



# Prescott Weekend Update



May 12<sup>th</sup>, 2024

Good Afternoon PLC Families:

***(Please Note: This week’s memo was written before we all woke up to the smoke yesterday morning. If the Air Quality Health Index Remains above an acceptable level, we will need to postpone the Track Meet this Wednesday. I hope to have an update for your Tuesday Evening and/or Wednesday Morning. I ask that you check your email)***

It’s track and field season here at the school and that means that there will be parking disruptions over the next few weeks. This Wednesday is the Grade Four through Nine Track Meet. (The Grade One through Three Field Day will take place on Tuesday June 11th, please mark your calendars if you are able to volunteer for this event).

Why will a track meet cause traffic disruption? As I mentioned last year (and will likely mention next year) while we have a beautiful school with many amenities, if there is one aspect of our building that is left wanting it is our gym space and the field. As a result, we require our front parking lot as a venue to host running events. Because of this, please be aware **the parking lot will be closed this Wednesday, both before and after school**. It is safe to assume that traffic will be a challenge on this day. Please give yourself plenty of extra time for drop off and pick up or please consider a different pick up or drop off location. Better yet, it’s track and field day! If possible, consider walking to school. Most importantly, please slow down. It is going to be busy, and no doubt, some people will be frustrated with the slow traffic flow; I ask for extra patience on Wednesday. Please keep in mind that there is nothing more important than keeping everyone safe. I will send you an email reminder Tuesday evening. Thanks for your patience and cooperation.

While the weather is (currently) looking like it will be overcast and 19 degrees, it is still a good idea to consider sending along a hat, water bottle, and high SPF sunblock in your child(ren)’s knapsack. Between recess, field trips, and of course upcoming track meets, it won’t take much for too much sun. Please send along sunblock for your kids. While blankets for sitting are encouraged at the track meet, please note that tents are not permitted, so please keep these at home. Finally, in the event of inclement weather, the ‘rainout’ day will be Tuesday the 21st; the first day back from Holiday Monday/Victoria Day. Now, here’s what’s happening this week at PLC:

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

Important Events Next Week				
Monday 20 <sup>th</sup>	Tuesday 21 <sup>st</sup>	Wednesday 22 <sup>nd</sup>	Thursday 23 <sup>rd</sup>	Friday 24 <sup>th</sup>
Victoria Day (No School)	Kinder Field Trip - Safety City (T/TH)	Kinder Field Trip - Safety City (M/W)	Hot Lunch - Pizza 73	Monday Schedule

### Athletics/Badminton/Soccer Dates This Week\*

Monday	
Tuesday	Co-Ed Soccer Game vs Broxton Park 2 @ Greystone Field 1 - 4:00
Wednesday	Grade Four-Nine Track Meet
Thursday	Co-Ed Soccer Practice 3:00 - 4:30 @ Jubilee Park
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

**Last Call 2023 - 2024 PLC Yearbooks USING YBPAY** - Pre-order purchase orders for the 23-24 PLC Yearbook close tomorrow (Monday). 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.

**School/CTF (Option) Course Fees (Over) Due** - As we begin planning for next year, a reminder that school fees are now overdue. Now more than ever these fees are vital to ensure students and staff are provided with the requisite resources for learning. If you have any questions, please reach out to me or contact the office.

**Registration Reminder** - Sincerely, a big thank you to those of you that have taken the time to complete your child(ren)'s registration for next year. As we begin our scheduling for next year, these completed registrations do more than you realize in helping us balance classes and resources for the upcoming school year. If you have yet to complete the registration, I ask that you do so ASAP. If you are having problems completing the registration, please contact the office at [prescott@psd.ca](mailto:prescott@psd.ca)

☀️ **Travel Club Meeting** ☀️ Attention Parents of current Grade 5-7 Students! ☀️

We're excited to announce an exclusive enrollment meeting for our upcoming Travel Club! Join us for an informative session where you'll receive comprehensive details about enrollment dates, costs, and most importantly, where our unforgettable trip will take us in the school year of 2025-26. Don't miss this opportunity to learn all about the enriching experiences awaiting your

child through our Travel Club. Mark your calendars and join us for an evening of exploration and adventure!

Date: May 23, 2024

Time: 6:30 p.m.

Location: Prescott Learning Centre Collaboration Centre

For more information please contact [sarah.saysana@psd.ca](mailto:sarah.saysana@psd.ca) or [shannon.legge@psd.ca](mailto:shannon.legge@psd.ca). See you there! 🌍✈️

**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 this 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.

**Art Club Update** - Art Club is cancelled tomorrow (Monday). Please note that the last Art club for the school year will be June 10th!

**Badminton Finals** - Senior Badminton wound up this week with division playoffs. Over 500 games were played during the week and our team had some awesome games! We had both our girls singles advance to finals and placed 2nd and 4th in the division. Go Pumas!!

**PLC Read-A-Thon Update!** - Prescott Learning Centre extends a heartfelt THANK YOU to our school community! We're incredibly proud of our readers and grateful for your support, which is making our fundraiser a success. 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>

With only 2 more weeks to go we're sure we will reach our goal! Thanks again, Prescott Learning Centre

**PLC Fundraising Foundation Update - Track Meet concession:** PLCFF is happy to provide a concession once again for the Grade 4-9 track meet! \*See price list attached\* HOT DOGS: Hot dogs will **NOT** be pre-ordered as we have previously shared. We apologize for any confusion. Hot dogs will be sold only between 11:00am-1:00pm for \$2.00.

