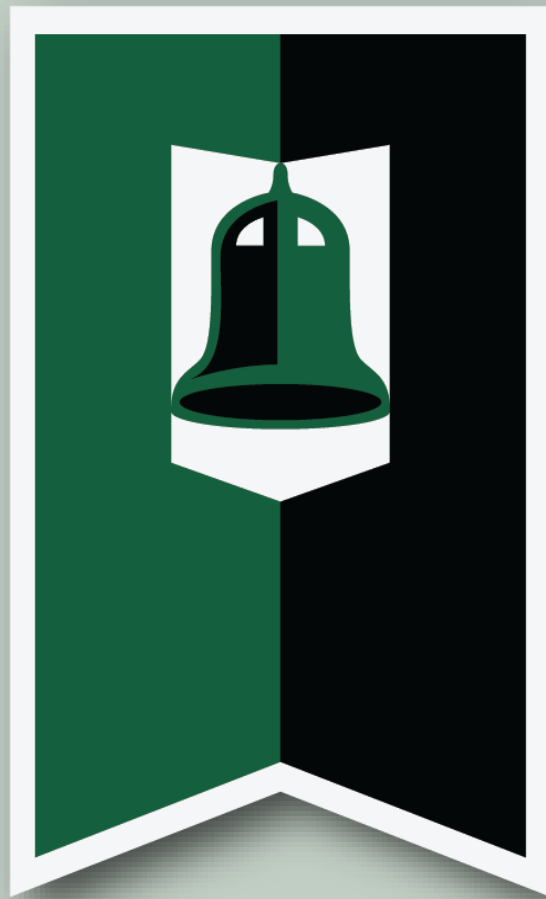


# JUNE NEWSLETTER

2024



**PARKSIDE**  
**JUNIOR HIGH SCHOOL**

# DATES TO REMEMBER

Jun 5	Grade 7 Swimming
Jun 7	Grade 8 Swimming
Jun 12	Grade 9 Swimming
Jun 13	Grade 9 Farewell
Jun 13	Math Final Pt. A
Jun 18	Social Studies Final
Jun 20	Science Final
Jun 21	National Indigenous People's Day
Jun 24	LA Final Pt. B
Jun 25	Math Final Pt. B
Jun 26	Activity Day
Jun 27	Last Day/ Awards Ceremony/ Early Dismissal 2:00pm

*Water is available through our vending machine for \$.50/bottle*

## REMINDER FOR PARENTS

Please call the school office to report your child's absence or if they are going to be late/leave early.

We are in the last month of school for the 2023-24 school term and what a busy month it will be. From field trips, final exams, swimming and a movie. It has been a great year and we are all looking forward to two months of relaxation.

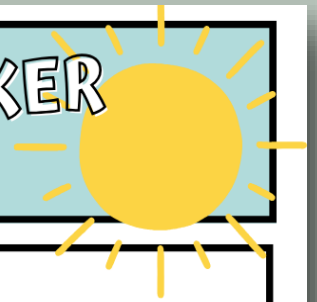
Please check your emails, Facebook and Parkside webpage often as it will have posts and updates that may need your attention.

June							2024
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2	3	4	5	6	7	8	
9	10	11	12	13 Math Final Pt. A Grade 9 Farewell	14	15	
16	17	18 Social Studies Final	19	20 Science Final	21 National Indigenous People's Day	22	
23	24 LA Final Pt. B	25 Math Final Pt. B	26 Activity Day	27 Last Day Early Dismissal 2:00pm	28	29	
30							



# FAMILY SCHOOL LIAISON WORKER

Christy Lassiter BSW RSW



## A note from the FSLW:

Summer break is an exciting time as it marks the end of another school year. Some students are heading into High School to start a new adventure, while others are joining us at Parkside Jr. High in the fall.

