



The Phoenix Messenger

1140 Mayland Drive NE., Calgary, AB T2E 6C8 P: 403.520.5456

"A Matter of Principal"

February 2024

♥ Kindness and Heart Health Take Center Stage at Our School! ♥

Dear Wonderful Families,

Welcome back to another exciting edition of our school newsletter! As we embark on this new year filled with learning, growth, and fun, we're thrilled to share some heartwarming and heart-healthy initiatives that will be happening right here at our school.

The Great Kindness Challenge: Spreading Love, One Act at a Time!

Get ready to witness an avalanche of kindness sweeping through our hallways! Our school will be participating in "The Great Kindness Challenge." This global movement aims to create a culture of compassion, empathy, and inclusion by encouraging acts of kindness both big and small.

Our students will be embarking on a mission to complete as many acts of kindness as possible. Whether it's sharing a smile, lending a helping hand, or writing a thoughtful note, every act counts towards creating a more positive and caring environment for everyone.

To kick off this exciting challenge, we'll be providing each student with a Kindness bingo sheet filled with various acts of kindness to complete. We encourage families to join in the fun and spread kindness in their communities as well! Let's make our school a beacon of kindness that shines brightly for all to see.

Jump Rope for Heart: Jumping Towards Healthy Hearts!

Get your jump ropes ready because it's time to jump into action for a great cause! We're excited to announce that our school will be participating in "Jump Rope for Heart," an event dedicated to raising awareness about heart health while having a blast and making a difference.

Our students will be taking part in Jump Rope for Heart activities during the week of February 12-16 with heart-pumping activities centered around jumping rope. They will have the chance to improve their cardiovascular fitness and coordination and raise funds to support life-saving research and programs conducted by the Heart and Stroke Foundation.

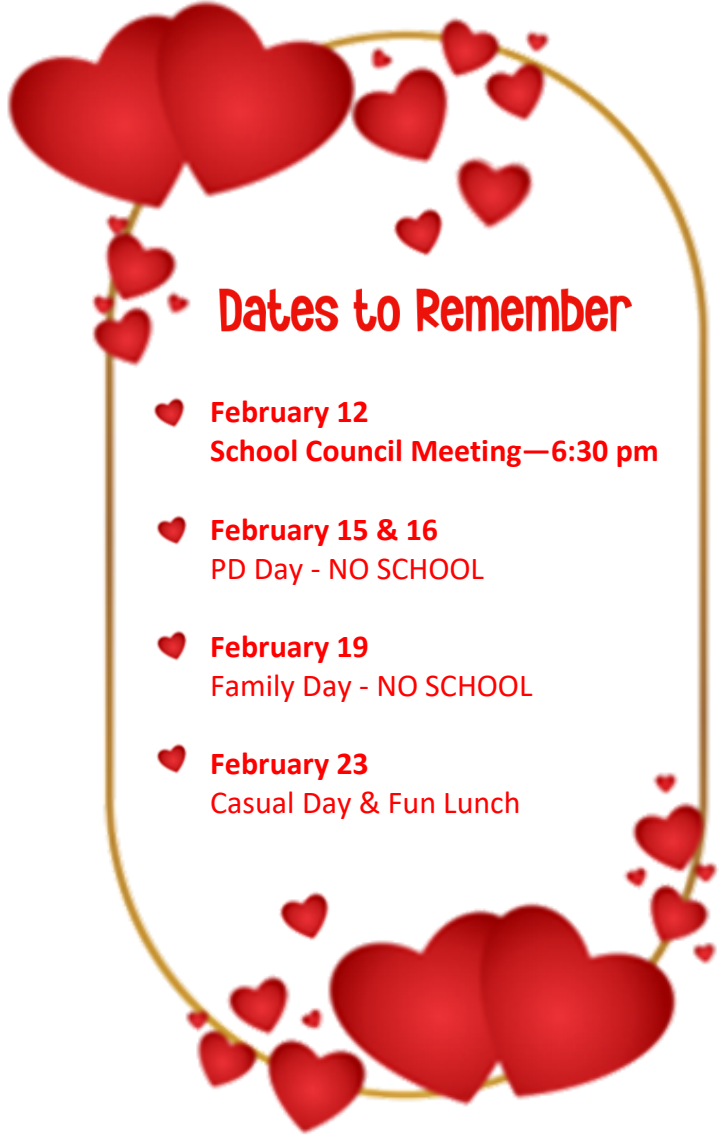
Through Jump Rope for Heart, our students will learn the importance of staying active and taking care of their hearts while also developing empathy and compassion for those affected by heart disease and stroke. It's a win-win situation that combines fitness, philanthropy, and fun!

Together, let's make a positive impact in our school community and beyond by spreading kindness and promoting heart health. Thank you for your continued support and enthusiasm!

