

Good Afternoon PLC Families:

As a school we got a sense of the scope of the problem just over a month ago when a student in one of the very, very early grades threatened to have his VR (virtual reality) friend 'beat up' another student. A quick check by a show of hands confirmed that over half of these early years' students had online accounts and were communicating with others online, certainly more than a few with complete strangers. It really hit home when we learned a couple of weeks ago that an individual, likely a student but not yet completely confirmed, had assumed the identities of students in a pre-junior high class and began messaging the locations where students sit in class and sending pictures of their houses through Snap Chat. Perhaps even more concerning were the reports in the Examiner about all of the instances of sexploitation in the form of shared inappropriate images and blackmail, sometimes in the thousands of dollars, of both adolescent males and females in the Parkland area.

While it is all too easy to be tricked into thinking that these instances are happening elsewhere, the fact of the matter is that students in and around Spruce Grove are communicating online with strangers. And it is both dangerous and naive to assume that these strangers are the same age as our students. Now, as a school and school division the platforms being used for this communication are banned from PSD devices; it is difficult, if not impossible, for students to access virtual reality or multiplayer games such as Minecraft, Roblox, and Fortnite through the PSD WIFI. Unfortunately, it is many of the online games and gaming platforms such as computers, tablets, and consoles where these activities are occurring. When our children are in their bedrooms on the iPad or computer or playing in the basement playing on the Switch, Xbox, or PlayStation they are in essence inviting complete strangers into their world.

So as adults, what can we do to keep our kids safe? For starters, the PLC School Council would like to extend an invitation for you to attend the April meeting on Wednesday, the 3rd. There, we will be joined by Parkland RCMP Constable Gord Marshall. Cst. Marshall spent many years as the school resource officer at both Spruce Comp and Memorial before moving into his current role as a community liaison officer. Gord will outline what platforms and apps to be wary of as well as he will provide information about what we as parents and guardians can do to keep our children safe. I had the opportunity to invite Gord to a council meeting at my previous school and his presentation and the discussion that followed was well worth attending. We invite you to attend and bring a friend as the meeting has an open invitation to anyone that is interested. We will be starting with a brief council meeting at 6:30 pm with Cst. Marshall's presentation set to begin at 7:00 pm. I hope to see you there. And now, here is what is happening at PLC the last week before Spring Break.

	Important Events This Week			
Monday 18 th	Tuesday 19 th	Wednesday 20 th	Thursday 21 st	Friday 22 nd
Term III Begins		Hot Lunch	Parent Teacher	Professional
Ski and		Lunch Lady	Conferences	Development/Staff
Snowboard		Parent Teacher	(Virtual)	Planning Day
Club		Conferences	4:00 - 7:00 pm	(No Students)
(In Person)				
3:30		3:30 - 6:30 pm		
	Important Events Next Week			
Monday 25 th	Tuesday 26 th	Wednesday 27 th	Thursday 28 th	Friday 29 th
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
	Important Events April 1 st - 5 th			
Monday 1 st	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th	Friday 5 th
Easter Monday		School Council	Travel Club	Monday Schedule
(No School)		@ 6:30	Parent Meeting	
		Online Safety	@ 6:00 pm	
		Session		
		@ 7:00 pm		

Athletics/Badminton Dates This Week*

Monday	Gr. 6 - 8 Boys/Girls Jr. Badminton Tryout #2 - 3:15 - 4:30 pm	
Tuesday		
Wednesday		
Thursday		
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 - <u>https://prescott.psd.ca/programs/athletics</u> - This should make it easy to filter by your athlete's team and sync to your calendar on your device.

New and Updated Information

Parent Teacher Interviews Wednesday March 20th & Thursday March 21st - Parent

Teacher Interviews will take place on Wednesday, March 20th (IN-PERSON) from 3:30 pm - 6:30 pm and Thursday, March 21st (ONLINE) from 4:00 pm - 7:00 pm. Our online booking system will close this Tuesday the 19th at 4 PM. To book your interview time, please click <u>https://prescott.psd.ca/parents/interviews</u> after March 8th at 8 AM and choose your teacher and an interview time that is convenient for you and your family. If you have any questions please contact the office and we would be happy to help.

