



# The Phoenix Messenger

FFCA High School - North Campus

## Matter of Principal

Dear NHS Parents and Students,

It is nearly March and exciting times are upon us as we look forward to moving buildings, and carrying on with the excellent teaching and learning that happens through our partnership with students, parents/guardians, and staff.

Working in a school, being parents, and technology users has provided Mrs. Singh and I with some unique understandings of the benefits and downsides of technology. Together we understand that for students the building of a healthy relationship with technology is an essential skill that leans on partnership with families and school staff. Some might assume that high school students are naturals when it comes to navigating the digital world, yet we believe that students require thoughtful guidance including opportunities to discuss technology use with their families and for family-based user structures to be developed. Likely as a parent/guardian you may have questions too and that is perfectly ok. Lots of information can be found in books and through online resources or with various community services across Calgary. Of course, you can also reach out to NHS administration or Student Services staff to discuss.

A key supportive action is having conversations with your child(ren) about **their social media use**. Most often, students spend their tech time on cell phones or laptops, and we sometimes hear from students and parents that no one is discussing or monitoring usage. We recommend sitting together to discuss social media sites being used, for parents to be equipped with the knowledge of how to review their student’s browsing history and texting etiquette, including a plan for monitoring. In this way families can come to understand how to find balance and benefit in social media use, Apps, and digital devices. Explicit teaching and guidance can lead to building screen smarts for all. Family conversations and monitoring can include learning about:

- what students are actually doing when online
- how many hours are students on screens
- how do students participate when they are texting individual friends or in joining group chats
- what do parents and students know about privacy concerns and cyberbullying
- setting family guidelines for screen time
- 

We are including some resources for the families and students in this edition of the newsletter. The list of resources is put together by Mrs. Okasha NHS Library Technician and Dr. Shivji FFCA Contracted Psychologist, for your consideration. Please review these and engage your child in a conversation about their tech use.

As always, we are available for a conversation or to answer a question.

Yours In Education,

Susan Boyd and Bharati Singh

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## Dates to Remember

- March 20- Grade 9-11 Course Recommendation sheets distributed
- March 22– Casual Day
- March 25– April 5 Spring Break
- April 10– First day of classes after Spring Break
- April 17– Return Course Recommendations
- April 18 Report Cards
- April 25 Learning Conferences early dismissal
- April 26 Learning Conferences no school



## BUILDING SCREEN SMARTS

Dr. Sohel Shivji & Ms. Crystal Okasha

Resources:

<https://kidshelpphone.ca/>

### Books

(Geared for teens)

***Accountable: The True Story of a Racist Social Media Account and the Teenagers Whose Lives It Changed*** by Dashka Slater  
***The Teen's Guide to Social Media ... and Mobile Devices*** by Jonathan McKee  
***The Social Media Workbook for Teens*** by Goali Saedi Bocci

(Geared for adults, parents/guardians)

***i-Minds (2<sup>nd</sup> Edition)*** by Dr. Mari Swingle is a book about the influence of technology on our brains.

***American Girls: Social Media and the Secret Lives of Teenagers*** by Nancy Jo Sales

***Social Media Wellness: Helping Tweens and Teens Thrive in an Unbalanced Digital World*** by Ana Homayoun

***Logged In and Stressed Out: How Social Media is Affecting Your Mental Health and What You Can Do About It*** by Paula Durlinsky, PhD

***Influenced: The Impact of Social Media on Our Perception*** by Brian Boxer Wachler

***Parenting in the Screen Age: A Guide for Calm Conversations*** by Delaney Ruston, MD

***Growing Up Shared: How Parents Can Share Smarter On Social Media-And What You Can Do To Keep Your Family Safe in a No-Privacy World*** by Stacey Steinberg

***Stolen Focus: Why You Can't Pay Attention and How to Think Deeply Again*** by Johan Hari

***Digital Minimalism: Choosing a Focused Life in a Noisy World*** by Cal Newport



### Websites

<https://www.common sense media.org/> for checking age suitability for apps, books, movies

<https://www.internetmatters.org/> for all things related to digital safety including a texting dictionary for parents

<https://www.screenagersmovie.com/> Screenagers Project, Podcast and Blog for topics and articles related to teen mental health and screen time including screen time contracts

<https://socialnetworkingsafety.net/> for parent and school resources by Canadian expert Paul Davis on helping your teens navigate devices

