



The Royal Herald

Fort McMurray Christian School



October 2020

THY WORD IS A LAMP UNTO MY FEET AND A LIGHT UNTO MY PATH.

(PSALM 119:105 KJV)

<https://christian.fmpsdschools.ca/>

School Hours

- 8:00 - First Bell
- 9:30-9:45 - Recess
- 11:27-11:55 - Recess
- 11:55-12:15 - Lunch
- 2:40 - Dismissal

ECDP/Kindergarten

8:05 - 10:51

To ensure the safety of all, students should not arrive at school before 7:45 and should leave school grounds immediately after dismissal unless involved in an after school activity.



A reminder to parents/guardians: It is mandatory to wear a mask if you are entering the building for an appointment, or to visit the office. Parents/guardians are also encouraged to wear masks when dropping off and picking up students.



Contact Info

780.743.1079

csinfo@fmps.ab.ca

To register at Fort McMurray Christian School make an appointment to visit our school office, or register online with the link on our website:

<https://christian.fmpsdschools.ca/>

Student Absences

Please notify the office if your child is going to be late or absent by calling or emailing with "absent" and your child's name in the subject line.

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A Royal Message From Administration

Parents, guardians and friends,

It's hard to believe that we are already in October. There are so many beautiful things about this time of year including the beautiful fall colours. At FMCS, students are settling into new routines, learning new concepts and ideas, building relationships with each other, and solidifying their relationship with Christ. The beauty of Autumn is all around us and it is one way God reminds us to enjoy and appreciate what we had (summer) - and to prepare for change while being thankful.



We continue to diligently uphold procedures and protocols issued by Alberta Health Services and are updating our safety plan accordingly. We appreciate your continued patience and cooperation while picking up your children, and your efforts to follow guidelines intended to keep each other safe.

We have restarted our weekly worship assemblies, and given a new name: Together Tuesdays. For now, these assemblies are being hosted virtually, with all classes joining in online. Thanks to technology, we are still able to worship and pray together - just in a different way.

Our breakfast and lunch programs have also begun. We've started with a selection of snack items that students can choose from, in their classrooms. We are also looking into other delivery options that align with our safety protocols.

Thank you for your patience and support as we navigate through uncharted waters during these uncertain times. Please continue to pray for us, and each other.

If you have any questions or concerns, do not hesitate to contact the school at 780.743.1079.

Blessings,

Admin. Team -
Bobbi Compton, Principal
Dan Baseley, Vice Principal

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School Council



School Council has hit the ground running this new school year.

Please join us for our next meeting Tuesday, October 13th at 7 pm (location TBA) for a brainstorming session on building our Junior High program and increasing our enrollment.

As you prepare to attend, please think about: What do you love about FMCS? What do we do well as a school? Where could we improve? What would make our Jr. High THE PLACE TO BE for Christian families during the middle school years?

Our new principal is listening. School Council is the place to bring your ideas.

Bring your Jr. High students as well. They have the knowledge and experience to have a vital voice in the discussion.

Bring your grade 6 students. This will be their Jr. High program next year. They need to be part of the conversation.

If you cannot attend the meeting, but have ideas to share, please email your School Council Chair, Lisa Podor at: Lmvpodor@gmail.com

To keep up with School Council on the daily, please join the FMCS School Council Facebook page. To have your request to join approved, you must answer the membership questions.

Lisa Podor, Chair



FMCS Society Wreath Fundraiser FMCS Fresh Wreath Fundraiser - \$35/wreath

This holiday season, give your friends, relatives, employees, customers and/or clients a beautiful, hand-crafted, long-lasting fresh Canadian Balsam Fir wreath.

Each wreath is 20"-22" in diameter and includes a weatherproof red velvet bow, clusters of red berries and pine cone accents.

Order deadline is October 29, 2020

Orders are placed using the link below. Instructions for e-transfer are included on the form.

[FMCS Society Wreath Fundraiser Link to Order](#)

Wreaths will be picked up from the school and are guaranteed to arrive no later than December 15.

Thank you for supporting the Fort McMurray Christian School! This Fundraiser will support the development of our school library including books at all levels, Christian literature, shelving and flexible seating.

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Fort McMurray Christian School Society

Are you passionate about Christian education?

