



Prescott Weekend Update



Jan. 19th, 2024

Good Afternoon PLC Families:

Prescott Learning Centre

340 Pioneer Road
Spruce Grove, AB T7X 0T1
Phone: 780-571-8079
Email: prescott@psd.ca

Principal:

Mr. Chris Shaw
chris.shaw@psd.ca
[@seedshaw](https://www.facebook.com/seedshaw)

Assistant Principal:

Ms. Heather Huisman
heather.huisman@psd.ca

Assistant Principal:

Mrs. Esther van Beek
esther.vanbeek@psd.ca

Inclusive Education Lead:

Mrs. Nicole Blanchet
nicole.blanchet@psd.ca

Head Secretary:

Valerie Bradford

Secretaries:

Shelby Warkenten
Rae Woods

Website:

<https://prescott.psd.ca/>

Facebook:

<https://www.facebook.com/PrescottPSD>

With Grade Seven-Eight & Nine midterms starting on Friday this week it's a good time to turn to our school psychologist, Mrs. Wilkinson, for her expertise on what families can do to alleviate exam stress over exams. While this is geared towards our Jr. High students, the strategies apply to all kids regardless of grades. A big thanks to Mrs. Wilkinson for kicking off this week's memo:

Exam Stress and Test Anxiety

Midterms are fast approaching for many of our older students so now is a great time to begin supporting your student to create a plan to prepare, which may include strategies to manage exam stress. As your child advances in their education, there will be many more "higher stakes" exams, so middle school is a good time to learn the skills to manage stress and practice effective study skills.

Many students will experience some nervous and apprehensive feelings and worries about tests and outcomes. In fact, it is important for students to know that some stress and anxiety about tests is normal and healthy as it can serve to motivate us to do our best, to get prepared, and to be mentally sharp. However, for a few individuals test anxiety is more problematic and can interfere with studying and test performance. When anxiety is very intense it can inhibit a student's ability to absorb, retain and recall information.

Here are a few signs and symptoms of test anxiety (which can range from mild to severe) to watch for:

Physical Symptoms - increased heart rate, sweating, dry mouth, shaking, fainting, panic attacks, vomiting and nausea
Cognitive and Behavioral - negative self talk, racing thoughts, ruminating, challenges with focus and concentration
Emotional - frustration, irritability, feeling overwhelmed, hopelessness

Test anxiety can stem from perfectionistic tendencies, fear of failure, past experiences with exams and underlying anxiety.

What can parents do to help?

- It is important to ensure students are getting adequate sleep. Following an extended break, now is a good time to get

your child/teen on a regular sleep schedule which allows for 8-10 hours of sleep; don't start the night before exams!

- Parents can also help by ensuring expectations regarding marks/performance are reasonable for your child; it is often helpful to be focused on effort more than outcome.
- Starting now, help your child to create a calendar (pen and paper is best for this) with key dates for exams and scheduled study time for each subject. Do regular check-ins for accountability. Here's a guide for creating a study plan <https://www.guilford.com/add/forms/dawson6.pdf?t=1>
- Support your child's studying by providing a consistent, organized space for studying that is free from distractions (phones!).
- Ensure adequate time for study and for rest. It can be difficult for children and teens to balance extracurricular activities and school during exam time.

If you are noticing your child is exhibiting more intense signs of anxiety listed above, and they are experiencing significant distress it may be a good idea to meet with a mental health professional or physician to screen for anxiety disorders and develop a treatment plan if needed.

What can students do?

