

HAPPY NEW YEAR

SCHOOL ADMIN

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403-548-3951

JANUARY

TUESDAY 20TH JAN

PARENT TEACHER MEETINGS

THURSDAY 22ND JAN

PARENT TEACHER MEETINGS

TUESDAY 27TH JAN

GRADE 9 ORIENTATION @ EBHS 8:50

2026

SCAN THE QR CODE TO BOOK YOUR PARENT/TEACHER APPOINTMENT

THURSDAY 29TH JAN

PIZZA HOT LUNCH (PRE ORDERS ONLY)

WELCOME BACK

WE HOPE EVERYONE ENJOYED A RESTFUL CHRISTMAS BREAK, FILLED WITH TIME TO RECHARGE AND MAKE SPECIAL MEMORIES.

AS WE BEGIN THIS NEW YEAR, REMEMBER - YOU'VE GOT THIS. THE MONTHS AHEAD MAY BRING CHALLENGES, BUT THEY WILL ALSO BRING OPPORTUNITIES TO LEARN, GROW AND SHINE. STAY STRONG, WORK HARD, AND DON'T BE AFRAID TO ASK FOR HELP AND SUPPORT WHEN YOU NEED IT.

TOGETHER, AS A SCHOOL COMMUNITY, WE WILL MAKE THE REST OF THIS SCHOOL YEAR AN EVENTFUL AND SUCCESSFUL ONE. LET'S SET GOALS, SUPPORT ONE ANOTHER, AND GIVE OUR BEST EACH DAY. WE CAN'T WAIT TO SEE ALL THAT YOU WILL ACCOMPLISH.

You GOT THIS!

PARKSIDE ARTSIDE

Term 2 Electives

Music/Band

Photography

Food

A SNEAK PEEK AT A SOME OF THE ELECTIVES AVAILABLE TO OUR STUDENTS THROUGHOUT TERM 2

Games & Strategy

3D PRINTING

Virtual Reality

TEEN READING QUEST AGES 13-19

DEC 29 to JAN 31

COZY COFFEE WIN!

NEURODIVERGENT TEEN MEET-UP AGES 13-19

JAN 10 FEB 7

11:00 - 12:00 PM DROP-IN HONEYCOMB HOUSE

FIBRE FRIENDS: CROCHET AGES 13-19

JAN 19 & 26

3:30 - 5:00 PM BIRCH HONEYCOMB HOUSE

ADULTING 101: EXPLORING MENTAL HEALTH AGES 13-19

JAN 27

9:00 - 5:00 PM HONEYCOMB HOUSE

UNITY CIRCLE AGES 13-19

JAN 14 FEB 3

9:00 - 10:00 PM BIRCH HONEYCOMB HOUSE

DOODLE DEN AGES 13-19

JAN 9, 23 FEB 6, 20

2:00 - 3:30 PM BIRCH HONEYCOMB HOUSE

TEEN MOVIE NIGHT AGES 13-19

JAN 16

NO REGISTRATION REQUIRED

SENSORY FUN AGES 13-19

JAN 28 FEB 11

9:00 - 10:00 PM BIRCH HONEYCOMB HOUSE

GAMING CLUB AGES 13-19

JAN 15, 22, 29

5:30 - 7:30 PM BIRCH HONEYCOMB HOUSE

STUDENT WELLNESS COUNSELLOR

Christy Lassiter BSW RSW

NOTE FROM SWC:

This month, students are learning about Courage in our PSC class. Courage is often thought of as being brave in big moments, we remind students that real courage shows up in your everyday choices- especially at home, school, or with their peers.

Why courage matters for mental health and learning

Courage helps students build confidence, cope with stress, and persist academically. When youth feel supported at home, they are more willing to take healthy risks at school.

For Jr. High students Courage might look like...

- Asking for help when learning feels hard
- Trying again after a poor grade or mistake
- Talking about their emotions or worries
- Setting healthy boundaries with peers
- Showing up to school even when anxiety is present

How parents can support courage at home:

- Normalize struggle, not perfection
- Praise effort and bravery- not just outcomes
- Create space for feelings
- Model courage yourself
- Encourage one small courageous step at a time

Under Pressure

A Parent's Role in Athlete Success

JANUARY 28, 2026
 6:30 PM
 MEDICINE HAT COLLEGE
 ERESMAN THEATRE

FREE ATTENDANCE
 PLEASE REGISTER

REGISTER NOW

Behind every young athlete learning to perform under pressure is a parent quietly shaping that experience, for better or worse. Under Pressure: A Parent's Role in Athlete Success brings you inside the high-stakes world of WHL-level hockey through an honest, unscripted panel conversation with Medicine Hat Tigers players, moderated by their Head Coach. These athletes know firsthand what pressure feels like.

Expectations, competition, mistakes, and the voices they have heard on the way home from the rink. This panel will be supported by a brief presentation on athlete pressure from Janay Gregory, Sport Psychologist. In this engaging evening at Medicine Hat College, parents will gain rare insight into how pressure can either sharpen resilience or undermine confidence, and how to support their child in developing the mental strength to handle stress, setbacks, and high expectations, on the ice and beyond.

Young athletes are welcome, and this conversation is designed especially for parents who want to help their athletes thrive, not just perform.

Bell Let's Talk Day is January 21!

BELL LET'S TALK PROMOTES MENTAL HEALTH AWARENESS, ACCEPTANCE AND ACTION. ON BELL LET'S TALK DAY AND EVERY DAY THROUGH THE YEAR, WE CAN ALL TAKE MEANINGFUL ACTION TO CREATE REAL

Actively listen and encourage self-expression

Your goal is to listen and let the other person do most of the talking. Here are some pointers:

- Continue to use open-ended questions or phrases. I hear you. How is that impacting your day to day?
- Summarize what they tell you in your own words. If I understand correctly...
- Validate the person's experiences and emotions. That sounds difficult. You have every right to feel that way.

Things to avoid

Don't minimize their challenges, avoid quickly jumping to a positive outlook, and stay away from 'you should' phrases

Parkside will be accepting the challenge to speak up and help create real change in mental health.

Ask your youth about their speech bubble they completed in PSC