

PARKSIDE NEWS

MAY EDITION

SCHOOL ADMIN



PRINCIPAL: JONN BAIRD/TODD SAMUELSON
 EMAIL: JONNBAIRD@PRRD8.CA
 TODDSAMUELSON@PRRD8.CA

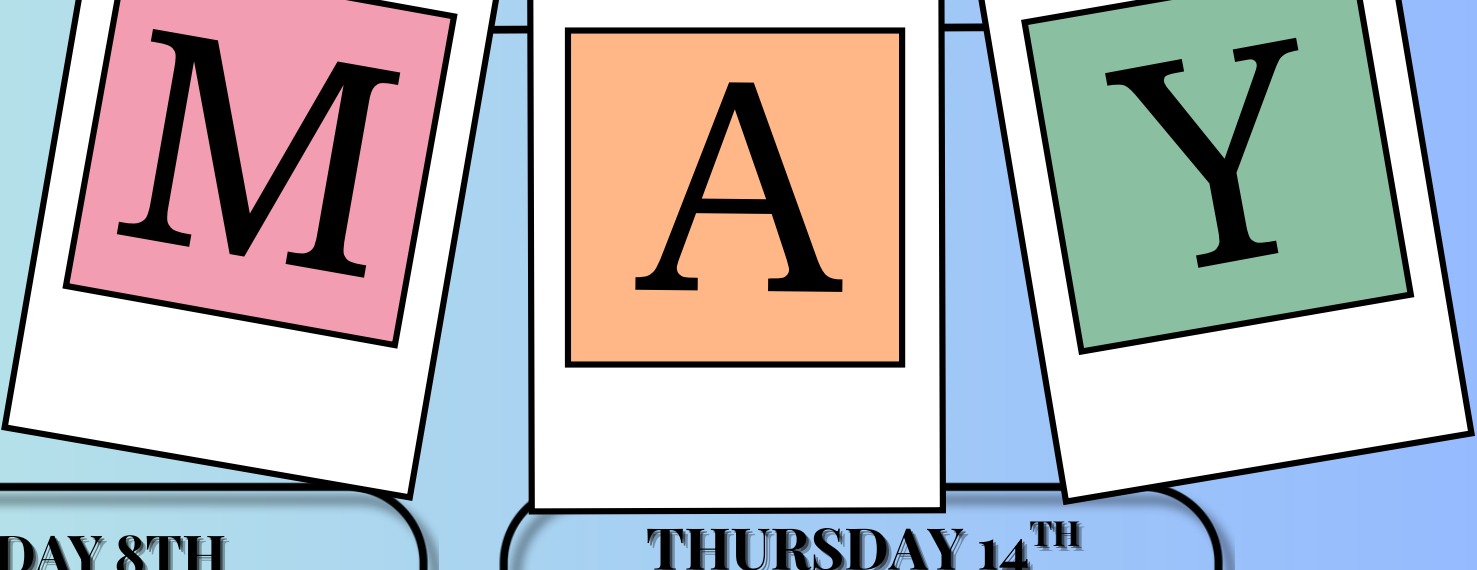
VICE PRINCIPAL: STERLING HAMILTON
 EMAIL: STERLINGHAMILTON@PRRD8.CA

ADMIN ASSISTANT: KELLI BERNER
 EMAIL: KELLIBERNER@PRRD8.CA

SCHOOL WEBSITE

209
 2ND STREET
 SOUTHEAST
 REDCLIFF
 T0J 2P0

403-548-3951



WEDNESDAY 6TH HATS ON FOR MENTAL HEALTH	FRIDAY 8TH TRACK & FIELD DAY	THURSDAY 14TH PIZZA HOT LUNCH (PRE ORDERS ONLY) MEAN GIRLS DRAMA PLAY
FRIDAY 15TH - 18TH NO SCHOOL	THURSDAY 21ST GRADE 9 ENGLISH PAT PART A	THURSDAY 28TH PIZZA HOT LUNCH (PRE ORDERS ONLY)

EVERY WEDNESDAY REDCLIFF YOUTH CENTRE PROVIDE A FREE LUNCH FOR STUDENTS (STUDENTS MUST HAVE A SIGNED PERMISSION FORM IN ORDER TO LEAVE CAMPUS)



PARKSIDE ARTSIDE



Term 3 Electives

Music/Band

A SNEAK PEEK AT A SOME OF THE ELECTIVES AVAILABLE TO OUR STUDENTS THROUGHOUT TERM 3

Photography

Teens in Business



Baseball

MEAN GIRLS
 coming SOON
DRAMA

FLAG FOOTBALL

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.

