



THE PHOENIX MESSENGER

1140 Mayland Dr. NE., Calgary, AB T2E 6C8 P: 403-520-5456

"A MATTER OF PRINCIPAL"

JANUARY 2024

Dear Elementary School Families,

Happy winter break! As the snow blankets our beautiful city of Calgary, we're excited to share some fantastic winter activities for families to enjoy together. Embrace the winter wonderland and create lasting memories with these fun-filled suggestions.

1. Skiing Extravaganza at WinSport:

Get ready to hit the slopes! Calgary is home to the fantastic WinSport, where families can experience the thrill of skiing. Whether you're a seasoned pro or a first-timer, WinSport has slopes for all levels. Enjoy the crisp winter air and breathtaking mountain views as you glide down the slopes. <https://www.winsport.ca/>

2. Ice Skating at Olympic Plaza:

Strap on your skates and glide across the ice at Olympic Plaza, located in the heart of downtown Calgary. This outdoor rink is surrounded by twinkling lights and festive decorations, providing a magical setting for family fun. Admission is free, and skate rentals are available for those who don't have their own. <https://www.calgary.ca/parks/olympic-plaza.html>

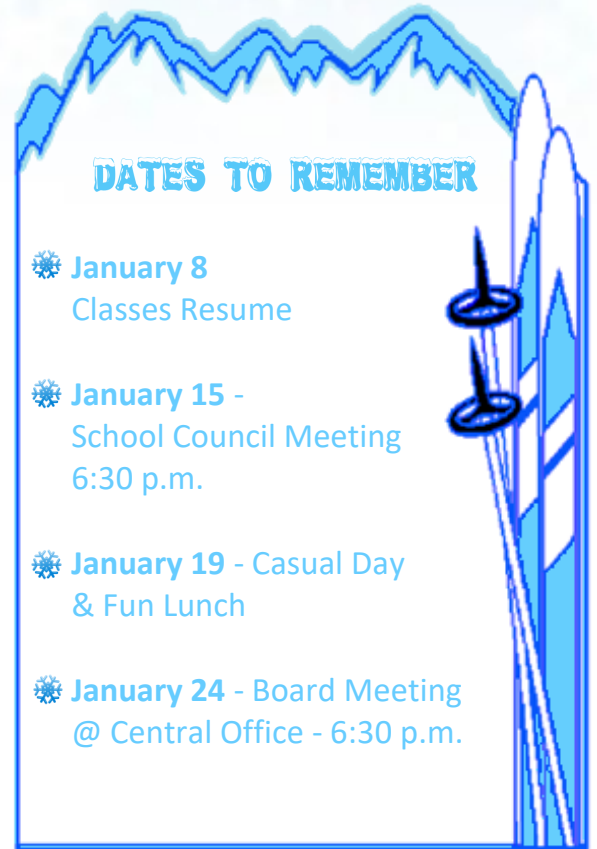
3. Tobogganing at Confederation Park:

Experience the thrill of tobogganing at Confederation Park, where the hills are perfect for speeding down on sleds. Bring your own toboggan, or simply enjoy the snow-covered slopes. Don't forget to bundle up and bring some hot cocoa to warm up afterward! <https://www.calgary.ca/parks/activities/tobogganing.html>

4. Winter Walks in Nose Hill Park:

Nose Hill Park is a winter wonderland waiting to be explored! Bundle up in your warmest winter gear and take a family stroll through this expansive natural oasis. The snow-covered trails are perfect for a serene winter walk, offering glimpses of local wildlife and the city skyline. <https://www.calgary.ca/parks/nose-hill-park.html>

continued...



DATES TO REMEMBER

- ❄️ **January 8**
Classes Resume
- ❄️ **January 15 -**
School Council Meeting
6:30 p.m.
- ❄️ **January 19 -** Casual Day
& Fun Lunch
- ❄️ **January 24 -** Board Meeting
@ Central Office - 6:30 p.m.



