

**PowerSchool**

This is our parent's primary way to check in on their child's marks/assignments, update contact information, and to pay fees too. Contact the school for your username and access ID at [mchs@psd70.ab.ca](mailto:mchs@psd70.ab.ca)

Activate and sign into your account on the MCHS website in the Parents tab. Please contact Mrs. Harper or Mrs. Campbell at the office if you need assistance accessing your account.

**School Fees Are Due**

Please log in to your Parent PowerSchool account or come into the school to pay your high school school fees. If you have any questions, please contact Ms. Miller at the office.

**Reporting an Absence?**

Please email [mchsreportastudentabsence@psd70.ab.ca](mailto:mchsreportastudentabsence@psd70.ab.ca) or call 780-963-2255 anytime to leave a message. Please leave your son/daughter's full name, grade, and details of the absence.

**PRINCIPAL'S MESSAGE**

Hello Again Marauder Parents –

As with so many things in our lives these days, the opening of this school year has been like no other and it's been challenging. I'm going to let you in on a personal (not so) secret. As a school administrator, I might have a little "control thing" going on with me. lol

As I personally began to navigate this upside down world of COVID-19 last spring knowing that my teachers were teaching kids and I couldn't see them and then this summer having to prepare to implement numerous safety protocols not knowing how this pandemic would spread (who would be sick, when, and how many), I had to go to a place within me that I don't usually go. I had to let go and trust. I had to actually live, without the ability to personally verify, that I believe my colleagues have things well in hand, even without witnessing that good things are still happening for kids. I had to become a true believer in the honour system and that our school community will report and follow procedures regarding health concerns, that we would all do our part to protect each other.

Then COVID did arrive last weekend and it wouldn't surprise me if it does again. Did the system work perfectly? Not quite, but it was good. Did everyone that I dealt with try their best? You bet! Were we all concerned with the welfare of each other? Absolutely.

As I greeted the students this year visiting classrooms, I assured them that MCHS is operating with grace this year. We would have grace for them as they were learning new procedures. We would need their grace with the continually moving targets of these procedures and our response to them.

I thank the Memorial school community for your honour in following our systems and for your grace as we move forward in this new world where we all need to look after each other a lot more than we did before.

Ms. Jensen

**MCHS Grade Administrators**

Grade 10 – Mr. Coghill  
Grade 11 – Mrs. Farrell  
Grade 12 – Ms. Fisk

**this issue**

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## Next School Council Meeting

Monday, October 26  
7:00 pm  
MCHS Common Area

MCHS parents always welcome!

## Thank You from LAWS!

We sold over 150 boxes of apples and appreciate all of the support from families and staff!

## Green & Gold Athletics

The Annual General Meeting was held on Monday Sept 14th. Most board positions were filled at that time. We are still in need of a Bingo Volunteer Coordinator. If interested please contact James Coghill at [jcoghill@psd70.ab.ca](mailto:jcoghill@psd70.ab.ca)

We are still waiting to hear from the ASAA what the sporting season will look like. More information will be coming soon



### August & September Happenings:

- 31 – Grade 10 Registration – All Day
- 01 – Grade 11 & 12 On-Site Registration
- 02 – All Grades attend – First Full Day
- 07 – Labour Day – No School
- 08 – Timetable change deadline
- 14 – Green & Gold Executive Meeting 7pm
- 23 – Green & Gold AGM 6:30 pm - Virtual
- 17 – Parent/Teacher Interviews – Phone Calls
- 18 – High School Staff Planning Day – No School
- 28 – School Council Mtg 7pm – Common Area
- 24 – Grade 12 Parent Meeting – Video Release
- 30 – Orange Shirt Day

## Memorial Moments



Wondering what's been going on at MCHS? Or wondering what is yet to come?

### October Key Dates:

- 02 – Course Drop Deadline
- 05 – World Teachers' Day
- 05 – Green & Gold Executive Meeting 7pm
- 06 – Memorial Rotary Spare Change Day
- 08 – PowerSchool Update
- 09 – PD Day – No School
- 12 – Thanksgiving Day – No School
- 22 – School Picture Retakes
- 26 – School Council Mtg – 7pm Common Area
- 29 – Virtual Post-Secondary Fair for MCHS

### SYNC THE MCHS PUBLIC CALENDAR AND THE DIPLOMA EXAM CALENDAR YOUR GOOGLE CALENDAR!

You can find the links on our website under the [Calendar & Events](#) section under the "Our School" dropdown. At the bottom of the page you can choose either:

[Add the MCHS Calendar to your Google Calendar](#)

[Add the Diploma Exam Calendar to your Google Calendar](#)

This is a great way to make sure you don't miss anything important!



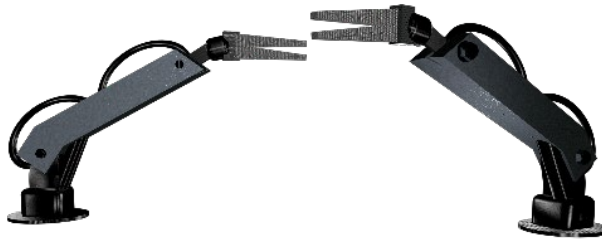
At MCHS we have access to a number of devices for student use such as chromebooks and laptops. For sanitary reasons we are requesting that those students with personal devices please bring those to school. This is only necessary if the class is using devices for their learning objectives.

## MCHS Robotics

MCHS Vex Robotics team is up and running. We will be meeting Wednesdays after school from 3:30 - 5:00. A link to this year's competition

is <https://www.youtube.com/watch?v=Hxs0q9UoMDQ>. Covid has us working under different circumstances this year and we are awaiting key tournament dates. Vex just announced remote competitions so there will be opportunities to compete with 4 teams playing at the same time, each at their own school, connected over the internet. We have one robot almost completed and looking forward to having a strong season.

Stay healthy!



## MARAUDER MUSIC

Fantastic News: In-Person Music-Making is Happening at MCHS!

In Quarters Two and Three, the MCHS Music Department is thrilled to offer both choir and band classes, and even more exciting is that (barring any changes to safety guidelines) students WILL be playing and singing together in class!

Learning will be practical and project-based, and as safe as possible in our beautiful, large music room. Physical-distancing, timing singing/playing with breaks for air exchange, and small group work will make these programs look a little different this year, but keep them rewarding and exciting for our MCHS music students.

Mrs. Holton is very excited to be back teaching choir again, as well as band this year! Don't hesitate to connect with her via email with any questions.



## REACHING YOUR CHILD DURING THE SCHOOL DAY

Cell phones can be a distraction and a disruption to classroom learning. Our teachers and your kids have worked hard together to come up with routines so that cellphones are not disrupting class. Here are some things for parents to know about communicating with their kids while they are at school.

- During class time, your child has most likely turned off the phone and put it in a pouch on the classroom wall. He/she may not be able to respond immediately.
- If you call the main office, secretaries can assist in getting messages to the students due to Covid protocols being in place.
- Students will be called to the office to receive messages at lunchtime or the end of the school day.
- You can contact your child as follows:

Grade 10 Breaks:  
10:00 – 10:07 am  
2:00 – 2:07 pm

Grade 11 Breaks:  
10:10 – 10:17 am  
2:10 – 2:17 pm

Grade 12 Breaks:  
10:20 – 10:27 am  
2:20 – 2:27 pm

We appreciate your support in reaching your child directly to minimize disruption to classroom instruction. Of course, we are happy to assist in an emergency.

## ORANGE SHIRT DAY

Thank you Alicia Rain-Potts for reading the Treaty Acknowledgment to start our day on September 30, 2020



Interact Rotary presents... TOONIE TUESDAY ON OCTOBER 6! All proceeds are donated to Hope Mission, to feed those less fortunate this Thanksgiving season! Donation site in Common Area. Prizes available for the grade who fundraise most!! It costs \$2.70 for one complete Thanksgiving meal. All change is accepted, see Mrs. Thomas or visit @memorialrotary on Instagram for details!



### VIRTUAL POST-SECONDARY FAIR - October 29 from 6-8pm

This is a fantastic opportunity for you to ask questions to 28 Alberta post-secondary institutions including Colleges, Universities, Technical Institutions, the RCMP, and Canadian Forces. In this virtual booth fair you can inquire about programs, admission requirements, scholarships, housing, and much more! Nowhere else do you get all these institutions in one place so be sure to take full advantage of this opportunity to plan for your future.

To register for this event, please visit the [ELAA website](#) and register in the top right corner.



The Business Competition Club allows students to learn how to use the case method to solve problems that real businesses have faced. Once they understand it, they can compete against other schools in Case Competitions. As a part of the club, they will also learn public speaking skills. In the spring, the high school competitions begin. (barring any cancellations due to COVID). Traditionally, we compete at SAIT, MacEwan University, the University of Saskatchewan, or the University of Regina, North Surrey Secondary School in Surrey, BC, and the University of Calgary. In March, the club will also start preparing for the Finance Competition at the University of Lethbridge. The students will get the opportunity to do a stock market simulation against other schools and use their trading floor in a trading competition. The kids will be competing for cash prizes, scholarships, and trophies at the competitions. The club will be held every Thursday at lunch in room 1068. Practice case competitions will also be held on one Saturday a month starting in November. All students who have an interest in business are welcome to attend and participate.

# DIVERSE LEARNING NEEDS

## *Academic Support*



## *L.A.W.S.*

We are so proud of how well all the LAWS students have adjusted to the new school year! We have been trying to spend lots of time outside this fall while the weather is still nice. We have been reading outside, practicing math, and going for walks!



We are a school that supports and celebrates all students as

## DIVERSE LEARNERS



**INCLUSION** is not just about learners with special needs. It is **an attitude & approach** that **embraces diversity** & recognizes that **all students learn differently**.

*Inclusion promotes equal opportunities for learners as they shift toward more independence and work toward attaining their goals.*

## INDIVIDUALIZED PROGRAM PLAN UPDATE

Teachers have reviewed and signed **IPPs** for quarter 1 courses for the students we have identified on file. A comment will be added at the end of the quarter.

If you are new to PSD 70 or Stony Plain and had an IPP in place last school year, connect with our Diverse Learning Needs Coordinator, Mrs. Moisan, if you did not during registration.

Mrs. Moisan has been meeting individually with students to go over their plan and accommodations (if applicable). All students with an IPP need to meet with Mrs. Moisan. Students can drop by Room 1148 or book an appointment to see her at the Student Services office.

We would like to welcome **Mrs. Connie Farrell**, our grade 11 administrator, to the Diverse Learning Needs team. We are excited to work with her and are fortunate for the experience she brings.

### Diverse Learning Needs Coordinator Inclusive Education Lead

Mrs. Janine Moisan  
jmoisan@psd70.ab.ca

## ALL STUDENTS LEARNING TOOLS & STRATEGIES

The quarter system seems to be flying by. Here are some **tips to keep you organized and on track**.

- Get and Check the PowerSchool app where you can view assignments and grades. If you have a late or missing assignment, this is the place you want to check.
- If your course has a Google Classroom, bookmark it for easy access.
- Put due dates in your cellphone right away or print a calendar that visually helps you keep on track.
- Communicate with your teachers if you are absent to see what you need to do to catch up.
- Be proactive with your marks by asking for help and handing all assignments in. Don't wait till it's too late.
- Review your materials and have a study plan for exams.

