

Fox Valley School Newsletter February 2024

Kindness: What does this word mean to you? How do you describe kindness to yourself, your children, and to others? What act of kindness have you shown lately?

Kindness, like so many words, comes with various meanings and understandings: being selfless, caring, compassionate. Like love, it takes practice to understand and feel it. We share love with others through kind acts: a smile, a nice word, an unexpected deed, or a planned surprise.

So as we approach another day, another month, take time to think about what kindness means to you, what you are doing, and a gentle reminder of how it only takes a smile, a kind gesture, or a helping heart to be kind.

Wherever there is a being, there is also opportunity to be kind.

Kindness matters.

Laura Skrumeda Sawby

Fox Valley School

2023-2024 Timetable

Semester II

Period	Day 1	Day 2
Period 1 9 am – 10:02 am	Math 7/8 Social 9 History 10 Physics 30	Math 7/8 Social 9 History 10 Physics 30
Period 2 10:07 am – 11:09 am	Health 7/8 Arts Ed 9 Esthetics 20 Calculus 30 Foundations 30	ELA 7/8 Arts Ed 9 Esthetics 20 Calculus 30 Foundations 30
Period 3 11:14 am – 12:16 pm	Phys. Ed. 5/6 Science 7/8 Math 9 WAMath 10 Pre-Calculus 20 ELA B30	Phys. Ed. 7/8 Math 9 WAMath 10 Pre-Calculus 20 ELA B30
12:16-12:55	LUNCH	LUNCH
Period 4 1:05 pm – 2:07 pm	Phys. Ed. 3/4 ELA 7/8 ELA 9 ELA B10 Design Studies 20 CWE A30	Phys. Ed. K-2 Social 7/8 ELA 9 ELA B10 Design Studies 20 CWE A30
Period 5 2:12 pm – 3:14 pm	Arts Ed. 7/8 Phys Ed. 9 Enviro Science 20 CWE A30	PAA 7/8 Phys Ed. 9 Enviro Science 20 CWE A30

Mrs. Hellman

Mrs. Colborn

Mrs. Tibbs

Mrs. Sawby

Mrs. Wilde

Miss Nienaber



If you see
BULLYING

**TAKE THEM
AWAY FROM
THE PERSON
BULLYING.**

**WALK
AWAY
AND TELL
AN ADULT**

**ASK THE KID
BEING BULLIED
TO JOIN IN
AND BE
YOUR FRIEND**

**TELL THEM TO
STAY AWAY.
NO-ONE
DESERVES
TO BE
BULLIED**

**BE KIND TO
THE KID BEING
BULLIED.
SHOW THEM
YOU CARE**

**DON'T
LAUGH
AND
JOIN IN**

**STAND UP
AND
TELL YOUR
TEACHER**

Help make our school
★ **A BULLYING FREE SCHOOL!**

After-School Curling Program

Hi, after-school curlers!

February 1, 8 & 15 (last day)

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

Mrs. C. W-Hellman



Library News!!!



*Roses are Red
Violets are blue
We have a book
That is just right for you.*

The library will be hosting a “Speed Date with a Book” event in the library. Select classes will have the opportunity to explore a variety of genres during the event, with the hope of finding one that they love!

February Library Contest Alert

Students can guess how many candy hearts in the jar...the catch...they will need to read to earn one guess into the draw.





SRC

February Spirit Days

February 13 – Hawaii Day

February 14 – Red & Pink Day

February 15 – Decades Day

February 16 – PJ Day

Selling cookies on February 14th at noon. Cost is \$2 a cookie.

