



The Firewire Parents' Weekly

November 25-30, 2019

We blinked and November is virtually over. Report cards are completed, volleyball is over and basketball tryouts are underway. The final week looks pretty clear of extra activities.

Grades 1-9 Report Cards are now available online via the Parent Portal.

This Week's Activities

Monday – Day 5

- Basketball:
 - Jr. Boys Tryouts 3:00 - 4:30
 - Sr. Boys practice 4:30 - 6:00

Tuesday – Day 6

- Basketball:
 - Jr. Boys Tryouts 3:00 – 4:30
 - Sr. Girls Tryouts 4:30 - 6:00

Wednesday – Day 1

- Basketball:
 - Jr. Girls Tryouts 3:00 - 4:30
 - Sr. Boys practice 4:30 - 6:00 **NOTE: PARENT MEETING @ 5:30 in the gym**
- Mr. Wever & I are at a curriculum session for the afternoon

Thursday – Day 2

- Basketball:
 - Sr. Girls Tryouts 3:00 - 4:30
 - Jr. Girls Tryouts 4:30 – 6:00
- Hot lunch day

Friday – PD Day

- Staff at school or throughout the district for PD sessions.
- Fultonvale elementary mini volleyball tournament begins

On Stage for the week of December 2-8:

- *Monday*
 - I (morning) & Mr. Wever (PM) are attending PD sessions for the day.
- *Tuesday*

- ATB Banking day
- Mr. Wever is at an assistant principal's meeting for the morning.

- *Wednesday*
 - Early dismissal @ 1:38 and staff meeting.

- *Thursday*
 - Hot lunch day

- *Friday*
 - Staff social

School News & Upcoming Events

Christmas Food Bank Drive

Our parent group (FSAC) is spearheading our school Food Bank Drive this year. Classes will be accepting donations up until the morning of December 13th. FSAC will provide a pizza party to the class whose name is drawn from a hat. Our goal is to average 1 item for each student. **List is at the end of the Firewire.**

School Fees

School fees were due October 31st. Please check you account via your parent portal for any outstanding fees. Thank you for your attention to this matter.

PEP poster

This month's Parents Empowering Parents (PEP) article talks about cannabis.

Colchester Community Hall

Christmas in the Country December 7th. See poster below for details.

Casino

The Fultonvale School Advisory Council (FSAC) is looking for ALTERNATES for the upcoming **casino in January 29 and 30, 2020**. All slots have been filled but **alternates are required** should an individual be unable to attend their shift. If we do not fulfill all spots, then FSAC/Fultonvale will lose out on all casino funds. Your assistance is greatly appreciated!

The casino will be in Camrose. If interested, please to email ftvhotlunch@gmail.com to sign up as a volunteer. Thank you, in advance, for your time and efforts in helping the FSAC and Fultonvale School obtain additional funds to support school programming.

Kudos

To Asma & Ms. De Rozier for planning & leading the activities around our Bully Awareness Week. Great picnic 😊.

A Final Thought...

May as well have some laughs at the budget's expense...



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Enjoy your final week of November. ~ Brad



Christmas Food Bank

By Grade

We realize Christmas is a tight time of year for everyone, but if we as a school are able to help out our fellow community members who rely on food hampers, that may just be the greatest gift of all!

We are asking each grade to help provide items that your kids are in, but of course we will take anything on this list to help out our local Food Bank

Kindergarten	Anything from the list from below
Grade One	Boxes of Cereal / Pancake mix / Baby Food
Grade Two	Peanut Butter/ Jam/ Nutella
Grade Three	Juice(1Litre) / Kraft Dinner
Grade Four	Canned Fruit / Pudding
Grade Five	Canned Tomatoes / Granola Bars
Grade Six	Canned Tuna/Salmon / Boxes of Crackers
Grade Seven	Canned Beans / Hot cereal/ Oatmeal
Grade Eight	Rice / Pasta
Grade Nine	Spaghetti Sauce / Jello
Staff	Soup (chicken, mushroom, stew, chilli)

FSAC will be collecting food donations until the 15th of December. We put our list together based on the recommendations from the [Strathcona Food Bank](http://www.strathconafoodbank.ca) website. They are also in need of non-food items. To learn more, check out their website @ www.strathconafoodbank.ca

PEP Talk

In partnership with EIPS Committee of School Councils



2nd Floor, 501 Festival Avenue Sherwood Park, AB T8A 4X3
www.pepsociety.ca

The Pot (Cannabis) Talk

Pot (Cannabis) is often the first drug a teen is offered

Did you know? The rate of pot use is two times higher among Canadian youth aged 15 – 24 as it is for adults.

One in five teens aged between 15 and 19 have used pot (cannabis) in the past year.

Terms for Cannabis:

Marijuana, bud, blunt, chronic, dab, dope, ganja, grass, green, hash, herb, joint, loud, mary jane, mj, pot, reefer, skunk, smoke, trees, wax, weed.

Short-term effects of use:

Feeling happy, relaxation, increased sociability and heightened sensation; problems with memory and learning; distorted perception (sights, sounds, time, touch); trouble with thinking and problem solving; increased heart rate and anxiety.

Long-term effects of use:

Increased risk of experiencing psychotic symptoms (changes in thoughts, feelings and behaviours) poor performance in school, lower grades and risk of dropping out; impairment of cognitive abilities; increase risk of chronic cough, bronchitis; may also increase depression and anxiety – stress tolerance level is lowered.

Cannabis and the teen brain

The pre-frontal cortex, the part of the brain that controls reasoning and impulses, does not fully mature until around the age of 25. The use before the age of 25 can have a negative impact such as: more risky, impulsive behaviour, poor planning and judgement, and difficulty controlling emotions.

You are the expert when it comes to your teen. If something doesn't feel right, it probably isn't. Talk to them – early and openly.

Parents Empowering Parents (PEP) Society was founded over 15 years ago in Strathcona County.

We provide free innovative programs for parents/extended family and youth/young adults.

Our groups are professionally facilitated and drop in - no registration required.

For more information please visit our web-site www.pepsociety.ca

or call our Support Line Days/Evenings Weekends 780.293.0737

CHRISTMAS

★ IN THE COUNTRY ★



DECEMBER 7, 2019

Get a start on your shopping at these Christmas markets in south rural Strathcona County. Experience sleigh rides, fun activities, delicious food and fireworks!



STRATHCONA.CA/COUNTRYCHRISTMAS

 STRATHCONA
COUNTY