



Prescott Weekend Update



Jan. 26th, 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>

Last Wednesday, PLC School Council hosted PSD Associate Superintendent Scott Johnston's presentation on ***Understanding Student Behavior: Bullying vs. Conflict***. The school's admin team was joined by our council co-chairs Brigitte and Jeremy as well as a dozen or so parents and guardians. It was an evening that was as enlightening as it was engaging.

Mr. Johnston began with a discussion regarding brain development through a child's four stages of development: Early Childhood (ages 5-7), Middle Childhood (8-12), Early Adolescence (13-15), and Late Adolescence (16-18). Specifically, he traced the development of the amygdala and the prefrontal cortex. As most of us know, the amygdala is a small, almond shaped portion of the brain responsible for emotional regulation, including fear, anxiety and anger. The amygdala is also responsible for identifying threats, both real and imagined, leading to the fight or flight response.

Inversely, the prefrontal cortex is responsible for planning, prioritizing, decision making, and regulating emotions. Unfortunately, for parents, guardians, EAs and teachers, the prefrontal cortex is one of the last parts of the brain to fully develop. Mr. Johnston used the analogy that the amygdala can be compared to an elephant; calm and docile most of the time, however when heightened, it can be uncontrollable. The prefrontal cortex is like the rider on the elephant. With growth and experience, the rider learns to manage the elephant and keep emotions under control. But until then...

What this means in terms of bullying and conflict is that until they can properly manage their 'elephant', kids can be quite dysregulated, and yes, even mean to each other. As adults, in order to support a dysregulated child, it is imperative that we 'stay on our own elephants'. And this is also why it's important to differentiate between conflict, mean behavior, and repeatedly mean and targeted behavior: aka bullying. To be effective, each of these types of behaviors needs to be properly identified as each needs to be addressed in a different manner. While repeated and targeted mean behaviors often require adult intervention, the danger is that if we jump to conclusions and treat each and every incident of conflict and mean behavior as if it were bullying, we lose opportunities to teach our kids how to

deal with hurtful behaviors from their peers; which is unfortunately a part of life through childhood and into adulthood.

Mr. Johnston discussed how schools deal with each of these behaviors. He also highlighted what parents and guardians can and should do (communicate with your child’s teacher!), and how the misconception that the ‘school is doing nothing’ too often stems from legal confidentiality requirements which limits what information schools can, and can’t, share with families.

As I mentioned, it was an incredibly informative evening with way too many great points to include in this opening message. A big thanks to Scott Johnston, to those who were able to join us, and to your school council for hosting the event. Our next information evening is scheduled for mid-April when RCMP Cst. Brodie Dyson will be at the school to discuss illicit drugs, their effect on children and teens, the influence of social media on use and abuse, and what parents and guardians should be looking out for in terms of drug use. We hope you can join us.

Important Events This 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)
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 3 rd	Tuesday 4 th	Wednesday 5 th	Thursday 6 th	Friday 7 th
Smudging	Ski & Snowboard Club Rabbit Hill	Hot Lunch Gr. K–6 Winter Walk @ Jubilee Park School Council @ 6:30	Teachers’ Convention (No Students Attend)	Teachers’ Convention (No Students Attend)
Important Events Feb. 10 th – 15 th				
Monday 10 th	Tuesday 11 th	Wednesday 12 th	Thursday 13 th	Friday 14 th
	Ski & Snowboard Club Rabbit Hill Gr. 5 Indigenous People’s Atlas Showcase	Hot Lunch Fit4Life Swimming Kinder Open House @ 6:00 pm PLCFF @ 6:30 7:00 pm	Smudging Valentine’s Day Dance for Kinder – Gr. 5 11:45 – 12:45 Gr. 6 – 9 1:00 – 3:00	Professional Development Day (No Students Attend)

Athletics/Basketball Dates This Week*	
Monday	Jr A Girls & Jr B Girls Practice @ Lunch Jr A Boys Game @ PLC vs Graminia - 3:45
Tuesday	Jr A Boys Practice @ Lunch Sr Girls & Jr A Boys Practice @ 3:00 - 4:00 Sr Boys Game @ Living Waters - 3:50 Sr Girls Game @ PLC vs Broxton Park - 4:30 Jr B Boys Blue (3:45) and Boys White (4:45) games @ Graminia
Wednesday	Sr Boys Practice @ Lunch Sr Boys & Jr A Boys Practice @ 3:00 - 4:30 Jr A Boys Game @ PLC vs Woodhaven 4:45 Jr A Girls Game @ St. Mathews Lutheran - 3:45
Thursday	Jr B Boys White and Blue Practice @ Lunch Jr B Girls Practice 3:00 - 4:30 Jr A Boys Practice 3:00 - 5:00
Friday	Friday, Jan 31- No School
Saturday	