With warm regards,

John Deines—Principal Educator

Salima Hudani—Associate Principal



Dates to Remember

- ♥ **February 12**
School Council Meeting—6:30 pm
- ♥ **February 15 & 16**
PD Day - NO SCHOOL
- ♥ **February 19**
Family Day - NO SCHOOL
- ♥ **February 23**
Casual Day & Fun Lunch



PRINCIPAL'S WALL OF FAME

Thompson—AM

Moksha
Nimrat

Gies—PM

Elijah
Anna
Aarya
Ayaan
Maverick
Tessa

Walthers—AM

Ariella
Inayat
Guntaj

Walthers—PM

Manraaj
Jade
Lucas

Damanpreet—1P

Gurjot—1P
Aagam—1P
Suhab—1P

Jasnit—1S
Sehaj—1S
Dhruvi—1S
Riana—1S

Noelle—1Hum

Amrik—1H
Samar—1H
Afiah—1H
Jaya—1H

Angad—2D
Jigyasa—2D
Sukhmani—2D
Seerat—2D

Zhoreen—2C
Ruheen—2C
Aaron—2C
Daniel—2C
Jax—2C
Lina—2C

Aryan—2M
Anmol—2M
Ayden—2M
Ella—2M

Sanjam—3O
Luna—3O
Baaz—3O
Gurnoor—3O

Gurseerat—4BR
Parthsinh—4BR
Tianna—4BR
Mithila—4BR
Anthony—4BR
Pratap—4BR



- ♥ Richard Cadbury produced the first box of chocolates for Valentine’s Day in the late 1800s.
- ♥ Roses are the flowers of love. The favorite flower of Venus, the Roman goddess of love? The red rose, of course. The bud stands for strong romantic feelings, so it’s no surprise they make up the most popular Valentine’s Day bouquets.
- ♥ “Wearing your heart on your sleeve” is more than just a phrase. In the Middle Ages, young men and women drew names to see who their Valentine would be. They would wear the name pinned to their sleeve for one week so that everyone would know their supposed true feelings.

Valentine’s Word Search



HEART
LOVE
FLOWERS
CUPID
FRIENDSHIP
KISS
SWEETHEART
TRUE LOVE
FEBRUARY

VALENTINE
CHOCOLATE
CANDY HEARTS
HUG

CARD
DIAMOND
RING
TEDDY BEAR
ROSES
FAMILY
ROMANCE
SWEET
AFFECTION



Knock Knock
Who’s There?
Sherwood
Sherwood Who?
Sherwood like to be your valentine!

What did the whale say to his girlfriend on Valentine’s Day?
Whale you be mine!

What do you call two birds in love?
Tweethearts!

What did one volcano say to the other?
I lava you!





News from the School Council/Casino

 **MORE EVENTS
COMING SOON!**

Parents and guardians at FFCA NEE,

We hope that you have been adjusting and enjoying the changes in the weather forecast recently! It is really a joy to finally get our real winter in. The cherished memories of making snowmen and snow angels with our kids is what really makes it matter for us parents. Most importantly, we hope that you are all staying safe and warm.

Our school council jumped right back right into the new year with some exciting planning. First of all, we sincerely hope that the students enjoyed the recent fun lunch. Secondly, we are in the initial steps of planning a virtual yoga night in February for all children. If you are interested, please keep an eye out on Edsby for more information coming soon. In addition, we are in the process of hosting more events in the Spring. Yes, that means the famous toonie treats may be back! As well, this is an exciting reminder to mark your calendars of our annual spring concert coming up on May 3rd. So there are yet more fun events coming your way and we hope this will end off the year in a wonderful and memorable way.

To end off from the council, here is another voice from one of our members on her experience thus far:

My name is Lisa Jacobson and I am Vice Chair for the Student Council. I have two children at FFCA NEE. I enjoy being part of the Student Council for many reasons. Not only do I feel good about planning fun events and fundraisers for our students, I also love getting to know other parents and staff at our campus, but also across FFCA campuses in Calgary. One of the greatest joys of joining the council is when I drop my children off at school on the day of an event we have planned and I hear students arriving at school talking about how excited they are for the upcoming event!





Jump Rope for Heart is an event nobody wants to skip!

Feb 12th-14th is Jump Rope for Heart! Events take place during students PE class.

We love participating in Jump Rope for Heart because:

Students learn life-long habits: Jump encourages kids to be active and live healthy. A lesson students will value for life!

Kids feel good by doing good: Jump helps teach social responsibility and the importance of giving back. By fundraising for Jump Rope for Heart, students are collecting donations that fund critical research that's saving lives, preventing heart disease and stroke, and supporting survivors and their families.

Fundraising is
OPTIONAL

Jump Rope for Heart is a Heart and Stroke Foundation event. Fundraising is **OPTIONAL**. Students who fundraise could win a prize from me, as well as gift cards from the Heart and Stroke Foundation.

