



# The Phoenix Messenger

North Middle School 211 McKnight BLVD NE Calgary AB T2E 5S7 P: 403.253.9257 F: 403.253.1273

## PATIENCE

## SEPTEMBER 2010

### PATIENCE! PATIENCE! PATIENCE!

Dear Parents/Guardians:

As we have sent out in a separate notification, we have developed options for drop-off and pick-up zones. We repeat our call for patience though, because none of our efforts in providing safe pick-up and drop-off zones will be effective without this. Drivers need to stop making u-turns in the middle of the street, having children jaywalk across the street to meet them, and walking between busses with children. All of these acts increase the danger to our students, not to mention making it difficult to teach the concepts of character education to students that witness adults performing these behaviors. Many of these acts are done by people in a rush to get to work or to get to other pressing appointments. We understand that we live in a fast paced city, but we also understand the safety of the students should be first in the mind of all. If we all practice patience as much as possible and obey the rules of the road our students will be much safer and that is much more important than any appointment or job!!!

Thanks for your patience!!

Lorne McDonald  
Principal Educator  
FFCA North Middle School

### PATIENCE! PATIENCE! PATIENCE!



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### Absences

All absences **MUST** be reported to the Office. Please call 403-253-9257 ext 100. Please leave a message with student's first and last name, grade, teacher and **SYMPTOMS**. 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.



## Backpack Safety

Alberta College and Association of Chiropractors - Back-to-school shouldn't be a pain!

Look at that list of school supplies: books, binders, notebooks, markers, shoes and a backpack to carry it all. It is a heavy load and if not carried correctly, it can cause headaches, back, neck and arm pain - even nerve damage.

These simple backpack tips can help prevent this:

- Keep the weight in your backpack below 10 % of your body weight
- Pick a pack that has padded straps and back and a waist belt; the pack shouldn't extend above your shoulders or below your waist.
- Don't sling the bag on one shoulder; use both straps and the belt.
- Pack heavy objects closer to your back

Signs that your child's backpack is too heavy:

- Your child complains of headaches, back/neck ache or shoulder pain during the week but not on the weekends
- Your child has red marks or creases on shoulders after carrying the pack.
- Your child complains of tingling or numbness in arms or hands.
- Your child has to lean forward or sideways to remain balanced while wearing the pack.

For more tips, visit [www.albertachiro.com](http://www.albertachiro.com)



## Learning Conferences

Learning Conference forms have been sent home. These are due back on or before Friday October 1st. These conferences are essential and mandatory.



## Dropping Off Students

**Please Do Not** park or drop students off in the Staff Parking lot and students are not to walk through the Staff Parking lot. Students will be supervised and directed starting at 8:10am.

Students may be dropped off at 8:10am and **MUST** be picked up by 3:35pm.

There is NO PARKING in the Bus Zone or in the Staff Parking Lot.



## Picking Up Students

At the North Middle School we are teaching our students independence. If you are picking up your students please have them meet you at the office and not at their lockers. Thank you for understanding.

## Calgary Herald Canspell 2010-11

Once again, North Middle School students will participate in the Canspell spelling bee program! In October, each student will receive a personal study pack containing the official spelling words, activities and study tips. Our school wide bee will be held before Winter Break, so watch for upcoming notices. The NMID top speller will go on to compete at the Regional finals! The winner of the Calgary region gets the chance to compete at the National Bee Final in Ottawa, Ontario.

### Calgary Herald Canspell Regional Spelling Bee Finals

Location: University of Calgary, MacEwan Conference Centre – MacEwan Hall

Scheduled Date: **Saturday, March 5, 2011**



## How to Care for the New Uniform



To All FFCA Parents,

It has been brought to our attention that some of the knit goods purchased this fall may have had the care instructions incorrectly labelled.

Please note the following as the correct care instructions;

- TURN SWEATER INSIDE OUT BEFORE WASHING
- WASH SEPERATELY
- DELICATE CYCLE
- LAY FLAT TO DRY

100% acrylic, pill controlled yarn, exclusive of trim.

We apologize for any inconvenience caused.

