

FORT McMURRAY CHRISTIAN SCHOOL



NEWSLETTER

FEBRUARY
2012

MISSION STATEMENT

† To provide students with an education based on scripture, the Christian perspective is integrated into every aspect of study.

† To acknowledge the Lordship of Christ and to develop the students' understanding of their own relationship to God as well as their relationship to others and creation.

† To provide an education which allows children to reach their potential academically, spiritually, emotionally, socially and physically.

† To direct students in development of Christ-like character.

† To prepare students to be of service in the community

FMCS BOARD MEMBERS

Marek Kiejko

Clementine Osah

Reina VanGenderen

Lois Ann Emberley

Amanda Kingston

Carlos Rivera

Alison Peyton

Joe Champion
(Advisor)

PRINCIPALS' PEN

As I write this the Christmas season maybe just be a distant memory, but for some it is only eleven months away until the celebration begins in earnest again. As I look out my living room window a family across from us still has their indoor Christmas tree lit, and it caused me to reflect on the question. What did you get? That is a question you probably have heard or have asked many times during the Christmas season. As you reflect on the gift or gifts you received, do you categorize some more valuable than others? If so, what makes them of more value? Is it the price that was paid, who gave it or is it of value because it is something that was needed? Scripture teaches it is of value when it is necessary and vital. James 1: 17 says;

"Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows."

The value of the gift we have received from our savior was reinforced this past weekend as I was afforded the opportunity to attend the Break Forth Conference in Edmonton, where I heard some tremendous speakers such as: Mr. Stuart Briscoe, Mrs. Lois Graham Lotz, Dr. Tony Campolo and Sean McDowell. These speakers made it perfectly clear that we are in need of nothing. What do we actually need? First and foremost we need life. We cannot earn it or keep it any longer than God decrees. Everything that we have need of, physical, spiritual comes from God as a gift. Even what is needed for our daily living, the tools that I use, you use each day, ultimately come from the hand of God. God looks after all our interests and in Him we are limitless. As we move forward as a school community, with the challenges that may and will arise, my prayer is that we continue to look to God for direction. He knows what His servants at Fort McMurray Christian School are in need of. What will FMCS get in 2012? It will get just what we need from the hand of God. God has provided many times for our school in the past. He will bestow on our school community what it needs and at the perfect time. He will provide what is necessary and vital! What we need to do is continue to be faithful in doing His will. If we continue to be faithful we will reap the promise of James 1:17.

In His Service,
Mr. J. Champion
Principal

Thy word is a lamp unto my feet, and a light unto my path. *Psalm 119:105*

SAFEWAY GROCERY CERTIFICATES

We have lots of grocery cards available. Stop by the school office before you shop at **Safeway**. This card from Safeway works wonderfully well. You buy the \$100 card from the school and give the card to the cashier to pay for your groceries. The cashier will indicate the balance you have on your card once the cost of your groceries has been deleted. It functions like a gift card allowing you to buy groceries provided there is a positive balance remaining on your card. When the school purchases the cards, we receive an 8% profit from Safeway.

CCRP MAGAZINE FUNDRAISER

Please encourage friends and family to visit the CCRP website link <https://www.ccrp.ca/orders/> and they can use a credit card (so can you) to order magazines and the school will get the credit. Please use the code **AB745** The code is valid for the whole year.

VOLUNTEERS AT FMCS

We really appreciate the work that our volunteers do in the school for our students and staff. Volunteers are a valuable part of the school community and can enhance the educational opportunities for children. This year, Fort McMurray Public School District requires all volunteers interacting with

children to have a completed criminal record check. While there is normally a charge for this, the school can supply you with a letter that will exempt you from the fee.