Online Safety for Children & Young Adults: An Information Evening with Cst. Gord

Marshall, Parkland RCMP - The Prescott Learning Centre School Council would like to extend an invitation to any interested community members to attend a presentation and discussion on the topic of Online Safety. Parkland RCMP Cst. and former School Resource Office Gord Marshall will share his experiences and provide useful strategies for parents and guardians for protecting children and young adults while online. Where: Prescott Learning Centre, 340 Pioneer Road, Spruce Grove

When: Wednesday, April 3rd @ 7:00 pm

Who (can attend): The parents and guardians of children and young adults and any interested community members. No RSVP required, we hope to see you on the 3rd.

Sincerely, PLC School Council

Extra Shoes for PE - With the warm weather comes mud, and lots of it. Unfortunately, muddy shoes take their toll on our gym floors. This, and for the safety of everyone, students with muddy shoes are unable to participate in PE class. Please ensure that you send your child(ren) to school with indoor shoes. Thanks in advance for your cooperation

<u>Ski & Snowboard Club</u> - 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:

- 1. February 27th has been rescheduled for MONDAY, March 18th, HOWEVER we will be leaving the school at 3:30 pm and returning to Prescott at 8:30 pm. Please note that it is a Monday and the time adjustment. Students will need to be picked up from school at 8:30 pm!
- 2. February 13th has been rescheduled to a FULL DAY TRIP on April 2nd from 8:30 am until 2:15 pm. 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.

PLEASE NOTE: With the previously cancelled trip to Rabbit Hill and we will shortly be issuing a refund. Please keep an eye on that in PowerSchool. **REMAINING RABBIT HILL DATES:** MONDAY, MARCH 18 & TUESDAY, APRIL 2nd: FULL DAY-

Thank you for your continued support with this club especially under such unexpected circumstances. We have never had to pivot so much and we appreciate your patience. Mrs. Vasileff & Mrs. Blanchet

<u>Used Magazine Collection -</u> Mrs. Harach is looking for **used MAGAZINES**! If you have any that you'd like to donate, please either drop off at the office, or email her at <u>sherri.harach@psd.ca</u>. She will happily take them off of your hands!

<u>Junior Badminton Update -</u> The second Junior Badminton tryout will be taking place after school tomorrow (Monday). The list of students invited to the second tryout was posted on the gym doors on Friday.



<u>Prescott Travel Club Parent Info Meeting April 4th</u> - Prescott Travel Club will be hosting an information meeting for families on Thursday April 4th at 6:00. The meeting is open to current grades five through seven families as the club is looking to travel to Quebec in 2025-2026. If your child is interested in this exciting opportunity, please fill out the Attendance Survey linked in the email you would have received earlier. If you did not receive the survey or have any questions, please reach out to <u>sarah.saysana@psd.ca</u> or <u>shannon.legge@psd.ca</u> for more information.

PLC Fundraising Foundation Update GIFT CARD RAFFLE! Ticket sales are closing TONIGHT! To purchase and for more details go to: <u>https://www.rafflebox.ca/raffle/plcffgiftcard</u> Proceeds will go towards our Outdoor Classroom that will be installed this spring/summer!! 1st prize = \$1000 gift card package

2nd prize = \$750 gift card package

3rd prize = \$500 gift card package

*The draw will be held tomorrow on Monday, March 18^h and the winner will be announced on our Facebook page! <u>https://www.facebook.com/groups/1922775007965264/</u>

Hot Lunch: This week's hot lunch vendor is The Lunch Lady on Wednesday, March 20th! Orders for the 3rd term of hot lunch are OPEN! The orders for the 1st hot lunch on April 11st will close on March 28th.

If you would like to order, please log on to your account: https://prescott.hotlunches.net

BLIZZARD DAYS! Tuesday, March 19th is our first blizzard day! There is still time to order for the next one on April 8th! Orders will close on March 28th.

International Pretzel Day! - Friday, April 26th: We thought we would try something fun and new! We have replaced our typical hot lunch that week with lunch pretzel items from a local Spruce Grove business, the Pretzel Shack! Orders will be opening this week on your hot lunch account for Pretzel Day!

Previously Shared Information

<u>Registration Reminder</u> - 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 <u>https://powerschool.psd.ca/public/</u> 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. If all else fails, please contact the office at 780-571-8079.

<u>Music Notes from Ms. Surrendi/Fleming</u> - Dear parents/guardians and talent show performers: The auditions for our upcoming Prescott's Got Talent have been amazing, and whether your child will be performing for the final performance or for the classes in their grade, everyone is demonstrating amazing talent!!! **Due to unforeseen circumstances, we** will be postponing our talent show until May. You will be contacted with more details at the end of April. So keep practising and we look forward to an amazing show! Mrs. Surrendi Shauna.Fleming@psd.ca

Basketball Draws to a Close - While some would measure the success of a basketball season by the amount of hardware collected at the end (and there indeed was hardware) I like to look at the numbers of students and teams that participated and the amount of growth from the beginning to the end of the season. By this measure, it was a very successful season. All of our teams showed tremendous growth and improvement, in no small part to our incredible volunteer coaches. I'd like to acknowledge the following staff and parents for their selfless time and energy:

Sr boys - Arnold Verge	Sr Girls - Mrs. Burgess (and her father!)
Jr A Girls - Mrs. Long	Jr A Boys - Mr. McNaughton & Mr. Brooks
Jr B Girls - Michelle Yeung/Randi Dodman	Jr B Boys - Liz Mrjonovich/Laura Gagnon

And to the players, thank you for your hard work and your representing our school in such a positive manner.

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. Thank you, Mrs. Vasileff & Mrs. Blanchet

<u>CTF Fee Update -</u> 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. <u>valerie.bradford@psd.ca</u>

Battles for the Badges - The 3rd Annual BATTLE FOR THE BADGES Charity Hockey Game will take place in Spruce Grove on Saturday March 23! Come out and watch the U18AA PAC Saints face off against the First Responders; a team that is composed of Parkland RCMP Officers, EMS, and Firefighters, to raise funds and awareness for mental health supports for First Responders. This year, head down to Central Park early to join in the family-friendly Tailgate Party for some pre-game fun. This is a free event with donations at the door. A 50/50 and Raffle will help raise funds for The Legacy Place Society. Come out and Fill the Stands for First Responders Mental Health! For More information, please see the flyer at the end of this memo.

<u>Edmonton Oilers Spirit Night -</u> 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 (<u>valerie.bradford@psd.ca</u>) 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 - A couple of reminders and a personal request to end off the last week before Spring Break. Bookings for Parent/Teacher Interviews this Wednesday and Thursday close this Tuesday at 4:00 pm. If you have any issues securing a slot please contact the office.

Spring Break starts for students with this Friday's PD Day and runs until Easter Monday on April 1st. The first day back for students is Tuesday, April 2nd.

Finally, I'd like to end off with a request of a personal nature. One of the great things about being in a school are all of the wonderful little gifts and cards we get from students and their families at Christmas. This past Christmas was no exception. Now, my request isn't for more presents (however, I never tire of student-made cards), rather I'd like to identify the individual or individuals who shared a special set of gifts this past Christmas. It was some lovely memorabilia from my favourite hockey team (no, it's not the Oilers, but it's definitely not the Flames or the Leafs either). When I searched the bag there was no card or tag saying where these presents were from. If it was you who shared these gifts I'd like to ask that you come forward so I can offer my thanks and gratitude; you managed to warm an old man's heart.

We will be taking a break from the memo for the next couple of weeks, returning on Monday, April 1st. I wish everyone, whether you are going away, staying home, or have to work (ugh) a restful and relaxing break.

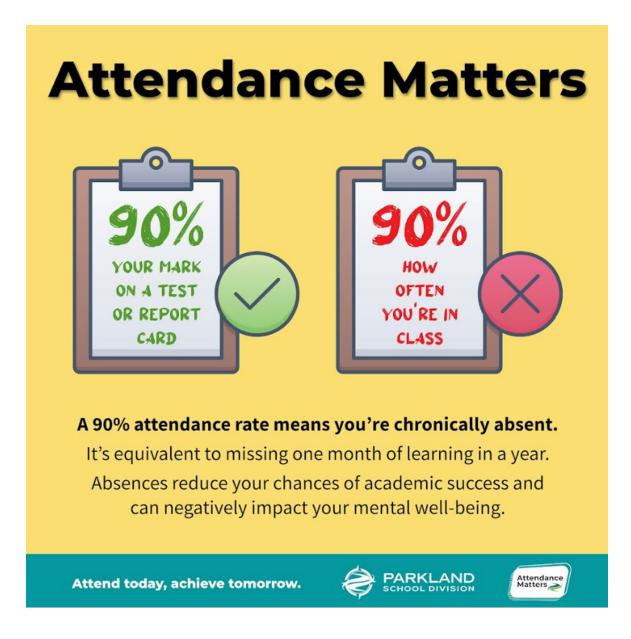
Once again, if you have any questions or concerns please reach out to my assistant principals and me at the school by calling 780-571-8079 or emailing us at:

heather.huisman@psd.ca

esther.vanbeek@psd.ca

chris.shaw@psd.ca.

Thanks for taking the time to read this week's memo. 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



STRONGER TOGETHER NEWSLETTER



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.sgcconline.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.sgcconline.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	Family Life Psychology
202, 636 King Street, Spruce Grove	201, , 323 McLeod Ave, Spruce Grove
 Hub for Hope provides individuals with 8 (50 mir counselling sessions at no cost, provided by an i psychologist. Counselling options can be provided either in p 	ntern with Mental Health Therapists at a reduced rate of \$75 per hour.
or virtual.	Phone Number: 780-963-7451

Phone Number: 780-446-0300

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

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.

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

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 (Bem-11:45pm) 780-407-1000
Kids Help Phone1-800-668-6868
Bullying Helpline1-888-456-2323
BriteLine (for 2SLGBTQIA+) 1-844-702-7483
Seniors Abuse Helpline780-454-8888
Family Violence Info Line
Sexual Assault Centre (9am-9pm)
First Nations & Inuit Mental Health
Hope for Wellness1-855-242-3310
National Indian Residential School Crisis Line 1-866-925-4419
MMIWG Helpline1-844-413-6649
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



HELP

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**

780-962-7618



STONY

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WHERE CAN I FIND A SAFE PL SLEEP AT NIGHT?	
George Spady (men, women) Women's Emergency	
Accommodation Centre Hope Mission (ages 16+, men, women)	
Youth Empowerment &	
Support Services (YESS) Salvation Army (Transitional Housing, \$13	
	780-429-4274
I NEED A DOMESTIC VIOLENCI	the second se
Alberta Council of Women's Shelt	ers -866-331-3933
I NEED DETOX SUPPORT	
George Spady AHS Detox Centre	
Youth Edmonton Detox	780-408-8783
I NEED A SAFE CONSUMPTION	
George Spady Centre Boyle McCauley Health Centre	780-424-8335
INFED HELP WITH MENTAL HE	
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) Child and Adolescent	780-415-0048
Mental Health Services	825-402-6799
WestView PCN Youth Mental Health Clinic (ages 11-24)	780-960-9533
I NEED HELP WITH BASIC NEE	And the second se
NeighbourLink Parkland	780-960-9669
Community Helps Team	
(homeless supports)	.587-286-4663
Parkland Pregnancy Support Cer (Tue & Thurs 12-3pm)	ntre .780-962-5505
WHERE CAN I FIND FOOD?	
Parkland Food Bank WeCan Food Basket	
WHERE CAN I FIND A COMMUN	
Auggies Café (Take out Tues 11AM-1PM)	
131 Church Rd. Spruce Grove	780-962-5131
Food for the Soul (1 st , 3 ^d Sat 10AM-1PM 49 Boulder Blvd., Stony Plain	780-963-3110
Grace's Table (2 rd Fri 5-630PM) 250 Century Road, Spruce Grove	
Community Table (last Fri 5-7PM) 180 Century Road, Spruce Grove	
apfa Food Rescue Community Fr	

apfa Food Rescue Community Fridge

(M-F 8:30-4PM) 5600-50 Street, Stony Plain 780-963-0549

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