

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



“Let my teaching fall like rain and my words descend like dew, like showers on new grass, like abundant rain on tender plants.”

Deuteronomy 32:2 (NIV)

You're never too old to learn a little more about God and His goodness. Just like rain provides nourishment to the plants, His word reaches into our hearts and shows us things we never would have imagined.

<https://www.daveramsey.com/blog/spring-bible-verses>

Student Absences

Please notify the office if your child is going to be late, absent, or (specifically for online learning) if there is a technology issue causing your child to be unable to join their virtual class by calling or emailing with “absent”, “late”, or “tech issue” and your child’s name in the subject line.

780.743.1079 kayla.dalley@fmps.ab.ca or sorina.saayman@fmps.ab.ca



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A Royal Message From Administration

Families and Friends of Fort McMurray Christian School,

It's hard to believe that we are already at March. Like everyone, we are looking forward to warmer weather and nature coming back to life. As we enjoy the change of seasons and the rejuvenation of life all around us, we are reminded that we are given new life and mercies daily. Spring reminds us that we should be thankful for each new day and even in the coldest and darkest months, spring will come. Likewise, in our coldest and darkest days, God is on the move and will bring us new life.

March is a busy month with Parent Teacher Interviews, ECDP and Kindergarten Open Houses, School Spirit Days, Together Tuesdays...as well as our first ever virtual book fair. Please check out the important dates further along in the newsletter.

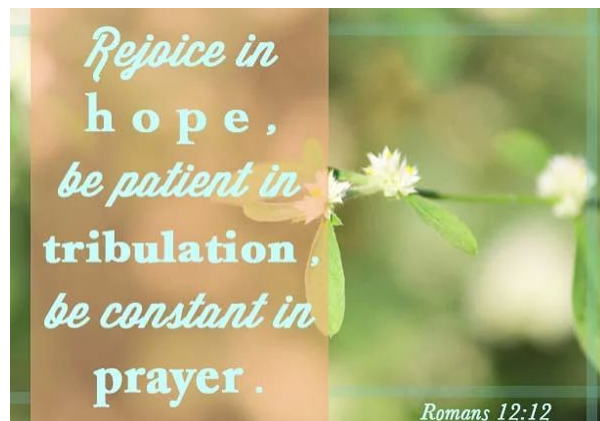
You may have noticed that we have been busy with promoting Fort McMurray Christian School on social media. Please share these posts with your family and friends. God is on the move to grow FMCS!

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



Did you know that School Councils are provincially mandated to "Advise the Principal respecting any matter relating to the school (excluding personnel issues)"?

Did you know that by attending a School Council meeting, you have the opportunity to get the "inside track" directly from the Principal on issues that impact your child's education?

Did you know that by being a parent or guardian of a student at FM Christian School, you are, by default, a member at large of School Council?

If you have any suggestions for school improvement, any burning questions you need answered, any topics to add to the agenda, shoot me an email at lmvpodor@gmail.com and we can make sure they come up at the next meeting.

If you want to feel more connected to the school community, or have ever wondered how you can be more actively involved or know more about your child's school, join in the conversation.

Our next meeting is March 9 at 7 pm via Google Meet.

<https://meet.google.com/dih-bkiv-whu>

New people welcome. Who knows, you may discover that School Council is your jam. But we won't try seriously to recruit you to an official position . . . yet.

See you March 9th.

Lisa Podor, Chair

FMCS School Council



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Fort McMurray Christian School Society



SAVE THE DATE!

We will be having a bottle drive on **Saturday, March 13** from 8-3pm!

If you have bottles that you would like picked up, please email your address to society.fmcs@gmail.com Your bottles can be dropped off at the school on Saturday, March 13 between the hours specified.

If you would like to be involved and volunteer, please let me know or keep an eye out on the facebook page for more details, which will be coming soon!

All proceeds will be going to enhance the school experience for our students.

How high a pile do you think we can build?!

Let's find out together!
Christine



SPECIAL THANKS!

