



Prescott Weekend Update

Apr. 27th, 2025

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

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>

When I first arrived at PLC in the fall of 2022, the building I landed in, like most schools, was still reeling from the after effects of the pandemic. During COVID, as a large Kindergarten to Grade Nine school, PLC was at the leading edge of protocols and procedures; unfortunately, often for the wrong reasons. I recall on several occasions calling the previous PLC principal (and recently appointed PSD Associate Superintendent, well done and congratulations...) Mr. Spence(!), asking him, like most other PSD school principals who called him, what to do when (*insert random COVID issue/concern*) happened? If it was happening at our schools, in all likelihood due to the large population, it had already happened at PLC.

Aside from student learning loss and the fatigue from moving back and forth between at home and in-school learning, the other big pandemic 'kick in the pants' was how parental involvement had all but dried up at the school. Post pandemic, many of you were itching to get back into the school, and we as a school couldn't wait to welcome you back. But how? Three years later, it seems so obvious. But at the time, who could have guessed that the best way to re-open was to bring back volunteers to the school.

This week is Volunteer Appreciation Week, and as a school community we have more to be grateful for than most. There's the easily recognizable folks; our amazing Grab N' Go breakfast and Forgotten lunch folks who are not only at the school every morning and lunch providing food to hungry children, they are also the folks behind the scenes who arrive early and stay late buttering toast, making sandwiches, and washing and cutting vegetables. And let's not forget that they also pick up the gift cards and do the shopping (you know who you are) to ensure the cupboards and fridges are full and stocked. Thank you.

Then there's the community coaches, the parent volunteers who have helped out in all seasons for all ages, in all sports. Sure, we have a lot of students, but few schools have the parent volunteers to field as many teams as we do; particularly with our younger students. Over the past few years you have literally allowed hundreds of students to participate in school sports who otherwise would not have the opportunity. That does not happen without our community coaches. I am excited to see the

difference your time and talents will make to improving school athletics in the future. You are nothing short of incredible. Again, thank you.

We also need to give thanks to those of you who take that day off of work to, say, make a field trip happen, come to the class to read to kids, or spend the day ensuring that classes easily rotate through the gym when the photographers are here. Let's not forget those that spend the afternoon in a class to make sure the birthday party goes off without a hitch; and an honourable mention to those that drop off the snacks for the birthday parties. I could go on and on about the countless little things that seemingly go unnoticed. But to those of you who are able to help out, thank you.

There are a few other individuals we need to acknowledge, namely the folks on our School Council and Fundraising Foundation executives. To those on council who give your time to attend the school division's Council of School Council meetings, engagement events, and provide your perspective of school operations and planning goals and objectives at our monthly meetings, we

understand that being the voice of our parent and guardian communities is a thankless job. Thank you: we would be lost if not for you being our eyes and ears to the community. For the PLCFF executive and the many volunteers who work weekly on our hot lunch program, and to those of you who work the one offs', track and field concessions, the Freezie, pretzel, Puma Pride days, the dances, and so on (and so on, and so on), daily I am reminded that there are few areas of our school that has not felt the impact of your efforts. And this in itself means more than any thank you I could offer.



Finally, because they do so much, it's easy to forget the efforts of our teacher and support staff volunteers. Too often we all take for granted that the time teachers and support staff spend volunteering with your child(ren) is time away from theirs. And it's not just our athletics, it's the concerts and choir presentations; it's the sound for dances and assemblies; it's the Powwow Practices; it's the Terry Fox runs and the cross country, track and field, field day events; it's the candy grams and pet parades. Even as recently as last week, it's the Student Votes and Visual Arts Celebrations. I could fill this memo with all of the activities your child(ren)'s teachers and support staff selflessly give their time to. But you get the idea.

And I, well we, get it. Some of you may have a pang of guilt reading this because circumstances don't allow you as much time to be at the school as you'd like. But this is not about that. It's about giving thanks and appreciating those who are able, and do, pitch in. Our kids are beyond lucky. And though a luncheon and an old man's rambling can't do them justice, what we all can do is recognize and give thanks to everyone who has shared their time and talents to make our school a better place for your child.

