhonda Smith, Cathryn Swanson, Angela Urchyshyn

Custodians: Cody Dove, Nancy Haas, Thelma Hannaford, Sherie Smith,

IMPORTANT DATES:

October

October 7th	- No School - Day in Lieu
October 8&9th	- DFFA Casino
October 10th	- No School - Thanksgiving Day
October 12th	- 9:30 am - DFFA Meeting
October 19th	- 6:30 pm - School Council Meeting
October 21st	- No School - PLF
October 26 & 27th	- 4:30-7:30 pm - Parent Teacher Interviews
October 28th	- No School - ATA Institute Day
October 31st	- Halloween Parade no masks or weapons please

November

November 11th	- No School - Remembrance Day
November 15th	- Virtual Earth Rangers Assembly
November 17th	- Picture Retake Day
November 18th	- No School - PLF
November	- Family Dance - date TBD

EXTRA-CURRICULAR THIS MONTH

- Grade 5 & 6 Boys Volleyball - Mondays & Wednesdays
- Grade 5 & 6 Girls Volleyball - Tuesdays & Thursdays
- Grade 4-6 Choir - Wednesdays at lunch
- Grade 1-3 Robotics - Mid October at lunch; days to be determined
- Grade 4-6 Robotics - Mid October at lunch; days to be determined
- Turtle Islanders Club - Coming this month! Stay tuned to the Peek at the Week

MESSAGE FROM LIFETOUCH PHOTOGRAPHY

Lifetouch Photography is excited to announce the launch of a new way to access photos online.

After much safety and security testing, Lifetouch developed a way for families to access their child's photo using their **student ID number**.

To find the student number, please sign in on your [Powerschool parent portal](#) (ONLY use a browser on the main PS site, not the app) When you choose the STUDENT FEES tab a new window will open, the student number will be listed to the left of the child's name.

After you know the number, access the Lifetouch website at www.mylifetouch.ca, click on Student ID and follow the detailed instructions to view and order photos. **You will need to create a mylifetouch.ca account in order to access online photos.**

Our images aren't ready yet since they were just completed yesterday, but this will give parents a good opportunity to view the pictures early and order instead of waiting for a proof.



Habit 1: Taking it Home

1. Proactive (Water) Versus Reactive (Soda)

Resource: An unopened bottle of soda and an unopened bottle of water.

Firmly shake the bottle that is filled with soda and the bottle of water at the same time, while sharing examples of a day of upsetting events. Use situations applicable to your family. For example: "Imagine this is your day: It started off rushed because the alarm didn't sound, and then a friend made fun of you at school. And then..." Conclude by asking: "How do you feel?"

State: The carbonation in this soda is like a reactive person. The more you shake it up, the bigger the explosion is going to be if you take off the top. Not only will it explode on you, but the soda will get all over everyone around you.

Now, imagine the water bottle is a proactive person. As soon as I stopped shaking it, the water settled down. Being proactive doesn't mean we don't get shaken up, it is natural to get "all shaken up" and it is healthy to have emotions. But when we feel like this, we can take a pause and choose how we will respond so we can make choices based on principles and values.

2. Pause, Think, and Choose

Ask family members to think of a situation where they usually respond reactively. Have each family member write down the answers to the following questions:

- What is the situation?
- What is something you can do to take a PAUSE in this specific situation?
- THINK, what are some choices you could make in this situation?
What will be the consequence of each choice?
- What will you CHOOSE to do to be proactive in this situation?

Invite family members to take a turn to be a performer and act out their situation. Cheer for the proactive choices!



APPLE SLICE E-NEWS

Welcome to your first-ever edition of APPLE Slice for families

We are pleased to meet you! Our team is reaching out because your child goes to an APPLE school community, and we hope to enhance their health-focused education by providing you with quick, fun, easy tips that they will benefit from at home.

Being an APPLE school community means the school is committed to working with us, [APPLE Schools](#), to build and maintain a healthy school environment where the healthy choice is the easy choice. Kids in APPLE school communities learn how to take care of their bodies and their minds, and [research shows that it works!](#) Most importantly, they have fun while they're at it!



