



The Phoenix Messenger

— FFCa South Middle School 8710 Ancourt Road SE Calgary, AB T2H 1V2 P:403.259.3175

Andrew Davison Campus 8710 Ancourt Road SE Calgary, AB T2H 1V2 P:403.259.3175 F:403.259.3008

October 2011

Volume 1, Issue 2

Matter of Principal

What a Great Start!

We are having the nicest fall since I moved to Calgary, and it is hard to believe that it is mid-October and winter is around the corner! We have had a terrific beginning of the year and we have welcomed a good number of new students in addition to our new grade five students.

Our grade eight students kicked off the year with a wonderful day being in the outdoors and active at the Glenmore reservoir, and the whole school got active with an extremely energetic house league competition outdoors as well. This house league activity saw all student competing in tug-o-wars as well as various competitions which permitted older students

to cheer for younger students and vice-versa.

On Thursday, September 15th our new School Council put on a wonderful event. Our first Open House and BBQ went over so well that the only thing that seemed to be missing was fireworks. Close to a thousand people were able to enjoy a burger meal, and stand, sit or lie down in the grass while meeting teachers and other parents throughout the evening. This event was spearheaded by our School Council and led by Tara Millington, our Community Services Representative.

On Wednesday, September 28th, the

Middle School and the Southeast Elementary School did their Terry Fox run together. Organized by teachers Joey Zielke and Chris Shaw, the groups of older and younger students were paired up and walked from the middle school campus to the elementary campus together. Again, we had terrific weather and were able to enjoy a great sense of community.

Our students are working hard, and playing hard, and we have been truly off to a great start!

John Picard

Principal Educator

Susan Boyd

Associate Educator

Important dates!

- Oct 21-Charter School Conference
- Oct 28-Crazy Hair Casual Day and Hot Lunch
- Nov 7-10 –Veteran’s Food Drive stay tuned for details
- Nov 10-Remembrance Day Assembly-11 am
- Nov 11-No School
- Nov 17– Term 2 Begins and Term 2 Electives Begins
- Nov-23 Report Cards go home
- Nov24,25– Pd Days

Inside this issue:

| | |
|---------------------------|-----------|
| Reminders | 2 |
| Remembrance | 3 |
| Parenting Workshop | 6 |
| Healthy News | 8 |
| SRC | 9 |
| Calendar | 12 |

Mission

To provide a safe and caring environment where academic excellence, character development, parental involvement and staff leadership are valued and fostered.

Vision

Excellence in student achievement and character development through distinctive teaching and learning.

Parking Directions for Parents

88th Avenue SE

Arlington Drive SE (West Side)

Aberdeen Road SE

Please make note of the marked bus zones.

Please pick up and drop off students near crosswalks so that students have a place to cross.

Please do not block residential driveways.



OCTOBER

It was one of those fine October days free from summer's heat and haze but not yet gripped by autumn chill.

It was one of those fine October days when the sky's so clear you can see the moon through the atmosphere at midday.

It was one of those fine October days when the trees sport yellow and red instead of everyday summer green.

It was one of those fine October days when one draws a deep breath and is grateful to be a resident on earth.

Have you heard the news?

The bus zone on Ancourt Road has been extended!

This will allow our buses to park in a safer manner and provide for greater driver and pedestrian visibility around the buses.

Please be aware of the parking signs around the school.

When dropping off or picking up students please consider parking close to one of our two crosswalks so your child(ren) can safely cross the street.

When parking in front of our neighbors homes please be mindful of their driveways to ensure owners can easily access their homes.



Students Riding Other Buses

We **do not** offer bus passes due to full buses and shared busses with other campuses. If working on a project with a classmate you will need to make alternative arrangements.

Susan Goldsmith
Transportation
Coordinator



Lions Recycle For Sight

Old glasses give new life. Let a child read and learn. Help an adult earn a living. Donate your used eye glasses. For the lions "recycle for sight" visit. Drop box is located in the school foyer.



Campus Contact Information:

Phone: 259-3175
Fax: 259-3008
E-mail: davmail@ffca-calgary.com

Please call all lates or absences in to Mrs. Conaghan or email.

Get your pictures in the yearbook!

The Yearbook Staff invites students and parents to submit photos for the yearbook. If you've got great photos of school and community events or you and your friends just having fun, we'd like to see them. Our photographers can't be everywhere. Help us get as many photos as possible to create a terrific book everyone will want to have.

