



Prescott Weekend Update

May 25th, 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>

This week, our Grade Six and Nine students will complete the written portion of their English Language Arts Provincial Achievement Tests (PATs). In preparation for these, and other upcoming final exams in June, this week I am going to turn over the memo to our school psychologist, Mrs. Wilkinson for some tips on how to prepare for exam taking in order to ease test anxiety.

Taking tests can be stressful. It is normal for students to feel some anxiety in these situations. Like most things in life, the more experience one gains with taking tests the better we get at managing the stress associated with it. It is important to note that these are skills and strategies that are learned and can be intentionally taught and supported by parents. Test anxiety can be addressed in three broad areas: exam preparation, test taking strategies, and strategies to manage anxiety in the moment.

Preparation includes all the things we do well before the day of the exam to get ready. This is an area where parents can do a lot to help:

- Where possible, consider reducing other stressors as kids are preparing for exams. It can be helpful to remove some commitments such as chores and activities from the family schedule to prioritize time for studying and time for relaxation. Being constantly on the go adds to stress and a sense of pressure.
- Ensure you are focusing more on effort than on outcome. Help your kids understand that success at exam time is as much about the hard work and preparation as it is about the grades.
- Be emotionally supportive. Let your kids know that you are there for them to listen to their worries or vent about their stress without necessarily trying to solve the problem. Validate and normalize their feelings. It is normal to feel anxious and worried about exams to some extent; most people do.
- Many students need parental support to create a plan to prepare for exams. Sit down and help them create a study plan on a calendar. The plan should include exam dates, and a schedule of study time, and a list of items required to be prepared for study sessions.
- Support healthy sleep with good sleep hygiene including a consistent bedtime, limiting screen time before bed, and encouraging relaxing activities leading up to bedtime.

Test anxiety can be reduced by helping students build and strengthen **test taking strategies**. This will allow them to go into the exam feeling more confident that they will be able to approach the test in a systematic way to maximize their time and energy in the test environment. While every learner is different, here are some general strategies:

1. Look through the entire exam before starting so they have an idea about how to manage their time. Once you know the structure of the test you can identify sections that may require extra time. It can be helpful to start with the easiest questions first (the ones you know and can answer quickly) or find areas of strength and complete those first.
2. Read each test question carefully in its entirety before starting. Underline or highlight key information or important words.
3. (Multiple choice) After reading the question, try to anticipate the answer based on your own knowledge.
4. (Multiple choice) Start by eliminating incorrect answers to narrow down the field of possibilities.
5. If you are stuck on a question, skip it and move on to the next. If you have time at the end you can always go back and try again.
6. Review your answers carefully and correct careless mistakes before handing in the test. Go back to any questions you missed and try again, if possible.

Sometimes anxiety escalates in an exam, and when it does it can make it difficult to think clearly and access material you have learned. There are a number of ways students can **manage their anxiety** by calming their nervous system, which will allow them to focus on the test and recall what they have learned. The key to effective coping strategies is practice, practice, practice. These kinds of tools are most helpful when we have used them many times prior to the situation that is heightening anxiety.

Here are some things students can try:

- Calm breathing techniques - try paced breathing where they breathe in to a count of 4 and out to a count of 6, and repeat five times.
- Positive Imagery - take a few moments to close their eyes and imagine a scene that is calming for them. For example, imagine sitting in your favorite spot with a pet or being on a beach and listening to the waves.
- Grounding exercises - try pushing your feet into the floor and notice the pressure in the soles of your feet, try taking a few moments to notice as many sounds in the room as you can, look around the room and find 5 blue items.
- Positive self-talk - practice positive and realistic statements such as "I will be successful", "I can do this even if it is challenging", "It's okay to make mistakes".

Thank you, Mrs. Wilkinson, a reminder that the Gr. Sixes write this Wednesday morning and the Grade Nines Write on Thursday. A reminder that both exams start at 9:00 am.

