

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

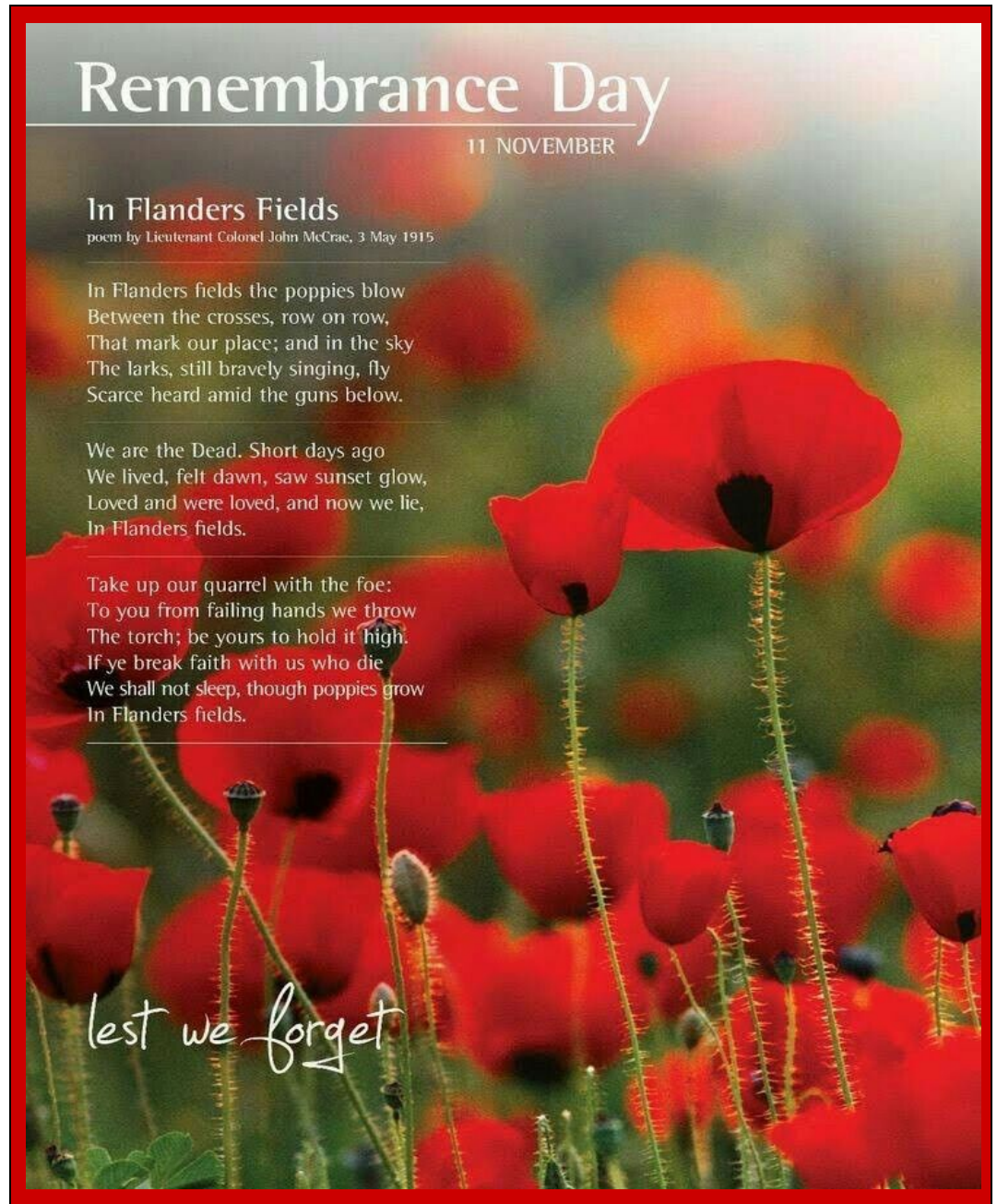
*To ensure the safety of all, students should not arrive at school before 7:45 and should leave school grounds immediately after dismissal unless involved in an after-school activity.*



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



## Remembrance Day

11 NOVEMBER

### In Flanders Fields

poem by Lieutenant Colonel John McCrae, 3 May 1915.

