



Prescott Weekend Update



March 3rd, 2024

Good Afternoon PLC Families:

In talking with a colleague on the second floor during indoor recess last week he mentioned that in his class he noticed an increase of students with various energy drinks. Specifically, he noticed that students were returning to class after leaving the campus over the lunch hour with a variety of colourful eye-catching cans and bottles. Informal conversations revealed that many of our grade seven through nine teachers and support staff were noticing a similar increase in their respective classes.

As a school community we have made the decision to ban these drinks from our campus as the research we've been reading suggests that these types of drinks are not the best for growing children and teenagers. A quick look at the [Center for Disease Control Website](#) (CDC) confirms our concerns. The CDC reports that energy drinks often contain large amounts of caffeine, sugar, and other 'legal' stimulants. What is an acceptable amount of caffeine and stimulants for children and adolescents? Zero, according to the American Academy of Pediatrics. It is no wonder that many European countries have banned these drinks outright.

Research confirms that these drinks do indeed increase alertness, energy, and attention. Unfortunately, they also increase breathing, heart rates, and blood pressure. Further, overconsumption can cause dehydration leading to headaches, heart complications, and insomnia, which is already a concern with so much late-night gaming and cell phone use. If this isn't enough, these drinks can have a harmful effect on students' nervous systems.

Perhaps an even bigger concern related to the classroom is how consuming these drinks can lead to increased anxiety. It is no secret that as a community and across the continent adolescent anxiety rates have gone through the roof. I think I can safely say that the last thing we need in our school is anything that will compound this pervasive problem.

The reason I bring this up is to let you know as parents and guardians that we are seeing this in your child's classroom. Perhaps it is even your child who is purchasing these drinks without your knowledge. While kids often engage in behaviours in order to spite their parents, in terms of anxiety and the other related health issues, this is a conversation that we can't ignore. I invite you to sit down with your adolescent child(ren) to discuss the dangers of these drinks and help them understand the relationship between their consumption and their symptoms. If you need support in doing this please reach out to the school. And on that note, here's what going on this week at PLC:

Important Events This Week				
Monday 4 th	Tuesday 5 th	Wednesday 6 th	Thursday 7 th	Friday 8 th
	Ski and Snowboard Club	Hot Lunch – LOVE Pizza School Council Meeting @ 6:30 pm	Vive Le Francais 6:30 pm @ Central Park	Thursday Schedule

Important Events Next Week				
Monday 11 th	Tuesday 12 th	Wednesday 13 th	Thursday 14 th	Friday 15 th
Daylight Savings Sunday (Spring Forward) Substitute Teacher/Casual Support Staff Week	Ski and Snowboard Club	PLC Fundraising Foundation Meeting @ 6:30 pm	Hot Lunch Ski and Snowboard Marmot Trip	Monday Schedule

Athletics/Basketball Dates This Week*

Monday	Jr A Boys Practice @ 11:41 - 12:41 Jr A Girls Practice @ 11:41 - 12:41 Sr Boys Practice @ 3:00 - 5:00 Jr A Girls FINALS @ Woodhaven - 4:30 PM Jr A Boys FINALS @ GCMS - 6:00 PM
Tuesday	Sr Girls Practice @ 11:41 - 12:41 Sr Boys Game @ High Park - 3:45 Sr Girls Game @ High Park - 5:00
Wednesday	Sr Girls Practice (if win on Tuesday) 3:00 - 5:00
Thursday	Sr Boys/Girls Games (if win on Tuesday) @ TBD
Friday	

*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

School Council Wednesday March 6th - Our March School Council Meeting is this Wednesday the 6th. The meeting will take place in our Collaboration Centre and is open to all PLC Community Members. In addition to our usual report from a PSD Board Trustee Member, I will be sharing our school's Results Report which will highlight our Provincial Achievement Test results from last year, the results from our 2023 Alberta Education Assurance Survey results, a comparison of student attendance from last year to the current school year, as well as insights for education plan priorities for next year. If you are interested or have questions about our school's growth and areas for improvement I strongly encourage you to attend the meeting this Wednesday. If you would like to attend virtually please reply to the virtual invitation arriving in your inbox tomorrow. If we wish to attend in person, we will see you at the school Wednesday Night.

Music Notes from Ms. Surrendi/Fleming - Prescott's Got Talent: Some students have already auditioned; the remaining students will do so this week. Notifications for those who will be performing, as well as information about when and where the show will take place, will be given out by Friday, March 8th.

*Due to time and space constraints, not all that auditioned will be performing at our Talent Show; those students will have the opportunity to perform for their grades in music class.

Mrs. Surrendi Shauna.Fleming@psd.ca

Ski & Snowboard Club - We have finalized our rescheduling to account for the trips that were cancelled! Thank you parents for your patience! Please see below for our updated schedule:

- The cancelled February 27th date has been rescheduled for MONDAY, March 18th, HOWEVER we will be leaving the school at 3:30 pm and returning to Prescott at 8:30pm. Please note that it is a Monday and the time adjustment. Students will need to be picked up from school at 8:30pm!
- The cancelled February 13th date has been rescheduled to a FULL DAY TRIP on April 2nd from 8:30 am until 2:15pm. We held a meeting on Thursday morning and your child should have come home with a permission form. You will see that we have decided to make this our year end party so lunch is on us! Please return these forms ASAP so we can put the food order in! If your child missed the meeting, we left extra forms in the office.

