



FORT SASKATCHEWAN

• ELEMENTARY •

Friday, January 21, 2022

Dear FSE Families,

Thankfully, it looks like the cold weather is subsiding and warmer temperatures are headed our way this weekend! We hope you find some time to get outside to enjoy these milder temperatures.

School Council/Parent Society

Our School Council/Parent Society meeting took place on Wednesday, January 19. On behalf of our grade six students and our entire school, we greatly appreciate the Parent Society voting to support our grade six end of the year trip. Let's keep working hard to stay safe and healthy so we can make it happen!

Numeracy

Do you usually read your child a story before bed? Want to shake things up? Check out the website [BedTimeMath.org](https://www.bedtimemath.org) for some great ideas families can use to strengthen students' numeracy skills.

Literacy

Want some ideas on how to create an even more language rich environment at home? [Here are some ideas!](#)

Upcoming Virtual Kindergarten Parent Workshops

Movin' and Groovin'

Audience: Parents/Caregivers and kindergarten students

Date: Tuesday, January 25, 1-1:45 p.m. OR

Wednesday, January 26, 6:30-7:15 p.m. Register

Movin' and Groovin': Ways to stay active and regulated during cold weather months!

[Register](#)

Join an Occupational Therapist to discuss activity ideas with your child when the weather is too cold for many outdoor activities.

Mental Health Resources

Alberta Health Services is running a series of free, interactive workshop [Learn Ways to Identify and Manage Stress](#) for Albertans. **Sessions begin on January 26, 2022.** Links to register are available.

AHS Caregiver Education Series/Lunch & Learns and more: [January 2022](#) update here

[Kids Help Phone-COVID-19 Resources & Support](#)

[Mental Wellness Moment](#) - with Dr. Nicholas Mitchell - a series of short 2 min video clips to address various mental health topics and concerns specific to supporting children during the pandemic.

[COVID-19 Mental Health Toolkit](#)

BGC Fort Saskatchewan

Join Danyelle Lynch from One Tree Psychological on **January 26, 2022 from 6:30 – 8 p.m.** for a parent/caregiver workshop that will bring information, tools, and resources to support you in understanding, identifying, and supporting children and youth with mental health worries.

Email TAMMY@FSBGC.CA for the link or call 780-998-0103.

Caregiver Education Series

Alberta Health Services is hosting a series of caregiver information sessions focused on ways to support students' mental health. The sessions are free and geared toward parents, caregivers, teachers, and community members who want to learn more about challenges impacting children and adolescents. This year, session topics include anxiety, ADHD, depression, self-harm, technology, teens, and teaching leadership skills, and more.

Visit [Caregiver Education](#) for the Edmonton Zone for more information and session dates.

Looking ahead...Important Dates in January:

January 28 - Jersey Day ~ Wear your favorite (school appropriate) jersey!

January 31 - Professional Learning Day ~ School closed to students

Looking ahead...Important Dates in February:

February 1 – Our 2nd Fort Saskatchewan Elementary Food Drive begins!

February 2 – Staff Meeting ~ Early Dismissal @ 2:05 p.m. ~ School Community Virtual Assembly focusing on the Sacred Grandfather teaching of LOVE!

February 4 – Hot Lunch!

February 9 – Teachers' Convention ~ No school for students

February 10 – Teachers' Convention ~ No school for students

February 14 – Red/White/Pink Day ~ Wear red/white/pink clothes today!

February 18 – Family Day School Community Virtual Assembly ~ Last day of our 2nd Fort Saskatchewan Elementary Food Drive!

February 21 – Happy Family Day! No school for staff and students.

February 23 – Pink Shirt Day! Wear pink to show your support against bullying and for being kind and inclusive!

Thank you very much to our families for being so incredibly supportive and understanding during these challenging times! We are very grateful to everyone for the kindness they have shown our entire school community. Enjoy your weekend, everyone!

Sincerely,

Shelby Labrecque, M. Ed.

Principal

Fort Saskatchewan Elementary School



