

Dr. K. A. Clark Newsletter

drclark.fmpsdschools.ca



March 2020



School Hours

8:55 - First Bell
10:30-10:45 - Recess
12:15-12:35 - Lunch
12:35-12:55 - Lunch Recess
3:30 - Dismissal


ECDP Hours

Morning Class:
8:55-11:50 Monday to Friday
Afternoon Class:
12:35-3:30 Monday to Friday

To ensure the safety of all, students should not arrive at school before 8:30 and should leave school grounds immediately after dismissal unless involved in an after school activity.



Dr. Clark is a Leader in Me school! Leader in Me teaches 21st century leadership and life skills to students and creates a culture of student empowerment based on the philosophy that every child can be a leader.



Nutrition Bites

Healthy After School Snacking

Whether your kids spend their after school time at home or on the way to an extra-curricular activity, they may be hungry for a snack. Planned healthy snacks will help children get the extra energy they need to grow and be active.



- Try to offer snacks at least 2 hours before a meal to prevent your child from being too full at meal time.
- Aim to choose foods from 2 of the 4 food groups from [Canada's Food Guide](#) at snack time.
- Wash and slice vegetables and fruits; store them in a container in the fridge so they are easy to grab on the go.
- Keep a small supply of non-perishable snacks such as un-salted nuts, pretzels, or whole grain crackers in a sports bag so your child can have a quick snack before activities or sporting events.

Plan ahead by stocking your fridge and cupboard with items that can be used to make these quick and healthy snacks:

- Low-fat cheese to eat with whole grain crackers, mini whole grain pitas, or apple slices.
- Peanut butter spread on a whole wheat tortilla and rolled around a banana.
- Low-fat yogurt with fresh, frozen, or canned fruit.
- Pair snacks with water, milk, fortified soy beverage, or 100% fruit juice. Limit juice to ½ cup (125 mL) per day.

For more information about healthy snacking, please visit:
<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-snacking.pdf>

For more information on Healthy Eating, visit:
<http://www.albertahealthservices.ca/nutrition/Page2914.aspx>



To register at Dr. Clark, visit our school office or register online with the link on our website: drclark.fmpsdschools.ca

Student Absences

Please notify the office if your child is going to be late or absent by calling 780-743-2444 or emailing DCinfo@fmpsd.ab.ca with **absent** and your **child's name** in the subject line.

Leader in Me Assembly

March 31

9:15

Dr. Clark Gym

**Reading
Is
Leading**



**The
Leader
in Me**
great happens here

Administration's Message

Dr. Clark Families,

It's hard to believe but we've passed the 100th day of school (Feb. 21). It seems that it was just a few days ago that we were welcoming our returning and new students to a new school year. Spring is in the air and we are looking forward to the longer days and warmer temperatures.

Teacher's Convention for the teachers is always a time to reconnect with colleagues from other places and to get rejuvenated for the rest of the year. The PD offered is always to notch and staff will come back with new ideas and renewed energy.

Report cards will be coming out in March and parent teacher interviews will be on the 19th and 20th 5-8 p.m. We hope to see many of our parents come out for these important conversations.

Science Fair is another exciting event at Dr. Clark during the month of March. Thanks to all of the parents who assisted their children in their learning for this academic challenge. We are so proud of all of our students and their projects.

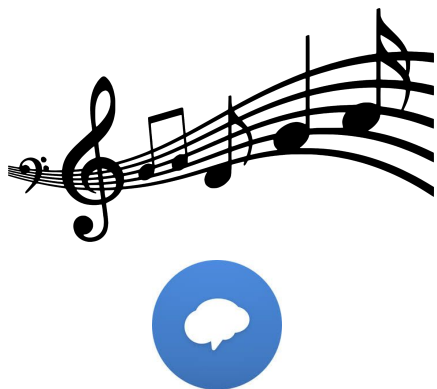
As always, if you have any questions or concerns, do not hesitate to contact the school at 780 743 2444.

Sincerely,
Admin Team

Jessica Roy (Principal)

Bobbi Compton (Vice Principal)

Angela Woods (Vice Principal)



Choir will be on Mondays and Wednesdays each week during lunch recess. This option is available to all grades 1-6/JS students.

