

# PARKSIDE NEWS

MAY  
EDITION

YOUR MONTHLY NEWSLETTER ABOUT OUR SCHOOL!

## OUR SCHOOL ADMIN

PRINCIPAL : JONN BAIRD  
EMAIL: JONNBABIRD@PRRD8.CA

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

## SCHOOL ADDRESS

209, 2ND STREET  
SOUTHEAST  
REDCLIFF

## SCHOOL SECRETARY

DEBBIE RINGROSE

PHONE : 403-548-3951

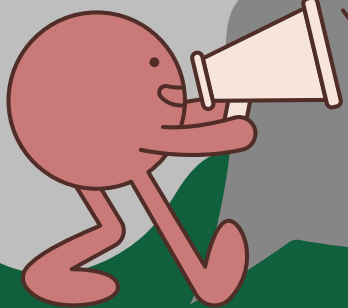
EMAIL: DEBBIERINGROSE@PRRD8.CA



PJHS

VISIT THE SCHOOL WEBSITE

[WWW.PARKSIDESCHOOL.CA](http://WWW.PARKSIDESCHOOL.CA)



# SAVE THE DATE

**MONDAY 5TH - SPRING PHOTOS**

**FRIDAY 9TH - TRACK & FIELD (TBD WEATHER PERMITTING)**

**FRIDAY 16TH - NO SCHOOL**

**MONDAY 19TH - NO SCHOOL**

# LONG WEEKEND

**WEDNESDAY 21ST - PIZZA HOT LUNCH (PRE ORDERS ONLY)**

**THURSDAY 22ND - LEARNING EXHIBITION & FINE ARTS NIGHT  
MAMMA MIA PLAY**

**THURSDAY 29TH - LA PAT (PART A)**

More  
info

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

[PAT PARENT INFORMATION](#)



# ALBERTA SPORTS HALL OF FAME

AN ENGAGING PRESENTATION WAS PUT ON BY THE ALBERTA SPORTS HALL OF FAME, HIGHLIGHTING NOT ONLY THE INCREDIBLE ATHLETES BUT ALSO THE AMAZING MOMENTS THAT DEFINED AND SHAPED OUR PROVINCES SPORTING SPIRIT



# MR MCKAYS' GRADE 7 LA FAIRYTALE COURT PRODUCTION



SUCH AN HILARIOUS  
AND CREATIVE  
PRODUCTION PUT ON  
BY MR MCKAY AND HIS  
GRADE 7 LA CLASSES.  
THE STUDENTS DID A  
FANTASTIC JOB  
CREATING ALL THEIR  
OWN PROPS AND  
COSTUMES.



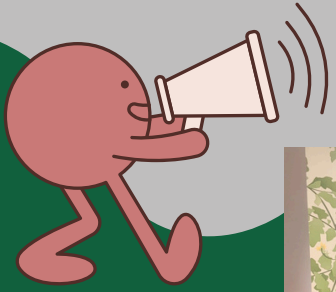


ON APRIL 16TH & 17TH THE SOCIAL STUDIES CLASSES PARTICIPATED IN THE VOTING PROCESS ALONG WITH 4000 OTHER SCHOOLS. STUDENTS HAVE BEEN LEARNIGN ABOUT THE VOTING PROCESS AND THE POLITICAL PARTIES PLATFORMS



# ELECTIVES!

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

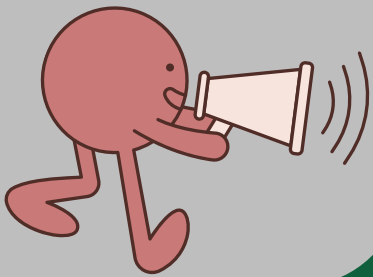


## GREENHOUSE



## DRAMA





# ELECTIVES!



## REC ED (BOWLING)



## BAKING

A graphic design for an open gym announcement. The background is a dark green color. At the top center, there is a basketball hoop with an orange rim and a black net. A basketball is shown in the process of passing through the net. Scattered around the hoop and throughout the background are several basketballs. Some are solid black with green lines, while others are orange with green lines. The text is centered and reads: "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)".