### Apps

***Focus and Forest***- for setting up screen limits to help focus

***Qustodio*** for setting up parental controls and limits

***Google Family Link*** and ***Apple Screen Time*** for parental controls

***Driving Focus*** and ***DriveMode*** for safer driving with phones

***FamilyTime*** and ***OurPact*** for general family screen management

### Podcasts

The Screenagers Podcast

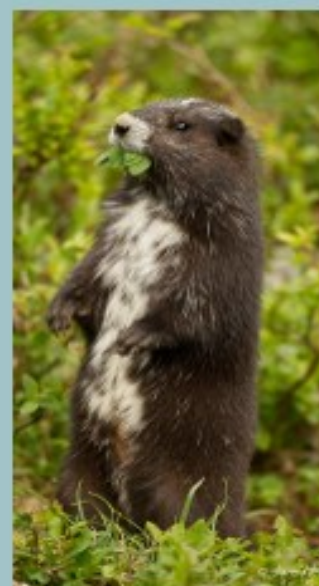
Defending Digital

Media In the Middle



## Endangered Species Spotlight: The Vancouver Island Marmot

The Vancouver Island Marmot is Canada's most endangered species. It is endemic to Vancouver Island, this means that it is found nowhere else in the world. The marmot is dark brown in colour with distinct white markings on its chest. The marmots feed on grasses in their alpine meadow habitat. They have increased in population since the 1970s, going from only 70 individuals to near 200. Living in the increasingly sparse alpine zone, the marmot is constantly teetering on the edge of extinction. They live in colonies of about 20-40 marmots.



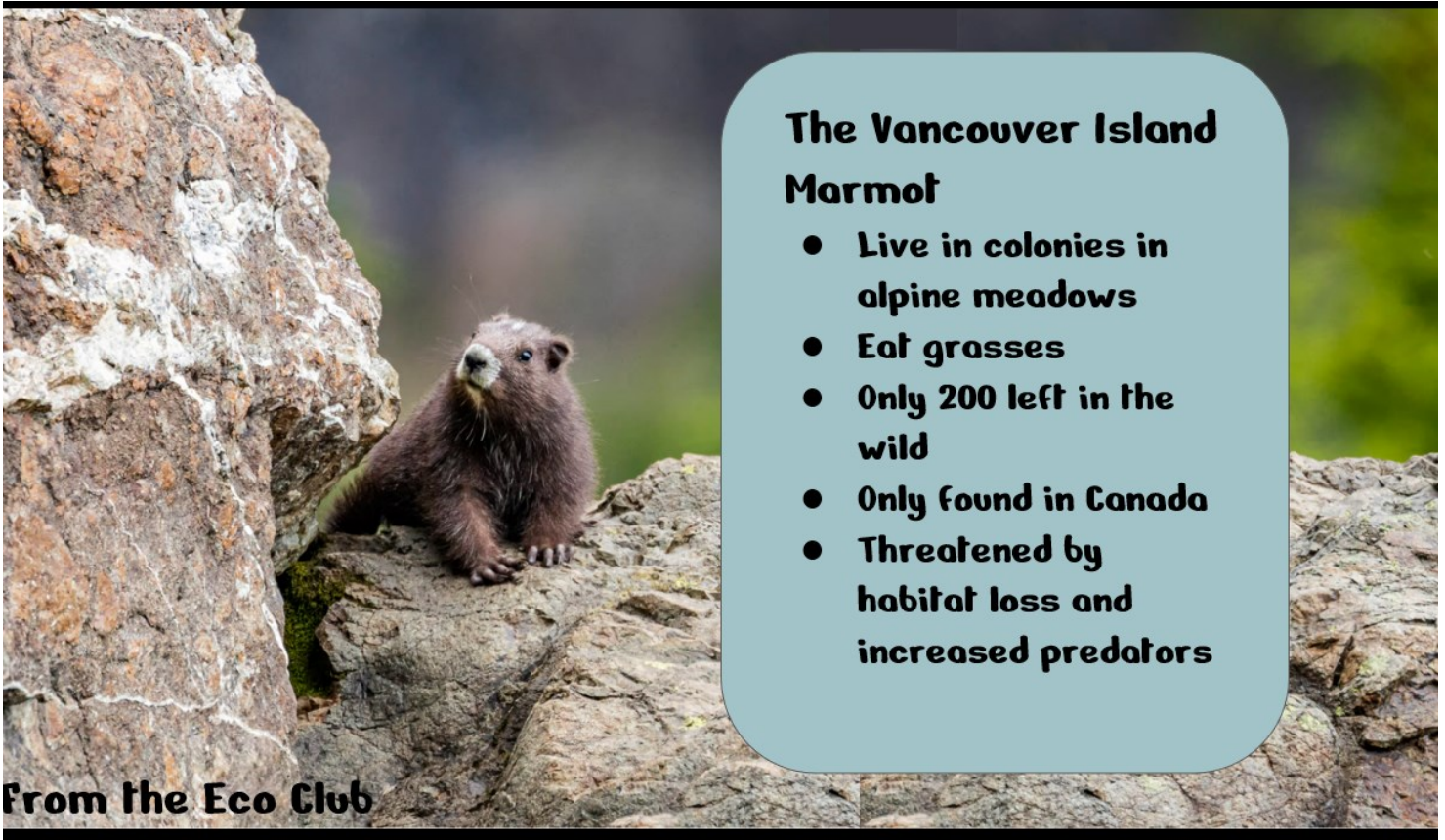
The rare marmots live in networks of colonies on nearby mountains. These colonies regularly exchange young, breeding age individuals with each other. If a colony has a drop in population, the affected colony relies on new marmots from nearby colonies. However, in many areas, the movement of marmots has been limited due to human activity, leading to increased isolation and vulnerability for colonies. This isolation can ultimately lead to the local extinction of marmot colonies, even in large protected areas. Increased number of predators due to skyrocketing deer populations also dwindles marmot colonies.

