



Fleetwood-Bawden ELEMENTARY SCHOOL



March Newsletter

MESSAGE FROM THE PRINCIPAL: March 19th marks the first day of spring. According to Groundhog Day, most groundhogs predicted an early spring. This hopefully means warmer weather for us to all enjoy!

♥ Mrs. Mundell

DATES TO REMEMBER

March 8 - Report Cards go LIVE on PowerSchool. Please contact our new Administrative Assistant, Shaina Howell, if you need help accessing your child's report card. 403-327-5818 or email fleetwood@lethsd.ab.ca

March 13 - Deadline to Order Hot Lunch - Visit School Cash Online to order

March 13 - Playground Meeting open to all parents, guardians, and community members 7:00PM @ Fleetwood Bawden



March 14 - NO SCHOOL for students in the afternoon - 12:35 Dismissal

Parent Teacher Interviews - 1:00-4:30

Your child's teacher will contact you via ClassDojo or email if an interview is requested. Your child's teacher will provide a link to book an interview. Should you not receive an invitation to meet, but you would like to schedule an interview, please connect with your child's teacher.

Celebration of Learning 5:00-8:00 PM

Please use this [LINK](#) to reserve a block of time to visit your child's classroom.

March 15 - NO SCHOOL Professional Learning Day

March 20 - Kindergarten Hot Lunch

March 21 - March Hot Lunch (Kindergarten - Grade 5)



March 20 - Kindergarten Hot Lunch
March 21 - Hot Lunch (Kindergarten - Grade 5)

March 21 - **World Downs Syndrome Day**
Wear fun or mismatched socks to show your support.



March 25 - Run Club starts
(More information will follow)
Monday and Wednesday mornings
Tuesday and Thursday afternoons

March 27 - School Council Meeting 7:00 PM



March 29 - April 5
NO SCHOOL
Spring Break



**ARRIVING LATE?
LEAVING EARLY?**

- To ensure safety, students arriving late and leaving early must use the front doors and check-in and out at the office.
- Parents, please use Safe Arrival to communicate if your child will be late, absent or leaving early. Information can be found HERE.
- Parents are encouraged to 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.

*Stay
Connected!*

CLICK THE IMAGES



Follow us!



Fleetwood-Bawden
ELEMENTARY SCHOOL

WEBSITE

fb.lethsd.ab.ca



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



MARCH 2024



Are you worried about your child?

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



Push To Heal - Skateboarding as a Tool for Regulation, Connection, and Education

06
MAR 2024

Noon - 1:30 PM

1. The story of Push To Heal and what we have learned along the way
2. Skateboarding as a whole-brain activity and tool for healing from past trauma
3. Our pilot study in partnership with the Mathison Centre for Mental Health Research and Street CCRED highlighting the therapeutic benefit of skateboarding
4. How to practically apply the things that we have learned about skateboarding in therapeutic and educational settings.

How Do We Figure Out What Consequences To Use?

13
MAR 2024

6:30 PM - 8:00 PM

This presentation will discuss:

- What works and what doesn't when it comes to consequences.
- Language that helps kids understand how to make positive choices.
- How to parent when too many consequences feel exhausting.

Can We Talk? Parenting and Sexual Health

19
MAR 2024

2:00 PM - 4:00 PM

Interactive activities and discussion help parents identify their family's values about sexuality and clarify how to communicate these to their children. Issues addressed include why you should talk with your child about sexuality; your child's physical, mental, emotional, and social development; how to give easy answers to tough questions; and where to find more information and support.

Creating a Culture of Respect: Understanding 2SLGBTQ for Parents

20
MAR 2024

1:00-3:00 PM

In this workshop parents can expect to gain deeper understanding of the concepts around sexual and gender diversity and we will provide tools to increase parents comfort in supporting 2SLGBTQ+ youth. We will explore terms and definitions as well as ways parents can engage in accepting behaviours and reduce rejecting behaviours in parenting our 2SLGBTQ+ youth.

Building Resiliency in Today's Youth

21
MAR 2024

Noon - 1:30 PM

This workshop is designed to give caregivers the skills to become their child's emotional coach. 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,
- How to become an emotional coach in only five steps.