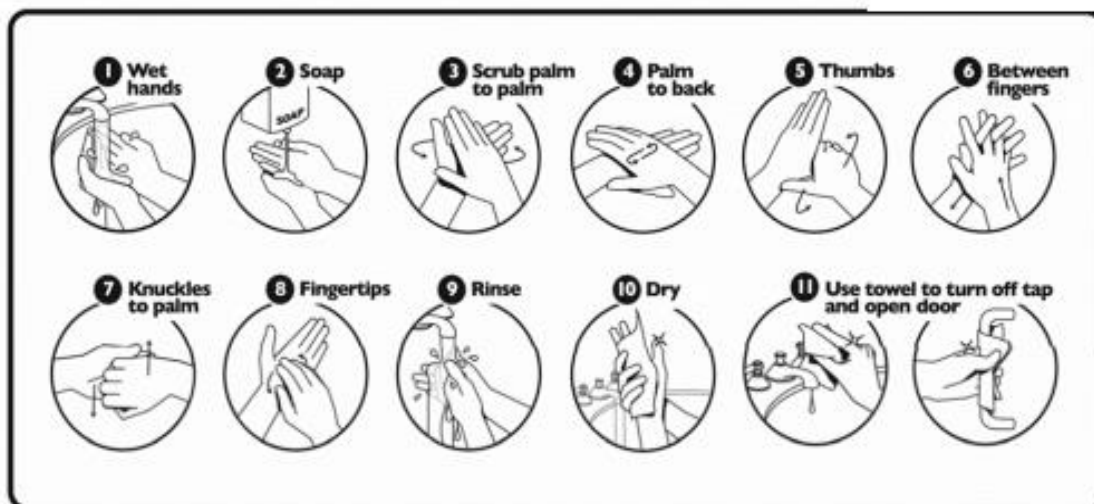
Thank you Robyn for donating the cookies!



Did you know?

- 80% of infectious diseases are spread through contaminated surfaces and hands.
- Handwashing is the most important thing you can do to prevent illness and the spread of germs at home and at school.
- Improved hand washing can reduce student sick days from respiratory illness like colds and flu by as much as 21%, and sick days from stomach illness by as much as 31%.¹

Use soap, scrub for at least 15 seconds, rinse and dry hands well.
These steps all work together to remove germs.



Wash hands several times per day, especially:

- After using the washroom
- After blowing your nose, coughing or sneezing into your hands
- After using shared objects such as keyboards and telephones
- After handling the garbage and other waste
- Before and after preparing or eating food
- Before and after helping people who are sick
- Before and after attending to cuts, scrapes burns or other breaks in the skin
- After contact with bodily fluids such as blood, sputum, vomit, urine or feces
- When hands are visibly dirty





What else can you do to prevent illness?

- Use hand sanitizer when washing with soap and water is not possible.
- Ensure hand sanitizer remains wet on hands for at least 15 seconds and contains at least 60% alcohol as the active ingredient.
- Keep your hands away from your face. Germs can be spread when you touch your eyes, nose and mouth.
- Cover your nose and mouth with a tissue or your sleeve when you sneeze or cough. This avoids spreading germs into the air or onto your hands and surfaces.
- Stay home when you are sick. Going to school or work when you are sick can spread germs to others.
- Clean commonly touched surfaces often, such as doorknobs, washrooms, sink taps, telephones and computer keyboards.

Learn more at: www.germsmart.ca



References:

1. Aiello, A., Coulborn, R., Perez, V., & Larson, E. (2008). Effect of hand hygiene on infectious disease risk in the community setting: A meta-analysis. *American Journal of Public Health, 98*(8), 1372-1381.

Note: Images courtesy of SHA Creative Services Team





Is My Child Too Sick to Attend School?

Symptoms	Could be...	Should my child attend school?	When can my child return to school?	Should we see a healthcare provider?
Call 811 for advice at any time.				
<ul style="list-style-type: none"> High temperature or fever/chills (over 37.5° C orally) 	<ul style="list-style-type: none"> Strep throat (usually very painful) Chicken Pox Measles Respiratory infections 	No.	Once the child is fever-free for at least 1 day without the help of medication. Health Provider to advise if treatment is required.	Yes, if your child seems to be getting worse or if fever lasts longer than 3 days or cannot be controlled without acetaminophen or ibuprofen.
<ul style="list-style-type: none"> Rashes <p>Rashes have many different causes and some are very contagious. Usually a healthcare provider must see the rash and testing may be required.</p>	<ul style="list-style-type: none"> Allergic reactions, insect bite, heat rash Fifth's Disease/ Parvovirus B19 Scarlet Fever/Strep Throat Impetigo Chicken Pox/Shingles Hand, Foot and Mouth Virus Scabies Measles 	Yes, if allergic reaction, heat rash, insect bite, Fifth's Disease, or treated scabies.	<p>Return to school time will vary depending on the cause of the rash.</p> <p>If antibiotics are prescribed for Impetigo or Strep infections, child can return to school 24 hours following the start of treatment.</p> <p>Chicken Pox—when feeling well enough to attend and all blisters have crusted over.</p> <p>Shingles—if lesions are covered.</p>	Yes, unless you are sure it is an allergic reaction or heat rash. Phone the healthcare provider's office before you go to prevent spreading the rash to others.





