

PARKSIDE NEWS

NOVEMBER
EDITION

YOUR MONTHLY NEWSLETTER ABOUT OUR SCHOOL!

OUR SCHOOL ADMIN

PRINCIPAL :

JONN BAIRD

EMAIL:

JONNBAIRD@PRRD8.CA

VICE PRINCIPAL :

STERLING HAMILTON

EMAIL:

STERLINGHAMILTON@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

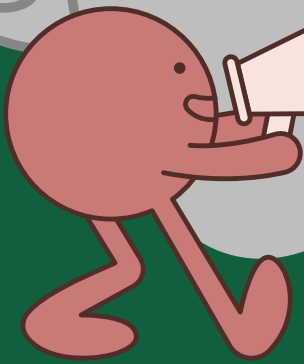
WWW.PARKSIDESCHOOL.CA

WELCOME BACK!

WELCOME BACK!

WE'RE SO EXCITED TO HAVE OUR TEACHERS, STAFF, AND STUDENTS BACK IN OUR SCHOOLS AFTER THE RECENT STRIKE. THE PAST FEW WEEKS HAVE REMINDED US HOW STRONG AND SUPPORTIVE OUR COMMUNITY IS. AS WE MOVE FORWARD TOGETHER, OUR FOCUS REMAINS ON WHAT MATTERS MOST—OUR STUDENTS AND THEIR LEARNING. THANK YOU FOR YOUR PATIENCE, UNDERSTANDING, AND CONTINUED PARTNERSHIP. LET'S MAKE THE REST OF THIS SCHOOL YEAR ONE FILLED WITH CONNECTION, GROWTH, AND POSITIVITY!

MR. HAMILTON (VICE PRINCIPAL)



SAVE THE DATE

TUESDAY 11 NOV

NO SCHOOL

THURSDAY 24 NOV

TERM 2 BEGINS

THURSDAY 27 NOV

PIZZA HOT LUNCH
(PRE ORDERS ONLY)



DAVE ROZDEBA
**SOUTH ALBERTA
FLIGHT ACADEMY**

Are You A Grade 9 Student?

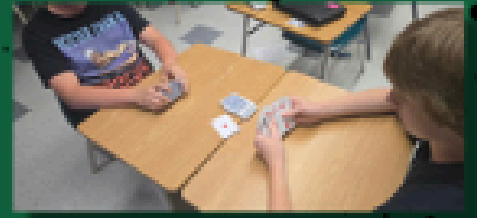


Interested in attending the
SAFA program next year?

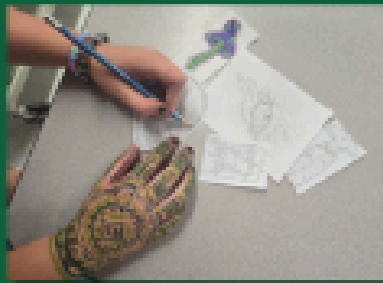
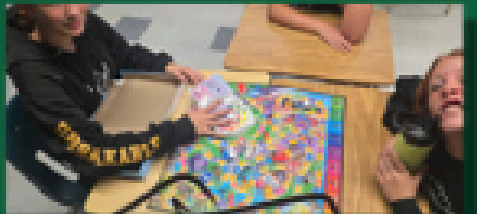
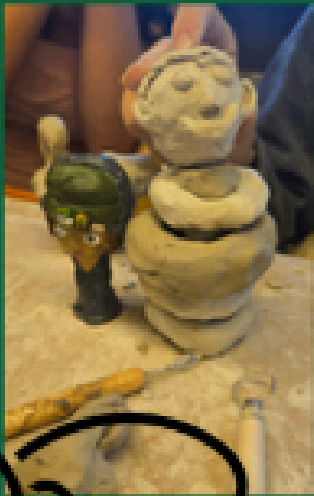
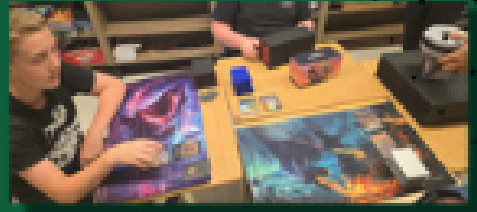
If you answered yes to both of the questions above, you are encouraged to let your interest be known as soon as possible so that we can give you timely information about the program.