Important Events This Week				
Monday 26 th	Tuesday 27 th	Wednesday 28 th	Thursday 29 th	Friday 30 th
Smudging Gr. 8 Field Trip to Camp Yowochas	Spring League BBall 3:15- 4:30	Gr. 6 ELA PAT Hot Lunch: Edo Japan CTF Kindness Project Field Trip Fenwyck Sr. Centre Spring League BBall 3:15- 4:30	Gr. 9 ELA PAT Gr. 2 Field Trip Grain Elevator	Wednesday Schedule Kinder Play Day Division Track Meet Yearbook Orders Close

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 2 nd	Tuesday 3 rd	Wednesday 4 th	Thursday 5 th	Friday 6 th
Lunch Hero Day	Indigenous Games Spring League BBall 3:15- 4:30	Gr. 9 ELA Pt. B Field Test Gr. 3 Bird House Building CTF Kindness Project Field Trip Fenwyck Sr. Centre Gr. 4 Field Trip TWOS Kinder In-School Field Trip Creative Adventures Caravan Spring League BBall 3:15- 4:30 School Council	Smudging Gr. 9 Math Pt. B Field Test Kinder In-School Field Trip Creative Adventures Caravan Hot Lunch: Dairy Queen Gr. 7-9 MADD Presentation (pm)	Thursday Schedule PLCFF Donut Day Gr. 9 Farewell PSD Try-Me Try-Athlon

Athletics: Track/Soccer/Golf/Spring League Dates This Week*	
Monday	Golf Team @ Deer Meadows for PCAA golf qualifying tournament (All Day)
Tuesday	Co-Ed Soccer Practice @ 3:15 – 4:30 pm Spring League BBall Tournament 3:15 – 4:30 pm
Wednesday	Co-Ed Soccer Game @ Greystone vs. Blueberry 4:15 pm Spring League BBall Tournament 3:15 – 4:30 pm Golf Team Practice Session @ PLC 3:30 - 4:30
Thursday	
Friday	Division Track Meet @ Westview 8:30 am – 3:00 pm
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

25 -26 Registration Reminder - If you have not completed your 2025-26 registration through the RSVP in Parent Portal, please do so right away so we can make sure your child/children are added to next year's class lists. Should you need help logging on, please contact the office for assistance. Also, don't forget to complete your classroom placement requests for next year (Please refer to the 'Previously Shared Information' Section Below for more information).

Final Call 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. Fee statements will be sent home next week. If you see any fees that should not be on your account, are having technical issues, would like to explore a payment plan to cover your fees, or have any other questions, please reach out to Mrs. Bradford at the school at valerie.bradford@psd.ca.

Indigenous Games Tuesday June 3rd - We're excited to welcome Lyndon Suntjens and students from Maskekosak Kiskinomatowikamik (formerly Kitaskinaw) in Enoch Cree Nation to Prescott! During their visit, they will be sharing their knowledge and teachings with us, including:

- A detailed explanation of cultural protocols
- Guidance on responsible collecting and harvesting practices
- Instruction on traditional games, as well as other Indigenous and Northern games

Some of the games we'll have the opportunity to learn and play include: ***Double Ball, Hoop and Arrow, Run and Scream, Hand Games, Ring the Stick, Make the Stick Jump, and Kick Ball***. This will be a meaningful learning experience for all, and we look forward to their visit with gratitude and respect. Mr. Suntjens will be at the school on Tuesday June 3rd and he will be working a variety of classes from Kindergarten through Grade Nine.

Grade 1-3-Field Day: June 11th Update -Thank you so much to those parents who have reached out to volunteer for our THIRD annual Field Day for Grades 1-3. There are some spots left to fill so if you are still interested, please email dana.vasileff@psd.ca. Please note the following information from last week's PSI:

Last year, our Puma families really stepped up and made our day a huge success by volunteering to help in all areas. Please see below on how you can help out this year:
Volunteer Opportunities:

- There will be 20 events and we are looking for 40 parent volunteers to work in pairs at each station! Parent volunteers will be asked to arrive at 8:15 and meet in the large gym where you will get your station number and supplies. The stations will end in the afternoon at approximately 2:20. Supplies will be returned to the gym at that time. If you are interested in volunteering for this day, please email dana.vasileff@psd.ca to get your name added to the list. If you have a friend or family member that you would like to volunteer with, please note that in the email! Thank you in advance for helping make this event a success!