We want to thank Melissa Walker from Blissful Tree for designing an exclusive pink shirt for our school and for giving her time and talents.

In total over 140 shirts were sold!



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A Message from our TfT Program Coordinator



Teaching For Transformation

March is all about Community Building at Fort McMurray Christian School. In our classrooms and hallways we are all learning about playing our parts in God's Story, and it is when these parts come together that we create community. Our grade six classroom is "Eager to do good" in all areas of their lives whether in the classroom, out in the community, or at home with family. This is our calling from God. Continue to watch our social media accounts for highlights of the ways we are working to find and build community as active pursuers of shalom.



Lois Ann Emberley
TfT Coordinator



Fort McMurray Christian School



@ChristianFMPD



fm_christian_school



Fort McMurray Christian School



@ChristianFMPD



fm_christian_school

Apple School Memo



A Bite of Health



As an APPLE School, we strive to build a healthy school community, focusing on improving students' healthy eating, physical activity, and mental health habits.

Turn off the Tube, Get on the Move

Students are learning about the Canadian Sedentary Behaviour Guidelines for Children and Youth through a campaign called Turn off the Tube, Get on the Move. Here is a summary of the learnings, and how you can support your child's health.

Canada is the first country in the world to have guidelines around limiting the amount of time children and youth should spend staring at a screen. They are called the Canadian Sedentary Behaviour Guidelines for Children and Youth. These guidelines show us how truly important it is for kids to move around every day in a variety of ways.



Why reduce screen time?

Studies have shown that increased physical activity and reduced sedentary time can lead to increased fitness, improved self-esteem, and higher academic performance.¹

For elementary-school-aged children, the guidelines recommend reducing screen time to no more than two hours per day. ¹ Look at how much screen time your family gets each day. Is there room to reduce it?

Get your kids to turn off the tube, and get on the move!

- Check your local community centre for fun activity programs
- Invite children on a walk or bike ride after dinner, aiming to establish it as a habit.
- After school, encourage children to visit with friends in person, rather than online
- Eat at the dinner table as a family. Encourage a no-screens-allowed rule (includes phones!)
- Offer your child some active indoor and outdoor chores
- Engage your child in helping to prepare meals
- Encourage your child to be involved in after school activities or sports
- Limit after school television, video games, texting, and other screen time

Reference: ¹www.csep.ca



For more information about APPLE Schools, visit www.appleschools.ca





Prayer Corner

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

- Stronger connections with our church communities
- Continued safety for everyone amid a global pandemic
- Calming of anxieties for our students and clear their minds so they can focus and learn
- Increased enrolment/growth for our school

From Our FMCS Prayer Group!

Let's pray together to discern God's will for our school, and the needs of our school community.

We meet virtually every other Tuesday. All are welcome. Come to pray, or send us your prayer requests!

"FMCS Prayer Group" on Facebook

Or prayer.fmcs@gmail.com

Or reach out to Laura Blake or Lacey Miller for more info.



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

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Bus Late?

Check out the schedule myschoolbusmonitor.ca

My School Bus Monitor

LIVE SCHOOL BUS UPDATES -- STAY INFORMED!



What's Happening at FMCS?

March

- 3 - 100th day, dress like you're 100 years old!
- 3 - Grade One Class will be creating a 100-day school shirt with 100 of something on it to celebrate 100 day.
- 4 - ECDP Open House, 6:30 - 7:30
- 5 - ECDP Open House, 8:30 - 3:30 (No school for ECDP students)
- 5 - Tacky Tourist/Tropical day
- 8 - Start of Virtual Book Fair
- 10 - Parent Teacher Interviews, 4:00 - 7:00
- 11 - Parent Teacher Interviews, 5:00 - 8:00
- 12 - PLF
- 18 - Kindergarten Open House, 6:30 - 7:30
- 19 - Kindergarten Open House, 8:30 - 3:30 (No school for ECDP and Kindergarten students)
- 19 - End of Virtual Book Fair
- 19 - Green Day
- 26 - Inside Out Day
- 26 - Earth Rangers, grades 1-6 (Virtual Presentation)

