

# Fireside Focus

Open Minds, Open Hearts, Open Doors

The Week Ahead ~ November 12 to November 19

## Upcoming Events at a Glance

Date	Time	Event
Monday, November 15	7:00 pm	<b>Friends of Fireside Meeting</b> <a href="https://meet.google.com/yzb-pgbm-zvh">meet.google.com/yzb-pgbm-zvh</a>
Wednesday, November 17		<b>Lifetouch Photo Retake Order Deadline</b>
Friday, November 19		<b>Junior B Boys Volleyball Tournament</b>
Friday, November 26		<b>Junior B Girls Volleyball Tournament</b>
Wednesday, December 1	6:30 - 8:00 pm	<b>School Council Meeting</b> ( <a href="https://rockyview.zoom.us/j/2781208156">https://rockyview.zoom.us/j/2781208156</a> )

Hello, families and friends of Fireside!

We hope this week's edition of the *Focus* finds you enjoying your Friday and possibly even an extended weekend. Our week was highlighted by our Wednesday observance of Remembrance Day. Mr. Petterson created a [beautiful video](#) that features a number of our students reflecting on the importance of the day and placing poppy wreaths in our Remembrance Day display.

Some of our classes entered the Legion's Remembrance Day contest. The Legion will still be taking submissions of posters (like the one pictured), poems, and essays until Friday, November 19th. Students can submit entries to their homeroom teachers until Wednesday, November 17th.



Finally, there are a number of parent workshops being offered by Rocky View Schools designed to help parents support their children with mental health and mindfulness. Please see below for information and registration links.

### **NEW: Poppy Fund Donations**

While Remembrance Day has passed, the Royal Canadian Legion is still accepting donations to their annual Poppy Fund. If you missed the chance to make a donation in a poppy box, this is a great way to support veterans in Canada. Donations can be made at...

<https://legion.ca/remembrance/the-poppy-campaign/donate-to-the-poppy-fund>

### **NEW: Annual Fireside Food Drive Starting Soon**

Stay tuned for information on our annual holiday food drive. Fireside School is known for making some of the single largest food donations to the Cochrane Activettes in recent years, helping Cochrane families who experience food scarcity. We'd like to be able to continue this tradition and will be collecting donations again soon.

### **NEW: Lost and Found Photos Below**

Please check the photos at the end of this week's *Fireside Focus* to see if your child's wayward items may have been found. Among the many clothes and winter accessories we've gathered, there is also a very small, kid-sized shopping cart and a rather nice scooter in our possession. Parents and caregivers are welcome to come by the office to claim lost items or have your children come down to collect their own belongings.

### **NEW: Covid-19 Rapid Test Kits not Yet Available**

The school has not yet received its supply of rapid testing kits from AHS. We will be sure to notify families when they become available, as well as how to access them.

### **NEW: Free Parent Education Sessions (through MHCB Stepping Stones to Mental Health)** **Parent Education Sessions in partnership with Community Education Services (CES)**

**Registration:** <https://community.hmhc.ca/>

**\*\*\*Please register using the posters on the website only\*\*\***

22 Nov 2021: **Kids Have Stress Too** 6:30 PM - 8:30 PM

An introduction to key aspects of early childhood and brain development, and the crucial role parents and professionals play in buffering the impact of stress on kids. Learn strategies to help young children become aware of and manage stress in fun and engaging ways.

29 Nov 2021: **Managing the Holidays through Mindfulness: Supporting Your Child's Social and Emotional Well-being** 1:00 PM - 3:00 PM

The holiday season is coming! Many find the holidays bring as much stress as they do joy. In this session you will learn about mindfulness and take away practical tools that will help you make the most of these festivities and this time of year. This session will explore the topic of mindfulness and how mindfulness strategies can help support your child's social and emotional well-being. Explore how our brain's stress responses may impact our social and emotional well-being and how we can use mindfulness to calm children's brain. Improved social emotional skills using mindfulness can lead to better focus in school, better cooperation with others, improved self-awareness, self-regulation, decrease stress/anxiety, and improve our overall sense of well-being.

