

HISTORY OF SISTER FLORENCE MACDOUGALL

Sister Marie MacDougall was born and raised in St. Joseph's Parish, Antigonish, Nova Scotia. Prior to her entry into the Sisters of Service in 1943, she taught in schools in Bruderheim and Yaroslaw, Alberta. After her profession, Sister taught in Wexford, Ontario and Rycroft, Manning, Peace River, and High Level in northern Alberta.

Sister's specialty was in Primary Education and because of this specialty and her many years of experience, she was often asked to introduce young teachers to the arts and skills of instructing young children in their formative years, which she considered a joy and a privilege, and did wholeheartedly.

In June 1979, the Order of the Royal Purple presented Sister with a ten-year School Perfect Attendance plaque, and the students and staff of the High Level Public School dedicated their 1979-80 book of memories "to a special teacher who will remain in our hearts and memories for years to come".

Sister died in the 38th year of her religious life on May 13, 1981 in the Misericordia Hospital, Edmonton. Father John Spicer, C.S.S.R., and Father John Hess concelebrated Mass of the Resurrection in St. Joseph's Cathedral on May 15. After the Mass, Sister's nephew, Dr. David MacDougall, played a traditional lament on the bagpipes.

Interment was in St. Joachim's Cemetery, Edmonton, Alberta.

MACDOUGALL TARTAN

Red and navy, the two dominant colors of the MacDougall tartan, were chosen as the school colors.

FLORENCE MACDOUGALL COMMUNITY SCHOOL SONG

Mrs. Mary-Jane Hollier wrote the lyrics of the school song to the melody of "Scotland The Brave".

SCHOOL SONG

*"Look to the red and navy
Stand for the red and navy
Florence MacDougall School
We're loyal and true.*

*Centre of love and learning
Centre of understanding
Our northern welcome
Kee ute meela fallcha.*

*Here's to MacDougall School
Florence MacDougall School
Guiding the path that
I'll tread for years to come.*

*Look to the red and navy
Stand for the red and navy
Florence MacDougall School
We're loyal and true.*

*Centre of love and learning
Centre of understanding
Our northern welcome
Kee ute meela fallcha."*

OFFICE PROCEDURES

Daily office hours are 8:00 AM – 3:30 PM. The phone number is 780-926-2331, and the email address is flomac@fvsd.ab.ca.

If a child is under a custody order, we **MUST** have a copy of it in order to abide by it.

TRANSPORTATION & BUSSING

School doors open and morning supervision starts at 8:30 AM.

Bus arrivals and departures are supervised. Bus drivers explain expected student behavior and safety procedure.

Please contact the FVSD Bus Garage at

780-928-3860 for bussing information and to register.

Busses may not be operational on bad weather days; however, the school is open. The *Radio Stations CKYL 102.1* and *KIX FM 106.1* usually announce if the busses are not running due to inclement weather. You may also download the **FREE Bus Status** app by *Box Clever* from the *iTunes* store or *Google Play*.

Our *website* also displays all current bus statuses on the home page (fmcs.fvsd.ab.ca).

Children riding busses are required to dress warmly in case the bus breaks down.

Students will be sent home by their regular means unless PARENTS advise us of a different arrangement.

STUDENT LOADING ZONE

Please follow all posted signage during pickup and drop off times.

If you drop your children off or pick them up in front of the school, please use the **west side** of Rainbow Boulevard.

NO CHILDREN should be dropped off on the EAST SIDE of Rainbow Boulevard.

ABSENTEEISM & TARDINESS

Regular attendance is a requirement of the School Act. Please ensure that your child is absent only when necessary (ie. sickness, medical appointments).

Punctuality is a general expectation for all.

For safety reasons, children arriving late **MUST** use the front doors of the school and check in at the office before proceeding to class.

If a child is habitually late or absent, the parents or guardians will be contacted.

ABSENCE AUTOMATED CALL OUT

The purpose of this program is to inform parents that their child has not arrived at school.

Whenever your child will be absent, please call the school at 780-926-2331, or email flomac@fvsd.ab.ca by 8:45 AM.

At 9:20 AM when the student is not accounted for your child's information will be uploaded to our call out system. If you choose not to be a part of our program, please call the school.

TELEPHONE POLICY

Children have access to the phone to call parents if they are not feeling well or if they have forgotten their lunch.

Students MAY NOT use the phone to make arrangements to visit friends.

STAFF

All teachers at Florence MacDougall Community School are certified to teach in the province of Alberta. All staff must provide a criminal record check and a vulnerable sector check prior to employment with Fort Vermilion School Division #52.