Athletics/Basketball Dates Next Week (Feb. 3 rd – 7 th)	
Monday	Jr A Girls & Jr B Girls Practice @ Lunch Jr B Boys White and Blue Practice @ 3:00 - 4:30
Tuesday	Jr A Boys Sr Girls Practice @ Lunch Sr Boys Game @ PLC vs Muir Lake - 3:30 Sr Girls Game @ PLC vs St. Peter the Apostle - 4:45
Wednesday	Sr Boys Practice @ Lunch Sr Boys Practice @ 3:00 - 5:00 Jr A Boys Game @ Graminia - 4:00 Jr A Girls Game @ Greystone - 4:00
Thurs./Fri.	No School Teachers' Convention

*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

Grade Seven-Eight-Nine Midterms This Week - A reminder to Junior High Parents and guardians that Midterms started last Friday and run through to this Wednesday! 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.***

Report Cards: Thursday Jan. 30th - A reminder that report cards will be posted live on PowerSchool this Thursday at 3:00 pm. This also means that the PowerSchool portal will re-

open to students and families at this time. Thank you for your patience as we have compiled this term's report cards. If you are having issues accessing your child's report card please contact the office.

Gr. K-6 PLC Winter Walk Day Feb. 5th - All Kindergarten through Grade Six students are reminded to bundle for a few hours of cold weather fun for the annual PLC Winter Walk activities. Between 10:00 am and noon, students will make their way to Jubilee Park to partake in activities hosted by our 'Kindness Project' CTF Students. Weather permitting, students will have the opportunity to participate in snowball target games, skating, pin the carrot on the snowman, snow art, singing and music, and a loony hot chocolate station with proceeds going towards charity.

Valentine's Day Dance: Thursday, Feb 13th - We will be hosting our annual Valentine's Day Dance on the 13th. We will be having a photo booth and professional DJ in the large Gym. Our Kindergarten through Gr. Five students will be cutting a rug over lunch hour from 11:45 to 12:45 and the Gr. Six through Nine will bust a move from 1:00 until 3:00 pm. There will be a concession for toonies and loonies with proceeds being returned to school programs.

February School Council Meeting - The February PLC School Council meeting will take place in our Collaboration Centre on Weds. the 5th at 6:30 pm. NEW! *There will be childcare provided by PLC students who recently received their Red Cross Babysitting Certificate for guests two years and older.*

In addition to the usual agenda updates including from our guest, PSD Trustee Member Anne Montgomery, we will host a summary and Q & A session about the ***Understanding Student Behavior: Bullying vs. Conflict*** presentation I mentioned in the opening of this week's memo. All are invited to attend in person. Virtual invitations will be in your inbox on Monday, Feb. 3rd. I hope to see you (and the kids!) there on the 5th.

Kindergarten Open House, Wednesday Feb. 12th - To those parents and guardians with children entering Kindergarten next year, please pencil in the evening of Wednesday, Feb. 12th for our annual Kindergarten Open house. All are invited including our future Pumas. Expect a brief overview of the program and a tour of our kinder, and other school amenities.

February PLCLFF Meeting Time Change - With the Kinder Open House occurring at the same time as the PLCLFF meeting on Feb. 12th, please note that usual 6:30 pm start time has been pushed back to 7:00 pm. We look forward to seeing you on the 12th.

February Stronger Together Newsletter - This month, Parkland School Division's Student Services team Stronger Together newsletter for parents and guardians of students discusses PSD's Early Education Programs and has information on sessions including supporting "***...parents and guardians navigate the challenges of children who struggle with attending school due to anxiety, social concerns, or other underlying issues.***" For this month's edition please click: <https://www.psd.ca/download/483444>



Dungeons and Dragons Club Cancelled This Week - DnD will resume on Monday Feb 3.d

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 was due by last Thursday, Jan 23rd. Please note: your spot may be opened to others on the waitlist if you have not paid your fees. To stay updated on dates, times, and potential cancellations due to weather, please download the Remind App. Please reach out to Mrs. Vasileff with any concerns or questions at dana.vasileff@psd.ca

PLC Fundraising Foundation Update

Hot Lunch Reminder: This week's hot lunch is Taco Time on Thursday, January 30. Orders for this week are now closed.

Next Hot Lunch: Love Pizza The next hot lunch will be Love Pizza on Wednesday, February 5, and orders are still open! Place your orders here: Order Hot Lunch. Don't miss out—get yours in soon!

Stay Connected: Be sure to check out the Prescott Learning Centre Fundraising Foundation Facebook Group for the latest updates and information about events, fundraisers, and hot lunches. Join here: [Facebook Group](#).

