



The Phoenix Messenger

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Matter of Principal

We have just finished our last round of interviews and the school year is coming swiftly to an end. Hopefully we have finally come to the point where we can look forward to the kind of weather that allows us to be outside much of the time. As you can imagine the next two months will be a very busy time at school with activities such as PATs, field trips, culminating activities and the grade eight farewell. This year we will be having our School Council AGM at the end of May as well. This event will coincide with a parent information night to discuss the changes in middle school students to help families cope with the many challenges students and parents are confronted with at this age. At the beginning of June we will also be welcoming our new grade five students for the next school year. With all of this going on it will be especially important that we read notices, emails, look at our campus website, and when in doubt call the school to make sure you have the correct information. This will make the next couple of months go a lot smoother. Remember to couple the school activities with the many extra-curricular activities outside of school. The next two months will be a flurry of activity before a well-deserved break. I wish you all a great sprint to the end!!

Lorne McDonald
Principal Educator



APRIL 2011

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Absences

Please report all absent or late students by calling 403-253-9257 ext 100. Please leave a message with the student's first and last name, grade, teacher and reason for absence, including any SYMPTOMS if an illness. The answering machine is available 24 hours a day. Thank you!

Electronics

Any electronics brought to school **MUST** be kept in your locker from the beginning of homeroom, 8:20 am, until the end of homeroom, 3:10pm. These are not be taken out of the lockers for any reason. If electronics are lost it is the responsibility of the student.



Volunteerism

Volunteering is the most fundamental act of citizenship and philanthropy in our society. It is offering time, energy and skills of one's own free will. It is an extension of being a good neighbour, transforming a collection of houses into a community, as people become involved in the improvement of their surroundings and choose to help others.

By caring and contributing and all the while gaining skills, self-esteem to change their lives, people work to improve the lives of their neighbors and communities and in return, enhance their own.

Every day, thousands of people voluntarily give their time and talent to thousands of schools and organizations across Canada. They give their time freely and with no expectation of monetary reward. Their hours of service ensure that many activities are accomplished and many people are helped. They represent every walk of life - professional, homemaker, student, retiree - as well as every age and cultural group.

At FFCA your volunteer support in a "middle school" setting is just as important and empowering to our kids as it was during their elementary years, yet only differs in title, description of duty and time of day. Your continued support and interest are a valued asset and are still very much needed at FFCA NM School campus.

FFCA teachers, staff and students play a busy role daily as do we...as parents. School Council helps to support students, staff and parents in ways such as providing Hot Lunchs, Annual family BBQ's/meetings, Uniform sale/info, Grade 5 parental liaison, volunteer info/link/coordination, Recognition and Appreciation and fundraisers such as Coco Brooks pizza, book fairs and on line auction which directly support and provide and offer some information, tools a little bit of fun to FFCA's NM School community.

At times, some events may only require a small number of volunteers. And other times, such as an event as big as our Annual Online Auction, we as a community require many helping hands. You or your families assistance in the above mentioned areas, in different capacities with a variety of day and evening times is greatly sought and valued in areas such as:

- cashiers
- floor assistance
- count and distribute
- sort & organize orders & items
- driver
- photo coping
- at home computer work, uploading pictures, data entry, emailing
- setting up tables and food
- tear down/clean up
- donation of food items
- member of school council
- attend school council/board meetings and school annual general meetings

There are no barriers at FFCA and welcome the whole family to volunteer in areas suited to their schedules and desired task. Undoubtedly, FFCA NM School and School Council would like the support and involvement of our students parents, however respect and understand that this may not always be possible. If you feel your child can volunteer for an event in place of yourself please have you or your child arrange this by directly contacting FFCA's Volunteer Coordinator, Christine Cloutier at cm.ck03@hotmail.com as opposed to contacting the schools office as the above mentioned events are most often coordinated through school council unless other wise noted.

With the 2010/11 school year nearing an end, on behalf of FFCA School Council we extend our appreciation from all your support from the beginning of the school year, till now and look forward to your continued support and interest with future FFCA school events. Thank you.

Sincerely



Happy Spring Everyone!

FFCA NM School Council



Shuttle Bus Service

In addition to regular bus service, FFCA has determined the need to offer afternoon shuttle bus service between some campuses. Beginning September 2011, this service would provide parents an opportunity to pick up their middle and elementary students at one location rather than rushing from one campus to the other to pick up their children. The one-way shuttle service would have an annual cost of \$100 per student and is only available to parents who registered for parent provided transportation for 2011-12 during re-registration. Parents who have received the parent-provided transportation credit would no longer be eligible for that credit if opting for the shuttle service.