MOTHERS WHO CARE

This is a group of mothers who will meet once a week at the school (Wednesday mornings from 9am-10am) for the same purpose ... to bring any needs that arise through the school to God in prayer. It is a very informal setting, and you will not feel uncomfortable, we just ask that as many as possible would come together each week and agree for good things concerning our school. Most of us will be there anyway dropping the kids off, so come on in, have a coffee and spend just about an hour helping the school continue to function and grow. If you have any questions, please do not hesitate to call or email the school, or contact Melissa Sacrey at mtsacrey@shaw.ca

RECYCLING SATURDAY



Mr. Champion has set **Saturday Feb. 4** to sort the recyclables that have been collected at his place, 175 Peterson Lane, from 10 -12 pm. Parents please come out to help; many hands make for light work.



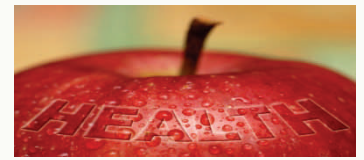
FMCS SCHOOL CLOTHING NOW AVAILABLE

We have set up a new account with a company "Your School Gear" You can now order FMCS clothing for adults and kids. This has a 10% profit for the school. The website is user friendly and you can order sizes, colors and choose the logo design of your choice. Pay with a credit card and it will be shipped to your home. There is also a link on the school's homepage www.fortmcmurraychristianschool.ca that will take you to their website.

DRESS FOR THE WEATHER



With the cooler weather we find that some students are underdressed for time outside at recess. All students have more fun when they are properly dressed with hats, mitts and proper outerwear, if during recess they are too warm pieces can be removed to suit the weather.. Please also ensure all clothing pieces and boots are clearly mark with your child's name.



PRINCIPALS' CHALLENGE

The students are encouraged to take part in the **Principal's Challenge** that started this past week. There is both a home component and an in-school component. The idea of this challenge is to promote the health and active living of students we have in our school. The challenge will consist of six stages with various prizes awarded at the end of each stage to the successful participants.

Students are to acquire 15 points per week, for four weeks during each stage (five points each from positive well-being, active living, and healthy eating) for the out of school portion. The activity suggested in the checklist is just a guideline and parents may add to each of these areas as needed as long as they fit each category. Students can gain a point for each activity listed.

NUT AWARE SCHOOL

Please be reminded that we are a nut-aware school (this includes all nuts and peanuts). Thank you for excluding peanut/nut-related foods in your child's lunch or snack. This year we have students in two classrooms with allergies to

SERVICE PROJECTS

Prairie Center for Christian Education—PCCE

FMCS has been a member of PCCE for many years now. PCCE develops Christian based curriculum and devotional series for Christian Schools as well as training teachers and principals to teach from a Christian perspective. In addition to equipping the staff of Christian schools in Alberta, Saskatchewan and Manitoba they also advocate for those schools

in the public forum.

FMCS will be raising funds to send to PCCE during privilege week from Feb. 13-17. PCCE awards a trophy to the school that raises the most money per student, FMCS has won that trophy 7 times in a row now. (see the front display case).

Each class will send home a listing of the privileges the students can purchase during the week. They will be anything from chewing gum , teaching a lesson or no homework..

Further information about the Prairie Center for Christian Education can be found here: <http://www.pcce.ca/who.htm>

SCHOOL COUNCIL

Meeting Reminder

The next meeting for our School Council will be Thursday Feb. 2. Starting at 7 pm at the school. Please try to come and give your input into school initiatives and programs. Your opinion does make a difference.

The purpose of the school council is to foster the School's Mission Statement, maximize student learning with a specific focus on school improvement.



FMCS BLAZERS BASKETBALL TEAM

We are very excited to announce our Grade 4-6 Boys and Girls team are scheduled to represent Fort McMurray Christian School in two multi-school basketball tournaments in the next few weeks.

The **Boys** team is coached by Mr. Vanden Pol.. The first mini-tournament is at Westview School (407 Wolverine Dr.) on Friday, Feb.

3 with games scheduled for 4 - 4:45 and 6:15 - 7:00.

The boys second full tournament will be the weekend of Feb. 10th and 11th, at St. Martha's school (102 Parson's Creek Dr.) with games scheduled on Fri. 4:30, 6:00 pm and Sat. at 9 am. Playoffs at St. Martha's will take place after 10:30 on Saturday.

