

# DECEMBER NEWSLETTER

## 2024



## DATES TO REMEMBER

Dec 12	Pizza Hot Lunch
Dec 20	EARLY DISMISSAL 2:00PM CHRISTMAS BREAK BEGINS
Jan 6	FIRST DAY BACK
Jan 14	Parent Teacher Interviews 3:00-6:00pm
Jan 16	Parent Teacher Interviews 3:00-6:00pm
Jan 24	Hidden Valley Ski Trip
Jan 29	SI Day NO SCHOOL
Jan 30	Pizza Hot Lunch

***Term 2 Elective fees are now due***

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

### **REMINDER FOR PARENTS**

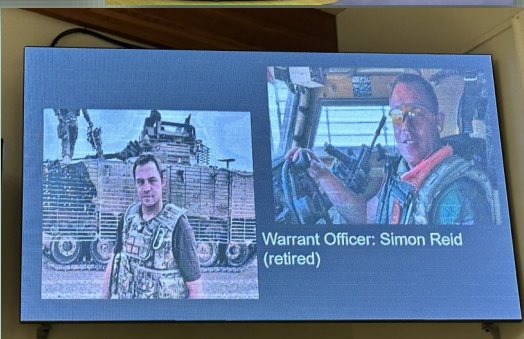
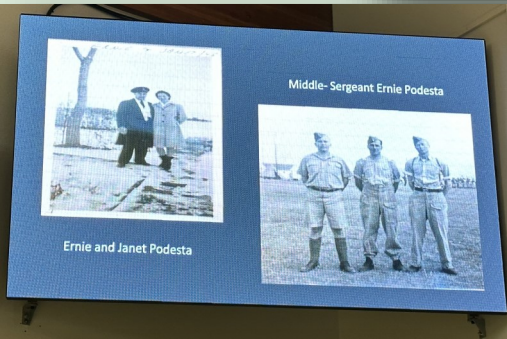
**Please call the school office to report your child's absence or if they are going to be late, or leave early.**

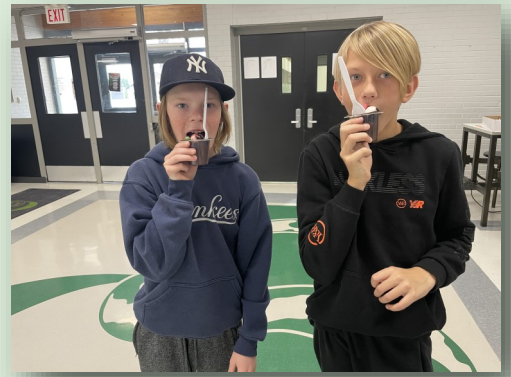
# Basketball season is under way and all Pythons teams are ready to play.





# WE REMEMBER





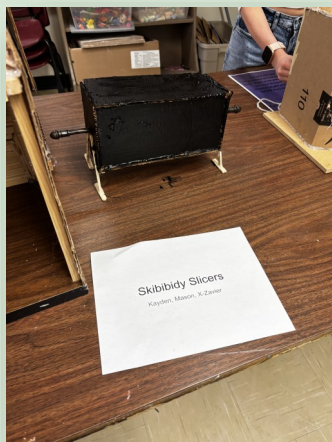
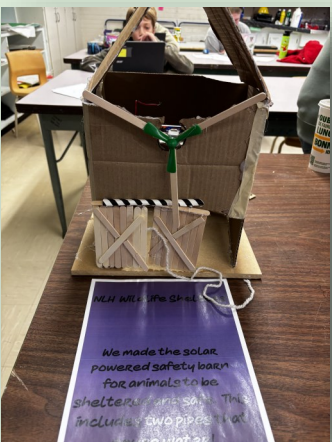
**Mr. Bray's PSC Class supporting the Purple Ribbon Campaign for Prevention of Family Violence.**



**TREE of HOPE**



**MHC TRADES elective is an outstanding program offering students hands on experience with real world skills. A Skills Exploration Day was added to trades this year. Students were to plan and build alternative dwellings, integrating solar-power for lights, fans, and windmills using alternative energy. Most of the materials used were recycled, emphasizing creativity and sustainability.**





