

# PARKSIDE NEWS

JUNE  
EDITION

**YOUR MONTHLY NEWSLETTER ABOUT OUR SCHOOL!**

## OUR SCHOOL ADMIN

**PRINCIPAL : JONN BAIRD**  
**EMAIL: JONNBAIRD@PRRD8.CA**

**VICE PRINCIPAL : JANET KRAFT**  
**EMAIL: JANETKRAFT@PRRD8.CA**

## SCHOOL ADDRESS

209, 2ND STREET  
SOUTHEAST  
REDCLIFF

## SCHOOL SECRETARY

**KELLI BERNER**

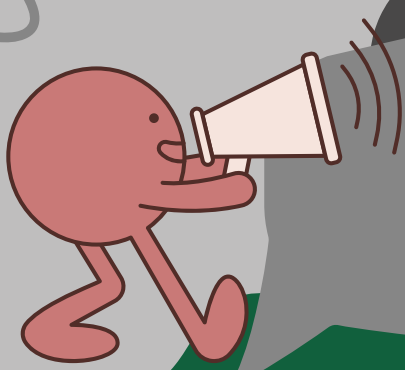
**PHONE : 403-548-3951**  
**EMAIL: KELLIBERNER@PRRD8.CA**



**PJHS**

**VISIT THE SCHOOL WEBSITE**

**WWW.PARKSIDESCHOOL.CA**



# SAVE THE DATE

THURSDAY 5 - G9 BOWLING @ 11  
G9 FAREWELL HARMONY HALL @ 6PM

THURSDAY 12 - PIZZA HOT LUNCH (PRE ORDERS ONLY)

MATH 9 PAT (PART A)

WEDNESDAY 18 - SOCIAL STUDIES 9 PAT

THURSDAY 19 - SCIENCE 9 PAT

FRIDAY 20 - NATIONAL INDIGENOUS PEOPLES DAY

MONDAY 23 - LA PAT (PART B)

TUESDAY 24 - MATH 9 (PART B)  
MATH 9 (K & E)

THURSDAY 26 - AWARDS CEREMONY 1PM  
LAST DAY EARLY DISMISSAL 2PM



# SUMMER

IS HERE!!



AS WE CLOSE ANOTHER FANTASTIC YEAR AT PARKSIDE, I WANT TO CELEBRATE THE AMAZING SPIRIT, GROWTH, AND ACHIEVEMENTS WE'VE SEEN.

FROM THE COURTS TO THE STAGE, OUR TEAMS AND RUNNING CLUB SHOWED TRUE HEART AND DEDICATION. OUR DRAMA STUDENTS SHONE BRILLIANTLY IN MAMMA MIA! AND OUR COMMUNITY CAME TOGETHER THROUGH SERVICE PROJECTS, WELLNESS CHALLENGES, AND SPIRITED EVENTS.

THIS BEING MY FINAL YEAR AS VICE PRINCIPAL, I'LL TRULY MISS THIS INCREDIBLE SCHOOL—ITS STUDENTS, STAFF, AND FAMILIES. IT'S BEEN AN HONOR TO WATCH YOU GROW AND THRIVE.

TO OUR GRADE 9S, WE'RE PROUD OF THE LEADERS YOU'VE BECOME. TAKE THESE MEMORIES AND LESSONS WITH YOU AS YOU MOVE ON.

THANK YOU ALL FOR YOUR HARD WORK AND KINDNESS. WISHING EVERYONE A SAFE AND JOYFUL SUMMER!

*Ms. Kraft*



# FAREWELL



*Mrs Ringrose*

A FOND FAREWELL TO MRS.  
RINGROSE!

LAST MONTH, WE CELEBRATED A REMARKABLE MILESTONE AS OUR AMAZING MRS. RINGROSE RETIRED AFTER 29 YEARS AT PARKSIDE SCHOOL. HER DEDICATION, WARMTH, AND WAVERING SUPPORT HAVE LEFT AN INDELIBLE MARK ON OUR SCHOOL AND SHE WILL BE MISSED.

THANK YOU FOR EVERYTHING MRS. RINGROSE AND WE WISH YOU ALL THE BEST FOR A LONG, HAPPY AND FUN FILLED RETIREMENT.



