



Prescott Weekend Update



February 19th, 2024

Good Afternoon PLC Families:

A while back I recall being at a presentation by Alberta author and psychologist Dr. Jody Carrington where she relayed her conviction that our most important job as adults in children's lives is to teach kids how to self-regulate. Now, if you've ever had a sobbing child in the toy section of a department store you'll agree that it's often easier said than done. We're all aware that self-regulation is a many faceted endeavor. After all we've been through for the past few years, I feel that a big part of teaching kids to self-regulate stems from building resilience in children as well. However, when we consider the unprecedented rates of anxiety and dysregulation among children sweeping across North America it makes sense that we would all hold our kids a bit tighter and closer to protect them from what's going on in the world around them.

As parents and guardians, it is all too easy to fall into the thinking that if we could, we would do anything to save our kids from any and all pain, suffering, or heartache they may endure. However, we all know in our hearts, this isn't possible. In fact, to have our children grow up to be healthy and happy adults, protecting our kids from every one of life's 'slings and arrows' may not be the best approach at all. Certainly, we need to protect them socially, emotionally, and physically from anything and everything that can cause serious or long-term harm. But whether it be a bad mark on an assignment, being cut from a team or the cast of a drama production, conflict with a classmate in class or the playground, or the inevitable heartache from losing a pet or stemming from a break up for a boyfriend or girlfriend, kids need to learn how to face and overcome adversity.

I bring this up because recently I've received quite a few emails from families regarding concerns or issues that came up over the course of a school day. These emails typically arrive in my inbox around 7:00 or 8:00 o'clock at night. No doubt they are the product of healthy family conversations over dinner. And I feel it's important that families relay these concerns to the school as soon as you can (however, I ask that when you email me, please email your child's teacher and both my assistant principals as well. This will ensure you get a response in a timely manner). We feel it is a priority to work with you to address these issues and to keep the home-school lines of communication open.

I'll also ask in an effort to build resiliency, that even after we have been in communication with each other, we work out a plan together to have your child express their concerns to a teacher or school administration the next day. Don't get me wrong, you need to email or call to give us a heads up of what is going on in your child's world. But as partners, we also need to work together to encourage kids to learn when and how to speak up for themselves. For a kid to step

up and do this is both challenging and scary. The good news is that school is a great place to develop these self-advocacy skills. Even better, being able to address these concerns at school when they happen rather than trying to put the pieces together the next day means less stress on everyone. Memories, particularly the memories of younger students, can make it challenging to deal with misbehavior a day or (even worse) two after the fact. Whenever possible it's always best to deal with issues when they occur. And just imagine the conversation at supper where your child not only tells you about something that happened at school, but also how they worked with an adult at school to address it on the spot. That would make for a nice meal indeed. Now, here's what's happening at Prescott this week:

Important Events This Week				
Monday 19 th	Tuesday 20 th	Wednesday 21 st	Thursday 22 nd	Friday 23 rd
Family Day (No School)	Gr. 2C, 2V, 2W Oil Kings Field Trip Roger's Place	Gr. 2C, 2V, 2W Oil Kings Field Trip Roger's Place		Monday Schedule
Important Events Next Week				
Monday 26 th	Tuesday 27 th	Wednesday 28 th	Thursday 29 th	Friday 1 st
Choir Performance Roger's Place (Sunday)	Ski and Snowboard Club	Pink Shirt Day (Anti-Bullying)	Puma Pride Represent/ Extracurricular Club Day	Wednesday Schedule PLC Basketball Tournament

Athletics/Basketball Dates This Week*

Monday	<ul style="list-style-type: none"> No School
Tuesday	<ul style="list-style-type: none"> Jr B Boys Practice @ 11:41 - 12:41 (SG) Jr A Girls Practice @ 11:41 - 12:41 Sr Boys Game @ PLC vs GCMS - 4:15 Sr Girls Game @ PLC vs GCMS - 5:30
Wednesday	<ul style="list-style-type: none"> Jr B Girls Practice @ 11:41 - 12:41 (SG) Jr A Boys Practice @ 11:41 - 12:41 Jr A Girls Game @ PLC vs SJPII - 4:45 Jr A Boys Game @ PLC vs MH - 3:45
Thursday	<ul style="list-style-type: none"> Sr Girls Practice @ 11:41 - 12:41 Jr A Boys Practice @ 3:00 - 5:00 Jr A Tournament @ High Park/Westview Sr Tournament @ Woodhaven
Friday	<ul style="list-style-type: none"> Sr Boys Practice @ 11:41 - 12:41 Jr A Girls Practice @ 3:00 - 4:30 Jr A Tournament @ High Park/Westview Sr Tournament @ Woodhaven Jr B Boys Game @ Meridian Heights (3:45) Jr B Girls Game @ Meridian Heights (4:45)
Saturday	<ul style="list-style-type: none"> Jr A Tournament @ High Park/Westview Sr Tournament @ Woodhaven

*These times are subject to change.