Do you desire to see our school shine in our community as a beacon of the hope we have in Jesus Christ?

Does the idea of nurturing our kids in the “training and instruction of the Lord” ignite you?

Then attend the Annual General Meeting (AGM) of the Fort McMurray Christian School Society on October 21st at 6 pm at Evergreen Community Church.

You will:

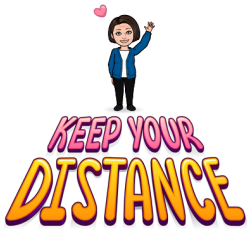
- learn how Society Executive has budgeted your Christian Education fees to support programming at our school
- meet your Society Executive team
- catch our vision for the upcoming school year
- have the opportunity to express your desire to join Society Executive in our work (must be a voting member of Society in good standing who has been a member of our school community for a minimum of 1 year)

All FMCS parents/guardians or teachers are eligible to be voting members of the FMCS Society **if** they meet the following criteria:

- have signed Schedule “A” of our Master Partnership Agreement with FMPD to signify their agreement with the mission, vision, and statement of faith governing FMCS (copies will be available to sign at the AGM. A copy has been included with this October school newsletter).
- have signed a declaration of their willingness to abide by the By-laws of the Society (copies will be provided at AGM)
- are members in good standing of the school community (have paid Christian school fees in full or have made financial arrangements)
- signify their intention to participate as a member of Society by attending the AGM

IF YOU FEEL CALLED to join Society Executive in our mission to “help ensure that the integrity and intent of the FMCS Alternative Program are maintained” and “advance the cause of Christian education in our community and promote it in general”

PLEASE submit a letter to society.fmcs@gmail.com before the AGM expressing your interest, and the gifts and experiences that you would bring to the role of Director.



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Schedule A

(More information in the message from Society on previous page)

Fort McMurray Christian School Alternative Program Enrollment Request Form

For all FMCS Parents:

To: Fort McMurray Public School District No. 2833

We are in support of the Educational Vision attached hereto as Schedule "A" objectives, standards of conduct, dress code, religious beliefs and the principles of this alternative program, we covenant and agree to have our child/children taught at Fort McMurray Christian School Alternative Program according to these principles.

If at any time we can no longer work together in a spirit of unity and under the guidelines of the Educational Vision, and all reasonable avenues of communication are exhausted, we will withdraw our child/children from Fort McMurray Christian School Alternative Program.

Father's Signature (or Legal Guardian) _____

Date

Mother's Signature (or Legal Guardian) _____

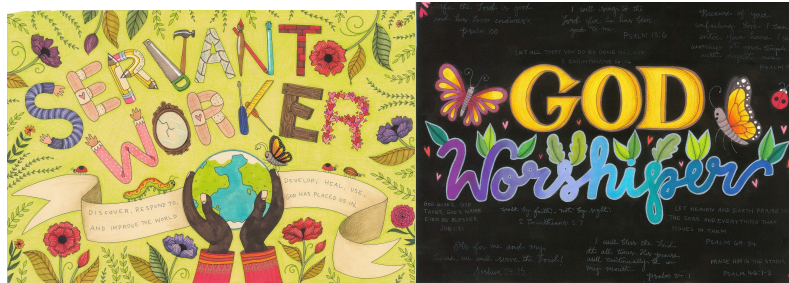
Date

A Message from our Tft Program Coordinator



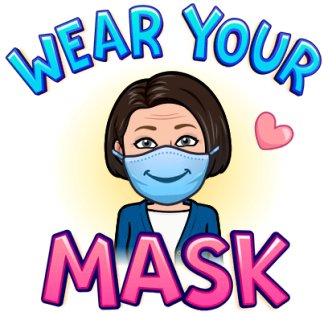
Teaching For Transformation

We made it through September! This is a praise item for sure. In September, as a school, we looked at ways we can worship God that not only demonstrates that worship is a part of our daily life, but that it is still important even though there are COVID protocols that we must follow. Videos of students dancing, drumming, and drawing are just a few ways that we have learned to give our time, talents, treasures and attention to the Lord.



