



## SCHOOL ADMIN



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SCHOOL WEBSITE

209  
 2<sup>ND</sup> STREET  
 SOUTHEAST  
 REDCLIFF  
 ToJ 2Po



403-548-3951

**NO School**  
 16th - 20th Feb

# FEBRUARY

**WEDNESDAY 25<sup>TH</sup> FEB**



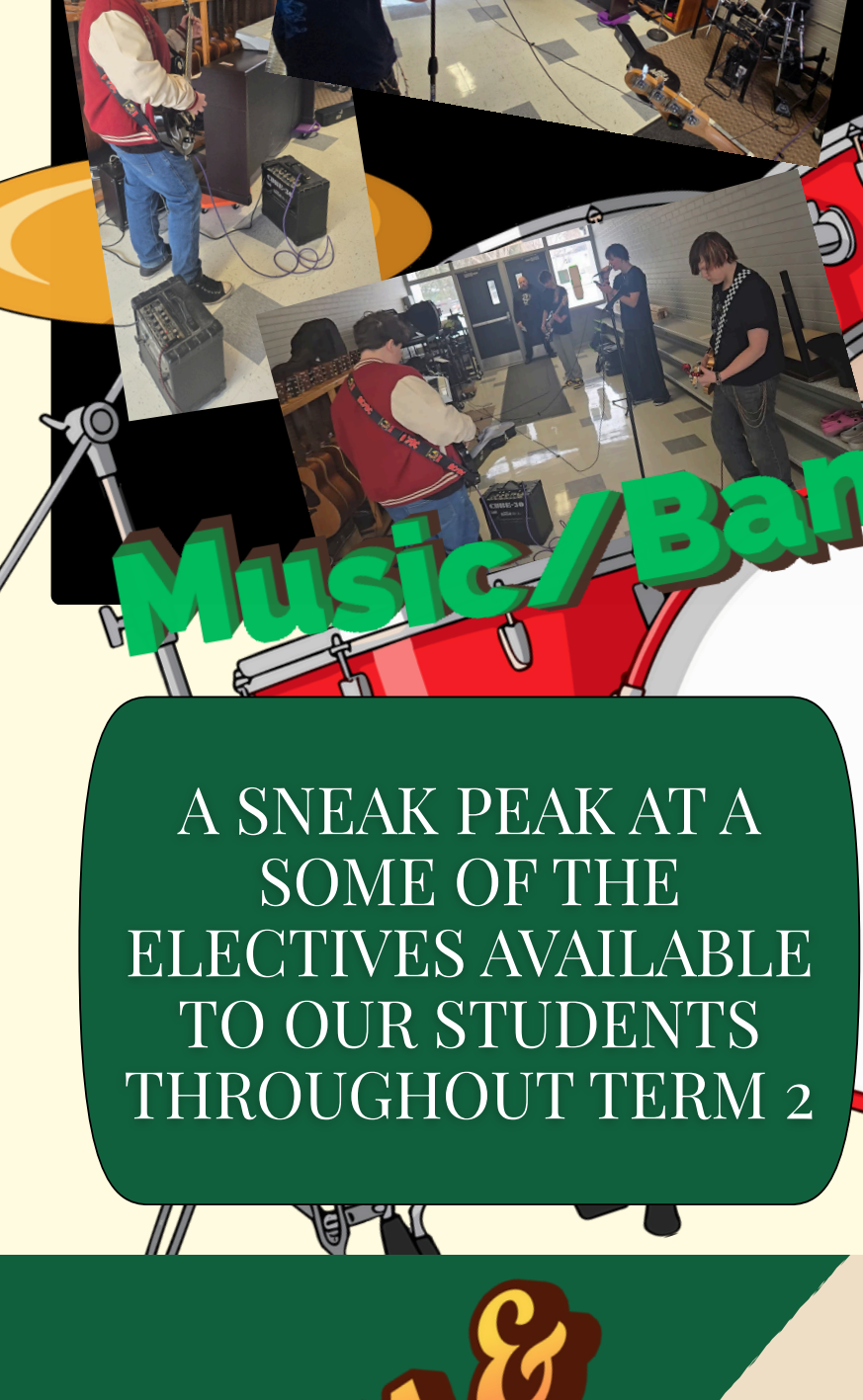
**PINK T-SHIRT DAY**

**THURSDAY 26<sup>TH</sup> FEB**

**PIZZA HOT LUNCH**



(PRE ORDERS ONLY)



## Term 2 Electives



Riverview Golf Course and Parkside School have teamed together again this year. They are offering a great deal on 18 holes of golf for 1 person with a cart or 9 holes of golf for 2 people and a cart for \$55.00 during the 2026 golf season.

It's a fantastic deal for golfers as a gift or as promo gifts for your business.

