

Fleetwood-Bawden ELEMENTARY SCHOOL

MARCH 2023 NEWSLETTER



A MESSAGE FROM THE OFFICE:

Spring is fast approaching and we are looking forward to the warmer weather and to be free of slippery ice patches. Thank you, parents, for your continued support.

Parent feedback is very important to us! Please scan the link below to access a "One Minute Survey" to gather information about our student's screen time habits.

Symptoms of Screen Time Addiction

An increase in emotional disorder symptoms

An increase in behavioral disorder symptoms

Declines in verbal memory performance

Somatic complaints

Attention problems such as hyperactivity, ADD or ADHD

Detrimental school performance (as screen time usage increases)

Family interaction problems such as less positive parental relations

Significant reduced amounts of slow-wave (REM) sleep

Modifications in visual selective attention

Playing violent video games is a significant risk factor for later physically aggressive behavior

**Did You
KNOW?**



**Please scan the QR Code
to complete the survey! Add your
child's name and they will be
entered to win a prize!**

IMPORTANT DATES!

MARCH 1 School Council Meeting 7:00 Fleetwood Bawden Staff Room

MARCH 10 Report Cards go LIVE. See page 2 for how to access report cards

MARCH 15-16 No school for Kindergarten – watch for information from Ms. Platz regarding Parent Teacher Interviews and Student's Celebration of Learning.

MARCH 16 School ends at 12:35 Parent Teacher Interviews/Student Led Conferences 1-8:00pm

MARCH 17 No School – School-Based Professional Learning Day

MARCH 21 World Down Syndrome Day- Wear mismatched socks

MARCH 22 Kindergarten Hot Lunch (Chicken Nuggets, veggies, juice box)

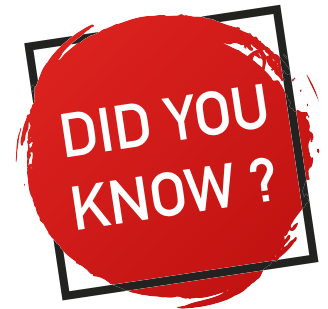
MARCH 22 Grade 1-5 Hot Lunch (Chicken Nuggets, veggies, juice box)

MARCH 30 FLEET Family Movie Night (More information will be shared with families)

Please see the attached calendar for more information.

ATTENDANCE AND LATES

Thank you for your continued support with teaching your children the importance of attending school regularly and on time. We continue to appreciate the challenging circumstances hindering the ability to arrive on time. Please reach out to Mr. Mathur or Mrs. Mundell should you require support. We appreciate your efforts in this regard.



Calling SafeArrival to report your child's absence is easier than you may think.

Please call 1-800-920-3897 to report your child's absences and lates.



...for the AHS Nutrition Month Calendar

Nutrition Month 2023																															
SAVINGS MONDAY	MAKE IT AHEAD MONDAY	TRY IT OUT TUESDAY	GET GROWING WEDNESDAY	TRIVIA THURSDAY	MAKE-IT-A-FLASH FRIDAY	SEEK SUPPORT SATURDAY																									
1. Check the Potential of Food with Registered Dietitians. We invite you to use this calendar to try new foods, test your knowledge, and learn how dietitians can support you. Click on the informed links for more information and!	2. What does the origin of the word "salad" mean? Find the answer here and explore the types of salads grown in Alberta!	3. One-pot recipes save time and stress!	4. Dietitians are here for your kitchen ! Classes to learn how to manage chronic conditions and live healthier!	5. Dive into the Cookbook recipes and menu planning app to make the most of your budget.	6. Wash and cut up fresh vegetables so they are ready for eating! Most keep best if refrigerated in water.	7. Tired of your current recipes? Swap eggboobies with a friend or two.	8. Try out Kitchen Science Sensational ! Explore exciting green onions and more!	9. Are cornmeal and popcorn whole grains? Read all about how to choose whole grains .	10. Use your favourite kitchen appliance to reduce prep and cooking time! Try one of these recipes to spice up supper tonight.	11. Did you know Dietitians offer nutrition classes for parents to be better parents and parents of toddlers? Learn more here !	12. Check out AHS This is Saved Less Money on Food .	13. Don't let grains be a pain. Cook a larger batch and refrigerate or freeze for use throughout the week.	14. Been there, done that. Looking for creative ideas to use pulses? Check out these ideas .	15. Dietitians Day in Canada!	16. Are frozen or canned vegetables and fruits as healthy as fresh? They can be! Look here for meat and snip ideas.	17. Plan to use recipes that use up leftovers.	18. Visit Healthy Eating Startups for dietitian approved resources. Find recipes, handouts, classes and more.	19. Try out imperfect produce. They are often cheaper to buy at the grocery store, but are just as tasty!	20. Spin up eggboobies and freeze in individual portions. These are often cheaper to buy at the grocery store, but are just as tasty!	21. Stuck in a cooking rut? Try these hand-picked dietitian recipes from the Nutrition Month Cookbook .	22. Instant Pot owners: Did you know that you can use it to roast seeds in place of a heat mat?	23. What are the two main types of fibre and the benefits of each? Learn about EAT5 Facts .	24. Smart per-meals can be shipped up in no time. This Smart EAT5 Fact Sheet is something the whole family will enjoy!	25. Dietitians work with individuals, families, groups and organizations. Access a dietitian in your area at 3000.alba.ca/consultation	26. Use coupon or discount food apps to compare prices before shopping.	27. Egg boobies are an eggcellent way to use up leftovers. Defrost for 30 seconds, then enjoy!	28. Get the kids in the kitchen! Try these EAT5 Fact Sheet Recipes .	29. Plant your own vegetable garden with these EAT5 Fact Sheet Recipes .	30. Can Alberta's meat their Vitamins D needs through sunbath? Find out here !	31. Pull together a no-cook meal with roasting chicken, bagged salad, and whole-wheat dinner rolls.	Alberta Health Services Created by: Registered Dietitians in Central Zone and South Zone

