

# Dr. K. A. Clark Newsletter

drclark.fmpsdschools.ca



January 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 also a scent-free 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.



To register at Dr. Clark, visit our school office or register online with the link on our website: [drclark.fmpsdschools.ca](http://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@fmpsdschools.ca](mailto:DCinfo@fmpsdschools.ca) with **absent** and your **child's name** in the subject line.

## Leader in Me Assembly

January 14

Grades 4-6

9:15

Dr. Clark Gym

**Reading  
Is  
Leading**



**The  
Leader  
in Me**  
great happens here

## Administration's Message

Dr. Clark Families,

Welcome back to everyone and Happy 2020. We hope that everyone is reenergized and ready to tackle the rest of the school year.

Welcome to Mr. Jeff Medhurst who will be joining us as the new Grade 6 teacher. He will be replacing Mrs. Cryderman who will be off on maternity leave.

We are excited to have Alien In-Line Skating join us again this year. They will be here the last two weeks of January. The family night date is on Jan 29. More information will be sent out in January. This is an activity the students enjoy very much and we appreciate the support from the Dr. Clark Parent Advisory Council and School Council for making this fun, healthy event happen every year.

Basketball for our Grades 4-6 will be starting in the month of January. Thanks in advance to the coaches who volunteer their time to coach the teams.

We once again remind all adults who are picking up their students to please be patient in our parking lot at the beginning and end of the day. We understand that it can be very cold outside and you want your child to be dropped off as close to the doors as possible but this is not always safe for other students so please only stop or park in the designated areas.

Further, at the end of the day we have about 300 students who take the bus. This means that they need to stand outside waiting as the busses pull up. If you are picking up your child and they are warm inside the car, we ask that you please allow the busses to pull into the bus loop and not block traffic. There have been times when (because of vehicles backing up, pulling in or out of the parking lot etc) that traffic has blocked the busses. We know that people are anxious to get going, but if we could have a little empathy for those children waiting outside, that would be great.

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.

## January Hot Lunch Menu

chartwells  
where hungry minds gather



### Dr. KA Clark School

Monday	Tuesday	Wed	Thurs	Friday
			Entrée *CM Starch *CM Veg *CM Drink *CM	
6	7	8	9	10
Corn Dog *CS Roast Potato *CM  2% Milk *CM	Mac & Cheese *CM Ceasar Salad *CM  100% Pure Apple Juice *CM	Grilled Chicken *CM Roast Potato *CM Mixed Vegetables *CM 2% Milk *CM	Beef Stew *CM WW Bun *CM  100% Pure Orange Juice *CM	Chicken Balls *CM Rice *CM Carrots and Peas *CM 2% Milk *CM
13	14	15	16	17
All Beef Hotdog *CS Potato Wedge *CM Peas *CM 2% Milk *CM	BBQ Chicken Drumsticks *CM Roast Potato *CM Corn *CM 100% Pure Apple Juice *CM	Meat Lasagna *CS Garlic Toast *CS  2% Milk *CM	Chicken Chow Mein *CM Steamed Brown Rice *CM Veg of the Day *CM 100% Pure Orange Juice *CM	NO SCHOOL PLF
20	21	22	23	24
Chicken Nuggets *CM Baked Potato Bites *CM Plum Sauce *CS 2% Milk *CM	Sweet & Sour Pork Bites *CM Fried Rice *CM Veg of the Day *CM 100% Pure Apple Juice *CM	Salisbury Steak *CM Mashed Potato *CM Corn *CM 2% Milk *CM	Chicken Alfredo *CS Garden Salad *CM  100% Pure Orange Juice *CM	Meat Ball Sub w/Cheese *CS Red Apple *CM  2% Milk *CM
27	28	29	30	31
All Beef Cheese Burger *CS Garden Salad *CM  2% Milk *CM	Perogies w/Sour Cream *CM Garden Salad w/ Ital *CM  100% Pure Apple Juice *CM	Chicken Quesadilla *CM w/Sour Cream Roast Potato *CM 2% Milk *CM	Ginger Beef *CM Brown Rice *CM Carrots *CM 100% Pure Orange Juice *CM	NO SCHOOL PLF

Hot lunch orders are due by December 31

[www.drclark.hotlunches.net](http://www.drclark.hotlunches.net)



