

Fireside Focus

Open Minds, Open Hearts, Open Doors

The Week Ahead ~ June 3 to June 10

Upcoming Events at a Glance

Date	Time	Event
Friday, June 17		Please be sure all books are back to the Learning Commons by this date
Sunday, June 24		All outstanding school fees due
Tuesday, June 28		Last Day of Classes

Hello, families and friends of Fireside! We are so glad to be going outside for activities and learning as much as we can. This week saw our Grade 8 Boys' Relay Team competing at Zones on Tuesday (see below). Our Grade 2 students released their Praying Mantises (see below), as the Grade 1's and 3's created polls and graphs about when their caterpillars will grow and evolve into beautiful butterflies. Mrs. Humphreys' Kindergarten students made wind forecasters, and Kindergarten students also completed wet felting projects with Tracey Kuffner this week. The Grade 4's had a wonderful day trip to Glenbow Provincial Park, learning about biodiversity, invasive species, pollinators, the importance of protecting native grasslands, and SO much more! On Wednesday, we welcomed new Kindergarten students and families into Fireside School for an Open House, while Mr. Petterson and Mr. Chung hosted a Band Information Meeting (see below). Finally, on Friday, Grade 7 & 8 students took a trip to Glenbow Ranch. As the week comes to a close, we wish everyone a safe and wonderful weekend!



NEW: Outstanding School Fees

It has been a fun and busy school year for our students! There have been many field trips, sports teams, and special activities to participate in. Many of these activities have fees associated with them. We ask all parents/guardians to please log into [SchoolCash Online](#) to make sure that all fees assigned to your children's accounts have been paid.

All fees are due in full by June 24, 2022. Fees that remain outstanding after this date may be forwarded to RVS's Finance Department to begin collection procedures without further notice.

Grade 7/8 Optional Course Fees may be waived for families who are receiving the Goods and Services Tax (GST) credit (base year 2020). Please contact the school office for the application form as soon as possible as the deadline is June 30, 2022.

NEW: Track and Field

Our Grade 8 Boys' Relay Team showed their best at Zones in Calgary this past Tuesday. The boys placed 5th out of 15 teams and improved their time by two seconds from the Divisional Track Meet: AMAZING!! Way to go, Hawks!!

Again, a big thank you to our Track & Field Team coaches: Mr. Emery, Mrs. Hamilton, Mrs. Dancey, Mr. Adams, and Mrs. Espersen. We appreciate the time, effort, and energy you have put into coaching these teams!

NEW: Grade 2's Release Their Praying Mantises



In Grade 2 Science, students have been engaged in their Small, Crawling, and Flying Animals unit. It was their first time with Praying Mantises, so it was exciting for students and teachers alike. On Friday they released their Praying Mantises outside: very cool!!



NEW: This week's Fireside Artwork



UPDATED: Band Instruments for Grade 6, 7, & 8 Students Taking Band in 2022-23

This past Wednesday, Music teachers Denver Petterson and Alex Chung hosted families of students in grades 6 to 8 for a Band Information Night. A representative from St. John's Music was present, demonstrating several orchestra instruments and allowing students to test the suitability of their preferred instrument. Interested students were able to organize their rental and practice approach for the summer/fall.

If you were unable to attend on Wednesday, please contact Mr. Petterson (dpetterson@rockyview.ab.ca) for further information about our Band programs for students in grades 6, 7, and 8 next year.

To rent an instrument, please follow this link: <https://www.stjohnsmusic.com/content/rentals>:

- Summer rental: select "*process and rent now*" (choose either pickup in Calgary or \$20 delivery to home).
- Pre-reserve for Fall rental, select "*pickup from store,*" and your instrument will be delivered to Fireside School in September.

REMINDER: Friday Bus Delays – Road Construction

The Town of Cochrane has advised us that road construction at the bottom of the 4th Avenue hill will restrict traffic flow in that part of Cochrane. This will have an impact on buses leaving the Cochrane tri-schools area whose routes on Friday are completed before ours. Please expect there may be afternoon bus delays on Fridays throughout May and June. Bus supervisors *will* remain outside with students until they are picked up at the school, but delays may be significant.

NEW: FREE Summer Mental Health and Wellness Programs

The MHCB, Stepping Stones to Mental Health team has developed a summer filled with brain development, mindfulness, connection, and most of all fun!

Online

MindUP Online (Grade 3-5)

For grades 3-5. Learn about mindfulness and how it can calm your child's brain when worried and help them focus. We'll talk about the importance of kindness and gratitude and how these actions will build resilience, all through fun and engaging online activities!

Dates: July 6 – August 3

Times: Wednesdays 8:30 – 9:30am

Location: Online

Registration: <https://register.rockyview.ab.ca/admin/register.cfm?sesID=5275>

Cochrane

Children

- **Grow in Nature (Age 6-12)**

A 5 week in-person program where children will engage in nature-based mindfulness activities and games. Children will have the opportunity to learn more about the benefits nature has on our minds and bodies, all while having fun outdoors! It's open to children aged 6-12. The topics over the 5 weeks will include: mindful sensing, kindness & gratitude, mindful movement, optimism, and positive affirmations

Dates: July 26 – August 23

Times: Tuesdays 2:00-4:00pm

Location: Cochrane – Riverfront Park

Registration: <https://register.rockyview.ab.ca/admin/register.cfm?sesID=5289>

Youth

- **Be Body Positive (Cochrane) (Ages 12-16)**

A five-week group where people ages 12-16 will have a safe space to explore body positivity, ideas around beauty, health, and self-confidence without comparison or judgement. The group will explore understanding health, practicing intuitive self-care, cultivating self-love, declaring authentic beauty, and building community.

Dates: July 27 – August 24

Times: Wednesdays 12:00-2:00pm

Location: Cochrane Public Library (TBC)

Registration: Coming soon through the Cochrane Public Library

For more information, please contact...

Jodi Neetz

Pronouns: She/Her/Hers

Program Manager, MHCB

Stepping Stones to Mental Health

Rocky View Schools

Phone: 403-945-4000 (4245)

jneetz@rockyview.ab.ca

“Imagine a world without stigma where vulnerability is a strength & compassion is your first response.”

Like us on [Facebook](#)!

Follow us on [Twitter](#) and [Instagram](#)!

If you or someone you know is experiencing distress or in crisis,
please contact one of the following numbers, or call 911 if in immediate danger.

* Distress Centre (24 hrs/day): 403.266.HELP (4357)

* Kids Help Phone: 1.800.668.6868

* ConnecTeen: 403.264.8336

* Airdrie Urgent Care: 403.912.8500

* AHS Mental Health Helpline: 1.877.303.2642

* National Indian Residential School Crisis Line (24hrs/day): 1.866.925.4419

*Togetherall: <http://togetherall.com/en-ca/>