5. Snowshoeing Adventure in Kananaskis Country:

For families seeking a more adventurous winter activity, consider a day trip to Kananaskis Country for snowshoeing. The breathtaking mountain scenery is enhanced by the crisp winter air. There are trails suitable for all skill levels, making it a fantastic activity for the whole family.

<https://www.albertaparks.ca/parks/kananaskis/kananaskis-country/>

6. DIY Winter Crafts at Home:

If you prefer to stay cozy indoors, engage in some creative DIY winter crafts with your children. From making snowflake decorations to crafting paper snowmen, there are endless possibilities for imaginative winter-themed projects. It's a delightful way to spend quality time together.

7. Winter Storytime at the Calgary Public Library:

Escape the cold and head to your local library for winter-themed storytime sessions. Many libraries in Calgary host special events during the winter break. <https://calgarylibrary.ca/events-and-programs/upcoming-events/>

8. Family Movie Night with Winter Classics:

Set up a cozy movie night at home with classic winter-themed films. Whether it's an animated snowman adventure or a heartwarming winter tale, snuggling up together with some popcorn and blankets is a perfect way to enjoy the holiday break.

We hope these suggestions bring warmth and joy to your winter break. However, you choose to spend your time, may it be filled with laughter, love, and the magic of the season.

Wishing you a wonderful winter break and a Happy New Year!

Sincerely,

*John Deines
Principal Educator*

*Salima Hudani
Associate Principal*

**Happy New Year
2024!**



Principal's Wall of Fame

Thompson AM
Shriyukt
Viraj

Walthers AM
Himmat
Hrithika

Walthers PM
Aaira
Shivaay
Agampreet
Himmat

Nayomi—1S
Asees—1S

Dhriti—1Hum
Ivaan—1Hum

Amelia—2S
Diyara—2S
Isla—2S
Vardan—2S

Eimaan—2M
Sehajdeep—2M
Avraj—2M

Prabhjit—3N
Mohib—3N
Harnoor—3N
Avraj—3N

Mishael—3H
Gursiret—3H
Abeera—3H
Agamjot—3H



Amusing Facts

- Every human has a unique tongue print. Like snowflakes, no two are alike!
- You cannot smell while you are asleep.
- Horses and cows sleep standing up.
- Newborn babies are colorblind.
- Elephants are the only animal that can't jump.
- Your nose gets warmer when you lie.
- A shark doesn't contain any bones in its body.
- You can get cell phone service on Mount Everest.

Word Search

B	V	C	W	S	R	A	S	N	O	W	M	A	N	R	N
A	K	C	C	J	L	F	K	W	N	L	V	X	G	V	S
X	C	M	O	T	C	E	Y	S	S	W	D	F	H	D	N
L	L	R	E	A	Y	J	D	U	E	L	B	J	S	T	O
O	K	O	Y	H	T	Q	L	K	O	X	D	Z	K	W	W
X	K	B	T	Z	K	B	R	C	S	U	I	S	A	N	B
K	F	Z	H	M	Y	T	E	F	X	D	E	I	T	X	A
Z	R	W	S	K	I	T	B	O	O	T	S	M	I	W	L
Z	E	M	A	O	Q	V	O	I	A	O	E	R	N	C	L
D	E	Y	C	Q	R	L	G	K	M	I	E	N	G	Q	H
F	Z	B	Q	E	T	Q	S	B	G	D	W	S	R	W	W
Y	E	J	T	B	J	T	Y	F	C	P	P	H	U	F	R
S	F	N	N	E	M	C	G	T	V	D	I	Q	I	P	M
L	I	C	I	L	P	F	M	Q	N	T	H	C	I	T	Z
W	Z	B	C	O	V	Q	I	C	E	P	L	L	Y	K	E
Z	Y	G	I	W	U	W	D	M	D	G	S	C	Y	J	A



Why was the snowman looking in the bag of carrots?

He was picking his nose!

What kind of cake do snowmen like?

The kind with lots of icing!

What is a snowman's favorite Mexican food?

Brrrr-itos!

What's it called when a snowman has a temper tantrum?