Balancing work and having kids at home can take a toll on the well-being of working parents. It is crucial for parents to prioritize self-care to maintain their mental and physical health. Taking breaks, engaging in hobbies, seeking support from friends and family, and practicing self-care activities can help working parents recharge and face the challenges with renewed energy.



I hope you have a fantastic summer holiday and I look forward to seeing everyone back in the fall

## Closing Files

We are quickly approaching the end of the school year, and I wanted to check in to let you know that our FSLW program does not work over the summer holidays so I will be closing all my files by the end of June. In order to ensure that I can wrap up efficiently, my last scheduled sessions will occur over the week of June 17th-21st.

## Summer Referral Options

If you feel your child requires supports over the summer, please let me know and I will be happy to connect you with community-based resources.

## Summer Routine

Summer is a time for families and friends to connect, relax, and create fun memories together. Keeping a consistent routine has benefits for both teen and parents. Structure not only helps teens deal with stress but can also help teach teens responsibility and self-control.

A summer routine with some structure provides opportunities to experiment with different activities and explore the world outside of school in meaningful, productive ways.

The main idea is to ensure our teens have the opportunity to participate in activities that are meaningful to them and provide them with a sense of mastery of their world, worthiness and self-identity as an individual and a citizen of their community.

Simpson, C. (n.d).

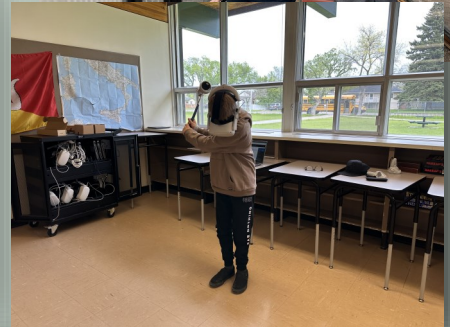


# TRACK AND FIELD 2024

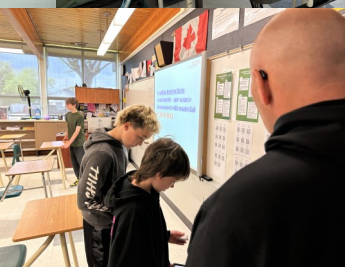
JUST A FEW OF THE STAFF WHO MADE THIS TRACK DAY HAPPEN!





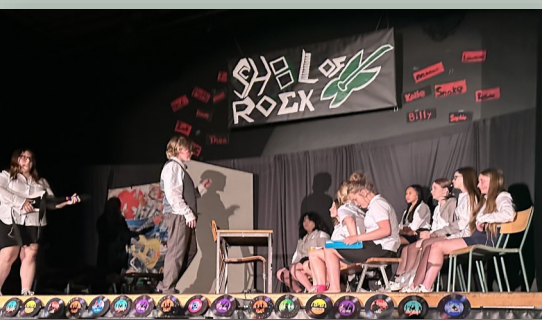


**Exhibition of Learning**  
Parkside students shared what they are learning in their electives, with family and visitors.





Thank you to Mrs. Kraft for your dedication to the arts program at Parkside. We know It takes hours of donated time to create such a successful play and you can see the excitement in the students as they are performing.





**PARKSIDE**  
JUNIOR HIGH SCHOOL

Prairie Rose School Division No. 8  
209 - 2 Street SE., Box 250  
Redcliff, AB T0J 2P0  
Phone (403) 548-3951  
[parkside.myprps.com](http://parkside.myprps.com)

**Date: April 29, 2024**

**To: All Parents**

**Re: Final Exams**

As you may well be aware, final exams start on Monday, May 13, 2024, with the LA Part A Writing portion. This is followed by Math (Part A), Social Studies, Science, LA Part B, and Math Part B which are June 13, 18, 20, 24 & 25<sup>th</sup>.

