



FULTONVALE

FIREwire

www.fultonvale.ca

NEWSLETTER #5

JANUARY 8, 2010

Dear Parents and Guardians,

Welcome to Year 2010 and a happy new year to everyone! After a well deserved break, the students and staff are back into the full swing of learning. Junior high students received their interim reports today, and have midterm exams coming up in just two weeks. It is extremely important that all students in grades 7 to 9 spend time each night reviewing what they have learned during the day, as well as all material covered since September. All students in grades 1 to 9 should be writing in their agendas daily, as well completing their homework and reading on a daily basis. Parents can help out by making sure your children are organized for learning and are following a daily routine that includes time for homework. It makes a huge difference to student progress when parents take an active role. Thanks for everything you are doing to ensure the success of your children at school! If you have any questions about your child's learning or what's going on at Fultonvale, please give us a call or contact us through the www.fultonvale.ca website.

Miss MJ Nam

EIPS' 2010/2011 System Calendar Now Available

Elk Island Public Schools' (EIPS) Board of Trustees has approved the system calendar for the 2010/2011 school year. Please refer to this approved calendar when planning for next school year. Highlights of the calendar include:

- August 30 First day for students
- November 8-12 Fall break
- December 18-January 2 Winter break
- January 28 Last day Semester One
- February 1 First day Semester Two
- March 26-April 3 Spring break
- June 29 Last day for students
- June 30 First day of Summer break

Revised 2009/2010 system calendar

The Board of Trustees also **revised** the current 2009/2010 system calendar. The last day for students will be Friday, June 25, and staff will have two operational days on June 28 and 29 to complete school closing activities.

These calendars are available electronically at www.eips.ca by clicking the Calendars link in the top toolbar (next to the search field).

Accountability Survey

You may have recently seen newspaper articles on Provincial Achievement Tests (PATs) or changes to the Grade 12 Diploma Exams. Both PATs and Diploma Exams contribute to the Accountability Pillar, a tool used by Alberta Education to evaluate how well the education system is meeting the expectations of parents and the public. All parents want to know that their children are receiving a quality education. Grades are important but there is more to it than that. A quality



education helps all children make the most of their talents and abilities.

The Accountability Pillar uses a set of 16 indicators consisting of surveys of students, parents and teachers on various aspects of quality; student outcomes such as dropout and high school completion rates; and provincial assessments of student learning.

From January to the end of February, Alberta Education will be conducting the annual Accountability Pillar Survey. In January, parents of students in grades 4, 7 and 10, will receive a survey from Alberta Education. In February, students in grades 4, 7 and 10 and all teachers will be completing their surveys online at school.

All surveys are anonymous and ask questions about experiences with this school. In addition to English and French, the parent survey is available in Mandarin, Cantonese, Punjabi, Arabic, Blackfoot, Cree, Korean, Spanish and Tagalog.

As an annual check-up on the education system, the Accountability Pillar provides an opportunity for Alberta Education and school authorities to ensure that we're equipping students for success. Your participation in the survey helps, so we encourage you to return your survey promptly.

Survey results will be available to jurisdictions in May 2010, and will be reported publicly by jurisdictions as part of their 3-Year Education Plans and Annual Education Results Reports.

Watch for your survey in the mail.

We strongly encourage you to please take the time to complete it.

If you have any questions, please contact Miss Nam.

Jr. High Midterm Exams

Junior High students will be writing midterm exams at the end of January in all four of the core subjects of language arts, science, math and social studies. It is extremely important that all junior high students prepare ahead of these exams by re-reading all notes and reviewing subject materials and assignments. By beginning now and reviewing for a period of time each day, they will avoid the need to study at the last minute for exhaustive periods of time. The exams may include all topics covered since September. The dates are as follows:

- Friday, January 22 - Social Studies
- Monday, January 25 - Language Arts
- Tuesday, January 26 - Science
- Wednesday, January 27 - Mathematics

On those dates, the students will write the exam during the first two periods of the morning, followed by regular classes for the remainder of the day. Students are expected to remain in school for the entire day.

