

# Dr. K. A. Clark Newsletter

[drclark.fmpsdschools.ca](http://drclark.fmpsdschools.ca)



April 2020

*From all the staff to our  
students and families...*

**WE MISS YOU!**

*We hope you are doing  
well and are staying safe.*

# Reading Is Leading



The  
**Leader**  
in Me  
great happens here

## Administration's Message

Dr. Clark Families,

It has certainly been a very interesting month. You have all been updated regarding the COVID 19 virus and the city's, province's and school's response regarding this virus on our website, through messenger and other social media sites.

We know you have many concerns and questions and we welcome them via email or phone calls. Feel free to keep asking.

You will start to get some more formalized activities for your children to complete at home. At this time, Alberta Education has asked that students complete 5 hours of work a week with a focus on literacy and numeracy. We will continue to support your child's learning to the best of our ability.

We just wanted to say thank you to everyone for your continued support of "our" children.

As always, if you have any questions or concerns, do not hesitate to contact the school at 780 743 2444.

Sincerely,  
Admin Team  
Jessica Roy (Principal)  
Bobbi Compton (Vice Principal)  
Angela Woods (Vice Principal)

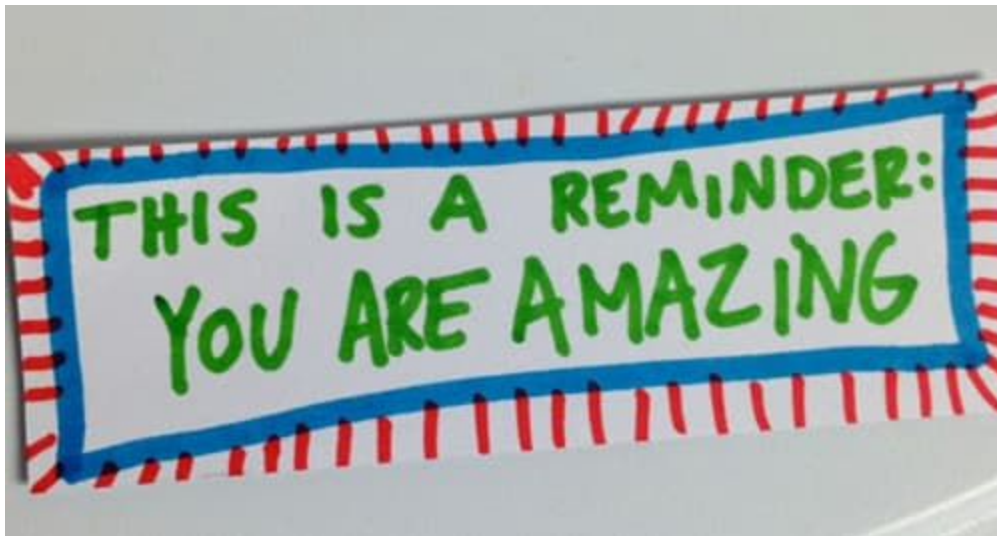
# Congratulations!

Congratulations to Elsa and Jihan for earning DINomite LEADER t-shirts for demonstrating their 7 Habits and leadership skills at Dr. Clark School. We are Dino Proud of both of you.



## Resources

- Franklin Covey has developed a Family Resource page for parents who are teaching their children at home with is now accessible without a password. It includes family friendly and bite-sized videos of principle/habit lessons, 7 Habits cartoon series, 7 Habits mini activities, and student speeches from the student leadership speech contest. [Leader In Me Parents](#)
- [Google Classroom for Parents Video](#)
- [Google Classroom for Parents PDF](#)
- [FMPSD Supporting Families During Class Cancellation](#)



# Dino's are Healthy!

We all know that it is important to take care of your mental and physical health, especially during this time. Below you will find a few fun activities that you can do with your whole family!

## **Mental Health**

Taking care of health and wellness also includes taking care of your mental health. This can be an overwhelming time, and below are two activities that you can do as a family to help with your well being.