Follow our Facebook athletics page "Prescott Learning Centre Athletics" for up-to-date pictures and info. You can also access the athletics calendar on our school website - <https://prescott.psd.ca/programs/athletics> - This should make it easy to filter by your athlete's team and sync to your calendar on your device.

New and Updated Information

Music Notes from Ms. Surrendi/Fleming (!) - OIL KINGS GAME FEBRUARY 25

*Parents of choir members attending our upcoming game at the February 25th Oil Kings game should have received an email this past Friday. If you did not, please contact me.

*Choir forms for the Oil Kings game need to be returned asap; if you need one, please contact Mrs. Surrendi

TALENT SHOW *Audition forms went home last week and are due Friday, February 23

*Parents/Guardians, please read through the information sheet with your child and decide together if this is the venue for them to showcase their skills.

Shauna.Fleming@psd.ca

PLC Fundraising Foundation Update - HOTEL CONTACTS NEEDED! PLCFF is hosting an upcoming production this spring! It will be a very exciting opportunity for all interested students in all grades. (more information to come) But for now, we are looking for anyone that might have a contact we could reach out to for any deals at a local hotel (2 hotel rooms for 1 week) so we can provide accommodations for the artists that will be conducting the production.

If you have any leads for us, please email executive@plcff.com

Hot Lunch: This week's hot lunch vendor is Boston Pizza on Wednesday, Feb. 21st! Orders for March 6th will be closing on Thursday night, if you would like to order please log in to your account here: <https://prescott.hotlunches.net>

February 21 - Boston Pizza February 29 - The Lunch Lady March 6 - LOVE Pizza March 14 - Boston Pizza March 20 - The Lunch Lady

BLIZZARD DAYS! - There are 2 Blizzard Days scheduled this spring! Orders are now OPEN on the hot lunch website. Dates are Tuesday, March 19th and Monday, April 8th.

Playground Rubber Matting Fundraiser - At Prescott Learning Center, we are looking to enhance our incredible playground and make it accessible for everyBODY by replacing the wood chips with rubber matting.

We have a few fundraisers for the poured in place rubber matting which includes:

1. Happy Home Line: By using the link below, this company will give us up to 30% of each product purchased back to the playground. Allison is a Prescott parent who has a beautiful home decor and candle line. Please go support her, supporting Prescott. Link: https://thehappyhomeline.com/?sca_ref=4637619.af2eCh1aZ0
2. Little Big Western Market will be hosting an in person silent auction with all proceeds going towards the playground. This event will be held on April 19, 2024 at the Heritage Pavilion in Stony Plain and will run from 6-10 pm.
3. Wildflower Photography is donating 50% of all session fees for Mother's Day minis. Now is the time to get photos taken with your little ones! Link: <https://www.wildflowerphotographyeg.ca/>

4. Tim Hortons Westwind will be donating 500 "Prescott Pumas" Vanilla Dip donuts. These Prescott themed sprinkle donuts will be sold for \$2 with all the profits going to the playground enhancement project. Stay tuned for more details next week!
5. We are still looking for business sponsorships! If you know of a company interested in sponsoring a small portion of this project, please reach out to play4everyBODY@gmail.com.

Previously Shared Information

2024 - 2025 School Year Calendar - The calendar for the next school year has been approved. You can have a glance at: <https://www.psd.ca/download/440101>

No Girl Left Behind No Girl Left Behind - No Girl Left Behind No Girl Left Behind is a one day event taking place in Edmonton on Saturday, March 9th 2024, empowers girls ages 8+ and women of all ages. A lot of registrants are mothers and daughters. This is a non profit event with proceeds going back into future events, girls empowerment camps and scholarships for post-secondary.

Empowered girls and women are less likely to be involved in abusive relationships/intimate partner violence, they are more likely to have the tools to navigate difficulties and mental health issues, or feel confident enough to ask for help when these issues arrive, they are better communicators, hold better boundaries and have a strong sense of self worth. For more information, go to their website at www.nogirlleftbehindevent.com

Ski & Snowboard Club - A reminder to PLC Ski and Snowboard families that if the temperature dips below -20 degrees Celsius, we will look at rescheduling another trip. This will be communicated through our Class Dojo app.

