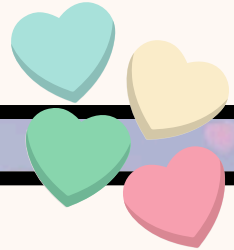




I.F. COX NEWS

FEBRUARY 2025



Mrs. Asham's Message

**REGISTER
NOW**

Registration Details: Online registration for the 2025/26 school year opens on Monday, February 3. We encourage all current families to complete the registration process promptly to secure a spot for their child in their respective grade. Additionally, we extend a warm welcome to new families who are considering joining I.F. Cox.

Report Cards and Academic Progress: As we reach the midpoint of the school year, report cards serve as a valuable opportunity to reflect on progress, celebrate achievements, and set goals for the months ahead. We commend the dedication and effort of both students and staff and encourage ongoing communication to support each child's learning journey. Report cards will be sent home on Friday, February 14.



Parent-Teacher Interviews: Open communication is essential to student success, and our upcoming parent-teacher interviews provide an opportunity to discuss your child's progress, strengths, and goals.

Interviews will be held on Wednesday, February 26th from 3:30-6:00, by parent or teacher request only. If you would like an interview time, please contact your child's teacher.

February Break: Family Week break is just around the corner, offering a chance to relax, recharge, and enjoy time with loved ones. Whether you spend it exploring, unwinding, or making special memories, we hope you return refreshed and ready for the exciting learning ahead.



Growth Mindset: In January and February, our school-wide focus is on having a Growth Mindset. We believe that abilities and intelligence can develop with effort, persistence, and learning from mistakes. When children embrace challenges, see effort as the path to success, and understand that mistakes help them grow, they build resilience and confidence. You can support this at home by praising effort over outcome, encouraging problem-solving, and using the power of "yet"—"You haven't mastered it yet, but keep trying!" Together, we can help our students develop a love for learning and a belief in their potential.



Groundhog Day is an annual event on February 2nd



The 1st Groundhog Day celebration took place in Punxsutawney, Pennsylvania.



GROUNDHOG DAY FUN FACTS



They are most active during the day.

Groundhogs are herbivores, munching on fruits, vegetables, and plants



The tradition is celebrated in the U.S. and Canada



Groundhogs have strong



Groundhogs can dig tunnels up to 700 feet long

Groundhogs are known for their whistle-like sound, often called a "whistle pig."



If a groundhog sees its shadow six more weeks of winter, otherwise Spring is around the corner





VALENTINE'S DAY

Candy Grams !

Please join us for a fun fundraiser! All proceeds go to the Medicine Hat SPCA.

**BUY 1 CANDY GRAM FOR
50¢ OR 3 FOR \$1**

Sales start February 10th until February 14th daily.

**TEACHERS WILL COLLECT CASH EACH
MORNING. DELIVERY OF THE CANDY
GRAMS WILL BE IN
THE AFTERNOON.**



Send a sweet treat and a personalized note to your friends, classmates or even teachers and support staff.

We will be collecting donations on Friday, February 7th.
Bring a \$2-\$5 donation and wear your jammies.
Last year, we raised \$720!!

PJ'S for a PURPOSE



DONATE \$5

& wear your PJs to work or
school on

FEBRUARY 7TH!



Help us create a
SPORTS THEMED ROOM

on the children's floor at the
Medicine Hat Hospital!

MEDICINE
HAT HEALTH
FOUNDATION





I.F. COX & THE MAVERICKS

2025

TICKET FUNDRAISER



\$5 FROM EVERY TICKET PURCHASED GOES DIRECTLY TO OUR SCHOOL!

AVAILABLE FOR A DISCOUNT PRICE!

\$13

PER TICKET (REGULAR \$15)



HOW TO PURCHASE

- call/message the school
- order on School Cash

Meet the SWC



NEW!