With a historically low population, the Vancouver Island marmot was bound to face difficulty in the modern world. This, however, is no excuse to let this beautiful animal go extinct. The marmot is only found in Canada so it is our responsibility to maintain it. Due to our high latitude, we do not have a diverse array of wildlife in Canada as is true in all northern nations. The Vancouver Island marmot is an exception to this rule as it is the only species of mammal that is endemic to our vast nation. This makes the Vancouver Island marmot an exclusively Canadian animal so we have to treat it in an exclusively Canadian way, with friendliness and hospitality.

**From: The Eco Club**

**By: Siddh Thaker Edited by: Rishi Thaker**

Information: Marmot Recovery Foundation



### The Vancouver Island Marmot

- Live in colonies in alpine meadows
- Eat grasses
- Only 200 left in the wild
- Only found in Canada
- Threatened by habitat loss and increased predators

From the Eco Club

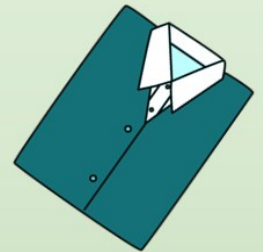
## DID YOU KNOW?

InSchoolWear has prevented

# 710 000

plastic bottles

from entering oceans and landfills by recycling them into fabric? That's right, our dress pants, dress shirts, vests and cardigans are made of recycled plastic!



CHECK YOUR UNIFORM TAG FOR THE PLASTIC BOTTLE SYMBOL or QR code!

YAY FISHIES!!!



## SCHOOL FEES

### Semester 2 Elective Fees Now Posted

All Semester 2 fees are now posted onto your Family Portal site. Please take a moment to log into your account to pay your child's elective fees.

Thank you.

- **Due**: Monday, March 11<sup>th</sup>



## GRAD INFORMATION

Save the Date!

Graduation 2024 will be taking place on  
Friday, June 28, 2024

Watch upcoming newsletters, Edsby & Emails for further Information!

*Class*  
of **2024**

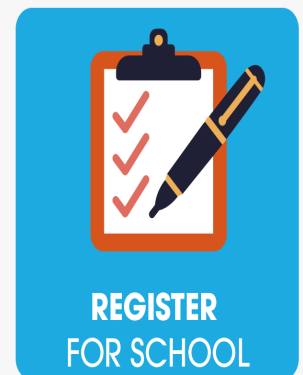
## RE-REGISTRATION 2024-25

Please be advised that FFCA's re-registration starts on Monday, March 4<sup>th</sup>, 2024 and closes on Friday March 15<sup>th</sup>. Full details on how to re-register your student (s) through the Family Portal account will follow in the next day or two.

We are excited for your student(s) to attend in our new school building for the 2024-25 school year.

Should you have any questions, please feel free to email:

[wanda.amundson@ffca-calgary.com](mailto:wanda.amundson@ffca-calgary.com)



## YEARBOOK 2023-24

The Yearbook Team is busy taking photos of the student body in preparation of making a fantastic yearbook! Unlike previous years, the yearbook fee is not embedded in your resource fee. If your child would like a yearbook to remember the 2023-2024 school year, please log on to family zone to make the purchase. The fee is \$40 – the same price as previous years. With your help, the yearbook team will have the budget to complete the award winning yearbook that we are used to having your help,



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## ATTENDANCE REMINDERS

When a child is going to be late or absent from school, it is the parent/guardian's responsibility to inform us of the reason for the late/absence before 8:00 am.

