



The Phoenix Messenger

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

"A Matter of Principal"

Character Theme: Embracing Self-Care

As we stride into the month of March, we are thrilled to announce our upcoming focus on self-care here at FFCA NEE. In line with our commitment to nurturing not only academic excellence but also holistic personal growth, we believe these themes are essential for fostering a positive and supportive school environment.

Taking care of oneself is not selfish; it is essential for overall well-being. We are excited to introduce our new character theme for the month of March: Care for Self. This theme emphasizes the importance of self-care practices such as maintaining a healthy lifestyle, managing stress, and nurturing one's mental and emotional health.

Throughout the month, we will be providing resources and hosting activities to support students in cultivating self-care habits. Whether it's practicing mindfulness, engaging in physical activity, or simply taking time to unwind with a good book, we encourage everyone to prioritize their own well-being.

Spring Break: A Time for Rest and Rejuvenation:

As spring break approaches, we want to remind everyone of the importance of taking time to rest, rejuvenate, and care for oneself. While it can be tempting to fill our schedules with various activities, it's crucial to listen to our bodies and minds and give ourselves the opportunity to recharge.

Whether you're planning a vacation or enjoying a staycation, use this time to engage in activities that bring you joy and relaxation. Whether it's spending time outdoors, catching up on sleep, or pursuing a hobby, make self-care a priority during spring break.

As we embark on this journey of kindness and self-care, let us remember that by nurturing ourselves, we also cultivate a more compassionate and supportive community. Together, let's make March a month filled with kindness, self-care, and positive energy.

John Deines
Principal Educator

Salima Hudani
Associate Principal



March 2024



Dates to Remember

- ✿ March 8
PD Day—NO SCHOOL
- ✿ March 15
Term 2 Report cards
- ✿ March 22
LAST DAY OF CLASSES
Casual Day & Fun Lunch
- ✿ March 25—April 5

SPRING BREAK!

**CLASSES RESUME ON
MONDAY, APRIL 8**



Principal's Wall of Fame

<p>Gies— AM Eveline Japsahib Asees Mahin</p>	<p>Areez—3A Anthony—3A Manreet—3A Gurmant—3A</p>	
<p>Gies—PM Hasan Liah</p>	<p>Serah—3B Prisha—3B Armaan—3B Zander—3B Eveleen—3B</p>	
<p>Walthers—AM Amrik Jaya</p>	<p>Gurkez—3C Aarav—3C</p>	
<p>Walthers—PM Aishani Saamiya</p>	<p>Bikram—3D Guneet—3D</p>	
<p>Nivin—2D Haider—2D</p>		



St. Patrick's Day Amusing Facts

- ◆ Pinching people who are not wearing green came from the Irish legend that wearing green made you invisible to leprechauns, who would supposedly pinch you if they could see you.
- ◆ Legend says that each leaf of a clover means something: the first is for hope, the second for faith, the third for love and the fourth for luck.
- ◆ The odds of finding a four-leaf clover are about 1 in 10,000.



Word Search

Search for the words hidden up, down, left and right.



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

- CLOVER
- IRISH
- LUCK
- PATRICK
- FAIRY
- JIG
- MARCH
- SEVENTEENTH
- GREEN
- LEPRECHAUN
- MUSIC
- SHAMROCK

How do you know if an Irishman is having fun?

He's Dublin over with laughter!

What is a large Irish spider called?

Paddy Long Legs!

Knock Knock

Who's there?

Irish

Irish who?

Irish you a happy St. Patrick's Day!





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](#)






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SAVE THE DATE FOR THE ...

BOOK ✨ **FAIR**

APRIL 22 – 25

MORE INFORMATION TO COME



Volunteer Hour Tracking – Instructions

Parents,

You can now enter the hours that you have volunteered during the 2023/2024 school year. Thank you for your patience while we have been setting up the new system.

1. Login to the PowerSchool Parent Portal in a browser (Rycor cannot be accessed through the App, it must be a browser)

<https://ffca.powerschool.com/public>

2. Click on the School Fees and Forms link in the menu on the left

3. Click on one of the students at the top who attends the campus you volunteered for

4. Click on Parent Partnership at the bottom

5. Click on the Volunteer Hour Tracking Form 2023/2024

6. Select the campus from the dropdown box where you volunteered

- a. Please start a different form for each campus you volunteer at for tracking and reporting purposes

7. The name of the parent logged in will be auto-filled under Volunteer; however, you can type in a different name if you are entering the hours for another family member