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

*lest we forget*

### 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.

780.743.1079 [csinfo@fmps.ab.ca](mailto:csinfo@fmps.ab.ca)



## A Royal Message From Administration

Dear parents, guardians and friends,

November is the month of remembrance. This month's newsletter contains images that remind us of the importance of remembering those who fought for us. Their willingness to do so secured many of our freedoms - including the freedom to worship and attend a Christian school. Remembering this is important, as there are many countries around the globe where many freedoms we take for granted are not possible. We are planning a virtual assembly to acknowledge and remember.

Our first parent teacher interviews for 2020-2021 are also scheduled for November. These interviews will be conducted virtually, with parents and students; more detailed information about this can be found later in this newsletter. New junior high course options will begin this month as well. We are very excited about continuing PEAK Volleyball and Worship Arts, and adding Fashion and Fabrics to the schedule. Further information will be coming home within the next few weeks.

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

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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**THANK  
YOU!**



REMEMBRANCE DAY  
*Lest We Forget*

We've added a thank you section to our newsletter to recognize and show our appreciation to those who have donated their time and talents, or financial support to Fort McMurray Christian School.

Thanks to all who supported Fort McMurray Christian School by purchasing weaths through our fundraiser. Your support will help provide resources for students and staff.

We thank Melissa Walker (Blissful Tree Designs) and Christine Gogolinski (Uncontained Photography) for their help with keeping our brand consistent.

Trunk or Treat - Thank you, Kayla Dalley, for taking the lead on "Trunk or Treat" at Family Christian Centre. The event gave us an opportunity to highlight our school. Thanks also to Cathy Kirschner and Katie Lemon for helping Kayla, and ensuring the event was a success.

Thank you Josh Friend and Reina VanGenderen, for giving their time and talents to our junior high options classes.

We thank the Fort McMurray Christian School Society, for unanimously supporting a part-time teaching position in Junior High. We also appreciate their presentation of a budget that supports Christian education, resources and professional development, ensuring that all students understand their part in God's story.

Thank you, Fort McMurray Christian School Council, for conducting an inquiry into enrollment, and giving both parents and students a voice in the process.

## Parent Teacher Interviews

Parent Teacher Interviews will be held on **November 18th and 19th** and will be held virtually, using Google Meet. A link will be sent to you by your child's teacher for the Meet. To sign up for a time, register at <http://fmcs.schoolappointments.com/>

**The deadline to register is November 17th**





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**November 18, 5-8pm**  
**November 19, 5-8pm**

## **Fort McMurray Christian School**

# **Parent Teacher Interviews**

**20-21 ALL INTERVIEWS WILL TAKE PLACE ONLINE OR BY PHONE**

**To Sign Up For An Interview:**



- Go to <http://fmcs.schoolappointments.com/>
- Register for an account
- Add all your children (students)
- Select the teacher you would like to meet with
- Select a meeting time for each child/student

**Expect a Google Meet link to be sent to you prior to November 18 and 19. Click the link at your scheduled meeting time and then "Join Now".**



**If you have any questions or issues with sign up, please contact the school at 780-743-1079.**

## School Council



We had a great turnout for our Jr. High Brainstorming Session at the October meeting.

School Council's role is to advise the Principal, with regard to school improvement, and it was wonderful to hear some new voices add their perspectives to the dialogue. Engaged parents and students strengthen our school community, so thank you to all who came to share your thoughts.

Special thanks to the Jr. High students who have first-hand experience with programming at FMCS and shared the things they love about our school, as well as suggestions for enriching their Jr. High Experience.

Some emergent themes, in brief:

Our distinctive characteristic is Christian education, and our deepest desire is to see our children grow their faith in Christ, which is a primary reason we choose FMCS for our children. To no one's surprise, parents and students confirmed PEAK volleyball is one of our school's most popular programs. The need to take an intentional approach to the development and scheduling of options courses came through clearly, as did the need to expand recreational / leadership opportunities for our older students. Our Jr. High students expressed their eagerness to participate in sharing our school's story by helping to develop promotional materials, so we look forward to seeing them take an active role in the process.