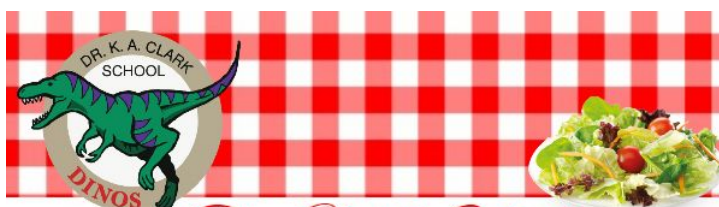
Hand bells will be on Tuesdays and Thursdays at lunch recess. This option is available to 4-6 and JS.

If your child is in choir or handbells, please be sure to download the reminder app to get last minute messages and updates. This is great for reminders when we have performances, require volunteers or your child needs to wear certain colours. As well, parents can easily send a message to Miss. Munn as needed.

Choir: ed9fab

Handbells: d24897

March Hot Lunch Menu



Dr. Clark School **Hot Lunch Options** *March 2020*

A&W- Buddy Burger,
Cheese Buddy Burger,
Chicken Buddy Burger

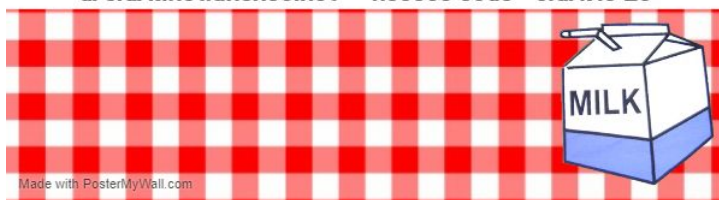


**Booster Juice -
Strawberry Smoothie**

Pizza Hut - Cheese Pizza,
Peperoni Pizza, Gluten
Free Pizza

Chartwells - Thai Chicken, Plum Pork Bites, Vegetables, Lasagna,
Meatball Sub, Cheeseburger, Chicken Chow Mein, Ginger Beef,
Rice, Garden Salad, Chicken Balls, Parmesean Chicken, Honey
Baked Ham

Ordering Closes Feb. 24 at Noon
drclark.hotlunches.net Access Code - Clark19-20



Made with PosterMyWall.com

Hot lunch orders are due by January 27 at noon.

www.drclark.hotlunches.net

	<p>The Oskayak Leadership and Drumming Group have been meeting weekly. We have been learning about the drum and Indigenous songs. We've also created Talking Sticks. Each participant created a stick to share with home as well as one to share with classes. After the Teacher Convention break, each of the group's participants will be presenting each class with their Talking Stick. We are very excited with this opportunity to show leadership.</p>
	 
	<p>In our efforts to continue to encourage students to recycle and be environmentally aware, we have created a partnership with Advanced Bottle Depot at 8322 Fraser Avenue (very close to our school!) to process our classroom recycling in a very efficient manner. They have set up a bin for us inside the depot in which we simply have to drop our bags of recycling. They will sort and count it for us and then send us the money at the end of each month.</p> <p>We would encourage families to do the same if you are willing to donate your recycling. The money collected will go directly back to the students in the form of field trips or guest speakers for the school.</p>
<p>Breakfast At Dr. Clark 8:35 - 9:00</p>	<p>Dr. Clark Families,</p> <p>As educators, we know that a healthy breakfast is a very important part of learning. We pride ourselves in providing a daily breakfast for many children during the school year. A big thank you goes out to our sponsors (both public and private) for this service. Breakfast is from 8:35 to 8:55 everyday in the Multipurpose Room.</p>
<p>Safe & Caring</p>	<p>Parents/Visitors</p> <p><i>Please help us foster independence, respect classroom learning and establish routines by picking up your child/children outside the school at their entrance/exit doors.</i></p>

“Caught Being a Leader” at Dr. Clark School

Dear Parents,

Each new school year brings opportunities for academic growth and growth in all areas of development. Although children must be knowledgeable when they graduate, they must also be healthy, engaged, responsible, and caring people. At Dr. Clark School we help students reach their full potential by teaching them the 7 Sacred Teachings and the 7 Habits. Leadership roles become a part of Dr. Clark and help students learn about responsibility, leadership and contribution.

Of course these roles do not only exist at school but at home or in the community as well. We ask that when your child displays any of the 7 Habits and/or 7 Sacred Teachings at home or when you are out and about, feel free to fill out one of the enclosed “Caught being a Leader” forms and have them return it to their teacher. We will collect the slips from teachers and display them on our “Leader in Me Wall of Fame” and your child’s name will be entered into a draw to have “Lunch with the Principal” as further recognition of showing leadership.

You will also see completed leadership slips coming home from school in your child’s agenda about how they have displayed leadership at Dr. Clark School. These are great reminders of how your child is a wonderful Dr. Clark Dino.

Here is a guide as to how you can get started at home:

1. Talk with your child about the leadership role he or she might be interested in at home.
2. Discuss why he or she is interested in the role. Ask what leadership qualities your child has that will help. Ask how he or she will handle homework or other commitments with this new responsibility.
3. Together, discuss, write, and sign the paper detailing the leadership behavior and expectations of the role.
4. Give your child a week or so to adjust and then discuss how it’s going. This may open a conversation on how to handle things that are too easy or too difficult. Express appreciation and celebrate success!

The 7 Habits

Habit 1: Be Proactive (You’re in Charge)

Habit 2: Begin With the End in Mind (Have a Plan)

Habit 3: Put First Things First (Work First, Then Play)

Habit 4: Think Win-Win (Everyone Can Win)

Habit 5: Seek First to Understand, Then to Be Understood (Listen Before You Talk)

Habit 6: Synergize (Together Is Better)

Habit 7: Sharpen the Saw (Balance Feels Best)

The Seven Sacred Teachings

To cherish knowledge is to know **WISDOM**;

To know **LOVE** is to know peace;

To honor all of the Creation is to have **RESPECT**;

BRAVERY is to face the foe with integrity;

HONESTY also means “righteousness”, be honest with yourself – in word and action;

HUMILITY is to know yourself as a sacred part of the Creation,

TRUTH is to know all of these things.

If you need more slips, feel free to print them off from the email we will be sending to all parents. Thank you so much for supporting our students in becoming wonderful leaders.

Dr. Clark Staff



Caught Being A Leader At Home/In The Community



_____ showed leadership today by

We are Dino Proud!

Given by _____



School Council & Fundraising Committees

SAVE THE DATE - our very first Mother's Day Spring Market is scheduled for Saturday, May 2! Table rental will be \$25 and we will soon be looking for vendors and volunteers. Stay tuned for more information!

Our March School Council Meeting will be March 10th at 6pm. This is an open meeting and ALL parents/caregivers are welcome to attend.

Come join us and find out what's happening at the school, learn about upcoming events, and how you can be involved in your child's school community! Or send us an email at drclarkfuncomm@hotmail.com.



**SCHOOL
MARKET**

DR. K. A. CLARK
SCHOOL

DINOS

**FREE
ADMISSION!!**

**SATURDAY, MAY 2ND
10AM - 3PM
DR. CLARK PUBLIC SCHOOL
8453 FRANKLIN AVE.**

**FACE PAINTING, MOMMY &
ME PHOTOS, POPCORN,
LEMONADE STAND,
VEDNORS, CHOIR AND
HANDBELL PERFORMANCES
...AND MUCH MORE!**

**CALL JEN AT 780-370-7670
FOR MORE INFORMATION**

**EMAIL:
JENNIFER.M.FROM@GMAIL.COM**

Provincial Achievement Tests are in May and June. Alberta Education has a parent guide to the assessments. Parents can access the guide here:

<https://www.alberta.ca/assets/documents/ed-grade-6-parent-guide.pdf>

Important Dates

<p style="text-align: center;">March</p> <p>2 - Tubing for Grade 3 students (<i>A reminder to come prepared and dressed appropriately for an outdoor, all day winter activity</i>)</p> <p>5 - ECDP Open House, 5-7pm</p> <p>6 - ECDP Open House, 9am-12pm</p> <p>6 - No school for ECDP students</p> <p>9 & 10 - Fluoride/Dentist, grades K-2</p> <p>13 - PLF, No School for Students</p> <p>18 - Family Literacy Night, 5-6pm</p> <p>19 - Kindergarten Open House, 5-7pm</p> <p>19 - School Science Fair</p> <p>20 - Kindergarten Open House, 9am-12pm</p> <p>20 - No school for ECDP and Kindergarten students</p> <p>20 - Report Cards Go Home</p> <p>24 - Jump Rope for Heart Assembly</p> <p>25 & 26 - Parent Teacher Interviews, 5-8pm</p> <p>27 - PLF, No School for Students</p> <p>31 - Leader In Me Assembly, Grades 4-6/JS, 9:15</p>	
<p style="text-align: center;">April</p> <p>10-17 - Spring Break, No School</p> <p>28 - Leader In Me Assembly, Grades K-3, 9:15am</p> <p>29 - Kindergarten Grad Photos</p> <p>29 - Spring Photos</p>	<p style="text-align: center;">May</p> <p>4 - ELA, Part A PAT, Grade 6</p> <p>8 - PLF, No School for Students</p> <p>15 - No School</p> <p>18 - No School</p> <p>19-22 - Indigenous Week</p> <p>29 - PLF, No School for Students</p>
<p style="text-align: center;">June</p> <p>12 - PLF, No School for Students</p> <p>15 - ELA, Part B PAT, Grade 6</p> <p>17 - Math PAT, Grade 6</p> <p>19 - Science PAT, Grade 6</p> <p>22 - Social Studies PAT, Grade 6</p> <p>23 - Waterpark Day</p> <p>25 - Last Day for Students</p>	

Important information/dates for Early Learning Open Houses for the 2020-2021 school year.

ECDP Open Houses

March 5th from 5 - 7 pm

March 6th from 9 - 12 noon

March 6th - ECDP classes are cancelled for the day

Kindergarten Open Houses

March 19th from 5 - 7pm

March 20th from 9 - 12 noon

March 20th - All Early Learning classes (ECDP and Kindergarten) are cancelled that day.

Dino's are Healthy!

Hello everyone! Dr. Clark School is proud to be an APPLE school, as it has been for many years.

Dr. Clark provides students with many opportunities to be exposed to daily physical activity, positive mental health habits and healthy eating. In this section of the newsletter, you can read about what we are doing, as well as find tips, resources and ideas that you can do with your child at home!

What's going on...

Taking care of health and wellness also includes taking care of your mental health. At Dr. Clark School, the staff and the students make sure that it is a priority to learn about what mental health is, and what students can do to take care of their own well being. We participated in Bell Let's Talk Day and Pink Shirt Day, which both focused on mental well being. Students had great discussions on mental illness, mental health, stigma, and bullying. Students also learnt what they can do to take care of each other, themselves, and that it is ok to talk to someone if they need to.



March is the Dietitians of Canada's Nutrition Month! They will be promoting nutrition in communities for the whole month, with a focus on healthy and delicious foods that you can make at home. They have released a free recipe book, filled with great ideas that you can make with your children at home. [Check it out here!](#)





2019-2020 School Year Calendar

Fort McMurray Public School District #2833

August 2019							September 2019							October 2019						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
				1	2	3	1	2	3	4	5	6	7			1	2	3	4	5
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30						27	28	29	30	31		

November 2019							December 2019							January 2020						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
					1	2	1	2	3	4	5	6	7			1	2	3	4	5
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31	

February 2020							March 2020							April 2020						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
						1	1	2	3	4	5	6	7			1	2	3	4	5
2	3	4	5	6	7	8	8	9	10	11	12	13	14	5	6	7	8	9	10	11
9	10	11	12	13	14	15	15	16	17	18	19	20	21	12	13	14	15	16	17	18
16	17	18	19	20	21	22	22	23	24	25	26	27	28	19	20	21	22	23	24	25
23	24	25	26	27	28	29	29	30	31					26	27	28	29	30		

May 2020							June 2020							July 2020						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
					1	2	1	2	3	4	5	6	7			1	2	3	4	5
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25
24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31	