## KAE KNOWLEDGE & EMPLOYABILITY

**Grade 10 KAE:** I have popped into class so that students know who I am and gave out café cash (*which needs to be used before the end of the month*). I have also met individually with a number of our new grade 10s and will continue to make my way through the list.

**Grade 11 KAE:** Students are reminded to start thinking about Work Experience. Come see Mrs. Moisan if you have questions about your graduation requirements. See Mr. Pardington if you are ready to begin your Work Experience hours as you need a contract and safety visit prior to earning credit for hours worked or volunteered.

**Grade 12 KAE:** If you have not started your Work Experience hours, this is something you need to be on top of right away. For students who are upgrading a course, this is still a requirement to ensure you can partake in grad. If you have not already, pop in or make an appointment to see Mrs. Moisan a.s.a.p.

## LAWS LIVING, ACADEMIC, WORK SKILLS

We welcome **Mrs. Sarah Chapottelle** to our LAWS teaching team.

Thank you to everyone who participated in our apple fundraiser. We appreciate your support and heard they were delicious!

Students in LAWS will not be running the school store this year due to Covid restrictions. The cafeteria is open to students.

## AS ACADEMIC SUPPORT BLOCK

*Students have been enjoying brain, movement, and stretch breaks throughout the block. At the start of the semester students had the opportunity to make a lanyard for their masks with beads.*

# MARAUDER SPORTS



- Football, golf and Flag Football (women) looking to push their seasons into the spring this year.
- Volleyball teams are finished tryouts and running practices until games can be scheduled.
- Cross country are doing a running club a few times a week, if interested see Mr. Gee.
- Any athletes interested in joining the Swimming team please see Mrs. Jensen to sign up and will be starting morning practices right away.

More information will be passed on as news becomes available. Please contact Mr. Drolet ([jdrolet@psd70.ab.ca](mailto:jdrolet@psd70.ab.ca)) with any questions you might have.



# GRADUATION



## Graduation Information and Important Dates

- Grad Fees are due **December 11, 2020**. Payment can be made on-line through the PowerSchool Parent Portal or by cheque, debit, cash or credit card at Memorial's Finance Office.  
[2020-2021 Grad Fee Form](#)  
Please do not submit the Grad registration form prior to payment of the Grad fee, thank you.
- Grad portrait session bookings for January will start on December 15, 2020 with the on-line Appointment Plus scheduling system. If an appointment has been booked and the Grad fee remains outstanding the appointment will be cancelled.
- Lifetouch Graduation Photos – January 20 - 26, 2021 held at MCHS.
- Grad portrait session bookings for Graduation Photo Retakes will start on February 12, 2021 with the on-line Appointment Plus scheduling system.
- Graduation Photo Retakes – March 1-4, 2021 held at MCHS.
- Jostens Graduation Memorabilia – Visit [www.jostens.com](http://www.jostens.com) to view and purchase a Graduation ring. For Grad apparel visit [www.jostenscanada.com/classof2021](http://www.jostenscanada.com/classof2021) Students can phone Jostens with questions 1-844-750-9050

### [Jostens Video Message for Grads](#)

Students are responsible for ensuring they meet the Alberta High School Diploma/KAE Certificate requirements to graduate and must be on the Grad list to participate in the Graduation Ceremony. Any student concerned about their eligibility to graduate, must see Ms. Fisk or a School Counsellor in Student Services.

As we continue to plan for Grad activities, please make sure to check the website often, and watch for messages in your inbox from the school.







# COUNSELLOR'S CORNER

## myPass

It is very important that all students set up their myPass account while in high school, but it is particularly important for **Grade 12 students**. This is the only way that Grade 12 students will find out their diploma exams marks. Go to <https://mypass.alberta.ca> and "Sign in With an Education Account". Students require their Alberta Student Number (which can be found on PowerSchool) and a personal email address. Do not use your psdblogs account because it will be deactivated when you graduate. Please stop by Student Services if you have questions or require assistance.

## Post-Secondary Virtual Open House Dates

### Virtual Post-Secondary Fair for MCHS

28 post-secondary institutions from across Alberta will be present giving you an opportunity to learn about programs, admissions, student life and more. Join the post-secondary fair this fall in order to get all your questions answered and begin your post secondary journey.

**Thursday, October 29 6-8pm**

Link: <https://elaa.6connex.com/event/alberta/student/login>

While inside the virtual fair students have access to a virtual "briefcase". This is where you can add resources from post-secondary institutions. Your briefcase contents can then be downloaded to save and keep for later, so please collect view-books and resources, and download them when you are done and before you leave the virtual fair.

### Mount Royal University (Calgary)

October date to be announced

Register at: <https://www.mtroyal.ca/Admission/OpenHouse/>

### University of Calgary

Saturday, October 3 10am - 3pm

Register at: <https://www.ucalgary.ca/future-students/undergraduate/events/open-house>

### U of A

Thursday, October 15 4 - 8pm

Friday, October 16 2 - 6pm

Saturday, October 17 10am - 3pm

Register at:

<https://www.ualberta.ca/admissions/undergraduate/tours-and-events/open-house/index.html?>

## Olds College

Friday, October 16 1-7pm

Register at: <https://www.oldscollege.ca/admissions/visit-us/index.html>

## NAIT

Friday, October 16 9am - 3pm

Saturday October 17 10am - 3pm

Register at: <https://www.nait.ca/nait/admissions/tours-events-and-info-sessions/open-house>

## Concordia University of Edmonton

Saturday, October 17

Register at: <https://concordia.ab.ca/future-students/open-house/>

## Lakeland College

Friday, October 23

Saturday, October 24

Register at: <https://www.lakelandcollege.ca/admissions/plan-a-visit/open-house/>

## The King's University

Saturday, October 24 10am - 2pm

Register at: <https://www.kingsu.ca/admissions/visit-kings/open-house>

## MacEwan University

Saturday, November 7

Register at: <https://www.macewan.ca/wcm/MacEwanEvents/OpenHouse/index.htm>

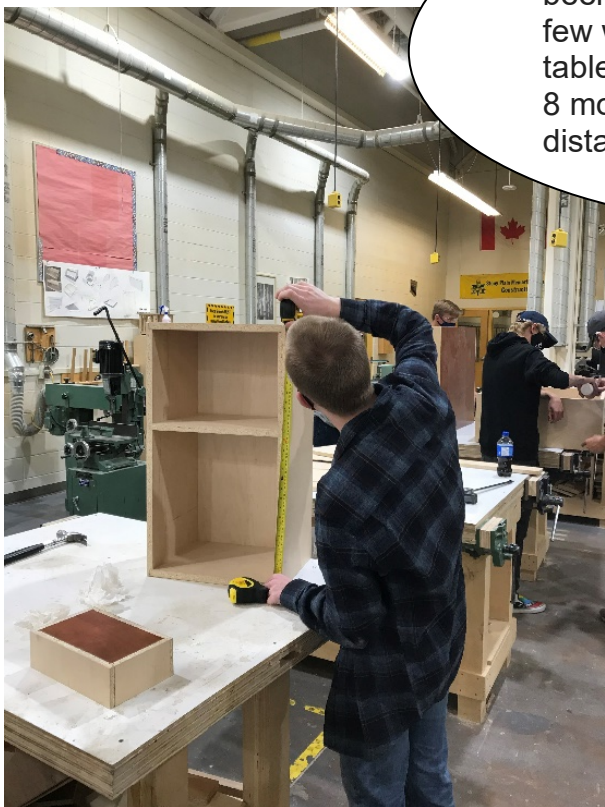
## Awards

Memorial Composite High School is very proud of their students and their many achievements. Typically we honour student achievement at Awards Night on the Tuesday following Thanksgiving weekend. This year we will not be able to honour our students in the same way we have in the past due to AHS restrictions. We will, however, be hosting a Virtual Awards Event during the day on November 24 for our current Grade 11 and 12 students. The awards for the Grad Class of 2020 will be honoured in the November 27th edition of the Stony Plain Reporter and their awards will be distributed during that week.

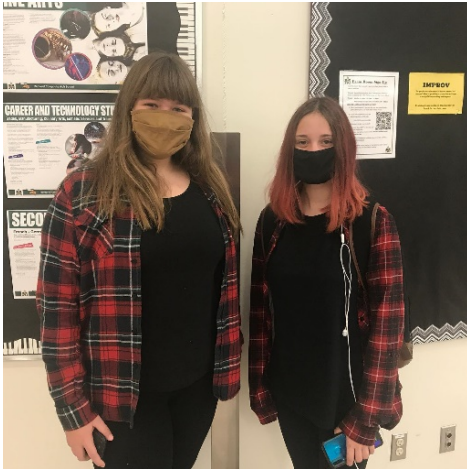
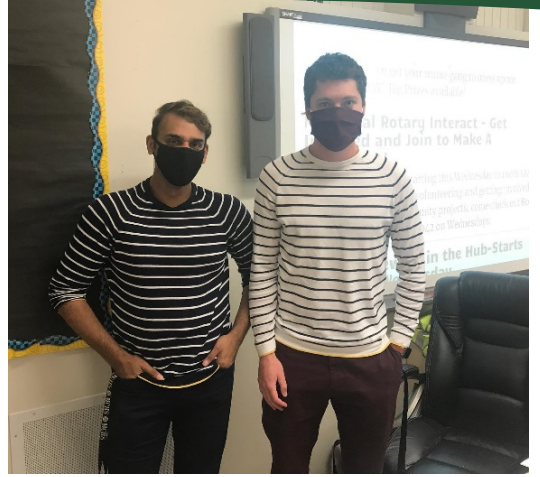
# CAREER & TECHNOLOGY STUDIES



The Construction classes have been very productive over the last few weeks completing 7-8ft picnic tables for the front of Memorial and 8 mobile work benches for social distancing in shop class while the



# School Spirit: TWIN Day





What are you going to be when you grow up? CAREERS: The Next Generation is a not-for-profit organization that helps students tackle this monumental question and prepares them for the future. By connecting students to paid internships in skilled trades, health care and information & communications technology, they can try out careers of interest before they graduate. They even earn high school credits! Want to learn more? Contact CAREERS at 1.888.757.7172 or [www.careersnextgen.ca/learnmore](http://www.careersnextgen.ca/learnmore)



Applications for several Alberta post-secondary schools begins as early as

**OCTOBER 1**

Go to the website to check out dates for your schools, admission requirements, etc. You'll need a myPass account to forward your transcripts.

**TOWN OF STONY PLAIN FCSS** has many resources to offer. Please check out the

[Stony Plain FCSS October Programs for Everyone](#)

Topics Include:

- Safe Talk – suicide resources
- Understanding Strong Emotions
- Fraud Updates – chat with RCMP
- Gain Momentum with your Money (5 sessions)
- Social Media
- Estate Planning and Wills
- Assertive Communication – Learn to say “No” and set boundaries.