Thanks,  
Ariel Piper  
President

## Wordfest Field Trip

All Grade 7 and 8 classes will be attending a very special Wordfest Book Rapport session on Wednesday, October 13 at the Vertigo Theatre. The students have the opportunity to meet two exciting Young Adult authors, Kenneth Oppel and Deborah Kerbel. The students will be treated to both authors reading from their new novels, as well as humorous stories about being a professional writer. More information on Wordfest and the authors may be found on the Wordfest website: [www.wordfest.com](http://www.wordfest.com)



## Volunteers Needed

The Student Council requires parent volunteers to help with our chocolate fundraiser. Parents are needed to help count money and fill orders.

Volunteers are needed on October 8<sup>th</sup>, 15<sup>th</sup> and 29<sup>th</sup> at 1:00PM

If you are able to assist, please contact Christina Brown at:

[christina.brown@ffca-calgary.com](mailto:christina.brown@ffca-calgary.com)

Thanks for your support!

## 2010-2011 Public Board Meeting Schedule

All meetings are held in the Central Office Boardroom\* on Wednesday evenings beginning at 6:00 p.m. unless otherwise specified

**September 15, 2010**

**Note: 7:30 p.m. @ Blackfoot Inn (Macleod Room)**

October 13, 2010

November 17, 2010

December 1, 2010 – Annual General Meeting

December 15, 2010

January 12, 2011

February 16, 2011

March 16, 2011

April 13, 2011

May 18, 2011

June 1, 2011 – Organizational Meeting

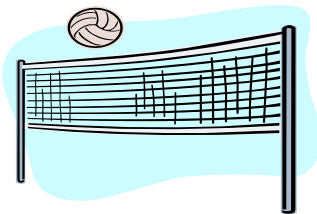
June 15, 2011

\*FFCA Central Office is located at:  
#240, 688 Heritage Dr. SE, Calgary  
(go to “Contacts/Central Office” to access map)

## Girls Volleyball Team 2010-11

Congratulations to the members of the North Middle School Girls Volleyball Team. Ms. Jeffries and Ms. Schultz are excited about the upcoming season. With the strong leadership of our grade 8's and the addition of the talented grade 6 and 7 students we look forward to a promising season. For our fans, please see the CISAA website for game times and locations. Come on out and support!

Suraya M.	Dawsyn M.
Erin G.	Kyleigh A.
Suman R.	Jordanne R.
Suvneet S.	Jazmine F.
Elaine N.	Ruhee J.



## Mural and Choir Club

Both the Mural Club and the Choir Club started this week. Choir Club meets on Tuesdays during lunch recess. The choir will sing at all the school assemblies and perform a variety of different music. The Mural Club meets on Thursdays during lunch recess. With the help of Mrs. Aldridge, the students in Mural Club will create, draw, and paint murals throughout the school. Both clubs run year-round. If your child is interested in joining, have them come sign up with Mrs. Linton.

## School Spirit Sale



The student Council is pleased to offer a variety of FFCA and Cobra merchandise for sale to help promote school spirit at the North Middle Campus.

Orders will be accepted throughout the school year. Please see Mrs. Moore or Ms. Brown for order forms and show your school spirit!



## Boys Volley Ball Team 2010-11



Volleyball season has started again and the North Middle School Boys team is ready to go! With a whole new batch of players ranging from grade 6 to grade 8, our team promises to have a very exciting season this year. League games for the boys will be played on Tuesday and Thursdays of the week starting with our first home game on Tuesday, October 5 at 5pm. Come out and cheer on your Boys Cobra team!

## Student Council Fundraising



The Student Representative Council will once again be selling chocolates to help raise money for our school. The money we made last year enabled us to do some fantastic things for our school and the students. Chocolates will be sent home October 1<sup>st</sup> and will include coupons to the Village Square Leisure Centre. We are looking forward to another great year for the SRC.

We thank everyone for their support!

## Bus Passes

Please note at the Middle School we do not issue bus passes for social reasons. However, occasionally a bus pass will be issued for unexpected emergencies. Thank you for understanding.

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## A Note from FFCA NMS Parent Council 2010-11

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I would like to take this opportunity to introduce you to this year's NMS Parent Council, as elected at the September 7, 2010, Annual General Meeting and BBQ. I would also like to thank all of them for volunteering their time.