In October we are going to be looking at what Servant Workers are and how we can actively heal brokenness and

bring joy to others. Students and staff have begun nominating others who are being Kingdom Builders each day. We call these ROARs: **R**epresentatives **O**f the **A**mazing **R**edeemer. One student from each grade will be recognized for choosing to be a Kingdom Builder with the characteristics of the Throughlines, and receive a certificate and ROAR button. We are working to build God's Kingdom through one action at a time.



APPLE NEWS

Back to School, Back to Sleep Routines

APPLE Schools is a health promotion project with the vision of healthy kids in healthy schools. The project is student-centered, evidence-based, and unique in Canada. APPLE Schools works with 74 schools across British Columbia, northern Alberta, Manitoba, and Northwest Territories. It improves more than 20,000 students' lives annually by supporting healthy eating, physical activity, and mental health habits.

Back-to-school season might look and feel a little different this year, but a healthy fall routine can help bring order, predictability, and a stable rhythm to our "new normal". Part of a regular routine is having a regular sleep schedule.

Healthy Sleeping Habits

How can you help your child get back into a healthy sleep routine this year?

- **Check in** - Make a point of asking how your child is doing.
- **Catch Some Z's** - Establish a bedtime and wake time, and stick to it! Aim to stay as close to it as possible, even on the weekends. The amount of sleep your child gets can affect their mood, behaviour, ability to process information and school performance.
- **No Screen Time** - Cut off your child's screen time 30 minutes before bed. The light from the phone and the stimulation from the video game or television will cause your child to struggle to fall asleep, and stay asleep.
- **Relaxation** - 30 minutes before bedtime, have your child do something to relax their mind for 30 minutes. This could be reading a book or having a warm bath.
- **Make physical activity a priority for the whole family** - Being active helps everyone sleep better, and the whole family participating will influence how your child views the importance of physical activity.

Going back to school can be exciting, and supporting your child with a healthy back to school sleep routine will help them find success everyday.



Prayer Corner

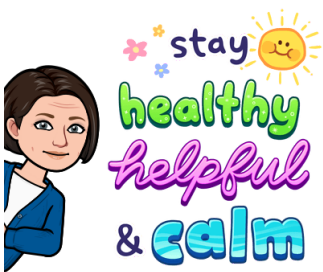
We received a message from one of our parents, which reads as follows: *I wonder about including a Prayer Request portion in our newsletter. It would be great to know what/how we, as parents, can be praying for the school. It could also be another way to bring people together and help foster that bond, while remaining apart during this time.*

Parents, friends, churches and community partners, please remember us in prayer.

- Continued safety for everyone amid a global pandemic
- Calm anxieties for our students and clear their minds so they can focus and learn
- Increased enrolment for our school



Month	Hymn of the Month
September	Shout to the Lord! Link
October (Thanksgiving)	Take my Life and Let it Be
November	One step at a time
December (Christmas)	He is Here
January	Majesty
February (Valentine's)	The love of God Praise him Praise him all ye little children
March	Christ Arose
April (Easter)	For the Beauty of the Earth All Creatures of our God and King
May	Shine Jesus Shine
June	What a Friend We Have In Jesus





Bus Late?

Busses running late? Check out the schedule myschoolbusmonitor.ca

My School Bus Monitor

LIVE SCHOOL BUS UPDATES -- STAY INFORMED!



What's Happening at FMCS?

October

- 2nd → No school for students (PLF for staff)
- 12th → Happy Thanksgiving (no school)
- 13th → School Council Meeting, All Parents Invited
- 21st → Fort McMurray Christian School Society Annual General Meeting
- 30th → No School For Students (Institute Day for Teachers)

Show Your School Spirit

October

- 9 - Crazy Hair Day
- 16 - School Clothing Day (wear navy blue or grey if you don't have school clothing yet)
- 23 - Book Character Day (dress as your favourite book character)

November

- 6 - Crazy Hat Day (or just wear a hat)
- 13 - School Clothing Day (wear navy blue or grey if you don't have school clothing yet)
- 27 - Jersey Day (anything sports related)

December

- 11 - Red/Green Day
- 17 - Pajama Day (last day before Christmas break)

Students in grades 4-9 are reminded to bring and wear their masks according to AHS guidelines. We have a **limited** supply of disposable masks in the office. Please remember and wear your mask like Lily!