PLC School Council 25 -26 Planning PT II- The PLC School Council has begun the process of planning topics for meetings in 2025 - 2026. In order to have conversations at next year's council meetings that are relevant and timely, over the next four weeks they are asking for your participation in a series of Facebook Survey questions on the topics of onboarding/registration, student assessment, student discipline, and yes, even the parking lot and school grounds. This week's question is:

- Student Discipline - What questions or comments do you have about how student discipline is managed here at PLC? Do you have any suggestions that would make the process more transparent?

Last week council asked:

- PLC Onboarding - What information would you like to have known going into the registration process at PLC? What questions do you have about student onboarding?

We invite you to ask your questions and offer your insights in the comments section on our PLC FaceBook. With your input it is the council's goal to tailor next year's meeting topics meaningful to you and your family. If you prefer not to respond on Facebook, please reach out to our council co-chairs directly at prescott.scchair@partner.psd.ca

University of Waterloo's Gauss Math Contest - Congratulations to 11 of our Grade 7 and 8 mathletes who accepted the challenge to write the University of Waterloo's Gauss Math Contest. This is an annual international competition hosted by the Centre for Education in Mathematics and Computing. The contest provides enrichment challenges to test students' logical thinking and mathematical problem-solving.

Huge congratulations to Levi C (gr 7) and Jazlyn W (gr 8) who received the highest scores in our school! Special mention goes out to the following students who finished in the top 25% of participants in Canada:
Grade 7: Levi C., Maxwell C., Denn M.
Grade 8: Jazlyn W., Shepherd I.



Art Club Final Date - With exams on the horizon, the last Art Club for the school year will be Monday June 9th. Big thanks to Mrs. Smith for sharing her time and considerable talents with our students.

Library Book Round Up - Library book circulation will wind down the week of June 3, 2024. This means all library books will be due back. Any books not returned by June 26, 2024 are subject to a PowerSchool charge at the replacement cost of the title. As always, we are happy to take a donation of a gently used book (of equal value) to replace lost books. Please help your child by encouraging them to search common places where books may be hiding. A book scavenger-hunt might include searching:

- the family vehicle - under the bed - in the toybox - in the shoe closet
- under the couch cushions - time to tidy our rooms!!

Happy book hunting, Mrs. Briscoe hannah.briscoe@psd.ca

Puma Pride Playoff Parade - This Tuesday Prescott students are invited to wear their favourite team's jersey or colours to school. Make posters to support your team for this playoff season and join in a school-wide Playoff Parade! Students will take a walking route up along Grove Drive and back through Jubilee Park. There is a shorter route for students as well. The goal is for the entire school to show team spirit. Regardless of how the game turns out this afternoon, we had a fantastic turnout last year and the Oilers came within one goal of winning it all. It just can't be a coincidence! Let's go Oilers! *(Or whichever team you are rooting for that's actually made the playoffs**)* *(on a very personal note, I think what's in the parenthesis was the Gr. 7 team taking a shot at me and my Flyers?!?!?)*

Socks & Crocs Day - Speaking of Puma Pride, last Friday's Socks & Crocs Day was lots of fun and featured these truly impressive 'paper Crocs'. We will have class winners in next week's memo. Many thanks to the PLCFF for the class pizza parties.



Yearbook Purchases Deadline May 30th (This Friday)- Work is continuing on our 24 - 25 PLC yearbook. Yearbook orders online are now closed, please contact valerie.bradford@psd.ca to order if you missed the deadline. We only have 120 for purchase so order now! The cost is \$30. **The deadline for purchasing yearbooks May 30**

Gr. 4 -6 Spring League Basketball Continues This Week- With the minicamp happening last week, the tournaments will start on:

- **Dates: Tuesdays and Wednesdays: May 27th & 28th, June 3rd & 4th**

Times for the 2-day camp and games are from 3:15 pm - 4:30 pm

Wheelchair Sports and Activities this Week - Alberta Northern Lights Wheelchair Basketball Society is lending us their class set of Wheelchairs for a full week of Wheelchair sports and activities!!! Kids will have this exciting opportunity during Phys Ed this week.