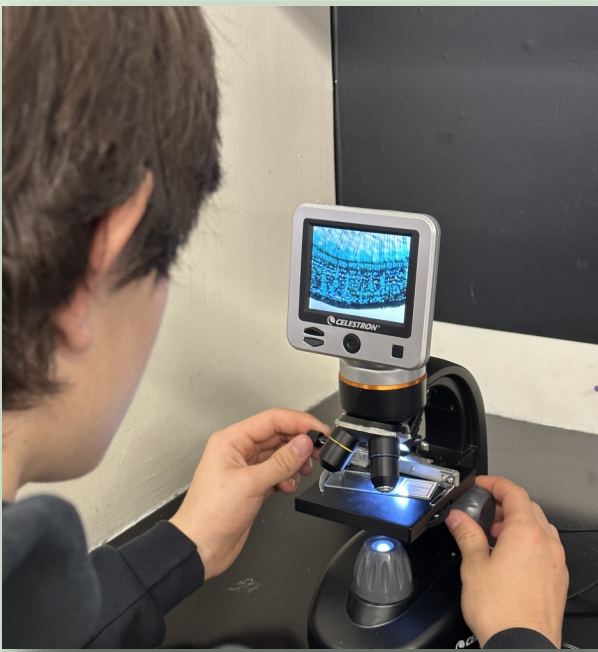
## **Parkside Girls Basketball Team Makes an Impact at Prairie Gleaners!**

**This week, the Parkside School Girls Basketball Team stepped off the court and into the community, volunteering at Prairie Gleaners! Located just south of Medicine Hat, this incredible organization turns unmarketable produce into dehydrated vegetable mixes to help feed those in need worldwide.**

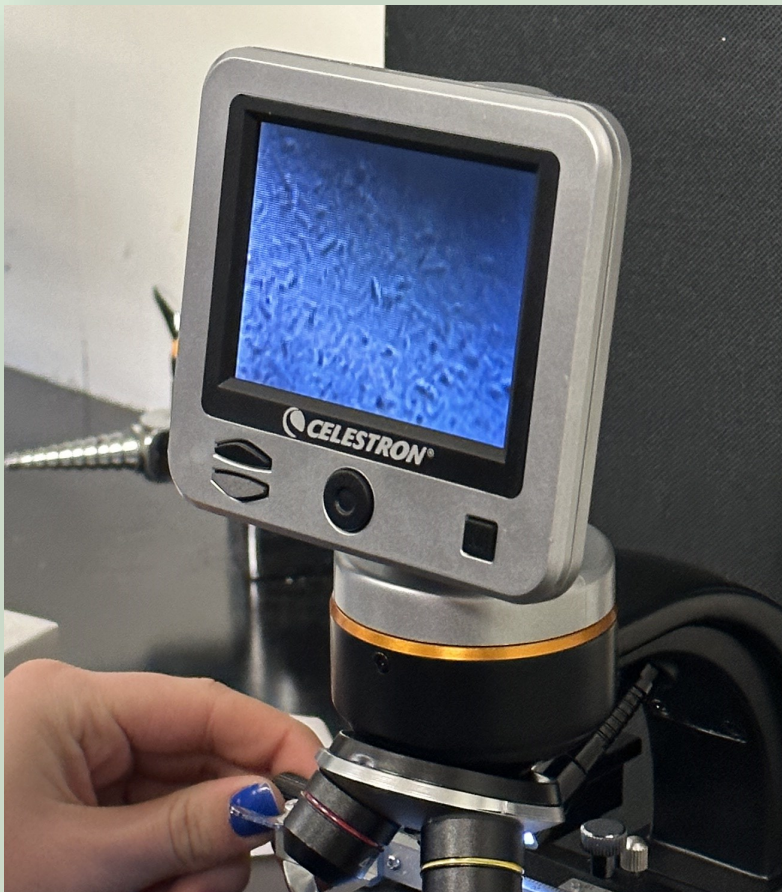
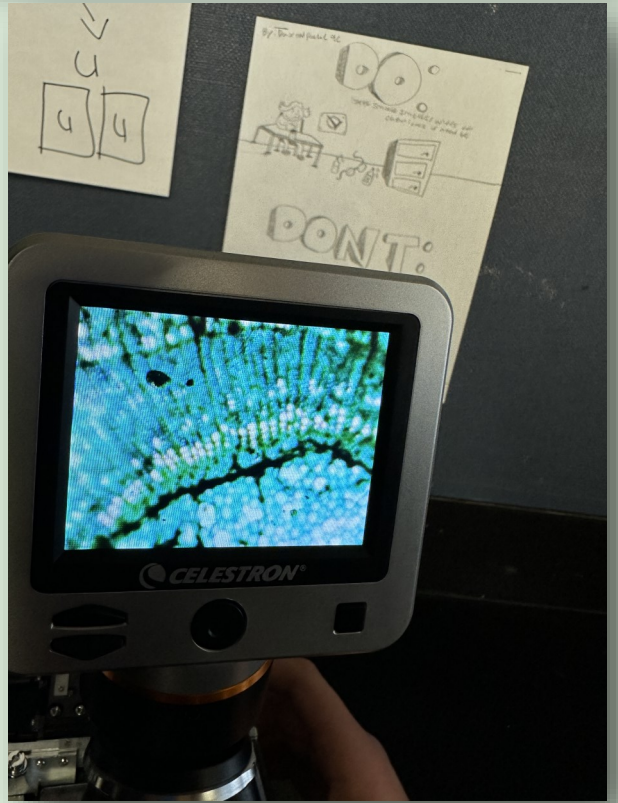
**Our players showed true teamwork and compassion as they helped process vegetables, learning firsthand about the importance of reducing food waste and giving back to others. This was a meaningful opportunity to connect with the values of service and care that we strive to foster in our students.**

**Thank you, Prairie Gleaners, for the amazing work you do and for letting us be part of your mission to fight hunger and make a difference.**







**Students in Science 8 are gaining an understanding on how to use a microscope, by taking a look at the different types of cells covered in the Cells and Systems unit**



## December 2024 B Girls Basketball

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1		
2 3:00-4:30pm <span style="background-color: yellow;">(Margaret Wooding)</span>	3 4:15-5:45pm	4 3:00-4:30pm <span style="background-color: yellow;">(Margaret Wooding)</span>	5	6	7	8
9 Parkside At Dr. Roy Wilson 5:15pm	10 4:15-5:45pm	11 3:00-4:30pm <span style="background-color: yellow;">(Margaret Wooding)</span>	12 2:45-4:30pm	13 Notre Dame Tournament	14 Notre Dame Tournament	15
16 3:00-4:30pm <span style="background-color: yellow;">(Margaret Wooding)</span>	17 4:15-5:45pm	18	19	20 <span style="background-color: #00b0f0;">Early dismissal</span>	21 <span style="background-color: #00b0f0;">Christmas Vacation</span>	22 <span style="background-color: #00b0f0;">Christmas Vacation</span>
23 <span style="background-color: #00b0f0;">Christmas Vacation</span>	24 <span style="background-color: #00b0f0;">Christmas Vacation</span>	25 <span style="background-color: #00b0f0;">Christmas Vacation</span>	26 <span style="background-color: #00b0f0;">Christmas Vacation</span>	27 <span style="background-color: #00b0f0;">Christmas Vacation</span>	28 <span style="background-color: #00b0f0;">Christmas Vacation</span>	29 <span style="background-color: #00b0f0;">Christmas Vacation</span>