### MCHS Contact Info

(780) 963-2255

email: [mchs@psd70.ab.ca](mailto:mchs@psd70.ab.ca)

website: [mchs.psd70.ab.ca](http://mchs.psd70.ab.ca)



Memorial Composite High School



[@MemorialComp](https://twitter.com/MemorialComp)



[memorialcomposite](https://www.instagram.com/memorialcomposite)

[#memorialcomp](https://www.instagram.com/memorialcomposite)

### We hope you enjoy this month's newsletter. 😊

If there are any topics that would like to see in future newsletters to assist you as a parent in your family conversations about education and helping your high school child(ren) navigate the world growing up, please drop an email to [mchs@psd70.ab.ca](mailto:mchs@psd70.ab.ca). Our target is to have the newsletter go out on the 1<sup>st</sup> Monday of each month, so please send your email by the third week of the month to give us time to prepare. See you next month!

September 3, 2020

Dear Parents/Guardians of Alberta students:

With the 2020-21 school year starting up, I wanted to reach out with a few reminders. We're all going to need some help as we navigate the upcoming weeks and make our children's school experience as comfortable as possible while we manage our own anxiety about what a school experience in a time of COVID-19 looks like.

### **Adjusting to living with COVID-19**

Let me start by saying I'm a parent too. I know that all of us want the best for our children whether they are going back to a classroom or you're supporting their learning at home. This pandemic is hard for everyone. Our kids are not going back to the same school environment they left in March. Things will not look or feel the same this year. For my family, I truly believe that returning our children to in-person classes is part of ensuring their overall health. You may feel differently and your decisions must be made in the best interest of your family. Whatever your choice, your school authority has a program to suit your decision and my team is working to support your school authority.

### **Public health guidance for schools**

We have been working with our partners in Alberta Education and Alberta Health Services (AHS) to develop the guidance for school re-entry. Your children's schools and their school authorities have plans for putting this health guidance into action. I believe that this is the right next step to getting Alberta's students back to classes in a way that reduces COVID-19 risks in our schools, but also considers other aspects of their health. My team and I will be closely watching the return to school experience to use this information to adjust our public health advice if needed. I have committed to posting any new orders Monday through Thursday, and will share information when new orders get posted online via social media, and at my regular updates.

If everyone works together to follow the public health guidance, we can help keep one another safe. Please screen your child daily for any symptoms with the list your school has provided. If your child is sick, please keep them home and arrange for them to be tested for COVID-19 through AHS. Appointments can be booked online at [www.ahs.ca/covid](http://www.ahs.ca/covid). Some of you may have heard that it isn't worth getting tested because it takes too long to get results. AHS is working hard to improve testing turnaround times and result notification, because it is so important to be able to get a test and results as quickly as possible.

Schools have put in place enhanced cleaning and disinfecting, physical distancing plans and cohort plans for students. Your school has developed a plan for implementing these measures within its specific setting. It is important that all members of your school community follow this plan to reduce the risk of COVID-19 transmission.

### **Clarification of mask requirement**

As a part of the safety measures to reduce COVID-19, mask use for students in grade 4 through 12, and all staff and visitors is provincially required. This applies to all staff in all settings outside of seated classroom instruction where physical distancing of two metres cannot be maintained. Students will be required to wear masks in all shared and common areas, including hallways and on the school bus.

We recognize that wearing a mask all day during instruction may have impacts on communication and learning for children. The mask policy and guidance announced in early August has always stated that masks are not required when children are seated at their desks. Where two meters is not possible between desks or tables, students should be arranged with the greatest distance possible between them, and so they are not facing each other, such as in rows, so they are not likely to cough or sneeze directly on the face of another student. If close contact between students, or students and staff is occurring due to a non-seated activity, non-medical face masks should be used for the duration of the activity.

While the above information on the mask requirement has been part of our guidance for several weeks, it was formally adopted on August 29<sup>th</sup> through Order 33-2020. This order was finalized and issued over the weekend before schools started with the intent to ensure that school authorities could review the order before it came into effect on August 31<sup>st</sup>. The order does not change the policy or my advice for guidance in schools. I am sorry for any anxiety or confusion that this order may have caused.

### **How to help your child prepare**

You are critical in supporting your children to manage these changes. I know that it can be hard for children to stay at a distance from friends or to stay in one cohort. It is natural for children of all ages to want to be close to their friends and play together, especially after having been apart for a long time. You can help by talking to your child about the changes they will see in their school, helping them become comfortable with wearing a mask, showing them how to wash their hands and teaching them about the importance of keeping physical distance where possible. It is also important to help our children remember to be compassionate to others who may forget the new rules or are unable to wear a mask. Supporting each other to adjust to the new normal will be our best long-term defence.

### **Dealing with cases of COVID-19 in schools**

Despite all the measures that will be taken in your child's school, I expect there will still be some cases of COVID-19 in school settings. My team has developed a resource guide to help school communities understand what tools are available when responding to COVID-19 in school settings. That includes what to do when there are symptomatic

students or staff in the school, what to expect when a case or outbreak is identified and information to provide to the school community. This COVID-19 School Outbreak Resource Guide can be found online at [alberta.ca/ReturnToSchool](https://alberta.ca/ReturnToSchool).

You will be notified if there are any cases of COVID-19 at your child's school. Our partners at AHS public health will work closely with school administrators to ensure that all close contacts of any COVID-19 case are identified and informed as quickly as possible. You will also be made aware of any additional public health measures being implemented at the school.

### **Supporting mental health**

With the big changes to our children's lives over the past several months, it is natural that they may be feeling anxious or fearful. If you need any supports for your children or for your own mental health, you can find resources at the AHS website "[Help in Tough Times](#)". Please don't hesitate to reach out to any of the resources listed there if you need them.

### **Conclusion**

Finally, I want to say thank you for your continued efforts to help slow the spread of COVID-19. Successful re-entry depends on all members of our school community working together to ensure the safety of all those attending school. We are all in this together.

I wish your family a safe return to school.

Yours sincerely,

Deena Hinshaw, BSc, MD, MPH, CCFP, FRCP  
Chief Medical Officer of Health

For more information on school re-entry, please visit: [alberta.ca/ReturnToSchool](https://alberta.ca/ReturnToSchool).





# Board Meeting HIGHLIGHTS



SEPTEMBER 1, 2020

## Board Remuneration

Trustees approved the proposed changes to the [Board Remuneration model for the 2020–2021 school year](#). The Board previously tasked administration with creating a new compensation model.

The new model provides all Trustees with equal base compensation covering their time for attending meetings and events with some modifiers for the distance of the wards from the Centre for Education, and the positions of Board Chair and Vice Chair. It also eliminates the variable per diem payments for attending school division events and the reimbursement of travel charges for travel within the division. These changes will limit the time and effort of submitting, approving, paying and reporting on the individual events that were paid through per diems and mileage under the old model.

At the meeting's conclusion, there was a Notice of Motion for the next meeting where a 20% reduction to trustee compensation has been proposed for the 2020–2021 school year.

## Facilities Summer Work Report

The Board received as information the [Facilities Summer Work Report 2020](#). The report highlights capital and infrastructure maintenance renewal projects completed or near completion during the summer months.

Along with scheduled summer work, additional projects were added to address the impact of COVID-19 and because of an additional allotment of Capital Maintenance & Renewal funding announced by the provincial government in May 2020.

The additional funding was specifically provided for capital maintenance projects, including school security systems, LED lighting retro-fits and boiler replacements.



## PSD Vision

Our students possess the confidence, resilience, insight and skills required to thrive in, and positively impact, the world.

## Trustees

**Lorraine Stewart (Chair)**

WARD 2

**Eric Cameron (V. Chair)**

WARD 5

**Darlene Clarke**

WARD 5

**Ron Heinrichs**

WARD 1

**Sally Kucher-Johnson**

WARD 3

**Paul McCann**

WARD 4

**Anne Montgomery**

WARD 5

## Other highlights

Trustees received the following as information:

- [2019–2020 Student Conduct Report](#)
- [Human Resources Department 2019–2020 Report](#)
- [PSD Tomorrow Committee's meeting minutes from August 19, 2020](#)

## More information

A complete agenda recap, meeting minutes, Trustee profiles and more are available online at

[www.psd70.ab.ca](http://www.psd70.ab.ca)

**NEXT MEETING:** Tuesday, Oct. 6 at 9:30 a.m. (Centre for Education, 4603 - 48 St., Stony Plain)



# Wâhkômiwêw

## Program

**SUPPORTING  
CONNECTION**

Services open to ALL members of the community!

Native Counselling Services of Alberta is pleased to introduce the Wâhkômiwêw (wah ko mee wayo) Program. Wâhkômiwêw means “being connected to people” in Cree. Our Wâhkômiwêw navigators will support youth and their parents and caregivers to develop individualized Healing Plans that build on individual and family strengths to create positive change.

### NAVIGATING HEALING

**Wâhkômiwêw staff will support youth, parents and caregivers to:**

- Navigate their healing journey
- Strengthen connection to family, community and culture
- Promote physical, emotion, mental and spiritual development of children ages 7-17
- Navigate income support, child care, housing, addictions, budgeting, etc.
- Learn about life skills through one to one mentoring (communication, relationships, self-worth, anger management, impacts of historic trauma)
- Participate in Circles of support for individual and family well-being
- Transition children and youth back from foster/kinship care
- Engage in ceremony and teachings with Elders

### COVID-19

**During the COVID-19 pandemic, our services follow the directives of the Chief Medical Health Officer of Alberta. This means we can offer:**

- Telephone, social media, and curbside supports
- Limited in person contact with precautions (masks, physical distancing)
- Basic supplies to maintain health and wellbeing
- Child and youth necessities (games, puzzles, books, etc)
- Access to smudge kits and traditional medicines

**Stony Plain, Spruce Grove, Parkland and**

**Yellowhead County: 780-963-8749**



[www.ncsa.ca](http://www.ncsa.ca)



Family Resource Network

**Self-referrals welcome!**





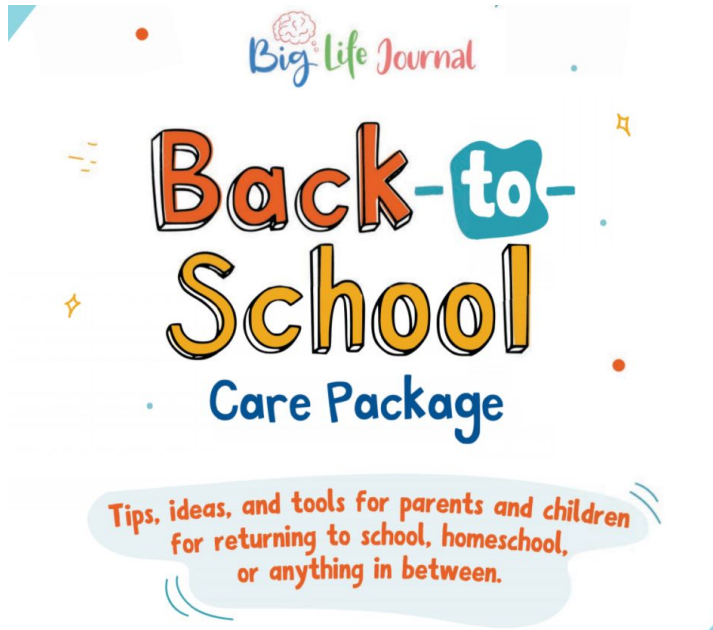
# Stronger Together

Parkland School Division Family Supports Newsletter September 2, 2020

Dear parents and caregivers,

Welcome back!! You made it through the lockdown, the summer and you are now into the first week of school. Well done!! So many changes can be hard on your family. There are many uncertainties, but there are things we can do to help our kids to cope with change and to help them thrive when times are challenging.