The Marmot Ski Trip on March 14th is now full! Thank you to our skiers & boarders for returning their forms promptly! Here are the upcoming dates for the remainder of the season:

TUESDAY March 5 TUESDAY March 12
THURSDAY, March 14 (only if your child registered for Marmot)
MONDAY March 18 TUESDAY, April 2nd

Mrs. Vasileff & Mrs. Blanchet

Vive Le Francais French Language and Culture Celebration - We will once again be hosting a French culture and language event in Central Park, Spruce Grove from 5:00 pm to 7:00 pm on Thursday, March 7th. Activities include skating, music, games, a bonfire, and hot chocolate from Perks Coffee House. All families are welcome to attend. Volunteers will be speaking French and kids will be able to get their passport stamped as they complete the different activities. This event is sponsored by the Canadian Parents for French, Perks Coffee House. Please refer to the flyer at the end of this memo.

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

Puma Pride Represent! Your Extra Curricular Day - It was great to see so many uniforms and outfits last Wednesday for our Represent! Day last Wednesday. We saw everything from sports and martial arts to dance, cheer, Scouts, Guides, and cadets. Thanks for your support in sending your children in their extracurricular garb. Classroom Pizza Party Winners will be announced shortly.

PLC Fundraising Foundation Update - GIFT CARD RAFFLE!: Ticket sales are open for our Gift Card Raffle from March 1-17. Proceeds will go towards our Outdoor Classroom!

1st prize = \$1000 gift card package

2nd prize = \$750 gift card package

3rd prize = \$500 gift card package

For more details go to:

<https://www.rafflebox.ca/raffle/plcffgiftcard?fbclid=IwAR0FUKNJJaVR3uC4UcHtX3CYB7i9m-zPSXSPp5FOHQ8kVeIQ7ozyntUJVVq0>

Hot Lunch: This week's hot lunch vendor is LOVE Pizza on Wednesday, Mar. 6th! Orders for March 20th will be closing on Thursday night, if you would like to order please log in to your account here: <https://prescott.hotlunches.net>

March 6 - LOVE Pizza

March 14 - Boston Pizza

March 20 - The Lunch Lady

BLIZZARD DAYS! - Orders for March 19th blizzard day are closing on Thursday! Blizzard Days this year are Tuesday, March 19th and Monday, April 8th.

Prescott Puma Donut Day - Our school donut day was an incredible success because of you, our Puma families! Thank you to each and every one of you for contributing. It was amazing to see our families support this by purchasing more than one donut, offering to buy one for every student in the class, and also donating cash above and beyond the donut purchase!

We completely sold out of 750 donuts and together we raised \$1,764! All of these funds will go directly towards a more accessible playground, as we work towards removing the wood chips in our playground with rubber matting!

The biggest thank you goes to Tim Hortons Westwind for generously donating 65 dozen, Puma inspired donuts. If you visit that location, please give them a huge shout out!

We are still looking for Corporate Sponsorships in exchange for a variety of advertisements! If you or someone you know would be interested, please reach out to Dana Vasileff & Amanda Hanki at play4everybody@gmail.com

Previously Shared Information

Registration Reminder - If you haven't already done so, it's time to register for the next school year! That includes busing if you need it. Registering before the **Friday March 22nd deadline** will help us immensely in planning for next year both at our school and at the PSD Transportation department. Work is currently underway building bus routes for next year already.

Any applications received after the application deadline may not be processed in time for the first day of school. If your child does not have a valid bus pass for the 2024-2025 school year, they will not be able to ride the bus.

How do I get started?

Visit <https://powerschool.psd.ca/public/> and log into your parent account. Once inside the Parent Portal:

- Select your child's name in the blue bar at the top of the screen.
- Select the RSVP icon on the left side of the screen.

- Begin reviewing all of your current Student Information we have on file, and follow the instructions on the screen to navigate through the various tabs in the form (Student Info, Address, Contacts, Medical, etc.).

I can't remember my login for the PowerSchool Parent Portal.

If you aren't able to retrieve your login credentials using the "Forgot Username or Password?" link on the sign-in page, please contact the school directly for assistance logging in to the Parent Portal.

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>

March Stronger Together Newsletter - PSD's Family Supports March Stronger Together Newsletter features sessions dealing with self regulation, trauma and addictions, as well information about a variety of community events and activities supporting physical, emotional, even financial well being. You can access the Newsletter on pages 11 through 16 in the [February 25th, 2024](#) memo.

Ski & Snowboard Club Reminders - 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.

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. Please refer to the flyer at the end of this memo.

Final Thoughts - I'd like to close with a few points this week. Monday and Tuesday very much look weather wise more like what we'd expect in February rather than March. We will open the front main doors early on these days. If you have a student drop off prior to 8:15 am on these days please direct your child(ren) to front entrance. Regardless of their usual entrance, any student drop off prior to 8:15 am should be in the front. After 8:15 am, their regular entrance will be open. Please have your child dress for the weather.