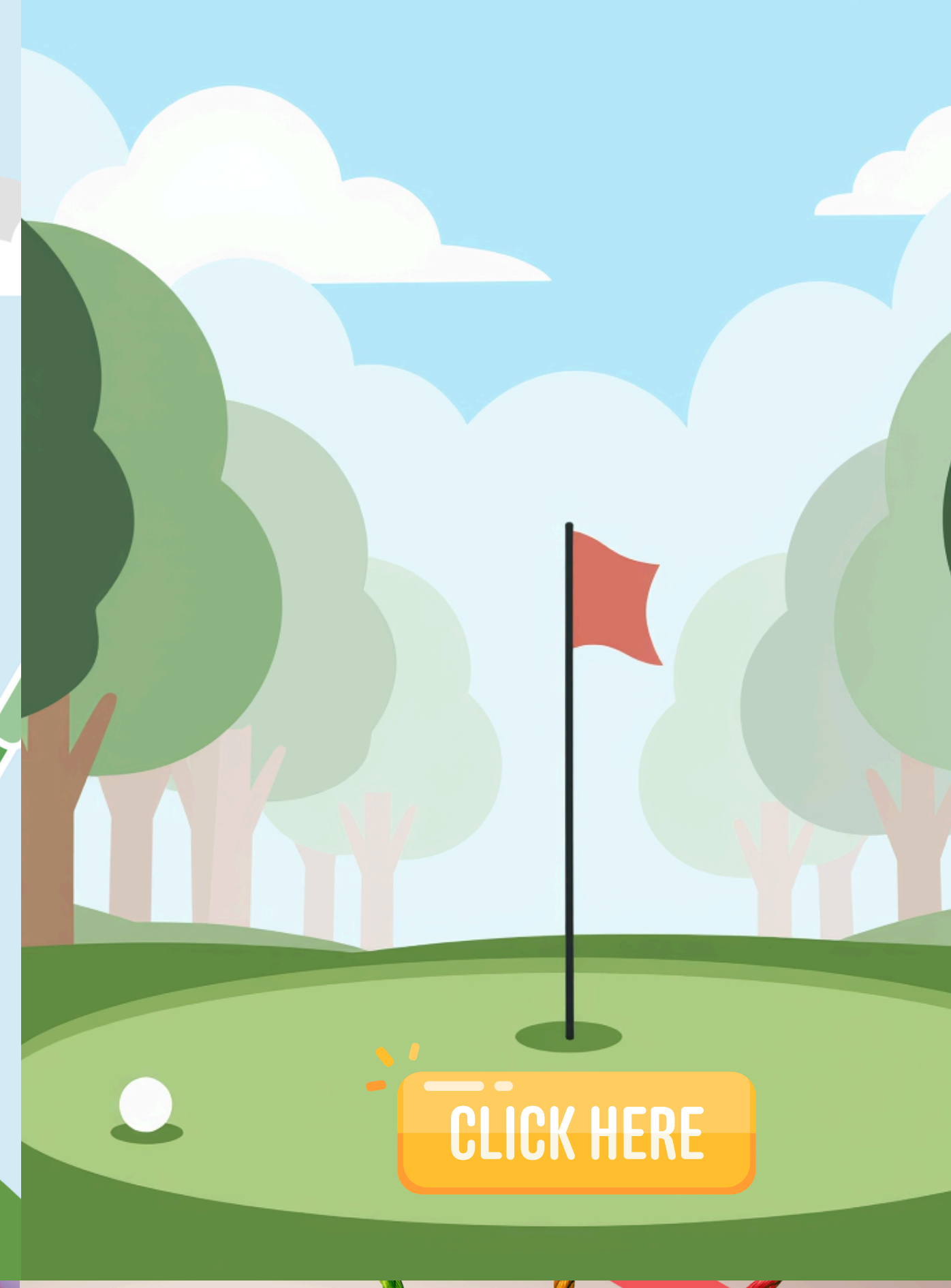
\$10.00 from each certificate goes to Parkside School and is used to support a variety of programs. We are proud to support partnerships within the community.

ONLINE PAYMENTS PREFERRED.

Payment for online orders can be made through [Schoolcash](#).

If purchasing directly from School, please call ahead. No drop ins. Certificates can be picked up at Parkside School between 8:00am and 3:30pm Monday to Friday.

If you have any questions call 403-548-3951 ext. 0.