Take care, Vicky Mamczasz -Family Support Facilitator, Dena Davis- Sunrise Supports Program Liaison



Check out this back to school care package - it is full of great ideas!!  
[Big Life Journal](#)

## Change is Hard. An Unknown Future is Harder. ( from ADDitude Magazine)

Difficulty with transitions manifests in several ways, including resistance, avoidance, distraction, negotiations, or a full-blown meltdowns. If your child is demonstrating these behaviors, try these proven strategies to help them better navigate the change and uncertainty of today — and tomorrow.



### 1. Remind Your Child That Change is No One's Fault

Acknowledge that there will be a change and put it on a family calendar. Print a copy and tape it to the bathroom mirror so that schedule deviations aren't a surprise. Keep in mind that, though we know schedule changes right now aren't anyone's "fault," it is important to verbalize this as a means of reassurance for children. Being able to relate things to logic and science provide a grounding structure for understanding.

### 2. Teach Perspective Taking

Understanding how someone else sees the world allows us to work together and communicate. [Perspective taking](#) involves several distinct skills, including determining how someone else

---

feels, controlling inhibitions, and practicing cognitive flexibility. To help your child see the bigger picture, first make sure you provide pre-emptive validation regarding their personal worth. Then dedicate time, space, and support in reflective listening. Hear your child out, but be sure to emphasize that their life experience is much more than one event or achievement.

*“Will this event matter in one week, one month, one year, or one decade?” If so, how? Practicing perspective taking in this way can help prevent a child from tying their personal worth to a single performance or social event.*

### 3. Create Boundaries and Coping Strategies

The uncertainty of a less-than-stable routine can increase a student's anxiety and stress regarding school. Spending hours in front of a screen or a tablet isn't a great coping strategy, either, as excessive screen time can disrupt the production of melatonin, a sleep regulator. [Physical activity outdoors](#) in a natural setting can reduce stress and restore attention. Work with your child to define physical activities and coping strategies that they can use to stay focused and energized throughout the day.

### 4. Ask for Buy In

[Structure is great for soothing an anxious mind.](#) If plans are now uncertain, be honest about the reality of the situation and offer opportunity for feedback and buy in for meaningful alternatives. Asking open-ended questions and taking time for thoughtful pauses in the conversation empower children to be creative, reclaim some ownership, and feel a part of a shared integrative experience. It is OK to balance being supportive and being honest. It's OK to admit that you do not have all of the answers. Together, we can do this. With patience, structure, creativity, and good intentions, we can [support our children during these unusual times.](#)

*Brian Lux, MAT is a licensed k-12 master educator*

### How do you set your kids up for success this year?

- **Get organized** - make sure you have a solid routine in place
  - make sure lunches and backpacks are organized the night before school and backpacks are always put back in the same place
  - Have your kids choose their school clothes the night before for the next day
  
- **Sleep is essential**
  - Make sure your kids have a reasonable bedtime (teens too)
  - Make it a standard practice that technology is shut down long before bedtime
  - Make sure teens have turned their phones OFF. Collect them if you need to, buy an old school alarm clock if an alarm becomes the excuse to keep their phone on
  - Have a bedtime routine in place - reading a story together, etc.
  
- **Family time is important**
  - Eat dinner together - talk about the day
  - Make the meal together - give everyone a job
  - Plan fun activities to do together
  
- Work with your kids to **set new goals** for the year (You can model how to do this by setting goals yourself.)
  - Help them to break down the steps to be able to accomplish them
  - Check in to see how things are progressing
  - Celebrate achievements
  
- **Set limits on technology**
  - Create a family plan and model the behaviour you want to achieve



## Covid 19 - check in gently to see how your child is coping.....

It's important to be calm and proactive in your conversations with children – check in with them to see how they are doing. Their emotions will change regularly and you need to show them that's okay.

Whether at school or at home, caregivers can engage children in creative activities, such as playing and drawing, to help them express and communicate any negative feelings they may be experiencing in a safe and supportive environment. This helps children find positive ways to express difficult feelings such as anger, fear or sadness.

As children often take their emotional cues from the key adults in their lives – including parents and teachers – it is important that adults manage their own emotions well and remain calm, listen to children's concerns, speak kindly and reassure them.

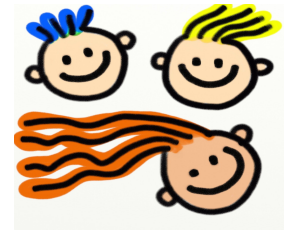
### Watch for the warning signs of unhealthy tech usage.

The psychologist Jon Lasser, who co-wrote "Tech Generation: Raising Balanced Kids in a Hyper-Connected World," says parents should note when:

- Kids complain that they're bored or unhappy when they don't have access to technology
- Tantrums or harsh resistance occur when you set screen time limits
- Screen time interferes with sleep, school and face-to-face communication

## **Resilience - how do we bounce back - teaching your kids to thrive** ( adapted from American Psychological Association - Resilience Guide for Parents and Teachers.)

We all can develop resilience, and we can help our children develop it as well. It involves behaviors, thoughts and actions that can be learned over time. The following are tips to build resilience. (<https://www.apa.org/helpcenter/resilience>)



### 1. **Make connections**

Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Build a strong family network to support your child through his or her inevitable disappointments and hurts. Connecting with people provides social support and strengthens resilience.

### 2. **Help your child by having him or her help others**

Children who may feel helpless can be empowered by helping others. Engage your child in age-appropriate volunteer work.

### 3. **Maintain a daily routine**

Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child to develop his or her own routines.

### 4. **Take a break**

While it is important to stick to routines, endlessly worrying can be counter-productive. Teach your child how to focus on something besides what's worrying him. Be aware of what your child is exposed to that can be troubling, whether it be news, the Internet or overheard conversations, and make sure your child takes a break from those things if they trouble her.

### 5. **Teach your child self-care**

Make yourself a good example, and teach your child the importance of making time to eat properly, exercise and rest. Make sure your child has time to have fun, and make sure that your child hasn't scheduled every moment of his or her life with no "down time" to relax. Caring for oneself and even having fun will help your child stay balanced and better deal with stressful times.

### 6. **Move toward your goals**

Teach your child to set reasonable goals and then to move toward them one step

at a time. Moving toward that goal — even if it's a tiny step — and receiving praise for doing so will focus your child on what he or she has accomplished rather than on what hasn't been accomplished, and can help build the resilience to move forward in the face of challenges.

7. **Nurture a positive self-view**

Help your child remember ways that he or she has successfully handled hardships in the past and then help him understand that these past challenges help him build the strength to handle future challenges. Help your child learn to trust himself to solve problems and make appropriate decisions. Teach your child to see the humor in life, and the ability to laugh at one's self.

8. **Keep things in perspective and maintain a hopeful outlook**

Even when your child is facing very painful events, help him look at the situation in a broader context and keep a

long-term perspective. Although your child may be too young to consider a long-term look on his own, help him or her see that there is a future beyond the current situation and that the future can be good. An optimistic and positive outlook enables your child to see the good things in life and keep going even in the hardest times.

9. **Look for opportunities for self-discovery**

Tough times are often the times when children learn the most about themselves. Help your child take a look at how whatever he is facing can teach him "what he is made of."

10. **Accept that change is part of living**

Change often can be scary for children and teens. Help your child see that change is part of life and new goals can replace goals that have become unattainable.

## Strong Families Series: Transitioning Back to School



August 26, 2020 - Parkland School Division is proud to present another FREE information session for local families.

Due to the ongoing COVID-19 pandemic, the 2020-2021 school year will be unlike any other in living memory. Regardless of whether students return to in-person classes or continue their learning at home, adjusting to this kind of change can be a struggle that produces feelings of anxiety in everyone involved - parents and families included. (Continued below)

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In our upcoming Strong Families session, psychologist Joel Pukalo will offer families practical tips for navigating these uncharted waters - approaching the new school year with a positive attitude, addressing mental health concerns and enhancing social connections to maintain a steady course forward.

Dates: Tuesday, September 8, 2020

Time: 6:30pm

Location: [Online Zoom Webinar / Discussion Group](#)

Presenter: Joel Pukalo (Family Life Psychology)

In this session, we will discuss:

- Universal parenting practices to support mental health and enhance social connectedness
- Practical back-to-school tips on scheduling, routines, and creating positive expectations for the new school year
- Proven strategies to support children and parents struggling with anxiety and adjusting to the “new normal” of school in the fall

The session will also include some Q&A time for parents/guardians to ask questions regarding specific challenges their children may be experiencing.

Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/psds-strong-families-series-transitioning-back-to-school-registration-118188429775>.

For more information, please contact:

Vicky Mamczasz

Family Supports Facilitator

Email: [vmamczasz@psd70.ab.ca](mailto:vmamczasz@psd70.ab.ca)

## Family Activity

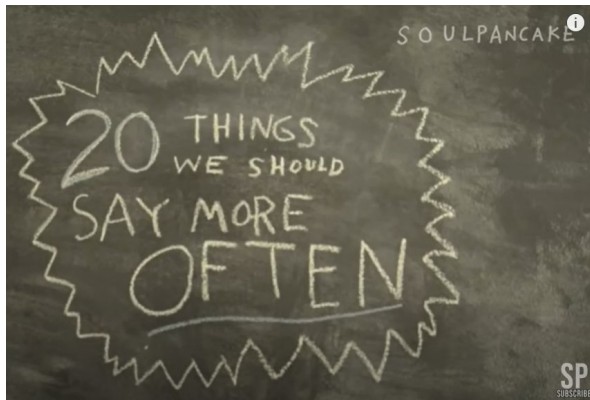
# Try a new thing

1. Each family member picks one new thing to try for the month.
2. Each family member agrees to stick with it
3. Share and celebrate successes and failures

This is a great way for you to model resilience for your kids. You can talk about what went well, how things were frustrating sometimes and the value of finishing things and how you felt.



## Kid President's 20 Things We Should Say More Often



### **Reach out for support in your community...**

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221  
Community Connector - Michelle Enright - 780-217-4146  
Youth Mental Health - Northgate Walk In Clinic (AHS - now call in or virtual appointment) 780-342-2700  
MOBILE/AFTERHOURS CRISIS TEAM: 780-407-1000  
Mobile Addictions Support - Lisa Kimmerly - 780-868-1895  
Parenting support (APFA) - Triple P Parenting - Rebecca Plante - 780-963-0549  
Adult Crisis Response - 780-342-7777  
Support Network Distress Line - 780-482-4357  
Adult Mental Health Referral and Treatment - 780-342-7700  
Parkland School Division - Family Support - Vicky Mamczasz - [vmamczasz@psd70.ab.ca](mailto:vmamczasz@psd70.ab.ca)  
Sunrise Supports - Dena Davis - [dgdavis@psd70.ab.ca](mailto:dgdavis@psd70.ab.ca)



# Caregiver Education Team Newsletter

October 2020



Alberta Health Services,  
in collaboration with  
The Mental Health Foundation,  
is proud to offer FREE online  
programming for parents and  
caregivers of children and youth.