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

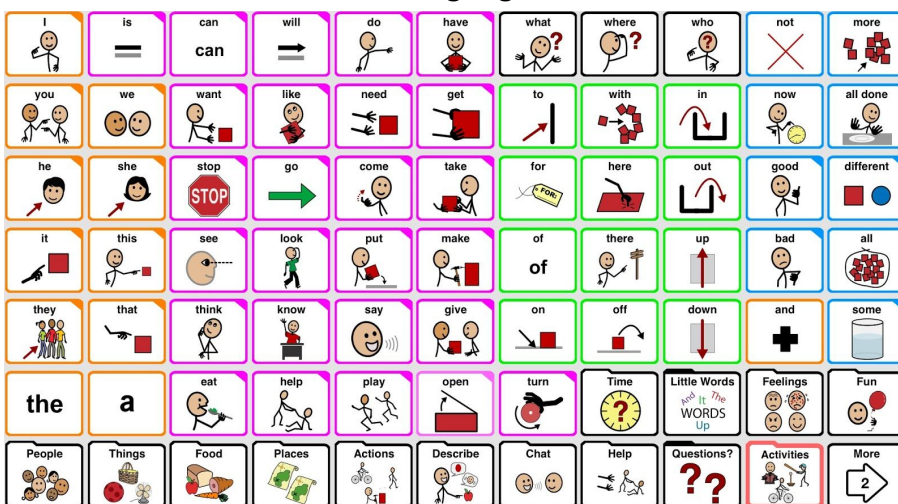


Thank you to our sponsors and community volunteers for helping us to do what's best for kids.

## Dinos Are Learning A New Form Of Language



Want to learn a new form of language?! Here at Dr Clark, we are!



Proloquo2go is a visual form of the English language that helps to support communication for students with a variety of speech and language needs. We have many students in our school that use this system. To ensure we are providing an inclusive environment for all of our students, we are making this system available across our entire school. We hope that all teachers and students will become familiar with this system and able to use it when communicating with their peers.

Keep your eye out for our new board on the playground in the new year!





### 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  
8:35 - 9:00**

Dr. Clark Families,

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.

**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.*



## **“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

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*We are Dino Proud!*

Given by \_\_\_\_\_



## School Council & Fundraising Committees

*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. Come join us and find out what's happening at the school, upcoming events, and how you can be involved in your child's school community*

*Thank you to the many volunteers who came out to help with December's Holiday Gift Shop! The students really enjoyed the opportunity of shopping for gifts for their family members during this annual fundraising event.*

*And thank you to the Winter Concert couch raffle and 50/50 draw volunteers. These fundraising initiatives simply can't be done without you, and your time and effort is greatly appreciated!*

*Inline skating is just around the corner! This is always a huge hit with the students. Stay tuned for more information.*

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

## Important Dates

### January

6 - Classes/School Resumes  
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  
30 - Grade six students at Composite High School for the day  
31 - PLF, No School for Students

#### February

6 - Family Math Night, 5-6pm  
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  
18 - Family Literacy Night, 5-6pm  
25 & 26 - Parent Teacher Interviews, 5-8pm  
24 - Jump Rope for Heart Assembly  
25 - Family Literacy Night, 5-6pm  
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

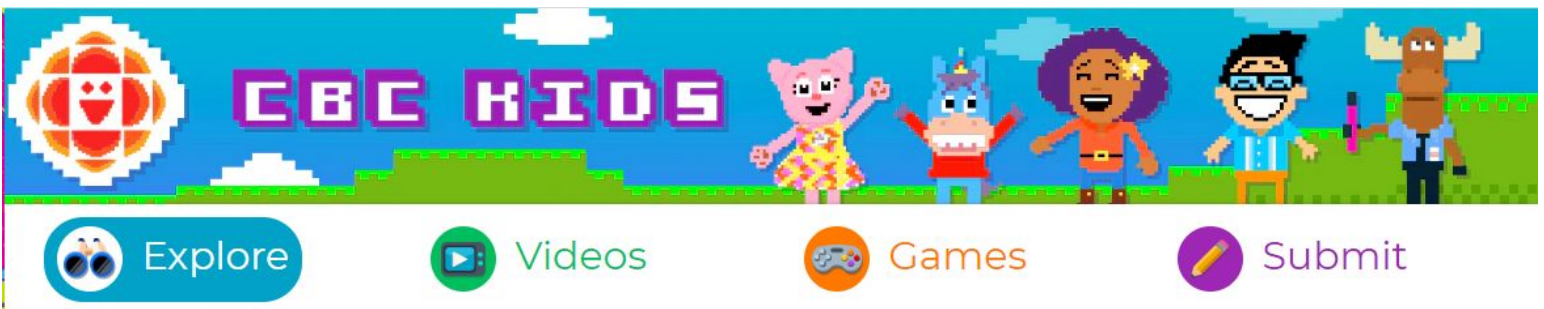
8 - PLF, No School for Students  
15 - No School  
18 - No School  
19-22 - Indigenous Week  
29 - PLF, No School for Students

#### June

12 - PLF, No School for Students  
25 - Last Day for Students

If you are looking for some fun, education and interactive online resources to use with your child over the holidays, check out CBC Kids and explore Indigenous. There is so much information that will teach your child about our Indigenous culture in Canada!

<https://www.cbc.ca/kidscbc2/explore/indigenous>

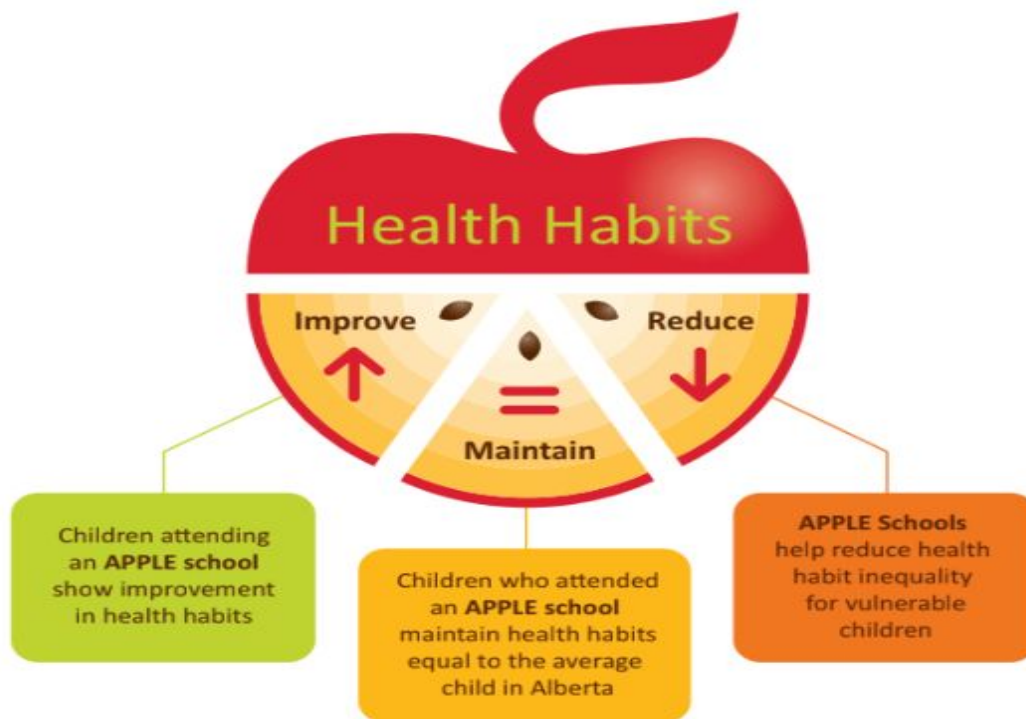




# Dino's are Healthy!

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 stay active!

## 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!

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.
2. Preheat oven to 350°F and place apples evenly on a cookie sheet covered by parchment paper.
3. 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 oven 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 School Year Calendar

### Fort McMurray Public School District #2833

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

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

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

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

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

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

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

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

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

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

June 2020						
Su	M	Tu	W	Th	F	Sa
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

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

<span style="background-color: #f4a460; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> STAT Holiday (No School)	<span style="background-color: #d1c4e9; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> Staff Professional Learning/Development Day (No School)
<span style="background-color: #c8e6c9; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> Important Dates	<span style="background-color: #fff176; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> 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 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