### **BWELL Bingo**

This is a fun family bingo game that will help improve your overall well being! As a family, try and fill up as many spaces as possible by doing the activities below.

**BWELL Bingo Activity Card**

B	W	E	L	L
Try a new healthy recipe.	Complete a random act of kindness.	Go for a walk or get exercise for 30 minutes before the school day.	Go a whole day without watching TV.	Eat at least five servings of fruit/vegetables in one day.
Walk or ride a bike somewhere that you normally drive to.	Wake up smiling.	Call someone you haven't talked to in a while.	Drink four large glasses of water in one day.	Tell someone why you're thankful for them.
Exercise enough to sweat for 30 minutes.	Get at least 8-9 hours of sleep on a week night.	FREE SQUARE	Make a kind wish for someone you care about.	Give someone a hug.
Read a book or meditate instead of watching TV.	Turn off all electronics (TV, cell phone, iPad, etc.) 30 minutes before bedtime.	Go one whole day without pop.	Participate in a recycling program or spend time picking up trash along a road/park.	Floss your teeth.
Park at the farthest away parking space at a store.	Take 10 minutes to stretch during the school day.	Help make your lunch on a school day.	Hold the door open for others.	Take five deep breaths when stressed/angry.

Reference:  
<http://www.irc-group.com/wellness-bingo/>

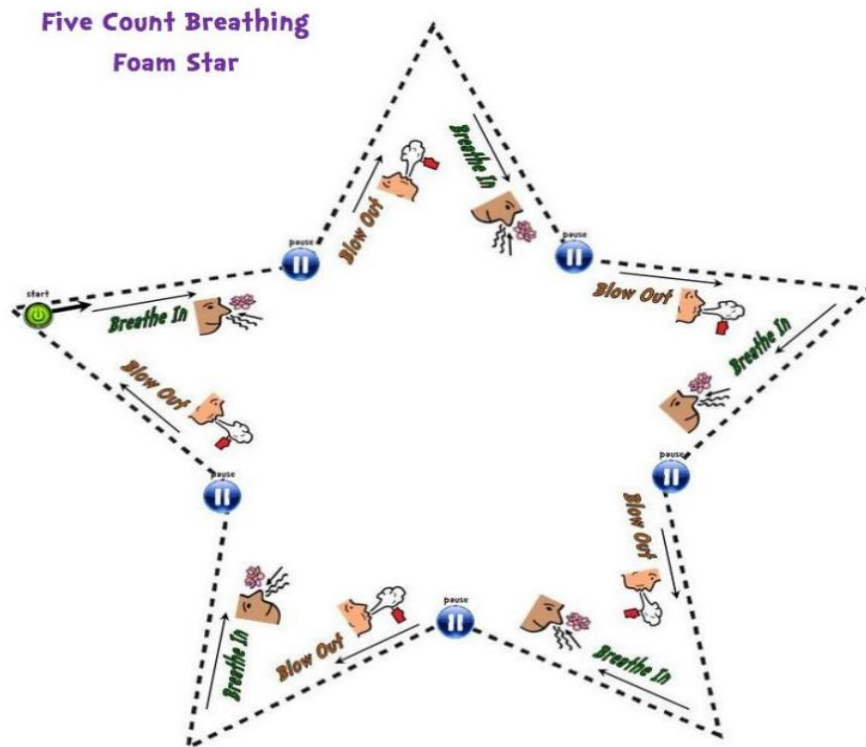


## Star Breathing

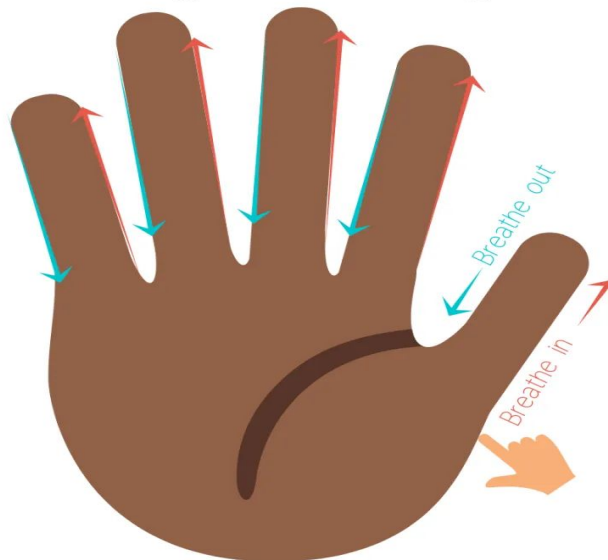
Try this breathing activity for a way to help with stress and anxiety. Using the star below:

1. Put your finger on the “start” position.
2. Follow the arrow slowly with your finger, breathing in until you reach the “pause”.
3. Follow the next arrow slowly with your finger, blowing out until you reach “pause”.
4. Continue this until you make it back to the “start”.

You can also try this with your hands! See the images below.



## 5 Finger Breathing



## ***Physical Activity***

### ***Balancing Challenge***

Try these balance challenges together, and see who can hold them the longest!

1. Stand up on the tips of your toes, arms stretched as high as they can.
2. Stand on one leg, bend your other leg, and raise your arms sideways - like wings.
3. Stand on one leg, arms raised sideways like wings, and bend forward as far as you can.
4. Make up your own challenges!