A meltdown!

- | | |
|--------|----------|
| BELOW | SKATING |
| BOOTS | SKI |
| COAT | SLED |
| COLD | SLIP |
| FREEZE | SNOWBALL |
| ICE | SNOWMAN |
| ICY | WHITE |
| SKATES | WINTER |



Acts of Service

in December 2023

**Christmas Hamper
Project
Crossroads
Community Church**

**Donation Drive for Alberta
Children's Hospital**

This holiday season the NE Elementary campus collected toys and books for kids and families at the Alberta Children's Hospital. Your gifts brighten a child's stay at the hospital. Whether it's a new toy, books or crafts, these special gifts go a long way to making a child feel more at home while in hospital.



A Big
**THANK
you!**





News from the School Council/Casino

Dear parents and guardians at FFCA NEE,

First of all, we would wholeheartedly like to thank all the parents and guardians who volunteered at the movie night event in November. With all your efforts, we confidently want to say that it was a successful and memorable night for the kids!

I would like to introduce another member of our school council. This is what she has to say:

“Hello, my name is Sophia and I'm part of the school council team. I was motivated to join the council after seeing the enthusiasm my 2 kids held after participating in activities led by the school council like Toonie Treats and the Welcome Back event. There are so many more smiles to be made and I'm grateful there is so much room in our school for this positivity to be had. Being involved with the school community has been a great way to befriend the families and staff of FFCA. Let's continue to spark more fun together!”

Our next Healthy Hunger lunches have been posted already for January and February, so you can put in an order in advance and have one less thing to worry about when starting the new year!

If you are interested in more volunteering opportunities, please make sure to keep an eye out for Edsby and again, we appreciate all the help as it brings so much more to the benefit of our children. Last of all, I want to remind you about our next meeting which will be held on January 15th via Zoom at 6:30 p.m. and we encourage all parents to attend. The link will be sent out via Edsby on the day of the meeting.


Thank you

FOR YOUR SUPPORT






**BRING YOUR PRE-SCHOOL
AGED CHILDREN ON THE BUS
WITH YOU & SAVE ON
DAYCARE**



**PAID TRAINING & A
\$1,000 SIGNING BONUS**



**WEEKENDS, SUMMERS &
HOLIDAYS OFF. PERFECT FOR
A STAY-AT-HOME PARENT,
ENTREPRENEUR OR RETIREE**

APPLY TODAY
Visit southland.ca/careers





WHERE'S MY BUS?

FAMILY BUS BROADCAST SUBSCRIPTIONS - SOUTHLAND ROUTES

If your child rides the bus, please sign up for our monitoring system. All the Southland buses have GPS units installed so you will be able to see where your child's bus is at any point during its scheduled route.

The code for your campus is available on Edsby. Ensure you add the AM and PM routes if your child rides two-way. See the website for additional information and to register:

<http://www.mybusstop.ca/>



Reminder for parents to check the Lost & Found Group on Edsby to view photos of lost items.

UNIFORM INFORMATION



If you have any questions regarding Uniforms, please visit the links below:

[UNIFORM INFORMATION](#)

[UNIFORM POLICY](#)



After School Dismissal and Pick Up

In order to support an orderly dismissal of students from school, please help us by doing the following:

- Students who ride the bus will be dismissed first by bus number starting at 3:20 pm
- Students who are picked up by parents will be dismissed at 3:30 pm

Picking up your child for an appointment or early, please do the following:

- Email the teacher to let her know when you will be coming to pick up your child
- Ring the front doorbell when you get to the school
- Your child will be sent down to the front office to meet you
The office staff will sign out your child

If you bring your child back, please bring him/her to the front door.

Thank you for all your help.

