

# FIRESIDE FOCUS

OPEN MINDS ■ OPEN HEARTS ■ OPEN DOORS

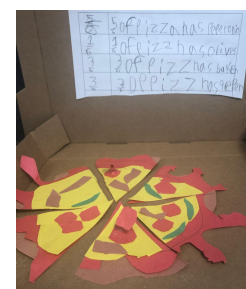
## The Weeks Ahead ~ January 13, 2022 to January 20, 2023

Friday, Jan 20		Junior A Basketball Tournaments Boys @ Fireside at 3:00 & 7:00 pm Girls @ Rancheview at 4:00 & 5:00 pm
Friday, Jan 27		Junior A Basketball Tournaments Girls @ Fireside at 3:00 and 4:00 pm Boys @ Beiseker at 4:00 & 7:00 pm
Monday, Jan 23		Kindergarten Registration Opens (see below)
Friday, Jan 27 to Monday, Feb 27		Fireside School Read-a-Thon
Monday, Jan 30		School Day for students (please note this change in the Rocky View Schools calendar)
Wednesday, Feb 1	5:00 to 6:00 pm	Kindergarten Information Session for Parents (see below; poster at the end)
Wednesday, Feb 1	6: 30 to 7:30 pm	School Council Meeting (Meeting ID: 956 1746 1383    Passcode: 891360)
Wednesday, Feb 1	7:30 to 8:30 pm	Friends of Fireside Meeting (Meeting ID: 956 1746 1383    Passcode: 891360)
Friday, Feb 10		Professional Learning Day (no school for students)

Greetings Fireside Families & Friends!

We were glad to welcome students back on Tuesday. It was a busy week, despite being a short one. We were grateful for the lovely winter weather for outdoor explorations, activities, classes, and recesses.

Grade 4s completed refraction experiments and looked at Flat Lay photography with Ms. Sly for their upcoming Flat Lay Photography Projects. Grade 6s began to write their myths about how things in the natural world came about. Grade 3s looked at fractions using pizza visuals and designed their own family crest shields. The 7/8 Outdoor Leadership classes did compass work, trying to find their bearings and follow directions out on the field in preparation for upcoming field trips.



On Friday, Mrs. Soroka's 3/4 class engaged in a Moccasin lesson with their teacher and Rocky View Schools Director of Indigenous Learning, Cindy Stephanato. Designing and making their own moccasins is connected to their learning on "walking" stories. Grade 8s also had a full day, which began with a conversation with school administration about the opportunity to go off-campus on Wednesdays, starting January 26 (see below). Then, students acted as groups of explorers from the late 1400s, who were presenting to the King and Queen of England (played by their Social Studies and Language Arts teachers). In the afternoon, students watched a presentation from M.A.D.D. (Mothers Against Drunk Driving).



Fireside School's Read-a-Thon and Fundraiser will begin on Family Literacy Day near the end of the month. Please watch for more detailed information in next week's *Fireside Focus*. The information package, including the Student Tracker Sheet and Pledge Form will come home with students on Friday, January 27, 2023. *Friends of Fireside* and Cochrane Movie House are generously sponsoring prizes again this year: thank you! We look forward to showing our Book Love again this year!



Wishing you all a wonderful weekend.

Dave, Tara, & Jason  
Fireside Administration Team

**In this week's edition:**

**NEW: Kindergarten Registration and Information Session**

**NEW: Open Campus Lunch Period for Grade 8 Students**

**NEW: Junior B & Grade 6 Basketball Starting – Coach Needed**

**NEW: Parent Education Sessions (Virtual Online) in partnership with Community Education Services**

**NEW: Community Programs for Youth**

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**[NEW: Kindergarten Registration](#)**

Kindergarten registration for the 2023/24 school year will open for all schools in Rocky View Schools on Jan. 23<sup>rd</sup>. Alberta's standardized age of Kindergarten entry requires students to turn five years old by Dec. 31 of the school year they begin Kindergarten. This means children born between Jan. 1<sup>st</sup> and Dec. 31<sup>st</sup>, 2018 can register for Kindergarten for the 2023/24 school year.

All new registrations for Kindergarten must be completed through [SchoolEngage](#), RVS' online registration system. During operational hours, schools will allow access to a computer and assist families who otherwise do not have access to a computer. Families can visit the RVS [Kindergarten registration webpage](#) for more information about Kindergarten registration.

### **NEW: Kindergarten Information Session**

Fireside School will be offering a Kindergarten information session for families on Wednesday, February 1st, from 5:00 - 6:00 pm. The session will cover a variety of topics that will give attendees a picture of what Kindergarten at Fireside is like. The session will include a short tour and a Q&A session. No registration is required.

