



# PARKDALE SCHOOL NEWSLETTER

# DECEMBER



## WOLFPACK

### Contact Information:

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*Healing our community by giving students a strong background of academic and life experiences to create curiosity and understanding of what they can achieve.*

## Seven Grandfather Teachings:

Each month we focus on one of our grandfather teachings. It is reflected in our lessons and assemblies. Students can earn rewards by demonstrating acts of one of the teachings.

October: **Humility** - Wolf  
November: **Respect** - Buffalo  
January: **Wisdom** - Beaver  
February: **Honesty** - Sabe  
March: **Truth** - Turtle  
April: **Courage** - Bear  
May: **Love** - Eagle



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# PRINCIPAL'S MESSAGE



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Hello Everyone,

I wish everyone a wonderful December! So far, the weather has been unseasonably warm, but we do remind all our families to be sure their children are properly bundled up. The wind outside in the fields can be chilly during recess breaks.

I would like to thank everyone who made it out to our Parent/Teacher Interviews and Book Fair. We had a great number of families come to meet their child's teacher. In my time at Parkdale, I would say this was our best PTI yet! Our Book Fair generated over \$600 that we can use to purchase new books for our library. Thank you everyone for your contributions.

This year, I have been chosen to participate in a Principal Evaluation. This process is to foster and support the pursuit of excellence in WRPS and its employees. As part of this, all Parkdale parents are invited to participate in an online survey available [here](#) or at the Parkdale website. I would welcome all of your feedback.

Have a great December and all the best the season has to offer!

## Parkdale Houses

Every student at Parkdale School has been divided into cross-graded groups called "Houses" to build teamwork, connection, and a sense of community. Over the course of the year, the students will get together in their houses to compete against each other to earn points to be our end-of-year Parkdale House Champions.

Students can also earn points by reading at home. If your child reads to you, or you read to them, they can earn points for their team. Complete the form (example below) and return it to the school.

Thank you,

*Mike Daly*

Mike Daly



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# UPCOMING EVENTS



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## Favourite Colour Day!

Thursday, December 7th

Dress in your favourite colour!!



## Christmas Concert!

Wednesday, December 13th

1:30 p.m.  
&  
6:30 p.m.



## Red & Green Day!

Monday, December 18th

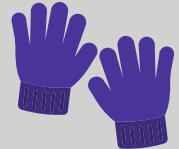
Wear red and green!



## Winter Clothes Pick-Up

Friday, December 8th

PLC DAY!



Pick-up any winter clothes you may need from our winter clothes drive  
1:00 - 3:00 pm.



## Christmas Store!!!

Thursday, December 14th

Each grade will have the chance to  
"shop" for free, and pick out gifts  
for their families!  
First United Church is putting this  
together,  
THANK YOU!



## Christmas Bingo!

Thursday, December 21st

School-Wide  
Christmas Bingo  
2:00 - 3:00 pm





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# DECEMBER CALENDAR



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 Dress in your favourite colour day!	8 PLC Day No School	9
10	11	12	13 Christmas Concert! 1:30 pm & 6:30 pm	14 Christmas Store By First United Church	15	16
17	18 Wear Red & Green Day!	19	20 Hot Chocolate Afternoon	21 Christmas Bingo 2:00 – 3:00 pm	22	23
24	25 Christmas Day! No School 	26 Christmas Break No School	27 Christmas Break No School	28 Christmas Break No School	29 Christmas Break No School	30





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# ANNOUNCEMENTS



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## CHRISTMAS BREAK!

The break is from  
December 25 - January 5th!  
Students will return to  
school on  
January 8th



## Basketball Season

If your students are on the Jr.  
High girls/boys B-Ball team;  
you will be seeing a fee applied  
to your accounts in the coming  
weeks!  
Stay tuned.



## THE OFFICE:

We wish you a safe,  
healthy, and wonderful  
time off!

Merry Christmas!  
Miyo-Manitowi-Kîsikanisi!

Happy Holidays!  
Mitho Makosi Kesikansi

Happy New Year!  
Aspinoyê

The Admin Team



STAFF



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# ANNOUNCEMENTS CONTINUED...



