



Fox Valley School Newsletter

January 2024

HAPPY NEW YEAR!

Happy New Year to you all and a very warm welcome to 2024 which we hope will be a year of good health, happiness, and increased blessings to all! As we enter a new year, many of us will take time to reflect on the 'out' and bring in the 'in'. January is always about fresh beginnings and positive change. The new year sparks resolutions and reconnections. Whatever new resolutions will be made, goals you set, and the opportunities to reconnect, we, at Fox Valley School, continue to make the promise of new possibilities it offers for all students and the potential for great achievements that each new year holds for a student's future.

January is also a month where one semester will end and a new one will begin. Final assignments, projects, and essays will be due and final exams will take place marking the final first semester-end for our grade 12s and for all of us, a new beginning semester for new units, curriculums, activities, and goal setting.

As always, the newsletter will find highlights of forthcoming events and any additional information that is important for review. Please be aware that the dates and events are subject to change from time to time but be assured that we will always endeavour to give you adequate notice of impending changes. Please reach out to your teacher if you have any questions.

So, in keeping with the trend of "Ins" and "Outs of 2024", here is mine:

2024 Ins:

- *Finding the courage to ask for help
- *Telling the people who matter most just how important they are
- *Showing up how we want others to
- *Eating a donut now and then
- *Laughing a little more
- *Prioritizing family, rest, and mindful moments

2024 Outs:

- *Second-guessing and self-doubting
- *Stressful goals
- *Constant pressure to get things done now
- *Avoiding reconnection
- *Not to worry so much

It is with renewed hope and optimism of the New Year and the new season that I welcome you back to school and wish you all the best for 2024.

Laura Skrumeda Sawby



THE STRESS RESPONSE IN KIDS

FIGHT

Yelling, Screaming,
Using Mean Words

Hitting, Kicking, Biting,
Throwing, Punching

Blaming, Deflecting
Responsibility, Defensive

Demanding,
Controlling

"Oppositional",
"Defiant", "Noncompliant"

Moving Towards What
Feels Threatening

Irritable, Angry,
Furious, Offended
Aggressive

FLIGHT

Wanting to Escape,
Running Away

Unfocused, Hard
to Pay Attention

Fidgeting, Restlessness,
Hyperactive

Preoccupied, Busy with
Everything But the Thing

Procrastinating, Avoidant,
Ignores the Situation

Moving Away From What
Feel Threatening

Anxious, Panicked
Scared, Worried,
Overwhelmed

FREEZE

Shutting Down,
Mind Goes Blank

Urge to Hide,
Isolates Self

Verbally Unresponsive,
Says, "I don't know" a lot

Difficulty with
Completing Tasks

Zoned Out,
Daydreaming

Unable to Move,
Feeling Stuck

Depressed, Numb,
Bored/Apathetic,
Helpless



January 2024 Final Exam Schedule

	Thursday, January 25	Friday, January 26	Monday, January 29	Tuesday, January 30
Grade 12	ELA A30 Departmental 9:00am	Chemistry 30 9:00 am		Pre-Calculus 30 Departmental 9:00 am
Grade 11	ELA 20 9:00 am	Chemistry 30 9:00 am	Foundations 20 9:00am	
Grade 10		ELA 10 9:00 am	Foundations 10 9:00 am	
Grade 9		Science 9 (pd 4)	Math 9 (pd 3)	

Notes:

- All exams will be in the gym
- Grades 10-12 will have open campus during exams (Jan 25-30)
- Grade 9 will **NOT** have open campus, classes will resume as usual
- Grade 9 will write exams in the normal class time, but in the gym
- **Students writing departmentals must be at school and seated at least 15 mins prior to your exam time.**

DLC Courses: Semester 1 Deadline for ALL DLC students will be WEDNESDAY, JANUARY 24. NO EXCEPTIONS.

Library Files

Yippee!!!! Family Literacy Day is on January 27th, 2024. Keep your eyes peeled for activities that will promote literacy within the home.

Students will also have the opportunity to read about famous people with disabilities and how they inspire and changed the world. The impact begins in agriculture with Dr. Temple Grandin, in literature with Hellen Keller, and music with Beethoven. Let the reading begin.



After-School Curling Program

Hi, after-school curlers!

January 11 & 25

February 1, 8 & 15

Curling Fee is \$50 per student to curl (payable to the Fox Valley Rec Board).

Mrs. C. W-Hellman





SRC

January Spirit Days

January 15 – Bring Your Blanket to School Day

January 16 – Wear School Colors

January 17 – Anything But a Back Pack

January 18 – Jersey Day

January 19 – Formal Day



Get to Know Your Chinook Trustee!

Chinook Board members answered a series of questions so Chinook families and communities can get to know their local trustees better! To read about all ten trustees, visit the [Chinook website](#).

KERI HUDEC

1. What do you feel you bring to the Board table as a trustee?

The experience and knowledge gained from teaching in the local schools, and working in an administrative role, have provided me insight into quality education and successful students.