Based on your feedback, many of you quite like the new memo format being posted on the school website. I'm glad. A few have mentioned that the memo is too long. My apologies. With so much going on at the school I'd rather overshare than under share and leave out important details or events. That said, any and all feedback is appreciated. We are all on the same page in making PLC a better place for your children.

I'd also like to recognize the choir and Mrs. Surrendi for the performances at the Oil Kings' game last Sunday. It was great to see our school so well represented and it was great to see so many friends and Family at Rogers Arena despite the impressive amount of snow we received.

As well, I am looking forward to cheering on our Jr. A Girls and Boys Basketball teams tomorrow evening as they play in the PCAA Championship games both teams have overcome adversity and have had upset victories on the way to the finals. The girls are at Woodhaven at 4:30 pm and the boys are at Greystone at 6:00 pm. I hope to see you there. Go Pumas!

If you have any questions or concerns please reach out to my assistant principals and 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 Choir 2024



La tire - Canadian Maple Shack

Skating

Music

Games

VIVE

Bonhomme
Carnaval

Hot Chocolate
by Perks

LE

Bonfire

FRANÇAIS

Come Celebrate
French Language and Culture

MARCH 7TH 5PM-7PM

CENTRAL PARK

SPRUCE GROVE



**SPONSORED BY CPF PARKLAND &
PERKS COFFEE HOUSE**



PARKLAND
SCHOOL DIVISION



Prescott Clothes



YOUTH HOODIE (Black/Grey/White)

\$30

ADULT HOODIE (Black/Grey/White)

\$32



SWEAT PANTS (Black ONLY)

\$25

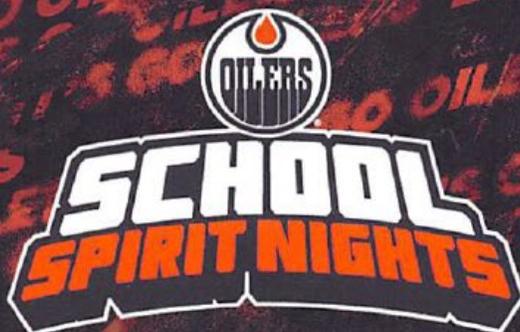


YOUTH T-SHIRTS (Black/Grey)

\$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!



TRIREGION FOOD RESOURCES

Updated: November 2022

FOOD HAMPERS

Parkland Food Bank

105 Madison Crescent, Spruce Grove
 Monthly Food Hampers, by appointment,

- Tuesdays 8:30AM-4:30PM
- Wednesday 8:30AM-2:00PM + 6:20-8PM
- Friday 8:30AM-4:30PM
- Saturday 8:30AM-12:30PM

780-962-4565 ext. 1

WEE Community Food Bank

5019 50 Ave Entwistle AB (Old Fire Hall)
 Monthly Hampers, by appointment on Wednesdays, Call before
 Tuesday for appointment.

780-727-4043

Wecan Food Basket

5600-50 St, Stony Plain
 Fresh Nutritious Affordable Food Basket
 Order by first Friday, pickup on third Thursday of month
 Monday - Friday, 9AM-4PM
 587-338-1101

Warming Hearts Pantry

4911-50 St., Tomahawk (liquor store)
 Food pantry of non-perishable items. No appointment necessary.

BASIC NEEDS HELP

Community Helps Team

180 Century Road, Spruce Grove
 780-962-5611 / 789-306-1955
helps@sprucegrove.church

NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County
 780-960-9669
www.neighbourlinkparkland.ca
neighbourlink.parkland@telus.net



FOOD RESCUES

Auggie's Cafe

131 Church Rd, Spruce Grove
 Tuesdays 11-1PM

apfa Food Rescue

Family Connection Centre
 5600 50 Street, Stony Plain
 Thursdays 10AM - 3PM
 Fridays 1-4 (Check facebook for updates)

Food for the Soul

Lighthouse Pentecostal Church
 49 Boulder Blvd., Stony Plain
 First and third Saturday 10AM-1PM

Grace's Table

250 Century Road, Spruce Grove
 Second Friday of month 5PM-6:30PM

Community Table

180 Century Road, Spruce Grove
 Last Friday of the month
<https://www.sgconline.breezechms.com/form/communitytable>
 780-962-5611

COMMUNITY MEALS

Auggie's Cafe

131 Church Rd, Spruce Grove
 Drop-in for take out bagged lunch
 Tuesdays 11-1PM

Food for the Soul

49 Boulder Blvd., Stony Plain
 Drop-in for bagged lunch
 First and third Saturday 10AM-1PM

Grace's Table

250 Century Road, Spruce Grove
 Hot meal to go for pick up
 Second Friday of month 5PM-6:30PM
www.sgac.net/eventregistration
 780-962-4700

Community Table

180 Century Road, Spruce Grove
 Hot meal to go for pick Up
 Last Friday of the month
www.sgconline.breezechms.com/form/communitytable
 780-962-5611



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