**Freezie Fridays:** Volunteers needed! If you would like to join the fun and sell freezies on any of the Freezie Fridays this year, please email Jasmine at [executive@plcff.com](mailto:executive@plcff.com) so she can schedule you in! The time commitment would be from 11:15am-12:45pm (approx).  
Dates are: May 24, 31 and June 7, 14, 21

**HOT LUNCH DATE CHANGE** ~~Weds. May 15th~~ Thurs. May 23rd - Pizza 73:  
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

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**

**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,

**Final Thoughts** - Hot on the heels of the Robin Hood drama production the week before last, last week was incredibly busy as well with field trips, ambulance visits, and a Powwow Practice to boot. I'd like to thank PLC parents Jill and Kent (and their EMS partners Casey and Pedro) for not only bringing an ambulance to the school on Friday, but also arranging the 'Mass Event' Bus Ambulance to be a part of the presentation as well. It was a great day of learning and exploration for students and staff alike. I certainly enjoyed it, and judging by the pictures, the kids did as well.

And if that wasn't enough...our second Powwow Practice was even better than the first. The drummers, the dancers, and the food (oh, the bannock was out of this world! Four servings later) made for a magical evening. Perhaps the best part was being joined by ten students and three teachers from Athabasca Delta School in Fort Chipewyan. It was great to meet and greet students from PSD's newest school, and make what we hope will be a long lasting connection between our two school sites. Although this was the last Powwow Practice for this year, we are looking forward to hosting practices next year as well.

A reminder that there is no school for students this Friday as staff will be working and planning here at the school for Professional Development Day. The students will have an extra long weekend as the 20th is Victoria Day.

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](mailto:heather.huisman@psd.ca)

[esther.vanbeek@psd.ca](mailto:esther.vanbeek@psd.ca)

[chris.shaw@psd.ca](mailto:chris.shaw@psd.ca).

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





**TRY-ME  
TRY-ATHLON**



powered by | **PARKLAND  
SCHOOL DIVISION**

**FRIDAY  
June 7  
2024**



**REGISTRATION OPENS**

**FIND DETAILS AT**

**FRIDAY  
MAY 10**

[www.psd.ca/division/student-wellness/try-me-try-athlon](http://www.psd.ca/division/student-wellness/try-me-try-athlon)

Prescott Learning Center YEARBOOK

ybpay.ca

Order Deadline:

*May 13th, 2024*

Price:

**\$25.00**

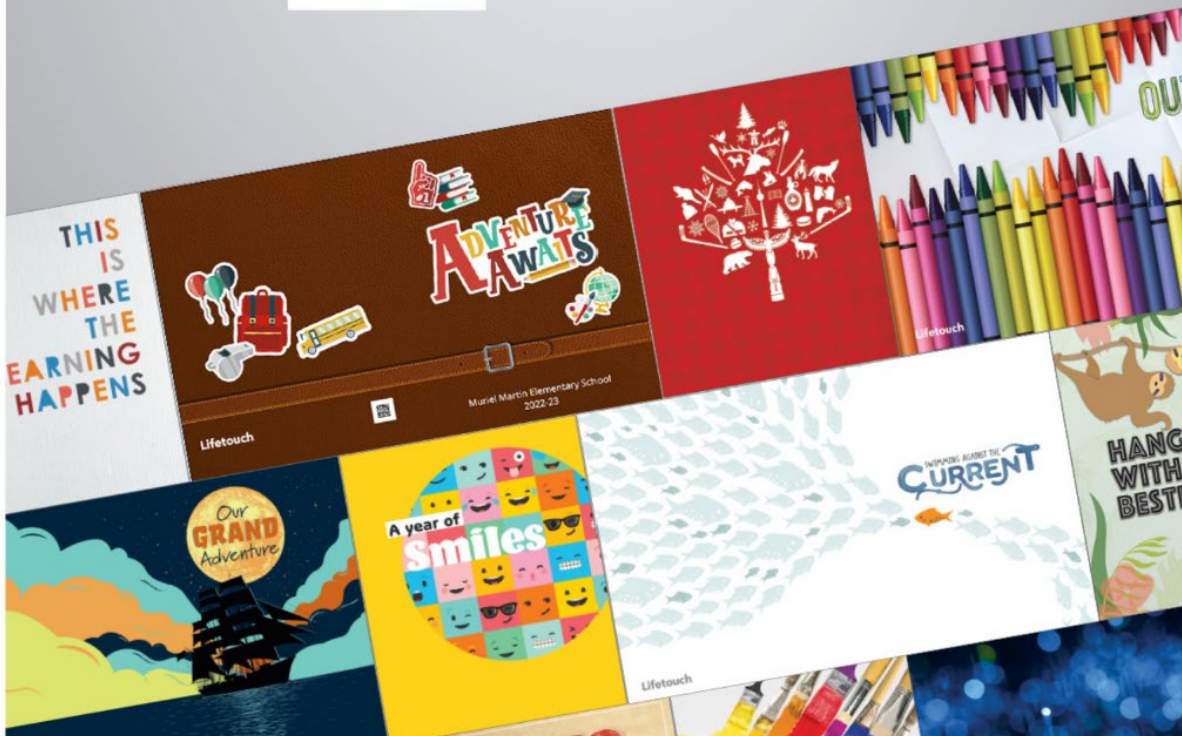
Yearbook ID Code:

**14357424**

Don't miss out!  
Order your yearbook today!



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





# 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](mailto:info@familylifewellness.ca) or 780-963-7451

Facilitator:

Harmony Nimchuk, Registered Provisional Psychologist and Grief Specialist

SCAN  
ME  
TO REGISTER





# 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](http://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](https://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](mailto: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
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### 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
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### 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 (1 <sup>st</sup> , 3 <sup>rd</sup> Sat 10AM-1PM) 49 Boulder Blvd., Stony Plain .....	780-963-3110
Grace's Table (2 <sup>nd</sup> 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