2. What do you feel is one of the most important issues facing rural education today?

Funding! Funding has been and continues to be determined by enrollment numbers. Rural areas can't use the same funding model as the larger urban centers. We need funding based on the quality of education, not by the number of students in the seats. Whether there are 12 or 26 students in a classroom, the same learning and resources are needed.

3. Which of Chinook School Division's VALUES is most important to you and why? (*Care, Commitment, Integrity, Respect, Trust, Empathy, Excellence, Loyalty, Honesty*)

The division's values are all of equal importance. It is our job to provide the very best to our students and staff. Anything below the best is unacceptable. We must care and show empathy to each and every person, we must commit to quality learning, we must uphold the integrity of the learning process, we must respect every single student and employee within Chinook, we must provide a place of trust, of honesty and of loyalty within all our buildings and lastly we can expect excellence to shine from all in our Division.

4. What do you think needs to happen in the Education sector to ensure a bright future for students in southwest Saskatchewan?

All students in the Southwest need access to quality teachers and quality content regardless of community size or location.

5. What is your most memorable school event or activity you have been a part of?

There are so many events in our schools that are memorable. I am proud to be a parent, a grandparent and a trustee of this division.

Parent Reminders for the School Year

- ✓ **Attendance Info...Please remember to call the school office 306-666-2144 or make contact with your child's teacher to let us know if your student(s) will not be at school. Please NOTE: Renee will no longer be accepting parent communication via text. A 24-hour phone answering service has been set up for families to call when students will be absent and for any other school related matters.**
- ✓ Just a reminder that our doors are locked during regular school hours. Please phone the school, 306-666-2144, if you are needing into the building. Anyone entering the building must sign in/sign out. We appreciate your support in this matter as we continue to ensure the SAFETY of our staff and students.
- ✓ Fox Valley School is **PEANUT AWARE**. Please be mindful when packing snacks and a healthy lunch. If this changes, families will be notified.
- ✓ Please make sure your child arrives at school no earlier than 8:35 as our playground is unsupervised until that time.
- ✓ Medication – CSD AP 316: The Chinook School Division recognizes that some students require:
 - Essential oral and/or injectable medication on a regular basis
 - Essential oral and/or injectable medication in an emergency situation
 - Essential procedures.
 - The principal is to ensure that students requiring medication or medical procedures during school hours are identified and appropriate information has been completed and filled by the parent prior to administering medications or procedures. Non-prescribed medications

(Tylenol, Advil, etc.) are not to be administered by Division employees (FVS Staff).

- Medication in an Emergency situation requires that families provide the school with appropriate information and an action plan.
- We ask that no medication be sent to the school unless a plan and communication has been made with the school first.

- ✓ Please watch our Facebook page and the FV SCC Facebook page for news, updates etc.
- ✓ Visit our website
<http://www.chinooksd.ca/school/foxvalley/Pages/default.aspx#/=>
- ✓ **Please check your email frequently for school emails!!**
- ✓ Students in Grades 8-12 have open campus at noon. Students in Grades 7 need permission to leave at noon. A permission slip for the school year has been sent home. Please return ASAP. K-6 students stay for lunch.
- ✓ If your child has a change of plans for the end-of-the-day, please notify your classroom teacher, Renee, and your bus driver so that we ensure they get to where they are going, safely.

✓ **What To Do when Non-Bus Students Would Like To Ride The Bus OR If A Bus Student Would Like to Ride a Different Bus...**

- **Step 1 – Parent of receiving bus student contacts the bus driver to make sure there is room on the bus.**
- **Step 2 – Both bus student(s) & non-bus student parents contact the school. Mrs. Sawby/Ms. Tibbs/Renee will fill out the appropriate form to be given to the bus driver.**
- ***PLEASE NOTE: This process has to be done everytime!!!***

✓ **MSS Parent Portal Is OPEN - All parents have access to the MySchoolSask Parent Portal. This is how parents will access their child's report card. Parents of students in grade 6 to 12 will also use the parent portal to see their child's gradebook, which is updated frequently by teachers!! Please make sure you are checking the MySchoolSask Parent Portal often to stay up to date on your student's current marks!!! If you are a parent who has never logged into MySchoolSask or have any questions...CALL RENEE!!!!!!**



Are you interested in participating in sports this winter or spring but it's just not in the family budget? Are you wondering if there is support you can find elsewhere for team fees? The reality is that cost keeps 1 in 3 Canadian kids out of organized sport. KidSport provides grants to help cover

those costs to ensure that no kid is ever left watching from the sidelines. The KidSport program starts at one of 166 local or Provincial/Territory chapters that fundraise, accept applications, and distribute grants for its community. This year, KidSport Swift Current is offering up to \$750 dollars in team fee grants for each and for each calendar year. All you and your parent have to do is go online and apply.

<https://kidsportcanada.ca/saskatchewan/swift-current/apply-for-a-grant/>



SCC News

Another New Year

Another new year has started,
I wonder what it will bring.
Daylight's getting longer
as we head towards next spring.

What seed thoughts are you planting,
that you can encourage to grow?
What goals can you accomplish
with everything you now know?

New Year resolutions
don't need to be drastic change.
They are more achievable
as small changes you can arrange.