Stay Connected!
CLICK THE IMAGES



MARCH 2023



MON

TUE

WED

THU

FRI

6

7 Division School Council Meeting 6:00 pm Education Centre

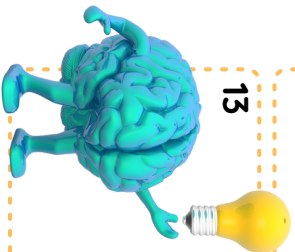
8

INTERNATIONAL WOMEN'S DAY

9

10 ONLINE REPORT CARDS are LIVE!

13



Brain Awareness Week

14

Spring Assembly

15

Kindergarten Parent Teacher Interviews

16

NO SCHOOL in the afternoon in the afternoon Student Led Conferences

17 NO SCHOOL PL Day

Happy St. Patrick's Day

24

21

World Down Syndrome Day WEAR MISMATCHED SOCKS

22

Kindergarten Hot Lunch Day

23

Grade 1-5 Hot Lunch Day (Chicken Nuggets, veggies, juice box)

24

27

Wells SPRING



28



29

School Council Meeting Staff Room 7:00 pm

30

movie night



31



Keeping Fleetwood in... **THE LOOP**



MARCH 2023

Spring is just around the corner!


Hello, Fleetwood staff and families!

Welcome to the Fleetwood Bawden edition of THE LOOP. It is important our Fleetwood Family stay connected with supports our community offers. With increased knowledge and awareness of how our community can support us, we will continue to work together, strive to be happy and seek help to overcome the challenges we may be facing. I hope this 'mini edition' of THE LOOP connects you with the community supports and services you may require to support and promote positive mental health for yourself and others. Please reach out for support when you need it. Lean into others.

We are here to help. TOGETHER IS BETTER! Sincerely, Mrs. Mundell

Are you concerned about your child possibly struggling with mental health concerns?

Here are ways to get support:

1. Talk to your child's teacher
2. Connect with our Teacher Counsellor via email kerrilynn.haneyvanderberg@lethsd.ab.ca
3. Visit your physician.
4. Contact  Alberta Health Services Mental Health and Addictions intake line at 1-888-594-0211. An AHS intake worker will help you. They will complete a clinical interview over the telephone to determine your needs. The intake worker will provide local options and guide you to the most appropriate resources or services in our area.
5. Read helpful information from AHS's [Parent Information Series](#).
6. Sign up for [FREE live online ZOOM presentations](#) through AHS's Community Education Series. (see below)
7. Watch [FREE pre-recorded sessions](#) on the AHS YouTube Channel

AHS Community Education Series FEBRUARY LIVE ZOOM Sessions

- March 2- [Self-regulation for the family: How to manage stress and calm the chaos](#) (1:00-2:30 pm)
- March 7- [Sibling Rivalry What Should I Do?](#) (6:30-8:30 pm)
- March 9- [Mental health for highly sensitive teens; unique struggles for these emotional feelers](#) (11 am-12:30 pm)
- March 13- [Taming Anxiety Gremlins using the Anxiety Compass](#) (11 am-12:30pm)
- March 14- [From Finsta to FOMO: Understanding Social Media Use in Teens](#) (6:30-8:30 pm)
- March 15- [Supporting Your Child's Journey to Wellness](#) (12- 1:00 pm)
- March 21- [Brain Science: Sciences of Hope and Resilience](#) (6:30-8:30 pm)
- March 22- [Transform your Stress: The Resilience Advantage \(Part 1\)](#) (6:00-8:00 PM)



Need Support?

