

# The Fleetwood-Bawden Times

September 2019

# Welcome Fleetwood families!

Welcome back to the start of what will be an amazing school year! There is excitement and anticipation in the air as we look forward to welcoming your child. We hope you had an enjoyable summer and that your child is ready to embark on many meaningful learning adventures this year. We value maintaining strong partnerships with our families. Please do not hesitate to contact us.

-Craig Dejong, Principal

-Carlie Ramotowski, Vice Principal

# Morning Drop Off / Supervision

Supervision begins at 8:00 AM outside. Students may enter the school at 8:10 AM.

# Welcome Back BBQ/ Meet the Teacher/ AGM

Friday, September 6th
-11:00 AM-12:30 PM Open House
Families are invited into classrooms (Come and go)

#### -11:40 AM-1:00 PM Family BBQ

\$3.00 for a hamburger or hotdog, veggies & fruit. Please bring lawn chairs or a picnic blanket.

# -12:45 PM School Council Annual General Meeting

Parents/Guardians are all encouraged to attend in our Learning Commons

#### **Parking**

The drop-off zone becomes quickly congested at the beginning and end of the day, so parents are encouraged to park on an adjacent street and walk to meet or drop off their child. Thank you for not parking in staff parking stalls and the bus zone along 9th avenue.

#### **School Levy Fee**

A \$25 levy fee is charged for all students in Kindergarten through Grade 5 to assist with the cost of field trips and other supplementary educational activities.

An additional \$15 Montessori fee is charged to Montessori students for Montessori specific materials.

Total Levy Mainstream: \$25 Total Levy Montessori: \$40

All school fees must be paid online through School Cash online.

#### **School Council**

Please join us Friday, September 6th at 12:45 PM for our first meeting. All monthly meetings will be held the last Tuesday of the month in our Learning Commons from 6:30-7:30 PM.

## 2019/2020 Teachers:

#### Mainstream

Kindergarten-Hayley Platz

1/2-Taylor Bourassa

1/2-Megan Esser

2/3-Jacqueline McNeill

3/4-Jennifer Staples

3/4-Janelle Macdonald

4/5-Aaron Rosenke

5-Renee Kukucha

#### Montessori

1/2-Ester Awosoga

1/2-Hailee Sproule and Crystal Weitz

3/4-Cole Olson

3/4-Sharon Willms-Laing

4/5-Ali Mitchell

4/5-Ciona Thompson

## School Operating Times 2019/2020

# Early Education Program (EEP) Monday - Thursday

Moriday - Tridisc	
8:15 AM-11:30 AM	
12:00 PM-3:15 PM	
Kindergarten	
8:09 AM - 3:13 PM	
8:09 AM - 3:13 PM	
Grades 1-5  Monday - Thursday	Friday
8:10 AM	8:10 AM
8:15 AM	8:15 AM
10:20 AM-10:55 AM	9:50 AM -10:05 AM
12:30 PM-1:05 PM	
3:13 PM	11:40 AM
	8:15 AM-11:30 AM 12:00 PM-3:15 PM  Kindergarten 8:09 AM - 3:13 PM 8:09 AM - 3:13 PM  Grades 1-5  Monday - Thursday 8:10 AM 8:15 AM 10:20 AM-10:55 AM

### Summer Reading Raffle

Students need to bring their sheets back with their first and last name, and teacher name, by Tuesday September 10th.

Tickets will be given out the week of September 16th-19th, so students can enter their names for prizes. We will make the draws the week of September 23rd. One "Tier" each day that week.

Students will receive an entry for a draw for movie and mini-golf passes, just for participating! Thanks for keeping your children reading over the summer!

## **Breakfast Program**

A healthy buffet breakfast is available to students who are hungry in the first 20 minutes of the day in our Learning Commons.

## 2018/2019 Yearbooks

Our 2018/19 yearbooks are set to arrive mid October, and may be picked up at our school.

#### The Fleetwood-Bawden Times September 2019 Tuesday Saturday Wednesday Monday Thursday Friday Sunday 3 5 2 Welcome back First day BBQ/ open house for students 11:00 AM-1:00 AM 8:10 AM bell **School Council AGM** 12:45 PM 8 9 10 11 12 13 14 15 18 20 21 16 17 19 **Picture Day Terry Fox Run** 9:00 AM 22 23 24 25 26 27 28 29 30 **Orange Shirt Day**

#### **Student Absence**

We use an absence reporting system called SafeArrival., Parents/Guardians are asked to report their child's absence in advance using any of these 3 convenient methods:

- 1. Using your mobile device, download and install the SchoolMessenger app from the Apple App Store or the Google Play Store (or from the links at https://go.schoolmessenger.com). The first time you use the app, select Sign Up to create your account. Select Attendance then Report an Absence.
- 2. Use the SafeArrival website, https://
  go.schoolmessenger.com. The first time you use the
  website, select Sign Up to create your account. Select
  Attendance then Report an Absence.
- 3. Call the toll-free number 866-879-1041 to report an absence using the automated phone system. These options are available 24 hours/day, 7 days a week. Future absences can be reported at any time.

Do not call/email the school with absences as absences now need to be entered by the parent/guardian.

## Stay Informed

Subscribe for Updates on our website to receive monthly newsletters by email.