Here is how you can submit photos online:

- Go to:
<https://images.jostens.com/login>
- If it does not automatically log you into the site, enter user-name:400113607 and password:sms
- Browse to select the photo(s) you wish to upload.
- Enter information about the photo and provide contact information in case the staff needs additional information.
- Click "Save Details".

It's that easy! Submit your photos today! The last day to submit photos is 6/15/2012.

Thank you, and **Remember that the time you spend taking and uploading pictures can be included in your volunteer hours!**

Sincerely,
Yearbook Adviser and the 2012 Yearbook Staff.

The Yearbook Staff will review all photos and determine final yearbook content. We cannot guarantee that all submissions can be used in the book.



Remembrance Day Assembly

South Middle School will be recognizing Remembrance Day with a ceremony at 11 AM on Thursday November 10, 2011 in the gymnasium. Parents are invited and encouraged to join us for this event. **We will be starting our ceremony with a color guard entrance as our flag enters. Any students who wears a uniform as part of an out of school activity are encouraged to wear there uniforms on November 10.**

November 10 Veterans Food Bank Drive

We encourage all families to donate non-perishable food items. Please watch for an email listing the items by the Veteran's Food Bank.

RECOGNIZING VETERANS

Dear South Middle School Families,

As you are aware, Remembrance Day is approaching. We have begun planning our services for that day and feel it is important to recognize our soldiers and families that have protected our rights and freedoms as well as countless others.

In order to show how widespread the effects of war can be (even when not fought in our home country), we would like to personalize this service for our students. We are asking for your help in this endeavor. If you have a family member, past or present, that has served their country, please send us information about them.

We are asking for their name, rank and where they served along with their current status. i.e.: active, retired, deceased, etc. Please include the relationship to the students at the school. If you wish, you may include a digital/scanned copy of a photo. Unfortunately, this is a huge undertaking as so many of our loved ones have been touched by war.

Please send your information to me in this format by October 31st: (font: Calibri, 11)

Please e-mail the information to cathy.mcleer@ffca-calgary.com

We would like to show how many people close to us have sacrificed for all that we have and are thankful.

Bus Communication –Sign up!

FFCA strongly encourages you to sign up for the Bus Communication System

Go to <https://www.ffca-calgary.com/myhome/familydefault.asp>

And login with your family user name and password

Once you are logged in you can click on [Bus Subscriptions](#) in the Family Zone Menu and choose the bus route (s) you want delay notifications for. Campuses will also receive the delay messages in the same manner as you – please do not call them to ask about delays as they will have the same information as is available to you. The campuses will not be calling you in the event of a delay.

FAQ

1. Do I sign up every year?

Yes, this is due to bus route numbers changing, or your student changing to a new campus. All records will be cleared each year.

2. How do I edit my information?

Log in to your Family Login as shown above any make any necessary changes

3. How do I unsubscribe to this service?

Log in to your Family Login as shown above and click on Delete under the Action column.

4. Can a Text to Landline be sent to my home phone because I don't have a cell phone?

No, only cell phones or your home email address can receive this service. We encourage you to introduce yourself to another student at your bus stop, who has signed up for this service, so you are kept informed.

5. Can I call Southland or Willco dispatch?

If you can not sign up for this communication or do not know of anyone that has on your bus route, you may call your dispatcher, but at times you will be put on hold or find that the line is busy. The dispatchers are extremely busy in the mornings. Please understand that in the event of an issue, the dispatcher will be attempting to keep their attention to correcting the current situation to get the students wherethey need to be. In this event the fewer interruption by extra calls the better.

If you have complaints please do not speak to the dispatcher about your service or bus driver during this time of the day, but rather leave your name, your phone number and bus route number for them to return your call. It is important to respect the fact that they do care and want to respond but their time is limited. You may always call your Transportation Director 520-3206 ext 158.

6. What if my server does not appear on the list?

If your provider is not listed on the list then the provider is likely not capable of transporting these types of messages (you can ask your provider if they support "Email to SMS technology" and if they do then let us know and it will be added to the list).

Speakout 7-11 users please see the information provided on your-schoolbus website for information on how to sign up.

7. Can I reply back to the administrator via email or text the administrator?

This communication is one way only, you should not reply back to the administrator of this website. This communication is only to advise you of a delay, not to answer any questions you may have.

8. When the time delay is entered as 10 minute delay at stop 1, how do I know how late the bus will be at my stop?

Although the bus drivers attempt to keep the delay times as accurate as possible, just entering a delay will let you know that the bus is not on its regular schedule. The drivers will try to update the times if they increase or decrease throughout the run. It will be the parent's decision to remain at the bus stop or return home or drive to their designated campus.

