# Dr. K. A. Clark Newsletter



drclark.fmpsdschools.ca

#### **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 also a scent-safe zone





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.



December 9 - Grades 1 - 6/JS

December 12 - ECDP-Kindergarten

\*More information on page 3

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 <a href="mailto:DCinfo@fmpsd.ab.ca">DCinfo@fmpsd.ab.ca</a> with **absent** and your **child's name** in the subject line.

#### **Leader in Me Assembly**

9:15 Dr. Clark Gym

### Reading Is Leading





### Administration's Message

Dr. Clark Families,

December is upon us and according to the calendar, it will be a very busy month. The Christmas Bazaar will take place on Dec 4 and 5. A note would have been sent home with your child regarding this event. Our Christmas Concerts are on Dec 9 (Grades 1-6) and Dec 12 (Grades ECDP/K). Our lighthouse leadership team of students have put together a "Pie in the Face" fundraiser to raise money to donate to our local Food Bank which is a very worthy cause. Thanks to these little leaders for taking the initiative and reaching out to others to give back to the community. This event will take place on December 17 in the afternoon. Ski Day for the Grades 4-6 will take place on December 18 and 19. These are always such fun days and the staff enjoy them as much as the students. Just a reminder that skiing is part of the PE program so the students are expected to attend. If cost is an issue, the school can make arrangements. Please let us know.

We would like to send a huge thank-you out to our volleyball coaches and players who had a great season. They played very hard and experienced some success. The same goes out to our floor hockey coaches and players. Well done. Next sport will be basketball.

Our school continues to grow. At the point of writing this message we are at 532 students. This is way up from last year at this time. We welcome all of our new families and are working hard to establish relationships.

We hope that everyone has a great month of December and a restful break. We know many of our families will be taking time to be with friends and family and we hope everyone enjoys themselves.

See you in 2020!!

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.



#### **Christmas Concerts**

We have divided the concerts into two nights as our school has grown!

Grades 1-6: December 9 at 6pm; ECDP/Kindergarten: December 12 at 6pm.

We are asking for a non-perishable food donation to the Foodbank for all who attend the event.



Please do your best to arrive 10-15 minutes early to ensure you have a seat. You are asked to come through the front entrance, remove your boots and take them to your child's boot room and leave from the boot room. This will alleviate the crowd in the front foyer at the end of the night. Please bring indoor footwear as we do not want to ruin our gym floors with water or dirt. We also ask that all visitors please be quiet while the performances are taking place. The students and staff have worked very hard to put these concerts together and it is disheartening when members of the audience talk while a performance is taking place. One last request is that you do not leave during the concert but wait until the end to go pick up your child. Again, it is disruptive to the other performers when people are leaving their seats, scraping chairs, talking etc. while they are trying to perform. The concerts will not be long and the children deserve an attentive audience. Thanks so much for setting a good example to all of our children.

**Parents:** We have lots of new members so be sure to check if your child has recently joined.

Choir and handbell students will be asked to wear black pants/skirt, a white shirt and black shoes for all future performances. We would like to look like a group as much as possible. The next performances will be the christmas concert.



#### Volleyball

Dr. Clark had an amazing co-ed volleyball them this year with over 30 students from Grades 4-6! We practiced hard and had fun together:)

Our girls team competed at the City Finals Tournament on November 16-17, and won 5 of the 7 games they played!

The boys team worked well together and had a good time at their City Finals Tournament on November 22-23rd.



## Breakfast and Hot Lunch Program Sponsors Monetary and Time/Volunteers





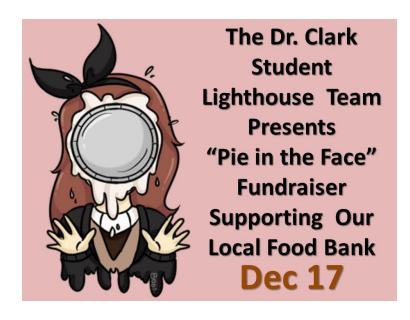
Thank you to our sponsors and community volunteers for helping us to do what's best for kids.

# Safe & Caring

#### **Parents/Visitors**

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.







### Full Details & Ordering: drclark.hotlunches.net

- 2 Herb Roasted Chicken, Mashed Potato, Corn, Milk
- 3 Beef Hot Dog, Potato Wedges, Apple Juice
- 4 Teriyaki Chicken, Brown Rice, Vegetables, Milk

- 5 Sloppy Joes, WW Bun, Corn, Orange Juice
- 6 Perogies (bacon, onion), Potato Wedges, Vegetables, Milk
- 9 Chicken Nuggets, Baked Potato Bites, Apple, Milk

- 10 BBQ Pork Rib Sandwich, Garden Salad, Apple Juice
- 11 Ginger Beef, Brown Rice, Carrots, Milk
- 12 Pizzadilla (pepperoni, cheese, pizza sauce, Garden Salad, Orange Juice

- 16 Beef Cheeseburger, Caesar Salad, Apple, Milk
- 17 Chicken Balls, Brown Rice, Mixed Vegetables, Apple, Apple Juice
- 18 Turkey, Mashed Potato, Corn, Milk



Corn Dog, Potato Wedges, Orange Juice







#### The floor hockey tournament is at St. Martha School

Friday Dec 6th from 4:30-9:00 and Saturday Dec 7th from 10:00 -

Come out and cheer on our Dr. Clark Team







#### **Dropping Off Lunch/Picking Up Early?**

Parents, Guardians & Caregivers, if you need to drop off a lunch or pick up your child early, please stop at the office first. Office staff will ensure your child gets their lunch. They will also make arrangements with your child's classroom teacher for early pick up and sign out of your child. Following these procedures ensures the safety of all children and minimizes the disruption to classrooms and learning.



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.

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.

Breakfast At Dr. Clark Dr. Clark Families,

8:35 - 9:00

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.

#### "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**

Our recent Casino, Dieleman and Growing Smiles poinsettia and wreath fundraisers all did very well! Thank you to everyone for continuing to support our fundraising activities through the purchasing of items or plants and/or volunteering time. The monies raised will help pay for In-Line Skating and other in-school presentations - we appreciate all you do to help make these initiatives a success!

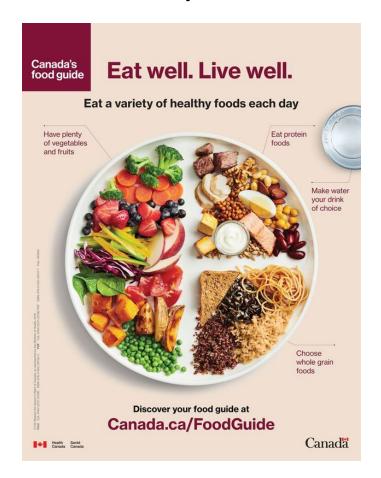
The Holiday Gift Shop is back! Students will have the opportunity to select and give a gift to their close family members. Items for sale include small toys, jewelry, or novelty gifts and prices range from \$1 to \$15 each. Volunteers are needed to help set up and run the Holiday Gift Shop, as well as wrap gifts from December 2 to 5. If you are able to donate some time, please sign up at <a href="https://www.signupgenius.com">www.signupgenius.com</a> and search for drclarkfuncomm@hotmail.com.

We will once again be putting on a couch raffle and 50/50 draw during the upcoming Winter Concerts on December 9 (1-JS) and 12 (ECDP and Kindergarten). Be sure to come early to win a comfy spot with the best view!

The next School Council and Fundraising Committee meeting is Tuesday, **January 14, 2020 from 6-7pm** in the library. This is an open meeting and ALL parents/caregivers are welcome to attend.

All parents and caregivers are welcome! Send us an email (<a href="mailto:drclarkfuncomm@hotmail.com">drclarkfuncomm@hotmail.com</a>) attend a meeting or event and be part of your child's school community!

#### **Healthy Plates**



December 2 - 5
Students will be participating in healthy lifestyle activities and tasting yummy healthy snacks!



Dr. Clark is once again giving back to those in need in our community with the Salvation Army Angel Tree. The tree is located in the office. Families are invited to drop by and choose a tag and help us to help others. The deadline to return items to the school is Dec. 9.

#### **Important Dates**

January

6 - Classes/School Resumes

December

2 - 5 - Healthy Plates

3, 4 & 5 - Holiday Gift Shoppe 9 - Christmas Concert, Grades 1-6/JS 9 - Angel Tree Items Due 12 - ECDP & K Christmas Concert 13 - No School for Students, PLF 17 - Pie In The Face Fundraiser, 1:30pm 18 & 19 - Ski Days for Grades 4-6/JS 19 - School Pancake Breakfast, sponsored by Save On 20 - No School for Students, PLF 23 - Jan. 3 - No School, Christmas Break *Classes Resume - Jan. 6	14 - Leader In Me Assembly, Grades 4-6, 9:15 17 - PLF, No School for Students 20-30 - Inline Skating 29 - Inline Skating Family Night 31 - PLF, No School for Students
February 13 - Science In Motion 17 - No School, Family Day 18 - Leader In Me Assembly, Grades K-3, 9:15	March 13 - PLF, No School for Students 16 - Report Cards Go Home 17 & 18 - Parent Teacher Interviews, 5-8pm 27 - PLF, No School for Students 31 - Leader In Me Assembly, Grades 4-6/JS, 9:15
April 10-17 - Spring Break, No School 28 - Leader In Me Assembly, Grades K-3, 9:15am	May 8 - PLF, No School for Students 15 - No School 18 - No School 19-22 - Indigenous Week 29 - PLF, No School for Students
June 12 - PLF, No School for Students 25 - Last Day for Students	



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.