The **girls**, coached by Mrs. Vanden Pol, have one mini-tournament on Fri. Feb. 3 at Westview school with games scheduled at 5:50-6:15 and 7:45-8:30.

We have named our sports teams **The Blazers** and have purchased brand new red and white (school colors) Basketball jerseys.



Please plan to come out to a game or two and cheer these teams on!!

We are on the web:

www.fortmcmurraychristianschool.ca

FORT MCMURRAY CHRISTIAN

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FMCS has been an alternative program of Fort McMurray Public School District since Sept. of 2006.

PARENT POINTERS

HOMEWORK

Establish a Routine. Setting a regular time and sticking to it helps children complete their homework assignments.

- **Set the Mood.** Ensure the room your child studies in is quiet, has plenty of light, and has school supplies close at hand. Remove distractions by turning off the television and discouraging social phone calls during homework time.
- **Show an Interest.** Ask your child about school activities and talk about what was discussed in school that day. Take your child to the library to check out materials for homework, and make time to read with your child as often as you can.

Monitoring Homework Assignments

- **Be Informed.** Find out about the school's policy on homework at the beginning of the school year. Ask your child's teachers about the kind of assignments that will be given and what kind of time frame the children have to complete them.
- **Be Involved.** Ask the teacher how you can help with homework. Be available to answer your child's questions, look over completed assignments, and encourage your child to share returned assignments so you can read the teacher's comments.

Providing Guidance to Homework Assignments

- **Learn How Your Child Learns.** Understand your child's learning style and develop routines that best support how he or she learns best.
- **Encourage Good Study Habits.** Help your child get organized. Ensure your child has scheduled enough time to complete assignments.
- **Talk.** Discuss homework with your child. Talking about an assignment can help your child think it through and break it down into small, workable parts.
- ♦ **Provide Encouragement.** Find ways to support your child's efforts in completing assignments.

Joyful is the person who finds wisdom, the one who gains understanding. Proverbs 3:13

GETTING TO KNOW OUR STAFF AT FMCS

Ms. Dwana Fifield joined the Fort McMurray Christian School staff back in 2008 when she accepted the position of grade 5/6 teacher. Since that time, she has also taught a single grade 6 class and did some teaching at the junior high level. While she has enjoyed all of these experiences, she is extremely excited to be teaching the grade 4 class this year. She strongly believes that it is where God has called her to be! She currently has eight students en-

rolled in her class—one more than what she started with, after a new student transferred into her class this past January.

Ms. Fifield grew up in Bonavista, Newfoundland. She attended her local church assembly from the time she was just a baby and made a personal commitment to accept Jesus into her heart as Lord and Savior at the age of 5 years old. A decision she has not regretted since that day!

Ms. Fifield has always had a passion for teaching children and started off doing so as a leader of a children's program at her church. She later went on to complete her Bachelor of Education (Primary/Elementary) at Memorial University in Newfoundland and convoked in 2005 with a specific focus in English. She spent one year teaching at the school she attended as a child, before making the decision to move to Fort McMurray.

Ms. Fifield strongly believes in the importance of a Christian Education and considers it a blessing to be able to talk to her students every day about the Greatness of God. She enjoys integrating a Christian perspective into the Alberta Curriculum and helping the students realize that God is in everything—it is through Him that all things were created, to bring glory and honor to Him. She works hard to meet the needs of individual students in her class and feels that teaching is a challenging yet very rewarding profession.



TumbleBookLibrary is an online collection of TumbleBooks – animated, talking picture books which teach kids the joy of reading in a format they'll love. TumbleBooks are created by adding animation, sound, music and narration to existing picture books in order to produce an electronic picture book which you can read, or have read to you.

The TumbleBookLibrary is a collection of licensed titles from children's book publishers such as **Simon & Schuster, Chronicle Books, Candlewick Press, Charlesbridge Press, Harcourt, Little Brown, Walker & Company, Lerner Books, and Harper-Collins Publishers**, amongst others.

