

FLEETWOOD PARK SECONDARY SCHOOL

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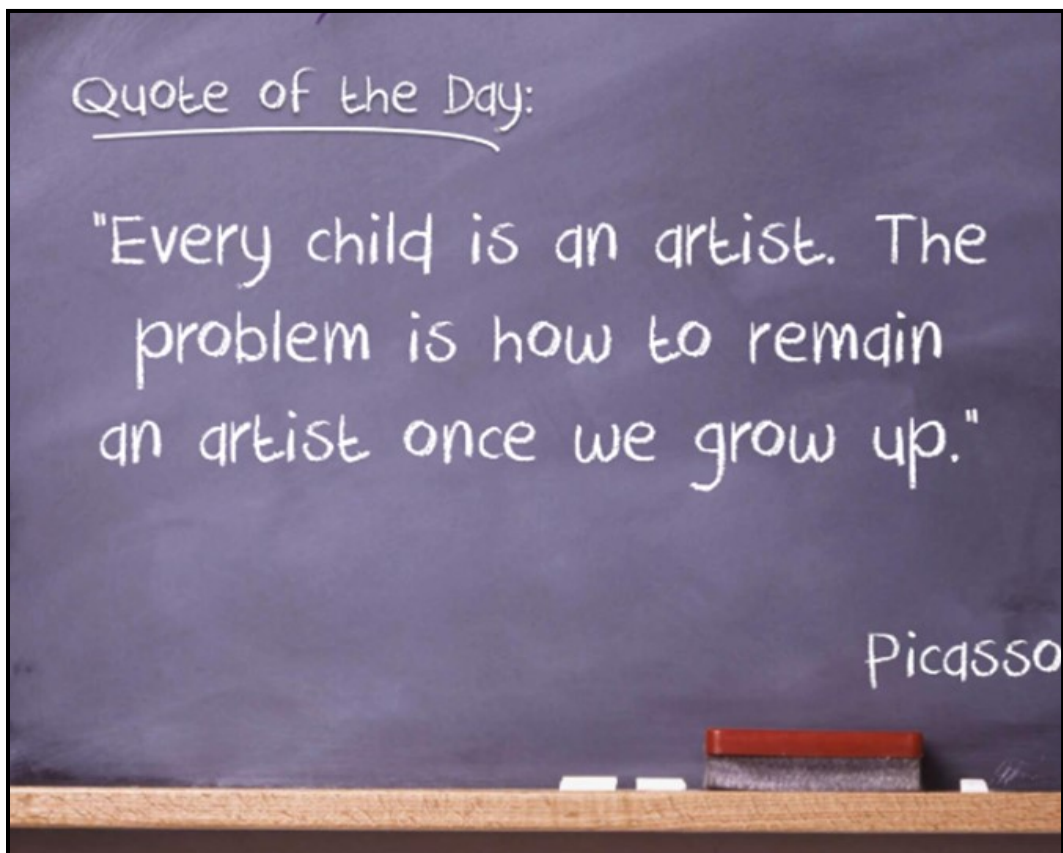


THURSDAY REVIEW



December 13, 2018
Edition: 15

Quotation Of The Week:





The Week Ahead:

Monday, December 17, 2018	BASES Craft Fair - 11:15 - 11:55 in the Plaza
Tuesday, December 18, 2018	Jazz Night - 6 p.m. in the Plaza
Wednesday, December 19, 2018	Staff Meeting - 7:30 a.m. in the Plaza
Thursday, December 20, 2018	
Friday, December 21, 2018	ABCD - Flex Day Schedule
Dec. 24 - Jan. 4	Winter Break

Upcoming Events

January 7	School re-opens
January 11	Secondary District Dance Festival - Bell Centre - ABCD
January 14 - 20	Grad Photos
January 17	Home Ec Fashion Show
January 19	Breakout Dance Competition - Lord Tweedsmuir
January 21 - 25	Numeracy Assessment
January 22	Grade 9 Immunizations - Learning Commons
January 23	Last day of semester 1
January 24	English 12 Provincial Exam
January 25	Communications, 12 Provincial Exam
January 24 - 25	Semester Completion Days
January 24 - 25	Grad Group Photos
January 28	Semester 2 begins / Flex Day Schedule / Staff Meeting
January 31	Marks Due





Counsellor's Corner:

More About Anxiety...

We know "anxiety" has become a rampant complaint among our students. How can we help them bring down their stress levels?

