



BEISEKER COMMUNITY SCHOOL NEWSLETTER

Principal: Fraser Montgomery

November 2015

Asst. Principal: Derek Keenan

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<http://beiseker.rockyview.ab.ca>*

Hello Parent(s) of Beiseker Community School (BCS) Students,

I am writing this e-mail as we are nicely settled into the new school year. This is an opportunity for me to communicate a few very important information items about things that are occurring here at BCS. As always, if you have any questions or concerns you can forward them to me or Mr. Keenan, our assistant principal, here at the school.

New Staff Member

I would like to welcome Richelle Hoopfer to BCS. Richelle is our new receptionist. Welcome, Richelle!

Powerschool Parent Portal

Again a very important reminder to parents of children in Grades 5-12 to please regularly check the Powerschool parent portal for valuable information of student progress. Using the portal, parents and students are able to see the assignments/projects that have been assigned as well as the marks that have been earned for these various tasks. It also allows you to check absences and lates. If you need help logging on, please contact the school office.

Report Cards and Parent Teacher Interviews Grade 7-12

This year we will be continuing with **paperless mid-term report card in Grade 9-12** instead of the traditional paper copy. There are several reasons for this, but first and foremost is it is our belief that assessment is continuous and ongoing and with tools such as the Powerschool parent portal, whereby marks can be accessed by parents 24-7, the need for a traditional report card has diminished greatly. Other reasons include using less paper, and when parents access the portal, we can be sure that the child's progress/marks have been seen, unlike the paper copy which can get lost or not even make it home. If you wish to see your child's **mid-term mark** you can do so by logging in to the Powerschool parent portal **November 5th**. Grade 7-8 and parents can continue to check the Powerschool parent portal to see their child's progress.

Grade 7-8 report cards will be issued Tuesday, December 1. That said, **parent teacher interviews for all Grade 7-12** students is this **Thursday, November 5**. To book your appointment you may use the following link to do so. Information is also on our web page about this.

<https://beiseker.schoolsoft.com>

Report Cards and Parent Teacher Interviews Grade K-6

Grade K-6 report cards will also be issued Tuesday, December 1. Booking information for teacher parent interviews in conjunction with these report cards will be forwarded closer to the date (Interview night will be December 3, 2015). This night of interviews will be a follow up from our two previous collaborative goal setting nights held in mid-October.

Communication of Student Learning

For students in Grades K-8, our report card will look quite different this year, and will be using some different terminology to communicate student learning. You may discuss these changes with your child's teacher, but further information and samples of the new report cards can be found here:

http://www.rockyview.ab.ca/21stC/assessing/reports_cards

Winter is Coming: Information to Be Aware Of

Decisions to close school because of inclement weather or other emergencies will be announced on radio stations, CBC Radio, CHFM Lite 96, 66 CFR, JACK FM, QR 77, Q 107, Country 105, CKMX 1060, CJAY 92 as well as CITY TV, The Air 106 (Airdrie) and Global News Morning Edition. This information will also be posted on the Rocky View Schools' website and will be available by telephoning the RVS Transportation information line [403.250.0016](tel:403.250.0016). Please note, that it is through these mechanisms only that announcements regarding closure will be made. **As well, it is important to remember it is the responsibility of the parent(s) to determine whether or not it is safe for their children to leave for school under severe weather conditions.**

In terms of having indoor recess (K-6) when the weather is very cold outside, we will keep all K-6 students inside when the temperature outside combined with windchill is colder than -22 degrees Celsius. We will be using the Weather Network's Beiseker page to determine the temperature. Either way, it is imperative that all students come to school dressed appropriately for whatever conditions the weather is presenting. We do not normally have an indoor recess due to rain, so students should be prepared to spend time outdoors everyday, rain or shine.

School Fees

Just a reminder to parent(s) that **school fees invoices have been sent home** with your child(ren) along with an e-mail reminder to families (Deadline was October 31, 2015). If you do not have this invoice please call the office and someone will scan and e-mail the invoice to you. The instructional resource fee helps pay for a variety of operational supplies such as science equipment, books and novels, paper, printer ink, work-books, school wide art supplies etc. The option fees cover consumables specific to the course such as food for home economics, camera equipment for photography, welding rods for fabrication etc. These fees can be paid online or directly to the office. The following is a link to the cash online option

<https://rockyview.schoolcashionline.com/>

If you are unable to pay your fees, please contact the office so we can provide you with some options that may help to support you.

Drug Presentations – November 17

In keeping with our on-going education with our student body about the ills of drug and alcohol abuse, we are pleased to let our school community know that on **Tuesday, November 17, we are holding presentations at the school for both students and parents** in regards to this province wide issue. As many of you may know, of late, a new drug, Fentanyl, has surfaced and is posing extreme danger to our society. The presentations will focus on providing information about substance abuse in general; for parents, we will discuss topics like how you can talk to your children about this issue and also what to look for. The presentation for the students will be in the afternoon with the **community presentation starting at 6:30 the same day in the school gym**. We have also invited the Kathryn and Linden/Acme communities to the parent presentations in light of the regional gravity of this concern. In the meantime, we have included links to some valuable information about Fentanyl.

