



# FUSION News

## October 2023



### UPCOMING MEETINGS

FIMESPAF: Thursday, October 12 at 6:00 pm      School Council: Thursday, October 12 at 6:30 pm  
Meetings will be held in person in the learning commons and virtually.

### STUDENT ABSENCES

We ask parents to always let us know when their child is going to be absent. For your convenience, you can do this by emailing your child's homeroom teacher and the school at [broxton@psd.ca](mailto:broxton@psd.ca). Alternatively, you may also call the main office.

### STUDENT PICKUPS & MESSAGES

In order to support your child's learning and to minimize the number of classroom disruptions that occur throughout the day, please confirm your child's transportation home for the day with them prior to the start of the school day. Additionally, please arrive before or after recess and lunch hours if you require school staff to find your child, as this is difficult during recess. We do understand that sometimes situations arise that do not allow for pre-planning, but we appreciate your support.

### NO SCHOOL

Please note that there is no school on **Friday, October 6 and Monday, October 9.**  
Happy Thanksgiving to you and your family!

### HOT LUNCH

Round 2 of Hot Lunch opens for ordering on October 9 & Closes October 20. To order, open or create your account, visit our [website](#).

|                     |                    |                      |                          |
|---------------------|--------------------|----------------------|--------------------------|
| October 5 – Quiznos | October 13 – Sam's | October 20 – Wok Box | October 27 – Dairy Queen |
| Booster Juice:      | Tuesday Oct. 3     | Wednesday, Oct. 18   |                          |

### PICTURE DAYS

October 3 & 4. Picture retake day is October 30, the Tuesday/Thursday kindergarten students will be invited to drop in at any time outside of the lunch hour.

### LOST AND FOUND

Please come and look for any missing items. Any unclaimed items will be donated.

### SCHOOL FEES

Please be sure to log in to your Powerschool Parent Portal regularly to check for any fees that need to be paid. Some of the school fees have been loaded, and there will be more to come. Thank you!

## SCHOLASTIC BOOK FAIR

École Broxton Park Library is so excited to welcome all of our families to the Learning Commons for our Annual Scholastic Book Fair, Oct 25-26. The sales from such an event allows us to replenish and add classroom/library resources. There will be contests, prizes, gifts, gadgets, and of course BOOKS galore!

We need some AMAZING VOLUNTEERS. If you are able to help, please contact our librarian. [kirsten.graham@psd.ca](mailto:kirsten.graham@psd.ca)

## PARENT TEACHER INTERVIEWS

In conjunction with our Scholastic Book Fair, PTIs are Wednesday, October 25 and Thursday, October 26 from 4pm - 7pm with a hybrid format of in-person and virtual options. Please sign up with your homeroom teacher.

## TRICK-OR-TREAT

Please check with your teacher about classroom plans for Halloween. Students are allowed to dress up all day. Scary clown faces, masks, and costume weapons must be left at home.





## Back to school, the active way!

Back-to-school season is here! As your family settles into a fall routine, keep everyone moving with **active travel**—human-powered ways of getting from one place to another.

Whether your kids prefer to walk, run, or wheel (with bikes, scooters, skateboards, in-line skates, or wheelchairs), active travel is a great way to get them moving between school and home. It boosts their physical health, builds their independence, and encourages them to spend time outside. Active travel has also been shown to reduce traffic congestion near schools, lowering the risk of traffic-related injury.

Here are some tips to get your child walking and wheeling with confidence.

### Plan the route

Help your child plan the route they'll use to get to school in active ways. Try these ideas:

- Create maps of safe routes between school and home. Using print or online mapping tools, mark places to avoid (like high-speed roads and areas with heavy traffic) and point out features that help keep them safe (like well-lit pathways and marked crosswalks).
- Help your child practice their active journey to school—do trial runs together or with friends. Keep track of how long it takes to travel, building in extra time for activities like locking up bikes.

# Healthy Children

## September 2023 Family Newsletter

### Get the gear

Talk with your child about equipment they'll need to stay safe while they're on the move:

- If they plan to bike, remind them that wearing an approved helmet is the law. Help them [take the bike helmet YES test](#) to be sure their helmet fits properly.
- If they plan to scooter, skateboard, or in-line skate, help them learn [which helmet they'll need for which activity](#).
- Talk together about [how to dress for the weather](#).