April

- 2 - Good Friday
- 2-9 - Easter Break
- 16 - Nature day
- 23 - PLF
- 30 - Wacky/Crazy Hair Day for National Hairstyle day

May

- 7 - PLF
- 14 - Each class will dress in a different colour for FMCS rainbow day
 - ECDP - Red
 - K - Indigo
 - 1 - Orange
 - 2 - Green
 - 3 - Blue
 - 4 - Pink
 - 5 - Green
 - 6 - Red
 - 7 - Yellow
 - 8 - Purple
 - 9 - Blue
 - Office Staff - Yellow
- 21 - Future Friday, show us what you would like to be in the future

June

- 4 - Super Hero Day (dress as a fictional, or real hero!)
- 11 - Dress like a teacher
- 18 - Nerd Day
- 25 - Canada Day

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28 - Dr Seuss/Pattern day, wear your wackiest patterns

Early Childhood Development Program (ECDP) and Kindergarten Virtual Open Houses available in March!

Register here - <http://fmpsdschoolappointments.com/>

(ECDP Registration is already open. Kindergarten will open in early March)

On March 4th and 5th we will be having a Virtual Open House and Meet & Greet for any parents interested in learning more about ECDP. On Thursday evening we will be hosting a 15 minute presentation showcasing our staff, facilities, and what makes kids SHINE! in our school. On Thursday and Friday there will also be an opportunity to sign-up to chat directly with our ECDP teacher, Mrs. Norman. *ECDP is a half-day program available to children who were born in 2017.*

On March 18th and 19th we will also be showcasing our Kindergarten program. On Thursday evening we will be hosting a 15 minute presentation about our staff, facilities, and what makes kids GROW! in our school. On Thursday and Friday there will also be an opportunity to sign-up to chat directly with our Kindergarten teacher, Mrs. Hiltz. *Kindergarten is a half-day program available to children who were born in 2016.*

If you have any questions, please do not hesitate to send us a message or learn more about us by visiting the "About" section of our website. <https://christian.fmpsdschools.ca/About.php>



LET YOUR KIDS SHINE!
AT FORT MCMURRAY CHRISTIAN SCHOOL

Find out more at our
ECDP Virtual Open House
Thursday, March 4th @ 6:30pm

Virtual Meet and Greet
Thursday, March 4th - 6:50pm - 7:30pm
Friday, March 5th - 8:30am - 3:30pm



LET YOUR KIDS GROW!
AT FORT MCMURRAY CHRISTIAN SCHOOL

Find out more at our
Kindergarten Virtual Open House
Thursday, March 18th @ 6:30pm

Virtual Meet and Greet
Thursday, March 18th - 6:50pm - 7:30pm
Friday, March 19th - 8:30am - 3:30pm

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FORT MCMURRAY CHRISTIAN SCHOOL

VIRTUAL
Book
FAIR

Something for everyone!
Picture, chapter, joke, fiction and non-fiction books. Bibles and devotionals for all ages. Giftwares and greeting cards as well!

MONDAY, March 8th - FRIDAY, March 19th

To preview what is available, check out <https://livingbooksinc.square.site/>

<https://livingbooksinc.square.site/>



Are You Blessed . . . or Lucky?

Posted by Regi Campbell - <https://radicalmentoring.com/blessed-or-lucky/>

Sometimes being a Jesus-follower takes us places we never thought. Years ago, I decided I'd avoid taking credit for the good stuff in my life. If I'm a fully surrendered Jesus-follower, then God's bringing the outcomes. If it looks and feels good to me, then I'm 'blessed.' When my Heavenly Father chooses to make or allow an outcome to line up with my desire, I'm happy and grateful. Don't ever let me take credit for making something good happen. It's always Him. And my response should be humble gratitude.