<b>Chairperson</b>	Susan Elson
Vice Chairperson	Nancy Narang
Treasurer	Nanja Struck
Secretary	Lorna Kreutzenstein
<b>Committee Chairs:</b>	
Volunteer	Christine Cloutier
Fundraising / Casino	Angela Wright
Community Liaison	Laurie Aldridge Annette Anderson
Hot Lunch	Terrie Martin
On Line Auction	Victoria Cheng-Yee

If you would like to volunteer your time and talents please email me at Susan Elson (Chairperson) [sanddelson@shaw.ca](mailto:sanddelson@shaw.ca). We look forward to the coming year and serving our school community.

A friendly reminder that each family is responsible for 20 hours of volunteer time per year! Please

Remember to submit your hours each month. Information on submitting volunteer hours can be Found on the FFCA website [www.ffca-calgary.com](http://www.ffca-calgary.com).

Have a great year!

Sincerely

NMS Parent Council 2010-2011

Submitted by Susan Elson, Chairperson



## THE SCHOLASTIC BOOK FAIR



# The Scholastic Book Fair is coming!!

The scholastic book fair will be at the FFCA North Middle School Library on the 7<sup>th</sup> and 8<sup>th</sup> of October during parent/teacher learning conferences. This is a great family event featuring amazing books, activities for children, competitions and a variety of FFCA merchandise.

EVERYONE IS WELCOME

For every \$10.00 dollars you spend at the book fair, up to \$6.00 goes back to our school. This allows us to purchase much needed books for the library.

Support our school 😊



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## Time to Renew Wait List Application

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# TIME TO RENEW YOUR WAIT LIST APPLICATION

**Who:** EVERYONE who has a child's name on the wait list. This includes siblings, and those with priority status.

**When:** October 1<sup>st</sup> through to the 31<sup>st</sup>.

**How:** Renew your application online through the FFCA website [www.ffca-calgary.com](http://www.ffca-calgary.com) Go to Parent link, Select Wait List, then click on the link that says Wait List Online System. Enter your username and password (detailed instructions are given on the website to retrieve yours if you do not already know it). You will see your family profile. Select and click on the renew button.

**What if I don't have a computer?** You can renew in person at Central Office #240, 688 Heritage Drive SE, Monday through Friday between the hours of 9:00 am and 3:00 pm.

**To renew, do I fill out a new application and send it in?** No. You do not complete a new application to renew. Renewals are done online through the FFCA website, or in person at the Central Office.

**Does it matter what day in October that I renew?** No, your original entry date is how you are sorted on the wait list.

If you have any questions please contact Wanda Olson 520-3206 ext 160 or by email [wanda.olson@ffca-calgary.com](mailto:wanda.olson@ffca-calgary.com)

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## Important Notice to Southland Bus Parents

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FFCA currently offers a *Bus Communication System* to our **Southland bus families**. This is the easiest and quickest way to receive information directly from your driver if they are experiencing any kind of delay on route. If you haven't already signed up (you must sign up every year, it does not carry over from the previous year) for this program and would like to, all you need to do to sign up for this service is:

Go to: **[www.yourschoolbus.com](http://www.yourschoolbus.com)**

User name is: **ffcasubscriber**

Password is: **signup**

Then follow the link and provide the information needed.

**You can receive an email to your email address and/or a text to your cell phone.** Please note that some cell phone companies do charge an additional fee for this service. Please be aware that your child's campus will no longer phone parents in either the morning or afternoon when a delay occurs.

If you do not have access to email or a cell phone you must contact Southland Transportation directly to determine the status of your child's bus. Please remember that the dispatchers are very busy at peak bussing times, morning and afternoon. Do not call until a bus is at least 15 minutes late.