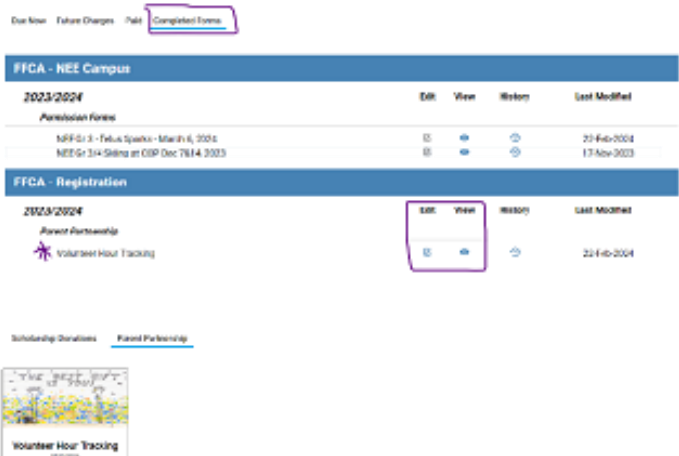
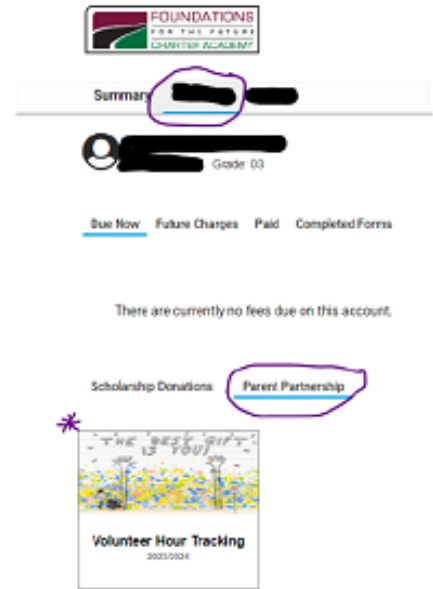
8. You can enter up to 20 dates / volunteer activities on the form

9. This form will remain editable for the rest of the year. You can go back to the form in the future and enter more dates until all slots are full. If you fill up the form, you can start a new form for an additional 20 slots.

- a. To edit the form, click on the same student at the top

- b. Click on the Completed Forms section under the student names

- c. Click on the pencil under Edit beside the previously filled-in Volunteer Hour Tracking form





MARCH 11—15

Swimming is an important life survival skill. This year grade 1 and 2 students are offered swimming lessons. Swimming is an important component of our Physical Education curriculum. If you qualify for subsidy, please contact Mrs. Brooks.

Sometimes children or parents have a fear of water and drowning. The best way to face this fear is to take swimming lessons and learn to swim. Your child will be taught by a certified swimming instructor. An FFCA teacher will also be at the pool supervising students.

Students are highly encouraged to take swimming lessons at other times of the year at local community swimming pools.

Volunteers are needed to go into the water with the classes and to assist in the change rooms. Having parents in the water allows students to have more minutes of practice time. If you are interested in volunteering, please see the sign up information on Mrs. Brooks Edsby page.

NOTICE



**FROM THE SWIMMING
BALCONY**

No Photographs from Swimming Balcony

City of Calgary rules prohibit parents from taking photographs from the swimming pool balcony. If you want to take photographs of your son or daughter you need to do so from the pool deck. Shoes need to be removed. After a brief time, you will need to return to the balcony.



Health Regulations at City Swimming Pools

Swimming, Diarrhea and Vomiting

If a student has vomited or had diarrhea in the previous 48 hours, he or she is not allowed to swim. Parents need to make a wise decision as to whether their son or daughter should even come to school. If you decide to send your child to school, please do not allow them to swim. Include a note of explanation to give to the Physical Education teacher.

Teachers are requested to question any student who appears to be sick or has been absent the previous day. Did they throw up? Do they have diarrhea?

If evidence of vomiting or diarrhea appears in the swimming pool, it will be immediately closed for over 24 hours and all classes will be cancelled. The missed classes cannot be made up due to a full schedule of bookings. Everyone loses!



As part of **Jump Rope for Heart**, students learned the importance of healthy habits and the FAST signs of a stroke.

EASY Healthy Habits

E Eat more fruits and vegetables

A Active for 1 hour or more

S Screens for less than 2 hours

Y Yes to water and No to sugary drinks

Stroke – there's treatment if you act FAST.



F *ace*
Face look uneven?



A *rm*
One arm hanging down?



S *peech*
Slurred speech?



T *ime*
Call 911 NOW!