SCAN ME

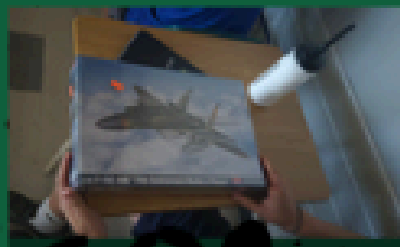
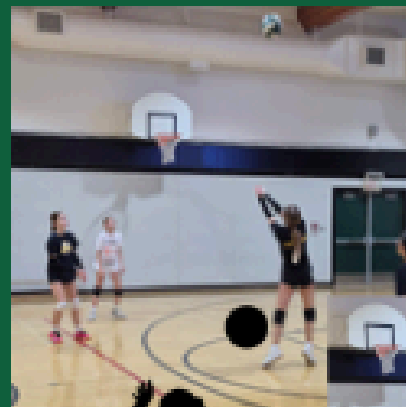


3D PRINTING



CARDS AND COUNTING

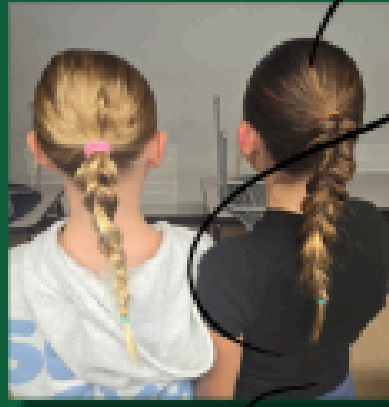
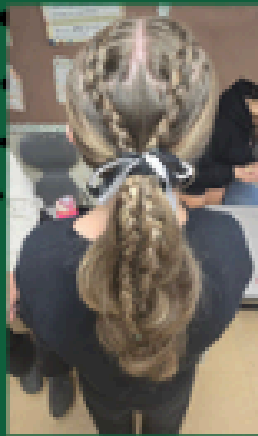
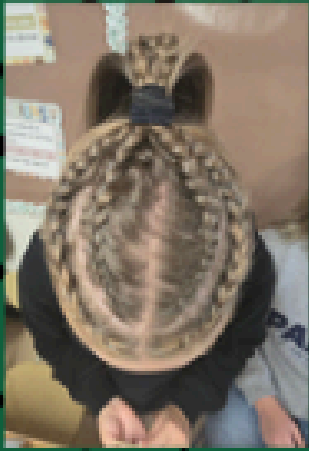
ART EXTENSION



