



APRIL DINO NEWS

Dr. K. A. Clark Public School

8453 Franklin Avenue

Fort McMurray, AB | T9H 2J2

780-743-2444 | dcinfo@fmprsd.ab.ca

Respectfully acknowledging that we are situated on Treaty 8 territory, traditional lands of First Nations and Métis People.



PRINCIPAL'S MESSAGE

Can you believe it is April already! We are thrilled to have all our students back in the building following the return of our valued support staff. It has been wonderful to see familiar faces and hear the sounds of learning and laughter filling our hallways. We appreciate your patience and understanding during the past few months, and we are committed to ensuring a smooth and positive transition for everyone.

As we move further into Spring, we're also experiencing the delightful (and sometimes soggy!) changes in our weather. Please remind your children to dress appropriately for the unpredictable conditions. Layers are key, and don't forget those waterproof boots and jackets! Puddle jumping is a rite of spring, but we want to ensure everyone stays warm and dry.

This month our students will be participating in Jump Rope for Heart. Jump Rope for Heart is an annual event that raises money for the Heart and Stroke Foundation. If your child would like to participate, check out the flyer on page 4 of this newsletter.

We have a few important dates to mark on your calendars. Dr. Clark School will be closed for Spring Break from April 14th to 21st, inclusive. We hope you and your families enjoy a relaxing and rejuvenating break. We are excited to invite you to our Early Childhood Development Program (ECDP) Open House! This is a wonderful opportunity to learn more about our program and meet our dedicated staff. The open house will be held on Thursday, April 24th, from 5:00 PM to 7:00 PM, and Friday, April 25th, from 9:00 AM to 12:00 PM.

We are looking forward to a productive and enjoyable month of learning and growth at Dr. Clark School. Thank you for your continued support.



Bobbi Compton (Principal)

Abbi Easton (Vice-Principal)

Robert Skulsky (Vice-Principal)



REMINDERS

- Morning Bells: 1st > 8:55am, 2nd > 9:00am
- Recess: 10:15-10:30am
- Kindergarten/ECDP AM Dismissal: 11:50am
- Lunch/PM Recess: 12:10-12:50pm
- Kindergarten/ECDP PM Start: 12:45pm
- Dismissal: 3:35pm
- Please drop off lunches before 12:10pm
- We are a PEANUT & TREE NUT FREE school
- To review student academic progress & attendance go to Parent Portal [HERE](#)
- Monitor your child's school bus [HERE](#)



ATTENDANCE MATTERS

Regular attendance is critical for school success. Both excused and unexcused absences negatively impact learning.

If your child is going to be absent or late please contact the school at 780-743-2444 or via email at dc.absences@fmprsd.ab.ca



SCHOOL COUNCIL/FUNDRAISING COMMITTEE

The Dr. Clark School Council/Fundraising Committee is looking for new leadership. School councils serve as a vital link between schools and their communities, fostering a sense of belonging and shared responsibility. If you are interested in learning more please email dr.clarkfcsc@gmail.com



This month's Papa John's Pizza fundraiser day is April 10th. When ordering, use the code DCI5 to get 15% off.

All parents are welcome at our meetings & you can join in person or online. The next School Council/Fundraising Committee meeting is on Monday, April 28th at 6:00pm. We hope you can join us! To read the minutes of prior meetings go to bit.ly/DC-SC-FC



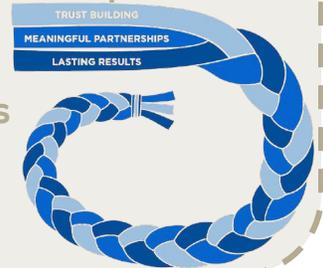
REGULATED CLASSROOM

Settlers are the next core practice in The Regulated Classroom framework. Settlers help soothe the nervous system. They are activities that encourage calmness and reduce feelings of anxiety or agitation.



FIRST NATIONS, MÉTIS, INUIT

Earth Day, observed annually on April 22nd, serves as a global reminder of the importance of environmental protection. The Water First project works with Indigenous communities to address local water challenges. To learn more go to waterfirst.ngo



PARKING LOT DO's & DON'T's

- DO - Park within parking stalls only
- DO - Use the sidewalks
- DO - Drop students off at the front of the Kiss & Drop lane
- DO - Follow directions of staff supervisors
- DO - Give busses the right of way
- DO - Watch for pedestrians
- DO - Be courteous to other drivers
- DON'T - Park/stop in bus lanes or through traffic areas
- DON'T - Park in the Kiss & Drop lane
- DON'T - Forget to be courteous



DID YOU KNOW....

April 2nd is World Autism Awareness Day. This day promotes understanding and inclusion of autistic individuals, celebrates neurodiversity and recognizes the diverse experiences of people with autism.





DIVERSITY, EQUITY AND INCLUSION

This month families in our School are celebrating...



Passover - A major Jewish holiday celebrating the Israelites' escape from slavery in Egypt.

Songkran - Beginning of the traditional Thai New Year

Baisakhi - A widely celebrated harvest festival in various parts of India

Ridván - A Baha'i festival that celebrates the beginnings of the Bahá'í Faith.

Easter - Observed by Christians to celebrate the resurrection of Jesus from the dead.

EXECUTIVE FUNCTIONING - TASK INITIATION

The ability to begin a task without undue procrastination, in a timely fashion

Challenges can look like:

- Difficulty starting a task
- Difficulty prioritizing tasks
- Easily defeated
- Work avoidance
- Needing frequent reminders
- Procrastination
- Feeling overwhelmed by larger tasks or assignments

STOP
THINK
PLAN
DO

Strategies to Support Response Inhibition:

- Model breaking down larger tasks or assignments
- Prompt with questions (e.g. "what materials do you need?")
- Help start a task & offer choice for how to complete it
- Use the first/then strategy
- Create checklists and rank items based on priority
- Utilize brain breaks in between tasks
- Provide oral and written instructions
- Provide examples of completed work

A LITTLE BIT OF FUN

BLOSSOM
BREEZE
BUTTERFLY
DAFFODIL
FAWN
FLOWERS
GARDEN
KITE
LADYBUG
LILAC
MEADOW

MIGRATE
NEST
PERENNIAL
PETAL
PICNIC
POLLEN
PUDDLE
RAINCOAT
RAINDROPS
ROBIN
SEEDLING

SHOWERS
SPARROW
SPROUT
SUNSHINE
TULIP
UMBRELLA



W	F	A	W	N	D	B	M	S	N	J	U	E	S	P	R	O	U	T	X
O	D	A	E	V	G	O	E	P	S	J	U	O	R	W	R	Y	Y	C	D
R	O	U	X	B	W	V	A	O	U	K	O	M	R	O	L	H	Y	Z	S
R	P	H	D	L	N	F	D	R	N	P	M	J	B	F	M	R	Y	R	Z
A	G	N	A	E	G	X	O	D	S	M	I	I	N	R	O	I	J	E	B
P	H	T	S	F	X	T	W	N	H	G	N	I	L	D	E	E	S	L	U
S	E	T	Q	R	H	F	T	I	I	B	S	W	I	B	M	L	O	A	S
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Z	N	Q	W	B	J	Y	W	I	G	H	B	L	Z	O	E	B	F	H	W
U	Q	E	C	G	D	F	O	E	Q	C	L	I	M	T	I	B	H	S	O
W	R	O	W	C	M	I	G	R	A	T	E	L	U	Z	Q	Q	P	P	H
S	F	L	Z	G	B	B	U	T	T	E	R	F	L	Y	G	G	K	U	S
H	X	A	J	S	F	B	P	J	J	P	E	R	E	N	N	I	A	L	R
Z	F	D	X	J	T	A	O	C	N	I	A	R	Y	R	F	H	J	N	H
F	C	Y	C	S	V	R	L	I	D	O	F	F	A	D	V	A	M	P	Y
H	P	B	T	P	I	C	N	I	C	W	X	V	P	H	U	D	O	R	K
Z	C	U	K	G	A	R	D	E	N	A	R	G	E	E	L	D	D	U	P
F	E	G	W	T	B	T	U	L	I	P	M	E	T	I	K	B	Y	C	O
Z	O	E	Z	E	E	R	B	W	K	K	R	V	Y	H	A	Q	B	R	

UPCOMING DATES

- Apr 2: World Autism Day
- Apr 4: PLF #11 (No School)
- Apr 7: Dino Spirit Day (Dino-wear)
- Apr 10: Papa John's Fundraiser
- Apr 14-21: Spring Break (No School)
- Apr 22: Earth Day



- Apr 22: Spirit Day: Reuse Day
- Apr 24 & 25: ECDP Open House
- Apr 28: School Council Meeting
- May 5: Dino Spirit Day (Dino-wear)
- May 6: Hat & Sunglasses Day
- May 8 & 9: Kinder Open House

Presenting Partner



Support heart health with Jump Rope for Heart

Our school is participating in Jump Rope for Heart – a fundraiser that will encourage our students to get active, build healthy habits and give back.

Here's why we're participating

1. Money raised by our school helps Heart & Stroke drive important heart and brain research that will save lives, prevent heart disease and stroke and support families living with these conditions.
2. Jump is an inclusive event for all abilities to get kids moving and help them discover new and exciting ways to get active.
3. Students learn the EASY Healthy Habits that they can use to keep their hearts and brains healthy and help reduce their risk of developing heart disease and stroke later in life.
4. Jump gives back! Students can earn thank you gift cards from Indigo, Amazon or Walmart based on their fundraising level as a heartfelt thank you for their hard work.

How does Jump Rope for Heart work?

At school:

- Starting today, we'll be practicing some awesome skipping and heart-pumping activities!
- We'll be learning about Heart & Stroke's Easy Healthy Habits to keep our hearts and brains strong and healthy to help prevent heart disease and stroke
- It all leads up to our Jump Event Day, where we'll celebrate what we've learned and the funds we've raised with fun jump rope stations, games, activities, and more. It's going to be a blast!

At home:

- You can help support lifesaving research by collecting donations from family and friends.
- There is no cost to participate.
- Fundraising starts now until our Jump Event Day
- Jump Rope for Heart uses an online fundraising platform. To register, create a personalized fundraising page for your child using the link below. When you register, you'll also get:
 - o Helpful fundraising tips and ideas
 - o Information and tools about the EASY Healthy Habits
 - o Insights into Heart & Stroke's life-saving work

Our Jump Event Day is:

Tuesday, April 1st

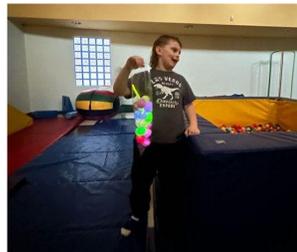
To learn more about Jump Rope for Heart visit jumpropeforheart.ca

Register Now!

[Dr Karl A Clark Elementary - Fort McMurray](http://DrKarlAClarkElementary-FortMcMurray)

or visit jumpropeforheart.ca/registration and search for your school





Check us out on:

