



# The Flyers Express



Ecole Dickinsfield School

Together we fly higher

Ensemble nous volons toujours plus haut.

<https://dickinsfield.fmpsdschools.ca/>



## 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](mailto: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.** 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 DIVISION CALENDAR](#)

## *Principal's Message*

The end of February at École Dickinsfield was a truly epic week of kindness, thanks to the leadership of Mr. Chaisson. He facilitated many activities that he shared with classroom teachers, and students were invited to wear pink on February 22 and participate in the kindness challenge throughout the week. It was heartwarming to see so many students participate, spreading kindness and positivity throughout the school. As a culmination of the festivities, names were entered into a prize draw, adding to the excitement and enthusiasm for the week. We also announced that each of our classes will be receiving a set of "Colours of the World" crayons, markers and pencil crayons. There are 24 different skin tones so that all children can draw pictures of themselves.

Our grade 4-6 students and all teachers are completing the Alberta Education Assurance Survey this month. This information is important as it helps to inform our future school plans. All grade 4 parents should have received this survey in the mail and are encouraged to complete it as your input is valued and, again, helps guide our school based budgeting and decision making.

The school's early learning classes, alongside some Grade 6 leaders, prepared an assembly that focused on the importance of humility, thinking win-win, and being a buddy, not a bully. It was wonderful to see the older students model good behaviour for the younger ones, setting a positive example and creating a sense of community within the school. The assembly was well received and helped to reinforce the school's commitment to kindness and inclusivity.

Earlier this month our boys basketball team participated in a tournament where they won three out of four games. In addition, the school's girls' basketball team also had a tournament where they won three out of four games. Fantastic achievements by both teams that made the whole school proud. Their hard work, dedication, and teamwork paid off. The school looks forward to future sporting events and hopes to see more successes from its students.

March promises to be a whirlwind of activity at École Dickinsfield, with many exciting events planned for students and families. The school musical, *The Rainbow Fish*, is set to take place on March 15 at Keyano Theatre, and tickets are on sale now. Teachers and students have worked hard to prepare for this spectacular show, and it promises to be a highlight of the year. In addition to the public performance, the student population will get to enjoy a special viewing of the play on March 15 during the school day, creating a fun and engaging learning experience for all involved.

Term 2 comes to an end this month, and reports will be posted on Powerschool on March 23. To further enhance parent involvement and understanding of their child's progress, student-led conferences will take place on March 27 and March 29 from 4:30 pm-7:30 pm. These conferences provide an excellent opportunity for parents to see what their children are doing in class and touch base with their teachers. Conference bookings will be available soon using the school's website, and we look forward to seeing many of our parents.

Early learning classes will also be opening their doors for Open Houses on March 22 and 23 (ECDP) and March 30 and 31 (Kindergarten), giving parents and students an opportunity to view a typical classroom and experience play-based learning. The school is eager to meet its future Flyers and showcase its unique approach to education.

Lastly, the school has planned skiing and tubing trips for its students this month. Division 2 students will be heading to Vista Ridge to ski, while grade 3s will go to the tube park. These excursions offer a unique opportunity for students to experience the great outdoors and engage in physical activity, promoting health and wellness. The school hopes for great weather on these days, and it's always a great idea to dress in layers for outdoor activities. Parents can pay for these excursions through the Parent Portal, and the main office is available to assist anyone who requires it.

We are excited to welcome back our Vice Principal, Mme Erin Andrews who returns from her maternity leave this month! Overall, École Dickinsfield looks forward to a busy and exciting month, filled with learning and fun activities for its students and families. The school is proud of its commitment to kindness, inclusivity, and education, and it hopes to continue fostering a positive learning environment for all students.

### **DF Leadership Team**

*Erin Keca, Principal*

*Leannah Robertson, Vice Principal*

*Erin Andrews, Vice Principal*

## IMPORTANT DATES

### March

- March 1st - 3rd - No School - Teacher's Convention
- March 8th - DFFA Meeting - 9:15 am
- March 10th - No School - PLF
- March 14th - Regional Science Fair
- March 15th - The Rainbow Fish Musical - school performance - 12:30 pm  
- Hot Lunch will be delivered early  
- The Rainbow Fish Musical - parent performance - 7:00 pm
- March 16th & 29th - Ski days for grades 5 & 6
- March 22nd - School Council Meeting - 6:30 pm
- March 22nd & 30th - Ski days for grades 4
- March 22nd - ECDP Open House 5:00 pm - 7:00 pm
- March 23rd - ECDP Open House 9:00 am - 12:00 pm  
(No School for all ECDP or English Kindergarten)
- March 23rd - Tubing day for grade 3
- March 24th - No School - PLF
- March 27th & 29th - Parent Teacher Interviews 4:30 pm - 7:30 pm
- March 30th - Kindergarten Open House 5:00 pm - 7:00 pm
- March 31st - Kindergarten Open House 9:00 am - 12:00 pm  
(No School for all ECDP or Kindergarten)

### April

- April 7th - 14th - No School - Spring Break
- April 21st - No School - PLF
- April 25 - Spring & Kindergarten Graduation Photos **NO SIBLING PHOTOS**

## SCHOOL COUNCIL

The March meeting is on March 22, 6:30 p.m. Join virtually, or in-person.