Whew, that was a long but well-deserved intro to the memo. Here's what else is happening at PLC this week:

Important Events This Week				
Monday 28 th	Tuesday 29 th	Wednesday 30 th	Thursday 1 st	Friday 2 nd
Election Day Volunteer Appreciation Week Smudging Cancelled (will resume next week)	Parent/Teacher Interviews In-Person 3:30 – 6:30 Gr. 6 Immunizations Round II Visual Arts Celebration @ Broxton Park	Parent/Teacher Interviews Virtual 4:00 – 7:00 Hot Lunch: Edo Japan PLCFF Cookbook Recipes Due Visual Arts Celebration @ Broxton Park	May! Assistant Principal/Principal Appreciation Day	Monday Schedule Gr. 5 Field Trip: Servus Place St. Albert
Art Club 3:15 – 4:30	DLR – 3:15- 4:30		BBall @ 7:30am (Gr. 6-9) Choir @12:15 (Gr. 2-6) DLR – 3:15- 4:30 DnD 3:15-5:00	BBall @ 7:30am (Gr. 6-9)
Important Events Next Week				
Monday 5 th	Tuesday 6 th	Wednesday 7 th	Thursday 8 th	Friday 9 th
Bus Driver Appreciation Day		Hats On! For Mental Health Day	Hot Lunch: Dairy Queen Gr. Nine Skills Canada Field Trip	Tuesday Schedule Gr. Four Field Trip: Horizon Stage

Athletics/Badminton Dates This Week*	
Monday	Jr A Badminton Practice @ Noon
Tuesday	Sr Badminton Practice @ Noon Jr B Badminton Game @ PLC vs. Trinity Sr Badminton Game @ Westview
Wednesday	Jr Badminton Game vs. Copperhaven @ PLC Co-Ed Soccer Game @ Greystone
Thursday	Jr B Badminton Practice @ Noon Sr Badminton Practice @ 3:00 - 4:30 pm
Friday	
Saturday	

*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

Parent Teacher Interview Reschedule - Parent teacher interviews will take place on April 29th IN-PERSON from 3:30-6:30 PM & April 30th ONLINE/VIRTUAL from 4-7 PM. Bookings will be open from April 21st-27th to sign up. Please schedule an appointment by clicking on this link <https://prescott.psd.ca/parents/interviews>

Music Notes from Mrs. Surrendi - Interviews: Mrs. Surrendi's interview days are Wednesday online and Thursday in person. If you would like to meet with Mrs. Surrendi and either of these times do not work for you, please contact her to arrange a time that works best for you. Thank you, Mrs. Surrendi Shauna.Surrendi@psd.ca

New Visitor Sign in Procedure - 2025 seems to be the year of change at Prescott and we appreciate you all moving right along with us! Having said that, we have one more coming your way. For all visitors and parents, we now have a digital sign in/out system.

On the counter as you enter the office there are two Chromebooks. One is for registration and school fee payments. And now we have a second one. Located in the same spot as our handy dandy sign in clipboard (which is no longer a thing!) When you open it, you will see three tabs at the top. One is for visitors to sign in, one is for parents to sign students in and out, and the third is for all of our substitute teachers and EAs who enter our building on a daily basis. It is a simple Google form which will ask you some basic questions and you're done. Easy peasy.

We know it will take a bit to get used to but we wanted to get a head start so next year you will all be pros! If you have any questions please ask one of the lovely secretaries and they will be happy to help you out. As a side note, we will be teaching older students how to complete the sign out so they can sign in when late and sign out when parents are waiting outside. Thank you for your cooperation and patience and we make this important, time saving, tree saving change to our office procedures. Mrs. Bradford

2024 - 2025 Final School Fee Payment Deadline- The deadline for 2024 - 2025 school fees is Friday May 30th. Please have your fees paid prior to this date. Fees can be paid in person to Mrs. Bradford or online via the parent portal on PowerSchool. If you have any questions, are having a technical issue or would like to explore a payment plan to cover your fees, please reach out to Mrs. Bradford at the school at valerie.bradford@psd.ca.