1. Remind students to take deep, slow breaths. This reduces blood pressure and heart rate. (Try it yourself too!)
2. Take them outside for a five minute change of scenery. Being outdoors, even just a step outside in the rain, has a calming effect. Remind them to notice the new environment. Notice different types of trees. Count how many shades of green.
3. Take a walk. You can take a whole class for a quick walk, or even just encourage a particularly nervous student to go for a walk to get a drink of water. Exercise releases endorphins, which have a calming effect.
4. Focus on the positive. Draw students' attention to the positive. Focus on improvement, focus on what has been learned, focus on successes - no matter how small. Model gratitude.
5. Remind students of the importance of eating healthy foods and getting enough sleep. We can't control their choices, but we can remind them these behaviours will make a big difference in how they feel!
6. Share a story. When students are feeling stress, they appreciate hearing from an adult about how that adult has also experienced and managed stressful situations.
7. Provide choices. There are many ways for students to demonstrate learning. Mix it up and give kids choices!

Dry Grad Tickets

Tickets are on sale for \$40 until the end of the year.

January 1st, prices jump to \$50. Buy now and save!



FIELD TRIPS

Date	Time	Teacher	Destination
December 14 - 23/18		Mr. Day / Mr. Thibault	Hawaii
January 11 / 19		Ms. Landriault	Bell Centre - Dance Festival





This Week at Fleetwood Park - Principal's Message: December 10th to 14th

Good morning Dragons and welcome to another edition of the Thursday Review!

Last weekend was a busy and fun time for our Performing Arts students. On Friday evening our Senior Dragons Dance Team had the opportunity to perform during the half-time intermission at the Globetrotters game! Way to go team!



“Congratulations to the 24 senior dancers who performed at the Globetrotters last Friday. It was an amazing experience for dancers and a fun night for all Fleetwood Park spectators. Thank you to everyone who supported this opportunity.” *Lucie Landriault, Dance Teacher*

Our Music Department also held their Winter Concerts on Friday and Saturday evenings. I was able to attend the Saturday performance and was delighted to see a full house of proud families and friends enjoying the talents of our student-musicians. Congratulations everyone, it was a great evening of music!





On Monday we met with our Department Heads and had the opportunity to tour the school's Technology Department. Thank you to Department Head Mr. McDonald for showing us around and describing the many incredible learning opportunities our students have in Technology. We were all very impressed with the projects that our students are designing and constructing.

Our Special Education staff have been very busy preparing for an upcoming District audit. On Wednesday we had a "pre-audit" visit for an initial review of our files. Our team has been working very hard. Thank you to all of our Counsellors and LST and BASES teachers for your professionalism and all your efforts throughout this process. We appreciate all that you do, and we are confident that our attention to detail will be recognized.

Our Staff Committee met on Tuesday to discuss a couple of important items. We reviewed our Assembly protocols and the impact of Cell phones in schools. Both conversations were very interesting and highly relevant to our work as educators. Expect further communication and more detail on both of these topics over the weeks ahead.

Ms. Ziolkowska's Marketing 9 students have been busy creating, marketing and selling. On Wednesday at lunch, to the great interest of all, our entrepreneurial students were in the plaza selling their creations. Many gift items were purchased and our Marketing students learned many valuable lessons on the challenges of retail. The glittery Christmas cards were a big hit and sold out in minutes! Great work Marketing 9!





Wednesday evening was another very big night for Fleetwood Park Secondary with the hosting of our annual formal Snowball Dance for Senior students. Student Council has dedicated many hours to organize the dance and ticket sales have been excellent. The evening was a great success! Our seniors were proud ambassadors of our school, looked great, and had a wonderful evening. Thank you to Student Council for your leadership in making this event possible and thank you to all participants for your Dragon Spirit! Great job everyone.



On Thursday our Health and Safety Committee met to review the past month at FPSS and the school practiced our “Lock Down” drill in the morning. It was important for us to practice the drill and reinforce these protocols. Thank you to all students and staff for your serious attitude and cooperation during the drill.

On Thursday I had the chance to drop by and observe “Survivor Man” in our Geography 12 class. Our students demonstrated their understanding of various unique climates and develop their video production and presentation skills through this project. Thank you for the invitation. I enjoyed your presentations and learned about Alaska, Sahara, Savannah and the Mediterranean climates. Great work!

Thursday evening brings our annual Christmas Dance Showcase to Fleetwood Park audiences! Good luck to Ms. Landriault’s Dance students. We are looking forward to cheering you on and celebrating your talent and creativity. We hope that all parents/guardians of our Dance students will be able to join us this evening.





This week I have been enjoying the latest Art installations in our display cases. Our students are learning about the art of Paper Cutting and sculpture. Thank you to Ms. Porter and all her Art students.



I hope you have had a wonderful week of success and school spirit! Fleetwood Park Secondary is alive with learning and celebration – it has been a fun week for us all.

Have a great day tomorrow and try to stay dry this weekend... it is going to be a soggy one!

Ken

Mission Statement:

"At Fleetwood Park Secondary we value excellence in education and strive to provide a learning environment where all students are encouraged to build successful futures."