Attendance

If your child is going to be absent from school for any reason, please contact your **CHILD'S TEACHER** before 8 am either through **EDSBY, EMAIL or by PHONE:**

Kindergarten

Ms. Thompson - x3108
jennifer.thompson@ffca-calgary.com
Mrs. Gies—x3108
karen.gies@ffca-calgary.com
Mrs. Walthers - x3109
judy.walthers@ffca-calgary.com

Grade 1

Mrs. Pinette - x3112
victoria.pinette@ffca-calgary.com
Mrs. Sime - x3115
megan.sime@ffca-calgary.com
Mrs. Hum - x 3110
stephanie.hum@ffca-calgary.com
Mrs. Hemmings - x3111
jacqueline.hemmings@ffca-calgary.com

Grade 2

Mrs. Schnellert - x3113
lori.schnellert@ffca-calgary.com
Mrs. Dhanani (Jetha) - x3114
eram.jetha@ffca-calgary.com
Mrs. Liesch - x3142
melanie.liesch@ffca-calgary.com
Mrs. Manji - x3118
nishma.manji@ffca-calgary.com

Grade 3

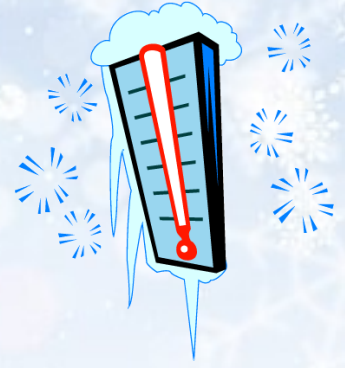
Mrs. Fletcher - x3106
leah.fletcher@ffca-calgary.com
Ms. Omar - x3101
ayah.omar@ffca-calgary.com
Mr. Nicholas-Luong - x3105
jason.nicholas-luong@ffca-calgary.com
Mrs. Hodson - x3107
jana.hodson@ffca-calgary.com

Grade 4

Ms. Sharrock - x3122
alexandra.sharrock@ffca-calgary.com
Ms. Hinton - x3103
taryn.hinton@ffca-calgary.com
Mrs. Bezo-Rao - x3102
leslie.bezo-rao@ffca-calgary.com



Winter Wear



As the weather gets colder, students need to remember to dress appropriately.

Here are a few reminders:

- Winter coats, toques and gloves are to be worn.
- Snow pants are a good option to keep our legs warm when we are outside. If a girl wears a tunic, you can wear a pair of black pants, but they must be removed when she comes in.
- Black knee socks or tights for girls when wearing a tunic. NO leggings or tights with designs.
- A plain, solid all-white golf shirt or turtleneck to be worn with the sweater, vest, cardigan or tunic.
- The burgundy monogrammed golf shirt (approved supplier only) can be worn without a sweater or vest.



SIMPLE, ONLINE ORDERING FOR YOUR SCHOOL'S LUNCH PROGRAM

[Healthy Hunger](#)



ARE YOU MOVING?

If your family is moving to a home that is outside the boundary of your student's current campus, your student may remain at that campus, but you will be responsible for transportation to and from school. Bussing is not available outside the designated campus boundaries. If you require transportation, you will need to apply for an internal transfer to the campus designated for your new address. Apply by March 1, 2024 to have the best chance of being considered for the 2024/25 year. The transfer request applications are processed through the Online Waitlist system. Internal transfer Requests will precede most waitlist students (including priority status and siblings). If the requested campus is unable to accommodate your student, the current campus will hold a seat to ensure the registration is guaranteed. Please see the following link for the instructions to request a transfer.

Please note:

- transfers do not occur mid-year
- transfers can only occur if a seat becomes available in the requested campus (possible wait of 5+ years)
- we may not be able to accommodate all children in the same family in the same year



Please follow the link below for more details

https://www.ffca-calgary.com/important_information/admission_information/internal_transfer_requests



Healthy Children



January 2024 Family Newsletter



Sweat, step, sit less, and sleep: Tips for a healthy day

We all want children to grow up happy and healthy. But with so much information out there, it can be hard to know how to manage. That's where Canada's [24-hour Movement Guidelines for Children and Youth](#) come in. They're like a roadmap to help kids and families plan healthy and fulfilling days.