Innovative AISI Projects in Mathematics and Technology

Elk Island Public Schools' (EIPS) new Alberta Initiative for School Improvement (AIS I) projects will focus on preparing students for the 21st century. Over the next three years, AIS I Cycle IV projects in mathematics and technology will improve student learning and performance by supporting innovative classroom activities and school projects.

A lead math teacher in each EIPS' school and three division math consultants will concentrate on making math more meaningful to students and developing a math culture in schools. Students at all grade levels will take part in various math initiatives to complement the staggered introduction of a revised math curriculum.

An increased use of technology in all grades and subject areas is intended to boost student interest and involvement. Three division consultants will explore various technological applications to enhance students' options for completing school assignments and teachers' options for providing class instruction. Watch your school newsletter for more information about math and technology AIS I initiatives. More information about AIS I is available at www.education.alberta.ca/AISI or www.eips.ca under the Programs/AIS I tab. Contact EIPS' Curriculum Services at 780-417-8160.

Character Education - Compassion

For the months of January and February students and staff will be learning more about compassion. Compassion is a combination of feeling for someone else (experiencing the suffering) with a positive move to reduce the suffering of others. Compassionate people are sensitive and caring which leads to better relationships with others.

Our children often see competitive attitudes in academics and sports while being exposed to violence on TV and in video games. Hitler worked hard, studied hard, and had the social skills to be a world leader but lacked greatly in compassion. This month

please take the time to explain how uncaring words and actions have haunted you while giving others frequent opportunities to perform small acts of kindness. This is also an opportunity to talk about real life heroes such as Gandhi and Martin Luther King. From Christmas hampers to volunteering, the Fultonvale community is very compassionate - so join our school in noticing and celebrating compassion.

CanWest Can Spell Spelling Bee 2010

Fultonvale's annual school spelling bee will be held on Wednesday, January 13th at 1:00 p.m. The top three spellers from each class (grades four through eight) will compete. Fultonvale's winner will move on to compete in the **Regional "CanSpell" Spelling bee** in Edmonton. The entire school will be in the audience during the school competition. Interested parents are also invited to watch. Don't forget to wear your house colors! We pleased to have **Mrs. Sherri Johnston** (EIPS Language Arts Consultant) as our guest enunciator, and **Constable Shiloh Healey** (R.C.M.P.) as our guest timekeeper.

Grade 7 Term II Option Selection-Learning Strategies

As we have many different expertise and interests, we are able to continue to offer the Learning Strategies course in Term II starting February 1st, 2010. If you are interested in this course, please contact Miss Nam. We will also be sending out new fee sheets once option choices are finalized on February 10th, if necessary. **Please note:** Students that are already in French will

continue in the Term II as this is a full year option.

Firebird Fun Day

On Thursday, January 28th, all junior high students will be participating in our fifth annual Firebird Fun Day! This day is an opportunity for junior high students to choose from two special field trips - a one day ski trip to Marmot Basin in Jasper, or a fun filled day of bowling, laser tag, pizza lunch and a movie. All information was sent home December 18th. Permission forms are required back no later than **Monday, January 11th**. (Parent/student information meetings for students going skiing are a requirement, and will be held on January 18th and 19th). If you have volunteered to accompany students on either trip, you will be contacted soon. We are looking forward to a safe and fun-filled day for everyone!

Music Notes

Congratulations to our elementary students on sharing their talents in the Christmas Concert in December. I was proud of each one of you.

Grades 3 and 4 are starting recorders!!! It is most helpful if students have two recorders one to be left at school and one to be used to practice at home. I will be sending practice sheets home with all students for parents to initial as students work on their new skills each night. Five minutes is all they need to play.

Some students still need to bring in a recorder as quickly as possible so that we can all start to play together.