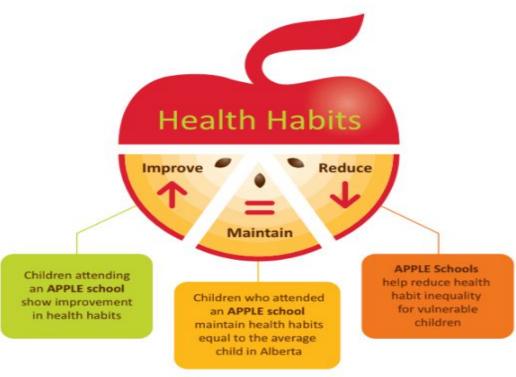
We would encourage families to do the same if you are willing to donate your recycling. The money collected will go directly back to the students in the form of field trips or guest speakers for the school.

### **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!





#### **Physical Activity**

Here are some fun ideas that you can do with your whole family to staff active!



Congratulations on moving your body in so many different and healthy ways.

You are on your way to being active for life!



### **Healthy Eating**

Christmas is coming up! Here is some awesome and healthy foods that you can make with your child.

#### **Apple Cinnamon Wreaths**

#### Ingredients

- Apples
- Cinnamon

#### Instructions

- 1. Core apples and slice into thin circles.
- Preheat oven to 350°F and place apples evenly on a cookie sheet covered by parchment paper.
- Sprinkle cinnamon on the apple circles and place cookie sheet into the oven for 40 minutes. At 20 minutes flip the apple circles, add a little more cinnamon and place back into the over for remaining 20 minutes.



### Being healthy at Dr Clark...

**Pembina Pipelines** came to Dr. Clark to help out with the breakfast club! They donate to our school so our students can continue to enjoy healthy and nutritious breakfasts, every single day.













## 2019-2020 REGISTRATION INFO

AGES AS OF DECEMBER 31, 2019: Primary 6 - 8 born 2011-2013, Junior 9 - 11, born 2008 - 2010, Intermediate 12 - 14, born 2005 - 2007 Registration for English (SBOC) or French (EMC) select one competition only

SBOC PROGRAMS & FEE STRUCTURE							
REGISTRATION OPTIONS	DETAILS	AMOUNT	DEPICTION				
BASIC	Basic Registration includes:		AT 81				
REGISTRATION	1. SBOC Study Guide (PDF)	BASIC	Participation in				
	2. Participation in Competition	REGISTRATION	+ Regional				
(Mandatory)	3. Receive a Certificate	\$40	SBOC Study Manual Competition				
	Register for only one: English (SBOC) OR French (EMC)		(via emailed download link)				
ONLINE PRACTICE APP	Interactive web and mobile practice software using audio words from the SBOC study manual, includes:		-				
	Study Section (audio and visual learning)     Self-test (practice for the competition)     Activities (educational word games)     Learning Guide (unique study tips)	ONLINE PRACTICE APP \$15					
	* This 24/7 "coach" is highly recommended for preparation *						
ONLINE COMPETITION PREPARATION	Interactive coaching online, includes:  1. Detailed review of Rules & Regulations  2. Training on Spelling Guidelines  3. Essential Preparation Info for Competition Day	ONLINE COMPETITION PREPARATION \$10					
IN-PERSON	Interactive group coaching in-person, includes:						
COACHING	1. Interaction with peers	All the second					
	2. Learning to project	IN-PERSON COACHING					
	<ol><li>Essential Preparation Info for Competition Day</li></ol>	A STATE OF THE PARTY OF THE PAR					
	Sessions & Fees may vary, Pay in Person. Contact chapter president for details	\$15	YED				

- Spelling Bee of Canada Participants Benefits

   Improve English Skills in spelling, comprehension, communication, creativity and critical thinking.

   Build self-confidence, experience public speaking and interact with peers. Youth Mentor Program volunteer ages 15+, Mentors will benefit from improved skills by coaching and preparing younger students, all while earning credited community service hours.

#### Registration Timeline: September 22 - December 15, 2019

Championship: Sunday, May 3, 2020 (in Toronto)

\*\*\*Proof of age required to register (Health Card, Birth Certificate or Possport)

#### Regional Competitions: March 21 - April 5, 2020 | Championship: Sunday, May 3, 2020 (in Toronto)

	REGION	AL COMP	PETITION	SBOC CHAMPIONSHIP FINALS (Sunday, May 3, 2020)
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3rd	±100	1125	1150	3rd \$750 \$850 \$1,000

Please call our office at 416-746-0072 for your location to register sit www.spellingbeeofcanada.ca or email: info@spellingbeeofcanada.ca

Note: You can register for English or French Bee but have to choose one in which to register.
For French registration, contact Épelle-Moi Canada. info@epellemoicanada.ca website www.epellemoicanada.ca



#### 2019-2020 School Year Calendar

#### Fort McMurray Public School District #2833

		Aug	ust 2	2019				S	epte	mbe	r 20	19				Octo	ber	2019	)	
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\*2020-2021 <u>Proposed</u> 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 28	ATA First Day
Aug 29	CUPE First Day
Sept 2	Labour day (No School)
Sept 3	First Day of School for Students
Sept 9	ECDP 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 8	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