The TumbleBookLibrary provides **enrichment** to students who are **reading independently** with a variety of high interest material. It also provides **support** to students who require **skill building** with a variety of exercises that can be matched with other areas of the curriculum. In general, TumbleBooks are a **great addition** to a **reading program** that can be worked on independently by each student or by the whole class. It has been exceptionally well received by ESL and Special Education teachers.

UPCOMING EVENTS

March

- 8—Vista Ridge Gr. 2/3 Tubing Gr. 4-8 Skiing/Snowboarding
- 16—Report Cards go Home
- 27 & 28—Student Led Conferences
- 23—NO School in Lieu of Conferences

The TumbleBookLibrary collection is accessed online from every computer in your school or library with Internet connection, or from home through a direct link on your school or library website.

Parents can access TumbleBooks from the District website from:

Fort McMurray Public School

Parents & Students -> Student Resources and scroll down to TumbleBookLibrary

Our subscription to TumbleBookLibrary allows families or library **UNLIMITED** remote access to the entire collection from school, library, and home. It is a perfect reading resource for today's digital learner.

Story Books:

The TumbleBookLibrary has a selection of **children's favorite** story books. Old time favorites such as "The Paper Bag Princess" by Robert Munsch, as well as favorite fairy tales such as "Jack and the Beanstalk" and "Old Mother Hubbard" come to life in an educational and interactive way. Other titles include: "Diary of a Worm," "How I Became a Pirate," "Miss Malarkey Doesn't Live in Room 10," "One Duck Stuck," and "Tops and Bottoms."

February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1 Hot Dogs	Subway—Turkey SKIING Gr. 4-8 Sch. Council Mtg. 7 pm	3 Recycling Day 175 Peterson Lane 10-12 pm	
5	6	7 Pizza	8 Hot Dogs	9 Mary Browns	10	11	
12	Privilege Week		14 Pizza	15 Hot Dogs	16 Sweet & Sour	17	18
19	NO School		21 Pizza	22 Hot Dogs	23 Turkey Vege Soup	24	25
26	27	28	29	NO SCHOOL Feb. 27 to March 2			

Turn dental hygiene into a team effort

A good way to teach children about dental hygiene is to apply a team approach to brushing.

Alberta Health Services recommends that parents and children brush their teeth together until the children are eight years of age.

"Team Brush" (adult helping child) at least once per day.

Use a small amount of fluoridated toothpaste:

- **Ages 1-2:** slight smear
- **Ages 3-5:** half of pea-size
- **Ages 6+:** pea-sized amount

Brush gums and teeth for two to three minutes. Motivate your child by using stickers or music at brushing time.

Ask your dental hygienist for help with Team Brushing!



Parents can motivate their children during "team brushing" by using stickers or music at brushing time.

3 ways to stay active ...

There are three types of physical activity we all can enjoy:

• **Endurance** activities strengthen your heart and lungs. Try walking, running, biking, swimming, rollerblading or playing sports.

• **Flexibility** activities bend and stretch your body to keep your joints in motion. Try stretching, yoga, dancing and gymnastics.

• **Strength** activities make your muscles and bones stronger.



Gymnastics is one of the most common types of flexibility activities.

Try shoveling snow, carrying groceries and raking leaves.

Enjoy all three types of activity to stay healthy!

How you can promote a positive body image

Body image is the mental picture we have of our bodies. It is affected by how one feels and values themselves.

Those who feel really good about themselves, usually have a healthy body image.

As children's bodies grow and change it is important to promote a positive body image. Eating healthy, being physically active and getting enough sleep are some ways to help them learn to love their body!

You can also promote a positive body image by:

- Enjoying a variety of healthy foods at regular meal times.
- Being physically active.
- Encouraging your child's unique interests.
- Being a positive role model (don't criticize yourself or others for size or shape).
- Getting enough sleep.
- Discussing unrealistic media images.

For more information ...

• For ages 6-12, please visit www.healthyalberta.ca/Documents/HEAL_6_to_12_2008.pdf

• For ages 13-18, please visit www.healthyalberta.ca/Documents/HEAL_Brochure_13to18.pdf