## Caregiver Education Sessions

These 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding addiction and mental health challenges that can affect children/youth. Unless specified, sessions are for an adult audience; however some sessions welcome youth to attend with their caregiver.

See [pages 2 and 3](#) for current topics, dates, and times.

## Lunch & Learn Webinar Series

These 60 minute informational webinars are for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency and overall family wellness.

See [page 4](#) for current topics, dates, and times.

## SEEDS Drop-In Groups

The Support, Education, and Engagement Drop-In Sessions (S.E.E.D.S) are 90 minute drop-in online interactive and educational workshops designed to help parents/caregivers learn foundational strategies that cultivate healthy relationships, strong child development, and resilient families.

See [page 5](#) for current dates and times.



Visit our website for registration, tip sheets,  
videos, and more! [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)



Mental Health Foundation



# Caregiver Education Sessions

October 2020



These free, 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding addiction and mental health challenges that can affect children and youth.

## Technology and the Teenage Brain: Digital Wellness for Families

Take a look at the teen brain and the risks and benefits of technology use. Tips on effective communication and limit setting are also shared.

**Date: Thursday, October 1, 2020**

Time: 6:00 – 7:30 pm

Note: Caregivers and youth (Gr. 7-12) can attend together.

## Supporting Self-Regulation in Elementary School Children

Do you wish you could help children handle strong emotions? This session will look at the development of self-regulation in children.

**Date: Tuesday, October 6, 2020**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-6; for adults only.

**Date: Thursday, October 15, 2020**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-6; for adults only.

## Breaking the Cycle of Anxiety: A Step By Step Approach

In this session, review helpful vs. unhelpful anxiety and discuss strategies for identifying and managing anxiety in children and youth.

**Date: Tuesday, October 13, 2020**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

*(Continued on next page...)*

## Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register for a session, click [here](#) or visit: [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback:

“The information provided was very good and clear to understand.”

“The speakers were very knowledgeable and gave lots of information.”

“The more sessions I attend, the more I will be able to guide my child.”

# Caregiver Education Sessions

October 2020



These free, 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding addiction and mental health challenges that can affect children and youth.

(...continued)

## Parenting Teens in the 21<sup>st</sup> Century: Respectful Limit Setting with Adolescents

In this session, you will explore the challenges of being a teenager, parenting a teenager, and tips for setting healthy boundaries.

**Date: Tuesday, October 20, 2020**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; for adults only.

**Date: Thursday, October 29, 2020**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; for adults only.

## Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

This session will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and strategies for supporting success in children and youth with ADHD.

**Date: Thursday, October 22, 2020**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

**Date: Tuesday, October 27, 2020**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

## Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register for a session, click [here](#) or visit: [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback:

“This presentation was loaded with invaluable information and resources! Thank you for helping parents and kids!”

“Great concrete suggestions and new ideas!”

“The session provided a good overview of strategies and provided good info. Thanks for running this!”



Mental Health Foundation



Alberta Health Services

For more information or to register, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Lunch & Learn Webinars

October 2020



These 60 minute webinars are for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency and overall family wellness.

## Mental Health & Resiliency Series:

### Positive Communication that Promotes Growth

This session will look at how we can use the communication tools of praise and encouragement to support our child's healthy need for attention and foster helpful behaviours.

**Date: Monday, October 5, 2020**

Time: 12:00 – 1:00 pm

Note: This session is for adults only.

### Calming Our Bodies and Minds

In this session, we will discuss the ways that our bodies and minds respond to stress and learn strategies for equipping our children to regain a sense of calm and control in the midst of life's stressors.

**Date: Monday, October 19, 2020**

Time: 12:00 – 1:00 pm

Note: This session is for adults only.

### Resilient Mindsets

We will look at specific behaviours and habits that parents can encourage in the home to develop a more positive mindset in their child for reducing stress, increasing empathy, and tackling new challenges.

**Date: Monday, October 26, 2020**

Time: 12:00 – 1:00 pm

Note: This session is for adults only.

### Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register for a session, click [here](#) or visit:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

### Parent Feedback:

“Enjoyed the session – the length and format was perfect!”

“Helpful tools to assist parents. Thank you!”

“I can't wait to continue joining upcoming sessions.”

# SEEDS Drop-In Groups

October 2020



These interactive, educational, drop-in workshops are designed to help caregivers learn foundational strategies that cultivate healthy relationships, strong child development, and resilient families.

## Supporting Emotional Control in Children

This session is designed to help parents learn strategies for coaching their children in developing social and emotional skills. Once in place, these skills can lead to better friendships, increased school success, and higher levels of self-esteem.

**Date: Thursday, October 8, 2020**

Time: 6:00 – 7:30 pm

Note: This session is for adults only.

Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone."

~ Fred Rogers

## Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

### Please note:

- These sessions are for parents / caregivers of children grades K-6.

To register for a session, click [here](#) or visit:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback

"[The presenters] created a safe space to share ideas. Very open and inclusive."

"Kuddos to everyone who is making this kind of informative and participative session."



Mental Health Foundation



For more information or to register, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Caregiver Education Sessions and Groups

## October 2020



AHS, in collaboration with The Mental Health Foundation, is proud to offer FREE online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

## Sessions at a Glance:

### Caregiver Education Sessions

**Technology and the Teenage Brain: Digital Wellness for Families**  
Thursday, October 1  
6:00 – 7:30 pm

**Supporting Self-Regulation in Elementary School Children**  
Tuesday, October 6 or  
Thursday, October 15  
6:00 - 7:30 pm

**Breaking the Cycle of Anxiety: A Step by Step Approach**  
Tuesday, October 13  
6:00 – 7:30 pm

**Parenting Teens in the 21<sup>st</sup> Century: Respectful Limit Setting with Adolescents**  
Tuesday, October 20 or  
Thursday, October 29  
6:00 – 7:30 pm

**Keeping Scattered Kids on Track: Supporting Children and Adolescents with ADHD**

Thursday, October 22 or  
Tuesday, October 27  
6:00 – 7:30 pm

### SEEDS Drop-In Sessions

**Supporting Emotional Control in Children**  
Thursday, October 8  
6:00 – 7:30 pm

### Lunch & Learn Webinars

**Mental Health and Resiliency Series**

**Positive Communication that Promotes Growth**  
Monday, October 5  
12:00 – 1:00 pm

**Calming Our Bodies and Minds**  
Monday, October 19  
12:00 – 1:00 pm

**Resilient Mindsets**  
Monday, October 26  
12:00 – 1:00 pm



Mental Health Foundation



For more information or to register, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# NEW DIRECTIONS

A PROGRAM FOR MOMS & THEIR CHILDREN WHO HAVE EXPERIENCED/WITNESSED FAMILY ABUSE



New Directions runs from the end of Sept - end of March. Weekly group sessions are 2 hours in length:

communal meal

group counselling

education

## A PROGRAM FOR FAMILIES TO:

find a safe place to discuss the abuse you've experienced  
receive support as a parent of children coping with abuse  
find understanding & help in moving towards healing



## Get added to the intake list:

call **780.460.2195** or email **rechell@stopabuse.ca**

(intakes are completed by end of August of each year)



SAIF is a charitable organization with a mission to promote healthy respectful relationships through education, advocacy & support. We have been serving the St Albert, Sturgeon County & surrounding areas for over 30 years. We work with men, women, youth and seniors who have been or who are in, abusive relationships or have experienced family abuse, in any way. To learn more visit [stopabuse.ca](http://stopabuse.ca).

This program is offered free of charge to participating families thanks to the generous funding support of:



New Directions for Families  
780.460.2195  
[rechell@stopabuse.ca](mailto:rechell@stopabuse.ca)

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# Stronger Together

**Parkland School Division Family Supports Newsletter** September 22, 2020

Dear parents and caregivers,

We have all experienced the frustration when we can't get our kids to go to sleep or to get on a sleep routine after a long break from school. Don't give up, sleep is important for your kids to be able to manage their emotions, learn and to maintain good physical and mental health. We have included some tips in this newsletter you can add to your toolbox.

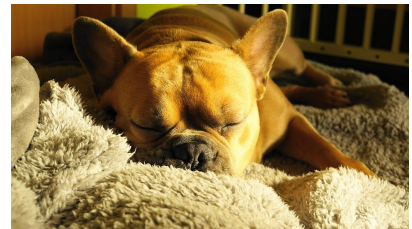
Although this newsletter is long, please read right to the end for great information about community supports and free programs for your kids and teens.

Take care, Vicky Mamczasz -Family Support Facilitator, Dena Davis- Sunrise Supports Program Liaison

## Why is sleep so important? ([FraserHealth.ca/SchoolHealth](https://www.fraserhealth.ca/SchoolHealth))

"Sleep is important for school because healthy students are better learners. Research shows when children and youth get enough sleep, they do better in school because they can concentrate better, remember things and behave well.

Sleep is also important for students' overall physical and mental health. Research shows when children and youth get enough sleep they are better able to make healthy choices, and making healthy choices also contributes to better sleep."



## Family Tips for Sleep with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

- Free online webinars
- Low cost counselling for children and adults

Sleep is an important and often overlooked element in emotional regulation. Developing an effective sleep schedule is a key component in supporting a child's physical, emotional, and mental wellness. Let's look at some general tips for sleep.

### General Tips for Sleep

- **Schedule:** Determine a consistent bedtime and wake time each day. (Contact your pediatrician to determine the appropriate amount of sleep for the age and activity level of your child. Allow for slight variations of a sleep schedule for special events but try to stick to your schedule as much as possible).
- **Alarms:** Set daily alarms for bedtime and waketime. Encourage older children to be responsible to set their own alarms.
  - o **Bedtime:** Set an alarm half an hour before bedtime (ex. 8:30 pm if bedtime is at 9:00 pm) to cue sleep preparation routine.
  - o **Waketime:** Set an alarm for wake-up time. (For younger children, parents can also wake up their children. Working toward independence is preferable as appropriate.)
- **Pre-Sleep Routine:** Begin a pre-sleep routine at least half an hour before bedtime. A pre-sleep routine may include journaling, stretching, meditation, music, reading, taking a hot bath or shower, or other activities that help you relax. Try to avoid screen time, vigorous activity, sugary foods/drinks, or emotionally provoking activities before bed.
- **Falling Asleep:** Children who have difficulty falling asleep may benefit from focusing their mind on something else. Try listening to a calming audiobook or sleep story, breathing/counting techniques, or practicing visualizations of places that you've visited or new places you hope to travel.

If you are still having difficulty falling asleep consider consulting your medical practitioner to discuss further supports.

### Additional Tips

Source: Mindell JA & Owens JA (2003). A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems. Philadelphia: Lippincott Williams & Wilkins.

- **Bedroom.** Your child's bedroom should be comfortable, quiet, and dark. A nightlight is fine, as a completely dark room can be scary for some children. Your child will sleep better in a room that is cool (less than 75° F). Also, avoid using your child's bedroom for time out or other punishment. You want your child to



think of the bedroom as a good place, not a bad one.