Translating this advice into concrete steps towards program improvement and school growth is the next step in the process.

A summary of feedback will be posted on the School Council Facebook page for those interested in seeing more specifically what participants had to say.

Our next School Council meeting is scheduled for Tuesday, November 10<sup>th</sup>. See you at 7 pm at Evergreen.

## Fort McMurray Christian School Society

### Did you know....

Many Employers have contribution programs where our school can benefit. Below are a few examples of how you can participate.

- a) Select our school as part of your United Way contribution. Use the following charitable number: 14113 2696 RR0001
- b) If you volunteer at our school, does your Employer have a Good Neighbours Program where they will make a donation for your time.
- c) Many Employers have Community Investment funds where our school may qualify for one of their Grants. A new Digital sign on Brett Dr as well as expanding bussing to our Downtown community are two of our goals. Inquire if either of these initiatives qualify!

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## A Message from our TfT Program Coordinator



# Teaching For Transformation

Worship is still an important part of who we are.

When we met together as a staff before classes started, we knew that the new COVID protocols for schools could impact our regular worship times. Worship is a very important part of what we do at Fort McMurray Christian School - so important that we have an entire course in junior high dedicated to the art and leadership involved in worship. What could this look like with the new restrictions in schools? How could we continue to express our time, talents, treasures and attentions to our sovereign Lord?

Together Tuesdays is the result of staff brainstorming about ways that we could continue to worship together. Every Tuesday morning, in the elementary grades, classes take turns hosting worship and delivering a lesson to the rest of the school. This is all presented through Google Meets and involves our ECDP - Grade 6 students every week. Once a month the junior high students join and see what the rest of the students have learned about being active citizens in God's story.



Our junior high students continue to worship with their own worship team and lessons on Friday mornings. Friday worship is a special time for these students to use the gifts that God has given them in giving thanks back to Him. Students in junior high sing, play instruments, run the slides and sound system, and practice their public speaking. We are looking forward to adding videography and photography to the talents already developing in this group.



In years past, we have been blessed by church leaders taking part in these worship times. With the use of video recording and streaming technology, we are able to continue this. We look forward to connecting with the pastoral leaders in our community and welcoming them into our journey of Together Tuesdays.



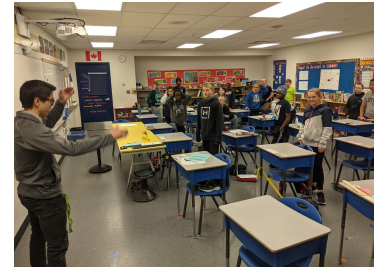
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## APPLE NEWS

A big thanks to Mr. Shewchuk for coming and visiting the school this month. A bunch of our classes got an opportunity to enjoy a few DPA (Daily Physical Activity) lessons led by him :)



## 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.

## Rainbow Lunch

This month, students are learning how to build a healthy lunch through a campaign called Rainbow Lunch. Here is a summary of the learnings.

***Eating Well with Canada's Food Guide*** uses a rainbow to represent the four food groups.

**Green arc:** Fruit and vegetables – Eat at least one dark green and one orange vegetable each day, and consume them more often than fruit juice. Enjoy them with little or no added fat, sugar, or salt.

**Yellow arc:** Grain products – At least half of your daily consumed grains should be whole grains. Choose grain products that are low in fat, sugar and salt.<sup>1</sup>

**Blue arc:** Milk and alternatives – Choose lower fat milk and alternatives, such as soy or almond milk.<sup>1</sup>



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**Red arc:** Meat and alternatives – Eat meat alternatives often, like beans, lentils, and tofu. Eat at least two food guide servings of fish each week. Select lean meat and alternatives that are prepared in little or no added fat or salt.<sup>1</sup>

Check your family meals. Do you have rainbow lunches? What about breakfast and dinner?

## Pita Pizza

### Ingredients:

- 1 Whole wheat pita
- 2 Tbsp Low sodium pizza sauce
- 3 Tbsp Reduced fat, grated cheese
- ¼ Cup Toppings of choice\*

\*Choose any toppings you like. Try to keep the rainbow theme and add as much color as you can!