*Ms Kraft*

FAREWELL TO THE WONDERFUL MS  
KRAFT

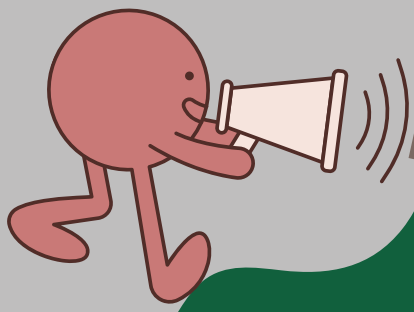
AFTER 6 AMAZING YEARS AT PARKSIDE, FIRST AS A DEDICATED TEACHER AND THEN AS OUR INSPIRING VICE PRINCIPAL, ITS TIME FOR MS. KRAFT TO EMBARK ON A NEW ADVENTURE (STILL IN TEACHING THOUGH). HER VIBRANT PERSONALITY AND CARING NATURE HAVE LEFT A LASTING IMPACT ON BOTH STUDENTS AND STAFF. YOU WILL BE GREATLY MISSED AND WE WISH YOU ALL THE LUCK AS YOU STEP INTO THIS NEXT CHAPTER.

More  
info

PLEASE SEE THE LINK BELOW  
FOR PARENTS WANTING  
INFORMATION REGARDING  
THE GRADE 9 PAT'S THIS  
YEAR

[PAT PARENT INFORMATION](#)





# ELECTIVES!



REC ED (ROCK CLIMBING)



BAKING

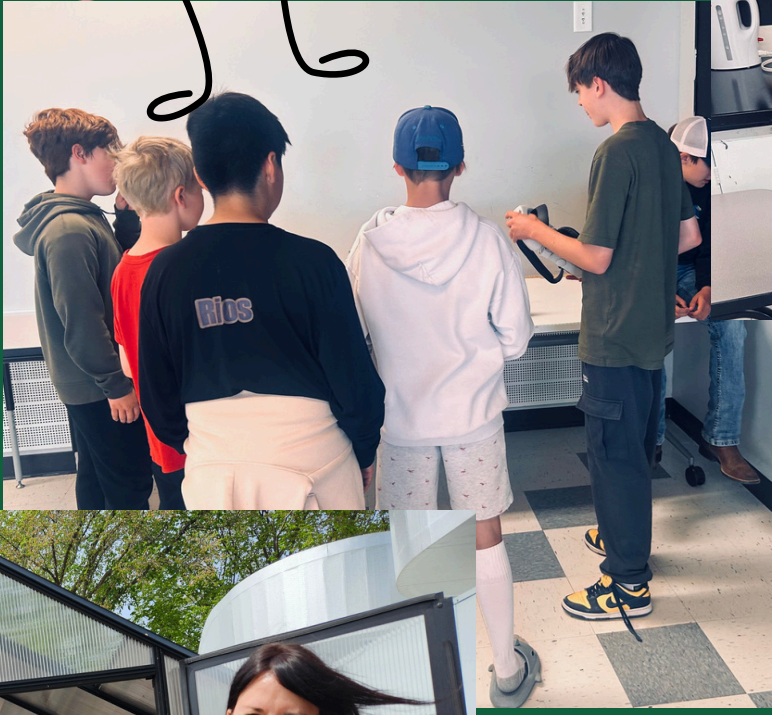
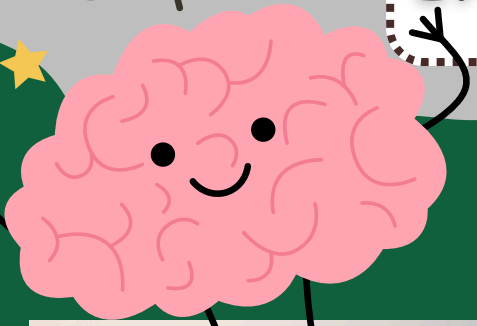
# Mamma Mia



THAT'S A WRAP!!  
OUR AMAZING DRAMA AND  
BAND ELECTIVE PUT ON AN  
AMAZING PERFORMANCE OF  
'MAMMA MIA' THEY  
PERFORMED BOTH AT OUR  
FINE ARTS NIGHT AS WELL AS  
KALEIDOSCOPE.  
WELL DONE TO ALL!!



# EXHIBITION OF LEARNING



ANOTHER AMAZING LEARNING EXHIBITION AT PARKSIDE, WHERE THE STUDENTS GET TO SHOWCASE THEIR AMAZING TALENT AND CREATIVITY IN THEIR CHOSEN ELECTIVES.



BRADIE BURNS IS RUNNING AN  
OPEN GYM FOR BASKETBALL FOR ANY  
STUDENTS WHO MAY BE INTERESTED

ON THE FOLLOWING DATES:

MAY 9TH, 16TH, 23RD, 30TH, AND  
JUNE 6TH WILL BE THE LAST ONE.

6PM-9PM

(SEE MR. SLOAN FOR THE FORMS  
NEEDED)

# JUNE



2025

MON	TUE	WED	THU	FRI	SAT	SUN
2 G 9 & 8A Swimming 12:45 - 2:15	3 ZONES (more info to follow)	4	5 Grade 9 Bowling @ Ilam Grade 9 Farewell 6pm @ Harmony Hall	6	7	8
9 G 7 & 8B Swimming 12:45 - 2:15	10	11	12 Pizza hot lunch (pre orders only)	13 Math 9 Part A	14	15
16	17	18 Social Studies 9	19 Science 9	20 National Indigenous Peoples Day	21	22
23 LA PAT Part B	24 Math 9 Part B Math 9 K & E	25	26 last day early dismissal 2pm	27	28	29
30						

you're  
wonderful



# CRAFTS & CONTROLLERS

AGES 13 - 19

NO  
REGISTRATION  
REQUIRED

JUN  
6

DOORS OPEN  
6:45 - 7:15 PM  
END AT 9:00 PM



medicine hat  
public library



Purchase a set of 4 tires  
& Davis will donate **\$40**  
to your child's school!

PLUS free tire rotation, flat repair & storage\*



Offer until June 30, 2025

\*storage only for the 1st season, then \$25 after





**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)

September 9, 2024

**Chromebooks**

Chromebooks and charge cords (power adapters) have been signed out to all Parkside Students as follows:

- Grade 7 New Chromebook
- Grade 8 Chromebook they were issued last year (Grade 7)
- Grade 9 Chromebook they were issued 2 years ago (Grade 7)

Students are given the same Chromebook each year, upon their return that they were originally issued. They are scanned into our system, the same as textbooks, library books, etc. Computers are returned in June, for the summer months.

Students are expected to take their computer home each day, and return with it the next day, charged and ready to use.

Parents are responsible for the Chromebooks, and are required to pay for any lost computers, charge cords or damage as determined by the Prairie Rose Technology Department:

Keyboard repairs	\$20.00
Monitor replacement (used) when available	\$30.00
Monitor replacement (New)	\$75.00
Used body parts, e.g. broken case or hinges (when available)	\$25.00
USB-C power adapters mean the Chromebook needs to be replaced. See below pricing	
Prorated on a 34-month life expectancy starting September of the year they were assigned. However many months were left times \$8.00	\$8:00
Power Adapters of all makes and styles. Used and new.	\$15.00

Please call the school office with any questions.



**ORDER  
NOW!**



**PARKSIDE  
YEARBOOK**

IT'S THAT TIME OF YEAR AGAIN! THE PARKSIDE YEARBOOK IS IN THE MAKING, AND WE CAN'T WAIT TO SHARE IT WITH YOU. YEARBOOKS WILL BE ON SALE UNTIL JUNE 20 2025.

YOU CAN PURCHASE YOURS THROUGH SCHOOLCASH ON OUR WEBPAGE OR AT [LIFETOUCH@YBPAY.CA](mailto:LIFETOUCH@YBPAY.CA) USING SCHOOL CODE #13146425

YEARBOOKS ARE PRICED AT \$37, AND FOR AN ADDITIONAL COST, YOU CAN HAVE IT PERSONALIZED, HARD COVER OR YEARBOOK STICKYS.

DON'T MISS OUT ON CAPTURING THIS YEARS MEMORIES!