CO₂ CARS



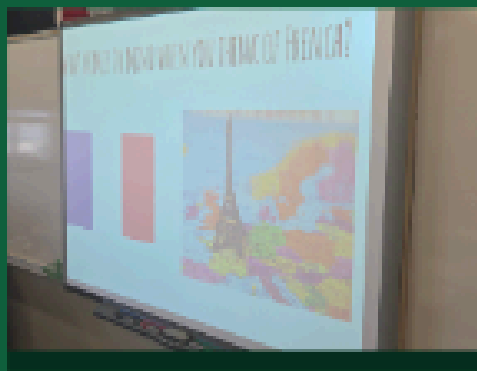
L.O.G



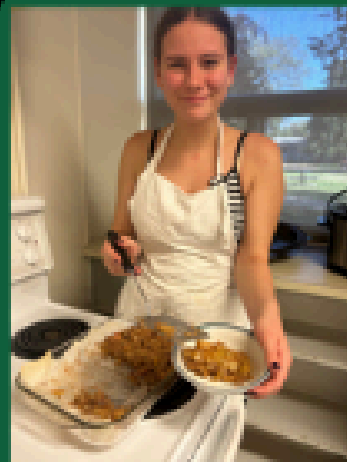
FASHION AND COSMO



MUSIC



WORLD LANGUAGES





CRAFTS & CONTROLLERS

AGES 13 - 19

NO REGISTRATION REQUIRED

NOV 7

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

medicine hat public library



CARNIVAL NIGHT

AGES 13 - 19

NO REGISTRATION REQUIRED

NOV 21

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

medicine hat public library



ADULTING 101: PUBLIC SPEAKING

AGES 13 - 19

NOV 5

4:00 - 5:00 PM
HONEYCOMB HOUSE

JACK 102.1

medicine hat public library



SENSORY FUN

AGES 13 - 19

NOV 12 **DEC 17**

5:00 - 6:30 PM
DROP-IN
HONEYCOMB HOUSE

medicine hat public library



GAMING CLUB

AGES 13 - 19

NOV 13, 20, 27

5:30 - 7:30 PM
DROP-IN
HONEYCOMB HOUSE

medicine hat public library



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.



August 30, 2020

Dear Parents /Guardians:

Re: Fair Notice and Process, Assessment of Risk to Others (ARTO)

In Prairie Rose School Division No. 1, the safety of our children is a top priority. Along with our community partners, we are committed to keeping our schools safe for students and staff. The community partners, as members of the Southeast Alberta Regional Assessment of Risk to Others (ARTO) committee, have developed a plan for responding to all situations in which students may be posing a threat to themselves or others, which includes all staff, must report all threat related behaviours.

What is the purpose of an Assessment of Risk to Others (ARTO)?

The Assessment of Risk to Others (ARTO) is designed to be proactive in developing intervention /safety plans that address the emotional and physical safety of those involved; to ensure a full understanding of the context of the threat; and to begin to understand the factors that contribute to the threat-maker's behaviour.

What behaviours warrant an Assessment of Risk to Others (ARTO) to be initiated?

A threat is an expression of intent to do harm or act out violently against someone or something. Threats may be verbal, written, drawn, posted on the Internet, or made by gesture. Every threat must be taken seriously, thoroughly investigated and a response and follow through completed.

What is an Assessment of Risk to Others (ARTO) Team?

Each school has a multi-disciplinary ARTO team that includes the school administration, school-based counselors and support staff, and may also include district resource staff and community partners (i.e. police, mental health practitioners). It is important for all parties to engage in the ARTO process. If for some reason there is reluctance to participate in the process, by the threat-maker or the parent/guardian, the threat assessment will still continue to ensure a safe and caring learning environment for all.

What happens in an Assessment of Risk to Others (ARTO)?

The process of a ARTO begins when threat making behaviours are reported. The ARTO protocol is then activated. Interviews will be held with the student(s), the threat-maker, parents, and staff to determine the level of risk and develop an appropriate response to the incident. An intervention plan will be developed and follow-up meetings will occur, as deemed necessary, to ensure that interventions are supporting all those involved.

This letter is intended to serve our community with fair notice that we, as a school division, will not accept "no response" to a threat in our schools. We are proud to be able to provide this level of support to our school communities and we are fortunate to have the commitment of our community partners. If there are any questions, please feel free to contact your school administrator, or further information can be found on the division website.

Sincerely,

A handwritten signature in black ink, appearing to read "Mark Heinrichs".

Mark Heinrichs
Deputy Superintendent of Schools



STUDENT WELLNESS COUNSELLOR

Christy Lassiter BSW RSW



A note from the SWC:

Hello Parkside Families

As November begins, we're all adjusting back into the rhythm of school life after a period of change. Transitions- even positive ones- can feel stressful for students, staff, and families. With routines resuming, academic expectations increasing, and shorter days setting in, many teens may experience more fatigue, stress, or difficulty staying motivated



Tips for Supporting Your Teen



Listen First- Give your child space to share their thoughts without rushing to fix things



Keep Routine- Consistent schedules at home helps create a sense of stability



Model Calm- Kids take cues from adults; showing calm helps them feel secure.



Celebrate Small Wins- Recognize effort over perfection.



Healthy Coping- The darker, colder months can impact energy and mood. Encourage staying active and social connections



Communication- Reach out early if your child is struggling academically or emotionally. We're here to support

How Stress Shows up in Teens

Stress often shows up through behaviour or mood changes that can be easy to misinterpret. Here are some common signs to watch for

Emotional Signs

- Irritability or quick temper
- Increased sensitivity or tearful
- Seeming withdrawn or "shut down"

Physical signs

- Headaches, stomach aches, or feeling tired all the time
- Changes in appetite or sleep patterns
- Difficulty concentrating or remembering things

Behavioral signs

- Procrastination or avoiding schoolwork
- Isolating from family or friends
- A drop in motivation or effort

Stay in touch :



christylassiter@prrd8.ca



403-548-3951



PRAIRIE ROSE PUBLIC SCHOOLS HEART & HOME PARENTING SERIES PRESENTS:



Institute of Child Psychology

DOES YOUR CHILD STRUGGLE TO FOCUS, STAY ON TASK, OR MANAGE IMPULSIVITY?

Join us for an empowering evening designed for parents of children with attention challenges-including ADHD. Together, we'll explore the brain-based and environmental roots of attention struggles, learn what helps (and what hinders) kids with inattention and hyperactivity, and discover practical, relationship focused strategies to support them at home and school. You'll leave with tools and resources to help your child thrive!

NOVEMBER 13 @ 6:00PM ISABEL F. COX SCHOOL GYM

ENJOY FREE CHILD CARE, COMPLIMENTARY SNACKS AND A CHANCE TO WIN PRIZES! ALL PARENTS/GUARDIANS WELCOME!

ON A DEVICE?

[Click Here](#)



A SPECIAL THANK YOU
TO FCSS TOWN OF REDCLIFF



The Institute of Child Psychology was created by a shared passion to empower parents and caregivers to help children lead emotionally healthy lives. Scan the QR code above to learn more!

REGISTRATION
ENCOURAGED TO
ATTEND THIS FREE
SEMINAR

SCAN ME



TO W N O E R E COMMUNITY P R O & EVENT GUIDE

September To November 2025

SUPPORT SERVICES

TEEN SUPPORT GROUP

Medicine Hat Family Service hosts 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, based on age: the **first 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
- healthy 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, **October 6th, October 20th, and November 3rd** 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! Join us for coffee and conversation for our next meetings at the Redcliff Library, **September 25th, October 2nd and 23rd, and November 6th** from **10:30am - 12:00pm!**

LIFELONG LEARNING SERIES

Join the Redcliff FCSS and Medicine Hat Family Service for workshops that provide an open forum for lifelong learning, while promoting personal wellbeing on topics that are driven by group needs! Join us for our next meetings, **October 7th, and November 4th** from **10:00-11:30am** at the Redcliff Town Hall Education Room!

REDCLIFF FALL FESTIVAL AND CHILLI COOK-OFF Join the Redcliff FCSS and Town of Redcliff for our Fall Festival, **Saturday October 11th** at Lions Park from **12:00pm - 4:00pm!** New to Fall

Festival this year is the Chilli Cook-Off! For only **\$5, you can taste everyone's creations**, and vote for your favorite chilli! All proceeds go to supporting the Redcliff Youth Centre. Free activities will be available as well, such as pumpkin carving, a Penny Carnival, and a Christopher Cool Magic Show at **2:00pm!**

If chilli isn't your thing, enjoy some hot apple cider, hotdogs, mini donuts, ice cream, and dirty sodas while you browse the vendors with the Something For Everyone Market.

To participate in the Chili Cook-Off, please email cps@redcliff.ca for contest info!



COMMUNITY ENGAGEMENT

COAL BURNER FUNDRAISER RUN FOR

REDCLIFF YOUTH CENTRE

Join the Redcliff Youth Centre and Redcliff FCSS for a charity **5K Cross Country Run** in support of the Redcliff Youth Centre! **Saturday September 27th!** Register now for pricing of **\$45 for adults, and \$25 for youth!** Scan the QR code to sign up today!



DIGITAL LITERACY TRAINING FOR BEGINNERS

Presented by the Redcliff Public Library. This 5 session program runs **Monday and Wednesday afternoons beginning October 15th** from **1:30pm - 2:30pm!** Laptops are provided for each 1-hour session. Learn the basics of computer use password protection, and more! Please call to reserve your spot, **403-548-3335. Only 8 spots available.**



LEGO AT THE LIBRARY



Free play with our abundance of Lego! For **ages 5+** beginning **October 4th** and running every Saturday **10:00am - 1:00pm.**

SI DAY DROP-IN ACTIVITIES AGES 5 -12

No School? Come to the Library **November 7th** from **1:00pm - 2:30pm** for VR games, Digital Games, & Roblox!

IN-STITCHES RETURNS TO THE LIBRARY

Join the Redcliff Public Library for In-Stitches! This group welcomes everyone who knits, crochets, cross-stitches, or weaves to join our group! this group meets every **Tuesday from 10:00am - 12:00pm!**



CANADIAN SAFETY COUNCIL HOME ALONE COURSE AT THE REDCLIFF LIBRARY

Provided by Rita's First Aid Training. Join the

Library Friday, **October 10th** from **9:00am - 12:00pm.** Only **15 spots** are available, and participants must be pre-registered. This session is **FREE.** Call the Library at **403-548-3335**



BRIDGES FAMILY ACTIVE PARENTING OF TEENS

Join the Bridges Family Program at the Redcliff Public Library for an informative program for parents of teens to learn active parenting techniques designed for teenagers!



Topics include discipline, responsibility, communication, drugs, sexuality, and violence. This program runs **Wednesdays** at the Redcliff Public Library from **1:00 - 3:00pm.** To register today, please contact **403-526-7473**, or email bsimon@bfpa.ca or kbitschy@bfpa.ca.

BRING YOUR OWN BOOK CLUB



Join the Redcliff Public Library for Bring Your Own Book Club, the **first Thursday of every month, beginning October 2nd!** Bring a book and chat with fellow bookworms! Each meeting will have a theme where guests can bring a book to share with others, discuss, recommend, and just have fun! Themes will include **Mystery and Thriller, Sci-Fi, and Literary & General Fiction!**

OKTOBERFEST AT HARMONY HALL

Join the Redcliff German Canadian Harmony Club for Oktoberfest, as part of the largest celebrations of German heritage in the world! Join us **Saturday, October 4th** for a German supper and music from Alphen Schatz Band with tickets on sale at Laurie Ann's Fashions at the Co-op Mall, or call Sharon at **403-526-2209.** Tickets are **&50/person** and must be purchased by **Sept 30th.** Doors open at **5:30pm**, with dinner at **6:30pm**, and the Dance at **7:30pm.**

HARVEST FALL DANCE AT HARMONY HALL

Join the Redcliff German Canadian Harmony Club for their Harvest Fall Dance, **Saturday October 25th** from **7:00pm!** Tickets are **\$30/person** which includes a late lunch! Tickets must be purchased by **October 23rd.** Call Sharon at **403-526-2209** for tickets today!



PUBLIC SKATING SCHEDULE



September - November	
Monday: 12:00 - 1:00pm	Thursday: 10:45 - 11:45am
Tuesday: 10:45-11:45am	6:30 - 7:30pm
6:30-7:30pm	Friday: 12:00 - 1:00pm
Wednesday: 12:00 - 1:00pm	Saturday: 6:00 - 7:00pm
	Sunday: 6:00 - 7:00pm

There will be no public skating September 30, October 13, November 11, 14, 15, 28, 29, December 12, 13, 24, 25, 26, and January 1

MEDICINE HAT FAMILY SERVICE PRESENTS CHRONICALLY AWESOME



Join the **Medicine Hat Family Service** for **Chronically Awesome: How To Live Well When You Don't Feel Well**. This program runs **every Monday** in Ralston at the **Military Family Resource Centre** from **2:00pm-4:00pm**, and at the **Medicine Hat Family Service Building**, from **6:00pm-8:00pm**. To register today, please contact **403-504-8026** or email reception@mhfamilyservice.ca.