- **Snack.** Your child should not go to bed hungry. A light snack (such as milk and low-fat cheese) before bed is a good idea. Heavy meals within an hour or two of bedtime, however, may interfere with sleep.
- **Caffeine.** Your child should avoid caffeine for at least 6 to 8 hours before bedtime. Caffeine can be found in many types of soda, coffee, iced tea, and chocolate.
- **Electronics.** Keep electronics out of your child's bedroom. Children can easily develop the bad habit of "needing" the television to fall asleep. It is also much more difficult to control your child's television viewing if the set is in the bedroom.
- **Naps.** Naps should be geared to your child's age and developmental needs. However, very long naps or too many naps should be avoided, as too much daytime sleep can result in your child sleeping less at night.
- **Exercise.** Your child should spend time outside every day and get daily exercise, but if possible, limit exercise within 4 hours of bedtime.

A note from SleepFoundation.org on Night Terrors -

<https://www.sleepfoundation.org/articles/3-ways-tell-nightmare-night-terror>

### How much sleep does your child need?

The Canadian 24-Hour Movement Guidelines for Children and Youth (ages 5-17 years) recommends:



- Children aged five to 13 should get nine to 11 hours of uninterrupted sleep per night with consistent sleep and wake-up times
- Youth aged 14-17 should get 8-10 hours of uninterrupted sleep per night with consistent sleep and wake-up times
- The 2018 BC Adolescent Health Survey showed that B.C. students who slept for 8 or more hours were more likely than those who slept less to report positive overall health and mental health.
- Adjusting to an earlier bedtime is best done gradually, over a two-week period, if possible.

### How do I know if my child is getting enough sleep?

(<http://www.med.umich.edu/yourchild/topics/sleep.htm#childrens>)

School-aged children still need somewhere between 9 and 10 hours of sleep each night. Your child is getting the right amount of sleep if they:

- Can fall asleep in 15 to 30 minutes
- Can wake up easily at the time they need to get up and don't need you to keep bugging them
- Are awake and alert all day, don't need a nap, are alert and awake in school



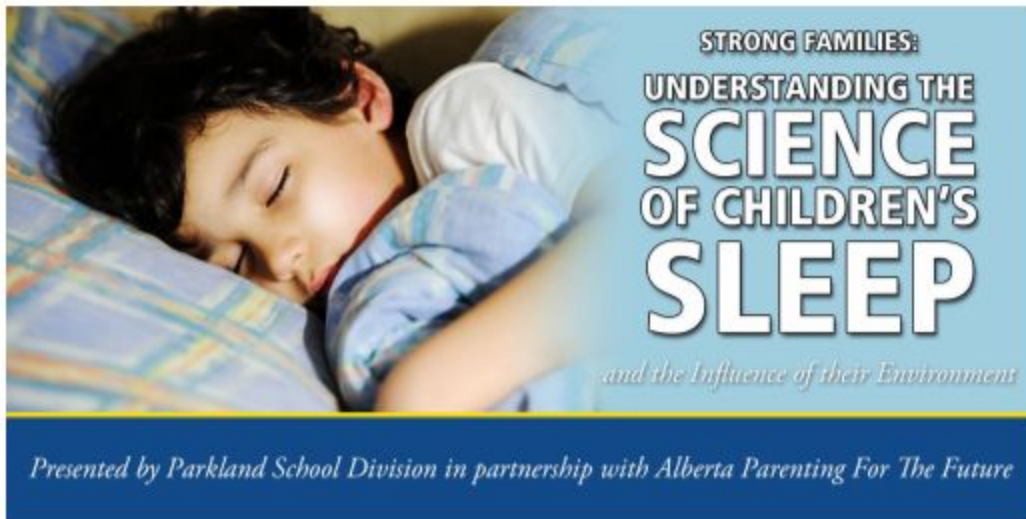
### Tips for healthy sleep habits: (Fraser Health and Sleep Foundation.org)

- **Role model healthy sleep habits.** Parents and caregivers can role model healthy sleep habits for their children and youth, such as prioritizing healthy sleep, engaging in calming activities and limiting screen time before bed.
- **Limit screen time.** Bright lights from screens may interfere with the body's normal sleep-wake cycle. Set a schedule for use of electronic devices before bed.
- **Get Outside!! Daily physical activity.** Regular physical activity can improve sleep quality, just try to not exercise too close to bedtime.
- **Avoid sugary caffeinated drinks:** Make sure your students avoid sugary and caffeine-containing drinks, such as pop, iced tea, energy drinks, coffee or tea or hot chocolate, and limit overall.



Students who get enough sleep may have fewer attention and behavior problems.

- **Set the Scene:** A calming bedroom atmosphere can help ease sleep struggles. Be sure the room is dark enough (installing black-out shades can help) and the temperature is comfortably cool. A rumbling tummy can keep kids awake, so offer a light snack before bed. Ones to try: whole-grain crackers with peanut butter or a small banana.
- **Watch the Clock:** Staying up too late is a big reason kids aren't getting the sleep they need each night. In fact, a child who heads to bed too late can take longer to fall asleep and may wake more frequently during the night. Try to base your child's bedtime on his age and activity level and then stick to the appointed time during the week and on weekends. <https://www.sleepfoundation.org/articles/sleep-strategies-kids>



## Strong Families Series: Understanding the Science of Children's Sleep

Parkland School Division is proud to partner with Alberta Parenting For The Future to present another FREE information session for local families.

We've all heard that getting a good sleep is essential to maintaining good health in both adults and children: it can improve our mood, concentration, physical coordination, memory and immunity, while reducing our risk of obesity, diabetes, high blood pressure and heart disease. Getting a good sleep, however, may be easier said than done, as numerous factors can influence each individual's ability to do so.

In our upcoming Strong Families session, Dr. Cary Brown, a U of A teacher and researcher in the areas of knowledge translation, health literacy, sleep, and chronic pain, will offer families practical tips for helping their children get quality sleep. Learn how to recognize signs of poor sleep hygiene in children, and how to manage the various biological and environmental factors in their lives to ensure they are able to get the best sleep possible.

Dates: **Tuesday, October 13, 2020**

Time: **6:30pm**

Location: **[Online Zoom Webinar / Discussion Group](#)**

Presenter: **Dr. Cary Brown** (University of Alberta)

In this session, we will discuss the basics of how biology and the environment interact to help or hurt sleep. Armed with this information, parents will be able to identify any problems with their child's sleep habits, and to adjust their child's bedroom to create the best conditions for sleep. We will focus on straightforward, low stress, easy-to-accomplish examples and options - let's get practical about children's sleep!

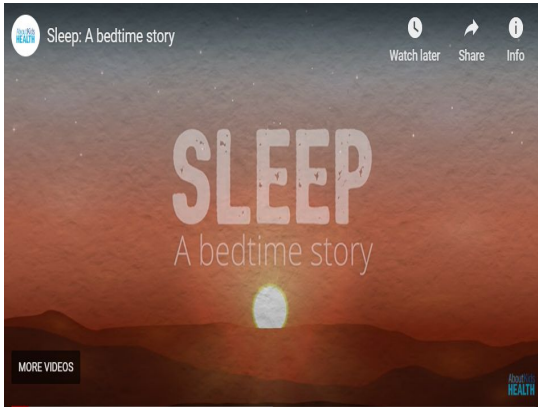
Please register early to reserve your spot by visiting <https://www.eventbrite.ca/e/strong-families-understanding-the-science-of-childrens-sleep-registration-121630300503>.

For more information, please contact:

Vicky Mamczasz

Family Supports Facilitator

Email: [vmamczasz@psd70.ab.ca](mailto:vmamczasz@psd70.ab.ca)



[Sleep tips: How to help your teen get a good night's sleep](#) (click the link above)

### Create a relaxing bedtime routine for teens- About Kids Health

If your teen is having trouble sleeping at night, encourage them to take some deep relaxing breaths, focusing on their breath as it goes in and out. Deep breathing for five to 10 minutes may help your teen become more relaxed and sleepy. If your teen feels wide awake at bedtime, make sure their activities are relaxing to help make them sleepier. Encourage your teen to go for a short walk before bed, practise yoga, do some light stretching, read a book or write in a journal. You can also have your teen watch this animation, which will remind them how they can get ready for a good night's sleep.



[Guided Sleep Meditation for Kids and Parents | Relaxation Techniques for Anxiety](#)



[Can't Sleep? Guided Sleep Meditation for Kids & Parents | Relaxation Techniques for Anxiety](#)

### Free Webinar



[Sleep Disorders and ADHD: Insomnia, Restlessness, Stimulants](#) In this free webinar from ADDitude Magazine Dr. Mark Stein will inform you about the impact of poor sleep on ADHD.

Try this activity free at [Biglifejournal.com](http://Biglifejournal.com)



### **Falling into Great Programs for Youth**

Parkland School Division is proud to work with amazing community partners across Spruce Grove, Stony Plain and Parkland County. We know that healthy students are better learners. For this reason, we want to ensure that youth are socially, physically and emotionally supported. Please check out the following programs, supports and services. If you have questions or would like to get involved in the Parkland Area Youth Coalition, please contact Wellness Coordinator Felicia Ochs at [fmochs@psd70.ab.ca](mailto:fmochs@psd70.ab.ca)

**Tri-Region Bunch:** a network of youth- serving providers committed to connecting youth with activities, resources, and safe adults in the Tri-Region . Check out our video on the [Community Compass](#) and visit us at [bit.ly/triregionbunch](http://bit.ly/triregionbunch).

### **Youth Mental Health Clinic**

The Youth Mental Health Clinic is a referral-based specialty clinic offering wrap-around mental health services for youth ages 11-25. Services are offered by a multidisciplinary team consisting of Physicians, a Social Worker, a Behavioural Health Consultant, a Psychologist, and Community Connectors. The main focus for accessing the YMHC would be for diagnosing and managing ADHD, anxiety, and depression. Contact the Community Connectors listed below for your area. There is no longer walk-in therapy available.

### **Community Connectors**

Community Connectors support youth ages 11-25 and their families in the Tri-region with accessing and navigating community and mental health supports and services by working collaboratively with a coalition of community stakeholders, social service agencies, and health care providers. Community Connectors work out of the Youth Mental Health Clinic, Parkland Area schools/outreaches, the Stony Plain Youth Centre, and the Lions Log Cabin Spruce Grove.

### **How can you access these services?**

To access the Youth Mental Health Clinic or Community Connector services, please contact the Community Connectors listed below.

Prab – Spruce Grove & Greater Parkland Area

email [prab.gill@westviewpcn.ca](mailto:prab.gill@westviewpcn.ca) or call/text 780-217-8701

Michelle- Stony Plain & Greater Parkland Area

email [michelle.enright@westviewpcn.ca](mailto:michelle.enright@westviewpcn.ca) or call/text 780-217-4146

Check out the Community Connector Instagram [@triregioncc](https://www.instagram.com/triregioncc)

## Family and Community Support Services (FCSS)

FCSS provides prevention focused programs and activities that enhance the quality of life for residents of the region. Find our current program guide for all ages here. <https://conta.cc/3IHClxP>

### Community Helpers Program - Free



**COMMUNITY HELPERS PROGRAM**

Alberta Health Services

Are you the person people come to for help?  
Do you want to be able to help others?