Student Votes Update - On Friday, 466 PLC Grade Three through Nine students cast their ballots for the federal Student Votes Election. We will have the results for you in next week's memo.

School Bus Evacuation Week Monday April 28th to Friday May 2nd - This week PSD transportation and its busing contractors will be practicing bus evacuations. Although there are no drills scheduled for PLC, they will be taking place at various transfer stations, including our main location at Greystone on Tuesday morning and after school. The drills will take place on students' 'home' buses. Please expect a later than usual arrival home on Tuesday. Please note that Specialized Transportation routes will not be performing School Bus Evacuations. Thank you all kindly for your help, kindness and understanding in making this exercise happen, as we work together to continue to provide safe school bus transportation for our children across Parkland School Division and our partners.

Memfest 2025 - Memorial Composite High School Anime Convention - Memorial Comp's annual anime convention, Memfest 2025 is happening on May 10, 2025, Saturday, from 11:00 am until 4:00 pm. The entry fee is \$5.00 and the entrance will be through the Phys Ed doors beside the main entrance. This is designed to be an event for Parkland School Division and surrounding area schools so it's a small event but there's a lot of fun things to do! It's a nice safe environment to explore and play games and watch Anime. Lots of cosplay and things for

purchase! All students, staff, and parents are invited to attend! All of the vendors, artists, panelists and performers are either current or former students or staff of Memorial, as well as all of the supervisors and organizers. This is largely a student run event. It is always a good time! Watch out for a full schedule in upcoming weekend memos.

Memfest is an annual anime convention put together by the MCHS Anime Club. It is held in order to promote Japanese culture and art in the form of events, and anime. All proceeds are going towards helping out the MCHS Anime Club and charitable donations that the school supports. This is their eleventh year of running this convention and we hope that everyone that participates enjoys themselves and helps to promote the success of this convention.

Memorial Composite High School 75th Anniversary Celebration - MCHS is holding its 75th Anniversary celebration on Thursday, May 15th. There will be tours, a meet and greet and formal ceremony starting at 5:30 pm. Please see the flyer at the end of this memo for more information.



DO YOU LIKE ART AND EATING?

★★★★★

The Prescott Pantry

Due: April 25, 2025

Prizes awarded for designs chosen!

and

PLCFF
Prescott Learning Center Foundation

need YOUR help to design cover pages for the school's recipe book!

INGREDIENTS

- Kindergarten - Cookies and Cakes
- Grade 1 - Desserts and Pies
- Grade 2 - Breads and Muffins
- Grade 3 - Vegetables and Vegetarian Dishes
- Grade 4 - Sandwiches, Salads and Sauces
- Grade 5 - Soups and Stews
- Grade 6 - Appetizers and Beverages
- Grade 7 - Main Courses: Beef, Pork, Lamb
- Grade 8 - Main Courses: Seafood, Poultry, Pasta, Casseroles
- Grade 9 - Miscellaneous (Playdough, snack mix, pickles, canning, spice mixes, etc.)

DIRECTIONS

- Page size must be 5.5" x 8.5" (vertical orientation only).
- Original artwork only (no copyrighted characters or images).
- Use **bold, vibrant colors** and ensure your design is clear and legible.
- Include the name of the cookbook: **The Prescott Pantry** and the year **2025** on the cover page.
- Divider pages should match the assigned category for your grade (see above "ingredients").
- Submit your designs to your teacher or send them with your child.

PLC Fundraising Foundation Update - Hot Lunch and Blizzard Day Updates: Hot lunch this week is Edo Japan on Wednesday, April 30. Don't forget to log in to [Healthy Hunger](#) to place your orders for the next Blizzard Day on Friday, May 9.

We are always looking for volunteers to help with these events. If you're available, please sign up here: [Hot Lunch and Blizzard Day Volunteer Sign-Up Sheet](#). Your help is greatly appreciated!

