

PARKSIDE NEWS

APRIL
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 SECRETARY

DEBBIE RINGROSE

PHONE : 403-548-3951
EMAIL: DEBBIERINGROSE@PRRD8.CA

SCHOOL ADDRESS

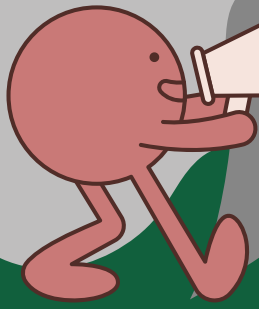
209, 2ND STREET
SOUTHEAST
REDCLIFF



PJHS

VISIT THE SCHOOL WEBSITE

WWW.PARKSIDESCHOOL.CA



SAVE THE DATE

MONDAY 31ST

**BADMINTON CITIES GRADE 7 @ CHHS
4PM (ARRIVE FOR 3.30PM)**

TUESDAY 1ST

**BADMINTON CITIES GRADE 8 @ CHHS
4PM (ARRIVE FOR 3.30PM)**

WEDNESDAY 2ND

**BADMINTON CITIES GRADE 9 @ CHHS
4PM (ARRIVE FOR 3.30PM)**

FRIDAY 4TH

**NOTRE DAME BADMINTON
MEGA TOURNAMENT GRADE 7 - 4PM**

SATURDAY 5TH

**NOTRE DAME BADMINTON MEGA TOURNAMENT
GRADE 8 - 9AM GRADE 9 - 1PM**

THURSDAY 10TH

PIZZA HOT LUNCH (PRE ORDERS ONLY)

SATURDAY 12TH

BADMINTON ZONES IN LETHBRIDGE

**FRIDAY 18TH -
FRIDAY 25TH**

NO SCHOOL (EASTER BREAK)

PARKSIDE HOME BADMINTON TOURNAMENT AT EBHS



HAILYNN THURROTT
WON SILVER
IN THE
GIRLS SINGLES



ERYN REID AND
QUINN FORBES
WON SILVER IN THE
GIRLS DOUBLES



NASH PAHL AND
EASTON HARVEY
WON BRONZE IN THE
BOYS DOUBLES



NOTRE DAME MINI BADMINTON TOURNAMENT



Great
work!



ND Academy



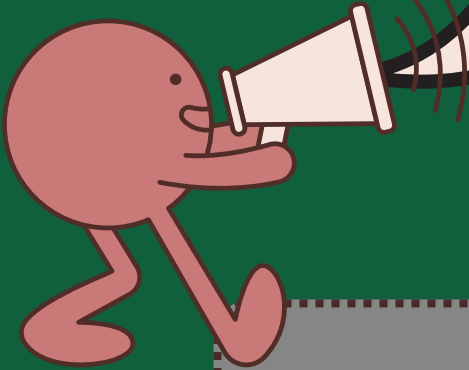
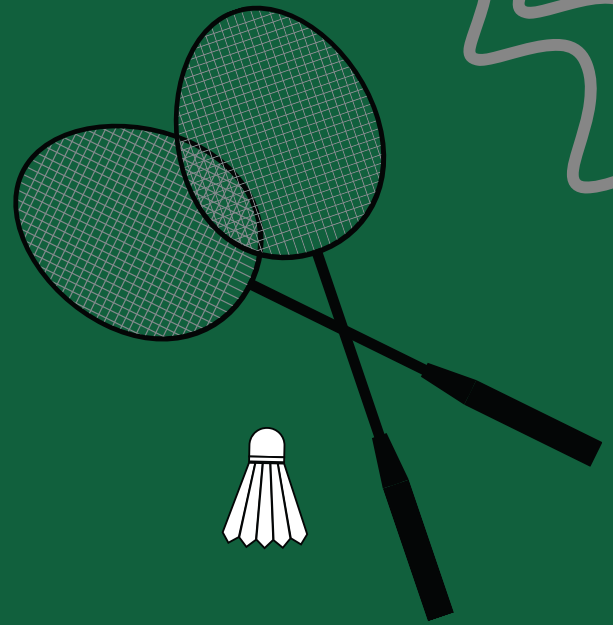
NOTRE DAME MINI BADMINTON TOURNAMENT



A FANTASTIC EFFORT
FROM ALL OUR
STUDENTS, THEY
PLAYED WITH AMAZING
ENTHUSIASM AND
GREAT SPORTSMANSHIP
AS ALWAYS!