Week 1: Ethics, assumptions, and supports  
Week 2: Setting the stage for helping.  
Week 3: Helping as a process  
Week 4: Helping yourself  
Week 5: Setting Boundaries  
Week 6: How to respond to a crisis  
Week 7: Mental health awareness  
Week 8: Suicide facts and myths

Tuesdays - Sept. 22, 29, Oct. 6, 13, 20, 27, Nov. 3, 10  
Wednesdays - Sept. 23, 30, Oct. 7, 14, 21, 27, Nov. 4, 18  
**Register: 780.963.8583, email [pfcssestonyplain.com](mailto:pfcssestonyplain.com)**

**FREE PEER TRAINING ONLINE FOR YOUTH 11-18**  
Choose Tuesdays or Wednesdays 4:30-6:00 p.m.

HELP  
SUPPORT  
ADVICE  
GUIDANCE

A free peer training program to empower and build skills in youth to enable them to support friends and peers safely. This program is an Alberta Health Services program.

- The program runs online for 8 weeks. Choose Tuesdays or Wednesdays from 4:30-6:00
- Register by calling 780.963.8583 or email [pfcss@stonyplain.com](mailto:pfcss@stonyplain.com)
- Links will be sent to participants prior to first session.

### safeTALK - \$50, subsidy available



**safeTALK**  
Suicide Alertness for Everyone

Be prepared. Take an introductory course about suicide. Get comfortable talking about suicide, learn to recognize the signs, connect persons with thoughts of suicide to suicide first aid resources. You don't have to be a health care professional to help.

September 24  
Choose: 9:00AM-12:30 PM or 1:30-5:00 PM  
Location: 4613 52 Ave #107, Stony Plain  
Register: 780-963-8583  
Cost: \$50+GST \*Subsidy available Age 16+

COORDINATED SUICIDE PREVENTION PROGRAM

FCSS  
Family and Community Support Services

Learn the basic steps for suicide prevention, how to spot the signs, connections for safety, and getting comfortable talking about suicide.

- 16 years +
- Cost \$50, Subsidy available
- Register at [pfcss@stonyplain.com](mailto:pfcss@stonyplain.com) or call 780-963-8583
- September 24. Choose morning 9-12:30 or afternoon 1:30-5p.m. session
- Location 4613 52 Ave #107, Stony Plain

For more information about suicide visit our website at <https://www.thecspp.org> or contact Angela at 587-338-3802 [afetch@stonyplain.com](mailto:afetch@stonyplain.com)

## **FCSS--Stony Plain Youth Centre**

As of September 1st, the Stony Plain Youth Centre will be reopening for limited in person activities and programs!! We are geared towards youth aged 11 to 17 and are located at 4902-51 Avenue in Stony Plain. 😊

Things will be looking a bit different and we will all be learning and adjusting as we go.

We will be open Tuesdays and Thursdays from 2pm – 6pm for scheduled activities and/or programs and you must register in advance.

We have set up a new booking system so you can save your spot, whether it be for one of our "Activities of the Day" or reserve some time at a computer station.

Look for the new "Booking" button at the top of our Facebook page, check the link in our Instagram bio, go to our webpage or give us a call to save your spot! 📞

As with most places, you will need to social distance, sanitize and wear a mask to participate, so bring one if you have one. But don't worry, we have some extras if you don't! 🧴

You will also be asked a few screening questions once you arrive--and anyone exhibiting symptoms, will sadly not be allowed to participate. So if you aren't feeling well, please stay home and rest up till you are feeling better! 😞

Find and follow us on Facebook, Instagram or Snapchat for up to date info and to find out what will be happening each week!

Thank you for your ongoing patience, and we can't wait to see you!



## **Collaborative Communication Program**

A special 4-part YOUTH series to learn about conflict styles, listening to understand, and assertive communication. It is never too early to start strengthening your communication skills!

When: Thursdays, October 15-November 5th from 4:30PM-6PM

Location: ZOOM link to be provided

Register: (780) 968-3846

Cost: FREE

## **GEARS Program**

Gears program is a six week program that provides youth with the opportunity to develop tangible skills and build positive relationships while working on bicycles. The program is a mentorship model where staff work alongside youth to repair bikes. There is VERY limited space available for this program, so make sure you register soon!

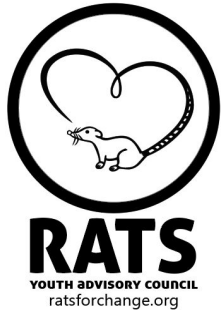
Who: Youth 11-17

When: Thursdays, from 6-8PM starting October 1st till November 5th

Location: Stony Plain Youth Centre 4902-51 Avenue.

Register: (780) 968-3846

Cost: FREE



### **RATS (Respect Advocacy Togetherness Support) Youth Advisory Council**

This youth led group connects youth passionate about wellness to opportunities to improve mental health outcomes in the region. The Rats Youth Advisory Council is based in the TriRegion and connect online through Discord or in person. Projects are designed and led by youth including the current project Infectious Tales. This group provides opportunities to innovate, advocate, and build skills in the area of wellness and we take time for food and fun. Project Coordinator is Jason Gondziola [jason@mtset.com](mailto:jason@mtset.com) contact to connect.



**Spruce Grove Library - <https://sgpl.ca/programs/virtual-reading-clubs>**

#### **Virtual Reading Club for Teens**

This teen-based group is so much more than a traditional ("boring") book club: there'll be vlogs, read alouds, discussions and goofy videos galore.

#### **Tech Bowl**

Take a splash into our Tech Bowl this fall! Some of your favorite tech from our old Innovation Lab that has now transformed into the Tech Tank.



**Stony Plain Library - <https://mysppl.ca/>**

#### **Virtual Events**

- Kids Can Cook
- Builder's Club
- Parkland Poets Society
- Thursday After School Events
- Virtual Escape Rooms

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### **Reach out for support...**

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221

Community Connector - Michelle Enright - 780-217-4146 (Stony Plain)

Community Connector - Prab Gill- 780-217-8701 (Spruce Grove)

Youth Mental Health - Northgate Walk In Clinic (AHS - 780-342-2700

MOBILE/AFTERHOURS CRISIS TEAM: 780-407-1000

Mobile Addictions Support - Lisa Kimmerly - 780-868-1895

Parenting support (APFA) - Triple P Parenting - Rebecca Plante - 780-963-0549

Adult Crisis Response - 780-342-7777

Support Network Distress Line - 780-482-4357

Adult Mental Health Referral and Treatment - 780-342-7700

Parkland School Division - Family Support - Vicky Mamczasz - [vmamczasz@psd70.ab.ca](mailto:vmamczasz@psd70.ab.ca)

Sunrise Supports - Dena Davis - [dgdavis@psd70.ab.ca](mailto:dgdavis@psd70.ab.ca)

# Keeping students, educators and school communities all connected.

In the current landscape of physical distancing, access to fast, reliable connectivity has never been more essential. TELUS Internet for Good helps low-income families stay connected, empowering youth to safely learn from home.

Steps to access Internet for Good through schools in BC and AB:



#### Teachers identify families in need.

Families can express their need for Internet connectivity to their child's teacher or Principal.



#### Principals email the request to TELUS.

Principals can consolidate requests for their entire school and email [internetforgood@telus.com](mailto:internetforgood@telus.com) from their school email address requesting Internet for Good redemption codes for identified families in need.



#### Families order TELUS Internet for Good.

Families in need receive a redemption code from their school and call TELUS to set up their Internet service.



## What is TELUS Internet for Good for Students?

The TELUS Internet for Good program provides eligible low income families with low-cost Internet connectivity in BC and AB (where service is available):

- Internet plans for \$9.95/month (plus applicable taxes) for 24 months; regular pricing thereafter
- Speeds of up to 25 Mbps (where available) and up to 300 GB data/month
- No contract or cancellation fees
- Option to purchase a low cost refurbished computer through BC Technology for Learning Society

In light of the unprecedented COVID-19 health crisis, schools in BC and AB can extend our Internet for Good offer directly to students and families in need, via their school's Principal.

## How can families sign up for TELUS Internet for Good for Students?

Families in need can reach out to their child's teacher or the school Principal. Principals can email TELUS at [InternetForGood@telus.com](mailto:InternetForGood@telus.com), from their school district email address, requesting Internet for Good redemption codes for the specific number of families in need at their school. Once families receive a code from their school Principal, they can call TELUS at **1-866-835-8744** to redeem the offer.

**Important note:** Families who have a Canada Child Benefit (CCB) statement showing their net income of less than or equal to \$31,120 can email TELUS directly at [InternetforGood@telus.com](mailto:InternetforGood@telus.com) with a copy of their statement and request for a program code. Other families who do not meet this criteria but are in need should discuss their situation directly with their child's teacher or principal who can request a code from TELUS on their behalf.

**For more information about Internet for Good for Students, families are encouraged to contact their child's school.**





# Entry Form - Poster and Literary Contests

## Formulaire d'inscription - Concours d'affiches et littéraire



### A CATEGORY/CATÉGORIE

- POSTER / AFFICHE**       **COLOUR / COULEUR**       **BLACK & WHITE / NOIR ET BLANC**
- LITERARY / LITTÉRAIRE**       **ESSAY/COMPOSITION**       **POEM/POÈME**  
Word Count / Nombre de mots \_\_\_\_\_      Line Count / Nombre de lignes \_\_\_\_\_  
Maximum: 800 Sr. 500 Int. 350 Jr.      Maximum: 32 lines

### GRADE LEVEL / NIVEAU SCOLAIRE

- Primary / Primaire (Poster Only / Affiche seulement)** Kindergarten, Grades 1, 2 and 3 / Maternelle, 1, 2 et 3<sup>ème</sup> années
- Junior / Junior** Grades 4, 5 and 6 / 4, 5 et 6<sup>ème</sup> années
- Intermediate / Intermédiaire** Grades 7, 8 and 9 / 7, 8 et 9<sup>ème</sup> années
- Senior / Sénior** Grades 10, 11 and 12 / 10, 11 et 12<sup>ème</sup> années

### B STUDENT / ÉTUDIANT(E) *Please print (Block Letters) / Veuillez imprimer en lettres moulées*

First and Last Name / Nom complet de l'étudiant(e): \_\_\_\_\_

Mailing Address / Adresse postale: \_\_\_\_\_ City / Ville: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code / Code postal: \_\_\_\_\_

Telephone Number / No. de téléphone: ( \_\_\_\_\_ ) \_\_\_\_\_ Email / Courriel: \_\_\_\_\_

Grade / Année: \_\_\_\_\_ Age / Âge: \_\_\_\_\_ M / F: \_\_\_\_\_

### C SCHOOL / ÉCOLE

School Full Name / Nom complet de l'école: \_\_\_\_\_

School Address / Adresse de l'école: \_\_\_\_\_ City / Ville: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code / Code postal: \_\_\_\_\_

Contact Teacher / Enseignant(e)-contact: \_\_\_\_\_

Telephone Number / No. de téléphone: ( \_\_\_\_\_ ) \_\_\_\_\_ Email / Courriel: \_\_\_\_\_

### D STUDENT CONSENT / AUTORISATION DE L'ÉTUDIANT(E)

I am the sole creator of the entry. I give The Royal Canadian Legion permission to reproduce my entry for the sole purpose of promoting this program and the Legion for the current contest year. The Royal Canadian Legion does not rent or sell the names of applicants to any organization or advertiser./ Je suis le créateur/la créatrice unique de la soumission. J'accorde à la Légion royale canadienne le droit de reproduire ma soumission pour le seul but de promouvoir ce programme et la Légion, pour l'année courante du concours. La Légion royale canadienne ne loue ni ne vend les noms des candidat(e)s à aucune organisation ou publicitaire.

