

# Fleetwood-Bawden ELEMENTARY SCHOOL



## January Newsletter



### MESSAGE FROM THE PRINCIPAL:

Welcome back! January is often a time when people create new goals and have a positive perspective on what lies ahead. We will continue to embrace our **FLEET** Philosophy as we move through the rest of the school year. **F**riendships Matter, **L**earn From Mistakes, **E**ncourage Each Other, **E**mbrace Differences and **T**ogether is Better. All the best in 2024!

♥ Mrs. Mundell

## Dates to remember

**January 8** Classes resume

**January 10** School Council meeting 7:00PM

**January 11** Ribbon Skirt and Shirt Day

**January 15** Grade 5 Basketball begins **IMPORTANT**

**January 24** Kindergarten Registration opens

**January 22** University of Lethbridge ED2500 Pilot Practicum begins

**January 25** No EEP Program - EEP Collaboration Day



### **IMPORTANT CHANGE when students arrive late or leave early**

- Students arriving late should always use the front doors.
- Students arriving between 8:35-9:15 will sign in with Mrs. Westlund in the main hallway. If arriving after 9:15, students must check in at the office with Mrs. Levenne.
- All students leaving early must sign out in the office before leaving.



**Students no longer sign in and out in our Learning Commons.**

## WELCOME UNIVERSITY OF LETHBRIDGE PSIII INTERNS!



- Ms. Sydney Brown will be joining Mrs. Slomp's Grade 2/3 Class
- Ms. Sydney Campbell will be joining Mrs. Schrage's Grade 4/5 Class
- Ms. Mariah Smith will be joining Ms. Hewitt's Grade 4/5 Class
- Ms. Rae Whitehead will be joining Ms. McNeill's Grade 2/3 Class

**Our fabulous interns will be with us from January 8 to April 18.**

Students will continue to go outside for breaks. If the temperature falls below -20 with the wind chill factor, students will remain inside for breaks.



## PARKING REMINDERS

- Thank you for not parking in the roundabout drop-off zone; we appreciate those who are keeping the flow moving and using it as a quick drop off area.
- Thank you for keeping the first parking spaces in the roundabout closest to the shed open for our Preschool Buster Bus.
- Thank you for not parking in the staff parking lot.



We are still accepting donations of gently used winter clothing and boots. We are also looking for gently neutral colored sweatpants and tights.

### FLEETWOOD SHIRTS AVAILABLE



Cost: \$20  
Colours: grey, black or red  
Sizes:  
youth M  
youth L  
youth XL  
Shirts are available in our front office.

**THANK YOU!**  
to our wonderful community for your patience, understanding and support as we navigated our outbreak.

*Stay Connected!*  
CLICK THE IMAGES






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



JANUARY 2024



## What can you do if your child might be struggling?

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?

**NEW**

KidsHelpPhone.ca  
1800 668 6868

Kids Help Phone

KIDS ACROSS CANADA CAN NOW TEXT

**686868**  
AND BE CONNECTED TO TRAINED HELPERS

**9-8-8** Suicide Crisis Helpline

**SMS** Text 9-8-8

**Call** 9-8-8

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

Alberta Health Services



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 for the following LIVE sessions



## Supporting Children and Youth through Grief & Loss 10:00 AM - Noon



To watch a child, grieve and not know what to do is a profoundly difficult experience for parents, teachers, and caregivers. There are many life experiences that can produce feelings of grief in a child, from the death of a relative or a divorce in the family to more everyday experiences such as moving to a new neighborhood or losing a prized possession. We will look at guidelines for helping children develop a lifelong, healthy response to loss and how you can support them through these tough times.

## Building Resiliency in Today's Youth Noon-1:30 PM



Brought to you by specialists in Girls' Mental Health. At Juno House®, we believe in the extraordinary healing power of parents, caregivers, coaches, and teachers. In our 1.5 hour workshop presentation, we will share steps and strategies from the Juno House Therapeutic Model® that will provide effective emotional coaching tools for today's youth as they develop through adolescence and into young adulthood.

## Eating Disorders: An Introduction 10:00AM-noon



By the end of this course, participants will be equipped to:

- Explain what is considered an eating disorder and the complex nature of these illnesses.
- Describe potential risks and consequences of an eating disorder.
- Describe basic engagement techniques and considerations for treatment.



**Parent Information Sessions**  
Child, Youth and Family Addiction and Mental Health  
Phone: 403-381-5278



### Parent ADHD Information Sessions

These are educational sessions for parents and caregivers who want to learn about ADHD. The purpose of these sessions is to provide current introductory information around ADHD. The Zoom link below is the same for all ADHD parent sessions. Participants can choose to attend any of the sessions as many times as they like.

Session Date:	Topic of Session:
January 9, 2024, 6-7 p.m.	How Medication, Sleep, Exercise & Nutrition Impact ADHD
January 23, 2024, 6-7 p.m.	How ADHD Impacts Self-Regulation & The Importance of Coregulation
February 6, 2024, 6-7 p.m.	Tools for Effective Parenting a Child/Teen with ADHD
February 20, 2024, 6-7 p.m.	Navigating School Systems & Community Services

### Keep Calm and Parent On Information Sessions

These educational sessions are designed for parents/caregivers who want to understand the foundation in which to support their child/teen's self-regulation in conflict, while preserving/obtaining a healthy parent/child relationship. Coregulation will also be a focus providing opportunities for parents to reflect on their own ability to self-regulate when in conflict. The Zoom link below is the same for all sessions. Participants can choose to attend any of the sessions as many times as they like.

Session Date:	Topic of Session:
January 11, 2024, 6-7 p.m.	Building Communication Skills with Our Children/Teens
January 25, 2024, 6-7 p.m.	Examining How Boundaries Impact the Parent/Child/Teen Relationship
February 8, 2024, 6-7 p.m.	Understanding Anger and How to Manage Conflict
February 22, 2024, 6-7 p.m.	Examining How Family Roles Impact the Parent/Child/Teen Relationship

**To Register: Please call Access Addiction & Mental Health at 1-888-594-0211**