13 Dec 2021 **Supporting Children & Youth through Grief & Loss** 1:00 PM - 3:00 PM

To watch a child grieve and not know what to do is a profoundly difficult experience for parents, teachers, and caregivers. There are many life experiences that can produce feelings of grief in a child, from the death of a relative or a divorce in the family to more everyday experiences such as moving to a new neighborhood or losing a prized possession. The pandemic has added even more reasons, with children grieving the loss of normalcy and a sense of safety. This session is to help adults counter the false idea of "not feeling bad" and to empower children with positive, effective methods of dealing with loss. We will look at guidelines for helping children develop a lifelong, healthy response to loss and how you can support them through these tough times.

28 Feb 2022 **Part 1: The Process of Addiction** 6:30 PM - 8:30 PM

Defining addiction, the substance use continuum, relationship between addiction and mental health and the impact of COVID-19 and stigma.

11 Apr 2022 **ADHD & Executive Functioning: For Children & Youth** 6:00 PM - 8:00 PM

The session will be an overview of ADHD and how issues with impulsivity and/or inattention impact children's ability to manage their environments. The session will also explore the impact ADHD has on Executive Functioning and how it relates to managing everyday tasks, and meeting daily expectations at home and at school, including social, emotional, behavioural and academic demands.

### **Friends of Fireside Fundraisers and Meetings Updates**

Friends of Fireside School is organizing two fundraisers with the theme of litter-less lunches!

First up is **Stuck on You** - Bento boxes that can be personalized - perfect idea for lunch and snacks! We use ours every day! They will ship directly to you - so share away with friends and family: <https://www.stuckonyou.ca/affiliate/fundraiser/FRIENDSOFFIRESIDESCHOOL>

To go with our theme of litter-less lunch, we are also offering snack bags with **Colibri**, who is a Canadian company making eco-friendly reusable snack bags, wet bags, silicone straws, and more, here in St. Adolphe, Manitoba. Replace your ziplocs with machine washable, reusable options! Also makes a great stocking stuffer idea. You can shop here from today **until November 16th** [www.colibrifundraising.com](http://www.colibrifundraising.com) (and make sure to select "Friends of Fireside School Society" at checkout). Orders are all shipped to our school for distribution in early December.

Any questions about these two fundraisers - please reach out to us on Facebook or at [president@friendsoffireside.ca](mailto:president@friendsoffireside.ca)

Our next meeting will be Monday, November 15, at 7:00 p.m. via GoogleMeet:

[meet.google.com/yzb-pgbm-zvh](https://meet.google.com/yzb-pgbm-zvh) - Hope to see you there!

### **Cochrane Public Library**

Cochrane Public Library has reached out and is offering free library cards for all students of Fireside School and their families. This library membership will last a year from the date the cards are issued and will grant all card holders access to the many services available at Cochrane Public Library, as well as all 180 libraries across Alberta that are part of the TRAC Network. Some of the relevant services provided by Cochrane Public Library include:

- **Solaro** – an online study help and exam preparation tool developed by the creators of THE KEY Study Guides. Offers help for Mathematics, English/Language Arts, and Sciences for grades 3-12, and Social Studies for grades 6, 9-12 and is aligned to the Alberta curriculum
- **World Book** - World Book Online supports all levels of learning with features perfect for the 21st century educator and learner
- **Pronunciator** - an online language learning system providing 160+ language courses (including American Sign Language) and English courses taught in the user's native language
- **BrainFuse/HelpNow** where students can access online help from 2:00 pm to 11:00 pm daily and chat live with a tutor and create your own study tools with flashcards and games. The tutors and homework align with the Alberta K-12 curriculum.