STAT Holiday (No School) Important Dates
 Staff Professional Learning/Development Day (No School)
School Breaks / No School

*2020-2021 Proposed Important Dates

Sept 1, 2020 First day for Students
 Dec 21-Jan 3 Christmas Break

Feb 25 & 26 Teachers' Convention
 April 2 - 9 Easter and Spring Break

2019/2020 Important Dates

Aug 14	Schools Open for Registration
Aug 21	Administration First Day
Aug 26	ATA First Day
Aug 29	CUPE First Day
Sept 2	Labour day (No School)
Sept 3	First Day of School for Students
Sept 9	ECOP First Day
Sept 13	PLF #1 (Staff Only)
Sept 27	PLF #2 (Staff Only)
Oct 4	PLF #3 (Staff Only)
Oct 14	Thanksgiving (No School)
Oct 25	PLF #4 (Staff Only)
Nov 1	Institute Day (Staff Only)
Nov 6	In Lieu PTI (No School)
Nov 11	Remembrance Day (No School)
Nov 22	District Day #1 (Staff Only)
Dec 13	PLF #5 (Staff Only)
Dec 20	PLF #6 (Staff Only)
Dec 23-Jan 3	Christmas Break (No School)
Jan 6	Classes Resume
Jan 17	PLF #7 (Staff Only)
Jan 31	District PD Day (Staff Only)
Feb 3	2nd Semester begins
Feb 17	Family Day (No School)
Feb 24-28	Teachers' Convention (No School)
Mar 13	PLF #8 (Staff Only)
Mar 27	PLF #9 (Staff Only)
Apr 10	Good Friday (No School)
Apr 13-17	Easter Monday & Spring Break (No School)
May 8	PLF #10 (Staff Only)
May 15	In Lieu PTI (No School)
May 18	Victoria Day (No School)
May 29	PLF #11 (Staff Only)
Jun 12	PLF #12 (Staff Only)
Jun 25	Last day of School for Students
Jun 26	Last Day for Staff/Graduations (1/2 day: AM Only)

171 Instructional Days (86 & 85) / 193.5 Operational Days

Approved Date: March 20, 2019

*Proposed dates listed are subject to change

SEE THE CHILD BEFORE THE DISABILITY

With Sarah Rivard



March 7

Unifor Building

10019 MacDonald Ave,
Fort McMurray

Workshop A

10am - 12pm

- See my child before the disability.
- How to get others to see my child first.
- How we can advocate for our children and encourage them to advocate for themselves.

Workshop B

2pm - 4pm

- Creating relationships with parents and professionals
- What are our roles and how we can work as a team to support each other.

Workshop A or B

\$50/single Ticket
\$75/Parent Double Ticket

Workshop A & B

\$75/single Ticket
\$125/Parent Double Ticket

Scholarship

Subsidized ticket available for those on fixed/ limited income.

Limited space Register today

<https://disabilityworkshopfm.eventbrite.ca>





No-School Friday Multi-Sports Camps

Our Huskies coaches will introduce children to various sports such as soccer, basketball, volleyball, Frisbee, badminton, track, speed, agility, and more.

- Ages: 6-12 years old
- Length: 8 a.m. - 4:30 p.m.
- Dates:
 - January 17 & 31
 - March 13 & 27
 - May 8, 15, & 29
 - June 12
- Cost: \$40.00 (per Friday)
- Information/Registration Link:
www.Keyano.ca/juniorhuskies
- Registration Phone Number
780-791-7792

Teacher's Convention Day Multi-Sports Camp

Our Huskies coaches will introduce children to various sports such as soccer, basketball, volleyball, Frisbee, badminton, track, speed, agility, and more.

- Ages: 6-12 years old
- Length: 8 a.m. - 4:30 p.m.
- Dates:
 - February 24-26, 2020
- Cost: \$100.00
- Information/Registration Link:
www.Keyano.ca/juniorhuskies
- Registration Phone Number
780-791-7792

For more Information:
Macky Singh
Junior Huskies Sports Camps Coordinator
Tel: 780.792.5122
Email: mackinder.singh@keyano.ca