**NEURODIVERGENT TEEN MEET-UP** AGES 13 - 19

**JAN 10** 11:00 - 12:00 PM  
 DROP-IN HONEYCOMB HOUSE

**FEB 7**

**UNITY CIRCLE** AGES 13 - 19

**JAN 14** **FEB 3** 5:00 - 6:30 PM  
 DROP-IN HONEYCOMB HOUSE

**DOODLE DEN** AGES 13 - 19

**JAN 9,23** 2:00 - 3:30 PM  
 DROP-IN HONEYCOMB HOUSE

**FEB 6,20**

**SENSORY FUN** AGES 13 - 19

**JAN 28** **FEB 11** 5:00 - 6:30 PM  
 DROP-IN HONEYCOMB HOUSE

## STUDENT WELLNESS COUNSELLOR

Christy Lassiter BSW RSW

**NOTE FROM SWC:**

This month, students are learning about Empathy in our PSC class. Through discussion and reflection, students explore how understanding others' feelings and perspectives helps create safer, more inclusive spaces. Building empathy supports kindness, strengthens relationships, and reminds students that small actions can have a big impact.

For Jr. High students empathy might look like...

- Listening to others for different interpretations or identities.
- Showing respect for different opinions, identities, and experiences
- Standing up for peers or including someone who is left out.
- Thinking how words and actions might affect others
- Taking responsibility and apologizing when they've hurt someone

**Why empathy matters for mental health and learning**

It helps students feel understood, valued, and safe. When students feel understood and respected others' feelings, classrooms become more supportive and inclusive, reducing conflict and social isolation. In this kind of environment, students are more engaged, confident, and ready to learn.

**How parents can support empathy at home:**

- Talk openly about feelings, kindness, and inclusion
- Encourage your child to share about their day and listen without judgement
- Model respectful and empathetic behavior in everyday interactions
- Discuss how others might feel in different situations
- Acknowledge and praise kind, empathetic choices.

## WHAT MAKES YOUR TEEN FEEL LOVED?

Have you ever stopped to think about what makes your teen feel loved? I mean, sure, we love our kids. No doubts. However, are we loving them in a way that matters the most to them? Dr. Gary Chapman author of the best-selling book, *The Five Love Languages of Teenagers*, states "There are only five basic languages of love, each teen has a primary love language – one that speaks more loudly and deeply to them."

- Acts of Service**  
 Some teenagers feel most loved when their parents do small things for them – Maybe your teen loves it when you go out of your way to make their lunch for them every day. Or, maybe your teen beams when you offer to help with their language arts essays or they see that you tidied up their room a bit when they are totally stressed out.
- Physical touch**  
 When they were little this could have been snuggling or holding hands, now as a teen this could look like asking for a back rub, sitting next to you shoulder to shoulder watching a funny video, show you their new Tik Tok or a hug before leaving the house. Teens whose primary love language is to feel the warmth of their parents' touch will always find subtle ways to stay physically close and connected.
- Receiving Gifts**  
 Some parents use this language almost exclusively and they're often shocked to find that their teen doesn't feel loved. This doesn't have to be expensive items try a candy bar left on their desk, a new sweatshirt they had their eye on, a new video game or even a couple of dollars tucked in their backpack for helping out with something.
- Quality Time**  
 Teens whose love language is quality time feel the most loved, the most secure, and the most cherished when they spend one-on-one time together with their parents. Whether it's hanging out in the kitchen making dinner, going for a drive and talking or simply hanging out in their bedroom late at night talking about their day, teens who long for quality time treasure special moments with their parents (even though they'd never admit it).
- Words of Affirmation**  
 For a lot of teens, those powerful words of encouragement are not only what they still want to hear, it's what they need to hear. If your teen's primary love language is words of affirmation, give them what they need. Boost them up, encourage them, tell them they can do it, praise them and tell them you're proud of them when they've done something well or met a goal.

**Pink Shirt Day** February 25, 2026

*You Can't Just Tell Someone To Be Kind  
 You Have To Show Them*

**BULLYING STOPS HERE!**

February 25th is Pink Shirt day and the purpose of the movement is to wear a pink shirt to raise awareness of bullying and show you are against it. This movement has raised over 2.8 million dollars to support youth anti-bullying programs that foster healthy self-esteem in children and promote empathy, compassion, and kindness.

You might be thinking, with all this money going into these great programs how come we still see ongoing bullying situations in all aspects (school, community, sports) of our kids world. Creating change starts with awareness... Pink shirt day is the awareness, the next step which in my opinion the most important is we as adults/parents/guardians can't just tell our children to be kind, we have to **SHOW** them how to be kind.

**"KINDNESS LIVES IN ALL OF US- IT'S NOT ABOUT WHO WE ARE, BUT THE CHOICES WE MAKE. CHOOSE TO BE GOOD PERSON, CHOOSE INTEGRITY, CHOOSE TO HAVE A KIND SOUL"**

So how do we teach our children to be kind, to be a good person to have integrity... Pointing out your own acts of kindness or noticing it in others will teach your child to look for kindness in this world. Acknowledge your child when they are doing an act of kindness. Let them know that you recognize their efforts and how their efforts made a positive impact on you and those around them.