- Talk to teachers about how they can best prepare for upcoming tests.
- Ask for help well ahead of the exam.
- Create a plan (with parents) for consistent study time well ahead of exams and stick to it.
- Limit distractions - put the phone away, turn off the tv
- Use active methods of studying - take notes, make quizlets, do flashcards with a friend
- Take study breaks with time limits. Many people find the Pomodoro technique helpful <https://www.pomodortechnique.com/>
- Focus on positive self talk - "I can prepare for this" "I will do my best" "I will be successful"
- Learn and practice some tools for calming your anxiety. You can find breathing exercises, progressive muscle relaxation, and guided imagery, and mindfulness exercises on-line or seek out Mrs. Wilkinson for ideas www.anxietycanda.com

For more information and resources, check out <https://myhealth.alberta.ca/HealthTopics/youth-addiction-mental-health/Documents/stressed-about-exams.pdf>

A reminder to Junior High Parents that Midterms start this Friday! Exams will take place in the afternoon on the following dates:

Fri. Jan 24 - English Language Arts
Tues. Jan 28 - Social Studies

Mon. Jan 27 - Science
Wed. Jan 29 - Mathematics

During the morning of exam days teachers will be preparing and reviewing for exams. ***It is important that students attend morning classes*** prior to the day's exams. Further, ***students will be expected to remain in the exam space for the duration of the afternoon.***

Important Events This Week				
Monday 20 th	Tuesday 21 st	Wednesday 22 nd	Thursday 23 rd	Friday 24 th
Smudging		EA Appreciation Day Hot Lunch Bullying vs. Conflict Presentation @ 6:30	Gr. 2 Teacher's Pet in school field trip (Soapstone carving) Gr. 4 TWOS Field Trip	Thursday Schedule Gr. 7-9 ELA Midterm Fitset Ninja Gr. 5 Choir/Oil Kings (Sun) @ 6:00 pm
Art Club 3:15—4:30 (Resumes in Feb.) DnD 3:15-4:30	Say It Here Club @ Lunch DLR – 3:15- 4:30		BBall @ 7:30am (Gr. 6-9) Choir @12:15 (Gr. 2-6) DLR – 3:15- 4:30	BBall @ 7:30am (Gr. 6-9)
Important Events Next Week				
Monday 27 th	Tuesday 28 th	Wednesday 29 th	Thursday 30 th	Friday 31 st
Gr. 7-9 Science Midterm	Gr. 7-9 Social Studies Midterm Gr. 3 Clay for Kids (Pidhaichuk & Matsuba)	Gr. 7-9 Math Midterm Gr. 3 Clay for Kids (Montgomery & Strachan)	Smudging Term I Ends Gr. 5 Creative Caravan (In-School Field Trip) Gr. 9 Field Trip Royal Alberta Museum Hot Lunch Report Cards Live on PowerSchool	Professional Development Day (No Students Attend)

Athletics/Basketball Dates This Week*	
Monday	Jr A Girls & Jr B Girls Practice @ Lunch Jr B Boys White and Blue Practice @ 3:00 - 4:30
Tuesday	Jr A Boys Practice @ Lunch Sr Girls Practice @ Lunch Jr. A Boys Practice @ 3:00 – 4:30 Jr. A Girls Practice @ 3:00 – 4:30 Jr B Boys (Blue) @ Living Waters (3:45) Jr. B Boys (White) @ Forest Green (3:45) Jr. B Girls @ Forest Green (4:45) Sr Boys Game @ Woodhaven – (3:45) Sr Girls Game @ Graminia - 4:00
Wednesday	Sr Boys Practice @ Lunch Jr A Boys Game @ Greystone (4:00) Jr A Girls Game @ PLC vs. Woodhaven (3:45) Jr B Boys (Blue) @ St. Mathews Lutheran (3:30)
Thursday	Jr. B Boys (White) @ Meridian Heights (3:45) Jr. B Girls @ Meridian Heights (4:45) Sr Tournament @ PLC
Friday	Sr Tournament @ PLC
Saturday	Sr Tournament @ PLC

*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

Mark your Calendars: School Council Parent Information Evening: Bullying vs. Conflict - this Wednesday, Jan. 22nd, at 6:30 pm in the PLC Collaboration Centre all PLC parents and guardians are invited to join Parkland School Division Associate Superintendent Scott Johnston for a discussion on the Topic of Bullying vs. Conflict. Mr. Johnston will engage in an interactive conversation with attendees centred on the nature and causes of bullying, how it is different from conflict, the school and the school divisions policies, procedures, approaches to addressing bullying, and what parents can do to support their child in navigating bullying and conflict at school, online, and in the community. This is a free event hosted by the PLC School Council and all are invited to attend.