Recipe Submissions Deadline: The deadline for cookbook recipe submissions is this Wednesday, April 30, 2025. If you haven't submitted a recipe yet, there's still time! Submit online using this link: [Recipe Submission Link](#), or email your recipes to president@plcff.com. Let's make our cookbook memorable by sharing as many family favorites as possible!

Track and Field Concession Stand: We are excited to host the Track and Field Concession Stand on Tuesday, May 13 (rainout date: Thursday, May 15). Duties include:

- Sales and restocking
- Cooking and serving hotdogs

- Setup and cleanup

We need volunteers to help with all of it, whether you're available for the full day or just part of it. Sign up here: [Track and Field Volunteer Sign-Up Sheet](#). Your support is what makes these events possible—thank you!

Thank you for supporting Prescott Learning Centre! Your involvement helps us create an amazing school community.

Hot Lunch Here are our upcoming dates:

Weds., April 30, Edo Japan	Thurs., May 8, Dairy Queen	Weds., May 14, Pizza Hut
Thurs., May 22, Lunch Lady	Weds., May 28, Edo Japan	Thurs., June 5, Dairy Queen
Weds., June 11, Pizza Hut	Thurs., June 19, Lunch Lady	

May Stronger Together Newsletter - Each month, Parkland School Division's Student Services team compiles the Stronger Together Newsletter for parents and guardians of students. This month's newsletter is all about Spring. Inside you will find information, opportunities and strategies to help you and your family connect with us on your child's educational journey including information about youth and social media, anxiety workshops, and other events in and around the Parkland area. Click <https://www.psd.ca/download/508545> for this month's edition.



Previously Shared Information

25 - 26 Classroom Placement Requests - Parents and guardians are invited to submit classroom placement requests for the 25 - 26 school year. If you have any additional information about your child(ren) that would help us with an appropriate classroom placement for your child, please click this link [Parent Class Request](https://forms.gle/DQCeSEqjoAHDFtnJ9) Form or copy this link into your browser <https://forms.gle/DQCeSEqjoAHDFtnJ9>. The form will ask for:

- Your First and Last Name
- Your Child's First and Last Name
- The Grade Your Child Will be Entering NEXT YEAR
- A Brief Description of the Reason(s) Behind Your Classroom Placement Request.

We will also track your email address in the event we need to reach out to you for clarification if necessary. Unless there are exceptional circumstances, we will not be honouring classroom requests or changes after June 2nd.

Ruby Osborne: The Honouring Spirit: Indigenous Student Award Winner - The Alberta School Boards Association (ASBA) recognizes First Nations, Métis or Inuit students (Kindergarten – Grade 12) who attend a school in Alberta, who model strength and commitment in the pursuit of their personal education paths. Last Monday, April 14th, PLC's own Ruby Osborne was one 12 recipients out of 300 nominees who received the award at a ceremony at the Queen Elizabeth II Centre in Edmonton.

After attending a Water Ceremony, she was inspired to create a piece of art for an in-house logo to acknowledge the contributions of Indigenous culture at school. She created a stylized turtle and medicine



wheel (which you can see in our display case in the main floor common area) inscribed with Every Child Matters which she then gifted to the school. Ruby secured a small grant to bring a practice powwow to PLC, aiming to celebrate and share Indigenous culture and traditions with her classmates. To help fund the event, she began selling T-shirts featuring her original design. Her initiative soon caught the attention of Women Building Futures, who purchased 100 shirts and generously sponsored the practice powwow. Congratulations Ruby, you've done everyone proud!



Association of Professional Engineers and Geoscientists of Alberta Science Olympics - Parents, led by Jenna Huesing were chaperones as PLC students participated in the APEGA Science Olympics on Saturday April 5th at the Butterdome. Our Grade 1 and Grade 3 teams each earned Gold!