### Build road safety skills

Help your child learn and practice the rules of the road. For example:

- Teach them to cross the road at marked crosswalks or intersections. Get started with these [pedestrian safety tips for parents and children](#).
- Show them the correct hand signals to use when riding a bike. If you need support, look for a cycling skills program or clinic in your local area.
- Remind them to stay alert and avoid distractions. Set an example by putting away your phone, headphones, and ear buds when you're on the move.

### Grow your active travel network

Connect with other kids and families who use active travel to get between school and home. You'll likely find that active travel is a great way to get to know each other, build relationships, and have fun!

- Find out if there are active travel groups at school (like walking school buses, bike trains, active travel clubs, or buddy

programs). If you can't find what you're looking for, talk to your principal or school council about how to get started.

- Take part in [active travel events](#) (like International Walk to School Week, Winter Walk Day, or Wheel Week).
- Talk with other families in your school community about ways to make active travel more appealing for everyone. Get involved in community clean-ups, outdoor art projects, and gardening activities. Advocate for [bike racks or shelters](#) in public places.

### Be flexible

Remember that active travel doesn't have to involve long distances—even a short walk or roll can get kids moving on the way to school! Try these ideas:

- If you're driving your child to school, drop them off a few blocks away so they can walk the rest of the route.
- If your child takes a bus to school, ask your principal about starting a *ride and stride* program, where kids walk around school property when they get off the bus.
- Encourage your child to set an active travel goal. For example, they could try walking to school once a week, or biking once a month. Help them track their progress—it's fun and motivating!

For more information, go to:

- [Active school travel toolkit](#)
- [Bike and small wheeled recreation safety](#)



## Bike, walk, roll: Active travel tips for your teen

As your teen gets set for another school year, keep them moving with **active travel**—human-powered ways of going from one place to another.

Whether they'd rather walk, run, or wheel (with a bike, scooter, wheelchair, skateboard, or pair of inline skates), active travel is a great form of physical activity. It also helps teens build their independence and practice valuable life skills (like planning and time-management). Research shows that active travel can also reduce traffic congestion in

school areas, lowering the risk of traffic-related injury. Here are some tips to support your teen with active travel this school year.

### Plan together

Encourage your teen to take charge of how they'll get to school and the route they'll use. Help them find digital mapping tools to mark the routes between school and home, taking care to avoid high-speed roads and areas with heavy traffic. Point out features that keep them safe along the way (like well-lit pathways and marked crosswalks).

# Healthy Teens

Help them think through how long it takes to get to where they're going, building in extra time for activities like locking up their bike.

## Get the gear

Let your teen take the lead in learning about active travel gear and show them how to check that it's in good working order.

- If they plan to bike, remind them that wearing an approved helmet is the law for anyone under 18. Encourage them to [take the bike helmet YES test](#) to be sure their helmet fits properly.
- If they plan to scooter, skateboard, or inline skate, help them figure out [which helmet they'll need for which activity](#).
- Talk together about [how to dress for the weather](#).

## Build their active travel skills

Support your teen as they learn and practice the rules of the road. For example:

- Teach them to stay alert and avoid distractions when they're on the move. Set an example by putting away your phone, headphones, and ear buds as you travel in active ways.
- Talk about expected behaviour on roads, sidewalks, and pathways (like being mindful of other pedestrians and cyclists, and using hand signals when turning).
- Encourage them to cross the road at marked crosswalks or intersections.

## September 2023 Family Newsletter

### Step it up

Young people have a lot to say about the issues that matter to them. Talk with your teen about their ideas for making active travel more appealing, and help them get involved in local improvement efforts. For example, they could:

- Advocate for [bike racks or shelters](#) in public places.
- Volunteer for community clean-ups, outdoor art projects, and gardening.
- Lead or support active travel plans for their school or municipality (like students with the [Pincher Creek bike rack project](#)).

### Be flexible

Remind your teen that active travel doesn't have to involve long distances—even a short walk or wheel gets them moving and feels great. Try these ideas:

- If they drive or carpool to school, they can park a few blocks away and walk the rest of the route.
- If they ride a school bus or city transit to get home, they can get off a stop or two early and walk the rest of the way.
- If they need motivation, they can set goals and keep track of their progress. For example, they could aim to travel a certain distance over the course of the school year (like walking or wheeling 300km, the distance between Edmonton and Calgary).

For more information, go to:

- [Active school travel toolkit](#)
- [Bike and small wheeled recreation safety](#)