

Fleetwood-Bawden ELEMENTARY SCHOOL



February Newsletter



MESSAGE FROM THE PRINCIPAL:

The month of February brings warm feelings of joy and happiness. It a month where we often take time to reflect and appreciate the special people in our lives. Wishing our Fleetwood Family a February full of KINDNESS and LOVE.

♥ Mrs. Mundell

DATES TO REMEMBER

February 2 - Professional Learning Day- NO SCHOOL for students

February 7 - Winter Walk

February 8 - 100 Days of School (Dress like you are 100 years old)

February 9 -Grade 5 Basketball Tournament at Dr. Plaxton

February 12-19 Random Acts of Kindness Week

February 14 - Valentine's Day - Spaghetti Lunch for all students EEP-Gr.5 (Kinder on Feb 13)

February 15 - Pink Shirt Day

February 19 - Family Day -NO SCHOOL for students

February 20-21 - NO SCHOOL for students

February 21 - Papa John's Fundraiser - use FLEETWOOD15

February 22-23 - Teacher's Convention - NO SCHOOL for students

February 26 - Grade 1-5 Registration

February 28 - School Council Meeting 7:00PM

February 29 - School Council's Little Caesars/ Booster Juice Hot Lunch (watch for more details sent out soon via School Messenger)



*Stay
Connected!*
CLICK THE IMAGES



WELCOME UNIVERSITY OF LETHBRIDGE ED2500 STUDENTS!

In addition to four fabulous teacher interns who started with us at the beginning of January, we also have a cohort of 19 ED2500 students joining our school until March 28. This wonderful cohort of University students will be supporting Fleetwood on Monday- Thursday mornings. The ED2500 students will spend time in classrooms and will also be providing targeted reading interventions for part of each day.

University of
Lethbridge



thank you

A Special THANK YOU to Mrs. Siljak for supporting us in our office for the past two weeks!

We are still in the process of hiring a new Administrative Assistant. We will keep you updated.



ARRIVING LATE? LEAVING EARLY?

- Students arriving late must use the front doors and check-in at the office.
- Parents/guardians must sign students out at the office if they are leaving early.
- Parents, please use Safe Arrival to communicate if your child will be late, absent or leaving early. Information can be found HERE!
- Parents, please refrain from communicating about attendance with teachers through Class Dojo or email. We want our teachers to stay focused on learning. Our Administrative Assistant in the office will support you with attendance.

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.



DRESS
WARM




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



FEBRUARY 2024

We are here to help you. Please ask.

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
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

NEW

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

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 for the following LIVE sessions



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.

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



10:00- 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.

The Impact of Autism Spectrum Disorder on Parents: How to alleviate Parenting Stress



6:30-8:30 PM

This presentation will discuss:

- Factors that may impact parent's Mental health
- Types of stressors and their impact on Parents and siblings
- Coping Strategies to alleviate parenting stress/burnout

Managing Challenging Behaviours



1:00-2:30 PM

Everyone has intense emotions, the trick is being able to navigate them.

Through this presentation you will learn about the crisis cycle and how to intervene at a different moment to reduce the risk of an intense emotional outburst. You can use these strategies with anyone in your life, despite their age.

Supporting Positive Relationships with Food, Body, and Movement



Noon- 1:00 PM

Learn why children and youth need direct modeling and support to develop holistic and moderate approaches to food and movement in order to develop a positive body image. Practical strategies, ideas, and resources will be offered to guide adults in knowing how to help the young people they care about.

Navigating Technology with our Youth



Noon- 1:30 PM

In this 1.5 hour presentation, we will discuss the role of technology and today's youth. The message of this presentation is not only based on technology, but also about a child's healthy brain development and the necessary parenting/caregiver role in creating healthy, emotional, regulated, and integrated brains. This presentation will address the underpinning of a child's emotional brain development and how to grow it, as well as how technology can dangerously hijack this.