FFCA would be able to provide this shuttle service between the following campuses at the times indicated:

	<u>A.M.</u>	<u>P.M.</u>
North Middle Campus to Northwest Elementary Campus		Yes
North Middle Campus to Northeast Elementary Campus		Yes
South Middle Campus to Southeast Elementary Campus	Yes	
Southeast Elementary Campus to South Middle Campus		Yes

If you are interested, please contact Susan Goldsmith (susan.goldsmith@ffca-calgary.com) by email and she will provide you with the next steps to sign up for this service.

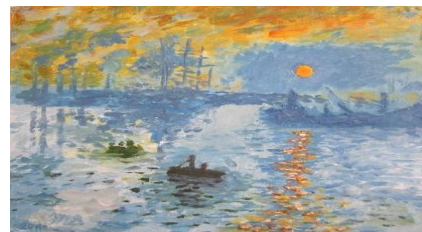
Art is Alive at FFCA

Mrs. Linton and Mr. Kostas are pleased to report that FFCA now has our very own online art gallery. The FFCA Art Gallery is a place to showcase the fantastic artwork of FFCA student artists.

FFCA is a school that is dedicated to the arts. From grade 1 to 12 our students have the opportunity to work with art specialists. FFCA is very unique in that respect. Specialist teachers are not a common staple in all school settings, however at FFCA we believe that art specialists are essential to inspiring young artists and creating a supportive and encouraging environment for artistic growth. The structured art programming that is provided by FFCA art teachers gives our students the tools to refine their artistic skills and cultivate their creative talent. The FFCA Art Gallery is a place for us to celebrate the amazing partnership between FFCA student artists and their art teachers.

Mrs. Linton and Mr. Kostas encourages you to check out the featured student work that is currently being exhibited in the FFCA online art gallery. The FFCA Art Gallery can be accessed online from a link on the FFCA homepage.

We would love to hear what you think of our fabulous gallery. Please email any questions, comments or suggestions to Mrs. Linton at emily.linton@ffca-calgary.com.



Announcing The New & Improved Uniform Consignment Site

Just for you the FFCA Families, a service to buy and sell gently used **Uniform Items**

To access the site go to your **“Family Log In”** account on the FFCA Home page or your Campus Home page

- Choose **“Consignment Store”** for your shopping needs and

“Your Consignment Items” to put an item on the site and manage your account

All buying and selling of items is done between the families, no payments or collections are available on the site.

To purchase an item, simply email the family posting the item and set up a time for viewing and payment.

When posting an item on the site, please put as much information as possible. This will help the buyers shop and ultimately help you sell your item. Please only post one item per listing, this is for sorting and searching purposes.

It will also help you sell your item if buyers are able to find it with ease. When posting an item you are given an “item description” tab, please use this for any special comments or extra information. Here is where you may refer to other items you have on the site to encourage buyers to purchase from you!

Look for new options of items to sell that were not available on our previous website; White Polo Shirts, Blazers, Gym Strip, Phonogram Cards and CD’s

Our previous site was a very helpful service and many of you are looking forward to it being available again. If you had items on the old site before it shut down, those items did not carry over as this is a new Website Provider. We hope you find everything you need on this new site hosted by Web Apps: Robert Pegg Inc. who is also our webhost for the Family Log In.

Please note: the Uniform Consignment Site is a School Council directive administrated by parent volunteers. This is not organized by Central Office or the Campuses themselves.

A Warm Thank You

A Warm Thank You goes out to all of those parents and students that were involved in the Staff Appreciation Dinner that was held during the student interview night. We are all continually overwhelmed by the kindness of many individuals that support our school and staff. These are the things that make this a great place to be. Thank you very much!!!!



High School Workshop

Headache with your teens’ roaming on the internet? All families have these issues.

7:00PM to 8:00PM Tuesday May 3rd 2011, FFCA High School School Council is happy to present an evening workshop on “Videogame Abuse: The state of the debate”. Ms. Kelsey Clark, B.H.Sc., Prevention Counsellor of Youth Addiction Services, Alberta Health Services will give us a basic introduction to the world of video and internet gaming and discuss their potential for abuse. It will discuss the different types of games and their appeal, what is a “normal” amount of time spent gaming, and how parents can protect their children from any harms associated with gaming.

We hope to see you there!”

