

# Fleetwood-Bawden ELEMENTARY SCHOOL

## October Newsletter



### A MESSAGE FROM THE OFFICE:

Hello Fleetwood-Bawden Families! It has been a fantastic start to our school year and students have been eager to jump right back into learning! We had a wonderful turn out for our Welcome Back BBQ and Meet the Teacher evening on September 14th. Teachers are eager and excited about the various learning and extra-curricular experiences they have planned for students. Parent Teacher Conferences will occur at the end of this month and we are looking forward to seeing families in our building!

Sincerely, Mrs. Giles



### All parents and guardians must have access to the following programs:

- PowerSchool - to ensure you have access your child's report card
- Safe Arrival - to report lates and absences
- School Cash Online - to make any school payments

**If you need help, please email [fleetwood@lethsd.ab.ca](mailto:fleetwood@lethsd.ab.ca).** Someone will reach out to help you set up these programs. We are here to help!

*Stay  
Connected!*  
CLICK THE IMAGES



## Important Dates



**Oct 5** World Teacher's Day

**Oct 9** No School. Thanksgiving Weekend

**Oct 12** Indigenous Evening info added here

**Oct 16-20** Scholastic Book Fair in our Learning Commons. You're welcome to come shop.

**Oct 17** Division Indigenous Event at Robert Plaxton (Watch for more details)

**Oct 24** No school for Kindergarten

**Oct 25** No school.  
Parent-Teacher Interviews 12:45-7:45  
Information about signing up will be coming soon.

**Oct 26** No school.

**Oct 27** No school.

**Oct 31** Halloween Dress-up



**LETHBRIDGE FOOD BANK**  
FEED THE NEED.

Call: 403-320-1879 for support

October 12th 4:00 PM @ YMCA 140-74 Mauretania Rd W

October 16th 4:00 PM @ 500 11th Street S

October 26th 4:00 PM @ Lethbridge College 3000  
College Drive S

# HELLO October

## BELL TIMES

Warning Bell 8:30

Start Time 8:35

Dismissal M-Th 3:35

Dismissal Friday 12:35

## ATTENDANCE AND LATES



Fleetwood-Bawden values learning. We have high expectations for regular attendance and arriving to school on time.

The outside doors are locked after the students enter the school at the 8:30 bell. We ask that ALL students arriving to school after the 8:30 warning bell use the front doors. Please do not knock/bang on our doors; for safety reasons we teach the students NOT to open outside doors. Please use the front doors.

We continue to appreciate there may be challenging circumstances hindering attendance. Please reach out to Mrs. Mundell or Mrs. Giles should you require support.



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



OCTOBER 2023



## What can you do if your child might be struggling with mental health concerns?

1. Talk to your child's teacher
2. Connect with our Teacher Counsellor via email [kerrilynn.haneyvanderberg@lethsd.ab.ca](mailto:kerrilynn.haneyvanderberg@lethsd.ab.ca)
3. Visit your physician.
4. Contact the Alberta Health Services (AHS) 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 the next page for a few the the sessions available.
7. Watch [FREE pre-recorded sessions](#) on the AHS YouTube Channel

Need Support?





## Community Education Series Sessions

Click on the session title to register.



### **Mental health for highly sensitive teens; unique struggles for these emotional feelers**



**10:00 AM-11:30 AM**

Highly sensitive teens are often misunderstood by parents and teachers as they often have stronger emotional reactions. In this presentation, learn why this happens, and the necessary tools required to help these teens manage their emotions so they don't become derailed.

### **Understanding Influences: Family Conflict & the Developing Brain**



**6:30 PM - 7:30 PM**

Separation, divorce, and family restructuring can bring about a variety of different changes and challenges for both children and their families. Participants in this workshop will learn more about recognizing and understanding children's needs and emotions during difficult times. Additionally, participants will recognize positive conflict management skills to support their children through difficult times.

### **Avoiding Power Struggles**



**6:30 PM - 8:30 PM**

Power struggles are a natural and normal part of a child's development as they explore their autonomy and independence. Children learn many skills from parents who handle power struggles with positive actions. This can be very challenging for parents, however, especially when working with children who are beginning to discover their world.

### **Sibling Rivalry: We all want harmony and to reduce rivalry between our children**



**6:30 PM - 8:30 PM**

This class discusses how to reduce anger between siblings, encouraging cooperation and problem solving, and understanding the role we play as parents, and when and how to intervene.