# December

# 2024

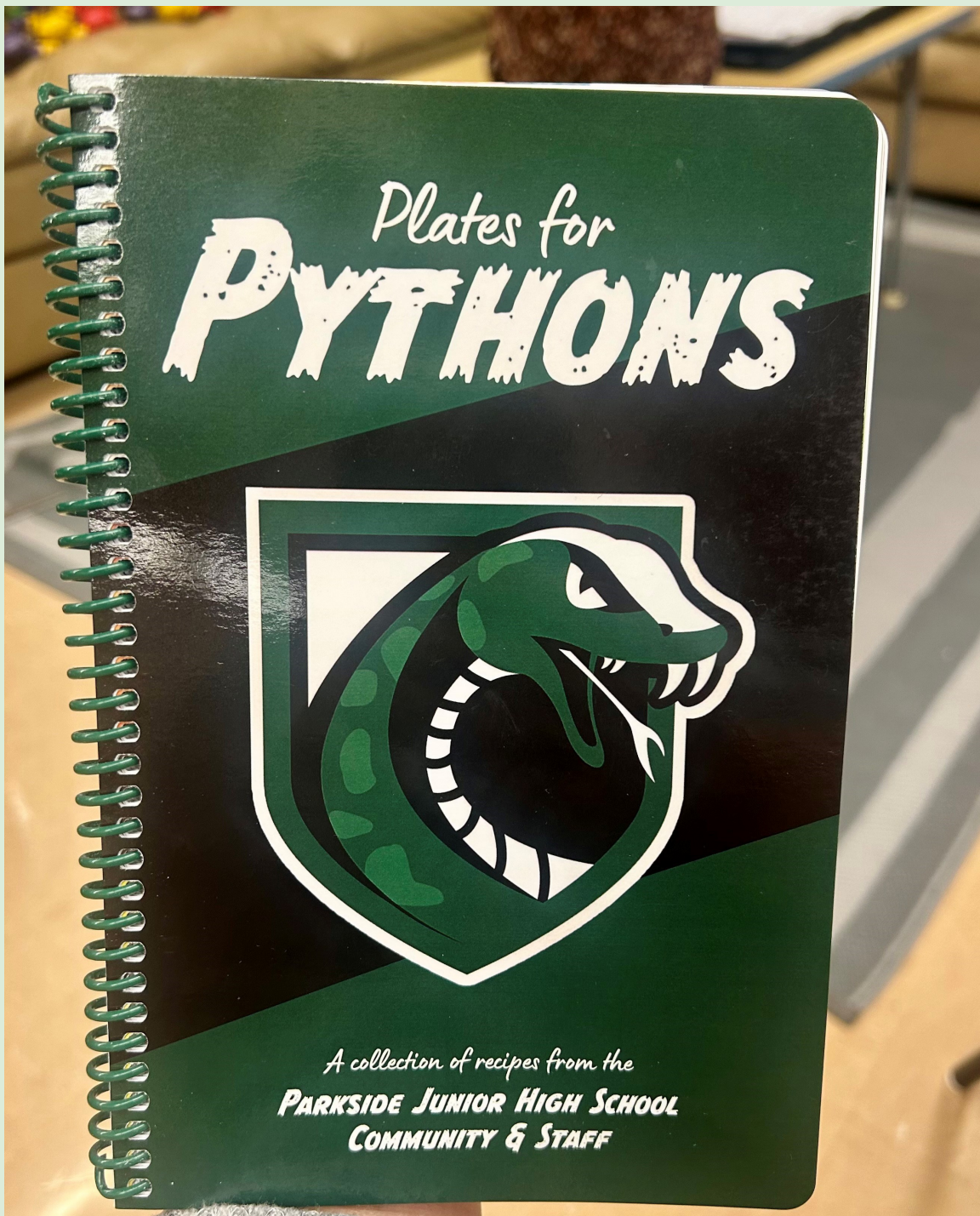
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12 PIZZA HOT LUNCH	13	14
15	16 RED & GREEN DAY	17 CHRISTMAS SOCK DAY	18 ALL THINGS CHRISTMAS	19 UGLY SWEATER DAY	20 PAJAMA DAY 2 PM DISMISSAL	21
22	23	24	25 MERRY CHRISTMAS	26	27	28
29	30	31				



**CHRISTMAS SPIRIT  
WEEK  
16 - 20**



- **MONDAY - RED  
AND GREEN DAY**
- **TUESDAY -  
CHRISTMAS  
SOCK DAY**
- **WEDNESDAY -  
ALL THINGS  
CHRISTMAS**
- **THURSDAY -  
UGLY SWEATER  
DAY**
- **FRIDAY -  
PAJAMA DAY**



We are excited to announce that the Plates for Pythons Cookbook is here and available to purchase for \$15.00.

<https://prrdweb.schoolcashonline.com/Fee/Details/25375/70/False/True>



Mrs Reid & Mrs Lassiters PSC group are doing the Angel Tree again this year

- Please take a red/green tag from the tree and purchase the gift written on the tag.
- Return your gift, unwrapped with the red /green tag attached
- All gifts to be returned no later than the 6th of December.

**Help to put a smile on a childs face this christmas!!**

*Merry Christmas*





# REDCLIFF SANTA FOR SENIORS

*Donations are being collected by the Conboy/Helland PSC Group!  
Donations due by Thursday, December 12, 2024.*



**Spread Joy and Generosity This Christmas!**

## Gift Suggestions

- Non Perishable Food Items
- Microwavable Soup Bowl
- Small Tools
- Christmas Candy(regular/sugar free)
- Christmas Ornaments
- Lotion
- Aftershave/Shaving Cream
- Small Flashlights
- Coffee Cup
- Tea/Coffee
- Blankets
- Shampoo/Conditioner
- Bodywash
- Deodorant
- Slippers
- Socks (regular/compression)
- Puzzle Books
- Adult Coloring Books
- Coloring Utensils
- Playing Cards
- Heating Pad
- Jar Opener
- Gift Card to a local Hair Salon
- Gift Card to local Grocery Store
- Gift Card to local Bakery
- Gift Card to a local Restaurant
- Gift Card to Pharmasave
- Gift Card to Home Hardware

**\*If your family prefers to donate cash, please feel free to drop off at Redcliff Family Dental (ask for Carrah)**

**Carrah and her elves will be distributing our donations to local seniors December 18-20!**

**Follow "Redcliff Santa for Seniors" on Facebook!**



December

# STUDENT WELLNESS COUNSELLOR

Christy Lassiter BSW RSW



## BIG NEWS!

I am excited to announce a change in our job title name from Family School Liaison Worker to **Student Wellness Counsellor (SWC)**. This change better reflects the core responsibilities of our role, which is student-centred care, proactive mental health support, and fostering overall wellness within the school community. It also aligns more accurately with the professional counselling duties of the role, enhancing clarity for families, students, and staff about the services provided.

Did you know we have 7 Student Wellness Counsellors throughout PRPS division, with a minimum Bachelor Degree, and part of a Professional Association such as Alberta College of Social Workers. This ensures your trust that SWC are competent and accountable for providing safe and ethical social work services. Stay tuned for a fun video highlighting our new name and SWC role in our schools coming soon.

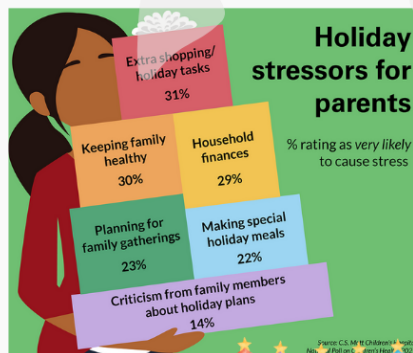
## HOW PARENTS CAN MANAGE HOLIDAY STRESS

While this time of year is fun and exciting, I recognize that it can also be a stressful and hard time of year for a lot of parents. The increased financial costs, the lack of routine, traveling (especially with young children), and visiting family when relationships might be fraught can all take a toll on parents. In addition, the holidays can also be a challenging time for those who have experienced loss. A framework called the "Three Ps," created by Cohen, Mannarino, and Deblinger, acknowledges predicting, planning, and permitting yourself a holiday celebration that considers you and your family's needs to have a more resilient and prosperous holiday season.

**PREDICT** \* \* \* \* \* Predict the factors connected to the holiday celebrations that are likely to cause disruption.

**PLAN** \* \* \* \* \* Make a plan for your family to mitigate some of the factors that are most likely to cause you stress.