At this meeting, we will discuss and vote on the Alberta School Council Association Resolutions, go over the school budget and seek parent input on our Annual School Plan.

## EXTRA-CURRICULAR THIS MONTH

- Lego Club's last day is Monday March 6th for this school year.
- Division I Choir - Tuesday March 7th & Wednesday March 9th @12:50 pm will be the final Div. I choir times
- Division I Robotics
  - Mondays & Wednesdays @12:50 pm in the Makerspace
- Division II Robotics
  - Wednesdays @3:40pm - 4:40 pm for students participating in the tournament
  - Tuesdays & Thursdays during lunch recess @12:30pm - 12:50 pm for students not participating in the tournament
- Grade 1 - 3 Drawing Club - Fridays during lunch
- Grade 4 - 6 Drawing/Art Club - Fridays @12:30 pm - 12:50 pm in Room 230
- Division I Choir @12:50 pm on Tuesday March 7th & Thursday March 9th only
- Grade 5 & 6 Boys Basketball - 3:40 pm - 4:40 pm - Monday March 6th, Wednesday March 8th & the last practice will be on Monday March 13th.
- Grade 5 & 6 Girls Basketball - 3:40 pm - 4:40 pm - Tuesdays & Thursdays, the last practice will be on Thursday March 23rd
- Turtle Islanders Club - Tuesdays 10:30 - 11:30 am
- Beading Club - Tuesdays 3:50-4:40 pm (registration closed in January)
- Coming soon - Grade 4-6 after school Art Club - watch your teacher's emails for the form



### Science Fair Important Dates:

Project Completion Deadline: March 6th

Ecole Dickinsfield In-person Fair: March 7th - Gymnasium

Virtual Fair Regionals: March 14th - Location to be announced

## GREEN SCHOOLS Make it yourself!



One of the best ways to help our environment is to have less packaging. A lot of little things in lunch kits can add up: cheese strings wrappers, bear paws wrappers, goldfish bags. All that garbage sure piles up, especially when you multiply it by 7 billion people. What's a wastefree way? Try this!

- Larger items have overall less packaging. Buy big boxes of things and pour into smaller reusable containers, such as goldfish crackers.
- Buy a big block of cheese and send in containers instead of cheese strings.
- Make a deli lunch or "make your own pizza" with little containers instead of lunchables.
- Make cookies instead of sending wrapped bear paws. It's a fun thing to do as a family as well.
- Send naked food, wrapped in its own skin, such as apples, bananas and oranges.
- The bonus is it costs less, doesn't take much more time, can have healthier food and you can tailor it to your child's tastes.

*We are one of the leading green schools in the city, and inspire others. Every little thing makes a big difference!*



# APPLE SLICE E-NEWS

## 30 Days of Gratitude

Take a moment and create an attitude for gratitude!

List out your answers or complete mindful, kind acts to appreciate what you're grateful for and help others.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Name 3 things you are grateful for.	What smell are you grateful for?	Think of 2 things you enjoy most about school.	Tell your best friend what your favorite thing about them is.	Name a song that makes you happy... Now listen to it!	Give someone a compliment.	Do an act of kindness for someone.
Name one thing that makes you smile...	Think of a way someone has helped you.	Make someone laugh.	Do a chore without being asked.	Name something beautiful you saw today.	Offer to help a family member or friend.	Share your favorite joy.
Give someone a hug.	Write a handwritten note to someone.	Do something you love.	Take a dance break.	Enjoy a screen free day.	Call someone and let them know you miss them.	Hide a happy note for someone to find.
Tell someone all the reasons you like them.	Share your favorite book with someone.	Smile at a stranger.	Congratulate someone on something cool they did.	Draw someone a picture.	Forgive someone.	Sing with all your heart.
Think about something you're good at.	Look in the mirror and congratulate yourself for completing 30 days of gratitude.	Write down three things you noticed or learned after 30 days of Gratitude...	1.	2.	3.	



## Habit 5: Taking it Home

### 1. Mood Charades

Write several different emotions (anger, sadness, happiness, disappointment, etc.) on small pieces of paper and put them in a box. Have each family member draw one of the papers out of the box. Invite each family member to act out the mood on the paper they drew while the others try to guess the emotion. Point out that you can learn a lot about what others are trying to say by using your eyes to watch their faces and body movements.

### 2. Listen Up!

Get into groups of two. Role-play the following forms of listening:

- Ignore what the other person is saying.
- Pretend to listen to the other person (but don't really pay attention).
- Listen only to select parts of what they say.
- Listen with the intent to reply.
- Interrupt with your own opinions.

Ask: Why is it important to listen? How do you feel when someone listens to you? How do you feel when someone does not listen to you?