<https://www.youtube.com/watch?v=UCAj2IBdlMA&feature=youtu.be> .

<http://www.albertahealthservices.ca/assets/healthinfo/padis/hi-padis-fentanyl-faq.pdf>

Well that it is it for now. Please do not ever hesitate to contact me, Mr. Keenan or any BCS staff member if you have any questions or concerns. We are here with your children's best interests at heart and our goal is to give them every chance at success.

Fraser Montgomery

Principal

Looking Forward



November

- 5th: H.S. (Gr. 7-12) P/T interviews
(Please book online from website)
- 6th: Fun Lunch—Extreme Pita
- 10th: Remembrance Day Ceremony
10:00-11:15 am
- 11th: Remembrance Day No School
- 16th: Rocks and Rings Curling (K-4)
- 17th: Drug Awareness student
presentation in afternoon and
parent night 6:30pm at school
- 18th: Leadership Academy
- 18th: Cobbs Bread Day
- 19th: Rocks & Rings K-5
- 24th: Parent Council
- 27th Fun Lunch—Jugo Juice
- 27th & 28th: Jr. High Leadership
Conference in Innisfail
- 30th: PD day—NO School

December

- 1st: Report Cards sent home (K-8)
- 3rd: Parent/Teacher interviews (K-6)
- 7th: Rosebud Theatre Field Trip
(Grades 4-6)
- 9th: Leadership Academy
- 9th: Cobbs Bread Day
- 17th: Christmas Concert 7:00 at the
Community Hall
- 18th: Last Day of School

Happy Holidays!

January

- 4th: Back to School
- 19th: Last Day of classes for High
School

February

- 1st: Semester 2 begins

ONLINE PAYMENTS NOW AVAILABLE!

New Convenience: Online Payments

For SAFETY and Efficiency reasons, we want to reduce the amount of Cash & Cheques coming into our school. School related expenses will be available online for you to make payment.

BENEFITS:

- Convenient:** Make payments Anytime ...Online!
- Easy to Use:** Fill a shopping cart and check out.
- Safe:** No more need to send Cash to school
- Secure:** The website is protected and PCI compliant.
- Efficient:** Online payments reduce the time a teacher spends "book keeping" giving them more instructional time.
- Saves Time:** Online Payments reduce cash counting and time preparing payment deposits. Funds are moved electronically to the school's bank account.



PARENTS PLEASE REGISTER

HERE'S HOW:

Step 1: Go to this website:

<https://rockyview.schoolcashionline.com>

Step 2: Register by selecting the "Get Started Now" and following the steps

Step 3: After you receive the confirmation email, please select the 'click here' option, sign in and add each of your children to your household account.

We recently lost a beloved student in our school community. Our thoughts and prayers go out to the Gesyler family during this difficult time.



About our school: Did you know?



We have **6 volleyball teams** for our 2015/16 volleyball season including Sr. Girls, Jr. A Girls, Jr. B Girls, Jr. A Boys, Gr. 5/6 Boys and Gr. 5/6 Girls. Thank you to all our volunteer coaching staff for giving our students this great opportunity!

Our average class size for **Gr. 1-3 is 22, Gr. 4-6 is 23, Gr. 7-9 is 20**
and **Gr. 10-12 is 17 students.**

We have a breakfast program available to all students who would like to use it. Parents can request a permission form from the office, or it is available on our school website.

Student Drop-off Time/Supervision

Parents and guardians are reminded that drop-off time for students begins at 8:20 in the morning. Prior to that time we do not have any staff on supervision, and for the care and safety of all our students we ask that they not be left unattended prior to 8:20am.

Thank you for helping us to maintain a safe school and please call if you have any questions or concerns.

Outdoor Wear

Please ensure your children are dressed appropriately to the weather conditions as students go outside for recess and physical education classes. Thank you!!



******BUS DROP OFF ZONE******

We would like to again remind parents that **NO** parking is permitted in the bus drop-off zone



Many thanks to Robert Fasoli and Luff Industries from the fabrication program at Beiseker Community School. Their donation of steel for welding practice is very appreciated by our school and students!



Bandit Sports



Senior Girls Volleyball

November 13th/14th
Regionals
Location TBD

November 20th/21th
Zones
Trochu



Jr. A Boys and Girls Volleyball

November 6th
Divisionals

Junior "B" Girls Volleyball

Tournaments:

November 13th, 20th, 27th
Venues/times TBA

Great job at the tournament to the Grade 5/6 Girls and Boys Volleyball Teams!

Huge thank you to Deb Fasoli, Tina Westlund and Melanie Jackson for coaching!