Please send your child to school on these days with all ski/snowboard gear. We will meet your child at the storage room across from the gym and beside the kitchen (same place as last year). We will have this storage room locked for the day. Your child will be dismissed at 2:35 from class to get his/her belongings and get on the bus. Students are welcome to bring their own dinner or money to purchase food and drinks. Please plan to be at the school to pick up your child at 8:00pm.

Once again, here is our schedule for this year:

~~January 23,~~ ~~January 30,~~ ~~February 13,~~ February 27, March 5, March 12.

Just a reminder that the Terrain Park is not available for any students to use while we are at Rabbit Hill. Please have a conversation regarding this policy prior to Tuesday! Thank you, Mrs. Vasileff & Mrs. Blanchet

CTF Fee Update - We apologize for the delay in adding the Term 2 CTF fees to PowerSchool. The fees were added to PowerSchool this past week. Thank you for your patience! Should you have any issues after they have been released, please contact Valerie Bradford in the office for assistance. valerie.bradford@psd.ca

Edmonton Oilers Spirit Night - This year PLC has joined with the Edmonton Oilers to celebrate *School Spirit night* at Rogers place. Let's show our school spirit and our love for the

Oilers by cheering them on this season! Win a chance to sit in the penalty box during warm-ups, have a Mascot visit to our school and other prizes!

The top selling school will win prizes selected by the Oilers Group!!

Check your child's backpack for the flyer that was sent home last week or scan the QR code attached to the flyer attached at the end of this memo to order your tickets. If the flyer did not make it home please reach out to Ms. Bradford (valerie.bradford@psd.ca) at the office. Ticket prices start at \$63 and there are 8 games to choose from. As a result of the demand from PLC, **the Oilers have let us know that they have added a few more games and have made more seats available.**

Final Thoughts - Winter Walk: I'd like to offer our thanks to Mr. Grier and his CTF Kindness Project students for all of their work in making last Tuesday's Winter Walk to Jubilee Park such a great success. Sure, the walk was great, the outdoor activities even better, but there are few things that bring a smile to children's faces than a hot chocolate on a winter's day. Thanks again to Mr. Grier and crew for a great event.

If you have any questions or concerns please reach out to my assistant principals or me at the school by calling 780-571-8079 or emailing us at:

heather.huisman@psd.ca

esther.vanbeek@psd.ca

chris.shaw@psd.ca.

Enjoy your week, Chris





Prescott Clothes



YOUTH HOODIE (Black/Grey/White)

\$30

ADULT HOODIE (Black/Grey/White)

\$32



SWEAT PANTS (Black ONLY)

\$25



YOUTH T-SHIRTS (Black/Grey)

\$12

ADULT T-SHIRTS (Black/Grey)

\$15



The logo features the Edmonton Oilers circular emblem at the top, with the words "SCHOOL SPIRIT NIGHTS" in a large, stylized, blocky font below it. The background is a dark, textured surface with faint, repeating phrases like "LET'S GO OILERS" and "LET'S GO OILERS" in a reddish-orange color.

SHOW YOUR SCHOOL SPIRIT BY CHEERING ON THE OILERS THIS SEASON

BONUS: EACH GAME, ONE LUCKY PURCHASER AND 3 GUESTS WILL BE SELECTED TO SIT IN THE PENALTY BOX DURING WARMUPS

SELECT FROM 8 EXCITING GAMES


THURS, NOV. 2 7:00PM


TUES, FEB 13 7:00PM


SUN, DEC 10 2:00PM


WED, FEB 28 6:30PM


TUES, JAN 2 7:00PM


THURS, MAR 21 7:00PM


TUES, JAN 23 7:00PM


SAT, MAR 30 2:00PM

SPECIAL RATE TICKETS STARTING AT

\$63

SCAN HERE TO PURCHASE TICKETS



LIMITED SEATING AVAILABLE SECURE YOUR SEATS TODAY!



COMMUNITY LOW COST COUNSELLING SERVICES

Updated November 2023

All listed services do not exceed \$75.00 per hour and are available to anyone in the Tri-Municipal Region.

Dochas Psychological Services Hub for Hope

202, 636 King Street, Spruce Grove

- Hub for Hope provides individuals with 8 (50 minute) counselling sessions at no cost, provided by an intern psychologist.
- Counselling options can be provided either in person or virtual.

Phone Number: 780-446-0300

Family Life Psychology

201, 323 McLeod Ave, Spruce Grove

- Family Life Psychology offers counselling services with Mental Health Therapists at a reduced rate of \$75 per hour.

Phone Number: 780-963-7451

Alycol Integrated Health Services Restore Program

Suite 201, 95 McLeod Avenue, Spruce Grove

- Alycol's Restore Program offers no/low-cost therapy sessions on a case-by-case basis with a maximum rate of \$50.00 per hour with a practicum intern.
- Counselling options can be provided either in person or virtual.