The teams consisted of Ila, Eleanore, Emmaline from Mrs. Dauhsman's, and Ayla from Mrs. Marchand's Grade One classes. Congratulations to all of our participants and many thanks to our parent organizers. Emily, Adeline, and Kenna from Mrs. Montgomery's Grade Three class.

Energy City Cactus Rats Seeking Billet Families - The

Cactus Rats are preparing for their inaugural season in the Western Canadian Baseball League playing home games out of the soon to be completed Myshak Metro Ballpark just south of PLC on Pioneer Road. The team is looking for billet families to welcome players into their homes. Host Families play a crucial role in the summer collegiate baseball experience by providing players with a home away from home. Our roster consists of college athletes from across the globe who will call Spruce Grove home for the WCBL season.





Hosting a player is a rewarding experience that benefits both the athlete and the Host Family. There is no specific requirement for what a Host Family should look like, whether you have young children, older children, no children, pets, or a pet-free home, all are welcome. In return for your generosity, you'll gain a memorable summer experience and, more often than not, a lasting friendship that extends well beyond the season. For more information please visit:

<https://energycitycactusrats.com/uploads/9717/files/Billeting-Doc.pdf> and refer to the brochure at the end of this week's memo.



City of Spruce Grove Go Girl Program - Go Girl, is an exciting one-day event for girls ages 11-18! This regional collaboration aims to encourage teen girls to get active, have fun, and try something new in a supportive and energetic environment.

Event Highlights: Go Girl offers a variety of fun and energetic activities, including yoga, gymnastics, taekwondo, and football. Whether they're trying something new or already love being active, this is a chance to build confidence, make new friends, and establish healthy habits for life. Lunch and snacks will be provided, all you need to bring is comfy clothes & a water bottle! We will also have Taylor McPherson and Katie Mulkay, winners of *Amazing Race Canada* Season 10, in attendance. They will conclude the day with a talk on leadership, teamwork, and strength. **Program Details:**

- Date: Friday, May 16 
- Ages: 11-18
- Location: Border Paving Athletic Centre, #100 - 9 Tri Leisure Way, Spruce Grove 
- Time: 9 a.m. - 4:30 p.m. 
- Program Fee: \$5  (If the fee is a barrier, please reach out to our team for subsidy options)

To register visit: [Go Girl - City of Spruce Grove](#) Don't miss out on this amazing opportunity to get active, connect with others, and have fun!



PLCFF 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.

Our last date for the term is this Thursday. March 27 - Subway

Final Thoughts - It was great to see everyone at the RCMP Youth and Social Media presentation on Wednesday and at the Powwow Practice Last Friday night. We will have more information about the RCMP presentation in future memos. As for the Powwow, what a great night. The food was incredible, the singers, Juno nominated Young Scout Singers did not fail to impress, and our dance instructors Mariah and Charlie did a great job of balancing the learning and dancing. A big, big thank you to Spruce Grove's [Skydancer Indigenous Cultural Centre](#) for their continued support in making our Powwow Practice such a great event. Also, thanks to the ladies from Spruce Grove's Rotary for dishing out the soup and bannock.



Finally, this Thursday is Administrators Appreciation Day. Over the past three years I have had the opportunity to work with two of the best. There are a lot of things I will miss about PLC, but working with Mrs. van Beek and Ms. Huisman will surely be one of the things at the top of the list. They are tireless, have mad skills and care deeply about your children. My 'work wives' work incredibly long hours, are tireless, and do

what they do for all the right reasons. I know they are going to do great things for kids in the years to come. Esther? Heather? Thanks for three great years, for all you do for kids, and for the best laughs any admin team can have. I could not have asked for a better team to end my career with. You da' best.

As always if you have any questions or concerns please reach out to me at the school. And if you want an even quicker response, please be sure to include my very capable assistant principals in your emails

heather.huisman@psd.ca

esther.vanbeek@psd.ca

chris.shaw@psd.ca.

Thanks, and I hope to see you at PTIs on Tuesday. Chris

Please join us as we celebrate



MAY 15, 2025

5:30–8:00 PM

50 Westerra Centre
Stony Plain

5:30 – formal presentation

6:00 – school tours

7:00 – MCHS staff meet & greet

Refreshments, photo ops, yearbook purchases and more will be available.