## Recipe for an Active Day

As a family, take time to enjoy the outdoors! Go for a walk, check out the trails, and enjoy the fresh air. Below is a checklist of many different things you can do to stay moving!

*\*As a reminder, parks and public places are currently closed. You can still enjoy the walking trails in our city. Please practice social distancing while being outside.*

# Recipe for an active day

An active day means moving your body in lots of fun ways.  
From the activity menu below, select at least one option from each category.  
Try to choose something different every day!

Total time: 90 minutes

### Make time to play outside

- ☐ play tag
- ☐ play hide and go seek
- ☐ climb a tree
- ☐ go to the playground
- ☐ roll down a hill
- ☐ jump in puddles
- ☐ jump off rocks
- ☐ build a fort
- ☐ jump in a lake
- ☐ get muddy
- ☐ run through a sprinkler
- ☐ look for worms
- ☐ jump rope



### Get together for a family activity

- ☐ bike ride
- ☐ after dinner walk
- ☐ obstacle course
- ☐ geocaching
- ☐ dance party
- ☐ go skating
- ☐ soccer in the park
- ☐ scrub baseball game
- ☐ go bowling
- ☐ do some yoga



### Have fun developing skills

- ☐ play catch
- ☐ hit a ball with a bat
- ☐ stand on one foot while brushing teeth
- ☐ balance on line of masking tape on the floor (like a tightrope)
- ☐ dribble a ball
- ☐ shoot hoops or throw laundry into a hamper
- ☐ play hopscotch
- ☐ kick a ball back and forth



### Remember to help around the house

- ☐ make your bed
- ☐ take out the garbage
- ☐ pick up toys
- ☐ fold laundry
- ☐ rake leaves
- ☐ garden
- ☐ vacuum



### Use your feet to get around

- ☐ walk
- ☐ run
- ☐ bike
- ☐ scooter
- ☐ skateboard
- ☐ rollerblade
- ☐ skip



- ☐ Make time to play outside
- ☐ Have fun developing skills
- ☐ Use your feet to get around
- ☐ Get together for a family activity
- ☐ Remember to help around the house

Congratulations on moving your body in so many different and healthy ways.  
You are on your way to being active for life!

## Healthy Eating

Cooking as a family is fun, can help relieve stress, and teaches your children many great life skills. As a bonus, cooking healthy foods can show your children that healthy food can taste good too! You can use your time you are spending inside to cook some of these healthy, and tasty recipes.

### Fruit and Yogurt Granola Parfaits

Your children might be able to tell you about this yummy snack, as they learnt about the Food Guide and got to try it with Ms. Hennigar during Dr. Clark's "Healthy Plate Days"!