To report your child's absence, please send an email the campus office at

sherri.codd@ffca-calgary.com or a phone call at 403-243-3316 Ext 1001

Please be sure to include the following information:

1. date of absence
2. first and last name of your student
3. the reason they will be away

If you believe your child was marked incorrectly for a block, they must speak with that teacher for that class to have this updated.

The office is not able to make these changes. - An extended leave of absence from school requires a written request to the Principal Educator. Please send the email to bharati.singh@ffca-calgary.com. Please note that not all absences are considered excused under government rules.



# LIBRARY NEWS

The Harry Potter series, To Kill A Mockingbird, Handmaid's Tale, Go Ask Alice, Of Mice and Men. What do these books, and many more, all have in common? They appear on the Canadian challenged books list for materials that have been recommended for removal from school libraries.

**Freedom to Read Week** is an annual event that encourages Canadians to think about and reaffirm their commitment to intellectual freedom. Our Freedom To Read is more at risk than ever before—which is why #FTRWeek is still an important occasion to mark after 40 years! Consider how the right to #IntellectualFreedom impacts your life. What does freedom to read mean to you?

Sarah Meilleur, CEO of the Calgary Public Library, emphasizes, *"In honour of Freedom to Read Week, I challenge you to read something you disagree with. Ask tough questions about what you read and question yourself. Think critically about what you are reading. Misinformation and disinformation are everywhere, so understand where things originate from, who wrote them and why."*

*Books are not just words on a page; they are windows into different perspectives. By defending our right to read and access diverse viewpoints, we are not only enriching our own lives but also contributing to a more inclusive and tolerant society.*

*I don't always agree with everything on library shelves, but I will always fight for your right to read it."*



## Opinion: Why our fight for intellectual

By defending our right to read and access diverse viewpoints, we are contrib

calgaryherald.com



Library and Archives Canada | Bibliothèque et Archives Canada | Canadian Library Association | Conseil des bibliothécaires du Canada | o l a | Ontario library association | Book and Periodical Council

## HEALTHIER TOGETHER SCHOOLS

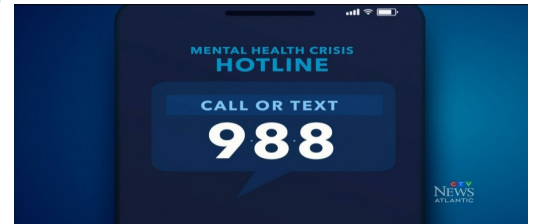
### Just launched: 9-8-8 suicide crisis helpline

9-8-8 is a new three-digit helpline that provides urgent, live support by phone and text to people in every province and territory across the country.

9-8-8 is for anyone thinking about suicide, or worried about someone they know. Trained 9-8-8 responders will answer calls and texts and listen without judgement while providing support.

9-8-8 is available in English and French, 24 hours a day, every single day of the year across the country.

For more information, go to [988.ca](https://988.ca).



### Teachers' Vaping Toolkits

- Alberta Health Services has developed three toolkits to help teachers talk to students about vaping, addiction prevention, and mental health. Toolkits include Grades K-6, Grades 7-9, and Grades 10-12.

To view the toolkits, go to [Teachers' Vaping Toolkit | Alberta Health Services](#).

### Bullying: How to help your Child

- Bullying Helpline: Call 310-1818 or text 310-1818 or [chat online](#)
- Kids Help Phone: text CONNECT to 686868
- Mental Health Helpline: 1-877-303-2642
- [Bullying](#) (MyHealth.Alberta.ca)
- [Bullying: What parents need to know](#)





# GRADUATION 2024

## MARCH UPDATE

### GRAD BANQUET – TICKETS ON SALE NOW

Location: Astoria Banquet Hall – Tickets \$90

**Our Mystical Garden Grad Banquet is a family event where you can celebrate your graduate! We encourage family members to attend with their child.**

**Banquet: 5:30–10:00 pm**

**The graduates' official entrance is at 6:00pm and dinner at 6:30.**

**You can buy your tickets in the Powerschool Parent Portal on the FFCA site.**

- **Once in the Portal – Click on “NHS Grad Banquet Ticket Sales”. Order early!**

**To Buy  
Tickets  
Click  
HERE**

Questions? E-mail Taira Anten- [taira.anten@ffca-calgary.com](mailto:taira.anten@ffca-calgary.com)