

CONNEXUS Community Resources

Anxiety/Depression sometime in their lives.

Of that **14%** over half will experience

Anxiety/Depression prior to their 18th birthday.

Anxiety is normal and it becomes a concern when experiencing a fear or worry even when there is no real danger. 1 in 6 are not properly diagnosed and 1 in 5 do not receive adequate treatment. Think about:

- the amount of anxiety
- the level
- how long it's been going on for
- if it is getting in the way of how you function
- how distressing it is for you or your family

Depression is affecting more than $\frac{1}{4}$ million Canadian youth.

6.5% between the ages of 15-24 experience major depression each year. Once recognized, help can make the difference for 80% of people affected. Symptoms to watch for:

- changes in sleep
- over or under eating
- concentrating
- losing interest in activities
- stomachaches or headaches
- irritability
- worthlessness

Self-help is to stay active, keep a regular sleep schedule and participate in social interactions.

The following website keltymentalhealth.ca has some useful resources:

- Sam app for anxiety
- Smiling mind for meditation
- thinkFull! for stress
- mood tools
- My3 for a safety plan with depression
- Booster buddy to help with mood
- Headspace

If you have any questions or concerns, please contact Rachel Pritchard and/or Rhonda Stewart at 1-250-567-9205

Spanish Lessons

with Kathy Chmelyk

Two Week Evening Workshop

\$50 - Adults \$25 - Students

7:00—8:30 PM

Tuesday and Thursday Evenings

March 10th, 12th, 17th & 19th

FLESS Library

110 Chowsunket Street

Pre-registration required

Spanish. Have you had a desire to learn Spanish, but time has passed, and you haven't taken a class? Here is the perfect opportunity to challenge yourself with a new language.

Learning in a classroom setting brings opportunity to practice a new language with others at the same level as you are.

To register or for more information

Village of Fraser Lake Office

250-699-6257



Village of Fraser Lake

Recreation News

Various Activities & Ages

Fraser Lake Indoor Playground

Wed. Upstairs at the Complex

For more info contact

Lynn Clark at 250-570-7868

Public Skating

Cosmic Public Skating, Friday 5:00-6:30 PM

Public Skating Sunday 5:00-6:15 PM

Pickle Ball

Mon., Wed. & Fri. 6:30 - 9:00 PM FLESS GYM

Spanish Lessons with Kathy Chmelyk

2-week Evening Workshop

Tuesday & Thursday Evenings

March 10th, 12th, 17th, & 19th

FLESS Library

Pre-registration required FEE - \$50

For more info call LeEtta 250-699-1065



NEXT FLESS NEWS

March 12, 2020



FLESS Sports Corner

ELEMENTARY Skating Schedule

March 10 Grade 4/5/6

March 17 Grade 6/7



Track & Field

Has started

If you're interested in joining the group, you still can.

Come join us after school on

Wednesdays & Fridays

Practices are at 3:30 - 5:00 PM



Girls' soccer practices start today at 3:20.

Please have your indoor running shoes.



FRASER LAKE ELEMENTARY SECONDARY SCHOOL

Bag 1002, Fraser Lake, BC, V0J 1S0

Telephone 250-699-6233

Fax 250-699-7753

March 5, 2020

Principal: Mr. Brian Cross

Vice-Principal: Mr. Wade Fitzpatrick

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"The more you praise
and celebrate your life,
the more there is in
life to celebrate."

Oprah Winfrey



FLESS

Coming Events Calendar

BREAKFAST CLUBS
of
CANADA
FLESS Every Morning
8:15 - 8:45 AM

Mar 9 Parks & Outdoor



Recreation

OPEN HOUSE

11:30 AM - 1:30 PM

Autumn Services

Mar 17 Parent/Teacher

Interviews

Mar 20 School Closes

for

Spring Break

Apr 4 Regional

Science Fair

Prince George at UNBC

Apr 6 Welcome Back

to School

Apr 10 Good Friday

No School

Apr 13 Easter Monday

No School

Apr 24 Pro D Day

No School for Students

May 15 Pro D Day

No School for Students

May 18 Victoria Day

No School

Jun 13 GRAD Ceremony

Jun 17 School Exams



Superintendent's Report to the Board

Superintendent, Manu Madhok, presented his 'Superintendent's Report to the Board' at the February 24, 2020, Board meeting. Please click on the link below to view the report:

<https://www.sd91.bc.ca/apps/news/article/808941>



"Share Your Care" - Motivation Speaker - Andy Thibodeau

Some of our leadership students have been fortunate to have experienced listening to "Andy" at different conferences that they have attended. He had the elementary & secondary students very engaged in his presentations.

His top 3 ways to "Share Your Care" are;

#3 - Show Up! - to class, to practice, to work, to special events.

#2 - Participate - cheer, dress up, put your hand up in class, dance, laugh, be part of a fundraiser

#1 - Listen! - Create inclusion by asking your classmates and friends questions and truly listening to their answers!

What are the Rewards of Care?

It's fun! Fun fills your yearbook with great memories. Care changes the world! Your acts of care can brighten someone's day, add to a fundraising total, brings energy to a dance or feed a person through a school food drive!

Through choosing kindness, caring and listening, you are part of the change for anti-bullying.

Cross Words

This week, our Leadership crew brought in Andy Thibodeau, a motivational speaker that a few of our kids have been fortunate to see at leadership conferences. Andy spent Tuesday afternoon with our elementary students, Wednesday morning with our secondary students, and got some time in between with our secondary leadership cohort. He is a very engaging speaker and talked about the importance of caring. He stressed three simple actions - Listening, Participating, & Showing Up!! All of the groups had a lot of laughs and took great tidbits away from the presentations. Thanks to Mrs. Chmelyk & her crew for organizing this and bringing Andy in. Andy will be featuring FLESS on his website [www.andypresentations.com] next week.

Thanks to all our bus students for their participation in the Bus Evacuation Drills this week. We do these drills each year and it adds a little to the day, but it lets us know that in the event of an emergency, we'll be able to get off the bus safely and account for everyone who's onboard.

Secondary interim reports & elementary Term 2 report cards will be in the mail, or in your student's backpack, towards the end of next week. We'll be hosting parent teacher interviews on the afternoon and evening of the 17th and we'd love to see as many of you as possible come out. Appointments are available now if you call the school.

Thanks to the community of Fraser Lake for coming out Friday night to support our grad class at the Coffee House at the Legion. The evening raised over \$4000, and I know our grads are grateful for the support they receive in preparing for an important weekend in June!

Have a great week!! Go Cougars!!

Please email Diana Lindstrom at dindstrom@sd91.bc.ca if you would like the FLESS NEWS emailed directly to you.