North Middle School Parent Council AGM

**North Middle School Campus
Parent Council 2010-2011****ANNUAL GENERAL MEETING ANNOUNCEMENT**

DATE: TUESDAY, MAY 31, 2011

TIME: TBA (early evening)

PRESENTATION BY: CHRISTINE PAYNE
"YOUR TWEEN AND TEEN!"

On behalf of the 2010-2011 Parent Council we would like to invite all families to attend our Annual General Meeting. Along with the meeting we will be hosting Christine Payne, FFCA Counselor, who will conduct a 30 minute presentation on "Tweens and Teens". Please join us for cookies and beverages as well as an update on what our activities have been over the past year and what we hope to accomplish in the upcoming year.

Parent Council will also have a number of vacant positions. Please consider volunteering your time and your talents!

Watch for our AGM agenda and more AGM information, the first week of May!
It will arrive via email.

Put a lid on it!

Helmets are the safe way to go when cycling ... and they're also the law



Kids between the ages of five and 14 account for half of the cycling-related deaths in Canada each year.

More than 100 people die in Canada each year from cycling-related injuries and children aged five to 14 account for about half of those deaths.

Also, more than 50,000 Canadian children are injured every year in bike-related mishaps.

Wearing a helmet is the most effective way to prevent injury while cycling, no matter the age.

Every cyclist in Alberta under the age of 18 must wear a helmet. The law applies to both riders and passengers, including children in bike trailers.

Here are some other injury prevention tips:

- Take a bicycle safety course from a trained in-

structor.

- Stop before riding into traffic from a driveway, sidewalk, alley or parking lot.
- Look left, right and left again before proceeding.
- Ride on the right side of the road with traffic.
- Find out your community's rules regarding riding on the sidewalks.
- Obey all traffic signs and signals. Young cyclists are encouraged to walk their bikes across busy intersections.
- Look back over your left shoulder and yield to traffic coming from behind before moving into traffic.
- Wear bright and reflective clothing.
- Be sure your bike has reflectors and a working bell or horn.

Weekends getting a little too quiet?

There are many different things you can do as a family on the weekend.

- **Make and fly a kite.** All you need is some bamboo or plastic, a few pieces of tape or glue, paper or a garbage bag and some string. Fly it in a nearby field or park.
- **Tennis court challenge.** If you have racquets try a game of tennis, or bring a beach ball or a pair of rolled up socks and create your own game.
- **Gardening and cleaning the yard.** Plant flowers or pick weeds in your yard or a neighbour's yard. Be sure to wear sunscreen and a hat!
- **Try something new.** How about skating, biking, hiking, inline-skating or swimming?

Healthy snack choices for the lunchbox ...



Popcorn is a good snack choice for lunchboxes as long as you hold the butter and the salt!

Choose foods from the four food groups of Canada's Food Guide to help you meet your daily needs.

The four food groups are: Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives.

Encourage your kids to have a snack or meal every three to four hours. This will help provide them with energy to concentrate and be active throughout the school day.

Some snack ideas are:

- Fresh fruit or individually packed containers of sliced fruit
- Sliced raw vegetables
- Dry mixed cereal
- Pita bread and hummus
- Low-fat crackers and cheese
- Yogurt and fruit
- Hard cooked eggs
- Plain popcorn



Looking for a new activity to try as a family? How about inline skating?



2011 CALENDAR

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1 Spring Break – No School
4 Spring Break – No School		5 Spring Break – No School	6 Spring Break – No School	7 Spring Break – No School	8 Spring Break – No School
11 Parent Council Meeting 6PM 	8K / 8M - In House Presentation Glenbow Museum 10:00am – 12:50pm	12	13 Board Meeting Central Office 6PM 	14 8S / 8V - In House Presentation Glenbow Museum 10:00am – 12:50pm	15
18		19 8T - In House Presentation Glenbow Museum 10:00am – 12:50pm	20 Parent/Student Conferences Evening	21 Parent/Student Conferences No School	22 Good Friday - No School
25 PD Day – No School		26	27	28	29 Hot Lunch Casual Day



2011 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6 Grade 5, 6 & 7 Canadian Pacific Railway Play 12:45 – 1:45pm
9 Parent Council Meeting 6PM 	10	11	12	13 Grade 5 & 6 Author Visit Lee Fodi
16	17	18 Board Meeting Central Office 6PM 	19 Grade 6 Language Arts PAT 9:00am – 11:00am	20 School Holiday No School
23 Victoria Day No School	24	25	26	27 Grade 8 Field Trip Calaway Park Hot Lunch
30	31 Grade 6P & 6ML Field Trip Aerospace Museum School Council AGM Time: TBA			