- Donation information will be posted on Edsby.
- We will accept cash donations sent to school **BUT if you want a tax receipt, you must donate online.**

The last day for fundraising is Monday Feb 23, 2023.

If you have questions message Mrs. Brooks on Edsby.



Healthy Children



February 2024 Family Newsletter



Bullying: How to help your child

Bullying is aggressive behaviour meant to cause harm, fear, or distress. It's often about social power, where one person has real or perceived power over another. It can take many forms, including cyberbullying. This could include spreading rumors or sharing hurtful messages or pictures online.

Kids who are seen as different—in any way—are at higher risk of being bullied. Bullying can have negative mental health impacts for both those who bully and those who are bullied.

Bullying is never okay. It's not a normal part of growing up. As a parent or caregiver, you play an important role in helping to prevent and address bullying. Here's what you can do.

Talk about it

Open and honest communication with your child is important, especially in today's digital age.

Take time to ask your child about their experiences with bullying, whether it's at school, on the bus, playground, online, or in other places. If you think they might be a target of bullying, gently ask, "are you ever bullied?"

Check in with your child often and keep lines of communication open. Encourage them to share their thoughts, feelings, and experiences. Let them know that you're there for them, no matter what.

Watch for warning signs your child is being bullied

Always take reports of bullying seriously. Recognize the courage it takes to report or talk about bullying.

Here are some signs your child may be a target of bullying:

schools.healthiertogether.ca



Healthy Children

- Fear of going to school or making excuses to avoid school
- Changes in school performance
- Unexplained injuries
- Lost or damaged personal belongings
- Nightmares or trouble sleeping
- Becoming withdrawn, unhappy or irritable
- Making negative comments
- Talking about suicide

Offer support

You know your child best. If you think they're being bullied:

- Empower them to communicate assertively with words (not violence).
- Encourage them to write down or tell someone what's going on and save evidence.
- Help them identify safe, trusted adults they can go to for support (like teachers, coaches, and Elders).

Consider if your child may be bullying others

Bullying is a tough problem that hurts both children who are bullied and those who are doing the bullying. Here are some signs your child may be bullying others:

- Having new things or extra money
- Talking about taunting or teasing others
- Laughing or not caring if others are hurt
- Aggression with others
- Leaving others out

Help them stop

If you're concerned that your child is bullying

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others, these actions can help:

- Set clear guidelines and consequences for unacceptable behavior.
- Teach and model the importance of respect and empathy. Help them take responsibility and make amends if they've hurt someone.

Connect with others for support

Work with your child's school and let them know right away about bullying situations.

Try these tips:

- Ask your child who they trust at school and get those adults involved in addressing concerns.
- Ask teachers and school administrators about their policies and plans to prevent and address bullying.
- Build connections with the parents and guardians of your child's friends so that you can watch for healthy or unhealthy interactions.

Remember that as a parent or caregiver, your involvement and support are important in helping your child feel safe and secure.

For information and support, go to:


- Bullying Helpline: Call 310-1818 or text 310-1818 or [chat online](#)
- Kids Help Phone: text CONNECT to 686868
- Mental Health Helpline: 1-877-303-2642
- [Bullying](#) (MyHealth.Alberta.ca)
- [Bullying](#) (TeachingSexualHealth.ca)
- [Bullying: What parents need to know](#)

schools.healthiertogether.ca






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ENTREPRENEUR OR RETIREE**

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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

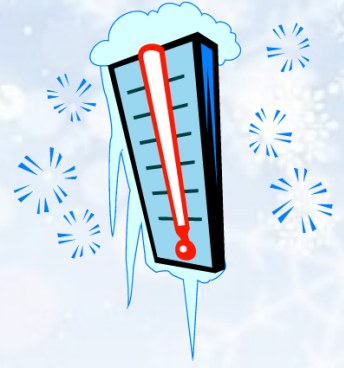
Mrs. Fletcher - x3106
leah.fletcher@ffca-calgary.com
Ms. Omar - x3101
ayah.omar@ffca-calgary.com
Mr. Nicholas-Luong - x3105
jason.nicholas-luong@ffca-calgary.com
Mrs. Hodson - x3107
jana.hodson@ffca-calgary.com

Grade 4

Mrs. Petley-Kerr - x3122
erin.petley@ffca-calgary.com
Ms. Erkens/Ms. Sharrock - x3103
marja.erkens@ffca-calgary.com
alexandra.sharrock@ffca-calgary.com
Mrs. Bezo-Rao - x3102
leslie.bezo-rao@ffca-calgary.com



Winter Wear



We are still experiencing cold weather and 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:

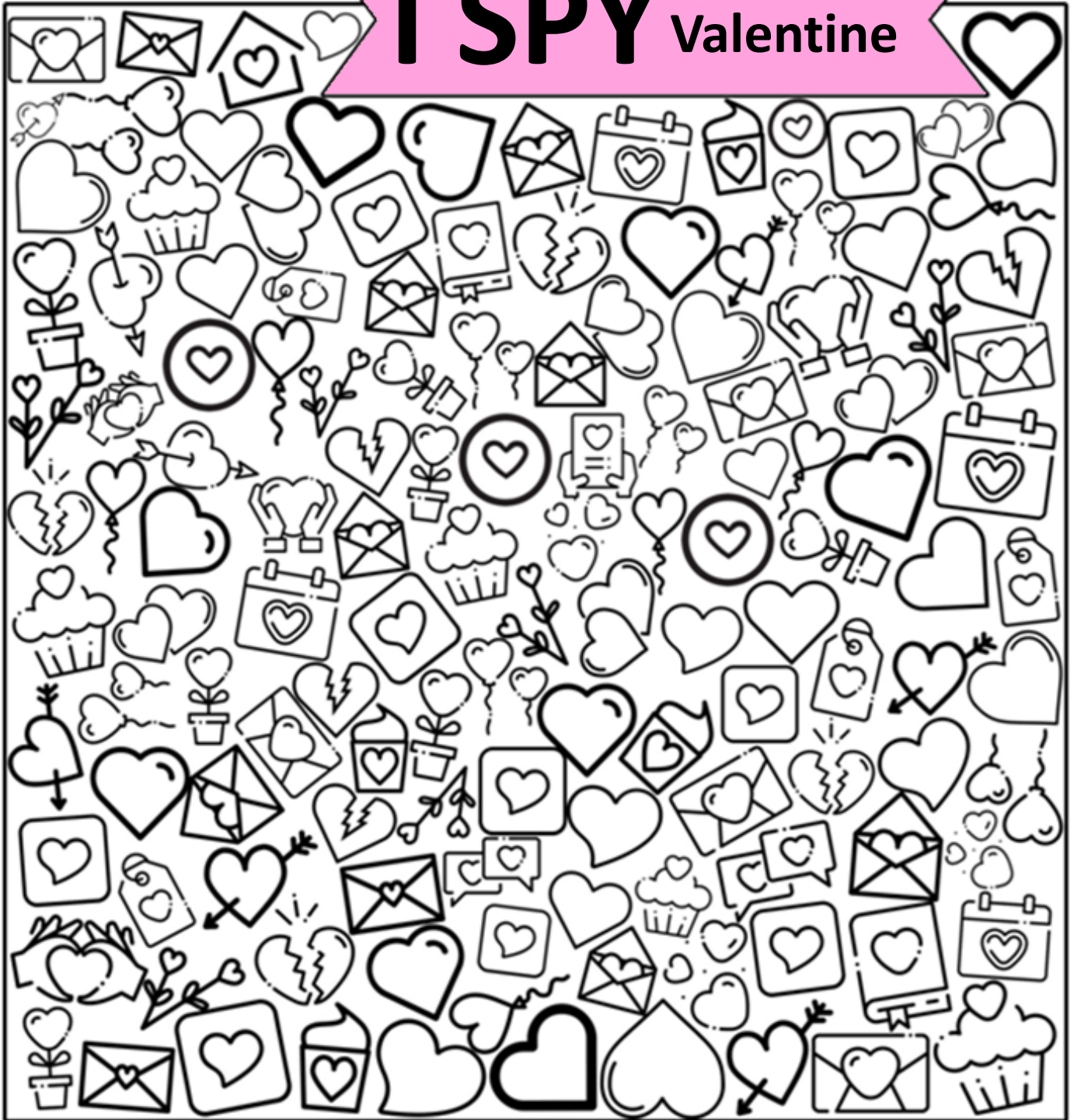
- transfers do not occur mid-year
- transfers can only occur if a seat becomes available in the requested campus (possible wait of 5+ years)
- we may not be able to accommodate all children in the same family in the same year

Please follow the link below for more details

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



I SPY Valentine



- | | | | | | | | | | | | | | | | | | | | |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 | | 4 | | 4 | | 2 | | 4 | | 5 | | 7 | | 4 | | 6 | | 5 | |
| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | | 4 | |
| 3 | | 2 | | 4 | | 6 | | 2 | | 7 | | 3 | | 9 | | 6 | | 3 | |



February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12  School Council meeting 6:30 pm	13	14 	15  PD Day NO SCHOOL	16  PD Day NO SCHOOL
19  	20	21 Online Kids Yoga 6:30 pm 	22	23  Casual Day Fun Lunch
26	27	28  bullying stops here Board meeting 6:30 pm @ NHS	29	Re-Registration for 2024-25 is coming soon! Please watch for upcoming information on how to register.