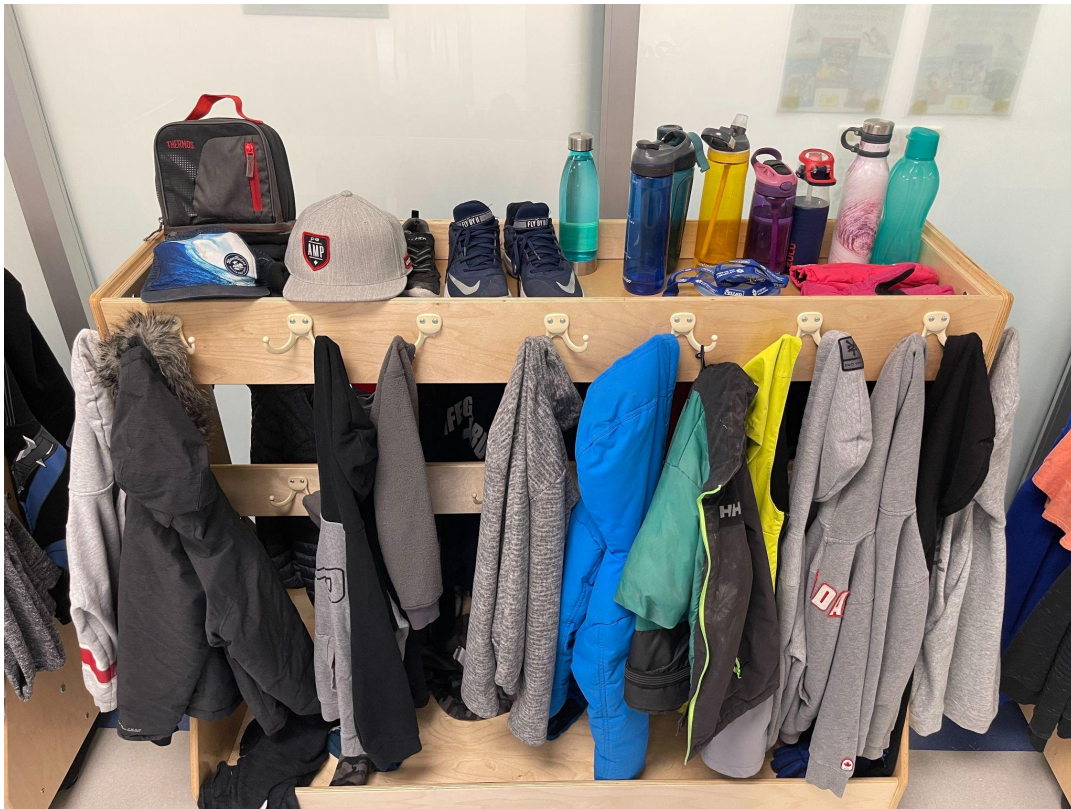
In order for students to get a card, an adult in the family must sign up for one, or already have one. **Forms need to be returned within 2 weeks. Only one form needs to be completed per household. You will find a copy of this form at the end of this week's *Fireside Focus*. If your student(s) needs a printed copy of the form, please know that we can help with that.**

If you already have a card, this is the perfect opportunity to renew it free of charge!

Any questions can be directed to our Learning Commons Coordinator, Mr. Lofthouse.



**Lost and Found:**













Cochrane Public Library, 405 Railway Street West, Cochrane AB, T4C 2E2  
[www.cochranepubliclibrary.ca](http://www.cochranepubliclibrary.ca)

### FIRESIDE SCHOOL

In order to better serve our community and promote literacy, Cochrane Public Library is offering school-aged children, teens, and their families a free membership to the library for one year.

*Please note that all children must have an adult who has a library card in order to have their own membership.*

- Please complete the form below with your and your child's information for free library cards.
- **Return the form to your child's school library** no later than 2 weeks after distribution and the library cards will be given to your child at school.
- If you have more than one child enrolled, please put siblings on the back of the form and only send in one form. All cards will be provided for free.



### Application for Cochrane Public Library TRAC Library Card

New Card: ☐ Renewal: ☐ Card #: \_\_\_\_\_

Parent / Guardian Last name: \_\_\_\_\_

Parent / Guardian First name: \_\_\_\_\_

Street/Box \_\_\_\_\_

City: \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (C) \_\_\_\_\_

Email \_\_\_\_\_ ☐ Check box for email notifications of overdue / holds

The parent/guardian agrees to be responsible for all materials borrowed on the cards issues under this application and to abide by the rules and regulations of the library where it / they are used.

\_\_\_\_\_  
Signature of parent/guardian

\_\_\_\_\_  
Date



Additional cards for children and teens living at the same address:

Barcode (only for renewals): \_\_\_\_\_

Last name: \_\_\_\_\_

First name: \_\_\_\_\_

Age: \_\_\_\_\_

Barcode (only for renewals): \_\_\_\_\_

Last name: \_\_\_\_\_

First name: \_\_\_\_\_

Age: \_\_\_\_\_

Barcode (only for renewals): \_\_\_\_\_

Last name: \_\_\_\_\_

First name: \_\_\_\_\_

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