**Student's Signature / Signature de l'étudiant(e):** \_\_\_\_\_

### E PARENT OR LEGAL GUARDIAN'S PERMISSION / PERMISSION DU PARENT OU DU TUTEUR LÉGAL

I acknowledge that my child was the sole creator of the entry. I hereby give my child permission to complete the entry form in full for the Poster or Literary Contest sponsored by The Royal Canadian Legion./ Je déclare que mon enfant est le créateur/la créatrice unique de la soumission. Par la présente, j'accorde la permission à mon enfant de compléter le Formulaire d'inscription en entier pour le concours d'affiches ou littéraire parrainé par la Légion royale canadienne.

**Parent or Guardian's Signature / Signature du parent ou du gardien / de la gardienne:** \_\_\_\_\_

### F BRANCH / FILIALE:

Branch No. / No. de filiale: \_\_\_\_\_ Branch Name / Nom de filiale: \_\_\_\_\_

Branch Address / Adresse de filiale: \_\_\_\_\_ City / Ville: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code / Code postal: \_\_\_\_\_ District: \_\_\_\_\_ Zone: \_\_\_\_\_

### G COMMAND / DIRECTION:

Certified as eligible by Command / Certifié comme admissible par la direction: \_\_\_\_\_

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

**Win  
a trip!**

Win a trip for two to  
Ottawa to represent  
Canada's youth at  
next year's National  
Remembrance Day  
Ceremony on  
November 11th.



# Youth Education Programs Booklet

**POSTER and  
LITERARY CONTESTS**

**THE LEGION  
TEACHING GUIDE**

**Legion** 

# POSTER CONTEST

Colour or Black & White

## Remembrance

Contestants are challenged to exercise their creativity and submit a poster on the theme of Remembrance in either colour or black and white.

This is a contest to select the most suitable posters submitted by students in the Canadian school system.

The posters will be judged at the local Branch and then at the Provincial level. The Provincial winners in the Primary, Junior, Intermediate and Senior categories will then be submitted to Ottawa for judging at the National level.

A plaque will be awarded to the 1<sup>st</sup> place winner in each category, and to the 1<sup>st</sup> place winners' schools.

Prizes will be awarded on the recommendation of the judges, whose decision will be final.

On notification of having been selected as a winner at the Dominion Command level, the artist or writer agrees to the full and exclusive non-profit use of the art or literary work by The Royal Canadian Legion for the period of one year, after which all rights for usage revert to the artist or writer.



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## Regulations

1. All entries to be submitted to the local Legion branch.
2. Entries will be no larger than 56 cm x 71 cm.
3. All entries will be hand drawn/painted in one of the two categories:  
**Full colour**  
**Black and White**
4. Entries will be judged on originality, expression of designated subject drawing and illustration. COMPUTER GENERATED ENTRIES WILL NOT BE ACCEPTED.
5. The poster shall reflect **REMEMBRANCE** with a Canadian theme. If symbols are used, Canadian symbols such as Canadian and provincial flags, coats of arms, and representative flowers, birds or animals, as well as all forms of Canadian historical and current military dress shall be pre-eminent.
6. Contestants may enter both a Colour and a Black and White Poster, but may submit only one entry for each.

# National Prizes

## CATEGORY 1: **SENIOR** • GRADES 10, 11, 12

	<b>Colour</b>	<b>Black &amp; White</b>
1 <sup>ST</sup> PRIZE*	\$1000.00	\$1000.00
2 <sup>ND</sup> PRIZE	\$500.00	\$500.00
3 <sup>RD</sup> PRIZE	\$250.00	\$250.00

\*The first prize winners in Category 1 will be invited to Ottawa, accompanied by a parent, relative or guardian, at the expense of The Royal Canadian Legion to represent Canada's youth at the National Remembrance Day Ceremony.

## CATEGORY 2: **INTERMEDIATE** • GRADES 7, 8, 9

	<b>Colour</b>	<b>Black &amp; White</b>
1 <sup>ST</sup> PRIZE	\$500.00	\$500.00
2 <sup>ND</sup> PRIZE	\$250.00	\$250.00
3 <sup>RD</sup> PRIZE	\$150.00	\$150.00

## CATEGORY 3: **JUNIOR** • GRADES 4, 5, 6

	<b>Colour</b>	<b>Black &amp; White</b>
1 <sup>ST</sup> PRIZE	\$250.00	\$250.00
2 <sup>ND</sup> PRIZE	\$200.00	\$200.00
3 <sup>RD</sup> PRIZE	\$125.00	\$125.00



## CATEGORY 4: **PRIMARY** • GRADES KINDERGARTEN, 1, 2, 3

	<b>Colour</b>	<b>Black &amp; White</b>
1 <sup>ST</sup> PRIZE	\$200.00	\$200.00
2 <sup>ND</sup> PRIZE	\$150.00	\$150.00
3 <sup>RD</sup> PRIZE	\$100.00	\$100.00

### Regulations cont'd

- Candidates must complete an official Registration Form, available from the local Legion branch or on line at [legion.ca/contests](http://legion.ca/contests), and attach it to their entry (no staples please).
- National 1<sup>st</sup> place posters will be displayed at the Canadian War Museum in Ottawa for one year. 2<sup>nd</sup> and 3<sup>rd</sup> place national winners will be displayed at Parliament Hill during Remembrance week. All artwork will be returned to the artists through Provincial Commands.
- Students who have been out of the educational system for more than two consecutive years are ineligible to compete in the Poster Contest at any level.

***Are you interested?***

***Please contact the Legion branch nearest you  
for their specific deadline date for entries  
[legion.ca/contact-us/find-a-branch](http://legion.ca/contact-us/find-a-branch)***

# LITERARY CONTEST

## Essays and Poems

### Remembrance

Contestants are challenged to exercise their creativity and write an essay and/ or poem on the theme of Remembrance.

This is a contest to select the most suitable essays and poems submitted by students in the Canadian school system.

The essays and poems will be judged at the local Legion Branch and then at the Provincial level. The Provincial winners in the Junior, Intermediate and Senior categories will then be submitted to Ottawa for judging at the National level.

A plaque will be awarded to the 1<sup>st</sup> place winner in each category, and to the 1<sup>st</sup> place winners' schools.

Prizes will be awarded on the recommendation of the judges, whose decision will be final.

On notification of having been selected as a winner at the Dominion Command level, the writer agrees to the full and exclusive non-profit use of the literary work by The Royal Canadian Legion for the period of one year, after which all rights for usage revert to the writer.



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### Regulations

1. All entries to be submitted to the local Legion branch.
2. This contest is open to all students in the Canadian school system.
3. Entries may be submitted in either English or French.
4. Entries will be marked on the basis of originality of thought, expression, presentation, grammar, spelling and Canadian content.
5. Candidates must complete an official Registration Form, available from the local Legion branch or on line at [legion.ca/contests](http://legion.ca/contests), and attach it to their entry (no staples please).
6. Candidates will use only one side of the page.
7. Entries **must** not exceed the word or line limit.
8. Contestants may submit an Essay and a Poem, but may submit only one entry for each category.

# National Prizes

## CATEGORY 1: **SENIOR** • GRADES 10, 11, 12

Candidates will submit a composition in prose of not more than 800 words or a poem of not more than 32 lines.

	<b>Essay</b>	<b>Poem</b>
1 <sup>ST</sup> PRIZE*	\$1000.00	\$1000.00
2 <sup>ND</sup> PRIZE	\$500.00	\$ 500.00
3 <sup>RD</sup> PRIZE	\$250.00	\$ 250.00

\*The first prize winners in Category 1 will be invited to Ottawa, accompanied by a parent, relative or guardian, at the expense of The Royal Canadian Legion to represent Canada's youth at the National Remembrance Day Ceremony.

## CATEGORY 2: **INTERMEDIATE** • GRADES 7, 8, 9

Candidates will submit a composition in prose of not more than 500 words or a poem of not more than 32 lines.

	<b>Essay</b>	<b>Poem</b>
1 <sup>ST</sup> PRIZE	\$500.00	\$500.00
2 <sup>ND</sup> PRIZE	\$250.00	\$250.00
3 <sup>RD</sup> PRIZE	\$150.00	\$150.00



## CATEGORY 3: **JUNIOR** • GRADES 4, 5, 6

Candidates will submit a composition in prose of not more than 350 words or a poem of not more than 32 lines.

	<b>Essay</b>	<b>Poem</b>
1 <sup>ST</sup> PRIZE	\$250.00	\$250.00
2 <sup>ND</sup> PRIZE	\$200.00	\$200.00
3 <sup>RD</sup> PRIZE	\$125.00	\$125.00

### Regulations cont'd

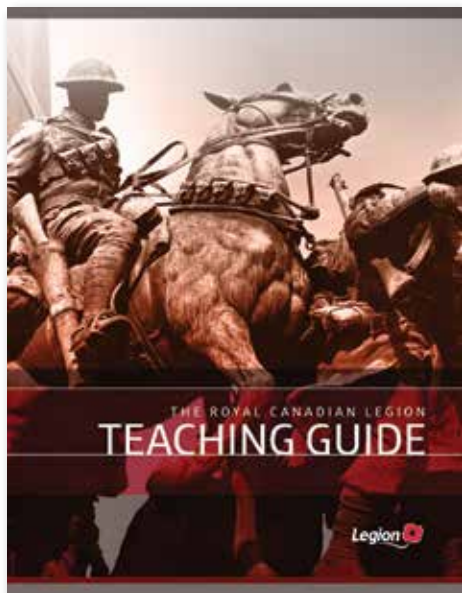
9. The copying or reproducing of previously published works in whole or in part, without either the written permission from the author/source or, without identifying the author/source in the work will result in the work being automatically disqualified.
10. Students who have been out of the educational system for more than two consecutive years are ineligible to compete in the Literary Contest at any level.

***Are you interested?***

***Please contact the Legion branch nearest you  
for their specific deadline date for entries  
[legion.ca/contact-us/find-a-branch](http://legion.ca/contact-us/find-a-branch)***

# THE LEGION TEACHING GUIDE

- **The Legion Teaching Guide** assists primary and secondary school teachers impart valuable information
- Fosters tradition of Remembrance amongst Canadian youth
- Includes notes on Canadian military and Legion history, important Canadian symbols, Remembrance themes, songs and poems
- Explains the annual Poppy Campaign, Poster & Literary Contests and Remembrance activities
- **Interactive with websites and multi-media**
- **Available online at** [legion.ca/communities-youth/youth-education/teaching-guide](http://legion.ca/communities-youth/youth-education/teaching-guide)



*Lest We Forget*

For more information, contact 1-888-556-6222