[CLICK HERE](#)

YEARBOOK

2025/2026 YEARBOOKS FOR SALE

IT IS THAT TIME OF YEAR AGAIN. PARKSIDE YEARBOOK IS IN THE MAKING AND WILL BE ON SALE UNTIL JUNE 19, 2026

THEY CAN BE PURCHASED THROUGH **SCHOOLCASH**

CALL MRS REID AT 403-548-3951 EXT 3414 FOR ANY MORE INFORMATION.

REMINDER, DEADLINE TO ORDER IS JUNE 19TH 2026

CRAFTS & CONTROLLERS

MAY 8

MIDSUMMER'S EVE

MAY 22

CRAFTS & CONTROLLERS

JUNE 5

AGES 13-19

STUDENT WELLNESS COUNSELLOR
 CHRISTY LASSITER BSW RSW

Spring is in the air and it's heart warming knowing the grass is starting to turn green and flowers are beginning to grow. With the increase of sun exposure it boots our vitamin D levels, and can even improve mood, leading to better mental health.

hello Spring

HOW TO SUPPORT YOUR TEEN WHO FEEL STRESSED

- Monitor changes in behaviour, e.g. trouble sleeping or withdraw
- Listen & acknowledge their feelings. Comfort & reassure them.
- Teach them coping skills like deep breathing or physical activity
- Encourage your teen to reach out for more support if they need it.
- Be calm- check your own emotions before talking to your teen
- Make a list of all their stressors. What is in and out of their control? Make a plan for the things they can control

THE STRESS RESPONSE IN KIDS

FIGHT	FLIGHT	FREEZE
Yelling, Screaming, Using Mean Words, Hitting, Kicking, Biting, Throwing, Punching, Blaming, Defiant, Responsible, Defensive, Demands, Controlling, Oppositional, Defiant, Moving Towards What Feels Threatening, Injuring, Offending, Furious, Offended	Wanting to Escape, Running Away, Unfocused, Hard to Pay Attention, Fidgeting, Restlessness, Hyperactive, Preoccupied, Busy with Everything But the Thing, Procrastinating, Avoiding, Ignores the Situation, Moving Away from What Feels Threatening, Anxious, Frenzied, Scared, Worried, Overwhelmed	Shutting Down, Mind Goes Blank, Urge to Hide, Isolate Self, Verbally Unresponsive, Says, "I don't know" a lot, Difficulty with Completing Tasks, Zoned Out, Daydreaming, Unable to Move, Feeling Stuck, Depressed, Numb, Bored/Apathetic, Helpless

WHAT IS STRESS

Everyone experiences stress differently- what affects one person may have little impact on another. Stress is the body's natural response to emotional strain and pressure, often leading to psychological and physical discomfort. When our stress response is triggered (the body's alarm system), a chemical reaction occurs, commonly known as fight, flight, or freeze. In small doses, stress can be beneficial, as our bodies are designed to manage short-term challenges. However, prolonged or chronic stress can have serious negative effects on both mental and physical health. (Marks,2023)

TOOLS FOR SCHOOL BACKPACK PROGRAM

Prairie Rose Public School Division is once again partnering with United Way Tools for School program to provide free backpacks filled with basic school supplies for students in kindergarten through Grade 12.

United Way South Eastern Alberta

If you would like more information or if your family is in need and you would like to participate, please contact the Student Wellness Counsellor at your child's school by phone or email.

Backpacks will be ready for pickup at the end of August.