



Prescott Weekend Update



April 14th, 2024

Good Afternoon PLC Families:

There are a lot of great things at our school. No doubt, one of the better things about our building is the incredible work done by all of our selfless volunteers. Now before I begin, I need to acknowledge that life is offering all of us less and less time to give to causes close to our collective hearts. With this in mind, it gives all of even more reasons to acknowledge those who are able to give their time to the school and our students.

When we think of volunteers, our thoughts often turn to the many coaches who give up their time to support athletic endeavours. But within our vibrant school community, our volunteers fill these roles and much, much more. We need to acknowledge the volunteers who give up their time during the day to accompany our child(ren) on the many field trips we take throughout the year including those who gave up a day and accompanied our Ski/Snowboard club to Jasper. Especially for our younger students, we couldn't do it without you.



It may not seem like much, but we also need to recognize those of you who spend time in your child's class helping out.

We may not consider them volunteers, but we also need to recognize the amazing work of our School Council and PLC Fundraising Foundation executive. Too often, being the voice of our parent and guardian communities is a thankless job. Our executive and regular attendees don't get the credit they deserve for the care and attention they give to our school. Also deserving of our recognition are the members of the PLC Fundraising foundation who are dedicated to making our school a better place for everyone. From the various fundraising initiatives, to the dances, the hot lunch volunteers, and those who attend the meetings, they have done more for our school than most will ever know. We are beyond fortunate for their efforts and they deserve our thanks.

As well, I need to acknowledge the folks who work and manage our Grab N' Go Breakfast and Forgotten Lunch program. They are a force. If you are ever having a bad day, stop into the common area and watch how they interact with your children (I certainly do). The dedication and genuine care they show to all our students, literally over a thousand times a week, is heartwarming. Finally, to our volunteer coaches. We have a big student population with tiny gym spaces. To those of you who give your time, please know what you are really giving is the opportunity for more of our students to participate in sports. For all of our volunteers we will be hosting our Thank You lunch at 1:00 pm on Friday. If you did volunteer and have yet to receive your invitation, please reach out to the office. Thank you all. Here's what's happening at PLC this week:

Important Events This Week				
Monday 15 th	Tuesday 16 th	Wednesday 17 th	Thursday 18 th	Friday 19 th
Volunteer Appreciation Week Gr. 7K & 7S Field Trip (Vertically Inclined)		Gr. 7H & 7R Field Trip (Vertically Inclined) Hot Lunch: Mary Browns		Wednesday Schedule
Important Events Next Week				
Monday 22 nd	Tuesday 23 rd	Wednesday 24 th	Thursday 25 th	Friday 26 th
	Visual Arts Celebration	Visual Arts Celebration		Tuesday Schedule Hot Lunch: International Pretzel Day

Athletics/Badminton Dates This Week*

Monday	Jr. Practice @ 3:00 - 4:30 pm
Tuesday	Sr. Practice @ Noon Sr. Game @ PLC vs Westview 3:30 - 5:00 pm
Wednesday	Jr. Practice @ Noon Jr. Game @ Westview 3:30 - 5:00 pm
Thursday	Sr. Practice @ 3:00 - 4:30 pm Jr. Tournament @ Woodhaven
Friday	Jr. 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

Gr. 6 Provincial Achievement Tests Language Art & Math Cancelled - A note of mention for our Grade 6 Families. Over spring break, Alberta Education cancelled the Language Arts and Mathematics Provincial Achievement Tests for Grade Six Students. The Social Studies and Science tests will proceed as scheduled. If you have any questions regarding this information please contact me at the school. I will have more information for Grade Six and Grade Nine Families regarding the tests in upcoming newsletters beginning in May.

Third Annual PLC Read-A-Thon: Save the Date! - We are excited to host our third annual Read-A-Thon at Prescott Learning Centre from Monday, April 29th - Monday, May 27th. All funds raised will be put towards improving our library. Some of these improvements include replacing very loved popular titles, new titles and a variety of STEM activities. We are also hoping to raise enough funds to add another screen to accommodate large student and staff groups. Information packages will be coming home in the next couple of weeks.

Every donation supports our school and keeps our students reading. ***Please note, all donations are processed in **US currency**. *** More details will be available in the coming weeks.

Puma Pride Day: Playoff Parade -On Friday, April 26th, students are encouraged to wear their favourite team's jersey or colours to school. Students will be making posters to support your team for this playoff season and join in a school-wide Playoff Parade! At various times throughout the day students will partake in a walk up along Grove Drive and back through Jubilee Park (a shorter route will be taken by the K-4 classes). The goal is to show team spirit – Let's go Oilers!