Connect with us on the socials to get the latest health tips and APPLE Schools news, and see what APPLE school communities are up to! Our team is passionate about our impactful work supporting school communities, and we are ready to make 2022-23 the greatest year yet – YAHOO!

MENTAL HEALTH

Mindfulness for Kids

When we teach mindfulness to kids, we equip them with tools to build self-esteem, manage stress, and skillfully approach challenges. [Explore this mindfulness guide](#) on how to introduce mindfulness and meditation to children at any age.



PHYSICAL ACTIVITY

Active Everyday

Active Everyday calendars will keep you and the kids moving, with daily and easy to follow activity ideas for at home or at school. When you move, your child is more likely to do the same! [Download these monthly calendars](#) and click the activity names for links to their videos and resources. Be sure to click the links in the margins for more fun activities and resources.



HEALTHFUL EATING

Fuel Up for Lunch

A new school year means new routines, and new routines require embracing some positive habits – like packing a healthy, tasty but simple lunch. Ensuring that kids get a nourishing lunch that they actually like each day doesn't have to be complicated. [Check our article in YMM parent on quick tips menu ideas using common ingredients from your fridge and pantry!](#)



Did you enjoy the APPLE Slice for families? [Click here to sign up and receive it directly from APPLE Schools!](#)



A MOMENT FOR MENTAL HEALTH

What to Say When Your Kid is Displaying Challenging Behaviours

Try the 3R Co-regulation Script!

1. Regulate your own triggers

BREATHE. Take a deep breath. Focus on a long exhale.

MANTRA. “This isn’t an emergency.” “They are having a hard time.” “I can cope with this.”

2. Respond in the moment

“Sounds like you’re really upset.”

“Let’s take a little break. Can we do that and then talk?”

“Can you find another way to talk about what’s frustrating you?”

“Something is really hard for you right now. I see that.”

3. Reflect outside the moment

“Earlier today you were having a really hard time. Next time you feel that way, I wonder what you could do differently? How can I help you in those moments?”

What’s My Child’s Unmet Need?

Try and picture an iceberg in water as your child’s behaviour. What’s above the water is the behavior we see. What’s below is a feeling or unmet need.

Above the water:

Screaming, Melting Down, Hurting, Throwing Stuff, Slamming Doors, Bad Words

Below the iceberg is a feeling or unmet need:

I need connection

I need to feel secure

I need sleep

I need to feel respected

I need to eat

I need to calm my senses

I need some personal power

I need to feel seen

I need to feel heard

I need play

I need my voice to matter

I need a hug

I need to feel like I can cope

Next time your child exhibits a challenging behaviour, try and reflect on their feelings or unmet need.

Dickinsfield Flyers Fundraising Association (DFFA)



Next Meeting:
Wednesday October 12th @9:30am
Virtual Meeting (see details below)

The Dickinsfield Flyers Fundraising Association (DFFA) is a volunteer group of parents and caregivers of École Dickinsfield students. The goal of the DFFA is to raise funds for school programs and to enrich the learning environment for students. Our funding aids teachers in purchasing extra activities, items and books for their individual classrooms which directly benefits your kids! In the past we have funded items such as Chromebooks, enrichment toys, bussing for programs/field trips and various activities within the school.

Upcoming Fundraisers:

Casino date October 8th & 9th – This is a huge fundraiser for our school! Funds raised go directly to teachers to enhance your child's classroom! If you haven't already done so, please follow the link and sign up for a shift to ensure we are able to continue this crucial fundraiser.

[DFFA: Casino October 8 & 9, 2022 \(signupgenius.com\)](https://signupgenius.com)

Hot Lunch program – Anyone interested in getting involved please e-mail thedffa@gmail.com for more information. To guarantee its success we will need volunteers to join our hot lunch committee.

The Hot Lunch Access Code is: ED2022HL

Please click on the email below to access the Hot Lunch program

<https://dickinsfield.hotlunches.net/>.

Current ongoing fundraisers:



oliver's labels

Oliver's Labels is where you can order labels and other personalized items through the link below.

Get your clothing stickers with last name and phone number now before you lose your nice winter gloves/mittens!