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## FIBRE ARTS

### *Donations Needed*

*If you have some extra fibre arts items and tools,  
we would love to take them off your hands!*

*Donate fibre arts items for grade 7&8 Art.*

Some examples of items: knitting needles, crochet hooks, yarn, felt, wool,  
embroidery thread, cross stitch fabric, craft foam, thread, needles, etc.

Please bring them into the office or have your child deliver them to Ms. Quinn





# PARKDALE HOUSES



House 1

The Parkdale Puffins

The Mighty Mavericks

House 7

The Seahawks

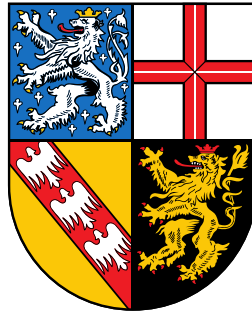
The White Wolves

The Rats

The Daddy Long Legs

The Monarchs

The Dragons



## Relay Race





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# WINTER WEATHER



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WRPS guidelines state that when the Weather Network records a temperature of **-23 degrees celsius** (not iPhone/Android weather apps); the students will not go outside for recess!



## **Polar Bear Club!!!**



During indoor recess days, we will be offering the opportunity for students to go outside for recess and play as part of our Polar Bear Club.

Regular opportunities for play and physical activity, especially outdoors, improve our mood, attention, and fitness. Outdoor recess in cold weather provides an opportunity for students to be vigorously active, escape germs, and embrace our cold winter reality.

**The option to go outside will only be offered to those students who have returned a permission form signed by a parent or guardian, and who are dressed APPROPRIATELY for the weather.** Students who choose to go outside will stay outside for the duration of the recess. Supervising staff will use their direction in deciding whether individual members of the Polar Bear Club are able to go outside during cold weather.

If your child is interested in having the option to participate in the Polar Bear Club, please complete and sign the permission form below and return it to the school (you can print this, or pick up a form in the office). Only one form is required per family.

### **Polar Bear Club Permission Form 2023-2024**

I grant permission for my child/children to have the option to go outside for recess when the temperature is colder than -23°C (including wind chill) provided they are dressed appropriately, the weather allows for safe play (no weather advisories), and a staff member is outside on supervision.

First Name	Last Name	Classroom Teacher

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_





# BUS 71 HAS ROOM FOR STUDENTS!



## BUS STOPS WITH SERVICE TO PARKDALE SCHOOL

- 1) 45 Avenue & 52 Street ----- 8:35 am (approx)
- 2) 37 Avenue & 53A Street ----- 8:40 am (approx)
- 3) 54 Street & 39 Avenue ----- 8:42 am (approx)



Bus 71 with service to Parkdale School has room for students! We provide busing for students who:

- Resides within the attendance area of a school in which the student enrolled,
- Resides with the division boundary, and
- Resides at a distance greater than 1km (Gr K-6) and 2km (Gr 7-12) from that school.

Additionally,

- If you don't live near a pick-up zone for BUS 71, you can still apply to get on it!

To apply for busing go to: [wrps11.ca/division-office/transportation](http://wrps11.ca/division-office/transportation)

- Click Urban Transportation for students residing within the City of Wetaskiwin
- Click Rural Transportation for students residing within the County of Wetaskiwin





# FAMILY & INDIGENOUS SUPPORT LIASONS



The holiday season is all about fun and enjoying family- but the constant hustle and bustle can be nerve-wracking for kids as well as adults. These tips decrease your child's stress and can make the holiday a bit merrier. Some signs of stress in children can be:

- Increased irritability or anger
- More crying, whining, or complaining
- Sleep trouble
- Physical symptoms - Headache/stomachache
- Isolation and/or refusal to participate
- regressive behaviours

## To reduce stress:

**Stick to a routine:** Stick to bedtime, mealtimes, and other routines as much as possible

**Give a heads up:** Once you know what your schedule looks like over the holiday share it with your children.

**Schedule in downtime:** A 15- 30 min break in the day will support your child and help them to become overwhelmed.

**Let your child vent:** Give your child permission to come to you when they need to talk about something.

**Work up a sweat:** Exercise causes the brain to release endorphins, the body's feel-good chemicals, which can reduce stress.