News from the School Council/Casino



Welcome to March, where it is so nice to see much longer days! The school council would like to remind you make sure to keep on top of those lunch orders, in hopes your children don't miss out on the delicious food provided. We hope that you enjoyed our recent yoga night event. If you want to learn more about yoga, the yoga instructor is happy to help! Her information is as provided:

Jahnvi J: anubhavyog@gmail.com or 403-975-9863

In addition, we are in the works of planning a 'Learn-A-Thon' coming soon! Keep an eye out and get ready to take part in an exciting challenge. There may even be some fun prizes!

Last of all, the school council would like to reach out to any parents who would be interested in joining our amazing team! This is a great opportunity to get a chance to help create and organize fun events for our children, meet other parents, and help make a positive impact to our school. If you are interested in joining, please feel free to email Salima Hudani salima.hudani@ffca-calgary.com with your interest. If you are interested in attending the meetings or checking out how we run as a team, you are again welcome to do so. We hope to hear from some of you!



Healthy Children



March 2024 Family Newsletter



6 tips to help kids manage emotions

Kids experience all sorts of feelings and emotions. They aren't born with emotional regulation skills, they learn them over time through modeling, guidance, practice, and experience. When kids know how to handle their emotions, they do better in school and tend to have positive, lasting relationships. They're also better able to deal with life's ups and downs.

As a parent or caregiver, you play a key role in teaching your child emotional regulation—how to manage their emotions in a healthy way.

There are lots of ways you can help your child learn to manage their emotions. Here are a few ideas to get you started.

Help them identify their feelings

Teach your child to recognize their emotions. Help them to tune into and share what they feel

in their body during both positive and uncomfortable feelings. These body signals might come up as sweaty hands and a sore tummy, or a warmth in their chest, or something different.

Teach your child to name these body signals and their emotions. Explore [the feelings wheel](#) together to help them identify the feelings they're experiencing. Start in the middle (with simple words like "sadness" or "joy"). As your child gets more comfortable, work your way outwards to more complex feelings.

Validate their feelings

Let your child know that their emotions are valid, even if you don't understand why they're feeling a certain way.

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Healthy Children

Try not to say things like "you shouldn't be upset about that" or "stop crying." Instead, say "I can see that you're really upset. Can you tell me what's bothering you?" This lets your child know it's okay to talk about it with you.

Teach them deep breathing

Do breathing exercises together to help you both feel calm and relaxed. For example, try calm breathing:

- Take slow breaths in through your nose (for about 4 seconds)
- Hold our breath for 1 or 2 seconds
- Exhale slowly through your mouth (for about 4 seconds)
- Wait a few seconds before taking another breath
- Repeat this activity for at least 5 breaths

Practice these types of breathing techniques often so both you and your child feel more comfortable. Try them at bedtime to help your child calm down and get ready for sleep.

Practice mindfulness

Teach your child mindfulness to help them pause before reacting to big emotions. Try simple practices like "mindful minutes" where they focus on the present moment, exactly as it is, for about a minute. Or try sensory activities—ask them to calmly look around and name 5 things they can see, 4 things they can touch or feel, 3 things they can hear, 2 things they can smell, and 1 thing they can taste. These types of activities can help your child stay calm and respond thoughtfully to their emotions.

Consider mindfulness activities as a whole family, like mindful walking or yoga. You'll

March 2024 Family Newsletter

connect to the present moment and get everyone moving too!

Help them express their emotions

Kids can express or respond to their emotions in all sorts of healthy ways. Here are some ideas:

- Talk to someone trustworthy
- Movement like running, jumping jacks, or dance
- Cry
- Sleep
- Draw, paint, craft, play music, or make any piece of art

Model emotional regulation

Be aware of your own emotions and how you're handling them. Children learn by watching you and by what you do to help them. When you're calm, you help your child feel soothed, safe, and cared for.

Do your best to show your child healthy ways you manage your own emotions. For example, you can say things like "I'm feeling a little frustrated right now because of this traffic," or "I'm so happy that we get to spend the day together." Teach them that it's okay to feel and express feelings.

