

FERNIE SECONDARY SCHOOL
102 Fairway Drive – Box 370
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Website: <http://www.sd5.bc.ca/school/fss/Pages/default.aspx> "Home of the Falcons"

NEWSLETTER #3 – October 11, 2017

If you wish to receive the newsletter by e-mail, please make sure we have your address! E-mail your address to: francine.kubos@sd5.bc.ca All Newsletters can be viewed on the FSS Website.

PARENT REMINDER FROM THE OFFICE...



For attendance purposes, please notify the office and your child's teachers if your child will be away from school for any reason. It is also important to contact the teachers for homework. To contact any staff member in our school please email by using: (firstname.lastname@sd5.bc.ca)

If there are ANY changes in your personal contact information (phone number, addresses, email, etc.) or your child's medical information, please let the office know by emailing: Francine Kubos at francine.kubos@sd5.bc.ca

Student fees of \$15.00 are now due. All students of FSS must pay these to cover the costs of lock and lockers \$5.00, agendas \$6.00, and student council fees \$4.00

Please make cheques payable to Fernie Secondary School

DATES TO REMEMBER:

OCTOBER:

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| Oct. 12 | Thurs | -Fall Fair Student Dance 7:00 PM |
| Oct. 13 th & 14 th | Fri & Sat | - Bantam Boys & Girls Volleyball @ FSS |
| Oct. 20 th | Fri | - No School Day |
| Oct. 20 th & 21 st | Fri & Sat | - Sr. Boys & Girls Volleyball @ FSS |

NOVEMBER:

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| Nov. 10 th | Fri | - IDES & FSS Remembrance Day Assembly 11 AM |
| Nov. 13 th | Mon | - Stat Holiday (NO SCHOOL) |
| Nov. 20 th | Monday | - Term 1 Report cards to Students |
| Nov. 21 st & 22 nd | Tues & Wed | - Parent / Teacher Interviews 2:00 – 4:00 PM |
| Nov. 24 th | Fri | - No school Day |

YEARBOOKS

We are now selling the 2017-2018 yearbooks. The cost is \$40.00 to the first 100 sold and then the price goes up to \$50.00.

International students are \$60.00 (includes shipping).

Fernie Secondary
FALL FAIR DANCE

Thursday October 12, 2017

7:00 PM

TICKETS: \$2.00 plus food item or \$4.00

All money goes to the food bank.

DANCE, HAVE FUN, SUPPORT THE COMMUNITY

Mme Gibson's leadership classes

Mme Gibson's leadership classes are extending a challenge to all students and parents to help in their efforts to clean up the shoreline and trails in Fernie. They are volunteering through the Elk River Alliance for the Great Canadian Shoreline Cleanup. Thank you in advance for your participation in keeping our town clean!



Thoughts from the VP

Good news – I have thoughts to share on both the adolescent and aging brain (helping myself out here too)! There is much research suggesting that exercise is good for the aging brain. We have the ability to take control of our own brains! For me it is nice to know that exercise can help with cognitive functioning of the aging brain, but I guess I should be more focused on exercise and the adolescent brain. Studies have shown the following to be true for adolescents:

- The more physically active school children are, the better they do academically.
- Exercise encourages your brain to work at optimum capacity by causing nerve cells to multiply.
- Exercise increases blood flow to the brain. The blood delivers oxygen and glucose, which the brain needs for heightened alertness and mental focus.
- Exercise can increase creativity.

Fernie Secondary School involves many opportunities for exercise. We run PE classes in grades 7 through 12. The gym is open many mornings, lunch times, and after school. Presently we have cross-country running and volleyball after school. Other options are available as well, partnering with the community of Fernie - trail building and other service projects. Parent input is appreciated on future possible initiatives such as fitness classes, nordic skiing, mountain biking, and other pursuits. Please encourage your daughter/son to participate in physical activity – it helps with more than just physical fitness.

Canadian Parents for French –Cranbrook/ Fernie Chapter Sept 2017

We are glad to be back and are organizing a number of events for the various schools with French immersion (FI) in the District from Kindergarten to grade 12. This includes TM Roberts Elementary, Parkland Middle, Mt Baker Secondary, Isabella Dicken Elementary (Fernie) and Fernie Secondary School.

With volunteer time and CPF memberships, we are able to access government grants through CPF BC/Yukon (which come from the government of Canada) for performances and workshops for students. These events would not otherwise happen without CPF sponsorship. And that's why we need you. *We need members and volunteers to help continue this worthy program.* Not only do members help us access more grants, 80% of the membership fee comes back directly to our local chapter. And this year, we get 90% back for those who sign up to be members before Oct 31st! It's part of the membership drive, which also offers many prizes to everyone who signs up or renews membership before the end of October. It's also possible to renew early if you are already a member. The 1 or 3 years you add simply gets added to the end of your current length of membership.

CPF membership for your family is very inexpensive. It costs only \$25/year, or \$60 for 3 years. You can do this online at the CPF BC website or fill out a membership form and send to TM Roberts School in Cranbrook. To get a membership form, contact Katrin Powell at kapowell@telus.net or you can get one from the CPF bulletin board (next to the office) at TM Roberts School. You can get to the website by googling 'cpf bc'. ***Help support your child by becoming a member, preferably before the end of October. Thank you!***

Everyone is invited to the monthly meetings in Cranbrook. If you are in Fernie, you can attend via speakerphone at Isabella Dicken Elementary School (contact teacher Patrice Oscienny at patrice.ocienny@sd5.bc.ca). So please mark your calendars! ***The next meeting is Tuesday October 24th from 7-8pm at TM Roberts School in the library. We look forward to seeing you!*** Your ideas and feedback would be most welcome. Thank you!

CONT'D Canadian Parents for French –Cranbrook/ Fernie Chapter Sept 2017

To get on our mailing list for future meeting reminders and meeting minutes, please contact Katrin Powell (volunteer parent looking after cpf membership) at littletree1973@gmail.com For more information you can also visit the CPF BC website at <http://bc-yk.cpf.ca>.

Things we do locally with volunteer time and your membership dollars:

Access government grants to bring French artists and performers to the French immersion schools in the District (K-12) to help show students that French is an exciting live language both in and outside of school.

Hold 'Parkland Buddy Day' for grade 6/7 Cranbrook FI students, to ease the transition to middle school

Provide scholarships to graduating French immersion students in Cranbrook and Fernie, to recognize their perseverance!

Hold a regional French public speaking event to encourage students (grade 6-12) to feel confident using their French

Have a French immersion float in the Cranbrook Christmas Parade, to promote the program and keep it strong

Have regular parent meetings and communicate with the School Board

Provide French immersion schools with French magazine subscriptions for their libraries.

Hold High School Pizza Lunch at Mt Baker every 2 years, to summarize the many French opportunities outside of school.

Offer French T-Shirts every few years to students for a minimal charge, helping them feel proud of their second (or third) language.

Plus, we are part of the greater BC and National CPF, which provides parents lots of resources through their websites. Just google CPF BC (<http://bc-yk.cpf.ca>) or CPF National (<http://cpf.ca>).

Locally, we are all volunteers and parents of students in French immersion. We are always looking for more volunteers in any capacity that you are willing. Even a few hours per school year is very much appreciated. A big thank you to all those who support us with their time and or money.

We are looking for:

We are looking for volunteers to help with organizing the French Immersion float in the Christmas parade. If you are interested in helping or leading this event, please contact Katrin at littletree1973@gmail.com