MemFest May 10th 2025

11 am - 4 pm

How to play:

50 Westerra Centre Memorial Composite High School

- ♥ Anime Viewing
- ♥ Artists and Vendors
- ♥ Contests + More
 - ♥ Super Smash Bros tournaments
 - ♥ Cosplay Contest (Hosted by Adventure + guest)
 - ♥ Into the HoyoVerse (Adventure + guest)
 - ♥ Drawing + Coloring Contests



Insta: MemAnime Club



\$5 entry fee
\$1 Ramen eating contest
and other contests
\$ Raffles!



Art by Star James 777

SUICIDE PREVENTION SERIES

April
29
6-7:30pm



Community Conversation

This event aims to foster open discussions on mental health and suicide prevention for parents and caregivers.

Featuring experts from **Dochas Psychological Services, WestView Primary Care Network, Canadian Mental Health Association Alberta Division, and Centre for Suicide Prevention.**

Age: 18+

Location: Virtual, via Zoom

Register: [//calendar.stonyplain.com](https://calendar.stonyplain.com)

780-963-2151

May
12
5-8:30pm



SafeTALK

A 3.5 hour workshop to equip you to be more alert to someone thinking of suicide and better able to connect them with further help.

Dinner provided for participants.

Age: 16+

Location: 414 King Street, Spruce Grove

Cost: \$20, reimbursed upon completion

Register: [//sprucegrove.org/CSDPrograms](https://sprucegrove.org/CSDPrograms)

780-962-2611

June
5 & 6
8am-4:30pm



Applied Suicide Intervention Skills Training (ASIST)

A two-day training to help identify someone at risk of suicide and provide them with the skills needed to make a life-saving intervention. It focuses on teaching suicide first-aid to help a person at risk stay safe and seek further help. **Age:** 18+.

Location: 9 Tri Leisure Way, Spruce Grove (Border Paving Athletic Centre)

Cost: \$50, reimbursed upon completion

Register: [//sprucegrove.org/CSDPrograms](https://sprucegrove.org/CSDPrograms)

780-962-2611



DO YOU LIKE ART AND EATING?



The Prescott Pantry



Due: April 25, 2025



Prizes awarded
for designs
chosen!

and



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- Divider pages should match the assigned category for your grade (see above "ingredients").
- Submit your designs to your teacher or send them with your child.





WHY CONSIDER?

BECOME A BILLETING FAMILY

HOST FAMILIES RECEIVE:

- COMPLIMENTARY SEASON TICKETS
- MONTHLY STIPEND
- LOCAL BUSINESS DISCOUNTS
- LIFELONG FRIENDSHIPS AND CONNECTIONS!

**SO JOIN OUR BASEBALL FAMILY AND MAKE
A MEANINGFUL IMPACT ON A YOUNG ATHLETE'S JOURNEY!**

billeting@energycitycactusrats.com

WHAT'S IT LIKE? BECOME A BILLETING FAMILY



"I LOVE BILLETING BECAUSE OF THE RELATIONSHIP WE GAIN WITH THE BOYS!"

-JOC (10-YEAR-OLD BILLET "SISTER")

"BILLETING HAS ALLOWED ME TO HAVE A BILLET MOM NAG ON ME LIKE MY REAL MOM!"

-RYAN (PLAYER WHO KNOWS HOME IS WHERE THE NAGGING IS 😂)

"BILLETING HAS FOSTERED A SENSE OF COMMUNITY IN OUR HOME, ALONG WITH CREATING LASTING MEMORIES AND TRADITIONS WITH THE BOYS WE HAVE HAD STAY WITH US."

-AMANDA (BILLET MOM)

billeting@energycitycactusrats.com



FRIDAY
JUNE 6
2025



Registration opens May 6

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



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: prescotttonessmallthing@gmail.com



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.



TRI REGION 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 5-630PM)
 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