



MAY DINO NEWS

Dr. K. A. Clark Public School

8453 Franklin Avenue

Fort McMurray, AB | T9H 2J2

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

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

Strongly
committed to providing
a safe, enjoyable
learning environment that
fosters an attitude of
responsibility, respect &
caring and leads to a
desire to be lifelong
learners.

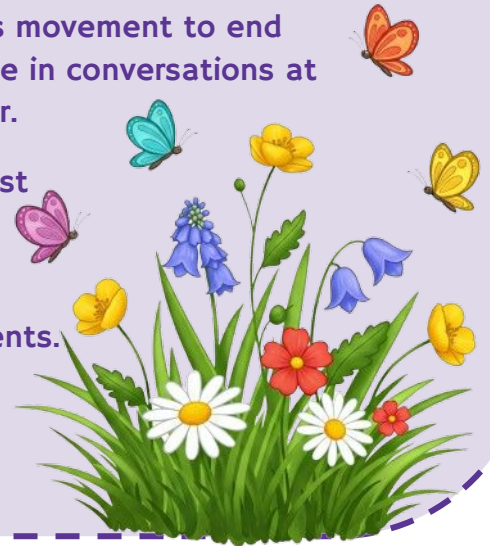
PRINCIPAL'S MESSAGE

May is shaping up to be another great month at Dr. Clark School! We are incredibly proud of our students for meeting our Jump Rope for Heart goal, raising over 2000! Thank you to everyone who supported this important initiative.

May is also a significant month for learning and reflection in several ways. Firstly, we are proud to recognize May as Asian Heritage Month, a time to celebrate the rich history, vibrant cultures, and invaluable contributions of Asian Canadians to our society. Throughout the month, we will be providing opportunities for our students to learn more about the diverse heritage and achievements of people of Asian descent. Additionally, we will actively engage in reconciliation by recognizing important days that encourage understanding and remembrance. We will observe Red Dress Day on May 5th, honouring the Missing and Murdered Indigenous Women, Girls, and Two-Spirit people. We will also participate in Bear Witness Day on May 10th, learning about Jordan's Principle and ensuring equitable access to services for First Nations children. Furthermore, we will continue to support the Moosehide Campaign, a grassroots movement to end violence against women and children. We encourage you to engage in conversations at home about these important topics as we learn and grow together.

As the weather warms, please remember to check the daily forecast and ensure your child is dressed appropriately. Hats are also encouraged for sun protection during outdoor play.

We look forward to a meaningful and engaging May with our students.



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@fmpsd.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 May 8th. 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, May 26th 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

Affirmations are the next core practice in The Regulated Classroom framework.

Affirmations reinforce positive associations in the classroom experience, such as communicating embodied gratitude.

"Seeing you ____ resonates in my ____ (body region - heart, chest, belly, etc)"

"Hearing you say ____ resonates powerfully in my ____ (body) and I love that"

"Being with you makes my ____ (body experience i.e. "heart swell with joy.)"



RED DRESS DAY

Red Dress Day, also known as the National Day of Awareness for Missing and Murdered Indigenous Women and Girls and Two-Spirit People, is observed on May 5th. The day honours and brings awareness to the thousands of Indigenous women, girls and two-spirit people who have been subject to disproportionate violence in Canada



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....

May is Mental Health Awareness Month. The aim is to destigmatize mental health issues, reduce social barriers, and promote access to mental health resources and support as well as encouraging people to have open conversations about mental health and wellness.





DIVERSITY, EQUITY AND INCLUSION

This month families in our School are celebrating...

Cinco de Mayo - A day to celebrate Mexican culture and heritage.

Wesak - Buddhist festival honouring the birth, enlightenment, and death of the Buddha.

Ascension - The anniversary of Jesus' ascension into heaven and enthronement as universal sovereign



EXECUTIVE FUNCTIONING - COGNITIVE FLEXIBILITY

The ability to revise plans in the face of obstacles, setbacks, new information and possibilities, or mistakes. It involves adaptability to changing conditions.

Challenges can look like:

- Resisting change and transitions
- Difficulty switching an approach when problem solving
- Rigidity or a preference for doing things one way
- Difficulty accepting other people's ideas
- Becoming frustrated when small things go wrong



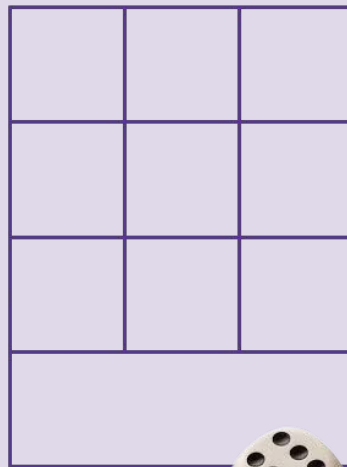
Strategies to Support Response Inhibition:

- Discuss scenarios that have multiple solutions
- Break down large tasks into smaller steps
- Work together to identify triggers
- Complete new activities together
- Play games that require strategic thinking/reasoning skills
- Plan for change and discuss concerns
- Incorporate fun surprises throughout the day

A LITTLE BIT OF FUN

1. Draw a gameboard like the one to the right.
2. Roll a die. Whatever number it lands on, everyone enters it in any one of their nine spots on the gameboard.
3. After nine turns, the game board becomes an addition problem with three 3-digit numbers to add together.
4. The goal is to get the highest sum WITHOUT GOING OVER 999

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EXAMPLE

1	5	6
2	4	4
3	1	2
7	1	2

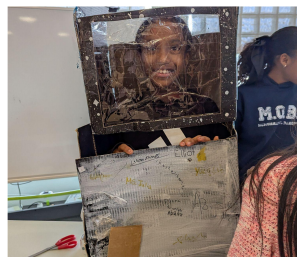


UPCOMING DATES

May 1: Jump Rope for Heart Wind-Up
 May 2: PLF #12 (No School)
 May 5: Dino Spirit Day (Dino-wear)
 May 6: Hat & Sunglasses Day
 May 8 & 9: Kinder Open House
 May 9: No School for ECDP



May 16: No School (PTI Day in Lieu)
 May 19: No School (Victoria Day)
 May 26: School Council Meeting
 June 2: Dino Spirit Day (Dino-wear)
 June 3: Gr. 6 ELA Pt. A PAT
 June 6: PLF #13 (No School)



Check us out on:

