

# JANUARY 2025

# WELCOME BACK



## DATES TO REMEMBER

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 28	Grade 9 to EBHS—Full Day
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.

The New Year is here and the blustery, cold weather came with it!!!! Welcome back, and we hope everyone had a wonderful Christmas and a great New Year. January's calendar is filled with Basketball practices and games, Hidden Valley Ski trip, and much more. If you're wanting more information, check the Parkside Webpage or Facebook.

<b>January</b>							<b>2025</b>
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14 PARENT TEACHER INTERVIEWS 3:00 – 6:00PM	15	16 PARENT TEACHER INTERVIEWS 3:00-6:00PM	17	18	
19	20	21	22	23	24 HIDDEN VALLEY SKI TRIP	25	
26	27	28 GR. 9 TO EBHS – FULL DAY	29 SI DAY- NO SCHOOL	30 PIZZA HOT LUNCH	31		



*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 2025 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.*

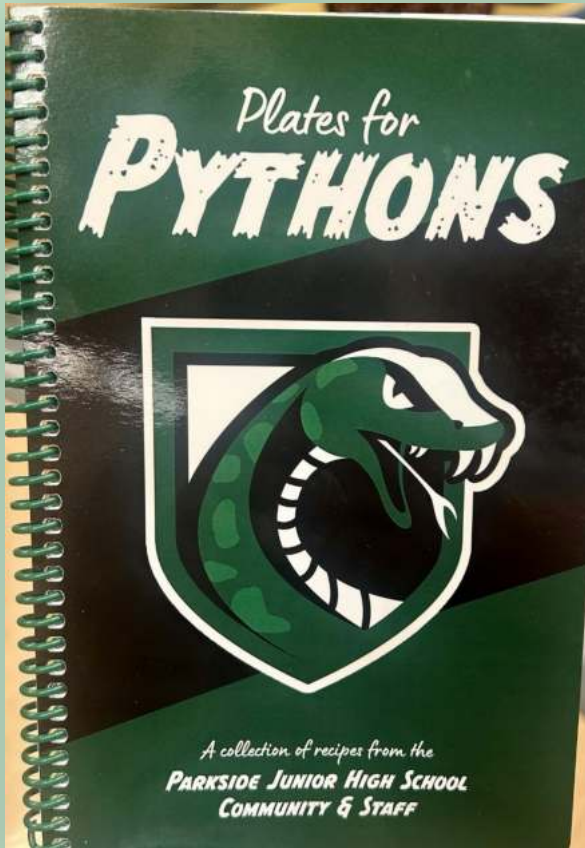
**ONLINE PAYMENTS PREFERRED.**

***Payment for online orders can be made through Schoolcash. If purchasing directly from School, please call ahead. No drop ins. [For online purchases please follow the link below:](#)***

<https://prrdweb.schoolcashonline.com/Fee/Details/25493/70/False/True>

*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.*



Plates for Pythons Cookbooks are still available to purchase through school cash for



There are a lot of spots available for our Hidden Valley Ski Trip. Fees can be paid for online through Schoolcash.



# Parent-Teacher Interviews

Parent Teacher Interviews are January 14-16th. Go to Parkside website to make an appointment.



## MHC TRADES

The unit on Electrical Division showed the Trades students how to run wire, and connect to outlets. They created light and electrical stands.



# Pythons Basketball





## Foods class making delicious treats for Christmas Break



# UGLY SWEATER DAY



Mr. McKay...you win!!!





The last day of school for 2024 was filled with pajamas, slippers and yummy treats, courtesy of our School Council. Thank you, We appreciate all you do for our school.





The Parents vs Players Basketball showdown took place at Parkside December 30th. Parkside players came out strong, and took the win for their first game. The Parents rallied back in the second game and earned the victory.

It was a fun filled afternoon with the parents bringing home bragging rights.



# STUDENT WELLNESS COUNSELLOR

2025

Christy Lassiter BSW RSW

January



New Year

New Goal

New You!

January marks the start of a new year and a new opportunity for parents to encourage their children to set goals for themselves. Ask your child what they would like to accomplish and help your child create a realistic goal plan by creating a list of steps that can help guide your child to their achievements. Lastly, celebrate with them each small success towards their goal achievement. This helps your child to feel more motivated to accomplish future goals knowing their parents are there to support, encourage, and celebrate with them along the way!

## BLUE MONDAY JANUARY 20, 2025



### Take a refreshing walk in the morning

Schedule in a 20 minute walk. Walking in green spaces reduces stress, enhances feel good hormones and prepares you for the day ahead. Exposure to natural daylight before noon sets the natural body clock which helps with sleep and stress. In addition to this sunlight on skin stimulates production of the all important vitamin D.

### Make a cuppa



A cup of tea can work wonders. Naturally warming and comforting, tea is rich in plant compounds that reduce stress and support mood. Black tea, green tea and chamomile are especially supportive.

### Breathe

Take ten minutes to sit somewhere quiet and focus on your breathing. Notice how it feels when you inhale, feel the sensations in the belly as it rises. Pause a little before releasing the breath. Exhale slowly and fully.

Ten minutes a day of mindful breathing or breathing exercises like alternate nostril breathing can dampen the stress response and improve outlook.

### Use essential oils

A combination of uplifting fragrances like bergamot and citrus can support good mood. Lavender enhances calm and lemongrass can be stabilising.



### Listen to your favourite music

Music is evocative. It can bring back many emotions and memories. Choose your favourite feel good tracks and schedule in time to listen on the way to or from work, at lunchtime or whilst cooking dinner.

Let yourself go and dance to the tunes - guaranteed to support mood.

### Ditch your digital devices.

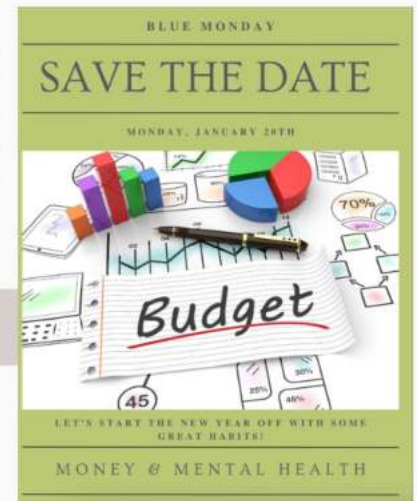


Make an effort to 'switch off' your digital devices regularly. Research shows that constant access to social media, email and the internet is causing an increase in anxiety, stress and depression.

Go old school and communicate face to face, this is how humans are supposed to interact. Close communication enhances many parts of the brain and is far more rewarding than remote contact with friends, family or work colleagues.

Blue Monday is an annual day that is often regarded as the most depressing day of the year. It typically falls on the third Monday in January and is associated with feelings of sadness, low motivation, and a lack of energy. While the concept of Blue Monday has been criticized for its lack of scientific validity, it has become a day for promoting mental health awareness and self-care.

Bridges Family Programs are partnering with **Community Food Connections Association** to offer the community a Blue Monday learning session about eating well on a budget!



Bell  
Let's Talk

Bell Let's Talk Day is on January 22 and Parkside Jr. High will be joining in to help create real change in mental health.

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



# PARENT EDUCATION PROGRAM JANUARY 2025 CALENDAR



**SUNDAY                      MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY                      SATURDAY**

<p>Thanks to partners like:</p>  			1	2	3	4
 	<p>Sensory Group Infant: 1:00 - 2:30pm</p> <p>6</p>	<p>Sensory Group Preschool: 10:00 - 11:30am</p> <p>Cooperative Parenting &amp; Divorce: 12:30 - 2:30pm</p> <p>Fear-less Seminar 3:00 - 5:00pm</p> <p>7</p>	<p>Sensory Group Miywasin: 10:00 - 11:30am</p> <p>Group Triple P: 6:00pm - 8:00pm</p> <p>8</p>	<p>Triple P for Baby: 10:00am - 12:00pm</p> <p>LGBTQ+/2S Parent Support 6:00 - 8:00pm</p> <p>9</p>	10	<p>Pancakes, Playtime &amp; Parenting 9:00 -11:00am</p> <p>11</p>
 	<p>Walk, Talk, Stroll: 9:00 - 10:00am</p> <p>Nurturing Parenting 1:00-2:30pm (Redcliff)</p> <p>Nurturing Fathers: 6:00 - 7:30pm</p> <p>13</p>	<p>Sensory Group Infant: 10:00 - 11:30am</p> <p>Sensory Parenting Explorers 10:30am - 12:00pm (Oyen)</p> <p>Cooperative Parenting &amp; Divorce: 12:30 - 2:30pm</p> <p>Sensory Parenting Explorers 1:00pm - 2:30pm (Oyen)</p> <p>14</p>	<p>Group Triple P: 6:00pm - 8:00pm</p> <p>15</p>	<p>Triple P for Baby: 10:00am - 12:00pm</p> <p>Mighty Play &amp; Learn: 10:30 - 12:00pm</p> <p>Solo Parenting Group: 6:00 - 8:00pm</p> <p>16</p>	<p>Sensory Group Preschool: 3:00 - 4:30am</p> <p>17</p>	<p>Pancakes, Playtime &amp; Parenting 9:00 -11:00am</p> <p>18</p>
 	<p>Walk, Talk, Stroll: 9:00 - 10:00am</p> <p>Nurturing Parenting 1:00-2:30pm (Redcliff)</p> <p>Nurturing Fathers: 6:00 - 7:30pm</p> <p>20</p>	<p>Grandparents Group 10:30 am - 12:00 pm</p> <p>Active Parenting: 3:30 - 5:30pm</p> <p>21</p>	<p>Sensory Group Infant: 1:00 - 2:30pm</p> <p>Group Triple P: 6:00pm - 8:00pm</p> <p>22</p>	<p>Triple P for Baby: 10:00am - 12:00pm</p> <p>23</p>	<p>Sensory Group School Age: 2:00 - 3:30pm</p> <p>24</p>	25
 	<p>Walk, Talk, Stroll: 9:00 - 10:00am</p> <p>Nurturing Parenting 1:00-2:30pm (Redcliff)</p> <p>Dads Group: 6:00 - 7:30pm</p> <p>27</p>	<p>Sensory Group Infant: 10:00 - 11:30am</p> <p>Active Parenting: 3:30 - 5:30pm</p> <p>28</p>	<p>Mighty Play &amp; Learn: 10:30 - 12:00pm</p> <p>Group Triple P: 6:00pm - 8:00pm</p> <p>29</p>	<p>Triple P for Baby: 10:00am - 12:00pm</p> <p>Solo Parenting Group: 6:00 - 8:00pm</p> <p>30</p>	  <p>@BridgesParentEd Register here:</p>	