**Just say "no":** A major way to reduce stress is to say no to some of the activities.



## Holiday Train

Thursday, December 7, 2023  
Wetaskiwin

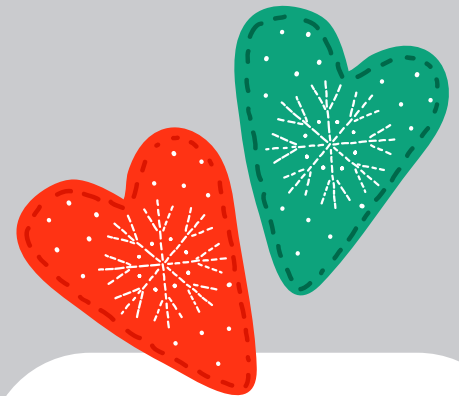
When: Arrives 3:25 pm;

Event 3:30 pm – 4:00 pm

Location: PKC ES Building

4009 50th Street, Wetaskiwin

Entertainment: Anyway Gang



## **FSLW-Laura Lucas**

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780-335-3055

## **ISW- Rochelle Minde**

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780-352-4594



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# FAMILY & INDIGENOUS SUPPORT LIASONS



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DECEMBER 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 WETASKIWIN L&P MULHURST L&P	2
3	4 MILLET L&P PONOKA L&P MILLET GLOW	5 BABY & YOU WINFIELD GLOW	6 RIMBEY L&P LAKEDELL GLOW RHYMING TOTS FAMILY PLAY GROUP	7 WETASKIWIN GLOW RIMBEY GLOW	8 WETASKIWIN L&P	9
10	11 MILLET L&P PONOKA L&P MILLET GLOW	12 BABY & YOU WINFIELD GLOW	13 RIMBEY L&P RHYMING TOTS FAMILY PLAY GROUP	14 WETASKIWIN GLOW RIMBEY GLOW	15 WETASKIWIN L&P MULHURST L&P	16
17	18 MILLET L&P PONOKA L&P MILLET GLOW COOKING GROUP	19 BABY & YOU WINFIELD GLOW	20 RIMBEY L&P LAKEDELL GLOW FAMILY PLAY GROUP	21 WETASKIWIN GLOW RIMBEY GLOW	22 WETASKIWIN L&P	23
24/31	25 CLOSED <i>Merry Christmas</i>	26 CLOSED	27 CLOSED	28 WETASKIWIN GLOW 1:00 - 2:30	29 WETASKIWIN L&P	30



McMan

## LEARN AND PLAY

MILLET 10:30-12:00  
RIMBEY 10:30-12:00  
WETASKIWIN 10:30-12:00  
PONOKA 10:30-12:00  
MULHURST 10:30-12:00

## GLOW

MILLET 3:30-5:00  
WINFIELD 3:45-5:15  
WETASKIWIN 3:30-5:00  
LAKEDELL 3:45-5:15  
RIMBEY 3:10-4:45

## COOKING GROUP

WETASKIWIN 3:30-5:00

## BABY & YOU

WETASKIWIN 1:30-3:00

## RHYMING TOTS

WETASKIWIN 10:00-11:30

## FAMILY PLAY GROUP

WETASKIWIN 1:00-3:00



Provincial Family  
Resource Networks

FOR MORE INFORMATION CONTACT JEN @  
Jennifer.Mcclure@mcmancentral.ca or 780-312-8137

**LEARN & PLAY:** Come on in and let your children play. Developmental activities, stories, games and more. Snacks and drinks provided each week! for ages 0-6 and older siblings are welcome. Parents must stay for this group.

**GLOW:** Come on in and join us for new activities each week. This group is for kids ages 6-12. Snack and drink is provided each week. Parents are welcome to stay or they can drop off for this group.

**BABY & YOU:** In collaboration with AHS. This group is a great opportunity to connect with other mothers, breastfeeding support, options to have your baby weighed, tips and advice from a public health nurse.