Is My Child Too Sick to Attend School?

Symptoms	Could be...	Should my child attend school?	When can my child return to school?	Should we see a Healthcare Provider?
Call 811 for advice at any time.				
<ul style="list-style-type: none"> Vomiting Diarrhea 	<ul style="list-style-type: none"> Upset stomach (caused by bacteria, virus or the toxins they produce) Gastroenteritis Norovirus COVID 19 	No.	Not until it has been at least 2 days since the last episode of vomiting or diarrhea.	Yes, if the child: <ul style="list-style-type: none"> Is unable to keep any fluids down for 24 hours Is dehydrated Has blood in stool
<ul style="list-style-type: none"> Headache 	<ul style="list-style-type: none"> Upset/Stressed Tired Dehydrated Onset of an illness Injury COVID 19 	No, stay home. Reassess after 24 hours. Yes, if recovered and the headache is no longer present after that time.	When the child feels well and is able to manage school activities.	Yes, if headache is severe or accompanied by a stiff neck, or symptoms continue even with treatment; or a change is noted in the child's normal behavior (i.e., sleepy). If not recovered after 24 hours, call 811.
<ul style="list-style-type: none"> Cough Minor cold Runny nose Minor sore throat 	<ul style="list-style-type: none"> Seasonal cold Influenza (a very contagious viral infection that attacks the nose, throat and lungs and also causes fever, weakness and severe aches. COVID 19 	No, if not able to participate fully in regular activities. No, if it is Influenza. No, if it is COVID 19.	When the child feels well and is able to manage school activities.	Yes, if they have coughing that will not stop or anything different about the child's breathing.





Is My Child Too Sick to Attend School?

Symptoms	Could be...	Should my child attend school?	When can my child return to school?	Should we see a Healthcare Provider?
<ul style="list-style-type: none"> Redness in the white part of the eye or along the lids Itching or pain in eye Watering eye (tearing) Discharge from the eye 	<ul style="list-style-type: none"> Pinkeye (Conjunctivitis) 	No.	If antibiotics are prescribed for pinkeye, can return to school 24 hours after the antibiotic was started.	Yes, if discharge is seen from the eye.

Call 811 for advice at any time.

- Immunizations and frequent handwashing will help prevent many of these common childhood illnesses.
- Inform your school about the symptoms your child is experiencing when you call to inform them about the absence.
- See "Communicable Disease Control" for information about these and other communicable diseases at: [Communicable Disease Control | SasHealthAuthority](#)
- Contact a Public Health Nurse at your local community office: [Public Health Communicable Disease Control \(CDC\) Offices table](#).
- For 24-hour professional health advice and information, call



CS-PIER-0137

PIER - Patient Information and Education Resource

Area: Provincial
January 2024
Page 3 of 3

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 or 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!!!!!!**

SCC News

teacher

[tee-cher] noun

a patient and knowledgeable person who inspires, guides and motivates others, the most skilled encourager, and someone who will show you how to reach for the stars and be the best that you can be, a teacher makes all other occupations possible and makes the world a better place.

Author Unknown



Welcome to the second semester!! Opportunity is knocking when a new semester begins. Take a moment to ponder the previous semester. Replicate what worked in the previous semester, fine-tune what almost brought success and overhaul what didn't work at all. Whether it was note taking, study habits, or strength and conditioning for the athletes in the crowd, it takes a mix of pride, discipline, joy, curiosity and enthusiasm to achieve the great potential that lies within each one of us. Success at achieving your

academic or extracurricular goals lies in your capable hands. Always bear in mind, that you do not have to attempt to achieve your inner greatness on your own. You have people to mentor you, guide you, coach you, support you and educate you. When in doubt, reach out to those who believe in you.

Friday February 02nd, 2024

Welcome To The Second Semester

M&M!!