WEATHER POLICY

Students will be outdoors at recess when at all possible. This includes rainy days and when temperatures are above -25°C.

Please ensure that your child is dressed appropriately.

FOOTWEAR

Students **MUST** have indoor shoes. This is necessary in the event of a fire drill or a fire.

Please label your child's shoes with their name.

ILLNESS & INJURY

When children are ill, it is undesirable for them to be at school. Their health is regained more slowly, they learn little, and there is the possibility of others coming into contact with the illness.

If a child becomes ill during the day, the parent or guardian will be contacted to take the child home. In the case of injury on the playground or in the school, the child is taken to the infirmary. If the injury is very minor, appropriate first aid is used. If the injury appears more serious, the parent or guardian will be notified.

It is extremely important that we have your **CURRENT PHONE NUMBER**, as well as a work number or alternative number.

FIRE DRILLS & LOCKDOWNS

Fire Drills and Lockdowns are conducted throughout the year. Plans are posted in each classroom to ensure a safe and orderly procedure.

EMERGENCIES

In case of an emergency the students of Florence MacDougall Community School will be evacuated to the High Level Public School gymnasium.

COMMUNITY HEALTH

The Public Health Nurse visits the school as required to do immunizations and tuberculin skin test if parental consent has been granted.

MEDICAL INFORMATION

Please inform the school of any medical problems your child may have. It is necessary for us to know about the problem and the immediate treatment if we are to respond appropriately in an emergency situation.

LIBRARY

There are a wide variety of books, online resources and magazines in our library for students.

Students are allowed to sign out books for a two week period. If library books are lost, students are expected to pay replacement cost.



PEANUT/NUT SAFE POLICY

Due to severe allergic conditions within our student body, **FMCS IS A PEANUT/NUT FREE ZONE.**

This includes peanuts, almonds, cashews, hazelnuts, macadamia nuts, pecans, walnuts or any type of tree nut.

It is very important that all parents and students help us by not sending peanuts/nuts or food containing them to school. Our goal is to create an environment where all children are safe and comfortable. Thank you for your assistance in this area.

**SKATEBOARD/ROLLER BLADE,
SCOOTER & BIKE POLICY**

Students are asked to bring a bike lock to help secure their bike or scooter during the day. For safety reasons, they are not to be used on school property during the school day.

EFFECTIVE BEHAVIOR SUPPORT (EBS)

At FMCS we believe that a positive approach to discipline and teaching students appropriate behaviors throughout the year will help them to be successful, safe and secure. EBS is a system that we use to help our children learn the expected behaviors and reward those same behaviors. We have four school wide rules (see below) that we teach the children; and we provide them with positive examples to be successful.

FRIENDSHIP

MANNERS

CARING

SAFETY

Children identified as following the rules will be rewarded with a *Bear Hug*. This certificate is collected in the office and will be entered for the chance to win a prize. In our EBS system we reward students for positive behavior. This teaches children that appropriate behaviors are worthwhile.

SCHOOL COUNCIL

The Florence MacDougall Community School council would like to take this opportunity to welcome you and your child (children) to our school.

Councils are a collective association of parents, teachers, principals, staff and community representatives who work together to promote the well-being and effectiveness of all stakeholders in the school community and thereby enhance student learning. The purpose of school council is to be an advisory group to the principal.

You are encouraged to attend the monthly meetings!



**FRIENDS OF FLORENCE MACDOUGALL
COMMUNITY SCHOOL/PARENT
VOLUNTEERS**

Friends of Florence MacDougall Community School (*Friends of FloMac*) is a non-profit organization made up of parents, staff and community members that fundraise for the school. They meet a few times a year to discuss fundraising ideas.

Thanks to *Friends of FloMac* we have a brand new playground, hot dog rollers and library furniture at our school.

They are always willing to help out in many different ways for our school. If you would like to become a member of *Friends of FloMac*, or have your name put on their list as a volunteer, please call the school. Thank you so much for your time and energy. The students, staff and parents of FloMac appreciate it.



For more information about FMCS, please visit our school website at: <https://fmcs.fvzd.ab.ca>

For information on upcoming events and to follow along with all the FMCS fun that happens, find us on Facebook and Instagram: Florence MacDougall Community School (*Search for fmcscubs and hit Like/Follow*).

