



The Phoenix Messenger

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Matter of Principal

A Community Cultivating Care

This is the core component of Character Education at FFCA. Leading a character education initiative requires a focus on helping students and staff develop an awareness ethical caring, the skills to care, the courage to act in a caring manner, and the connections that cultivate a caring community.

An ethic of care is based upon a regard and desire for the well being of self and others. Caring is the foundation of ethical or moral behavior and the foundation of relationship. “A care ethic begins with the assumption that it is morally relevant to acknowledge that all humans are specific, concrete individuals rather than abstract, generic beings” (Hankvisky, 2004, p. 32). Care involves a focus on, and prioritizing of, relationship and the skills and qualities necessary for building relationship. This caring relationship involves acceptance and trust. Care involves receptive attention, reciprocity, empathy, feeling, and vulnerability. The development of empathy is fundamental to caring. It is the moral core, motivates care, and stops cruelty.

Over the past couple of months we here at SWE have put some intentional focus on caring for others. Below is just a small list of the activities that students, teachers and parents have been engaged in.

- Toy drive for the Children’s Cottage
- Pull Tab Collection for the Ronald McDonald House of Southern Alberta (on-going)
- Food Drive for the Calgary Interfaith Food Bank
- Craft Making for the Secret Service Calgary Project – a project who supports the elderly who are shut in and do not have an extended family. This project provided a bit of holiday cheer around a very difficult time of the year.
- Collection of Mittens for the Mustard Seed

All of the above are just some great examples of the care being shown by our community. We look forward to what the new year holds and encourage everyone to continue to let your character shine!

Justin Kool
Principal Educator

Joan Burke
Associate Principal

January

2012

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Dates to Remember

- Jan. 18 - FFCA Board Mtg - 6:00 pm
- Jan. 20 - Hot Lunch Day
Show Your Culture Day
- Jan. 25/26 - No Kindergarten Classes
- Jan. 27 - No School - Learning Conf.
- Feb. 13 - School Council Mtg.—6:15
- Feb. 13 - FFCA Board Mtg. - 6:00 pm
- Feb. 16/17 - PD DAYS—NO SCHOOL
- Feb. 20 - FAMILY DAY - No School



REACH FOR THE STARS



Happy New Year From the Art Department

Edmodo Art Group

At least once a month you can find out what is happening in the Art room by joining the Edmodo group: Art 2012 (code = 4dwr94) This is a read-only group and includes links and information about what students are doing in class and in extra-curricular activities. If you would like to contact Mrs. Wanhill directly, please e-mail: barbara.wanhill@ffca-calgary.com.

FFCA On-line Gallery

A new and improved version of our on-line gallery is now up and running. You can find the link on the main page of the FFCA website or type in this web address: <http://artgallery.ffca-calgary.com> Already featured is new work from SWE as well as work from our other campuses around the city (including the middle and high schools).



SWE Art Gallery in the Art Room

This year, the art room will again be turned into an art gallery to feature work by students from grades 1-4. Please stop by during student lead conferences at the end of January.

Art Explorers

Thanks to Chloe in grade 3 for being the first Art Explorer of the year! She brought in a bunch of fruit and vegetable stickers and with the help of her class is going to create a found-sticker collage!

Exploration 3: See It/Feel It—Texture

TASK—Look for interesting textures around you.

Collect and collage interesting textures. Bring in your work and Mrs. Wanhill will post it in the art room. Then challenge your friends and family to feel and figure out the textures with their eyes shut. (please make sure name and grade is on work you would like returned.)

Barbara Wanhill
Art Specialist Teacher



Library Corner



I Love to Read

Traditionally, February is I Love to Read month at Southwest Elementary Campus. We are looking forward to continuing this tradition this year. Our theme is Creating a Community of Readers. During the course of the month we will be having guest readers come in and share stories with different classes. If you or

someone you know would be willing to volunteer some time to share your love of reading with us we would be keen on having you join us. This time can be counted as part of your volunteer hours and more importantly it gives our students a chance to hear a variety of people read; thus further promoting their love of literacy. Please contact Mrs. De at val.dedeugd@ffca-calgary.com if you are interested.

Our month culminates in a school wide game of Bingo which our students thoroughly enjoy. This year we would like to offer books as prizes for our students. If you have any gently used books that we could use as prizes please send them to the school and have your child give them to Mrs. De.

Student Lead Conferences

Student Lead Conferences will take place January 25 (Kindergarten only), January 26 & January 27. This round of conferences is compulsory. If you have not already done so please go to <https://ffcasouthwest.schoolsoft.ca> and book an appointment through our online Conference Manager.



