

# PARKSIDE NEWSLETTER

## NOVEMBER 2024



## DATES TO REMEMBER

Oct 31	Halloween Activities (PM)
Nov 6	Remembrance Day Service at Parkside
Nov 7	NO SCHOOL
Nov 8	SI DAY ~NO SCHOOL~
Nov 11	REMEMBRANCE DAY ~NO SCHOOL~
Nov 22	REPORT CARDS HOME
Nov 28	Pizza Hot Lunch
Dec 12	Pizza Hot Lunch
Dec 20	EARLY DISMISSAL CHRISTMAS BREAK BEGINS
Jan 6	FIRST DAY BACK

***Elective fees are overdue for first term electives and need to be paid before Term 2 Electives start.***

***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 absent, late, or leave early.**

**As the Parkside Volleyball season is coming to a close , Parkside would like to express how proud we are of all of our teams. Both boys and girls' teams have brought home gold medals for first place finishes as well as a bronze for third place. The Boy's A Volleyball team clinched the Tier 2 Championship at Notre Dame Academy, showcasing their incredible teamwork and dedication throughout the season. Their hard work, commitment, and perseverance paid off, and the entire school community celebrates their impressive achievement.**

**Parkside Running club finished off the Great Pumpkin Run with great determination and spirit. A huge congratulations to all of our students who participated, and represented Parkside with pride.**

**Congratulations to the Jr. Colts for their incredible achievement! Their strong sportsmanship and teamwork clearly paid off with the city championship title, and recognition as the MVP team of Medicine Hat. This accomplishment reflects not only their skill on the field but also their commitment to supporting one another as a team.**

**Next up is Basketball and the signup sheets are posted on the gym doors.**



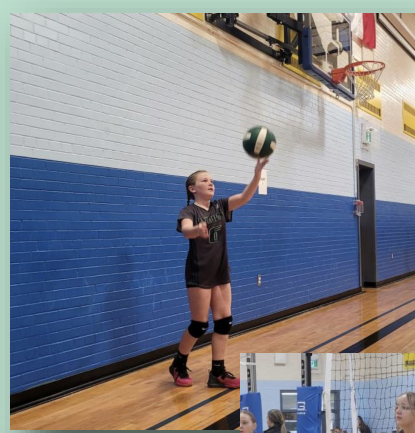
**A Boys Gold Medal Winners In Schuler Tournament**



**Bronze medal winners in the Irvine Tournament  
Travis and Karsen were MVP's**



**A Girls**



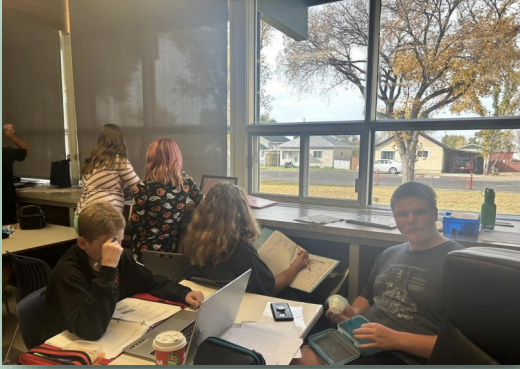
**C Girls**



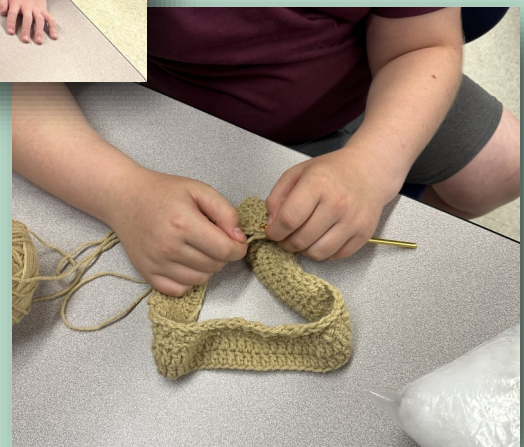
**B Girls Gold medal Winners in Schuler**



**HOMWORK CLUB  
MAKING A  
DIFFERENCE**



**Teens in Business  
Busy creating to  
sell their wares!**





**Congratulations to the Jr. Colts for winning the City Championship with a final score of 28 to 13.**

**They not only claimed the title, but we were named MVP Team of Medicine Hat.**



# The Great Pumpkin Run brought home

## 1st place medals

Tanner Livingstone-1st in 10km race

Kyle Barton-Jones 1st 5 km race and placing 2nd overall out of 92 runners

Mrs. Deis 1st in 5km race





**Mrs. Deis introduced 7B Phys. Ed. class to flag football.  
What an exciting game, with the students enjoying  
themselves.**

# November

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 Remembrance Day Service	7 NO SCHOOL	8 NO SCHOOL SI DAY	9
10	11 REMEMBRANCE DAY NO SCHOOL	12	13	14	15	16
17	18	19	20	21	22 REPORT CARDS	23
24	25	26	27	28 PIZZA HOT LUNCH	29	30

# FAMILY SCHOOL LIAISON WORKER

Christy Lassiter BSW RSW



## A note from the FSLW:

As the weather starts to get colder and temperature's are dropping parents you might be dreading the on going eye rolls and groans happening when you tell your teen to wear a coat because its freezing out! I read this article written by "Raising Teens Today" who interviewed teens and found some insight to why your teen (and most teens ) choose not to wear a coat when it's freezing out! Here are the top 7 responses from the teens. If your teen wears a coat- please feel free to skip this section!

### 1. They're just not cold

- I guess there is research supporting this... something about metabolic rates are higher in teens which generate more heat than adults so try and encourage them to wear a hat and gloves which will prevent frostbite and keep heat from escaping their head.