Ski Club - As you know, the Grade Six through Nine Ski & Snowboard Club held their meeting last Monday and handed out permission forms. There are 54 spots available on the bus and there are currently 54 forms returned. Mrs. Vasileff will still accept your form if you are wanting to join, but you will be placed on the waitlist.

Important: to those of you who have returned your form and it was completely filled out, your payment must be completed by this Thursday, Jan 23rd in order to keep your spot. If your fees are not paid by the end of the day this Thursday, you will be bumped out for someone on the waitlist. Fees will be added today. If you paid by cheque or cash- YOU ARE IN!

To stay updated on dates, times, and potential cancellations due to weather, please download the Remind App.

Dungeons and Dragons Club Moving to Mondays - Please note that the DnD club meetings will be switching to Mondays until after Teacher's Convention (Feb. 10th).



Choir News - The Prescott choir is performing at the Oil Kings game this **Sunday, January 26th**. We are singing in Ford Hall prior to the game as well as Oh Canada on the ice! Part of ticket sales comes back to fund school items like our spot lights!

There was a flyer sent home prior to winter break with a QR code to purchase tickets. You can access the flyer through

the link below. **Click the link below to get your tickets today!** <https://fevo-enterprise.com/event/prescotteok24>

Thank you! Any inquiries can be made to Mrs. Surrendi; Shauna.Surrendi@psd.ca

PLC Fundraising Foundation Update

Hot Lunch Reminder - This week's hot lunch is Subway on Wednesday, January 22! Orders for this week are now closed, but don't worry—there will be plenty more chances to enjoy hot lunch in the future.

Stay Connected - If you're not part of the Prescott Learning Centre Fundraising Foundation Facebook Group, now's the time to join! All updates about fundraisers, events, and hot lunches are shared there first. Click here to join: [Facebook Group](#).

Sparkplug Coffee Fundraiser - Starting January 27, we'll be selling Sparkplug Coffee! Order online at your convenience, choose your preferred roast (ground to your liking or whole bean), and have it delivered right to your door. It's a delicious way to support our school!

School Cookbook Coming Soon - We're cooking up something special—a Prescott School Cookbook! Stay tuned for more details on how you can be part of this exciting project. Thank you for your continued support, and let's make this year amazing together!

New Hot Lunch Program with Healthy Hunger! - We're thrilled to announce a new and improved hot lunch program at Prescott Learning Centre! Healthy Hunger will now coordinate our hot lunches, making it easier than ever for families to participate. Why You'll Love It:



- Sign up is simple: Visit healthyhunger.com to create an account and start ordering—no access code required!
- Expanded vendor options: We're introducing exciting new lunch vendors.
- Personalized orders: Each item will be clearly labeled with your child's name and class to ensure accuracy.
- Flexible ordering: The order cut-off date is now just 5 days before lunch (instead of 2 weeks).
- Convenient payments: Enjoy more payment options to suit your needs.

Say goodbye to order mix-ups and frustrations. With Healthy Hunger, we're confident this new system will provide a smoother, more reliable experience for everyone.

We are proposing the following dates:

January 22	January 30	February 5	February 12	February 19
February 27	March 5	March 13	March 19	March 27

Sign up today and take the hassle out of hot lunch days! Term II Hot Lunch will begin on Jan. 16th.

Previously Shared Information

PowerSchool Personal Information Breach Update (*From the PSD Website*) - To keep parents/guardians fully informed on the topic of cyber security and recent attacks on PowerSchool as reported by various news outlets, we wanted to provide the following update. On December 28, 2024 PowerSchool became aware of a potential cybersecurity incident involving unauthorized access to certain information through one of their community-focused customer support portals, PowerSource. Over the succeeding days, PowerSchool's investigation determined that an unauthorized party gained access to certain PowerSchool customer data using a compromised credential. PowerSchool sent PSD the following:

*While this incident affected certain PowerSchool Student Information System customers, PowerSchool's thorough forensic investigation has confirmed that Parkland School Division's data was **not** impacted.*

Some neighbouring school jurisdictions in the Edmonton capital region were affected. Out of an abundance of caution, the PSD Technology Services team conducted its own internal investigation and confirmed all personal data in our student information system remains secure. For further information, contact - DivisionOffice@psd.ca Phone: 780-963-4010

PLC *PLC School Council* **ONE SMALL THING!**

Do you have a positive experience or memory with a staff member that you would like to share? We want to hear about it!