#### Ingredients:

- steel cut oats
- large flake oats
- 0% fat plain or Greek yogurt
- fresh berries, such as raspberries, blueberries or blackberries

#### Directions:

1. On a large baking sheet, spread steel-cut and large flake oats. Bake in preheated 180°C (350°F) oven, stirring a couple of times, for about 30 minutes. Scrape into a bowl.
2. When ready to serve, put the granola into small glasses, cups, or bowls. Then, put yogurt among glasses and sprinkle with some of the fruit. Top with remaining granola and fruit and enjoy.

### Strawberry Pancakes

Ms. Cora sometimes makes yummy pancakes for the breakfast club! Try this recipe out, and let Ms. Cora know how it turned out.

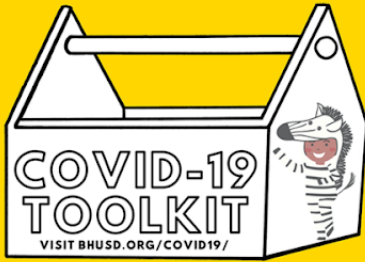


#### Ingredients:

- 250 mL (1 cup) whole wheat flour
- 125 mL (1/2 cup) all purpose flour
- 30 mL (2 tbsp) granulated sugar
- 10 mL (2 tsp) baking powder
- Pinch ground cinnamon
- 375 mL (1 1/2 cups) skim milk
- 1 egg
- 30 mL (2 tbsp) canola oil
- 10 mL (2 tsp) vanilla
- 250 mL (1 cup) diced fresh strawberries
- 

#### Directions:

1. In a large bowl, whisk together whole wheat and all purpose flours, sugar, baking powder and cinnamon.
2. In another bowl, whisk together milk with egg, oil and vanilla. Pour over flour mixture and stir to combine. Stir in strawberries.
3. Spray griddle or nonstick skillet lightly with cooking spray. Heat over medium heat. Using 60 mL (1/4 cup) measuring cup, pour batter onto hot griddle. Cook for about 2 minutes or until bubbles start to appear on top. Flip over and cook for another minute or until light golden brown. Repeat with remaining batter.



# HOW TO TALK TO KIDS ABOUT COVID-19



1

## STAY OPEN TO QUESTIONS

There is a new virus a bit like a cold, not many kids are getting it but the Dr's are helping everyone.



2

## WASH YOUR HANDS

Sing the Happy Birthday song twice every time you wash your hands, rub them together with soap!



3

## KIDS ARE STRONG

Eat healthy foods, sneeze into your elbow, drink lots of water and try not to touch your face!



4

## IT CAN IMPACT ANYONE

It doesn't matter where you or your parents come from, be caring to everyone. It's not your job to worry.



# FOR A TOOLKIT OF RESOURCES



Beverly Hills  
Unified School District

VISIT [BHUSD.ORG/COVID19/](https://www.bhUSD.org/COVID19/)



# 7 TIPS FOR TALKING TO KIDS ABOUT COVID-19



1

## **Don't be afraid to talk about it.**

Convey the facts and set an emotionally reassuring tone.

2

## **Be age-appropriate.**

Older kids can generally handle more detail than younger kids. Focus on answering their questions. Do your best to answer honestly and clearly, and it's okay if you can't answer everything.

3

## **Follow their lead.**

Encourage them to ask questions and share their perspective. Invite them to tell you anything they may have heard about COVID-19 and express how they feel.

4

## **Check yourself.**

Feeling anxious? Take some time to calm down before trying to have a conversation or answer your child or student's questions.

5

## **Focus on actions you can take.**

Emphasize safety precautions everyone can take to help keep themselves and others healthy: good hand hygiene, cough and sneeze etiquette, social distancing and staying home if you aren't feeling well.

6

## **Stick to routine.**

Structured days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy.

7

## **Keep talking.**

Let them know the lines of communication are going to be open and as you learn more, you will share the information with them.

Credit: Child Mind Institute

[www.fraserhealth.ca/coronavirus](https://www.fraserhealth.ca/coronavirus)