### 2. Coats are a pain to carry around

- they take up too much space in their small lockers and are too bulky to carry around... I mean it's a valid reason

### 3. Hoodies are cozy and provide emotional comfort

- hoodies can provide a feeling of calm, comfort, and security.

### 4. Hoodies are "Cooler" than coats

- the fashion options are endless! They come in any color or brand to match any outfit. Hoodies vs Coat- Hoodies will win every.single.time.

### 5. Coats are uncomfortable

- It doesn't matter how comfortable a coat can be it's still no match for a favorite hoodie, you can tuck your arms in the sleeves and stay toasty warm, anywhere!

### 6. Zero chance of loosing it if they don't wear it

- Some teens claim they have lost their coats (this is true- I see multiple winter coats in the lost and found) but will never lose their hoodies because they rarely come off .

### 7. No one else is wearing one

- As much as some teens say they don't care about fitting in, a lot of them actually do care. So even if a teen is cold and wants to wear a coat there is a chance they won't if no ones does.

**Keep encouraging your teen to wears a coat or at least layer up! If you are in need of any winter clothing please reach out to me and I would be happy to help!**

## NOVEMBER 13 WORLD KINDNESS DAY

THE WORLD IS FULL OF KIND PEOPLE.  
IF YOU CAN'T FIND ONE, BE ONE



## MOVEMBER

In 2003 was the start of a movement for men's health. The movement has taken on three of the biggest health issues affecting men: mental health and suicide prevention, prostate cancer and testicular cancer. As a result, men are living healthier, longer lives. For more information click the link

<https://ca.movember.com/?home>

## Stay in touch :

Monday-Friday from 8:15-am 3:45pm



christylassiter@prrd8.ca



403-548-3951



## Nature of referral

Peer Problems	Anxiety
Personal difficulties	Family Breakdown
Parent/Teen Conflict	Suicide/Self Harm
Death/Illness/Grieving	Social Problems
Low -Self Esteem	Anger Management
Depression	Other





# MOVIE NIGHT & BYOCRAFT

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



NOV  
1

VOTE BETWEEN:  
INSIDE OUT 2 (PG)  
DESPICABLE ME 4 (PG)  
KINGDOM OF THE PLANET OF THE APES (PG13)  
\*SENSORY-FRIENDLY THEATRE ENVIRONMENT



No registration required  
For teens ages 13 - 19



# CAMP NIGHT

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



NOV  
15

PAINTED ROCKS  
FRIENDSHIP BRACELETS  
INDOOR SCAVENGER HUNT  
GIANT HUNGRY HUNGRY HIPPO  
WATCH "NIGHTMARE BEFORE CHRISTMAS" (PG)



No registration required  
For teens ages 13 - 19



# CRAFTS & CONTROLLERS

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



DEC  
6

OCULUS QUEST  
NINTENDO SWITCH  
SCRATCH ART  
PERLER BEADS  
CARD MAKING



No registration required  
For teens ages 13 - 19

# NOVEMBER

# HONEYCOMB HOUSE



Follow us @ mhppteens

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Drop in Hours*</b> Tues, Wed, Thur: 3:30 - 7:30 PM Fri, Sat, Sun: 1:00 - 4:30 PM <b>CLOSED MONDAYS</b>		<b>Pumpkin Painting Week</b> Decorate for Halloween! 		<b>Teen Night:</b> Movie Night & BYOCraft @ 6:45 pm		
<b>Paper Squishy Week</b> DIY A paper squishy fidget! 			<b>CLOSING AT 5 PM</b>			
<b>Found Art Week</b> Bring in any cool trinkets to make art! 	Unity Circle @ 5 pm		Anime Party @ 5:30 pm	<b>Teen Night:</b> Camp Night @ 6:45 pm		
<b>Clay Week</b> Create with air-dry clay this week! 			BYOBook Club @ 5:30 pm			<b>CLOSED FOR "SCRIPT TO STAGE"</b> <a href="http://mhpl.info/register">mhpl.info/register</a>
<b>Board Game Week</b> Come play some fun board games! 			Adulting 101: Digital Banking @ 5:30pm			For teens ages 13 - 19. No registration required.

Join our

Discord Server!



\*Hours are subject to change

# DECEMBER

# HONEYCOMB HOUSE

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Box Painting Week</b> Come decorate a wooden treasure box! 			Adulting 101: Selfcare & Burnout @ 6:00 pm	<b>Teen Night:</b> Gaming & Craft Night @ 6:45 pm		
<b>Plushie Making Week</b> Design and sew your own plushies! 	Unity Circle @ 5 pm		Anime Party @ 5:30 pm			
<b>Holiday Card Week</b> DIY your own cards! 			Anime Party @ 5:30 pm			
<b>Recipe Exchange Week</b> Share yummy recipes! 	<b>CLOSING EARLY</b>	<b>CLOSED</b>	<b>CLOSED</b>			
<b>Origami/Paper Craft Week</b> Come craft with paper! 	<b>CLOSING EARLY</b>	<b>Drop in Hours*</b> Tues, Wed, Thur: 3:30 - 7:30 PM Fri, Sat, Sun: 1:00 - 4:30 PM <b>CLOSED MONDAYS</b>				For teens ages 13 - 19. No registration required.

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**AGES 13 - 19**

# **SCRIPT TO STAGE: TEEN THEATRE WORKSHOP**



**NOV 24**

**2:30 - 4:30 PM  
REGISTRATION  
REQUIRED  
HONEYCOMB  
HOUSE**

**PRE-REGISTER**



**Dive into the world of  
storytelling where you'll  
write a script with others  
and then bring it to life on  
the stage!**



**medicine hat  
public library**