SCAN HERE
To share your thoughts!

Or email us at: prescottonesmallthing@gmail.com

One Small thing Virtual Option - In addition to the drop box in the main office, the PLC School Council is happy to share with you a virtual option to share your comments about positive interactions, experiences, and memories about PLC staff. 'One Small Thing' is a council initiative intended for families to share their appreciation and send staff words of support and encouragement throughout the year! If you have something positive you would like to share please scan the QR code to the right, or visit prescottonesmallthing@gmail.com or visit the office to handwrite your comments. With **Educational Assistant Appreciation Day** coming up on the 22nd, what better way to show your gratitude than sending a message through this platform.

Prescott Travel Club - Hello Prescott Families! As many of you may already know, Prescott is starting a Travel Club! We are planning to take a group of grade 7, 8 and 9 students to Quebec over spring break of the 2025-2026 school year! That means that if your student is entering grade 6, 7 or 8 this year (2024-25), they are eligible to travel with us! If you are interested in learning more about this exciting opportunity, please send an email to Sarah Saysana at sarah.saysana@psd.ca.

Final Thoughts - I'll end this week with a couple of reminders. This Weds. at 6:30 in our Collaboration Centre, parents and guardians are invited to join Parkland School Division Associate Superintendent Scott Johnston for a discussion on the Topic of Bullying vs. Conflict. Having hosted this presentation by Mr. Johnston at my previous school I cannot begin to stress how enlightening this event is in supporting families whose children have been exposed to bullying behaviors. All are invited to join us this Wednesday.

Finally, this Wednesday is also Educational Assistants Appreciation Day. We are fortunate to have an incredible group of support staff who go far and above expectations to support our students in their success. If you happen to see one of our great ladies out on supervision or in the school please join me in offering thanks for all they do for our kids and our school. Thank you ladies, you are the Best!

As always, if you have any questions or concerns on this or any other matter please reach out to my very capable assistant principals or me at:

heather.huisman@psd.ca

esther.vanbeek@psd.ca

chris.shaw@psd.ca.

Chris



 PARKLAND
SCHOOL DIVISION

To all of our
Educational
Assistants,
**Thank
You!**

Educational Assistants Appreciation Day | January 22

ATTENDANCE MATTERS
SKILLS DEVELOPED IN SCHOOL
THAT ARE ESSENTIAL IN THE WORKPLACE



**DECISION
MAKING**



**TIME
MANAGEMENT**



**WRITTEN & VERBAL
COMMUNICATION**



**PROBLEM
SOLVING**



Attend today, achieve tomorrow.



PRESCOTT LEARNING CENTRE SCHOOL NIGHT

COME WATCH THE PRESCOTT PUMA PERFORMERS PERFORM IN FORD HALL
AND THE NATIONAL ANTHEM AT ROGERS PLACE!

\$5 FROM EVERY TICKET PURCHASED
WILL BE DONATED TO PRESCOTT LEARNING CENTRE



SUNDAY, JANUARY 26
VS. LETHBRIDGE AT 6:00 PM

SCAN HERE
TO RESERVE
YOUR SPOT!



\$25 PER TICKET
PLUS FEES



SHARE A THOUGHT



Prescott Learning Centre and Parkland School Division rely on stakeholder feedback to learn and improve for the benefit of students, families, staff and the community.

Scan the QR code to share your thoughts!

USE YOUR PHONE'S CAMERA OR A QR CODE READER APP.



For more information, please contact the school at prescott@psd.ca or 780-571-8079.



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