Fultonvale Glee Choir

Fultonvale Glee Choir will be starting shortly. I am inviting students from grades 4 through 9 who would like to sing. Generally we meet during noon recess on Day 2 in the Music room. Any interested students should come to the first meeting on Thursday, Jan 21 to find out more.

Mrs Grau

Library News

Welcome back everyone! Hope the holiday was very restful and full of good reading!

I'm happy to report that our Chapter's books are making their way onto the shelves and into the hands of the students. There are many to choose from- everything from information books, picture books, poetry, novels, and great graphic novels. Each book will have a blue faceplate that identifies it as an **Indigo "Love of Reading"** book. Sincere thanks again to everyone that helped make our selections and a big thanks to those helping to prepare the materials for circulation!

As students begin to take home these wonderful additions, it is important to remember that some of the books are very popular. Try and read your selection as quickly as possible to allow someone else the excitement of borrowing that book.

Just a reminder to elementary parents/guardians that library for grades 1, 2, 3, and 3/4 is on **TUESDAYS** and Kindergarten on **THURSDAY**. This way the students will be able to borrow their books on time and keep enjoying the Fultonvale library.



May the weeks ahead be full of New Year's resolution successes, quiet wind down, and family time! Enjoy 2010- seems like 2009 sped by like lightening!

KEEP READING!

Miss Dunning

Firebird Basketball News

Congratulations to the following students who will represent our school for the 2009/2010 Basketball season:

Firebirds Sr Girls Basketball Team

Bailey D, Lauren E, Megan E, Jessica F, Ashley G, Nicole L, Darian M, Kirby M, Kristen P, Bailey S, and Larissa S

Coach: Jennifer Bearg

Firebirds Sr Boys Basketball Team

Noah B, Aaron B, Tavis C, Eric C, Curtis D, Mitch F, Tristin H, Travis K, Jesse M, Stefan O, Ryley P and Philip W

Coach: Steve Carrol and Craig Greer

Firebirds Jr Boys Basketball Team

Cassidy A, Dylan D, Travis E, Joey D, Mitchell H, Zakiree K, Ryan L, Sean L, Colby M, Jesse S, Michael S and Kohlton S

Coach: Ken Wlos, Matt Bordato, Travis Smith and Austin Schalm

Curling

Fultonvale will be curling again in February. Phys Ed classes from grades 3-9 will be curling at the Strathcona Curling club and learning the basics of this quintessential Canadian game. Many thanks go out to our parent council for covering the cost of this activity. More information and a permission letter will be

forthcoming in the next couple of weeks.

Skating

Elementary students will be participating in skating at the Strathcona Olympiette Center in January, February and March. We are looking for volunteers to skate with the students and tie up skates. Please look for your child's permission form from their class. Don't forget that parent volunteers need to also wear CSA approved helmets.

Gr 5 & Gr 9 Immunizations

Wednesday, January 13 9:00 a.m.

Tuesday, February 16 9:00 a.m.

Thursday, May 13 9:00 a.m.

Science News!

Fultonvale grade 9 science students are in for a special treat! Dr. Lucio Gelmini, the chair of Chemistry at Grant MacEwan College will be coming to the school to perform some awesome chemistry demonstrations for the grade 9 students. The demonstrations will be on Monday, January 18th during periods 5 and 6.

Saffron presentation

We are pleased to continue our partnership with Saffron. They will be presenting a session on "Boundaries" to our grade 7 Health classes on Thursday, January 21st. We look forward to building our decision making skills through this information.

Drama

Fultonvale Drama Department will be presenting an adaptation of Charles Dickens novel, *Oliver Twist*. Auditions will be held on January 12 to 14th. Evening Performances are set for April 22nd to 24th. 2010.

If you are interested in volunteering time to assist with costumes, set construction or would like sponsorship information, please contact Mr. Zinken at the school.