PLEASE EMAIL MS.WOITOWICH ON [LORRIWOITOWICH@PRRD8.CA](mailto:LORRIWOITOWICH@PRRD8.CA) OR CALL **MRS. REID @ 403-548-3951 EXT -3414**







# 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 in August/

# FUEL THE FIRE



## PICKETT BASKETBALL CAMP

### WHEN:

JULY 14-18, 2025

### WHERE:

EAGLE BUTTE HIGH  
SCHOOL

**AGES 8-11(CO-ED):**

9:00 AM- NOON

**AGES 12-15(CO-ED):**

1:00PM- 4:00PM



**PRAIRIE ROSE**

**STUDENT DISCOUNT:**

**\$100 PER ATHLETE**

**REGISTER**

**HERE**

REGIONAL REGISTRATION MAY 12TH TO JUNE 5TH



**TABER • JULY 2-5, 2025**

*Regional Director info can be found on the Southern Alberta Summer Games website*



- |                          |                         |                      |
|--------------------------|-------------------------|----------------------|
| <b>3/5/10 KM RUN</b>     | <b>BADMINTON</b>        | <b>MOTOCROSS</b>     |
| <b>3 ON 3 BASKETBALL</b> | <b>BEACH VOLLEYBALL</b> | <b>PHOTOGRAPHY</b>   |
| <b>5 PIN BOWLING</b>     | <b>CRIBBAGE</b>         | <b>POWER LIFTING</b> |
| <b>AIR GUN RIFLE</b>     | <b>E-SPORTS</b>         | <b>PICKLEBALL</b>    |
| <b>ARCHERY</b>           | <b>GOLF</b>             | <b>SMALLBORE</b>     |
| <b>ATHLETICS</b>         | <b>HANDGUN</b>          | <b>SOCCER</b>        |
| <b>BALL HOCKEY</b>       | <b>MINI SOCCER</b>      | <b>SWIMMING</b>      |
| <b>BASEBALL</b>          | <b>MOUNTAIN BIKING</b>  | <b>TRAPSHOOTING</b>  |

**REGIONAL DIRECTOR CONTACT**



**JONAH CARLSSON**



**(403) 526-2888**



**JONAH.CARLSSON@CYPRESS.AB.CA**

**[southernalbertasummernames.ca](http://southernalbertasummernames.ca)**



MORE THINGS TO DO: [WWW.VISITTABER.COM](http://WWW.VISITTABER.COM)

# EVENTS & ACTIVITIES

## DAILY (WED/THU/FRI/SAT):

- Taber Spray Park Open:
  - 10 AM - 9 PM
- Taber Public Library Arts & Crafts:
  - 10 AM - 6 PM

## WEDNESDAY, JULY 2ND:

- Opening Ceremonies & Athlete March
  - Confederation Park; 5:30 PM
- Welcome BBQ
  - Confederation Park; to follow Opening Ceremonies & March

## THURSDAY, JULY 3RD:

- Taber Farmers' Market
  - Confederation Park; 5-7 PM.
- Free Swim- Sponsored by the Town of Taber
  - Aquafun Centre; 1 - 4 PM

## SATURDAY, JULY 5TH

- Closing Ceremonies
  - Confederation Park; 5:00 PM
- After Party for Athletes & Family
  - The Pin; 6:00 PM



## WHILE YOU'RE IN TABER:

TASTE OF TABER APP

VISIT TABER GUIDE

FREE WIFI LOCATIONS



# GAMES SCHEDULE

SASG REGISTRATIONS

SASG CONTACT INFO





**TABER • JULY 2-5, 2025**

	Wednesday, July 2nd	Thursday, July 3rd	Friday, July 4th	Saturday, July 5th
3/5/10 km Run	Trout Pond; Transfer Station Ave (10km)			
3-on-3 Basketball			Taber Christian High School	
5 Pin Bowling	The Pin			
Air Gun Rifle				MD of Taber Sport Shooting Complex
Archery				Grassy Lake Range
Athletics	Track and Field Oval			
Ball Hockey	Taber Arena (Small Ice)		Taber Arena (Large Ice)	
Baseball	Ken McDonald/ Confederation Park			
Badminton			Barnwell School	
Beach Volleyball			Taber MD Park	
Cribbage	Parkside Manor			
E-Sports			Taber Christian High School	
Golf	Taber Golf Course			
Handgun				MD of Taber Sport Shooting Complex
Mini Soccer	St. Patrick's School			
Motocross				Taber Motocross Track
Mountain Biking		Taber Transfer Station		
Photography	Taber Public Library			
Power Lifting				Bodymasters Gym
Pickleball	Taber Ice Arena			
Smallbore				MD of Taber Sport Shooting Complex
Soccer			Ken McDonald Memorial Sports Complex	
Swimming			Taber Aquafun Centre	
Trapshooting				Vauxhall Fish & Game Range