IMPORTANT PHONE NUMBERS

Florence MacDougall Community School

Phone 780-926-2331
Email flomac@fvzd.ab.ca
Website <https://fmcs.fvzd.ab.ca>

Bussing

FVSD Bus Garage..... 780-928-3860

Fort Vermilion School Division

Central Office 780-927-3766

Spirit of the North
Community School..... 780-841-7200
High Level Public School 780-926-3706

Emergency Contacts & Community Services

Fire/RCMP/Ambulance..... 911
Northwest Health Centre
Main Line 780-841-3200
High Level Medical Clinic 780-926-2286
Aurora North
Medical Clinic 780-926-3824
Community Health
(Public Health)..... 780-841-3230
Blue Sky Dental Clinic..... 780-926-2660
FYidoctors (Optometrist)..... 780-926-2776

Town of High Level..... 780-926-2201
Family & Community Support Services (FCSS)
After School Program/Day Camp..... 780-821-4026



SchoolCashOnline

Please visit the link below to register online (*it takes less than 5 minutes!*). Once you have registered your child, you will be able to see when they have a new item posted online for purchase. You also have the option to be notified whenever your child has a new school expense due, so you don't have to worry about missing the deadline.

To set up an account and explore the system, please follow the instructions below. We look forward to hearing your feedback!

Register Online:

Step 1: Please visit this link: <https://fvsd.schoolcashionline.com>

Step 2: Register by selecting the “Register” button and following the steps.

Step 3: After you receive the confirmation email, select the “click here” option, login in and add each of your children to your household account.

✓ **Convenient** ✓ **Safe** ✓ **Secure**

If you have any questions during the registration process or while shopping online, please select the **SUPPORT** option in the bottom right hand area of the screen.



Fort Vermilion School Division is offering *School Cash Online* as its preferred method of payment for virtually all related school fees, including everything from lunch cards or School Clothing to Yearbooks.

School Cash Online helps parents and community members pay school-related fees safely, quickly and easily. By using *School Cash Online*, you help increase efficiency and security at schools by making payments directly into your school's bank account. This allows teachers and secretaries to focus on helping students, and not counting cash. Plus, you get to stay informed of your child's activities and needs!

Powered by KEV Group, *School Cash Online* is the industry leader in school financial management. Schools post their items and activities through the system and assign the relevant fees to your student. You can then choose to purchase these fees online through using either e-check, my wallet or credit card. You can also stay informed and keep track of which school fees require your attention.

You are now able to register – a simple task that takes less than two minutes – by visiting <https://fvsd.schoolcashionline.com> or visiting our school website and navigating your way to the *School Cash Online* page. You will need your child's first name, last name and date of birth to register. Should you encounter any difficulties, you can use the parent help desk by visiting [schoolcashionline.com/Home/Support](https://fvsd.schoolcashionline.com/Home/Support).

FMCS CUBS READING CLUB

Reading with your child is one of the most valuable gifts you can give. Did you know that even prior to entering school, children who are read to daily, have already been exposed to over 1 million words!?



FMCS recognizes the important job we have in partnering with parents to build the foundation for strong reading skills. One way that we celebrate and support literacy is through our

Cubs Reading Club!

This year all students will be part of MONTHLY reading challenges!
Nightly reading goals for the month will be set, and the literacy committee has many fantastic prizes and activities for students who participate!


The following calendar will be the tracking tool. When you read 15 minutes with your child, please initial the day. Our monthly newsletters will let you know what your child is working towards.

SEPTEMBER 2022							Student of the Month: CARING
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p style="font-size: small;">"Reading is dreaming with open eyes" – Anissa Trisdiandy</p> <p style="text-align: center; border: 1px solid black; padding: 2px;">Initial HERE</p> <p style="text-align: center; border: 1px solid black; padding: 2px;">MONTHLY GOAL:</p>	<p style="font-size: small;">Labour Day</p>	<p style="font-size: small;">First Day of Classes</p>	<p style="font-size: x-small;">D - drop E - everything A - and R - read</p>	<p style="font-size: x-small;">Professional Development Day</p>	<p style="font-size: x-small;">Organizational Day</p>		
4 <input style="width: 20px; height: 15px;" type="text"/>	5 <input style="width: 20px; height: 15px;" type="text"/>	6 <input style="width: 20px; height: 15px;" type="text"/>	7 <input style="width: 20px; height: 15px;" type="text"/>	8 <input style="width: 20px; height: 15px;" type="text"/>	9 <input style="width: 20px; height: 15px;" type="text"/>	10 <input style="width: 20px; height: 15px;" type="text"/>	
11 <input style="width: 20px; height: 15px;" type="text"/>	12 <input style="width: 20px; height: 15px;" type="text"/>	13 <input style="width: 20px; height: 15px;" type="text"/>	14 <input style="width: 20px; height: 15px;" type="text"/>	15 <input style="width: 20px; height: 15px;" type="text"/>	16 <input style="width: 20px; height: 15px;" type="text"/>	17 <input style="width: 20px; height: 15px;" type="text"/>	

Reading is to the mind, what exercise is to the body.