**PERMISSION** \* \* \* \* \* Give yourself permission for your feelings. Permit yourself to do what you must to have a manageable and meaningful holiday season. You don't need to apologize for setting healthy boundaries for you and your family. Refrain from spending more than you can afford or doing more than you are physically capable of providing. Reiter, T- Psychology Today.



## HOLIDAY ASSISTANCE PROGRAMS FOR FAMILIES



See attached intake dates in the December Newsletter. Please reach out if I can help support you further.

Contact- [christylassiter@prrd8.ca](mailto:christylassiter@prrd8.ca)  
Phone- 403-548-3951





# SANTA CLAUS FUND 2024 INTAKE DATES

3257 Dunmore Road SE

NOVEMBER 27	NOVEMBER 28	DECEMBER 2	DECEMBER 3
10AM-2PM	10AM-2PM	10AM-2PM	10AM-2PM

DECEMBER 4	DECEMBER 5	DECEMBER 9	DECEMBER 10
10AM-2PM	5PM-8PM	10AM-2PM	10AM-2PM

DECEMBER 11	DECEMBER 12	DECEMBER 16	DECEMBER 17	DECEMBER 18
10AM-2PM	10AM-2PM	10AM-2PM	5PM-8PM	10AM-2PM

### PLEASE BRING:

- PHOTO ID
- HEALTH CARE CARD FOR ALL MEMBERS OF YOUR FAMILY
- PROOF OF INCOME (AEI STATEMENT, AISH STATEMENT, BANK STATEMENT & PAY STUB)

NO APPOINTMENT NECESSARY | FIRST COME, FIRST SERVED BASIS.

FOR MORE INFORMATION: 403-528-9900 | [WWW.MHSANTAFUND.COM](http://WWW.MHSANTAFUND.COM)

# Christmas Hamper Applications



Open to residents of Medicine Hat  
and area with proof of address,  
household income & expenses, and  
\*I.D. for EACH family member

**Wed-Fri, Dec 4-6, 11-13**

**11am-3pm**

**Resource Centre 476 - 4th St SE**

(basement of 5th Avenue Memorial Church, alley access)

(403)548-3247



Approval is based on income after expenses

\*picture I.D. for adults, healthcare card for children under 18



## SUPPORTING CHILDREN AND TEENS DURING THIS HOLIDAY SEASON

The holiday season is upon us, with over two dozen religious holidays celebrated between November 1 and January 15th. No matter what holiday is celebrated, this time of year can be stressful for many families. It may even be more challenging with the ongoing world events, including wars, climate disasters, the ongoing effects of social injustice and racism, and rise of hate speech and crimes. Although the impact of COVID has changed over time, many families continue to be affected. For those families who have recently experienced the death of a family member or are currently separated from family members, the holiday season may be even more challenging as we think about those that won't be with us this year. As a family, decide how you will make the holidays special this year.

Given these changes, adults and children may experience waves of sadness, disappointment, loneliness, grief, and anger. It is important to not feel alone with these feelings, to have your feelings supported and validated by others, and to know that in the midst of these difficult times, you can create moments of joy, hope, and connection. While some traditions may have to shift, this is also an opportunity to create new family traditions together.

### **STRATEGIES AND IDEAS FOR THIS HOLIDAY SEASON: [Finding ways to make this year special](#)**

#### ***Start a Family Conversation: Acknowledge What Has Changed and How Family Members are Feeling***

- Talk to your children/teens about this holiday season.
- Let them talk about their feelings, both positive and upsetting emotions.
  - Let them know that they are not alone. You hear them.
  - Validate their feelings. It makes sense that they are feeling sad, disappointed, frustrated, angry . . . because the holidays are not the same, because they miss friends and family . . .
  - Even when you can't "fix" things, you are giving children the gift of your support.
- If loved ones have died during this year, find a way to honor their memory this holiday season and find ways to share your feelings as a family.
- Think together about your family values and traditions related to the holidays (the way you celebrate may still be different, but the meaning behind the holiday does not).