Then I learned that some of God's greatest gifts are unanswered prayers. The 'blessings' I didn't get turned out to be better than the ones I thought I wanted. So I got more cautious about declaring His

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'blessing' too soon. If it leads me to Him . . . to ultimate dependence on Him . . . if it brings God and I together, it will lead ultimately lead to 'blessing.' And besides, it's a 'check' on my pride. As long as I'm deflecting the credit for good stuff to my loving Father, then I'm not getting confused about my righteousness. Not thinking it's me bringing good stuff to me.

But recently, a friend went off on the word 'blessed.' "Nothing sounds so self-righteous," he says. First, he talked about the hypocrisy he sees in the life of the person running around talking about his special 'blessed' status. And secondly, he sees other friends living out a much more consistent 'walk' who aren't being 'blessed.' How does that work?

My wife was in a Christian bookstore once and overheard a conversation where a customer had found a rare book she was looking for. "You're really lucky," said the store clerk. Out of the blue, a bystander chimed in, "No good Christian would ever say that! You're leaving God out altogether." Taken aback, Miriam didn't say anything. The question lingers. Blessed or lucky? If one is 'reformed' enough in his or her theology, events do seem to unfold in a random sort of way. What seems to be a blessing turns out worse in the longer term. But then what looks like bad luck becomes a source of joy for years and years.

Ultimately, we must choose our own words and find peace in them. More importantly, we must choose how we tell the story of our lives to ourselves each day. To me, 'lucky' says random. It infers a 'God-less' environment where things happen without purpose or meaning 'Blessed' says I believe there's a 'Bless-er' and regardless of whether He's giving me what I want, He's there with me and for me. God is the author of my story . . . every little detail, every relationship. I get to choose how to use every opportunity to bless others with my eyes, expressions, generosity, time, concern and attention. Or . . . to make them feel lucky they ran into me.

In the end, know that when others hear us say 'blessed' or 'lucky' or whatever we say, they'll look at our hearts and decide if our intent is humility or pride. I want to live from a grateful heart so I'm going to keep saying "I'm blessed" and pray my heart stays gentle and humble enough to back it up.

Luke 6:45 – The [intrinsically] good man produces what is good and honorable and moral out of the good treasure [stored] in his heart; and the [intrinsically] evil man produces what is wicked and depraved out of the evil [in his heart]; for his mouth speaks from the overflow of his heart.



Updated Division Re-entry Plan

Updated COVID Information **New** Daily Healthy Checklist for Children Under 18

COVID-19 INFORMATION

HOW LONG TO STAY HOME FROM SCHOOL

The amount of time a student needs to stay home from school depends on the type of symptoms. For more details: [isolation requirements](#)

If a student has these symptoms

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Loss of sense of smell or taste

What to do

- Isolate at home for a minimum of 10 days from when symptoms started or until symptoms resolve, whichever is longer.
- COVID-19 testing is recommended.
- Can return to school before 10 days only if a COVID-19 test is negative, symptoms are gone, and the student was not a close contact of someone with COVID-19.
- Do not enter any long-term care settings for 10 days and until symptoms have resolved.
- If test results are positive, isolate at home for at least 10 days and follow instructions received from Alberta Health Services.

One of the following symptoms:

- Chills
- Sore throat/painful swallowing
- Runny nose/congestion
- Headache
- Muscle or joint aches
- Feeling unwell/fatigued
- Nausea, vomiting or diarrhea
- Unexplained loss of appetite
- Muscle/joint aches
- Headache
- Pink eye (conjunctivitis)

- Stay home from school and monitor for 24 hours. If after 24 hours your symptoms improve, you may return to school when you are feeling better.
- A COVID-19 test is not required but is available.
- Do not enter any long-term care settings for 10 days and until symptoms have resolved.

If a child has any two of these symptoms, or after 24 hours, their condition gets worse or they develop a second symptom:

- COVID-19 test recommended.
- May return to school after symptoms are gone, even without a COVID-19 test or results.
- Do not enter any long-term care settings for 10 days and until symptoms have resolved.
- If test results are positive, isolate at home for at least 10 days and follow instructions received from Alberta Health Services.