- Richard Steele

AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY	SATURDAY
	Civic Holiday					
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	Organizational Day	Professional Development Day	Please NOTE: At the time of the publication, portions of the school calendar had not yet been confirmed. Please watch for school calendar updates on our website/ social media and printed monthly calendar.		

SEPTEMBER 2022

Student of the Month: **CARING**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY	SATURDAY
 "Reading is dreaming with open eyes" – Anissa Trisdianty Initial HERE <input type="text"/> MONTHLY GOAL: <input type="text"/>			D - drop E - everything A - and R - read	Professional Development Day	Organizational Day	
				1	2	3
4	Labour Day	First Day of Classes 	7	8	9	10
11			14	15	16	17
Terry Fox Run			21	22	23	24
18	19	20	21	22	23	24
25	26	27	28	29	NO SCHOOL National Day for Truth & Reconciliation	

OCTOBER 2022

Student of the Month: **Honesty**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY	SATURDAY
<p>"He that loves reading has everything within his reach." – William Godwin</p>						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



NOVEMBER 2022

Student of the Month: **Courage**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY	SATURDAY
<p>Dream Big READ!</p> 		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	<p>"Reading is a conversation. All books talk. But a good book listens as well"</p>  <p>- Mark Haddon</p>		

DECEMBER 2022

Student of the Month: **Self-Control**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY	SATURDAY
Keep reading it's one of the most marvelous adventures that anyone can have – Malcolm X 				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	First Day of CHRISTMAS BREAK	24
Christmas Day 	Boxing Day					New Years Eve
25	26	27	28	29	30	31

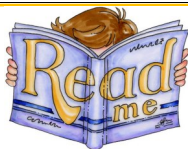




JANUARY 2023

Student of the Month: **Sportsmanship**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY	SATURDAY
Happy New Year						
1	2	3	4	5	6	7
8	Classes Resume 	Kinder Grad Photos 	Kinder Grad Photos 	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	Professional Development Day No School	28
29	30	31	 Books are the bees which carry the quickening pollen from one to another mind —James Russel Lowell 			


FEBRUARY 2023

Student of the Month: **Responsibility**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY	SATURDAY	
D - drop E - everything A - and R - read				1	2	3	4
5	6	7	8	9	10	11	
12	Day off in Lieu of PT Interviews No School	Day off in Lieu of PT Interviews No School	School Closed No School	Teachers' Convention No School	Teachers' Convention No School	18	
19	Family Day No School	Classes Resume 	22	23	24	25	
26	27	28	 Books are the plane and the train and the road. They are the destination and the journey. They are home. — Anna Quindlen 				



MARCH 2023

Student of the Month: **Citizenship**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY	SATURDAY
Please NOTE: At the time of the publication, portions of the school calendar had not yet been confirmed. Please watch for school calendar updates on our website/ social media and printed monthly calendar.			1	2	3	4
5	6	7	8	9	10	11
12	Professional Development Day No School	Professional Development Day No School	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



APRIL 2023

Student of the Month: **Fairness**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY	SATURDAY
 <p>Reading is the gateway for children that makes all other learning possible —Barack Obama</p>						First Day of Spring Break 1
2	3	4	5	6	Good Friday 7	8
9	Easter Monday 10	Professional Development No School 11	Classes Resume  12	13	14	15
16	17	18	19	20	21	22
23						
30	24	25	26	27	28	29

MAY 2023

Student of the Month: **Kindness**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	Victoria Day No School 22	23	24	25	26	27
28	29	30	31	 <p>Turn the pages of your imagination—Read — Unknown</p>		

JUNE 2023

Student of the Month: **Respect**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY	SATURDAY
You can find magic where you look. Sit back and relax, all you need is a book – Dr. Seuss 				1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>
11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>
18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	Last Day K-9 Students	Professional Development K-9 Teachers No School	24 <input type="checkbox"/>
25 <input type="checkbox"/>	Last Day 10-12 Students	Organizational Day	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	

JULY 2023

Have a Fantastic Summer

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY	SATURDAY
 Happy Summer Vacation						Canada Day
2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	1 <input type="checkbox"/>
9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	8 <input type="checkbox"/>
15 <input type="checkbox"/>						