Christmas Bouquets



A great big thank you to Karen Brown and all the other Christmas elves who provided each staff member with a tin of homemade goodies before the winter break. What a YUMMY way to end the year!

The staff wishes to express their sincere thanks and appreciation for the Keurig coffee maker for our staff room. We want you all to know that we are making good use of your generous gift.



REACH FOR THE STARS

Youth Development

Welcome Back!!

As we all start up again after the Winter Holidays, makes for a great time to remind everyone about Kelso's Choices. Conflict and disagreeing are normal, and they tend to happen often when children play together. How these conflicts and disagreements between students are worked out is important. This is the reason that as a school we have implemented Kelso's Choices over the past two years.

The goal of Kelso is to give students a variety of choices on ways to deal with difficult situations, for example: hurtful words, gestures, or physically being hurt. Students are asked to try at least two of the below strategies to solve their minor (small) problems prior to asking for help from a trusted adult.



- Go to another game or activity
- Share and take turns
- Respectfully talk it over and listen to each other.
- Walk away from the problem
- Ignore the problem behavior.
- Tell the person to stop the problem behavior.
- Apologize.
- Make a deal or compromise.
- Wait to cool off.

Solving a problem on their own without adult help, can increase feelings of personal competence and also give students an important conflict resolution tool that can be used both in school and out of school.

Also a reminder to check the YDC Corner Bulletin Board in the Library, it has a lot of resource information on it, as well as upcoming Day Camp information for Teachers Convention in February and Spring Break in March. If there is any other information that you would like put on the Bulletin please drop a note in my mailbox outside of my office in the Library.

Ms. Eagle Bear
Youth Development Counselor



A big Thank You goes out to everyone who donated toys or books to The Children's Cottage before Christmas!! They were all delivered to the Children's Cottage over the Winter Break, and the Children were very excited to see them all!!



REACH FOR THE STARS

Physical Education News

February is Heart Month

February brings our focus to heart month as we work to improve our heart health through regular physical activity. We will be starting a "Let's Get Physical! A Family Physical Activation Challenge" in the month of February. Families will be encouraged to engage in a variety of physical activities to improve their heart health. We will be encouraging families to get out in our community and be active. Watch for your Family Physical Activation Challenge Sheet to come out at the end of January.

Drum Fit is Coming Back to SWE



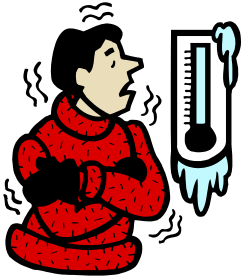
After an exciting day last May with DRUM FIT, we are having DRUM FIT come back to SWE and work with our students and families on Thursday February 2 and Friday February 3. A big thank you goes out to school council for providing the funding to make this active experience happen. DRUM FIT combines fitness, exercise balls, and drumming into a fun, energetic and exciting way to be active. All students will experience DRUM FIT in their regularly scheduled physical education classes on February 2 and 3. We will also be hosting family DRUM FIT opportunities on Friday February 3. Please watch for a handout coming home regarding sign up procedures for the family DRUM FIT. To see DRUM FIT in action, visit www.drumfit.ca

Dodgeball Quidditch

Our grade 1, 2, 3, and 4 students are currently participating in our dodgeball quidditch intramurals at lunch recess. This is a game that involves skills of rolling, throwing, dodging and running. During learning conferences on Thursday January 26, there will be opportunities in the gymnasium for students and their parents to participate in this fun, fitness orientated and skill building game. Watch for a sign up sheet to come out regarding this opportunity.



REACH FOR THE STARS



COLD WEATHER REMINDERS

As winter begins we need to remember that HIGH WIND-CHILL/SNOWY CONDITIONS MAY AFFECT BOTH BUS TIMES AND SCHOOL OPERATIONS!!!!

- When the temperature combined with the wind chill is -20 and colder students will be kept in for recess times.
- Please still have students prepared for the cold weather because if the weather does change, as we know that it could in Calgary, the student will be going outside. Not to mention that students will need to be able to walk to the bus or vehicle.
- Children should be well prepared for extreme cold and not left unattended at bus stops for any period of time, under any circumstances
- Delays will be expected throughout the city due to weather conditions
- Buses will not always run on schedule, Southland may not have extra buses to replace your bus if it fails to start
- Parents/guardians should provide alternate arrangements for their child/ren that provide timely shelter, if required (ie a neighbour who will be home during the day)
- If parents/guardians cannot ensure the safety of their children to and from their bus stop the child should be kept at home or other arrangements made for that child(ren)
- Please know your bus route number when calling Southland
- Southland Spruce Meadows Dispatch 403- 873-7268
No fan out system is available for your bus routes