<http://www.oliverslabels.com/Dickinsfield>

The logo for FlipGive, with the word 'Flip' in white on a teal background and 'Give' in white on a white background.

FlipGive is an easy to use cash back app/website where you can support our Dickinsfield Flyers whenever you do regular or online shopping. You can use FlipGive through their app or on your online browser.

Here is a link about how FlipGive works:

<https://www.youtube.com/watch?v=DybjpF6oyms>

The code to join our team École Dickinsfield DFFA is **5FGKBC**.

Upcoming Meetings:

Our next regular virtual meeting is Wednesday October 12th at 9:30 am.

All parents and guardians are invited to attend our virtual meetings. If you would like to learn more about the DFFA, attend a meeting or get involved with fundraising for your child's school contact us directly at thedffa@gmail.com. Like and follow us on Facebook to stay up to date on fundraising events at your child's school – Dickinsfield Flyers Fundraising Association.

GREEN SCHOOL

We are one of the leading environmental schools in the city, and inspire others.

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From Farm To Fork



This is the perfect time to become more green! Eating fresh veggies and fruits from nearby helps reduce the carbon footprint created through transportation.

There are farmers who come up and sell locally. Check out [Meadowcreek Farms](#) who has partnered with our school, the [Organic Box](#), YMM Farmers Market,

Hutterites and others. At our school, we're enjoying harvesting and learning from the School Learning Garden! Yummy, and pollution & waste free.

SCHOOL COUNCIL NEWS

Join us Wednesday Oct 19 at 6:30 p.m. for the school council meeting.

We are meeting in-person and online. The link will be shared with families closer to the meeting date.

For any questions, please email Chair, Megan Langpap, at dickinsfieldschoolcouncil@gmail.com

SPOOKISHLY HEALTHY CELEBRATIONS

Sometimes parents like to send in Halloween treats with their children. **Please DO NOT** send candy or Halloween treats in for your child's class as we are not permitted to distribute food items that do not fit the "choose most often" or "choose sometimes" category of the Fort McMurray Public Schools Administrative Procedure 164, Health Promoting School Environment.

You can however, send whatever you choose for your own child to consume in their personal lunch. For costumes, please remember division rules about costume masks and play weapons (i.e.: costume masks are not permitted).



PEAK Hockey

Fort McMurray Public School Division is pleased to offer the PEAK Athletic Academy - a passion-based learning model that allows student athletes to combine their passion for sports within an academic setting. The "peak" is the focus on students striving to be at the top of their athletic, academic, and leadership potential.



PEAK hockey is offered at École Dickinsfield School for grades 3-6. Join Coaches Tom Keca and Bob Niven to learn the skills needed to enjoy and excel at hockey! For more information or to register, please contact: Mrs. Krista Butz - krista.butz@fm-psd.ab.ca Program Assistant/Secretary PEAK Athletic Academy

School Bus Responsibilities - Reminders for Bus Families

STUDENT & PARENT/ GUARDIAN RESPONSIBILITIES

- Be at your designated stop at least five (5) minutes before the scheduled time.
- Ensure that your child is properly dressed in case of emergencies during cold or inclement weather and have a plan for them if there is a significant delay in bus arrival time.
- Stay on the sidewalk while waiting for the bus and respect other people's property
- Cross roads only at intersections or designated crosswalks. Please look both ways and cross only when it is safe to do so.
- Make sure the bus has come to a full stop before approaching it.
- Before boarding the bus, form a single file line and hold onto the rail when entering or leaving.
- Show your bus pass to the driver when entering the bus.
- Be seated promptly in your regular seat and stay seated & face forward during the entire bus trip.
- Do Not put any objects or body parts out of a window.
- Eating, drinking or smoking/vaping on the bus is not permitted.
- The use of vulgar or offensive language is unacceptable and the "hands off" policy must be respected.
- Please use your indoor voice when communicating on the bus.
- The bus driver is in charge of the bus and the students are required to follow their direction, as they would obey the Principal.
- Accept responsibility for the proper conduct of your child prior to boarding the bus, during the bus ride and upon discharge at the end of the school day.
- Ensure that your child has a safe place to go when he or she leaves the bus after school.