BADMINTON PRACTICE



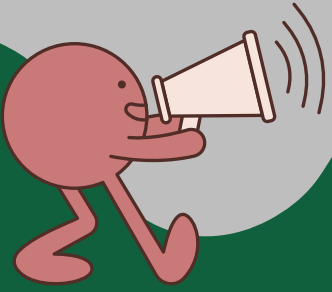
GRADE 7
PRACTICE 2ND & 7TH
2.45 - 4PM

GRADE 8
PRACTICE 8TH
2.45 - 4PM

GRADE 9
PRACTICE 1ST & 9TH
2.45 - 4PM

ELECTIVES!

A SNEAK PEEK AT A FEW
OF OUR ELECTIVES
HAPPENING IN OUR
FINAL TERM

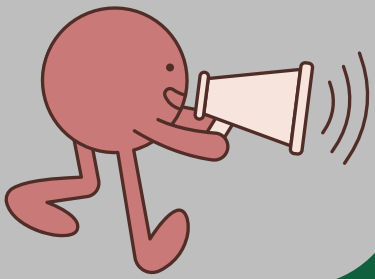


PHOTOGRAPHY



DRAMA





ELECTIVES!



REC ED (BASEBALL)



BAKING

REMINDER

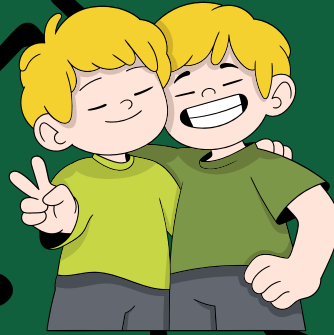
PLEASE NOTE!
ALL ELECTIVE FEES
ARE NOW DUE AND
NEED TO BE PAID BY
APRIL 11TH

IF YOU HAVEN'T
COMPLETED YOUR
2025/2026 SCHOOL
REGISTRATION FORMS,
PLEASE DO SO AS
SOON AS POSSIBLE.

SPIRIT WEEK!

MONDAY 14TH

TWIN DAY
(DRESS THE SAME
AS A FRIEND)



TUESDAY 15TH

CELEBRITY LOOKALIKE DAY
(DRESS LIKE YOUR
FAVOURITE CELEBRITY)



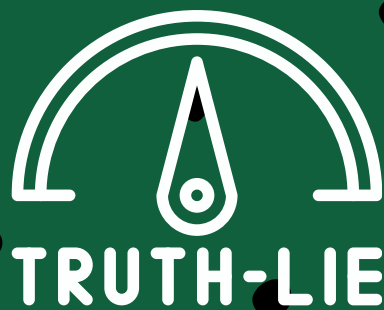
WEDNESDAY 16TH

RETRO DAY
(DIG OUT THOSE 80'S
& 90'S CLOTHES)



THURSDAY 17TH

WHITE LIE DAY
(WEAR AN OBVIOUS
LIE ON A TSHIRT)





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

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.

