

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 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.

*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
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.



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 FOR
FURTHER INFORMATION ON HOW TO ASSIST
OR TO REGISTER



REGISTRATION CLOSES 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,