



I.F. COX NEWS

February 2023

Mrs. Asham's Message

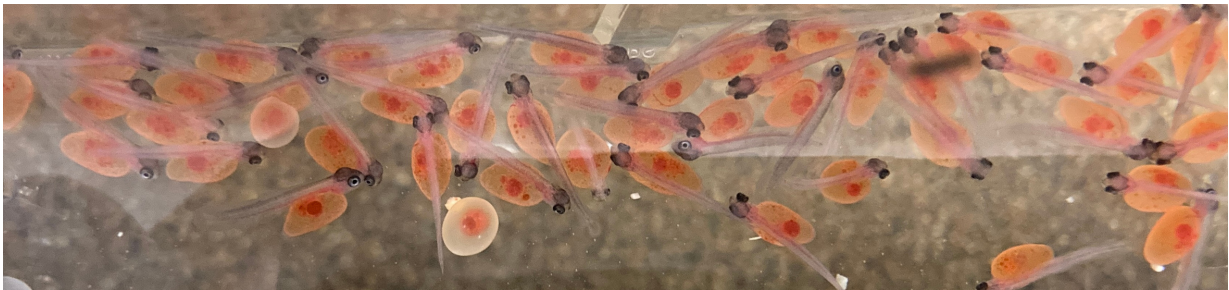


I don't know about you, but I have had enough of winter already and the icy mess it has created on our playground. I'm hoping that the groundhog does not see his shadow on Thursday, so spring can come early!

Our classes have started to focus on their planning for the "Exhibition of Learning" that we will present to our families in May. The students are working hard to create their presentations to show you what they are learning and how much they have improved since the beginning of the year.

Our FiNs Committee is extremely excited to share that we have received our fish eggs and they are well on their way through their lifecycle from egg to alevin to fry. There will be some information coming home very soon on the fundraiser that will accompany our FiNs program. The money raised will allow all of our students to attend the fish release in May/June and it will also help pay for our year-end fun day that coincides with the release.

Thank you for supporting our school. If you have any questions or comments, please don't hesitate to contact us.





THANK YOU!

To School Council for leaving treats for our teachers. They are greatly appreciated!



No experience needed.

More info: medicinehatlacrosse.com

Thank you so much for all the students who participated in our Reading Challenge in January. All were awarded Snowman Soup for their efforts!



Skating Schedule

Here are our upcoming times:

Tues. Jan.31

2C and 2D

Thurs. Feb.2

3A and 3B

Tues. Feb. 7

3C and 3D

Thurs. Feb. 9

3A and 3B

Tues. Feb. 14

3C and 3D

Thurs, Feb. 16

2B

Tues. Feb. 28

3C and 3D





Caught Being Good

What a great school of students we have! The Caught Being Good draw boxes are getting full of acts of kindness for each other, good listening and going above and beyond to be leaders at I F Cox.

Students will receive a small certificate and get to enter their name into a draw. We draw a name from each grade every two weeks. All the names then go back into the draw boxes for larger draws at the end of the year.

We would like to thank Doc Braces, Medicine Hat, for sponsoring this program again this year. It's with their generous donations, that we are able to give out

the prizes
we do.



Congratulations
to the
January 13th
winners

Lily, Lexi,
Macie, Zaria
and Landon

Congratulations
to the
January 27th
winners

Logan, Ellie,
Nova,
Jace and
Isaac



FSLW - Ashton Goehring

I am continuing to offer individual counselling to students. All counselling supports for students is provided during the school day, it is free and confidential. I will also be running some small groups. The groups I offer include; Worry Warriors, Anger Firefighters, Lego Social Skills, Friendship Skills and Banana Splits. Parents and guardians can refer a child by talking with their teacher or contacting me directly.

In spirit of getting into the swing of the New Year and with the return of the cold weather, I thought I would share some tips on getting your kids out the door and to school on time (easier said than done some days)!

- 1. Bedtime routines - for kids between the ages 6-12, it is recommended that they get 9-12 hours a sleep a night. Their bodies and brains are quickly growing and need ample amount of rest! The more rested kids are, the easier wake ups will be.**
- 2. Lay out school clothes the night before - this might be something they can get into the habit of doing for themselves. It creates one less thing to think about and be done in the morning.**
- 3. Keep breakfast simple - A piece of fruit, bowl of healthy cereal or a yogurt will do!**
- 4. Prep the night before - if time permits in busy weeknight schedules, get lunches and backpacks ready the night before so they are ready to grab and go.**
- 5. Have a visual - some kids find it very helpful to have it written or even pictures of what is expected of them in the morning. Google has some great free printables as well!**

Kind regards,
Ashton Goehring,
Family School Liaison Worker
Cell: 403-594-1204 Email: ashtongoehring@prrd8.ca



Greg Godard - PRSD Psychologist



Hey, Fox Folks,

Let's talk about phones.

I know, if your kids go to I.F.Cox, there's a good chance they don't have a personal cell phone yet (although their older siblings might!). But it's not going to be long until they're at that age where many of their peers have a phone, and they'll be asking, and you'll want to be prepared with the right kind of limits and rules.