**ATTENTION:** All Willco bus routes carrying **NMS** students will have a fan out system set up in November. If you are interested in volunteering in this phone fan out in the event of a delay, please contact Susan Goldsmith by email. **[Susan.goldsmith@ffca-calgary.com](mailto:Susan.goldsmith@ffca-calgary.com)**

Please ensure you arrive five (5) minutes prior to the bus stop pick up and drop off times. Transportation requests will NOT be reviewed until after September 22, beginning with the most urgent. We will address any concerns raised regarding the **safety** of a particular stop location. In these situations we will have the Southland/Willco Transportation safety department visit the stop and make recommendations regarding the stop. **Stop change requests will not be considered for convenience and/or proximity to residences as we locate stops to service a number of families.**

Susan Goldsmith

Director of Transportation



Parent Information Evening

**FOUNDATIONS**  
FOR THE FUTURE  
**CHARTER ACADEMY**

FFCA and Acadia Community Health Centre nurses invite you to a parent information evening on “Healthy Eating” and “Active Lifestyles”

**HELPING YOUR  
CHILD LEARN BETTER  
THROUGH ACTIVE LIVING**

Monday, October 4, 2010

7:00 pm – 8:30 pm

Southwest Elementary Campus

(898 Sylvester Cres SW)

**Please Join Us**





# Our on-line payment system has changed... and *everyone* must register on the *new* system!

*Please note: parents who were registered on the old system will need to **re-register** on the new system.*

## Register by Sept. 30<sup>th</sup> to take advantage of all the benefits:

- Convenient: Available 24/7
- Easy to Use: Pay by credit card or eCheck—COMING SOON!
- Safe: No need to send money with your child. Manage all your purchases on-line and view payment history
- Email Notifications: Receive notifications by email when a new fee has been set up for your child

## 3 Easy Steps...

1. Log onto <https://www.ffca-calgary.com/myhome/familydefault.asp>
2. Click on ***Get Started Today*** and complete the registration form.
3. You will receive an email confirmation. Once you have confirmed the email, you will need to add your children to your profile.

SchoolCashOnline.com: Welcome - Windows Internet Explorer  
https://www.schoolcashonline.com/

SchoolCashOnline.com: Welcome

Spanish Haitian Creole Sign In

### School Cash Online

HOME ABOUT US GET HELP

Paying school items just got easier!  
Sign up to get started today.

What is School Cash Online?  
School Cash Online is an easy to use, safe way to pay for your children's school fees.  
[Learn more](#)

Get Started Today Sign Into Your Account

About KEV Group:  
Over the past 15 years KEV has helped over 4,700 schools manage their cash in the easiest way possible.  
[Learn More About Us](#)

How Does This Work?  
It's simple! Just follow the 4 easy steps to make payments. Then see your payment history and receive receipts via email.  
[Read the FAQ](#)

Why Use School Cash Online?

- Convenient Make secure payments 24/7 from the comfort of your home
- Easy To Use Online shopping with credit card, eCheck, or pre-pay your eWallet
- Safe Your child won't be carrying cash or checks to and from school
- Saves Time Manage your school expenses and view payment history in one place

Home About Us Get Help Sign Up Privacy Policy Terms and Conditions Security Policy 1.0.91.1509

**Congratulations! You are now ready to start using the new system!** 10









2010 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 FIRST DAY OF SCHOOL 	2	3
6 HOLIDAY NO SCHOOL 	7 PARENT COUNCIL AGM / BBQ 	8	9	10
13	14	15 BOARD MEETING BLACKFOOT INN 7:30PM 	16	17
20	21 PICTURE DAY 	22	23	24 HOT LUNCH MR. SUB 
27	28	29	30	



2010 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 SCHOLASTIC BOOK FAIR CLASSROOM VIEWING 	5 SCHOLASTIC BOOK FAIR CLASSROOM VIEWING	6 HOJA PERFORMANCE / SCHOLASTIC BOOK FAIR CLASSROOM VIEWING	7 LEARNING CONFERENCES NO SCHOOL / SCHOLASTIC BOOK FAIR FAMILY VIEWING	8 LEARNING CONFERENCES NO SCHOOL / SCHOLASTIC BOOK FAIR FAMILY VIEWING
11 THANKSGIVING NO SCHOOL 	12	13 BOARD MEETING CENTRAL OFFICE 6PM 	14	15
18 PARENT COUNCIL MEETING 6PM 	19	20 RESPECT CHARACTER ASSEMBLY	21	22
25 PD DAY NO SCHOOL 	26 PD DAY NO SCHOOL 	27	28	29 HOT LUNCH PIZZA HUT PASTA 