Summer Camps Sessions - (From Mrs. Wilkinson) - Summer camps are a great way to build skills and independence, while keeping kids active. There are so many awesome camps (day and overnight) available in the area. This is not a comprehensive list, but includes a wide range of activities. Some summer camps offer subsidies if finances are tight - it never hurts to ask. Check it out!

Overnight camps:

<https://campwarwa.org/>

<https://ywcayowochas.org/>

<https://campnakamun.com/>

<https://camphehoha.com/>

Day camps:

<https://www.sprucegrove.org/community/programs/summer-in-the-city/>

<https://www.trileisure.com/programs/summer-camps/>

<https://www.parklandcounty.com/en/recreation-and-community/summer-camps.aspx>

<https://www.engineeringforkids.com/stony-plain/>

<https://www.codeninjas.com/spruce-grove-ab-ca/camps>

<https://www.alliedartscouncil.com/youth-summer-classes>

<https://www.deepblueathletics.com/about-5>

<https://phoenixmartialartsclub.ca/spruce-grove-camp/>

<https://aerialsgymclub.ca/camps/>

Northern Gateway school division offers free career exposure summer camps for students who have completed Grade 9 and are moving to Grade 10. Students earn high school credits from the camps. The camps are NOT local (Whitecourt) but are open to students outside of NGPS.



PLC Fundraising Foundation - Hot Lunch Update: The Lunch Lady is Back this Wednesday May 28th. Don't miss out on this delicious mid-week treat! Upcoming dates and vendors:

Thurs., June 5, Dairy Queen Weds., June 11, Pizza Hut
Thurs., June 19, Lunch Lady

Freezie Fridays Are Back! Starting Friday, May 23, Freezie Fridays are here to cool you down! Grab a treat on:

Friday, May 30 Friday, June 13 Friday, June 20

Full jumbo freezies will be \$2, and half-sized freezies \$1.

- Kindergarten to Grade 2: Students can give their money to their teacher, who will send the orders to us. Freezies will be delivered directly to classrooms.
- Grade 3 to Grade 9: Students can buy freezies during their lunch recess on the tarmac.

We're looking for helpers to make Freezie Fridays a success! The commitment is just 1.5 hours with some flexibility. Sign up here: [Volunteer Sign-Up Link](#) If the sign up link doesn't work, please email president@plcff.com.

National Donut Day – June 6 On Friday, June 6, we're swapping freezies for donuts! Enjoy delicious Vanilla Dip Donuts with Prescott Sprinkles for just \$1. How to Get Yours:

- Pre-order and pre-pay on Healthy Hunger to guarantee your donut.
- Missed the deadline? Extras will be available at the table on the day.

Cookbook Coming Soon! **Cookbook fans, rejoice! The formatting is almost done, and they'll be ready for sale very soon. These will make great gifts—stay tuned for more details!**

Volunteers Needed ***We can't run these events without your help. If you're able to lend a hand, please reach out to president@plcff.com. Supporting the kids and community makes a big difference!***

Thank you for supporting Prescott Learning Centre! Your involvement helps us create a connected, vibrant school community.

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](#) 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.**

Jordan's Principle Funding Changes- The Government of Canada has recently announced changes to the eligibility criteria for Jordan's Principle funding. Moving forward, Indigenous Services Canada will no longer be approving any school-related Jordan's Principle requests for

students attending provincial schools. Jordan's Principle is a federally funded program. The program "...is a Canadian human rights principle aimed at ensuring First Nations children have equitable access to government funded services." First Nations children who attend on-reserve schools will continue to be able to apply for and access Jordan's Principle funding. More information regarding these changes can be found in this [Government of Canada Operational Bulletin](#) and on the [Government of Canada Jordan's Principle website](#). However this decision will have an effect on nearly all PSD schools. Information regarding these changes and the impact on the school division can be found at:

<https://www.psd.ca/division/news/post/jordans-principle-funding-changes>

New SafeArrival Absence System - Beginning this week PSD is rolling out the SafeArrival absence management system that improves student safety and makes it easy for you to let the school know about your child's absence. Absences can be reported in advance:

- 24 hours/day
- 7 days a week
- For any school day in the school term
- Up to the cut-off time on the day of the absence (this may vary by school).