Ashton Goehring

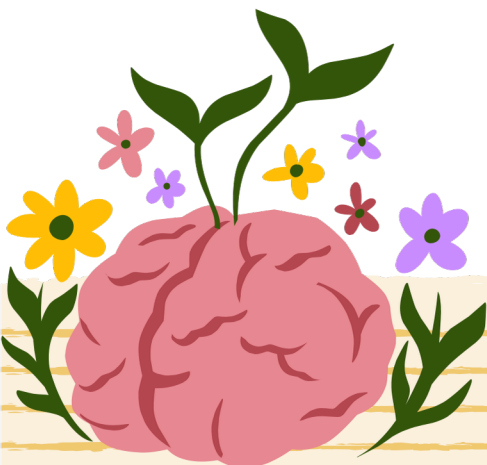
Student Wellness Counsellor

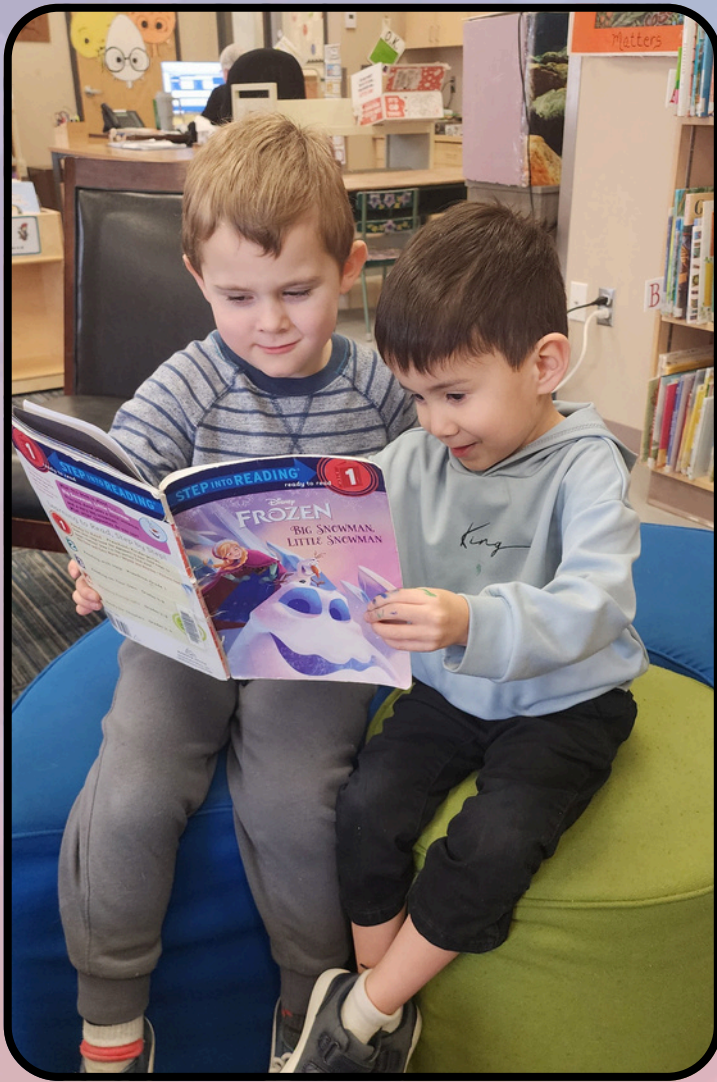
I am excited to announce a change in our job title from Family School Liaison Worker to Student Wellness Counsellor (SWC). This change better reflects the core responsibilities of our role which is student-centred care, proactive mental health support and fostering overall wellness within the school community. It also aligns more accurately with the professional counselling duties of the role, enhancing clarity for families, students and staff about the services provided.

Contact Me

 ashtongoehring@prrd8.ca

 403-878-3630







BRIDGES
FAMILY PROGRAMS



PARENT EDUCATION

PROGRAM WINTER 2025 NEWSLETTER

1

Parenting Tips for Everyone

Nurturing Parenting
Group Triple P
Active Parenting

2

Specific Parenting Tips

Grandparents Group
2SLGBTQIA+ Parent Support
Stepping Stones Triple P (Disabilities)
Fear-less Triple P (Anxiety & Stress)
Triple P for Baby

3

Parenting Tips for Teens

Active Parenting of Teens
Teen Group Triple P

4

Parenting Tips for Dads

Nurturing Fathers
Dads Group

5

Parenting Tips for after Separation

Cooperative Parenting & Divorce
Family Transitions Triple P
Solo Parenting Group

6

Parents & Children

Sensory Group Infants
Sensory Group Preschool
Sensory Group School Age
Sensory Group Miywasin
Sensory Parenting Explorers
Mighty Play & Learn
Walk, Talk & Stroll
Pancakes, Playtime & Parenting
Attachment for Life

Scan the code or contact us to register for FREE.

All we need is your name, email address, phone number, town/city, and the age(s) of your child(ren).