Door Decorating Winners

Elementary Winners:

1st Place: Kindergarten

2nd Place: Grade 3

Junior High Winners:

1st Place: Mr. Hill 8A

2nd Place: Mr. Zinken 9B

Bouquet to ALL

Our 2009 Adopt-A-Family program was once again a tremendous success. This program has been a Fultonvale tradition for many years now and never fails to remind us of the spirit of giving at Christmas. Thank you to all who participated and to all the ladies who helped wrap and deliver the gifts. Your generosity is greatly appreciated.

Barb Fehr

Lessening Exam Anxiety

Many students arrive at exams in a state of mild anxiety, which grows until the teacher tells them to turn over their papers and begin. The first question looks familiar but they don't remember exactly how to do it, so they move on to the second, promising themselves, "I'll come back to the

first question as soon as I remember." Education expert Nick Whitehead of Oxford Learning says, "the real problem is that students freeze when they ask their memory to recall information that they've learned and filed incorrectly. The secret to overcoming freezing is shifting from a passive mindset (I'll just sit here and wait for the teacher to teach me) to an active process of questioning, summarizing and integrating information." Whitehead offers the following five steps for active learning:

1. Study notes: Spend 10 minutes per subject every night and summarize the day's lessons into study notes. Break the information down into Main Idea, Supporting Details and Sub Details.
2. Review: Review your study notes 48 hours later. Don't memorize; just make sure you understand what they mean.
3. Keep Track: Track your assignments, tests, homework and personal information.
4. Learn about yourself: What things distract you? Noise? Movement? Crowds? When you discover what makes it hard for you to pay attention, change your environment.
5. Set long-range goals: Keep your eye on your long-range goals and dreams. Stop expecting school to entertain you and stop blaming school for not meeting all your expectations. You'll begin to feel more control and power over your life.

10 Tips to Encourage Literacy

ABC CANADA Literacy Foundation created this national day with support

from founding sponsor Honda Canada to promote the importance of families playing together as a means to help develop literacy and numeracy skills.

"Family Literacy Day is one of many days when families can take the time to explore, share ideas and encourage each other's hobbies and interests," says Margaret Eaton, president of ABC CANADA.

The following 10 road-tested tips are popular activities suggested by families who organize Family Literacy Day events:

10. Create a family book club. Read and discuss the books together.
9. Make a particular night board game night. Maybe invite another family for a challenge.
8. Have your kids create a map for your next road trip then they can navigate by reading signs and billboards. Create a trip journal to keep track of your adventures.
7. Read news articles and magazines and then discuss current affairs together.
6. Volunteer as a family to read at a children's hospital or at a senior's centre.
5. Surf the Internet together to find great sites that support your hobbies.
4. Read a classic adventure together. If your children like Survivor, they will love Treasure Island.
3. Research and write your family's history. Use the Internet, family letters and documents as resources, and interview your relatives.
2. Sing favourite songs. Find our more about the songwriter or singer on the

Internet. Make up your own songs.

1. Write your own adventure. Write a short story as a family with alternative endings written by each family member.

For additional Family Literacy Day tips and activities visit www.abc-canada.org

Tips to Prevent Head Lice

The following are tips you can teach your kids to avoid head lice. And since head lice can't jump from child to child or crawl in to your home, preventing head lice infestations isn't as hard as it may sound.

Here's How:

1. Encourage your kids to avoid sharing things that have been on or near another child's head, including hairbrushes, combs, hats, scarves, towels, helmets, pillows, sleeping bags, etc.
2. Teach your kids to hang up their coat and had on an individual hook, when they get to school, instead of just throwing them in a pile with other classmates' clothing.
3. Regularly clean things that your child's head has direct contact with, such as car seats, pillows, head phones, etc., if you are sharing these items with other children.
4. Review some head lice pictures to help you understand what you are looking for in your child's hair, including live lice and nits (lice eggs).
5. Check your child for nits and live head lice at least once a week, keeping in mind that

although you may find head lice anywhere, they are often found at the back of your child's head, near his neck and behind his ears.