Basketball

Basketball season will be upon us quickly and try-outs will begin in the month of November. Notices will be sent out via email and in the announcements. If you are interested in coaching please forward your names to Mr. Hansen (shansen@rockyview.ab.ca)

Rocks & Rings

November 16th
Kindergarten to
Grade 2



School Fees

School fees are due as of October 31/15, please contact the school if you need to set up alternate payment arrangements.

Statements went home with students in September, if you did not receive a statement please contact the school at 403-947-3883 or beiseker@rockyview.ab.ca

Milk Program

Our Milk Program is underway. The cost is \$1.00 for 1 milk, \$4.00 for 5 milk, or \$20.00 for 25 milk. Please send money in an envelope with your child's name, grade, and choice of white or chocolate milk. Alternatively, you can pay via the School Cash Online link on the school website.

Fruit Basket

A fruit basket is located in the office for students that are in need of a healthy snack.

What is fentanyl?

Fentanyl is a strong medicine made from opioids (chemicals used to treat sudden and ongoing pain). It's up to 100 times stronger than other opioids like morphine, heroin, or oxycodone.

Drug dealers often sell fentanyl as fake oxycodone. Buyers may think they're getting oxycodone, but they're getting another opioid drug that has fentanyl and other substances in it. On the street, these drugs have nicknames like:

- green beans
- beans
- green apples
- apples
- shady eighties
- eighties
- fake oxy
- greenies

Why do people take fentanyl?

People take fentanyl to help with pain (e.g., from cancer) that other medicine has not been able to help with. Others may use it to get high or to help with sleep.

How is fentanyl different from oxycodone and other opioids?

Fentanyl is much stronger than oxycodone and many other opioids. When fentanyl is taken by mouth or by intravenous (IV) injection, it has a stronger effect than most other opioids.

How can I be sure that I'm buying real oxycodone?

The only way to be sure your oxycodone is real is to get it prescribed by a doctor. You can take it safely by following your doctor's directions and taking the recommended dose. However, drugs bought on the street are never safe.

Can using fentanyl poison me?

Yes, it can poison you if you take too much.

Early signs of fentanyl poisoning may include:

- sleepiness
- trouble breathing (it may sound like snoring)
- slow, shallow breathing
- cold, clammy skin
- unresponsiveness to pain or a person's voice

The most dangerous side effect of fentanyl is that it can cause you to stop breathing, which can lead to death.

Is fentanyl addictive?

Yes, fentanyl can be addictive. If you use opioids a lot, you may find that you develop a tolerance and need more and more to feel the same effects. You can become mentally and physically dependent on fentanyl.

People addicted to fentanyl may have withdrawal symptoms when they quit, including:

- cravings
- sweating
- runny nose and yawning
- restless sleep or trouble sleeping
- weakness

- nausea or vomiting
- stomach cramps
- diarrhea
- muscle spasms or bone pain
- chills or goose bumps
- feelings of irritation

Mild withdrawal symptoms usually start between 12 to 30 hours after the last time you took fentanyl. While the worst symptoms pass within a few days, it can take months to feel normal. Opioid withdrawal can be very uncomfortable, so it's best to stop using them under supervised care.

If I have the antidote (naloxone), is fentanyl safe to use?

Fentanyl is safe when it's prescribed by a doctor and taken as directed. Fentanyl patches or lozenges release the medicine slowly. You can poison yourself if you change the medicine to get a stronger or faster effect. Fentanyl that's made illegally has an unknown amount of fentanyl and may contain other substances like cocaine, heroin, and xylazine (a drug given to animals to help with pain), which put users at higher risk of being poisoned.

Naloxone can reverse symptoms of fentanyl and other opioid poisoning. However, it doesn't work every time and the effects of the naloxone may not last as long as the opioid.

What should I do if I see someone who is poisoned from fentanyl?

Call 911 as soon as possible if the person becomes unconscious, stops breathing, has chest pain, or has a seizure. Start CPR right away if the person stops breathing or has no pulse. Take any remaining pills from the person's mouth or patches from his or her skin so the person doesn't absorb any more fentanyl. If you have naloxone, give it to the person as soon as possible.

What if I have taken fentanyl and I think I have fentanyl poisoning?

Call 911 right away if you think you may have fentanyl poisoning. Don't take any more pills. If you're wearing patches, take them off so you don't absorb any more fentanyl.

I'm concerned about my, or someone else's, misuse of fentanyl. What can I do?

If you're concerned about your own, or someone else's, misuse of fentanyl, or would simply like more information on drug use, contact the Addiction & Mental Health 24 Hour Helpline at 1-866-332-2322.

The Poison and Drug Information Service (PADIS) is a free, confidential, 24/7 service for all Albertans. Staff are specially trained in the assessment and management of exposures to drugs and toxins like fentanyl, and are available by calling 1-800-332-1414.