Research tells us that many of our kids on average spend more than 8 hours per day on screens. That's kind of crazy, if you think about it. Not too many years ago, the American Academy of Pediatrics suggested that no child should be on a screen more than 2 hours per day. And most psychologists (myself included) will still tell you that two hours of recreational screen time (not including school work, FaceTime with grandparents, or connecting with family and friends) is a pretty good daily limit. But it's not easy to maintain that kind of limit.

Regardless, you're the parent or guardian, which means you make the decisions for the rules and boundaries in your home. Here are a few tips for how to help your kids with healthy screen time.

Tips

Children should know that the device belongs to the parent, not the child. That means you have full access to it, and you can take it away at any time.

Understand (and teach your kids) internet safety at all times.

Be fully aware of your kids' visited sites, use age-restrictions and parent controls. Familiarize yourself with how to set accessibility restrictions on every app downloaded to their device. If you need guidance, call your school's FSLW, or check out a site like commonsensemedia.org

Excessive use of social media (trust me, even if you don't have to deal with it yet, it's coming) impairs our kids' social skills and can interfere with real-time, real-person, face to face relationships. The complexity of human relationship requires subtle social skills that are best learned and practiced in real human interaction. For this reason, ban phones or screens of any sort during mealtimes, short car rides, or other times when your child can learn and practice social skills.

Try to limit your child's recreational screentime to 2 hours per day. That's a stretch in our modern world, and will require diligence, creativity, and persistence on your part. But try it for a week, and (after the complaints die down) watch the results in your child's happiness and wellbeing.

More Tips

Keep screens out of your kids' bedrooms. If your child has (or soon gets) a phone, have a charging station in another area, where phones must be turned in to your care one full hour before bedtime.

Turn off all screen time in the one to two hours leading up to sleep. For many reasons (including neurochemical stimulation, the impact of blue screen light on your child's melatonin production, wind-down and peaceful pre-sleep hygiene, and the ability to monitor content), it's best for children to find other ways to prepare for sleep than lying in bed with a show or scrolling social media app firing their brain cells.

Try to keep digital technology from their beds at all. Children should experience their bed as a sleep space, and nothing else. That way, when it comes time to go to bed, their brains automatically associate that comfy space with sleep, and their brain's natural drowsiness system kicks in full-force.

Remember the all-important rule for teaching our kids how to function in the world: monkey-see, monkey-do. In other words, it's all fine and good for you to preach healthy screen habits to your kids, but if you're scrolling your Facebook or Insta all through the evening, expect them to do the same when they have their own device



2023-2024 Registration

If your child is currently registered in a PRPS school, you will receive an email asking you to pre-enrol for next year. You do not have to fill out a new registration form.

If you have a child to register that is new to our school division, please visit "[Student Registration Guide](#)" on the PRPS website. You will find a link to the registration form there. Registration opens Wednesday, February 1st.

The Redcliff Lions Club invite you to join us for

Family Day Free Skate

Monday February 20 11:00-2:00

Redcliff Rectangle

Free

Hot Dogs

Hot Chocolate

Coffee



Sponsored by The Redcliff Lions



Youth Soccer Registration

Mon. Feb. 27 6:00-8:00 pm

Tues. Mar. 7 6:00-8:00 pm

Upstairs at the Redcliff
Rectangle

-Must be 4 by May 1, 2023

-\$40.00

-Season May 1 - June 19

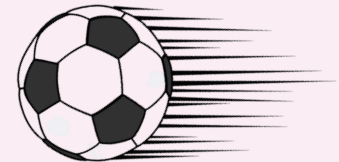
-Mon. and Wed nights

4-6 year olds 6:00-7:00 pm

7-12 year olds 7:00-8:00 pm

-Wind-Up June 21

They are also looking for coaches
and sponsors.



FOR THE FAMILY!

FREE! Family Fun Night

Join us at I. F. Cox School Gym for
VALENTINE'S CRAFT AND FREE PLAY!

February 9 from 6:00 - 8:00 PM

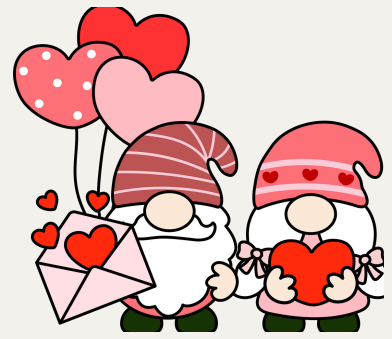
- Drop in -

Connect with others in the community and enjoy
quality time with your family. No registration is required!

- Kids aged 6 and under MUST be supervised -



February



Monday	Tuesday	Wednesday	Thursday	Friday
No School SI Day	31 Beef Stew	1 Winter Walk Day Assorted Sub	2 Groundhog Day Skating 3A/3B Meat & Cheese Plate	3 Mac & Cheese
6 Breakfast Wrap	7 Skating 3C/3D Creamy Chicken Noodle Soup	8 Ham & Cheese Sub	9 Skating 3A/3B Tuna Plate	10 Pancakes & Sausages
13 Taco Wrap	14 Skating 3C/3D Valentine's Day Tomato Rice Soup	15 Meatball Sub	16 Skating 2B School Council Meeting 6:00pm Meat & Cheese Plate	17 Chicken Burger
20 No School Family Day	21 No School	22 No School	23 No School	24 No School
27 Pizza Wrap	28 Skating 3C/3D Beef Potato Soup			



I.F. COX
SCHOOL