For information, go to:

- [How to teach your child calm breathing](#)
- [Learning about managing your emotional reactions](#)
- [Mindfulness exercises](#)
- [Role modelling and self-regulation](#)

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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 - x3114
eram.jetha@ffca-calgary.com
Mrs. Liesch - x3142
melanie.liesch@ffca-calgary.com
Mrs. Manji - x3118
nishma.manji@ffca-calgary.com

Grade 3

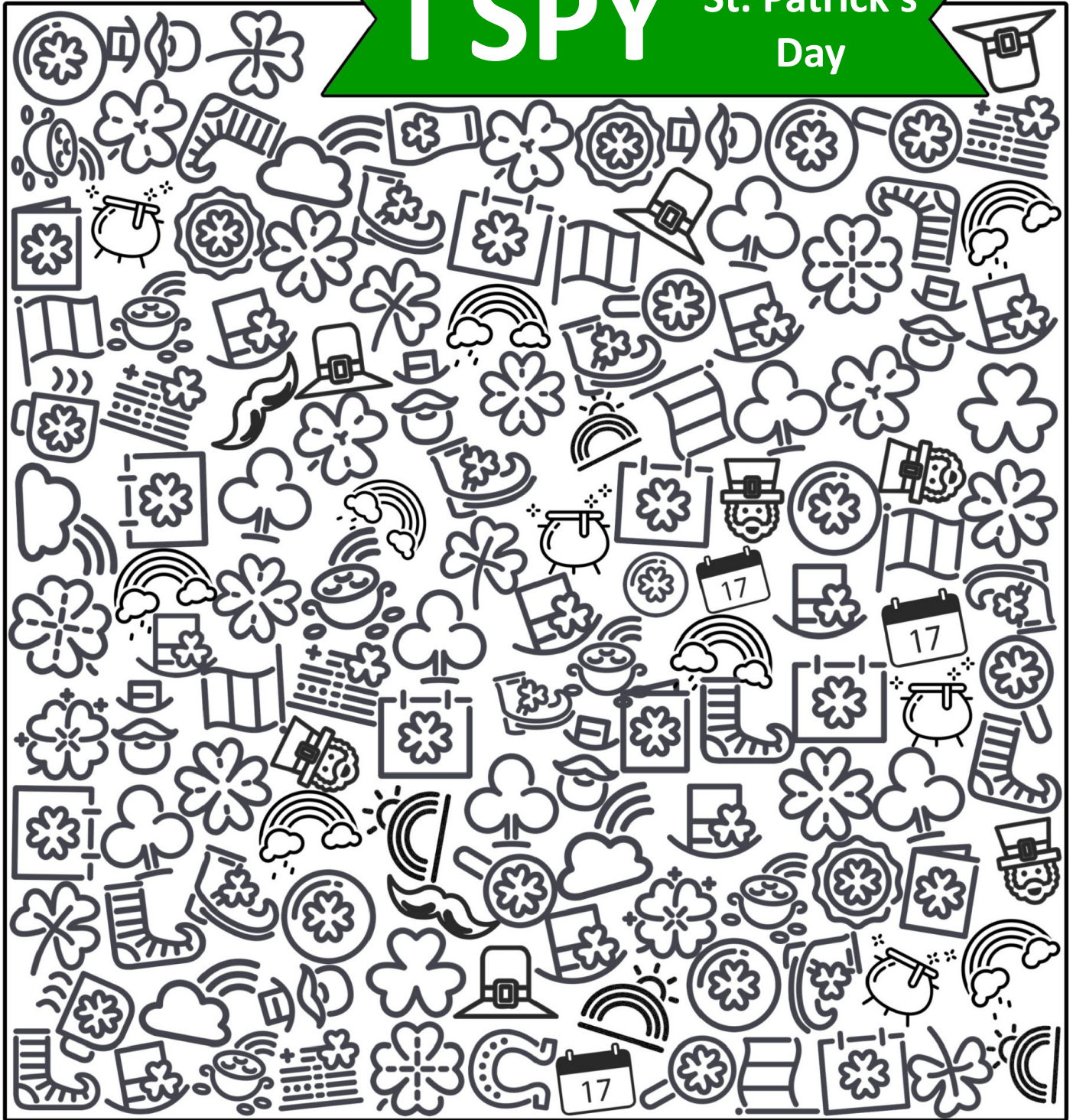
Mrs. Fletcher - x3106
leah.fletcher@ffca-calgary.com
Ms. Omar - x3101
ayah.omar@ffca-calgary.com
Mr. Nicholas-Luong - x3105
jason.nicholas-luong@ffca-calgary.com
Mrs. Hodson - x3107
jana.hodson@ffca-calgary.com

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









ISPY St. Patrick's Day



- | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|--|---|---|---|---|---|---|
| 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 |  |



March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 	5	6	7	8
11	12	13	14	15 
				 Term 2 Report Cards
18  School Council meeting 6:30 pm	19	20	21	22  Casual Day Fun Lunch LAST DAY OF CLASSES 

Spring Break!

Classes resume on Monday, April 8, 2024