

Fairview & Area Learning Store



Bridging Gaps

Building Futures

Notes From the Underground

PRINCIPAL'S MESSAGE

Moses Garaba

Happy New Year to all our students, friends and families and welcome to 2021. I am sure that everyone is happy to say goodbye to 2020 and all its challenges and to welcome the new year.

To all our students, it is very impressive how much resilience they continue to show in the face of these unprecedented health and social challenges. Along with all staff at Fairview and Area Learning Store I am pleased that students are back to in-person school. We keep our fingers that things will continue to improve

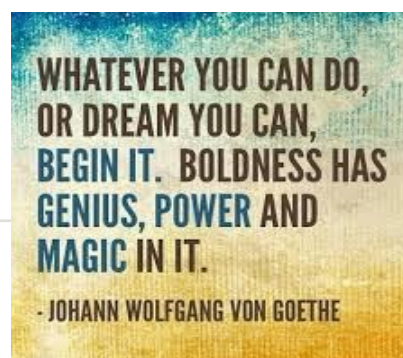
Here at FALS we pride ourselves on the flexibility of our program that is focussed on the needs of each and everyone of our students, including the ability for one to learn and study at their own pace. I am glad to report that a number of our students have worked hard and successfully completed their courses in time. Remember, we have ongoing registration and are looking forward to more successful course completions during the second semester.

I would like to thank all the parents and caregivers who continue to encourage and support the students as they work through their work. Please watch out for surveys from Alberta Education (Accountability Pillar Surveys) that will be mailed to some families in February, seeking your feedback. Feedback is used to improve student programming and learning.

Thank you for supporting FALS and all the best to all in 2021.

IMPORTANT DATES:

- ♦ January 29: PD Day—no school
- ♦ February 1: Semester two begins
- ♦ February 2: Report cards go home
- ♦ February 10: Parent/Teacher Interviews 6:30-8:00.
- ♦ February 15: Family Day-no school
- ♦ February 16: PD Day—no school



Bag 2700, 10316 – 109 Street FAIRVIEW, Alberta T0H 1L0

Phone: (780) 835-3800 Fax: (780) 835-3850

www.FairviewLearningStore.ca

SUPERINTENDENT'S MESSAGE

Parents: Have a Voice in Education

In January and February many parents will receive a survey in their mailbox from Alberta Education. Please take a few moments to complete this survey - your participation is very important to us.

Your response to the survey provides valuable information regarding what is working in schools and what needs improvement. Your answers to the questions in the survey are confidential and are considered during school and divisional planning. Therefore, this survey provides an opportunity for you to impact decision making regarding your child's education and school.

The survey is mailed to parents in grades 4, 7 and 10 (unless the school has fewer than 120 students in grades 4-12 in which case the survey will be expanded to include all students and parents). To ensure we receive as many responses back from parents as possible, the survey comes with a postage paid return envelope.

Thank you in advance for your time spent in completing the survey. Through working and learning together, your input and involvement makes our schools great places to grow, learn and be.

Paul Bennett

Superintendent of Schools
Peace River School Division No. 10

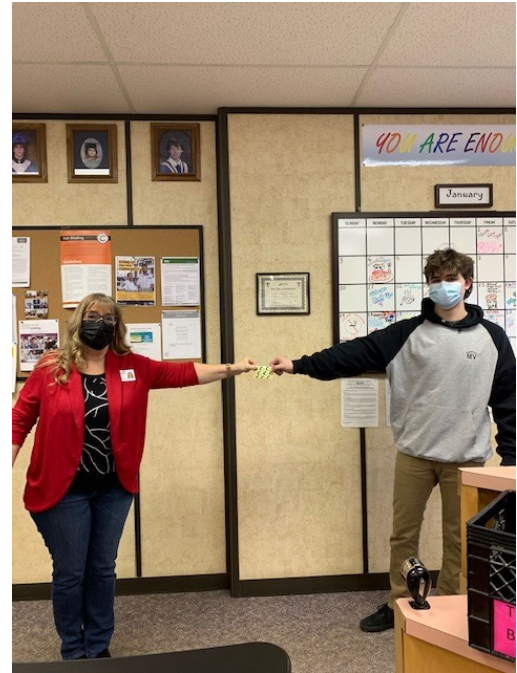


Nods for Mods!

This past month we had two lucky students whose names were drawn for the Subway gift card! Students' names are put in a draw box when they hand in completed modules. Way to Go!



Emmalee Gelech



Walker Duggan





JANUARY SAFETY MESSAGE

MENTAL HEALTH AND WELLNESS

Joint Worksite Health and Safety Committee

Wellness can be defined as an optimum state of health - physically, socially, emotionally, and mentally. Our well-being is about making healthy choices in each of these areas.