Please have a back up plan in place with your student. How long do you want your student to wait at the bus stop is your decision as a parent. Do you want them to return home? If so, they will need a number to reach you at. If you are waiting in a car for the bus to arrive, you must decide how long you will wait before leaving and perhaps driving to the campus. Delays may occur throughout the school year, either due to road conditions, accidents causing traffic delays, weather or mechanical. The bus drivers are trying their best to drive the route safely for the road conditions. When you see the bus coming, ensure your students are outside waiting (do not send your student across a busy street at the last minute on snowy icy days) and on good weather days, have your student outside waiting at the stop 5 minutes prior. Please note that just because one school bus from a different school board gets a bus to your area in a timely manner doesn't mean all school buses will make it on time during weather delays. Each route is created differently and the bus drivers will take every precaution to transport the FFCA students safely.

Influenza Immunization

Mass Venue Sites

Avenida SE

South Calgary Health Centre SE
Richmond Road Diagnostic Treatment Centre SW

Beddington (Town Square) NE
Brentwood NW

Northgate (old Ikea Mall) NE

October 17 – December 18 , 2011

Monday to Thursday

11:30 am – 7:00 pm

Friday to Sunday

9:30 am – 5:00 pm

Health Link for more information 403-943-5465

Your Personal Parenting GPS Helping You Get Where You Want to Be!

A Two Part Parenting Workshop Series

Please join us on Monday November 7 at 7:30pm and Monday February 6 at 7:30 pm for a two- part workshop series on Parenting, presented by Elizabeth Critchley. In the first part of the workshop, you will examine your values as a parent, and clarify areas of your parenting that you want to examine. The topics of *Communication, Discipline, Planning, and Fun* will be addressed. In the second evening you will get an opportunity to learn about parenting in terms of *Being a Role Model, Traditions and Routines, Consistency and Creating an Environment for Success*. The evenings will be filled with insights and inspiration, laughter and companionship. You will learn practical tips for maintaining your sanity while performing the most important job in the world. You will go home inspired to create the kind of family that you desire and with new ideas to become a more effective parent.

Parent Information:

The 2011/2012 Curriculum Handbooks for Parents, Curriculum Summaries and the Curriculum Express for Parents are available on the Education website in English at www.education.alberta.ca/parents/resources/



Bussing Expectations:

We would encourage all parents\guardians to review our **Transportation Handbook** that provides information on topics such as bus stops, behavior and passenger information. The document is available at the following link: http://www.ffca-calgary.com/FFCA/Parent_Info/Bus%20Routes/Transportation%20Handbook%202010-11.pdf



Dismissal Doors

At the end of day students should leave the school through the grade level exits. If a student is being picked up by a parent or guardian that is in the school the front door may be used. This should allow us to have a less chaotic front office area during dismissal. Thanks for your cooperation.



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 1st through to the 31st.

How: Renew your application online through the FFCA website www.ffca-calgary.com. From the Parent tab, there is a drop down menu, select **Wait List**, then look for the writing in blue that says "*click here to enter the online wait list 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 Thursday between the hours of 8:00 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

ACADEMIC RECONIGNTION

South Middle School has made some changes this year to the criteria of academic recognition. Honours will be 80% or above in all core subjects, electives and specialty classes.

Honours with Distinction will be 90% or above in all core subjects, electives and specialty classes.

The distinct difference will be that each core subject will need to meet the target (80% or 90%), not an average of all four. As well students will be expected to meet these targets in their electives and specialty classes as well.

5% improvement will be recognized individually in each of the four core subjects

1st Term Recognition Assembly Thursday Dec 1 8:40-9:35. Watch for upcoming Kids in the Community info request as we look to recognize outside of school achievements as well.

CASUAL DAYS: 2011-2012

OCTOBER 28 CRAZY HAIR DAY



FEBRUARY 24 JERSEY DAY



NOVEMBER 18 PJ DAY



MARCH 23 COSTUME DAY



DECEMBER 16 80'S DAY



APRIL 27 TWIN DAY

JANUARY 20 BACKWARDS DAY



LOGGING YOUR VOLUNTEER HOURS

Please remember to log your volunteer hours . You can check and/or enter your hours by going to

<http://www.ffca-calgary.com/myhome/>

and entering your user name and password. Then choose on the right hand side; "Family Volunteer Hours"

Thank you to all our families for your endless efforts in keeping the South Middle School a great place!