The Guidelines come from exercise scientists, but are more than fitness rules. Think of them as a practical tool to help your child figure out what a positive 24-hour period looks like. Use them to talk together about how they'll sweat, step, sit less, and sleep for good health.

Sweat every day

The Guidelines recommend that young people (ages 5-17) get least 60 minutes of moderate-to-vigorous physical activity every day. This means that kids need to do activities that speed up their

heart rate and breathing and make them sweat.

60 minutes can sound like a lot, but keep in mind that moderate-to-vigorous physical activity can be broken into smaller parts. For example, your child might play active games for 20 minutes during school hours, shovel the driveway for 20 minutes after school, then go for an evening skate at the outdoor rink.

Keep in mind that physical activity doesn't just mean organized sports. Encourage your child to get active in ways they enjoy, even if their ideas are different from your own. Some kids prefer less structured activities (like playing outside or going on a bike ride), while others like structured ones (joining a sports team, club, or lesson). The key is to help your child find physical activities they love to do.

schools.healthiertogether.ca

© 2024, Alberta Health Services, Promoting Health



Healthy Children

Step it up

This recommendation is about light physical activity—movements that encourage taking steps (like playing, walking, stretching, and doing household chores). Kids should aim for several hours of light physical activity daily.

Your child is likely to take more steps when light physical activity is built into their daily routine. Here are some practical ideas to try:

- Use active ways of getting around. Instead of giving your child a drive to school or after-school activities, help them walk or wheel (using bikes, scooters, skateboards, or wheelchairs).
- Get your child involved in age-appropriate household chores. For example, teach them how to carry groceries, take out the recycling, rake leaves, or vacuum.
- As a family, explore nearby playgrounds, pathways, and green spaces (like parks, gardens, fields, and forests).
- Make outdoor time a priority. Let your child play in ways that make sense to them—they might build forts, splash in puddles, or collect rocks. You'll notice that steps come naturally in the great outdoors!

Sit less

The Guidelines draw attention to sedentary activities (like sitting or lying down). Kids are often sedentary when they do homework, ride in vehicles, play video games, or use devices with screens (like phones, tablets, TVs, and computers).

Frequent breaks from seated activities are important. Even a few minutes can make a difference. Next time your child is sitting for a longer period, set a timer or remind them to

January 2024 Family Newsletter

take movement breaks every now and then. For example, they can stretch, do jumping jacks, try yoga poses, or jog stairs.

To support good health, the Guidelines call for less than 2 hours a day of recreational screen time. Help your child stick to this limit by modeling healthy habits with your own devices. Ask yourself if emails, social media, and other online distractions can wait. Set down your phone, especially when you're spending time with your child.

Sleep well

Sleep is like a magic ingredient for child growth and development! When kids get regular, quality sleep, they're better able to focus, manage their emotions, and make social connections. They even get an immunity boost!

The Guidelines recommend that kids 5 to 13 years old get between nine and eleven hours of sleep each night. You can help your child by encouraging healthy bedtime routines. Try these tips:

- Turn off screens at least 1 hour before bedtime.
- Try calming activities (like reading, listening to music, or taking a bath).
- Keep bedrooms cool, dark, and screen-free.

For more information, go to:

- [The 24-hour movement guidelines: Make your whole day matter](#)
- [5 simple tips to help reduce kids' screen time](#)
- [The ability toolkit](#)
- [Whatever the weather!](#)

schools.healthiertogether.ca

© 2024, Alberta Health Services, Promoting Health



January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="text-align: center;">.HAPPY. <i>New Year</i></p>				
<p>8 <i>Back to School</i></p> 	9	10	11	12
<p>15</p>  <p><i>School Council meeting 6:30 pm</i></p>	16	17	18	<p>19</p>  <p><i>Casual Day Fun Lunch</i></p>
22	23	<p>24 <i>Board meeting AGM @ Central office 6:30 pm</i></p>	<p>25</p>  <p><i>Learning Conferences NO CLASSES</i></p>	<p>26</p>  <p><i>Learning Conferences NO CLASSES</i></p>
29	30	31		