### 3. Empathic Listening Practice

Invite family members to get in pairs to practice Empathic Listening. Refer to page 48 for tips on keeping the door open for understanding. Beware of door slammers!

Invite family members to get in pairs to practice Empathic Listening. Follow the instructions on page 50.

Summarize, "When we listen empathically we are not trying to solve the other person's problem or give advice. We are simply trying to help them feel understood."

### 4. The Intent Iceberg

Draw an iceberg and label it with "Skill" and "Intent" as shown on page 48. Discuss as a family why intent is more important than skills in communication. Talk about ways to improve family communication.



# A MOMENT FOR MENTAL HEALTH

## Social Media Use

### How can I keep my children safe using social media?

- Learn about the programs and apps your child is using. Some social media platforms have age restrictions to join, but it's easy for children to get around these.
- Show interest in your child's online life and ask questions.
- When possible, keep tablets and computers in common areas where you can watch while your child uses them.
- Get online family protection. Programs that provide parental controls can block websites, enforce time limits, monitor the websites your child visits, and their online conversations.
- Follow your child's online accounts, and tell them that you are monitoring their online activity to help keep them safe. Some children or teens may create a fake second account for their parents to follow.
- Ask them about the people they "meet" online. Showing genuine interest will help them feel comfortable talking about it. Explain that it's easy for someone on the Internet to pretend to be someone they're not.
- Talk about the importance of keeping online friendships in the online world. Make it clear that if your child wants to meet an online friend in person, it must be in a public place and with a trusted adult.
- Discuss what's okay and safe to post online, and what isn't. Online posts stay online forever. As a general rule, your child shouldn't post anything they wouldn't want a parent or teacher to see or read.
- People can't always control what others post about them. Explain that information and photos found online can turn up again years later.
- Explain that autocorrect can sometimes lead to miscommunication and hurt feelings.

### What about limits?

- Model good behaviour on your own social media accounts.
- **Set screen time limits** and set rules on when screens are appropriate to use.
- Teach your child the value of "unplugging" from devices for technology-free time. Social media can be exciting, but it should be considered entertainment. Remind your child that no message is so important that it can't wait until the morning.
- Keep in mind that some children have "streaks" with online friends, which means they message daily to maintain a streak. Losing smartphone or social media privileges can trigger stress and anxiety if they can't maintain their "streaks".



## Dickinsfield Flyers Fundraising Association (DFFA)

**Next Meeting: Wednesday March 8th @9:15am**

### **Dickinsfield Flyers Fundraising Association is the DFFA.**

You know the whole Christmas/charity bazaar? That fieldtrip your child went on and you didn't need to pay anything for buses? The Chromebook your child uses at school? Hot lunch program we all love? The new books your child's teacher added to their classroom library? **That is us!**

If you love these programs and support that we offer to the school, come check out a meeting! See how you can get involved or just learn a little more about what we do.

### **Upcoming Fundraisers/Events:**

**M&M Food Market April 1<sup>st</sup> & 2<sup>nd</sup>** - Shop M&M Food Market in Thickwood and before you pay, say you are shopping for the DFFA. With no extra cost to you a portion of your sale will be donated back to the DFFA to benefit Ecole Dickinsfield.

### **Ongoing Fundraisers:**

**Hot Lunch Program** – Place your orders the month before and don't pack your kids lunches Wednesday and Thursdays, let us bring them a hot lunch from a local restaurant!

Sign up and place your hot lunch orders here [Hot Lunches- Ecole Dickinsfield School](#)

This program is entirely volunteer run! If you are able to help please check out available shifts.

Volunteer sign up here [DFFA: Lunch Program Volunteers 2022/23 \(signupgenius.com\)](#)



Tired of losing mittens and hats? 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>

### **Upcoming Meetings:**

Our next regular meeting is Wednesday March 8th at 9:15 am. All parents and guardians are invited to attend our meetings. This will be a hybrid meeting so if you would like to join us in person, we will be at the school in the maker space room. If you would prefer to join virtually contact us at [thedffa@gmail.com](mailto:thedffa@gmail.com) for the meeting link and info.

Like and follow us on Facebook to learn more, get involved and stay up to date on fundraising events at your child's school – Dickinsfield Flyers Fundraising Association



# ÉCOLE DICKINSFIELD PRESENTS:



## The Rainbow Fish Musical



MARCH 15TH, 7:00 PM

KEYANO THEATER

TICKETS \$15.00(ADULT)

\$10.00 (CHILD)

SHOW STARTS AT 7:00 PM

8115 FRANKLIN AVE, FORT MCMURRAY, AB T9H 2H7

BUY TICKETS ONLINE, WHILE QUANTITIES LAST:

[HTTPS://TICKETS.KEYANO.CA/THEATREMANAGER/1/TMEVENT/TMEVENT1105.HTML](https://tickets.keyano.ca/theatremanager/1/tmevent/tmevent1105.html)

Link for tickets: <https://tickets.keyano.ca/TheatreManager/1/online?bestavail=2315&qty=0>