For the first 5 hours you volunteer you are sent an email thank you. For 10 hours you are sent a thank you card in the mail with an Andy's buck for your child. For 15 hours a pen and a carabineer.

Did you know that at the SMS campus we will treat your child to lunch when your family volunteers 20 hours for FFCA.

We may walk over to Subway during lunch hour or bring lunch in time for period 4. All of the siblings that attend our campus, whose families have volunteered 20 hours, enjoy this opportunity.

Advice for cheering up your children

As parents, it is important to teach healthy coping skills to our children, especially since one in five children will face a mental health challenge at some point in their childhood or adolescence.

In honour of World Mental Health Day, held on Oct. 10, 2011, we offer a few suggestions for how you can help your child beat the blues. Be sure to join in the activities – mental health awareness is good for all of us!

Dance, dance, dance. Put on your favorite music and dance your heart out.

Exercise. It releases happy hormones known as endorphins.

Take a power nap. A 20-minute snooze can rejuvenate the mind, body, and soul.

Write. Sit down and write about your feelings, or about things you are grateful for.

Treat yourself with compassion. Be kind to yourself and quit judging yourself.

Bond with nature. Go somewhere where you can be with nature and relax.

Whatever you feel you lack, offer it to some-one else. Helping others is a great way to take your mind off your own worries!

For more information about World Mental Health Day, visit the World Federation for Mental Health's



One in five children will face a mental health challenge at some point in their childhood or adolescence.

Keep those school parties fun and healthy

School parties and holiday celebrations are some of the most exciting times of the school year.

At many of these celebrations food is the main focus of the party. Keep the party fun and healthy by featuring one of these ideas:

Roasted pumpkin seeds

Graham cracker with a spoonful of yogurt topped with a slice of fruit

Snack mix with a crunch (dry cereal, whole grain crackers, air-popped pop-corn, pretzels)

Whole grain crackers and low fat cheese

Veggie sticks

Yogurt topped with fresh fruit

Fresh fruit kabobs

There are many options to make parties both tasty and nutritious.

Use one of these ideas or be creative and come up with one of your own!

For more information and celebration snack ideas please visit www.albertahealthservices.ca



Yogurt topped with fresh fruit is a great party snack.

Influenza immunization begins this month

Fall into the routine

Keep those school parties fun and healthy

Did you know that October is International Walk to School Month? To find out more, click to www.iwalktoschool.org

When you make influenza immunization an annual event, you protect yourself, your family, and our communities from infection and illness.

Annual influenza immunization is recommended, this fall and every fall, for all Albertans six months of age and older.

Influenza immunization will be made available, free of charge, starting in mid-October.

Influenza immunization clinic schedules are posted online at www.albertahealthservices.ca.

Clinic schedules are available by calling Health Link Alberta at 1-866-408-5465.

“Happiness comes down to how you feel about yourself. Your actions as you live your life will give you the answer.”

Red Buttons

Student Council Representative



President: Siddarth

VP: Daivik

| |
|-----------------------|
| Secretary: Lauren |
| Secretary: Ayush |
| Secretary: Ronnie |
| Newsletter: Bhakti |
| Newsletter: Amy |
| Newsletter: Jon |
| Treasurer: Nikhil |
| Announcer: Claire |
| Announcer: Celina |
| Announcer: Adam |
| Announcer: Rafael |
| Advertising: Preet |
| Advertising: Kaylin |
| Advertising: Marissa |
| Advertising: Susan |
| Attendance: Jordan |
| Photographer: Hussein |
| Photographer: Ibk |

2011-2012 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**

MONDAY, November 21, 2011**

December 7, 2011
(7:00 p.m. Annual General Meeting)

December 14, 2011

January 18, 2012

February 15, 2012

March 14, 2012

April 18, 2012

May 16, 2012

June 13, 2012

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

"Try to set aside time to make a difference in the lives of people who are physically afflicted or otherwise cant help themselves. This will be an important legacy."

Leigh Steinberg

FFCA SMS

We kicked off our MAGAZINE campaign on September 29 and completed our first **“BUBBLE GUM DRAW”** today!

The kids qualify for the gum draw with *every second* subscription sold! (If they sold one by the first prize day, and sell another after, it will count for the second prize day).

>>>Any subscriptions handed into the office by the end of OCTOBER 13, will qualify for PRIZE DAY #2!!!!!!

For every student who has sold 3 subscriptions, their name goes into final draw for a



Gigantic Gumball Machine!

If we sell 455 as a school, everyone who sells (*even just one*) will have their name entered into a draw for a

“GOOGLE ANDROID POWERED TABLET PC”!!