Whenever an absence is reported or updated, you will receive a confirmation notice by email and/or text message (assuming you have provided your contact information to the school). If you don't report your child's absence in advance, the automated notification system will try to contact you (using your communication preferences if you have set them up in the SchoolMessenger Home app). This may include push notifications to the app, email, SMS text messages, or phone calls. You will be asked to provide the reason for your child's absence immediately. You may do so using the phone line, website or mobile app. If you haven't received any information, soon the school division will be forwarding you information about this updated reporting system. I will have more details in upcoming memos.

Registration is open for the Try-Me Try-Athlon! The Try-Me Try-Athlon is a division-wide event celebrating physical literacy in children and youth through swimming, bicycling and running. It encourages students to train in school and at home, allowing them to build their skills and work toward feeling competent and confident in multiple environments. The Try-Athlon is designed to offer youth the opportunity to experience the sport of triathlon in a positive environment that offers age-appropriate distance levels.



Date: **Friday, June 6, 2025**

Time: **Race starts at 10:30am (9:15-10am check-in/race kit drop-off, 10am course walk-through/warm-up)**

Location: **Stony Plain Outdoor Pool and surrounding area ([5210 55th Ave, Stony Plain](#))**

Fee: **\$35** (or \$15 each person on a 3-person individual leg team—one

swimmer, one biker, one runner. Teams also have the option to select one or two events. (i.e. the swimming, cycling, or running leg of the Try-Athlon). Participants would then pay an entry fee of \$15 for one event or \$25 for 2 events.)

Children age 5 and up are welcome to register for this event with the support of their classroom or school-based teacher, and with a responsible adult available to attend the entire event.

For Event Details & Registration please visit: <https://www.psd.ca/division/student-wellness/try-me-try-athlon>

Summer School Opportunity for Grades 1-7 -Parkland School Division is excited to offer a Summer School program at Connections for Learning Stony Campus (4300 43rd Street, Stony Plain) from June 30 to July 11 (excluding July 1st & weekends). This program combines enriching literacy and numeracy activities in the mornings with engaging health and wellness activities in the afternoons.

For students entering Grades 1-7 in the 2025-2026 school year, the cost is \$375 for the nine-day program, running daily from 8:30 AM to 3:00 PM.

French Immersion Summer School Opportunity for Grades 1-7!

Parkland School Division is excited to offer a Summer School program at CFL Stony Campus (4300 43rd Street, Stony Plain) from June 30 to July 11 (excluding July 1st & weekends). This program combines a rich oral French language component with a secondary focus on literacy and numeracy in the mornings with engaging health and wellness activities in the afternoons. For students entering Grades 1-7 in the 2025-2026 school year, the cost is \$375 for the nine-day program, running daily from 8:30 AM to 3:00 PM.

To learn more about our criteria and considerations for both of these programs, please visit the CFL [website](#). For questions, email Sheryl Bridgeman at sheryl.bridgeman@psd.ca. We look forward to an exciting summer of learning!



PLCFF 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.

Final Thoughts - I'll end this week with an important reminder regarding technology and PATs; Security for the Provincial Achievement Tests has tightened considerably over the past two years since a province wide data breach compromised the integrity of the exams. Alberta Education enforces strict rules for violations which may result in a zero. I cannot stress enough that for all portions of the tests students cannot bring into the PAT writing room any cell phones, wearable technology (smart watches), Bluetooth devices (Bluetooth headphones) or other electronic devices. Please leave the technology at home for the day. It is also very important that students be on time for exam dates (thanks for the reminder Mr. Anderson).

If you have any questions or concerns you can still reach out to me and my team at the school. For a 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 to Mrs. Wilkinson for the information and advice on test anxiety and thank you for taking the time to read this week's memo. Chris

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Have you heard that a travel club has been established here at Prescott? We are traveling to Montreal, Quebec City and Ottawa over spring break, 2026! **The sign-up deadline is quickly approaching.** If this opportunity interests you, please send an email to Sarah Saysana at sarah.saysana@psd.ca for further information. Thank you!



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





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.

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
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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

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 st , 3 rd Sat 10AM-1PM) 49 Boulder Blvd., Stony Plain	780-963-3110
Grace's Table (2 nd 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