Make plans for what you'd like to do:
take a trip by plane, train or car,
start a new program or hobby.
Be who you really are.

If your instincts tell you to say "No."
pay attention to what they say.
You don't always need to please others,
you deserve free time to play.

Have a safe, healthy new year.
May you prosper in every way.
May all the wonders of being alive
help you get the most out of each day.
Happy New Year!

Author: Jean Kay

“Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending..”

Carl Bard

As you reflect on the year that was and contemplate the possibilities that await in the year ahead, we as your SCC, wish you opportunities that foster inspiration, limitless curiosity which brings new knowledge and an abundance of enthusiasm turning your experiences into steps, which ultimately aid you in reaching your goals.



Save the date!! On **Wednesday February 28th, 2024**, the SCC will be hosting a family B-I-N-G-O night in the Fox Valley School gymnasium. The doors will open at 5:30pm and B-I-N-G-O starts at 6:00pm. Each person who wishes to play B-I-N-G-O, must purchase a Master Card (green card) for \$5.00. Additional white cards can be purchased for \$1.00 each and you may have as many white playing cards as you wish. For each

game of B-I-N-G-O, there will be prizes awarded. Our final blackout B-I-N-G-O winner will receive the grand prize, which we will unveil in the February Newsletter. As well, there will be snacks and drinks on site to purchase. We are excited to bring this evening to you!!

As an SCC, part of our mandate is to be a seamless liaison between the school, its students, and the community. Our team is extremely excited about the year and the active role we are playing. Whether it is a commitment within the school or a task behind the scenes, your SCC will be fully engaged to support staff and students in whatever capacity that is asked of us.



We did not have a meeting in December, however, below are highlights from our November 2023 meeting and January 2024 activities are as follows:

- The SCC will continue with the fruit program. Please encourage your child(ren) to enjoy a piece of fruit, courtesy of the SCC. Thank you to the Richmond Lions Club who will be sponsoring the fruit program for the month of January 2024.



- January 10th, 2024, will see our fourth noon lunch and on the menu... **GRILLED CHEESE SANDWICHES**. We will no longer be sending home forms for the students to pre-order. If you wish to have your child(ren) partake, please send money to school with your child(ren) on grilled cheese sandwich lunch day. The SCC will deliver the grilled cheese sandwiches to the kindergarten to grade 5 classrooms. Grade 6 – Grade 12 students, please come to the kitchen to purchase and

pick up your grilled cheese sandwiches. The proceeds from these monthly lunches help support a variety of programs within the school for our students.

1 grilled cheese sandwich with a juice box - \$5.00

Add an additional grilled cheese sandwich - \$3.00

- The SCC conducts various fundraisers through the year. All proceeds of these fundraisers go back into the school enriching a variety of programs. Currently, we have a Mabel's Labels Fundraiser underway. If you wish to participate, proceed to www.mabelslabels.ca. As a fun side note, the SCC will keep the fundraiser open all year. You may order at any time. As well, to those moms and dads who crave neat and tidy workspaces, Mabel's Labels offers easy ways to label your pantry or shop tools. Whether you need something for home, travel, camping or birthday parties, check out their selection of time saving, eye catching stock.



mabel's labels

- Literacy is paramount for a student’s success. The SCC, for several years, has worked with the elementary grades to reward avid readers. The SCC will continue with their work for the 2023/2024 school year by maintaining the reading prize box. At this time, we would like to recognize **January 27th, 2024**, as Family Literacy Day. It is an event that takes place each year to bring attention to the importance of reading and highlights literacy related activities that can be done together as a family.

Family Literacy Day 2024 Theme:

Let’s have a family party!

Make food, sing songs, and play games.

“The possibilities for learning are endless – and it’s fun when you do it together.”

We are always looking for moms and dads of our school age kids to join the SCC.

Our next meeting is on Wednesday, January 17th, 2024, at 6:00pm. We will meet at the Fox Valley School library. If you are interested in joining, contact our president, Megan Schmaltz at 1-306-661-9262.

January

Sparkling winter sunshine,
Faces all aglow
Making resolutions,
And angels in the snow -
Steaming cups of cocoa,
A year that’s fresh and new...
All of this is magic –
Unfolding just for you.

Author Unknown

JANUARY DATES TO REMEMBER

January 8 – Back to School (Day 2)

January 10 – SCC Noon Lunch – Grilled Cheese

January 11 – After School Curling

January 12 – Pizza Noon Lunch - \$5 Pizza & Juice Box

January 15 – Bring Your Blanket to School Day

January 16 – School Colors

January 17 – Anything But a Back Pack

January 17 – SCC Meeting

January 18 – Jersey Day

January 18 – Booster Juice

January 19 – Formal Day

January 25 – After School Curling

January 25 – 30 – Semester I Final Exams

January 26 – Subway

January 27 – Family Literacy Day

January 31 – NO SCHOOL (Turn Around Day)

January 31 – K-12 Report Cards Published to MSS Parent Portal

February 1 – Semester II Begins

FYI – Ski Trip – March 13

2024
Happy New Year