**Note: Grade 9 Students are writing Provincial Achievement Tests.**

In the afternoon of May 13<sup>th</sup>, following the LA Writing exam, Grade 6 students from Margaret Wooding are coming to Parkside for an orientation and elective information session. We will still have a study class for the entire afternoon, for Parkside students **who do not have signed permission to leave.**

Students are required to be in class at 8:30 to write their finals. They will be able to leave the school after completing their exam, **only with your signature of approval. Students who don't receive approval from their parents and/or don't return this form will stay at school on those test afternoons and will be assigned a supervised classroom to study in. No phone calls please. We require a signed form.**

**Please return form by May 6/24**

Parkside School

I, \_\_\_\_\_, give my son/daughter, \_\_\_\_\_ permission  
Please print (Parent Name) Please print (Student Name)

to leave after completing his/her exam(s) on Monday, May 13, and June 13, 18, 20, 24 and 25<sup>h</sup>, 2024.

Signature: \_\_\_\_\_

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

Have questions? Need support?

# COME SEE US!



Visit our rural hub navigator, Jill,  
at the Redcliff Public Library from  
10:00 AM to 4:00 PM on Mondays!

Call 403.502.2068 for more info!



**BRIDGES**  
FAMILY PROGRAMS

We hope to see you there!

*Alberta* Provincial Family  
Resource Networks



# BRIDGES

## FAMILY PROGRAMS

*Family and Community, Growing Together*



Family Support For Medicine Hat,  
Brooks, Bow Island, Cypress County  
and Oyen & Surrounding Area



## What do we offer?

We understand that life can be overwhelming and at times difficult to navigate.

At Bridges Family Programs, we are here for you and your family.

We provide services that build on strengths for the betterment of children, youth, and families by providing information, family support along with community connections and resources for parents and caregivers.

Raising a happy and healthy family take support and encouragement from your community.

[www.bridgesfamilyprograms.com](http://www.bridgesfamilyprograms.com)

connect with us | 403.526.7473



helping. families.  
connections.  
advocacy. support.  
community. resources.  
parenting.  
mental health.  
pregnancy.



JR & SR HIGH

# EXAM CRAM

*Kits available for  
students Grade 7-12*

STARTING

**JUNE  
4**

UNTIL SUPPLIES  
LAST

Pick up a free  
Exam Cram kit at the  
Information Desk  
packed full of  
self-care goodies  
and exam prep help.



medicine hat  
public library



Mental Health  
Capacity Building



community  
care trust



Medicine Hat Catholic  
Board of Education





# BEACH NIGHT

AT THE  
PUBLIC LIBRARY  
DOORS OPEN  
6:45 - 7:15 PM

JUNE  
7



medicine hat  
public library

**KARAOKE**  
**SEASHELL ART**  
**KINETIC SANDCASTLES**  
**BEACH-INSPIRED GAMES**  
**...AND MORE!**



*No Registration*  
*For teens in grades 7 - 12*  
*up to and including age 19*

A hand is shown holding a green and blue sensory tool, possibly a pair of tweezers or a similar instrument, over a tray filled with colorful beads. The beads are in various colors including red, yellow, green, blue, and purple. The hand is positioned in the upper right quadrant of the image. The background is a light green color.

**FOR AGES 13 - 19**

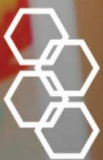
# **ENGAGING WITH SENSORY: DE-STRESSING FOR TEENS**

**JUNE  
19**

**5:30 -  
7:30 PM**

**NO REGISTRATION  
REQUIRED**

**Feeling stressed from  
school, socialization,  
life, or in general?  
Come relax with  
sensory play at the  
Library!**



**medicine hat  
public library**



JUNE

SUN

MON

TUE

WED

THU

FRI

SAT

# HONEYCOMB HOUSE

2	3	4	5	6	7	8
<b>CLOSED</b>	<b>CLOSED</b>		Unity Circle @ 4 pm		Button Making @ 3 pm	
9	10	11	12	13	14	15
Soda Tab Bracelets @ 2 pm	<b>CLOSED</b>		Dreamcatchers @ 6 pm	<b>CLOSING AT 5 PM</b>		Study Lock-in
16	17	18	19	20	21	22
Study Lock-in	Study Lock-in	Study Lock-in	Study Lock-in	Study Lock-in	Study Lock-in	Study Lock-in
23	24	25	26	27	28	29
Study Lock-in	Study Lock-in	Study Lock-in	Beat Saber @ 6 pm			
30						

For teens in grades  
7-12 up to and  
including age 19.  
No registration  
required.