### **NEW: Open Campus Lunch Period for Grade 8 Students**

It might be a bit hard for their parents to believe, but the graduating class of 2027 (otherwise known as our grade 8s) will be entering high school in just a matter of months. One of our many goals for Grade 8 is to help students make the transition from middle to high school as seamless as possible. Grade 9 introduces them to more independence, particularly during non-instructional times. In an effort to help them navigate this successfully – keeping an eye on the clock and being good ambassadors of their school – we are going to trial an open campus lunch format on Wednesdays of each week starting on January 26<sup>th</sup>.

In order to be afforded this opportunity, students must obtain their parents' signatures on consent forms that were made available to them today. While in the community, students will be expected to behave in a manner that is consistent with expectations in school. They will also be expected to monitor their time effectively and return prior to the end of lunch recess (12:50 pm).

Should the first few weeks of this be successful, we will consider adding additional open-campus days to the schedule. We're confident our students will represent Fireside and themselves well. If there are comments, questions, or concerns, please reach out to us.

### **NEW: Junior B & Grade 6 Basketball Starting – Coach Needed**

Fireside is looking for a coach for our Junior B Grade 7/8 Girls Basketball team. Practices will be on Tuesdays and Thursdays from Feb. 14<sup>th</sup> to March 23<sup>rd</sup>. Practices are from 2:30-3:30. The team will play in three Friday tournaments at schools around the division on March 3<sup>rd</sup>, March 10<sup>th</sup>, and March 24<sup>th</sup>. If there are any volunteers interested in helping with this program, please contact Mrs. Hamilton at mhamilton@rockyview.ab.ca.

Grade 6 Basketball will start the week of March 6<sup>th</sup>, and the tournament is on Friday, March 31<sup>st</sup>. Interested students will get information letters by mid-February.

### **NEW: Parent Education Sessions (Virtual Online) in partnership with Community Education Services**

**Caregiver Self-Care and Co-Regulating with Your Child** - January 24, 2023 at 10:00am – 12:00pm

The importance of self-care for caregivers, burnout, compassion fatigue, and helping children to practice self-care and regulate emotions. Open to the public. Cost: Free. Click here to [Register](#)

**Mindfulness: Supporting Your Child's Social & Emotional Well-being** - February 15, 2023, 6:30 - 8:30 pm

This session will explore the topic of mindfulness and how mindfulness strategies can help support their child's social and emotional well-being. Explore how our brain's stress responses (fight, flight, or freeze)

may impact our social and emotional well-being and how we can use mindfulness to calm our brain. We will discuss how the brain influences thinking, emotions, self-regulation, and behaviour. 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. Through an interactive session, participants will be guided through some mindfulness activities that they can use with their children and explore learning from the MindUP program. Open to public. Cost: Free. [Click here to Register](#)

**Brain Science: Sciences of Hope and Resilience** – March 2, 2023 from 10:00 am to Noon or March 21, 2023 from 6:30pm to 8:30pm

This session exists to support caregivers with the fundamental elements of brain science with a focus on the strengths of knowing how this can positively impact children and youth development. The interactive session will provide insight into brain structure and the stress response. In addition, we will explore adverse childhood experiences and life events as they relate to brain development, while providing information and strategies to build resilience. Open to public. Cost: Free

For March 2, please [click here to Register](#)

For March 21, please [click here to Register](#)

For more information on available Community Education Services sessions, please visit their website at <https://community.hmhc.ca>

### **[NEW: Community Programs for Youth](#)**

**Be Body Positive - Cochrane – January 26 – March 16, 2023; Time: 4:30pm – 5:30pm;  
Location: Cochrane Public Library**

A FREE body positivity program where youth of middle or high school age will explore understanding health, practicing intuitive self-care, cultivating self-love, and declaring authentic beauty. Together in a safe space we will explore body positivity, mindfulness, creative expression, the influence of social media, and building community. Open to public.

Cost: Free; Registration required. To register, please [click here](#)

### **[Contact Us!](#)**

Fireside School

403.932.4868

[fireside@rockyview.ab.ca](mailto:fireside@rockyview.ab.ca)

<http://fireside.rockyview.ab.ca>



## Kindergarten Information Session for Parents and Caregivers

### Topics Include:

- Why is Kindergarten important?
- Program offerings at Fireside
- Transportation
- Learning Supports

**Wednesday February 1, 2023.**

**5-6 pm (30min presentation and tour followed  
by Q&A session)**

Fireside School

12 Fireside Parkway

Cochrane, AB T4C 2L8

Please RSVP @ 403-932-4868 or  
[fireside@rockyview.ab.ca](mailto:fireside@rockyview.ab.ca)