**** REMEMBER: If a magazine subscription was bought ON-LINE,

PLEASE PRINT IT AND SEND IT IN WITH YOUR CHILD IN ORDER FOR THEM TO QUALIFY FOR ANY DRAWS WE DO!!!!****

THANKS,

Tracy Prokopetz, fundraiser coordinator.



[CanLearn Centre/Calgary Learning Centre](#)

3930 20 Street SW

Calgary Alberta T2T 4Z9

t 403 686 9300 x 131

tf 1 877 686 9300

f 403 686 0627

Email: www.calgarylearningcentre.com

These are some programs and workshops offered by CanLearn Centre|Calgary Learning Centre

Student Programs

Grades 4 - 6

Study Skills 101 **NEW!**

Grades 7 - 9

Study Skills 201 **NEW!**

Test Ready **NEW!**

Grades 10 - 12

My Study Plan **NEW!**

Student Workshop

Grades 7 - 12

In the Driver's Seat: Preparing for Your Learner's License Test **NEW!**

Student & Parent Workshops

Grades 4 - 6 High

Getting Ready for Junior

Grades 7 - 12

Coping with Test Anxiety

Essay Writing **NEW!**

Organization and Study

Study Skills and Exam Prep

SMS Ready for the Challenge

Since SMS opened, we've had students competing against other schools in volleyball, basketball, and other sports. But we haven't always competed in science, or math, or essay-writing.

This year, a new club is forming, called the Academic Competition Club. About thirty students have joined. Throughout the year, we will be looking for various types of contests, and setting our skills against students in Calgary, across Canada, and around the world.

Some of the upcoming events for club members:

Our school has always been involved in one math contest per year. But club members may participate in as many as four contests this year.

Our school will once again send two teams to the Calgary Science Olympics, a science challenge competition organized by engineers and geologists in Calgary.

Students will have the opportunity to participate in the Calgary Science Fair. SMS has been out of science fair for several years, but it's time for us to get back in.

We will be promoting essay contests, environmental challenges, poster contests, and other events as they arise.

We would like to encourage parents who are interested in helping to coach students in these experiences. Please contact Mr. Wiebe to discuss your availability.
kevin.wiebe@ffca-calgary.com



COUNSELOR'S CORNER

Gina Grace

* I will be starting a group for students struggling with anxiety and one for students struggling with friendship issues. These 2 groups will be for grades 5 and 6 students and will be starting the week of October 31. If you would like your child to be part of one of these groups please email me.

We will discuss what the terms mean, how they feel, and provide some tools for the students to use when they feel unsure of how to deal with their situation.

* I am also looking to start a career resource list of parents that are willing to come into the school and talk in some of our classes to our students about their careers. Some of the presentation to our students would include: What your typical day is like, what education or skill set you need for your career, what opportunities you have in your career, what you like about your career etc.

I am hoping to get a variety of careers on our resource list so that our students are exposed to many different aspects of the working world. Please contact me at the school and let me know if

you are interested in coming to talk to a group of our students about your career.



*Children are remarkably resilient when they get the assistance they need. Schools are an ideal setting to provide counseling services to children and youth. I can help to provide services that address needs at home and school to help students succeed academically, emotionally and socially. Children and youth thrive when they feel safe and supported and I will assist in providing a system of support that meets each child's individual needs. Please feel free to contact me at the school any time.

I can be reached at gina.grace@ffca-calgary.com



November 2011



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|---|---|--|---|
| | | 1 | 2 Jamie Clark Presentation Gr 5-8 | 3 | 4 Gr 6 Police Interpretive Center | 5 Daylight Savings Time  |
| 6 | 7 Toastmasters 3:30-4:30 Parent Workshop 7:30pm | 8 Romeo and Juliet Performance Grade 7/8 | 9 | 10 | 11 No School Remembrance Day | 12 |
| 13 | 14 Toastmasters 3:30-4:30 | 15 Scrapbooking 11:50-12:40 | 16 Gr 7 Junior Achievement | 17 Term 2 Starts Term 2 Electives Starts | 18 Gr 6 Police Interpretive Center | 19 |
| 20 | 21 Gr 6 PET Presentations | 22 Gr 6 PET Presentations | 23 Report Cards Go Home  | 24 No School | 25 No School | 26 |
| 27 | 28 | 29 Scrapbooking 11:50-12:40 | 30 | DEC 1 Academic Recognition Assembly 8:35 am | DEC 2 Gr 6 Police Interpretive Center HOT LUNCH | |