# GET READY FOR THE GAMES



TEAM  
CYPRESS/REDCLIFF

Register with team  
director Jonah  
Carlsson by June 5



# COULEE COLLEGIATE CHROME ACADEMY SUMMER SCHOOL

## WHAT IS IT?

In this self-paced online course, students will learn how to navigate around the Google Drive platform. Students will become proficient in using Google Docs, Google Slides, Google Sheets, and they will also have the opportunity to improve their keyboarding skills.

# 5 CREDITS

## WHAT CREDITS WILL I EARN?

Word Processing 1 (INF 1030)  
Word Processing 2 (INF 2050)  
Spreadsheet 1 (INF 1060)  
Digital Presentation (INF 1070)  
Keyboarding (INF 2020)

## BONUS!

When students successfully complete all 5 credits of the course, they will receive a Chromebook to further advance their learning around the Google platform.



## HOW MUCH IS IT?

\$50.00 REFUNDABLE  
DEPOSIT (refunded after  
course is completed)

## HOW MUCH TIME DO I HAVE?

**Must complete all 5 credits by August 30th**



TO REGISTER EMAIL:  
[COULEECOLLEGIATESECRETARY@PRRD8.CA](mailto:COULEECOLLEGIATESECRETARY@PRRD8.CA)



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

403-526-4156

# TO W N O F R E D COMMUNITY P R O & EVENT GUIDE

May to July 2025

## SUPPORT SERVICES

### TEEN SUPPORT GROUP

Medicine Hat Family Service will host a Teen Support Group at the Redcliff Youth Centre. This is a **FREE**, closed group for those **10-18 years old**. The Teen Support Group meets **twice a month** depending on age: the **Wednesday of every month** for ages 10-13 and the **third Wednesday of the month** for ages 14-18. Topics of discussion include:

- grief and loss depression and
- anxiety boundaries and consent
- bullying and harassment health
- relationships gender identity
- and self-esteem resiliency and
- coping



Register at the Redcliff Youth Centre. Parent consent is required.



### REDCLIFF FCSS

**SENIOR SUPPORT GROUP** - Join the Redcliff FCSS and Medicine Hat Family Service for coffee and conversation on topics that are important to you! Whether you just need to talk, or want good conversation with friends! Join us for our next meetings, **June 2nd and 16th at the Redcliff Senior Citizens Society** from 10:30am - 12:00pm!

**MOTHERS SUPPORT GROUP** - Presented by the Redcliff FCSS and Medicine Hat Family Service. Sometimes Moms just need to talk too! Join us for coffee and conversation for our next meetings at the Redcliff Library, **May 22nd and June 5th** from 10:30am - 12:00pm!

### REDCLIFF MENTAL WELLNESS CIRCLE

**May 15** RESILIENCE PT2 - ADJUSTING TO MAJOR LIFE CHANGES  
Redcliff Public Library Board Room.



**June 19** RESILIENCE PT 3 - LIFE REIMAGINED/FINDING New Possibilities  
Redcliff Public Library Board Room.

## COMMUNITY ENGAGEMENT

### SENIORS WEEK

Redcliff FCSS is happy to celebrate the 55+ community members in Redcliff with a week of **FREE** activities **June 2nd to 6th**

**Monday June 2nd:** Picnic in the Park from **11:30am - 1:30pm**. Lunch and live music provided. Please **RSVP** to [melody.astika@redcliff.ca](mailto:melody.astika@redcliff.ca) or call **403-548-3232**

**Tuesday June 3rd:** Discount Day at participating local businesses.

**Wednesday June 4th:** Cookies, coffee and conversation at the Redcliff Seniors Center **10:30am - 12pm**

**Thursday June 5th:** Bingo and snacks with youth at the Redcliff Seniors Center **1pm - 3pm**. Great prizes to be won!

**Friday June 6th:** Friday night dance at the Redcliff Legion starts at **7pm**.

### REDCLIFF DAYS JUNE 13-15

Redcliff Days is just around the corner!

Here's a preview of a few things to expect this year.

#### FRIDAY:

- Bicycle Rodeo
- Movie In Lions Park- The Super Mario Bros.- **sponsored by Servus Credit Union**
- Free public swim at the Redcliff Pool

#### SATURDAY

- Pancake Breakfast at Redcliff Legion- **sponsored by Redcliff Home Hardware**
- Lions Club Show and Shine in Lions Park
- Activities, vendors and food trucks in and around Memorial Park and along Broadway Ave including **NEW** entertainment featuring The Little Red Ball Company hula hoop artists, stilt walkers and play shops, a cultural corner, and of course the bouncy castles and pedal tractors- **sponsored by Top Line Roofing and Gunn Metals**
- Nerf Wars at the Redcliff Arena
- Free public swim- **sponsored by Redcliff Family Dental**
- Sunshine Trolley Tours all day to all the places to be- **sponsored by ROCC Lending**
- Fireworks at 10:45pm

#### SUNDAY

- Free public swim at the Redcliff Pool
- Roller Hockey Tournament facilitated by Redcliff Minor Hockey at the Rec-Tangle Arena
- Exhibition Soccer Game at the Redcliff soccer field

### FABULOUS 50'S DANCE

Saturday June 14<sup>th</sup> at Harmony Hall. Doors open at 5:30pm, Swing lessons start at 6:30, and dance begins at 7:30 with a 50's style lunch to follow. Music provided by Rebel Angels. 50's-60's era clothing is encouraged with **best dressed prizes available**. Tickets are \$40 and can be purchased from Laurie Ann's Fashion in the Co-op Mall. Call Delores **403-866-9430**, Sharon at **403-526-2209** for more info.

### KIDS FUN FEST

**August 16th** at Harmony Hall, Free fun to attend for people of all ages! Vendors will be onsite, **more details** to come. Visit [somethingforeveryonemarket.com](http://somethingforeveryonemarket.com) for additional details.

### REDCLIFF YOUTH CENTRE



The Redcliff Youth Centre is a **charitable organization**, offering a variety of **free educational and recreational prevention and life-skill building programs** for youth ages **10-17**. Open **Monday - Thursday 2:30 - 8:00pm** and **Friday 2:30 - 10:00pm**. Open extended hours on SI days and summer holidays.

**MONDAYS:** GDL Learner Permit study & employment program.



**TUESDAYS & THURSDAYS:** Homework Program

(Ends June 24th) and Dinner Program

**WEDNESDAYS:** Hot Lunch 11:30am - 12:10pm

(Ends June 25th) STEM Activities and Teen Support Group w/ MHFS on 1st and 3rd Wednesday of each month.

**FRIDAYS:** Art & cultural activities, games, sports, and more!



### SOMETHING FOR EVERYONE MARKET BBQ FUNDRAISER

Something for everyone market is proud to announce they are hosting a charity BBQ fundraiser on **Saturday, May 31 from 11:00am - 3:00pm at Lions Park!** All proceeds raised will go towards funding the Redcliff Youth Centre, and the incredible work they do!



### DUNK TANK FUNDRAISER FOR REDCLIFF YOUTH CENTRE

Join the Redcliff Youth Centre for a charity dunk tank event as part of Redcliff Days, **Saturday June 14th at Memorial Park from 11:00am - 4:00pm!**



### BOOK SALE AT REDCLIFF LIBRARY

Join the Redcliff Public Library for the annual Redcliff Days Book Sale **Saturday June 14 9:00am - 4:00pm!** Looking for **Adult and Teen volunteers** to help with book sale, as well as donation items. Please **contact Tracy at 403-548-3335** for more info.

## YOUTH VOLUNTEERS FOR SUMMER READING PROGRAM



The Redcliff Public Library is looking for youth volunteers to help out with the Summer Reading Program! If you are **between the ages of 13-15 years old**, drop off your resume to [redcliff.manager@shortgrasslibrary.ca](mailto:redcliff.manager@shortgrasslibrary.ca)

## FUNDRAISER BBQ AT THE LIBRARY



Hosted by the Redcliff Cypress Regional Waste Authority & Ambipar. June 7th 11:00am - 4:00pm. Burger and pop for \$8! All proceeds raised will benefit the Redcliff Public Library

## DOLLY PARTON IMAGINATION LIBRARY

The Redcliff Public Library is a member of the Dolly Parton Imagination Library. This program is available to children living in Redcliff, thanks to funding by All Nations Optimist Club. Registrations are accepted in person only, and FREE, providing your child is ages 0-5 years, with a free book mailed to them each month until their 5th birthday. **Only 10 spots remain.**

## SUMMER READING PROGRAM AT REDCLIFF LIBRARY

The Redcliff Public Library's Summer Reading Program for children **ages 5-12 years** will run from **June 30 - August 7**

There will be two sessions to choose from:

**Mon - Thurs 10:00am - 12:00pm.**

**Mon - Thurs 1:00pm - 3:00pm.**

Each 6 week session is **\$75 per-child**. Register in person at the library beginning June 2. Cash, card, debit, and credit are all accepted. **Only 24 spots available for each session.**

## GIRL GUIDES OF CANADA CYPRESS HILLS AND AREA MAIDENS QUEST 2025

Looking for an epic summer experience? **Join us Sunday, August 10 - Friday August 15th** for a youth camp like no other for girls **ages 5-17!** Experience the thrill of outdoor living, sleeping under the stars, learning archery, survival skills, and unleashing creativity through engaging craft projects! For more information, please email [jalowry05@gmail.com](mailto:jalowry05@gmail.com) to secure your spot today!

## TWIST & FLIP GYMNASTICS

Offering seasonal sessions of specialized preschool & recreational classes. **Birthday party/group bookings are also available.** Register for our **AMAZING Recreational Summer Camps**, and our **Fall session is NOW OPEN!** For more information, please visit [www.twistandflip.ca](http://www.twistandflip.ca) or call 403-487-5867

## REDCLIFF BADEN-POWELL CENTRE

The Redcliff Baden-Powell Centre is **open for facility bookings!** Operated by the Redcliff Scout and Guide Building Association. Contact

**Marilyn at 403-504-7507** for inquiries or visit <https://redcliffbadenpowellcentre.wordpress.com/>

## WHITE DRAGON KARATE SUMMER DAY



### CAMP

White Dragon Karate is hosting a **Karate Day Camp July 7 - 11 8:00am - 4:00pm!**

Registration is **\$195 for the week**. Every day is filled with different crafts and activities such as Karate swimming! With special prizes every day culminating with Friday pizza and movie day! for **more information, call 403-878-6381 or email [white.dragon.karate@yahoo.ca](mailto:white.dragon.karate@yahoo.ca).**

## Redcliff Seniors Society - 55+

Our Seniors Society is dynamic & social. The membership fee is only **\$15 per year**. To enroll or for more info call **403-527-4300**.

## WEEKLY EVENTS

**MONDAYS:** Wood Carving afternoons **1:00 - 4:00pm**. See Ron. Monday Morning Exercise: **9:30 - 10:30am**. \$1.00 entry. **Ends May 14th**

**TUESDAYS:** Strength & Stretch **1:00 - 2:00pm**. Free. Tuesday Pool **1:00 - 4:00pm** \$1.00 entry.

**WEDNESDAYS:** Morning Exercise **9:30 - 10:30am**. \$1.00 entry **ends May 14th**. Cribbage **1:00 - 3:30pm** \$2.00 entry.

**THURSDAYS:** Pool **1:00 - 4:00pm** \$1.00 entry.

**FRIDAYS:** Strength & Stretch **1:00 - 2:00pm**. Whist **6:30 - 8:30pm** \$2.00 entry.

**SUNDAYS:** Canasta **1:30 - 3:30pm** \$1.00 entry.

## UPCOMING EVENTS

**POTLUCK AND BINGO: May 15 6:00pm** potluck begins, bingo begins at **7:00pm**. Must be a member to play bingo.

**STRAWBERRY TEA: May 22 1:00pm - 3:00pm**. Cost for entry is **\$5.00**. Windup Dinner to follow at **5:00pm & 6:00pm**. Tickets will be available **beginning May 15th** at Potluck and Bingo. See Adda and Gladys.

**POTLUCK AND BINGO: June 26 6:00pm** potluck begins. Bingo begins at **7:00pm**. Must be a member to play bingo.

## REDCLIFF LEGION



### Mondays

Drop-in Seniors Darts and Pool **12:00pm**

### Tuesdays

Drop-in Jitney Darts **7:30pm**. Dart and Pool League



### Wednesdays

Wing Wednesday: **Get a pound of wings for \$9.95!** Choose from more than 30 flavors!



### Thursdays

Drop-in Senior Darts **12:00pm**

### Fridays

Friday Night Dances **\$10, 7:00pm - 10:30pm**.

**BSO OSI Buddy Check In Coffee:**

A Veteran led group open to all Allied and CAF members, serving or retired

and the RCMP. Open to Everyone.

### Saturdays

Meat Draw and Chase the Queen

every Saturday starts at **4:30pm**.



## UPCOMING EVENTS

**Craft Fair - May 24 10:00am - 4:00pm** at the Redcliff Legion. Limited tables available. **Call Mel at 403-952-7545**

### Friday Night Dance Lineup

**May 16:** T.T Band

**May 23:** Mixed Company

**May 30:** Willie and Bandits

**June 6:** Happy Gang Band

**June 13:** Willow Creek Band

**June 20:** Rodi and Guys

**June 27:** Mixed Company

## EMERGENCY AND SOCIAL SUPPORT

Emergency Services.....	911
Alberta Resource Centre (call, text or chat).....	211
Health Link.....	811
Addiction Helpline.....	1-866-332-2322
Alberta's ONE LINE for Sexual Violence.....	1-866-403-8000
Income Support (AB Government).....	1-844-388-7744
24-hr Emergency Income Support.....	1-866-644-5135
YMCA Employment Centre.....	403-529-4733
The Mustard Seed (Emergency Shelter).....	1-833-448-4673
Kids Help Phone.....	1-800-668-6868
Kids Help Phone Text Line.....	686868
Mental Health Helpline.....	1-877-303-2642
Suicide Crisis Helpline (Call or Text).....	988
Child Abuse Reporting Line.....	1-800-387-5437
Persons in Care Abuse Line.....	1-888-357-9939
Medicine Hat Women's Shelter Society.....	403-529-1091
Root Cellar (MH Food Bank).....	403-528-4313
Counselling - free or low cost	
AHS Addiction & Mental Health.....	403-529-3500
Medicine Hat Family Service.....	403-504-8026

# STUDENT WELLNESS COUNSELLOR

Christy Lassiter BSW RSW

christylassiter@prrd8.ca

Phone: 403-548-3951



## A note from the SWC:

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 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 SWC 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 9th-13th.



## 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.

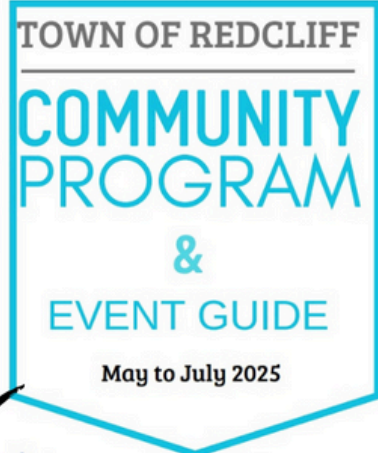
## Summer Routine

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.).



Scan Me



# Summer is here

Dear Parkside Families,

As the school year draws to a close, we wish you a fantastic summer filled with joy, relaxation, and adventure. This past year has been a journey of learning and growth, and we're grateful for your continued support and dedication. Now, it's time to unwind, explore new interests, and create cherished memories with your loved ones. Whether you're planning exciting trips, enjoying local activities, or simply spending quality time together at home, we hope your summer is everything you wish it to be.

Have a wonderful break, and we look forward to seeing you refreshed and ready for another amazing school year ahead!

*From all the staff  
at Parkside*