Kyle Bitschy
kbitschy@bfpa.ca
587-355-9433

Brooke Simon
bsimon@bfpa.ca
587-850-7010

Twila Whidden
twhidden@bfpa.ca
587-907-8352



Bridges Family Programs office
403-526-7473
Toll free: 1-888-756-7473




Alberta Provincial Family
Resource Networks



PARENT EDUCATION PROGRAM

FEBRUARY 2025 CALENDAR




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Thanks to partners like:</p> <p>Shine On PANAGO</p>						<p>1</p> <p>Pancakes, Playtime & Parenting 9:00 - 11:00am</p>
<p>Alberta Health Services</p> <p>Medicine Hat Women's Shelter Society</p>	<p>3</p> <p>Walk, Talk, Stroll: 9:00 - 10:00am</p> <p>Nurturing Parenting 1:00-2:30pm (Redcliff)</p> <p>Nurturing Fathers: 6:00 - 7:30pm</p>	<p>4</p> <p>Sensory Group Preschool: 10:00 - 11:30am</p> <p>Cooperative Parenting & Divorce: 12:30 - 2:30pm</p> <p>Active Parenting: 3:30 - 5:30pm</p>	<p>5</p> <p>Sensory Group Infant: 10:00 - 11:30am</p> <p>Sensory Group Miywasin: 10:00 - 11:30am</p>	<p>6</p> <p>Solo Parenting Group: 6:00 - 8:00pm</p>	<p>7</p> <p>Sensory Group Infant: 1:00 - 2:30pm</p>	<p>8</p> <p>Pancakes, Playtime & Parenting 9:00 - 11:00am</p>
<p>fcss Oyen & District Seniors and Community Support Services</p> <p>REDCLIFF LIBRARY Reading Library Since 1887</p>	<p>10</p> <p>Walk, Talk, Stroll: 9:00 - 10:00am</p> <p>Nurturing Parenting 1:00-2:30pm (Redcliff)</p> <p>Nurturing Fathers: 6:00 - 7:30pm</p>	<p>11</p> <p>Active Parenting: 3:30 - 5:30pm</p>	<p>12</p> <p>Mighty Play & Learn: 10:30 - 12:00pm</p> <p>Sensory Group Infant: 1:00 - 2:30pm</p>	<p>13</p> <p>Sensory Parenting Explorers 10:30am - 12:00pm (Oyen)</p> <p>Sensory Parenting Explorers 1:00pm - 2:30pm (Oyen)</p> <p>LGBTQ+2S Parent Support 6:00 - 8:00pm</p>	<p>14</p> <p>Sensory Group Infant: 1:30 - 3:00pm</p>	<p>15</p> <p>Pancakes, Playtime & Parenting 9:00 - 11:00am</p>
<p>Miywasin Friendship Centre</p> <p>MHPSP</p>	<p>17</p> <p>Closed</p>	<p>18</p> <p>Active Parenting: 3:30 - 5:30pm</p>	<p>19</p> <p>Mighty Play & Learn: 10:30 - 12:00pm</p>	<p>20</p> <p>Sensory Group Preschool: 2:00 - 3:30pm</p>	<p>21</p> <p>Sensory Group School Age: 2:00 - 3:30pm</p>	<p>@BridgesParented Register here:</p> <p> </p>
<p>Alberta Provincial Family Resource Networks</p>	<p>24</p> <p>Sensory Group Infant: 10:30 - 12:00pm</p> <p>Nurturing Parenting 1:00-2:30pm (Redcliff)</p> <p>Dads Group: 6:00 - 7:30pm</p>	<p>25</p> <p>Grandparents Group 10:00 am - 11:30 pm</p> <p>Cooperative Parenting & Divorce: 12:30 - 2:30pm</p> <p>Active Parenting: 3:30 - 5:30pm</p>	<p>26</p> <p>Mighty Play & Learn: 10:30 - 12:00pm</p>	<p>27</p> <p>Triple P for Baby: 10:00am - 12:00pm</p> <p>Solo Parenting Group: 6:00 - 8:00pm</p>	<p>28</p> <p>Sensory Group Infant: 1:00 - 2:30pm</p>	



BRIDGES FAMILY PROGRAMS

February

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Taquitos 2C/3A Skating	4 Tomato Tortellini Soup	5 Club Sub.	6 Chicken Salad Plate	7 Sweet & Sour Chicken Balls \$2-\$5 Donation for PJ's for a Purpose
10 Ham & Cheese Melt 2B/3A Skating	11 Beef Barley Soup	12 Assorted Sub.	13 Tuna Plate Optional Hot Lunch	14 Chicken Alfredo Report Cards Classroom Valentines Events
<p>Don't forget to buy your CANDY GRAMS this week</p>				
17 	18	19	20	21
<h2>NO SCHOOL FAMILY WEEK</h2>				
24 Taco Wrap 2A/2C Skating	25 Cream of Potato Soup	26 Meatball Sub. Parent Teacher Interviews 3:30-6:00	27 Meat & Cheese Plate	28 Perogies & Sausage



**I.F. COX
SCHOOL**