**COOKING GROUP:** We have a cooking group once per month, where kids age 9-13 can come and try out some cooking skills. We will make a new meal each month. People must pre register to join this group.

**FAMILY PLAY GROUP:** Get out of the cold and come spend some time with your children at our facilities. All ages welcome

## Locations

WETASKIWIN: McMan Office- 4415A 49 Street  
MILLET: Town of Millet (The old school gym) 4528 51st Street  
RIMBEY: Blindman Youth Action Centre- 4907 40th Street  
RIMBEY GLOW- 5302 52nd St (Elementary School)  
WINFIELD: 401 4 Ave E (School)  
LAKEDELL: 462006 Range Rd 12(Lakedell School)  
PONOKA: Youth Centre- 5004 54 ST  
MULHURST: 3802 50 Ave (Community Hall)

## DECEMBER 2ND

PANCAKE BREAKFAST @ WETASKIWIN SENIORS CENTRE  
"DONT DIS MY ABILITY"  
5216 54 ST 9:00AM-12:00PM

## DECEMBER 8TH

MILLET -3RD ANNUAL MILLET WINTER FESTIVAL- ALL DAY

## DECEMBER 16TH

WETASKIWIN LIBRARY "VISIT WITH SANTA" 1:00-3:00





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# **FAMILY & INDIGENOUS SUPPORT LIASONS**



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## **RENTAL ASSISTANCE BENEFIT AVAILABLE**

If you are paying more than 30% of your gross household income in rent, we may be able to offer subsidies to help bring that rental cost down.

**APPLICATIONS:** Available on our website  
[www.thebethanygroup.ca/affordable-and-community-housing/rent-supplement-programs](http://www.thebethanygroup.ca/affordable-and-community-housing/rent-supplement-programs)  
or in person at the Wetaskiwin Housing Office  
at 300-4501 60 St Wetaskiwin

### **FOR MORE INFORMATION:**

Please call the Housing Office at  
780-352-4435

**SUPPORT MAY BE  
AVAILABLE TO YOU.  
REACH OUT TODAY.**



**THE  
BETHANY**  
GROUP

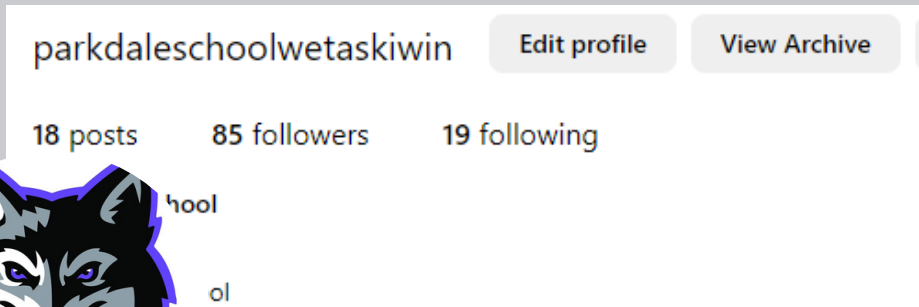
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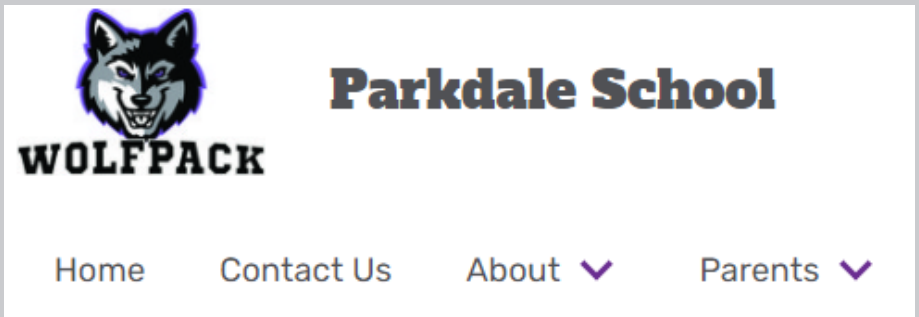
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 Parkdale School



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