

# Fleetwood-Bawden ELEMENTARY SCHOOL

## November Newsletter



### A MESSAGE FROM THE OFFICE:



Hello Fleetwood-Bawden Families! October was an exciting month for us. Our staff had the opportunity to learn about new curriculum implementation during our professional learning days. Our educational assistants enjoyed participating in a Parabytes professional learning session presented by our school division. We enjoyed our opportunity to connect with parents and guardians at our Parent Teacher Conferences. On behalf of our staff, we thank you for your continued support.

Sincerely, Mrs. Mundell

#### 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) for support.**

Someone will reach out to help you set up these programs. We are here to help!



**Report Cards go LIVE on PowerSchool on November 24th.**

If you need help accessing Power School, please email [fleetwood@lethsd.ab.ca](mailto:fleetwood@lethsd.ab.ca).

*Stay  
Connected!*  
CLICK THE IMAGES




## Important Dates




**Nov 7** Inuit Day

**Nov 8** Indigenous Veteran's Day

**Nov 9** Photo Retakes Day 

**Nov 10** NO SCHOOL

**Nov 11** Remembrance Day 

**Nov 13** NO SCHOOL Division PL Day

**Nov 15** Rock Your Mocs Day



**Nov 15** Deadline to order hot lunch

**Nov 15** "The Truth About Youth" @ Yates Theatre 7-8 PM

**Nov 13-17** Metis Week

**Nov 20-30** Mental Health Capacity Building Grade 1-5 Learning Blitz

**Nov 22** Hot Dog Hot Lunch (Kinder)



**Nov 23** Hot Dog Hot Lunch (K-5)

**Nov 23** Kids Choir (For Jr. and Sr. Choirs) > Please watch for communication from Mrs. Sheedy and/or Mrs. Jenkins)

**Nov 24** REPORT CARDS go live on



**Nov 29** School Council Meeting 7:00 PM @ Fleetwood Staff Room

# hello November

### BELL TIMES

Warning Bell 8:30

Start Time 8:35

Dismissal M-Th 3:35

Dismissal Friday 12:35

## ATTENDANCE AND LATES

**Thank you** for the effort of students, parents, and guardians to ensure our scholars are regularly attending and arriving to school on time.

Just a reminder the outside doors are locked just after the 8:30 bell. Please use the front doors if you arrive after the doors are locked. Please do not knock/bang on our doors; for safety reasons we teach the students NOT to open outside doors. Please contact Mrs. Mundell or Mrs. Giles should you require support.



**LETHBRIDGE FOOD BANK**

FEED THE NEED.

Call: 403-320-1879 for support

November 1st 4:00 PM @ 2606 16th Avenue S

November 7th 4:00 PM @ 55 Columbia Blvd W

November 14th 1:00 PM @ 1904 13th Avenue N

November 22nd 1:00 PM @ 4401 University Drive W

November 27th 4:00 PM @ 3000 College Drive S




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



NOVEMBER 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?

**KidsHelpPhone.ca**  
1800 668 6868

**Kids Help Phone**

KIDS ACROSS CANADA CAN NOW TEXT  
**686868**  
AND BE CONNECTED TO TRAINED HELPERS

Kids Help Phone  
Jeunesse, J'écoute

**bqc**

24hr free  
Mental Health  
HELPLINE  
1-877-303-2642

Alberta Health Services

Text4Hope  
393939

24hr free  
ONLINE support  
for Albertans

**togetherall.com**

**Black Youth Helpline**  
BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE

TOLL FREE  
1-833-294-8650

**ADDICTION HELPLINE**

Alberta Health Services

**1-866-332-2322**



# Community Education Series Sessions

Click on the session title to register.



Committed to providing information, resources and support to families



## Parenting Styles

10:30 AM - Noon



Participants will gain an understanding of different parenting styles.

- Participants will become more aware of their own parenting styles.
- Participants will gain a better understanding on how parenting styles affect children.

## A Pocket Guide to Supporting Young Adults with Mental Health Concerns

6:30 PM - 8:00 PM



Participants will be introduced to six guiding principles that provide a new perspective on situations arising with their loved ones and create more options for responding effectively.

## Building Resiliency in Today's Youth

6:30 PM - 8:30 PM



The workshop will provide participants with:

- Basic introduction of interpersonal neurobiology,
- Where emotions live in our brains,
- The essential role emotions play in mental well being,
- How to identify emotions in youth, and become an emotional coach in five steps.

## Navigating Mental Illness in Children and Its Impact on Parenting: Struggles, Hopes, and Triumphs

7:00 PM - 8:30 PM



## The Impact of Trauma

6:00 PM - 7:30 PM



In this session participants will learn about the following:

- Learn about what trauma is and how it develops in childhood
- Learn how to talk to children about mental health

## The Importance of Building Secure Attachments with your Child

6:00 PM - 7:30 PM



Come and learn about the importance of building a secure, healthy, balanced connection with your child. This presentation will go over attachment styles, focusing on the importance of secure attachment. We will share strategies on how to build secure attachment with your child and open the floor for discussions and sharing of ideas.

angel tree

CHRISTMAS CAMPAIGN

Registration  
now open!

CHRISTMAS  
HOPE  
Christmas Hope Partner

PLEASE VISIT [WWW.LFSFAMILY.CA](http://WWW.LFSFAMILY.CA) FOR  
FURTHER INFORMATION ON HOW TO ASSIST  
OR TO REGISTER



REGISTRATION CLOSSES NOVEMBER 30, 2023

# THE TRUTH ABOUT YOUTH: CULTIVATING DIGITAL WELLNESS

DATE

\* November 15, 2023 \*

TIME

\* 7:00 PM - 8:00 PM \*

LOCATION

\* YATES MEMORIAL THEATRE \*

SCAN  
HERE!



LET'S HELP OUR YOUTH  
THRIVE ONLINE!

SUBMIT YOUR EXPRESSION OF  
INTEREST AND INQUIRY QUESTION(S)  
BY SCANNING THE ABOVE QR CODE!



# No Scroll NOVEMBER

**HABITS**

## Set Screen Time Limits

Use your device's screen time feature to set daily limits for social media and other time-consuming apps.

## Mindful Moments

Replace your scrolling habit with mindfulness exercises or quick mental health check-ins. Take a moment to reflect on your emotions, feelings, and moments in your days.

## Embrace the Present

Use the time you'd normally spend scrolling to connect with friends or family in person or through a phone call.

## Tech-Time Out

Dedicate certain times of our days in November to go completely screen-free. Engage in activities you enjoy, like hobbies or outdoor adventures.



## Embrace Progress

Champion your commitment to transformation as you face the challenge of changing a habit that's proven to be tough to break, demonstrating your unwavering dedication, persistent efforts, and the courage to travel down a road less travelled could lead to a greater discovery of oneself and joy!



**Embrace change, be resilient!**



**be persistent,**