Science Olympics - On Sunday, April 7th PLC students were invited to become engineers and embark on a mission to create a fantastic machine that can observe the vibrations created by sound. The students spent most of last Sunday at the Butterdome testing, building, creating, and of course having fun! The grade two and three students won silver as did the grade five/six team, and did an amazing job representing our school. The Older students picked up a bronze. We are so proud of everyone on the team!! Thanks to Ms. Coombs, Mrs. Lam, Mr. Anderson, Ms. Nero, and student teacher Ms. Ryan-York for all of the prep work leading up to the event and for coaching our

students last Sunday.

Skate Boards, Bikes and Scooters - With the (hopefully) warmer weather more and more students are getting to the school on their skateboards, bikes, and scooters. I'll ask that you have a conversation with your child(ren) reminding them that when on school property they need to dismount and walk them to and from the main entrance.

Free Grief Support Group Additional Sessions - Family Life Psychology is offering an additional weekly grief support group for kids 10-13 starting April 23rd. Please see the flyer attached at the end of this memo

Puma Wear Final Order - Our final Puma Wear order of the year will be placed on May 1st. Please complete a [Puma Wear Order form](#) prior to April 30th at 4 PM and submit them to the office and support your PUMAS! For more information please see the flyer at the end of this memo or contact the office at prescott@psd.ca

PLC Fundraising Foundation

Update - Hot Lunch April 17th - Mary Browns.

Kernels Popcorn! - Now Open through your hot lunch account! \$2.50/individual size bag and 11 different flavours to choose from! Orders close April 17th and pick-up will be on May 3rd at the school from 3-6pm.

Robin Hood is coming!!

PLCFF is so excited to announce that we are hosting the Missoula Children's Theatre in our school later this month from April 29-May 4. There will be the opportunity for 60 different positions/performers (grades K-9) to help put on the show...More details in next week's memo!



Upcoming Hot Lunch Dates and Vendors

April 26th - " International" Pretzel day - fruit veg, juice and cookies available to order so this can operate as a full meal)

May 1st - Pizza 73 May 9th - Mary Browns

May 15th - Jack's May 23rd - Pizza 73

May 29th - Mary Browns

June 6th - Jack's June 12th - Pizza 73

Freezie Fridays May 24th and 31st June 7, 14, 21

Rubberized Playground Fundraiser - On April 19, Little Big Town Western Market is hosting an event supporting PLC's goal of inclusion and accessibility. We invite those over the age of 18 to attend this function located in the Pavilion at Heritage Park (5100 41 Ave Stony Plain).

On Friday, from 6-10 pm, there will be live music, over 60 market vendors and a silent auction with all the funds raised going towards our rubber matting incentive for the playground. The entry fee is \$7 and includes one free drink and an entry for 2 CCMA tickets. Bidding on the silent auction items will take place from 7-9 pm.

This market does extend to April 20 where it is a family friendly event. Please go support Little Big Town Western Market as they support us at Prescott Learning Centre.

Previously Shared Information

Updated Parental Contact information - I need to ask that if you have recently moved, have a new home or cell phone number, or have a new email address that you contact the office with this updated information. Recently we have encountered some instances where we have been unable to contact either the parents or emergency contacts of sick children. Further, we have had some important messages go home to families only to bounce back to the school. All of these instances were a result of outdated contact information. Please contact the office with any new contact information. Thank you.

Dental Health Visit - On behalf of our Grade One Team I'd like to take a moment to thank Tennille and Karo Dental for coming in to talk to our Grade 1 students about their dental health and oral hygiene. It was a great presentation, and some of the kids even got to dress up like teeth! Thank you, Tennille, thank you Karo Dental. (Look at those smiles!)



Puma News Streamed Live! Starting Tuesday, April 8th, Prescott Puma News will be streamed LIVE on the Prescott Facebook Page <https://www.facebook.com/PrescottPSD>. Prescott Puma News is a twice-a-week broadcast, Tuesday and Friday mornings, that showcases student learning, school events/activities, sports teams, and more! Grade 5-9 students write the news and handle all of the technical aspects of the broadcast under the supervision of Mr. Adams and Mr. Brooks. The broadcast is live, not pre-recorded, so at times the News Crew has to adapt to breaking news or technical difficulties on the fly. News Crew Members give up their breaks and arrive at school early on broadcast days, so they would love it if you could tune in to see their hard work!

Ski & Snowboard Club - Ski & Snowboard Club finished their final ski day at Rabbit hill this past Tuesday! Thank you to all of the students who joined our club. We are so proud of how much you grew on the hill from skill to responsibility! You were all very respectful and made our trips a success!

We also want to thank the parents of this club for being so supportive and flexible as we navigated an unprecedented amount of cancellations and re-scheduling! We appreciate you! See you next year, Mrs. Vasileff & Mrs. Blanchet

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

Final Thoughts - What a great time was had by all at the Powwow Practice at the school last Friday night. We were joined by a duo of dancers in full regalia, drummers for the ALexis Nakota Sioux Nation, knowledge keeper Barb Scott providing the blessing and smudging, free soup and bannock and to top it all off, our sponsor, Women Building Futures, gave out free Orange T-Shirts with our own Ruby Osbourne's 'Every Child Matters' design to all participants at the end of the evening. Truly it was a remarkable evening. And if you were unable to attend last Friday, don't fret, we will be hosting a second Powwow Practice on Friday, May 10th. If you want a great night of free fun I invite you to attend. I hope to include a photo montage in next week's memo.



As well, Dress like a Teacher/EA Day was a great success. It was fun to have a light-hearted laugh at the expense of the staff. The staff may have had a bit of fun dressing up as the students.

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

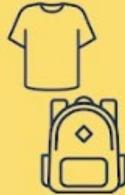


WAYS TO ENCOURAGE SCHOOL ATTENDANCE



GET READY

Help your child get organized for school the night before.



SHOW INTEREST

Ask your child questions about school and celebrate accomplishments.



TALK ABOUT IT

Discuss the importance of going to school every day and arriving on time.



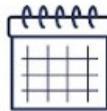
BE CONSISTENT

Maintain regular bedtime and morning routines.



PLAN AHEAD

Schedule appointments and vacations for when school is not in session.



REACH OUT

Contact teachers or school administrators about ways to help your child feel comfortable at school.



It's never too late to improve attendance.



PARKLAND SCHOOL DIVISION



POWWOW PRACTICE

APRIL 12 & MAY 10
6 - 8 PM

With dance instructor Mariah Dumont and
guest singers from Alexis Nakota Sioux Nation

LOCATION: PRESCOTT LEARNING CENTRE
340 PIONEER ROAD, SPRUCE GROVE

SOUP AND BANNOCK FOR THE FIRST 50 GUESTS
FREE FAMILY EVENT. ALL ARE WELCOME!

For more information email:
admin@skydancerindigenous.com



Every Child Matters T-Shirt Fundraiser



Youth Sizes \$23

Adult Sizes \$27

Ruby Osborne, a PLC Grade five student, has been awarded the Youth Inclusion Initiative Bursary of \$500 from Foundations for Cohesive Communities! The Youth Inclusion Initiative Fund is for a youth-led initiative to raise awareness, foster inclusion, and/or address barriers in our communities or schools. Ruby's Initiative is to host monthly Powwow Practices at Prescott School starting in April.

This community event will be facilitated by Skydancer Indigenous Cultural Centre. It is Ruby's hope that this will bring cultural teachings to Urban Indigenous students and particularly to those living outside of their culture. It will be open to everyone, all ages and abilities, so that Non-Indigenous students and community members can learn alongside their Indigenous peers.

To help cover the remaining costs (and to make sure she has enough bannock for everyone!) Ruby has decided to sell Orange T-shirts with her "Every Child Matters" logo on it. Ruby's original painting, along with her story behind the meaning, can be found in the showcase by the gym at Prescott Learning Centre. If you are able, please help support this important initiative by purchasing an Orange Shirt and carry the message forward that Every Child Matters! Stay tuned for Powwow Practice dates to follow!

Please Contact the Office for more Details

JUNIOR PROGRAM



Pickleball
Easy to learn.
Fun to play!

AGES
12 - 17



Only \$25 to join!
Starts April 17
(weather permitting)

Thursday
7:00pm - 8:30 pm

Saturday Drills
9:00am-10:00am

Henry Singer Park
Spruce Grove

BECOME A MEMBER

parklandpickleheads.com

For more info, contact juniors@parklandpickleheads.com



SUPPORTING CHILDREN THROUGH GRIEF

This support group will help children manage their grief through emotion mapping and teach them useful ways to cope.

When: Tuesdays, April 23–June 4; 4–5pm

Ages: 10–13

Where: FamilyLife Psychology and Wellness

Contact: info@familylifewellness.ca or 780-963-7451

Facilitator:

Harmony Nimchuk, Registered Provisional Psychologist and Grief Specialist

SCAN
ME
TO REGISTER





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

Final Orders are Due April 30th. [Puma Wear Order form](#)

or contact the office at prescott@psd.ca



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