**Tuesdays starting  
February 25-April 15  
from 6:30-8:00pm**

**FREE 8  
WEEK  
PROGRAM**

**COME AND JOIN US!**

# **CONNECT PARENT GROUP**

# **ONLINE**

### **Why Should I Attend?**

- Aimed to support parents of pre-teen and teens (ages 8-18)
- Connect with other parents who are having similar experiences with their kids
- Concepts that you learn help improve all relationships, not just with your kids
- See a decrease in unwanted behaviours



**Call or text Allison at 403-878-4493 to register or online at:  
<https://forms.gle/Tq3pwQcTbTae8Fno9>**



**In Partnership with:**



**CHILDREN, YOUTH & FAMILIES PROGRAM**  
**WINTER GROUPS, 2025**

**GIRL'S CIRCLE: WHO I AM**



**Target of Group:** Female Youth + Resilience  
**Grades:** Middle/Jr. High  
**Length of group:** 8 weeks  
**Dates:** Wednesdays Feb 5 – Mar 26; 5:45 – 7:15 p.m.

**Description:** Promoting resilience and growth in girls through practical education on topics such as finding identity, healthy relationships, self-confidence, and planning for bright futures.

**MARVEL**



**Target of Group:** Male Youth + Self-Regulation  
**Grades:** Middle/Jr. High  
**Length of group:** 7 weeks  
**Dates:** Tuesdays Feb 4 – Mar 18; 4:00 – 5:30 p.m.

**Description:** A social and emotional learning program that draws on the best of young men's strengths to help empower them to make smarter decisions, gain greater self-control and navigate the personal and social dimensions of life more successfully.

**WORRY WARRIORS**



**Target of Group:** Children + Anxiety  
**Grades:** 4-6  
**Length of group:** 6 weeks  
**Dates:** Wednesdays Jan 29-Mar 5; 4:00-5:00 p.m.

**Description:** Calming strategies that teach children the interplay between feelings, thoughts, body sensations, and environmental stressors. The aim of this group is to assist children to build upon calming strategies to cope with their emotions. Each session's goal is to increase child's self-awareness and introduce cognitive-behavioral skills.

**\*Emotion Coaching Parent/caregiver session also offered concurrently from 4:00-5:00 p.m.**



**(TAMING) WORRY MONSTERS**

**Target of Group:** Children + Anxiety

**Grades:** 2-4 with Guardian

**Length of group:** 6 weeks

**Dates:** Tuesdays Jan 28 – Mar 4; 6:00 – 7:00

**Description:** Calming strategies that teach identification of feelings, thoughts, body sensations, and environmental stressors. The aim of this group is to assist children to use calming strategies to cope with their emotions while supporting guardians to reinforce these skills between sessions. Strong emotions are identified and strategies to build emotional resilience are taught. Each session’s goal is to increase child’s self-awareness and teach skills for working through strong emotions which they can use throughout their life.

**\*Parent/caregiver must accompany child each session.**

**PLEASE SELECT ONE OF THE FOLLOWING GROUPS:**

**GIRL’S CIRCLE: WHO AM I?**

**MARVEL**

**WORRY WARRIORS**

**WORRY MONSTERS**

**Child/Youth Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**School:** \_\_\_\_\_ **Parent/Guardian:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_ **Alt. Phone #:** \_\_\_\_\_

**Date of Referral:** \_\_\_\_\_ **Referral Source:** \_\_\_\_\_

**Presenting Concern:** \_\_\_\_\_

**Children Youth & Families  
Mental Health & Addictions – Medicine Hat Clinic**



**Phone:** (403) 529-3582 **Fax:** (403) 529-3130



presents

# TEEN MOVIE NIGHT

AGES 13 - 19

NO  
REGISTRATION  
REQUIRED

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

JAN  
17



medicine hat  
public library



presents

# COMIC BOOK NIGHT

AGES 13 - 19

NO  
REGISTRATION  
REQUIRED

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

JAN  
31



medicine hat  
public library



# CRAFTS & CONTROLLERS

AGES 13 - 19

NO  
REGISTRATION  
REQUIRED



FEB  
14

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



medicine hat  
public library



# DECADES NIGHT

AGES 13 - 19

NO  
REGISTRATION  
REQUIRED



FEB  
28

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



medicine hat  
public library