Like us on Facebook. Weekly reminders and highlighted school events are posted here.

## The Terry Fox Run

The Terry Fox Run is an annual non-competitive charity event held in numerous regions around the world in commemoration of Canadian cancer activist Terry Fox, and his Marathon of Hope, to raise money for cancer research.

Please help us by donating a toonie for Terry! We will be collecting toonies the week of September 16th-20th.

Friday, September 20th 9:00 AM - Terry Fox presentation 9:30 AM -Run



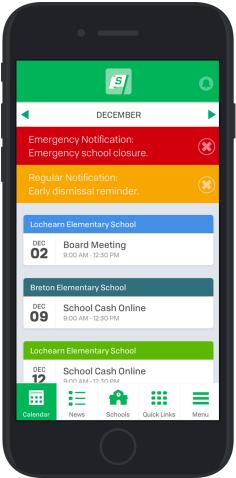
# **New Website and App**

You may have noticed the change our website with an updated look and more user friendly interface. There are new tools that are offered to help parents and guardians such as the events calendar which can be synced to your own iCal or Google Calendar.

Along with the new website, you can also download the corresponding App to your mobile device or tablet, which we hope you will take full advantage of. Please see detailed instructions on how to do so on below and on the following page of our newsletter.

# Welcome to SchoolGuide!

The free *SchoolGuide* app brings you the latest reminders, news, events and emergency alerts from your child's school right to your iOS or Android device.



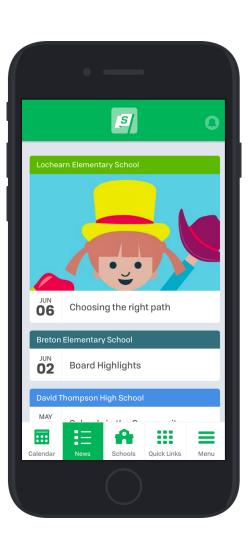
#### Notifications -

Get notices and emergency alerts from your school with a push notification



# **News -** View the latest news

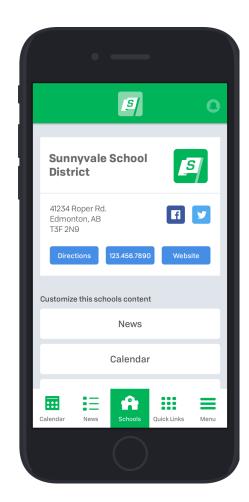
from your school and school district



# DECEMBER Lochearn Elementary School DEC Board Meeting 9:00 AM - 12:30 PM Breton Elementary School DEC School Cash Online 9:00 AM - 12:30 PM Lochearn Elementary School DEC School Cash Online 9:00 AM - 12:30 PM Lochearn Elementary School DEC School Cash Online 9:00 AM - 12:30 PM Lochearn Elementary School DEC School Cash Online 9:00 AM - 12:30 PM Lochearn Elementary School DEC School Cash Online 9:00 AM - 12:30 PM

#### Calendar -

See all upcoming events at your child's school and your school district



#### School Directory -

Tap to call, get directions, or visit the school website and social media accounts



Access your school district's most important tools and information from the app



# SchoolGuide is on the App Store and Google Play:

App Store:



Google Play:



## **New Canada Food Guide**

The new guide is now called *Canada's Food Guide Eat Well Live Well*. It is designed for people two years of age and older. It's fresh new look illustrates the <u>Eat Well Plate</u> and includes information on how to <u>Live Well</u>. Choose to <u>Eat a variety of foods each day</u>.

#### Does the new Canada's Food Guide recommend eating meat and milk products?

Absolutely! The new food guide recommends choosing plant-based proteins more often as they can provide more fibre and less saturated fat than other types of protein. Meats and milk products are also healthy protein foods and provide important nutrients.

#### The new food guide recommends water as the drink of choice. How does milk fit into a healthy eating pattern?

Water should replace sugary drinks including fruit juices to stay hydrated. Choosing milk is still a healthy choice, especially for young children. Plant-based beverages such as almond and rice beverages can be used by adults and older children, but do not have enough protein, fat or energy to meet the needs of young children. Soy and pea beverages have more protein, but are still too low in energy for children under 2 years of age.

# Canada's Food Guide Eat Well Live Well has some very exciting features. What type of features can be found online?

Canada's Food Guide is located on the Health Canada website

There are web resources including fact sheets, videos and <u>recipes</u> to help apply Canada's Dietary guidelines. An example of a video that can be found on the site showcases how eating a variety of vegetables each day can be easy. The Health Canada video: "<u>Mix It up veggies</u>" illustrates this well.

#### August 19, 2019

To avoid waiting in line at public Influenza clinics in Lethbridge, parents have the option to book appointments for their children aged 6 months up to and including 4 years of age.

This option is only available in Lethbridge. Parents will be able to call to book on/after 16 SEPT 2019.

When parents call to book the appointment for a child within this age range, they will also have the option of booking additional appointments so they and their other children can get their influenza immunizations at the same time.

Call the Lethbridge Public Health office at # 403-388-6666 to book appointments. Please have your Alberta Health Care cards available. Indicate that you want to book appointments at the Lethbridge Public Influenza clinic (at the Exhibition Park).

For information regarding clinic dates and times and for additional influenza information, visit www.ahs.ca/influenza