In order for us to learn and be our best, we must feel and be well. We have a great opportunity to not only academically educate our students, but to support, guide, and teach them to honour their mental health and wellness and we support this in a number of ways.



We recognize that healthy eating and active living are also important components to positive mental health and wellness. We support this through education and expanding physical education activities in our schools. We also encourage and support our students to be leaders, to get involved in the community and work together as a team – these are attributes that instill confidence, a sense of belonging and create a greater sense of purpose and inner joy.

The Alberta Government has a great resource on Working Together to Support Mental Health in Alberta Schools at: https://education.alberta.ca/media/3576206/working_together_to_support_mental_health.pdf

Whether you are a student, parent or staff member, be sure to reach out to family, friends and access professional help if stress is affecting your life. In all our schools we have Youth Education Support Workers/Success Coaches to help students and facilitate extra assistance they may need. While gaining support from others you can encourage them too, everyone has had it tough at some point in their lives. A kind word may go further than you realize.

Offered to our staff members and their families is an Employee and Family Assistance Program, a proactive health program providing confidential wellness and prevention supports, health and life coaching and counseling. <http://www.homewoodhealth.com/corporate/services/overview> For more resources staff can check out “Apple-a-Day” and “The Sandbox” <https://thewellnesssandbox.ca/>



<https://studentaid.alberta.ca/>

- ♦ Student Loans
- ♦ Scholarships
- ♦ Student Aid Policy Manual

National Non-Smoking Week

Peace River Addiction Services welcomes you into the New Year and invites you to view the attached resources, which we hope will support you in the amazing work you are already doing with your students and colleagues!

The third week of January is designated as **National Non-Smoking week (NNSW)** and provides an opportunity to raise awareness about the health effects of tobacco, in all its forms. This year NNSW took place **January 17th to 23rd, 2021** (and Weedless Wednesday was January 20th, 2021; a popular day to try a practice quit). As such we have highlighted some tobacco-specific resources for you.

Available Resources: KaitlinJane.Maguire@albertahealthservices.ca

- (1) Tobacco and Vaping Resources for Schools
 - Includes information and links to AHS's curriculum aligned lesson plans, AlbertaQuits resources, traditional tobacco resources, as well as some additional tobacco resources.
- (2) Addiction Services Brochure
- (3) Frequently-Asked-Questions: Smoking, Vaping, COVID-19
- (4) Stress and Tobacco Use Information Handout
- (5) New booklet "A Gift from Mother Earth"

Peace River AHS Addiction Services team continues to provide information, prevention and treatment services to persons of all ages through the A&MH office.

- Counselling services with an addictions counsellor are available by phone or Zoom due to the Covid-19 Pandemic. If there is a need for a face-to-face session this can be discussed with your counsellor.
- Prevention services are offered in the community; during the 2020-2021 school year, addictions counsellors can support school staff in their work to provide alcohol, other drug, tobacco and gambling information. Please contact us to schedule an in-service with your staff.
- Youth, parents and guardians, as well as school staff can contact the Peace River Addiction and Mental Health Office at 780-624-6151 to request information, prevention or treatment services.

From the Peace River Addictions Team
Sue, Liz, Karissa, Kaitlin, Trevor and Julie

Kaitlin Maguire
Addictions Counsellor
Addiction and Mental Health Services—Peace River
Tel: 780-624-6151
Fax: 780-624-6565



Laughs From the Underground

Man Comes Up With the Most Punderful Road Signs to Make

<https://mymodernmet.com/funny-puns-signs-indian-hills-community-center/>

Whether you love them or hate them, the art of the pun should not be *punderestimated* (sorry), as it takes skill to craft comical wordplay that can make people laugh and cringe at the same time. One group to master the art of funny puns is the Indian Hills Community of Colorado, who've been making regular punny roadside signage to the delight of every passerby.

The man behind the jokes is Colorado native and volunteer at the community center, Vince Rozmiarek. He made his first sign five years ago as an April Fools prank and has never looked back. "I put up a sign that really stirred up the area," he says. "We have a heavy police presence in the town of Morrison, which is next to Indian Hills, and they run a ton of speed traps. The sign said 'Indian Hills annexed by Morrison, slow down.' Many people believed that prank, and the amount of attention it brought was really surprising."

With the aim to make people laugh, Rozmiarek puts up a sign with a new pun or joke a couple of times every week. He even creates holiday and event-themed puns on special occasions. "It is hard to keep coming up with material, but I do try," he says. Stand out one-liners include "In search of fresh vegetable puns. Lettuce know" and "Tried to grab the fog. I mist." Scroll down to check out some more of the hilarious signs.

You can find all of the funny pun signs on the [Indian Hills Community Sign Facebook page](#).