Phone Number: 780-409-8798

Family Resource Network

Family Connections Centre
5600 50 Street, Stony Plain

- The Family Resource Network offers free single session virtual counselling to children and youth under 18 and their caregivers.

Phone Number: 1.877.244.2360

Schaffer Psychology

Suite 103, 7 Boulder Blvd, Stony Plain

- Schaffer Psychology offers no/low-cost therapy sessions on a case-by-case basis with a maximum rate of \$50.00 per hour with a practicum intern.

Phone Number: 780-910-3420

If you are a service provider in the Tri-Municipal Region, and would like to be included on this list please contact connect@stonyplain.com . Please note, being included on this list does not constitute an endorsement by the Town of Stony Plain Community and Social Development.

Tri-Municipal Region Support Guide

I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line 780-482-4357(HELP)
 Addiction Helpline 1-866-332-2322
 Child Mental Health (8am-11:45pm) 780-407-1000
 Kids Help Phone 1-800-668-6868
 Bullying Helpline 1-888-456-2323
 BriteLine (for 2SLGBTQIA+) 1-844-702-7483
 Seniors Abuse Helpline..... 780-454-8888
 Family Violence Info Line.....310-1818
 Sexual Assault Centre (9am-9pm)..... 780-423-4121
 First Nations & Inuit Mental Health
 Hope for Wellness 1-855-242-3310
 National Indian Residential School Crisis Line
 1-866-925-4419
 MMIWG Helpline..... 1-844-413-6649

I NEED IMMEDIATE HELP **Call 911**

Emergency Financial Assistance .. 780-644-5135
 Access 24/7 (Adults)
 Addictions & Mental Health 780-424-2424
 Child Intervention Services 780-422-2001
 Children's Cottage Childcare 780-944-2888

I NEED HEALTH INFORMATION

Health Link Alberta (24/7) 811

I DON'T EVEN KNOW WHERE TO START?



24-hour information and referral line connecting you to social, health and government services.



www.HelpSeeker.org
 Get the app on your phone to find local supports and resources.

HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

Spruce Grove FCSS
 #105 - 505 Queen Street
 Spruce Grove, AB
780-962-7618

Town of Stony Plain
 Community and Social Development
 #107, 4613 - 52 Avenue
780-963-8583



WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

George Spady (men, women) 780-424-8335
 Women's Emergency
 Accommodation Centre 780-423-5302
 Hope Mission (ages 16+, men, women).... 780-422-2018
 Youth Empowerment &
 Support Services (YESS)..... 780-468-7186
 Salvation Army (Transitional Housing, \$13/day)
 780-429-4274

I NEED A DOMESTIC VIOLENCE SHELTER

Alberta Council of Women's Shelters
 24/7 1-866-331-3933

I NEED DETOX SUPPORT

George Spady..... 780-424-8335
 AHS Detox Centre 780-427-4291
 Youth Edmonton Detox..... 780-408-8783

I NEED A SAFE CONSUMPTION SITE

George Spady Centre 780-424-8335
 Boyle McCauley Health Centre.... 780-422-7333

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Adult Addictions/Mental Health 780-424-2424
 Youth Addiction Services 780-408-8783
 Access Open Minds (youth 16-25)..... 780-415-0048
 Child and Adolescent
 Mental Health Services..... 825-402-6799
 WestView PCN Youth
 Mental Health Clinic (ages 11-24) 780-960-9533

I NEED HELP WITH BASIC NEEDS

NeighbourLink Parkland 780-960-9669
 Community Helps Team 780-962-5611
 Pay Forward Kindness
 (homeless supports)..... 587-286-4663
 Parkland Pregnancy Support Centre
 (Tue & Thurs 12-3pm)..... 780-962-5505

WHERE CAN I FIND FOOD?

Parkland Food Bank 780-962-4565
 WeCan Food Basket..... 587-338-1101

WHERE CAN I FIND A COMMUNITY MEAL?

Auggies Café (Take out, Tues 11AM-1PM)
 131 Church Rd, Spruce Grove 780-962-5131
 Food for the Soul (1st, 3rd Sat 10AM-1PM)
 49 Boulder Blvd., Stony Plain 780-963-3110
 Grace's Table (2nd Fri 5-6:30PM)
 250 Century Road, Spruce Grove 780-962-4700
 Community Table (last Fri 5-7PM)
 180 Century Road, Spruce Grove 780-962-5611
 apfa Food Rescue Community Fridge
 (M-F 8:30-4PM) 5600-50 Street, Stony Plain 780-963-0549