### Directions:

1. Turn oven to broil
2. Flatten the pita and spread sauce onto it
3. Add toppings and sprinkle cheese on top
4. Put the pita on a baking sheet and place in the oven for about 5-7 minutes, or until the cheese is melted.

<https://www.canada.ca/en/health-canada/services/canada-food-guides.html>



## Unwind Your Mind

This month, students are learning the benefits of being mindful through a campaign called Unwind Your Mind. Here is a summary of the learnings.

### What is mindfulness?

Mindfulness is about maintaining awareness of our thoughts, feelings, bodily sensations, and the surrounding environment. Being mindful helps us pay attention and practice being present in the moment, instead of thinking about the past or the future.

### How do you practice mindfulness?

Mindfulness teaches you to be in control of your mind, instead of vice-versa. Relaxation, deep breathing, reading, and stretching are all ways to train your mind and body to relax while you take time for yourself.



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**Let's try a breathing exercise.**

Take a slow breath in through your nose, all the way down to your lower belly, for about 4 seconds.

Hold that breath for 1-2 seconds.

Exhale your breath slowly, through your mouth, for about 4 seconds.

Wait 2-3 seconds before taking another breath. Repeat.

Try doing this about 6-8 times per minute, for about 5 minutes, twice a day

Slowing down and taking long, deep breaths can help you get perspective, devise creative solutions to problems, and decrease your anxiety.

<sup>1</sup> <http://www.albertahealthservices.ca/news/Page13125.aspx>

<sup>2</sup> [https://greatergood.berkeley.edu/mindfulness/definition#what\\_is](https://greatergood.berkeley.edu/mindfulness/definition#what_is)

For more information about APPLE Schools, visit [www.appleschools.ca](http://www.appleschools.ca)

**New  
Fundraiser**

Our next fundraiser will be Dielemans. Information will be emailed this week. Many thanks to all for your support.



**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
- Calm anxieties for our students and clear their minds so they can focus and learn
- Increased enrolment for our school

Prayerful News - We have two parents who are heading up a biweekly prayer meeting. It will start on Nov 10th and will be every other Tuesday morning at 9AM. Additional details coming soon!

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Month	Hymn of the Month
September	Shout to the Lord! <a href="#">Link</a>
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?

Check out the schedule [myschoolbusmonitor.ca](https://myschoolbusmonitor.ca)

## My School Bus Monitor

LIVE SCHOOL BUS UPDATES -- STAY INFORMED!



## Remembrance Day

Never forget,  
Always remember.



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## What's Happening at FMCS?

### November

- 2 - FMCS Society Meeting
- 6 - Crazy Hat Day (or just wear a hat)
- 10 - Picture Retakes
- 10 - Together Tuesday/Remembrance Assembly
- 11 - Remembrance Day, No School
- 12 - Grade 6 & 9 Immunizations, information and permission forms sent home with students
- 13 - School Clothing Day (wear navy blue or gray if you don't have school clothing yet)
- 18/19 - Parent Teacher Interviews, 5-8pm
- 10 - PLF, No School For Students
- 27 - Report Cards Go Home
- 27 - Jersey Day (anything sports related)
- \*\* Every Tuesday, Together Tuesday

### December

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

## Remembrance Day Reflection

<https://www.gracefox.com/>

This month we celebrate Remembrance Day. We pause to honor those who fought for our freedom, to reflect on the price they paid, and to acknowledge the benefits we gained through their sacrifice.

News reports provide daily reasons to appreciate the freedoms we enjoy in Canada. My heart aches for those living in countries where simply stepping into the street means risking one's life. Or casting an election ballot threatens one's personal safety. Or converting to Christianity is akin to signing a death wish.

Yesterday in church, a woman from Iran told of how God had recently answered her prayer for refugee status. "If Canadian authorities had not said yes, then I would have returned to Iran," she said. "Doing so, as a Christian, would have meant death."

Oh, the freedoms we take for granted in our land.

Today, as I pause to reflect on the freedoms I enjoy at others' expense, I also say thanks to Jesus Christ for the sacrifice He made for mankind.