### Drop in Hours\*

Tues, Wed, Thur:  
3:30 - 7:30 PM  
Fri, Sat, Sun:  
1:00 - 4:30 PM



Join our  
Discord Server!



follow us @  
mhpteens

\*Hours are subject to change

**JR & SR HIGH**

# **HONEYCOMB HOUSE STUDY LOCK-IN**

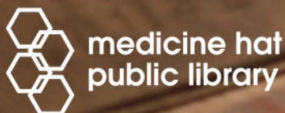
**JUNE  
15 - 25**

**Our teen space  
will be open for quiet study  
during the following times:**

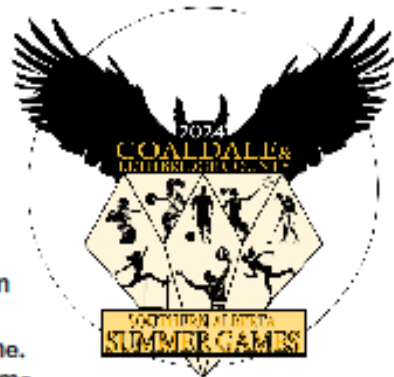
**TUES, WED, THUR:  
10:00AM - 7:30PM**

**FRI, SAT: 10:00AM - 4:30PM**

**SUN: 1:00 - 4:30PM**



**2024 Southern Alberta Summer Games**  
**July 3<sup>rd</sup>-6<sup>th</sup> Town of Coaldale**  
**Registration Deadline: May 31<sup>st</sup>**



Hello athlete!

We are thrilled to announce that the Summer Games are back for the first time since 2019, and this year, we're bringing you more action than ever before! This year the games are being held in the Town of Coaldale from July 3rd-6th, and we want you to be there. Whether you're an athlete, a volunteer, or just looking for some fun in the sun, there's a place for everyone. The games are an amazing time for families and individuals of all ages to come together in a "grassroots" styled event and have fun through many different sports and activities.

As you all know the games are a great way to start off the summer, with a good old family affair, and this of course, is because there are events geared toward children from U8, all the way up to the grandparents! We are always encouraging new people to come out and represent their regions as well as returning athletes that have already experienced this wonderful event.

The events this year will be the 3/5/10 Km Run, 3 on 3 Basketball, Track and Field, Badminton, Baseball, Beach Volleyball, Cribbage, Pickle Ball, Darts, E-sports, Equestrian, Flag Football, Golf, Lacrosse, Mini Soccer, Mountain Biking, Photography, Soccer, Swimming, and Weightlifting. A fee of \$25.00 will allow the participant to choose 3 events, and if the participant selects Track and Field, they can choose up to 5 individual events, plus the 4 x 100 Family Relay, plus an additional relay. Swimming participants may also select up to 5 events.

You can check out all the information and register for the Summer Games by accessing the website through the link below, or by scanning the QR code at the bottom of the page. All registration and payment processes are done online, making it convenient for you to sign up and get ready for the excitement ahead. Simply visit our website, fill out the registration form under Cypress County, and secure your spot in your favorite events.

<https://www.southernalbertasummernames.ca>

Any questions can be directed to me personally, Jonah Carlsson, the Summer Games coordinator for Cypress County, through email at [jonah.carlsson@cypress.ab.ca](mailto:jonah.carlsson@cypress.ab.ca), at the Cypress County office or the office at 403-526-2888.

Bring out everyone you know who either resides in, or goes to school in Cypress County. Hope to see you all out this year!

Thanks,

Jonah Carlsson