Muffins and milk will be served to students, courtesy of the SCC

The week of February 12th to February 16th is **Teacher Appreciation Week!!** The SCC would like to take this opportunity to recognize those teachers, support staff, administrative staff, and custodians within our school community who mentor, guide, coach, support and educate. Your enthusiasm for education radiates through the halls. For that, we are thankful, grateful and appreciative for providing our children with a space to foster their curiosity and eagerness for their continued pursuit of knowledge.

As your SCC, what a better way to shower our educating team with praise and recognition, then by **FOOD** and **DOWN TIME SWAG!!** Monday morning will be donuts and coffee creamer. Wednesday, a delicious meal of taco in a bag. Friday, individual movie night baskets with recipients' favourite treats. We admire your commitment and are grateful for your unwavering dedication and delivery of quality education to our children.

**A good teacher is a brilliant light
illuminating the prism of life,
revealing to students a
rainbow of possibilities.**

Author Unknown



Several months ago, your SCC had applied for a grant offered by SGI Canada. Our hope, to bring a guest speaker to our school and school community. We were successful recipients of the grant and are now very pleased to welcome Sandra Larose to our school gymnasium on

Tuesday February 13th, 2024 at

11:15am. Sandra is a road safety

speaker. She advocates for change in

people's choices regarding distracted driving to honor the memory of her daughter, Kailynn.

You can visit her website for additional information. <https://sandralarose.ca>. All community members are welcome to attend.

EVERYONE
Welcome



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 a prize awarded. Our final blackout B-I-N-G-O winner will receive the grand prize, which will be a family day in Medicine Hat valued at \$300.00.

1 Adult and 3 Kids Movie Passes

\$50.00 City of Medicine Hat Gift Card – Can be used at a variety of facilities in Medicine Hat

**Esplanade Arts and Heritage Centre, Big Marble Go Centre, Crestwood Recreation Centre,
Co-op Place, Gas City Campground**

\$50.00 Booster Juice

\$100.00 Boston Pizza

As well, there will be snacks and drinks on site to purchase.

Water, Juice Boxes, Chips and Baking - \$1 each

Thank you to the Fox Valley Recreation Board and Fox Valley Hall Board for their generosity in allowing us to borrow their tables. As well, thank you to the CWL for their generosity in allowing us to use their B-I-N-G-O cards. 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.

Some of the highlights from our January meeting are as follows:

- **February 27th, 2024, we will see our fifth noon lunch and on the menu... Homemade Chicken Noodle Soup and homemade buns!! 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 chicken noodle soup day. The SCC will deliver the chicken noodle soup to the kindergarten to grade 6 classrooms. Grade 7 – Grade 12 students, please come to the kitchen to purchase and pick up your chicken noodle soup. The proceeds from these monthly lunches help support a variety of programs within the school for our students.**



1 bowl of soup and a bun and a juice box - \$5.00

- 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.
- The SCC will continue with the fruit program. Please encourage your child(ren) to enjoy a piece of fruit, courtesy of the SCC.

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

Our next meeting is on Wednesday, March 20th, 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.

Your SCC would like to wish everyone a

Happy Valentines Day!!

Roses are red

Violets are blue

School is awesome

Because of you!

Author Unknown



Wishing the Fox Valley School faculty, students, parents and school community a fantastic Family Day and February Break!!

February 19th to February 23rd

May this pause from school and extracurricular activities be an opportunity to rest and re-charge. No matter what that looks like for you, may the well-deserved time off propel you into March with an abundance of energy and enthusiasm.

February Dates To Remember

February 1 – Semester II Begins

February 2 – SCC Breakfast – Muffins & Chocolate Milk

February 8 – Booster Juice

February 13 – Road Safety Presentation @ 11:15 pm – EVERYONE WELCOME!!!

February 12 – Bring a Blanket to School Day

February 13 – Hawaii Day

February 14 – Happy Valentine's Day!

February 14 – Red & Pink Day

February 15 – Decades Day

February 16 – PJ Day

February 16 – Subway

February 19 – Family Day – NO SCHOOL

February 20 – 23 – NO SCHOOL

February Break

February 27 – SCC Noon Lunch

February 28 – Pink Shirt Day

February 28 – SCC BINGO