Hebrews 10:19-20 says, "And so, dear brothers and sisters, we can boldly enter heaven's Most Holy Place because of the blood of Jesus. By his death, Jesus opened a new and life-giving way through the curtain into the Most Holy Place."

Jesus' sacrificial death paved the way for us to have access to God. Because of what He's done, we can know with certainty that our sins are washed away. We can enjoy moment by moment fellowship with the Divine. We can bring our concerns and needs to Him in confidence believing that He'll care for us.

Oh, the freedoms we sometimes take for granted, especially if we've grown up in the Church.

Today, let's pause to honor those who fought for our freedom. And as we do, let's remember the price that Jesus paid so that we might enjoy spiritual freedom, too.



[Updated Division Re-entry Plan](#)  
**Updated COVID Information**  
**New Daily Healthy Checklist for Children Under 18**

**COVID-19 INFORMATION**

**COVID-19 ALBERTA HEALTH DAILY CHECKLIST  
(FOR CHILDREN UNDER 18)**

**Overview**

This checklist applies for all children, as well as all students who attend kindergarten to Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

**Screening Questions**

**1. Has the child:**

*(Choose any/all possible exposures)*

<b>Traveled outside Canada in the last 14 days?</b> When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days unless enrolled in the Alberta COVID-19 International Border Pilot Project	YES	NO
<b>Had close contact with a case of COVID-19 in the last 14 days?</b> Face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging	YES	NO
<b>If the child answered "YES" to any of the above:</b> <ul style="list-style-type: none"> <li>• The child is required to quarantine for 14 days from the last day of exposure.                             <ul style="list-style-type: none"> <li>◦ If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times.</li> </ul> </li> <li>• If the child develops any symptoms, use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to determine if testing is recommended.</li> </ul>		
<b>If the child answered "NO" to both of the above:</b> <ul style="list-style-type: none"> <li>• Proceed to question 2.</li> </ul>		

**2. Does the child have any new onset (or worsening) of the following core symptoms:**

<b>Fever</b> Temperature of 38 degrees Celsius or higher	YES	NO
<b>Cough</b> Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
<b>Shortness of breath</b> Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
<b>Loss of sense of smell or taste</b> Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
<b>If the child answered "YES" to any symptom in question 2:</b> <ul style="list-style-type: none"> <li>• The child is to isolate for 10 days from onset of symptoms.</li> <li>• Use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to arrange for testing and to receive additional information on isolation.</li> </ul>		
<b>If the child answered "NO" to all of the symptoms in question 2:</b> <ul style="list-style-type: none"> <li>• Proceed to question 3.</li> </ul>		

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**3. Does the child have any new onset (or worsening) of the following other symptoms:**

<b>Chills</b> Without fever, not related to being outside in cold weather	YES	NO
<b>Sore throat/painful swallowing</b> Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
<b>Runny nose/congestion</b> Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
<b>Feeling unwell/fatigued</b> Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
<b>Nausea, vomiting and/or diarrhea</b> Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
<b>Unexplained loss of appetite</b> Not related to other known causes or conditions, such as anxiety or medication	YES	NO
<b>Muscle/joint aches</b> Not related to other known causes or conditions, such as arthritis or injury	YES	NO
<b>Headache</b> Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	YES	NO
<b>Conjunctivitis</b> (commonly known as pink eye)	YES	NO
<p><b>If the child answered "YES" to ONE symptom in question 3:</b></p> <ul style="list-style-type: none"> <li>• Keep your child home and monitor for 24 hours.</li> <li>• If their symptom is <b>improving</b> after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.</li> <li>• If the symptom <b>does not improve or worsens</b> after 24 hours (or if additional symptoms emerge), use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to check if testing is recommended.</li> </ul> <p><b>If the child answered "YES" to TWO OR MORE symptoms in question 3:</b></p> <ul style="list-style-type: none"> <li>• Keep your child home.</li> <li>• Use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to determine if testing is recommended.</li> <li>• Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.</li> </ul> <p><b>If the child answered "NO" to all questions:</b></p> <ul style="list-style-type: none"> <li>• Your child may attend school, child care and/or other activities.</li> </ul>		

**Please note:** If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started/until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.



## 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

### What to do

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

- 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.