MEDICINE HAT FAMILY SERVICE PRESENTS INFERTILITY, PREGNANCY LOSS, AND INFANT LOSS SUPPORT GROUP



Presented by the **Medicine Hat Family Service**, this space is designed to **develop a welcoming and non-judgemental safe space** for all individuals who have experienced **infertility, pregnancy loss, or infant loss**. To register today, call **403-504-8026** or email reception@mhfamilyservice.ca

MEDICINE HAT DRAGONBOAT ASSOCIATION

Interested in trying a new and exciting sport? The **Medicine Hat Dragonboat Association** wants interested Paddlers to contact us for information about our sport! We are looking to expand by offering a **YOUTH MIXED TEAM** (ages 12-17) as well as a possible **ADULT MIXED TEAM** (men and women of all ages). For more information, contact **Danica** for our youth team at **403-866-1549** or email danicachabot@gmail.com or **Linda** for the adult team at **403-527-9862** or email lindamgove@gmail.com today!



TWIST AND FLIP GYMNASTICS

Twist and Flip Gymnastics is offering **Seasonal Sessions of specialized pre-school and recreational gymnastics classes!** With offerings such as **birthday party bookings, field trips, and drop in/indoor playtime**, **Twist and Flip** offers a wide array of active programming for youth! **Drop In/Indoor Playtime happens every Friday from 10:30am - 12:00pm!** For more information or to enroll your child in our programming today, call **403-487-5867**, or visit www.twistandflip.ca today!



REDCLIFF YOUTH CENTRE FREE PROGRAMS

The **Redcliff Youth Centre** is offering **FREE programs and constructive activities open to all youth Monday - Friday ages 10 - 17!** To find program information and to register today, call the **RYC** at **403-548-2811** or visit www.redcliffyouthcentre.com!



REDCLIFF YOUTH CENTRE HOT LUNCH & DINNER PROGRAM



The **Redcliff Youth Centre** is offering a **FREE hot lunch & dinner Program for all youth ages 10 - 17!** The hot lunch program runs **Wednesdays 11:30am - 12:10pm** and the dinner program runs **Tuesdays & Thursdays 4:30pm - 6:00pm!**

Learn to plan, prepare, and facilitate a balanced meal! To register today, call the **RYC** at **403-548-2811!**



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: Morning Exercise 9:30am-10:30am \$1 entry. **Wood Carving afternoons 1:00pm - 4:00pm. See Ron.**
TUESDAYS: Strength and Stretch 1:00pm-2:00pm **Tuesday Pool 1:00pm - 4:00pm** \$1.00 entry.

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

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



FRIDAYS: Strength and Stretch 1:00-2:00pm

Whist 6:30 - 8:30pm \$2.00 entry.



SUNDAYS: Canasta 2:00-4:00pm. Entry is \$1

SPECIAL EVENTS

MONTHLY MEETINGS: First Thursday of every month at **2:00pm**. Next meeting is **Thursday October 2nd**



POTLUCK AND BINGO: Thursday September 18th and Thursday October 16th. Potluck begins at **6:00pm**, **Bingo** at **7:00pm**. Must be a member to play **Bingo**.



SOUP AND SANDWICH: September 25th at 11:30am-1:00pm. Entry is \$8.



CRIBBAGE TOURNAMENT: Saturday October 18th.

Registration begins at **9:00am**, and play starts at **10:00am**. Signup sheet will be available at the **Redcliff Seniors Center**. Tournament consists of **2 player teams** at **\$20/per-player**.



REDCLIFF LEGION



Tuesdays

Drop-in **Jitney Darts 7:00pm**. **Dart and Pool League**

Wednesdays

Wing **Wedge**: Get a pound of wings for **\$9.95!** Choose from



more than **30 flavors!**

Thursdays

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

Fridays

BSO OSI Buddy Check In Coffee 12:00 - 2:00pm:

A Veteran led group open to all **Allied and CAF members**, serving or retired and the **RCMP**. Open to non-members.



Saturdays

Meat Draw and Chase the Queen

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



UPCOMING EVENTS

Craft Fair - October 25th 10:00am - 4:00pm at

the **Redcliff Legion**. Limited tables available. Call

Mel at 403-952-7545 - Draw is December 27th,



A full-size fridge filled with **\$2,000 worth of prizes!** \$10 per-affle ticket.

Call **Mel** to enter at **403-952-7545**



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