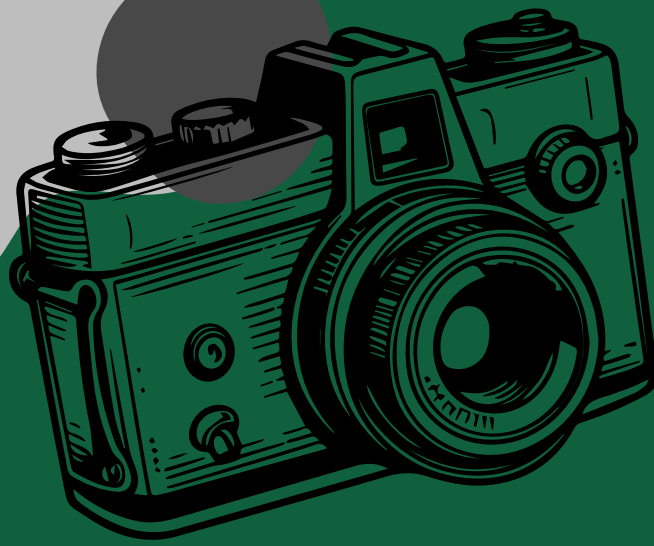
YOU CAN PURCHASE YOURS THROUGH SCHOOLCASH ON OUR WEBPAGE OR AT LIFETOUCH@YBPAY.CA USING SCHOOL CODE #13146425

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 OR CALL MRS. REID @ 403-548-3951 EXT -3414





AS ALWAYS, PART OF OUR YEARBOOK WILL INCLUDE A SPECIAL SECTION FEATURING BABY PICTURES OF OUR **GRADE 9** STUDENTS 'THEN AND NOW' WE WOULD LOVE FOR YOU TO SHARE THOSE ADORABLE SNAPSHOTS WITH US!

PLEASE EMAIL YOUR BABY PICTURES TO **NICHOLAREID@PRRD8.CA** OR DROP THEM OFF AT THE LEARNING COMMONS AT SCHOOL. THEY WILL BE RETURNED TO YOU ONCE WE HAVE FINISHED WITH THEM. LETS MAKE THIS YEARBOOK UNFORGETTABLE!!!



HAPPY Easter



Happy Easter to
all our Parkside
Families, we
hope you have a
great break.



presents

CRAFTS & CONTROLLERS

AGES 13 - 19

NO
REGISTRATION
REQUIRED



APR
11

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



medicine hat
public library



presents

CARNIVAL NIGHT

AGES 13 - 19

NO
REGISTRATION
REQUIRED



APR
25

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



medicine hat
public library

STUDENT WELLNESS COUNSELLOR

APRIL

Christy Lassiter BSW RSW

christylassiter@prrd8.ca
Phone- 403-548-3951



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.

STRESS AWARENESS MONTH

April is National Stress Awareness Month. Its recognized to raise awareness of the impact stress has on mental health. This years theme is "Lead with Love" which aims to encourage everyone "to approach ourselves and others with kindness, compassion, and acceptance, no matter the challenges we face".

HOW TO SUPPORT YOUR TEEN WHO FEEL STRESSED

Monitor changes in behaviour, e.g. trouble sleeping or withdraw

Encourage your teen to reach out for more support if they need it.

Listen & acknowledge their feelings. Comfort & reassure them.

Be calm- check your own emotions before talking to your teen

Teach them coping skills like deep breathing or physical activity

Make a list of all their stressors. What is in and out of their control? Make a plan for the things they can control

WHAT IS STRESS



Everyone experiences stress differently- what deeply 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 know 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)

THE STRESS RESPONSE IN KIDS

FIGHT

Yelling, Screaming, Using Mean Words

Hitting, Kicking, Biting, Throwing, Punching

Blaming, Deflecting Responsibility, Defensive

Demanding, Controlling

"Oppositional", "Defiant", "Noncompliant"

Moving Towards What Feels Threatening

Irritable, Angry, Furious, Offended, Aggressive

FLIGHT

Wanting to Escape, Running Away

Unfocused, Hard to Pay Attention

Fidgeting, Restlessness, Hyperactive

Preoccupied, Busy with Everything But the Thing

Procrastinating, Avoidant, Ignores the Situation

Moving Away From What Feels Threatening

Anxious, Panicked, Scared, Worried, Overwhelmed

FREEZE

Shutting Down, Mind Goes Blank

Urge to Hide, Isolates 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