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We Are Fort McMurray Christian School



“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” – 1 Thessalonians 5:16-18

When is it easiest to be thankful? It is easiest when things are going well, right? While it might be easier to praise God when you are most happy and comfortable, it is just as important, if not more important, to thank Him in the midst of trials.

In 1 Thessalonians, Paul tells the church at Thessalonica to rejoice always and give thanks in all circumstances. This can be hard to do, especially when things aren’t going well. So why do we have to give thanks? Why can’t we give in to cynicism and thanklessness? We cannot do this because God calls us to a life of continual thankfulness. It is God’s will that we give thanks.

This is not to say we need to be always smiling. Sometimes things in life are bad and we should mourn or be upset, but it is in these moments that God asks us to thank Him anyway.

The trials in our lives are not pointless. God has a purpose for everything, even the bad. We might not be able to see the good, but God can see the whole picture. We can gain hope in knowing that our suffering is not in vain, but rather, part of God’s greater purpose.

Furthermore, in Colossians 3:17 it says: “And whatever you do whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”

No matter how we feel at any given moment, we are still in control of what we say and do, and we should use this opportunity to point our lives back to God. A defining characteristic of a Christian is how he or she responds to trials. By finding the good in the bad, and giving thanks despite the negative circumstances, Christians set themselves apart from the rest of the world while simultaneously lifting their own spirits by fixing their eyes on God instead of on the world.

So this Thanksgiving, whether you see the blessing abounding in your life or you are struggling to find anything to be thankful for, turn to God, trusting in Him and His perfect purpose for your life.



Stay at Home Guide

When do I keep my child home?



It's confusing. When should I keep my child home?

The new public health measures for COVID-19 mean students and staff who are showing any signs of illness, must stay home from school. To simplify the 'should I keep my child home' and 'how long does my child need to stay home' process, we've created a visual guide to help you understand how our schools are making decisions around managing student illness.

My child is sick. How long do they need to stay home for?

Core COVID Symptoms	Other Symptoms
<ul style="list-style-type: none"> ● Fever (above 38°C or 100.4°F) ● Cough (new cough or worsening chronic cough) ● Shortness of breath or difficulty breathing (new or worsening) ● Runny nose ● Sore throat 	<ul style="list-style-type: none"> ● Chills ● Painful swallowing ● Stuffy nose ● Headache ● Muscle or joint aches ● Feeling unwell, fatigue or severe exhaustion ● Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite) ● Loss of sense of smell or taste ● Conjunctivitis (pink eye)
<h4><i>This is my child. Now what?</i></h4>	<h4><i>This is my child. Now what?</i></h4>
<p>If your child has one of the core COVID symptoms, they must do the following before returning to school:</p> <ol style="list-style-type: none"> 1) Receive a negative COVID test result and no longer be presenting any symptoms, or 2) Stay home for a minimum 10 days (or longer if they still have symptoms). 	<p>If your child has one of the 'other' illness symptoms, they must do the following:</p> <ol style="list-style-type: none"> 1) A COVID test is recommended, but not required. The sick person must stay home and minimize contact with others until feeling better. 2) Before returning to school, the sick person must be completely free of all illness symptoms. No student with symptoms will be allowed at school.
<h4><i>How do I get my child tested?</i></h4>	<h4><i>What does it mean to stay home and self-isolate?</i></h4>
<p>If your child has one or more of the 'core' symptoms we strongly encourage booking them a COVID test. This will speed up the return to school process, as the turn-around times for testing are faster than the required 10 day isolation period.</p> <p><i>No official document is required for 'proof' of a negative test result.</i></p> <p><i>In a family with more than one child, only the sick child is required to isolate and be tested.</i></p>	<p>www.alberta.ca/isolation.aspx</p>
<h4><i>Take the COVID-19 self-assessment test and book an appointment: https://myhealth.alberta.ca/Journey/-COVID-19/Pages/COVID-Self-Assessment.aspx</i></h4>	

Information for the creation of this document was taken from: COVID-19 in School (K-12) Settings, Symptoms and Testing. Retrieved on Sept 4, 2020 from: <https://www.alberta.ca/covid-19-testing-in-alberta.aspx>

Learn more by visiting our website: fmpsdschools.ca