6. Recognize the symptoms of head lice, which include an itchy scalp and small red bumps or sores on the back of your child's neck and scalp. Don't panic, though, if your child must be treated for head lice.

Tips:

1. Be extra vigilant for head lice if there have been frequent reports of head lice at your child's school or in your child's classroom.
2. Review the head lice preventing steps before and after sleepovers, school field trips or when your child goes to camp.
3. Wash your child's hair with regular shampoo and hair conditioner and then check your child's hair after you rinse and dry it, but while it is still damp. The hair conditioner can make it easier to comb through your child's hair.
4. Remove all of the nits on your child's head when your child has lice, since missing some nits (lice eggs) is a common way for kids to have a persistent infection, as lice keep hatching and keep the infestation going.
5. A head lice comb to make it easier to check for live lice and nits.

**Sneak Peak
February 2010**

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|-----|---|
| 1 | Semester II Begins Glee Choir |
| 3 | Early Dismissal 2:10 p.m. Pizza Day Gr 6 DARE |
| 4-5 | Teachers Convention - No School |
| 8 | Firewire Newsletter |
| 9 | Hot Lunch |
| 10 | Gr 6 DARE |
| 11 | Jr. High Dance 1-3 p.m. Glee Choir |
| 12 | School Closure |
| 15 | Family Day - No School |
| 16 | Gr 5 & 9 Immunizations 9 am |
| 17 | 100 th Day Celebration Gr 6 DARE Pizza Day |
| 19 | Gr 4-6 Rabbit Hill Ski Trip |
| 23 | Parent Council Meeting 9 am Glee Choir Hot Lunch |
| 24 | Gr 6 DARE FMNI Workshop/Presentation |
| 27 | Young Authors Conference |

Newsletter Draw

Congratulations to **Paityn** and **Madisyn P** - Gr 4 and **Landon S** - 9A our \$5.00 prize winners for the month of December!

Community News

High School Open Houses

Ardrossan Junior Senior High School

Tuesday, February 9th, 2010
6:30 - 8:30 p.m.
53129 Rge Rd 222
Ardrossan, AB
French Immersion (7-12)
Honours Program (8-12)
CTS
Fine Arts
Athletics
Wellness Centre
Dream, Believe, Achieve

French Immersion (7-12)
Honours Program (8-12)
CTS
Fine Arts
Athletics
Wellness Centre
Dream, Believe, Achieve

Bev Facey Community High School

Advanced Placement
Thursday, January 28, 2010
7 p.m.

Wednesday, February 10th, 2010
6:45-8:00 p.m.
99 Colwill Blvd.
Sherwood Park, AB

Salisbury High School

Wednesday, February 17th, 2010
6:30 p.m.-8:30 p.m.
International Baccalaureate Program
Monday, February 22nd, 2010
7 p.m.
20 Festival Way
Sherwood Park, AB T8A 4V5
780Fax: (780) 467-346



Watch for Thin Ice

Elk Island Public Schools reminds families about the dangers of thin ice this time of year. Depending on fluctuating temperatures, ice can form and melt to varying degrees on outdoor bodies of water. Obey all posted signs and take the proper care to remain a safe distance from the ice.

The strength of ice on any body of water is affected by a number of factors, including weather conditions, run-off, springs feeding into the body of water, snow pack, sun, wind, and overall thickness. You cannot judge the strength of ice by appearance alone.

When you're out with your family this winter, please remind children about the dangers of thin ice and obey all posted signs.

Newsletter Receipt Slip

Please return to the office by **Friday, January 15, 2010** for your opportunity to win one of the two \$5.00 cash prizes.

Please note: Newsletters will always be distributed on the last instructional day of staff meeting week. Check your "courier service" to make sure you receive your copy. Newsletters may also be viewed on our website at www.fultovnale.ca

Student's Name (Please Print)

Parent's Signature

Comments/Suggestions/Questions:

