



Prescott Weekend Update



May 5th, 2024

Good Afternoon PLC Families:

A few years ago, I was fortunate to land in a series of professional development sessions with U of A Professor Dr. Dwayne Donald. Dr. Donald is a descendent of the Amiskwaciyiniwak (Beaver Hills Cree) and "...is a Tier 1 Canada Research Chair in Reimagining Teacher Education with Indigenous Wisdom Traditions, and this work focuses on ways in which Indigenous wisdom traditions can expand and enhance understanding of curriculum and pedagogy." And while he shared many profound insights regarding Indigenous ways of knowing, what sticks with me today is a question he posed to the gathered teachers and administrators; in his understated way he asked when are people going to stop learning ABOUT Indigenous people, and when are we going to start learning FROM Indigenous people? Though it has been more than a few years since I heard him say these words, they couldn't ring more clearly today.

I bring this up because this Friday we will be hosting our second Powwow Practice here at the school from 5:30 to 8:00 pm. Like the last Powwow Practice on April 12th, this Friday we will have award winning drummers from the Alexis Nakota Sioux Nation, dance instructors Malorie and Charly to help us with the steps, Indigenous knowledge keepers for the history and background of the smudge, and bannock and soup to get the evening started. Regardless of your exposure to, and understanding of, Indigenous culture and traditions, based on the April 12th Powwow Practice there will definitely be something new to learn and experience on Friday.

What you can expect over the course of the evening is a sit down with a bowl of soup and bannock, the opportunity to learn about and partake in the smudge, brief lessons about the meaning and history of a variety of songs and dances by Malorie and Charly, and then the opportunity to dance along to the rhythm of our award-winning drummers. You can dance as much (or as little, if at all) as you'd like. Or, if you're like me, you can sit back and just take in the spectacle from the bleachers. Best of all, it is a totally free evening open to everyone from babies to grandparents, friends and neighbors, and everyone in between.

There are plenty of opportunities for breaks and to sit and chat with some very interesting neighbors and guests. All I ask is that you come ready to have fun and bring a water bottle; you're likely going to need one. Last time was a blast, this Friday promises to be even better. The doors open at 5:30 and I invite you and your friends and family will take the time to join us for this wonderful opportunity to learn both ABOUT and FROM our Indigenous friends and neighbors. And now here's what's happening for a very busy week at PLC:

Important Events This Week				
Monday 6 th	Tuesday 7 th	Wednesday 8 th	Thursday 9 th	Friday 10 th
School Bus Driver Appreciation Day	Gr. 6 Immunizations (Round 2) Kinder/Gr. 9 Descendants Play Field Trip T/Th Class Gr. 3 Winspear Field Trip Gr. 2 Grain Elevator Museum Field Trip Gr. 7-9 Fit 4 Life CTF Trip to the TLC	Hats On! For Mental Health Day Gr. 9 Skills Canada Field Trip Kinder /Gr. 6 & Gr. 7 Horizon Stage Field Trip Descendants Play Field Trip M/W Class PLCFF Meeting @ 6:30	Hot Lunch Mary Browns Gr. 5 Field Trip to John Janzen Nature Centre Gr. 7-9 Fit 4 Life CTF Trip to the TLC	Tuesday Schedule Kinder- Gr. 3 EMS Ambulance Visit Gr. 4 Gr. 4-9 PLC Track Meet Powwow Practice (6:00 – 8:00 pm)

Important Events Next Week				
Monday 13 th	Tuesday 14 th	Wednesday 15 th	Thursday 16 th	Friday 17 th
Gr. Nine English Language Arts Provincial Achievement Written Exam 9:00 am Hot Lunch Jacks (Reschedule)	Gr. 6 TWOS Field Trip	Hot Lunch Jacks Gr. 4-9 PLC Track Meet	Gr. 5 In-School Field Trip Ninja Warrior (Lg. Gym)	Staff Planning and Development Day (No Students)

Athletics/Badminton/Soccer Dates This Week*

Monday	Jr. / Sr. Badminton Championships Location TBA Co-Ed Soccer Team Practice Afterschool 3:00 - 4:30 pm
Tuesday	Jr. / Sr. Badminton Championships Location TBA Sr. Game vs. Copperhaven @ Greystone Field 4:15 - 5:30 pm
Wednesday	Jr. / Sr. Badminton Championships Location TBA
Thursday	Jr. / Sr. Badminton Championships Location TBA
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

PLCFF Meeting This Wednesday - From the wonderful people who brought us the Missoula Children's Theatre's production of Robin Hood last week, this Wednesday is our May PLC Fundraising Foundation meeting. All are invited to attend at 6:30 in our Collaboration

Centre. Virtual invites will be sent out tomorrow. We have a lot of great events to discuss coming up in May and June. I hope you're able to join us.

Bus Driver Appreciation Day: Monday May 6th - Morning and afternoon, in sun, snow, and rain, our bus drivers do yeoman's service ensuring that our kids arrive at school and home safe and sound. They make a tough job look easy. If you get the chance, please take a moment to express your gratitude for the work they do. (p.s. There is nothing better than a homemade card to say thanks).

Hats On! For Mental Health Weds. May 8th - This Wednesday PLC students and staff are invited to wear a unique hat to school for Hats On! For Mental Health. The goal is to bring awareness to the importance of mental wellness in schools.

EMS Visit this Friday - If you happen to see an ambulance at the school this Friday, don't panic. Our Kindergarten through Grade Six students will have the opportunity to learn about what it takes to be an EMS technician and will also have the chance to learn about and tour an actual ambulance. We are looking forward to the visit.

Grade 4-9 Track Meet Date Change Weds. May 10th 15th- In part because of the EMS visit, various field trips, and the cancellation of the Grade Six English Language Arts Provincial Achievement Test, we are changing the date of the Grade Four to Six Track Meet from Friday, May 10th to Wednesday, May 15th. This is an all day event for these students. Families are welcome to attend and cheer on the athletes. All I ask is that you stop and sign in at the office and wear a visitor's pass.

Designated Entrances - A reminder to parents dropping off your children, in order to alleviate congestion (and to keep our littlest Pumas safe, please have your children go through their designated entrance rather than the front door if they are arriving before the 8:15 bell. If you are not sure which door is designated for your child's grade, please reach out to their homeroom teacher.

Puma Pass Lunch Hour Return Times - A reminder to families with students who leave campus at noon. Students with a Puma Pass returning from lunch are not permitted into the building until 12:36. Students returning earlier than this will need to wait outside until this time. Thanks for your cooperation,

PLC Read-A-Thon Update! - Hello Prescott Learning Centre parents! Grandparents are a huge part of our children's lives, and they can be a fantastic support in reaching those reading goals. During our Read-A-Thon, they can help encourage your child by donating to your child's reading goal. To help them get involved, below is a link you can use to easily email them about supporting our fundraiser:

<https://www.read-a-thon.com/readers/tool/323739393933/1>

Please note the Read-A-Thon is in USD and our profit is in USD. Together let's encourage a lifelong passion for reading!

PLC Fundraising Foundation Update - **Robin Hood Performance** - PLCFF would love to thank Missoula Children's Theatre for helping us provide such a great opportunity to Prescott students that we hope they will remember forever! As well, thank you to the performers! You were all committed and put in such hard work last week! The show that you put on for your families and friends was amazing!

Track & Field day Concession (Gr. 4-9): We will once again be providing a concession for students during Track & Field! We will be offering grilled hot dogs as an option this year! (along with various other snacks)

Hot dogs will be available for pre-order on your hot lunch account. Students will be able to come to the concession tent to pick up their pre-purchased hot dog.

We will be offering cash payments for hot dogs as well, but we recommend pre-ordering online to ensure that your child receives one. We cannot guarantee there will be hot dogs available as they will be on a first-come, first-served basis unless they have been pre-ordered

HOT LUNCH DATE CHANGE ~~Weds. May 15th~~ Mon. May 13th:
May 15th hot lunch has CHANGED to MAY 13th! Due to a conflict with the track meet on May 15th, Jack's hot lunch will now be delivered on Monday, May 13th!

Upcoming Hot Lunch Dates and Vendors

Thurs. May 9th - Mary Browns	Mon. May 13th - Jack's	Thurs. May 23rd - Pizza 73
Mon. May 29th - Mary Browns	Thurs. June 6th - Jack's	Weds. June 12th - Pizza 73
Freezie Fridays May 24th & 31st, June 7, 14 & 21		

Previously Shared Information

2023 - 2024 PLC Yearbooks USING YBPAY - Pre-order purchase orders are now available. To purchase a yearbook please go to YBPay.ca. Type in your YB ID Code (Job # **14357424**)

Enter in your student/staff information and select your yearbook, and then pay.

Using YBPay is simple and easy for everyone!

Then the system will process the payment, and add the order to the order

tracker for you. **ORDER DUE DATE IS: MAY 13, 2024**



Stronger Together May Newsletter: Mental Health Month - Each month, Parkland School Division's Student Services team compiles a newsletter for parents and guardians of students. Inside you will find information, opportunities and strategies to help you and your family connect with us on your child's educational journey. In this month's issue, it is Mental Health Awareness Month. Every year CMHA dedicates a week in May to raise the awareness of Mental Health. You can find the may newsletter at:

<https://www.psd.ca/division/student-wellness/stronger-together-newsletter>

Final Thoughts - It was a long week but it was a great week. Last week's visit by Mr. Logan and Mr. Grant from the Missoula Children's Theatre was a smashing success. Over forty student actors and directors crammed a month of rehearsals into a week to put on a great musical production of Robin Hood. I had a front row seat to both the process and production and the energy and the excitement made the long hours enjoyable indeed. I hope you had a chance to enjoy the productions on Saturday.

On another note. I've worked at more than a few schools over my career and each one has unique characteristics and qualities. The one thing that needs to be said about Prescott is how willing the parents and families are to chip in and lend a helping hand. Case in point: At the end of every event we've hosted it never ceases to amaze me how people in the crowd stack the chairs, grab a broom, or pick up garbage. Last night was no exception. Between these folks who do these tasks without asking, the gentlemen who stayed after to help the MCT boys tear down and pack the stage, and our amazing PLCFF folks who do everything in between, we are all fortunate to have the community we have here at the school. Thank you.

Again, to our PLCFF volunteers for all of their own long hours and their vision for making this wonderful opportunity available to our students, we appreciate everything, and I mean everything, you do for our school.

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



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



Prescott Learning Center YEARBOOK

ybpay.ca

Order Deadline:

May 13th, 2024

Price:

\$25.00

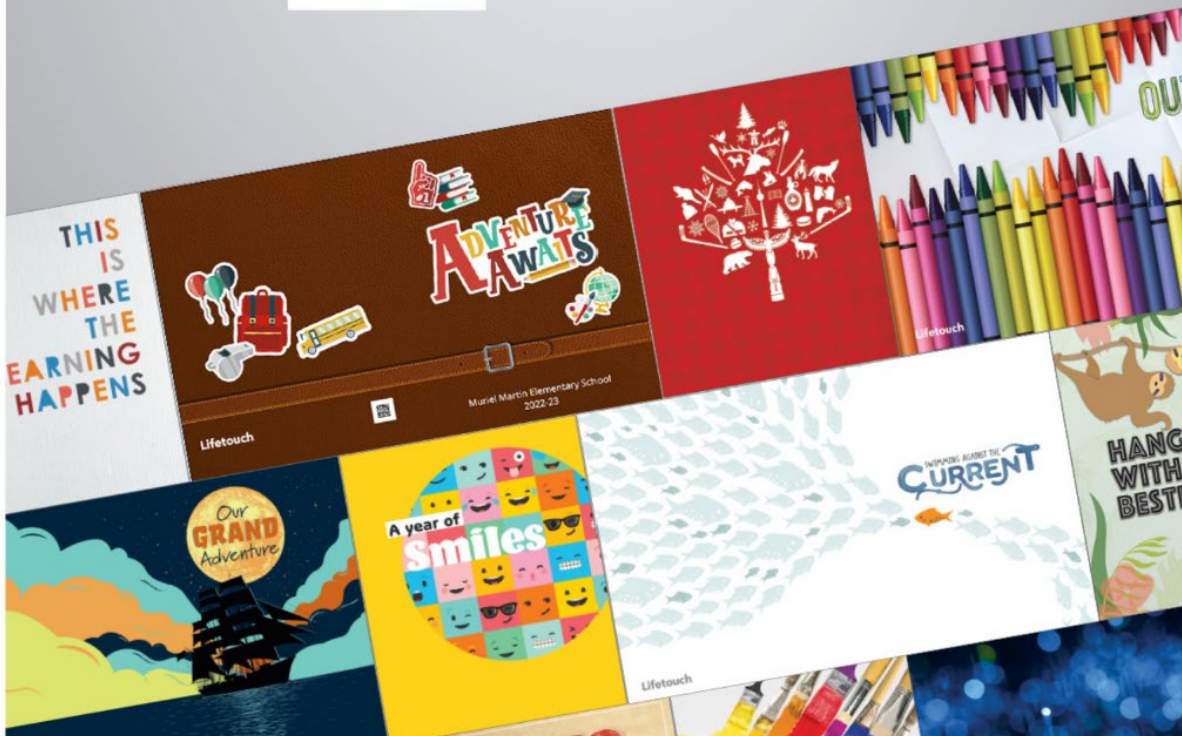
Yearbook ID Code:

14357424

Don't miss out!
Order your yearbook today!



Scan the QR code or visit:
<https://ybpay.lifetouch.ca/>
To purchase your copy.



Thursday May 9th, 2024

6:30 - 7:30

Westview School Library

*Having a Hard Time Getting your
Teen to School?*

**Let's Talk
About It!**



Presenter

Julie DeRose

*Registered Provisional Psychologist
Owner of Open Door Psychology
Former Teacher and School
Counsellor*

Topics to be discussed:

- ✓ Challenges with your teen in the morning
- ✓ Positive and negative stress
- ✓ Resiliency and reasonable expectations
- ✓ Tips and support with parenting a reluctant child/teenager
- ✓ Avoidance and impact on future outcome



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





School Bus Driver APPRECIATION DAY | **MAY 6**



**FRIDAY
June 7
2024**

REGISTRATION OPENS **FIND DETAILS AT**

**FRIDAY
MAY 10**

www.psd.ca/division/student-wellness/try-me-try-athlon

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



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