Sparkplug Coffee Fundraiser Is Live!: Our Sparkplug Coffee fundraiser is now open! Order here: [Sparkplug Coffee](#). We receive 20% of all orders to support our school. Free shipping on orders over \$80, and your coffee is delivered right to your door. With a great selection of roasts, there's something for everyone. A couple of personal favorites are the Bullit Custom Dark and the Low Voltage Half-Caf—you've got to try them!

School Cookbook Updates Coming Soon: We're putting together a special Prescott School Cookbook, and updates will be shared soon. Stay tuned for how you can contribute or get involved!

Thank you for your continued support of Prescott Learning Centre. Let's keep making great things happen!

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 30 - TacoTime	February 5 - Love Pizza	February 12 – Subway
February 19 - TacoTime	February 27 - Love Pizza	March 5 - Subway



March 13 - TacoTime

March 19 - Love Pizza

March 27 - Subway

Sign up today and take the hassle out of hot lunch days! Term II Hot Lunch has already started.

Previously Shared Information

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 - With a PD Day this week on Friday and a three day school week due to Teachers Convention the week after, the Weekend Update will be taking a break next weekend. It will return on Sunday, Feb. 9th.

Because of the break, we are going to look a few weeks into the future and take a moment to acknowledge Counselors, Therapists, and Wellness Workers Appreciation Week from Feb. 3rd to 7th. As a school we are afforded the luxury of therapists provided by the school division who work with teachers and educational assistants to support our students with physical, emotional, and cognitive challenges. They are 'force multipliers' and their expertise make our school a better place for all learners.



And of course, how could we forget our own school psychologist, Mrs. Wilkinson? I am beyond words to express what an asset she is to our school. Her knowledge, experience, and insight extend far beyond supporting the socio-emotional needs of our students. I am beyond grateful for the perspective she brings in dealing with the challenges that our students and families face both within and beyond the school. Thank you, Irene, you are the best.

I'll end with one last reminder: please, do not park at the Cantiro Centre lot. Not only is it unlawful and subject to a fine, the convenience it affords is far outweighed by the potential harm to the 'littles' who attend the daycare. We all need to contribute to reducing the harm of all children, please do your part by refraining from parking at the Cantiro Centre. Thank you

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



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!*

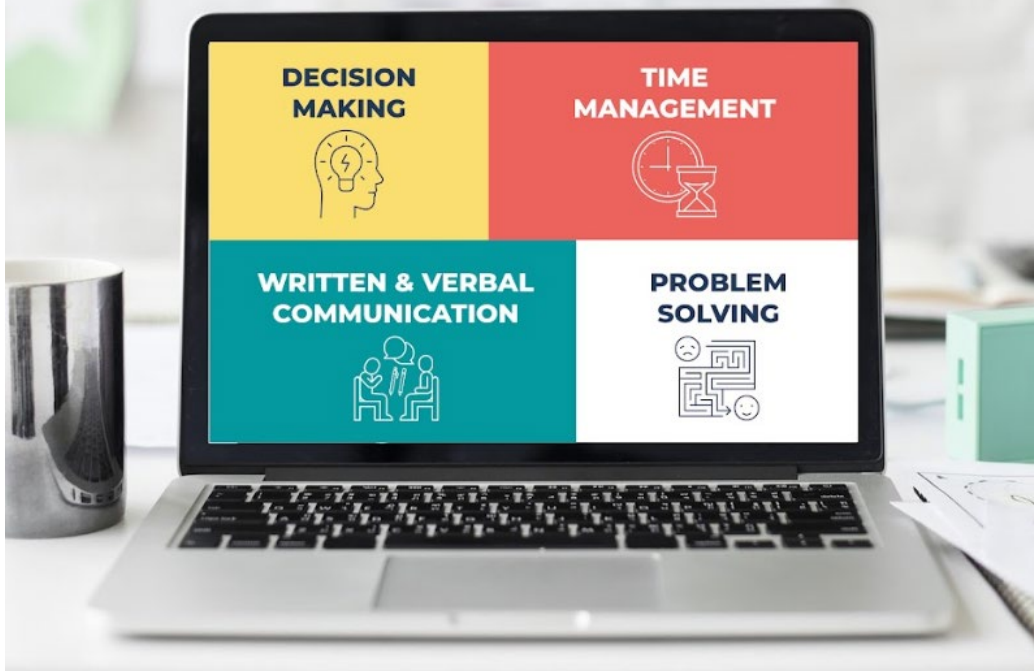
SCAN HERE

To share your
thoughts!



Or email us at: prescottonesmallthing@gmail.com

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



Attend today, achieve tomorrow.



PARKLAND
SCHOOL DIVISION



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