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)

# MAY




2025

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5 SPRING PHOTOS	6	7	8	9 TRACK & FIELD TBD (WEATHER PERMITTING)	10	11
12	13	14	15	16  NO SCHOOL	17	18
19  NO SCHOOL	20	21 Pizza Hot Lunch (pre orders only)	22 FINE ARTS & LEARNING EXHIBITION  MAMA MIA PLAY	23 Grade 8's 'Exploring Futures' @ MHC	24	25
26 Drone Elective @ EBHS	27	28 Drama Elective @ Kaleidoscope	29  LA PAT Part A	30	31	

live in  
*the moment*

 @mhpubliclibrary

 @mhplteens



# LIBRARY COMIC CON

NO.  
2

SATURDAY  
MAY 3RD

414 First St SE 10 AM - 4 PM Free All Ages Event

- \* Free Comics
- \* Medieval Demos
- \* Costume Contest
- \* Pokémon Trading & Tournament



- \* Escape Room
- \* Free Face Painting
- \* Superhero Art Class
- \* Board Games



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





# TEEN MOVIE NIGHT

AGES 13 - 19

NO  
REGISTRATION  
REQUIRED



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

# MAY 9



medicine hat  
public library



# SPRING FEVER

AGES 13 - 19

NO  
REGISTRATION  
REQUIRED



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

# MAY 23



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](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.

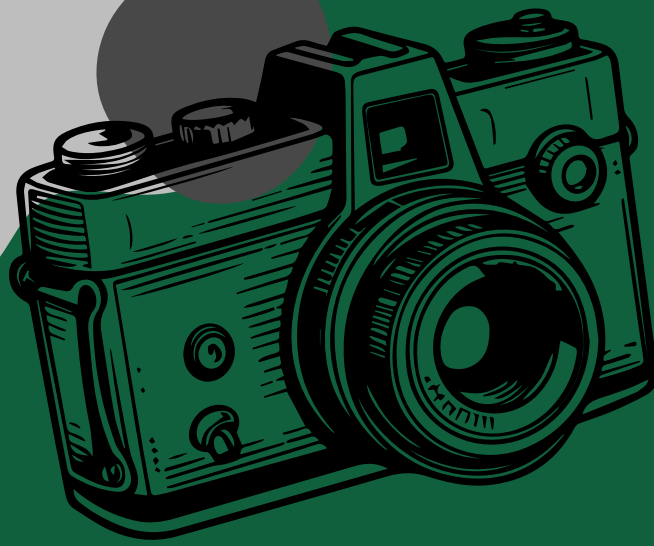
YOU CAN PURCHASE YOURS THROUGH SCHOOLCASH ON OUR WEBPAGE OR AT [LIFETOUCH@YBPAY.CA](mailto:LIFETOUCH@YBPAY.CA) USING SCHOOL CODE #13146425

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**





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!!!







# 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/

# STUDENT WELLNESS COUNSELLOR

Christy Lassiter BSW RSW



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



## SUPPORTING YOUR TEEN NAVIGATE ACADEMIC PRESSURE STRATEGIES

Tip	Action/How-to
1. Break It Down	Divide big assignments into small steps and track progress with a checklist.
2. Build a Study Schedule	Block 20–30 min focused study slots with 5–10 min breaks, fitted around existing activities.
3. Create a Focus-Friendly Zone	Ensure a clutter-free workspace, good lighting, and minimal distractions (e.g. headphones, music).
4. Model Stress-Management Tools	Teach quick resets: deep breaths, stretch breaks, or a 3-2-1 grounding exercise.
5. Keep the Conversation Open	Ask non-judgmental check-in questions ("What's on your plate tomorrow?") and just listen.
6. Encourage Healthy Routines	Prioritize 8–9 hrs sleep, balanced meals, daily movement, and brain-boosting snacks.
7. Celebrate Small Wins	Praise effort on each step ("Nice work on tonight's review!") and offer little rewards.
8. Teach Organization & Priorities	Rank tasks by deadline/ importance; use color-coded folders or a simple digital planner.
9. Partner with Teachers	If stress is chronic, contact teachers early for extensions or extra support resources.
10. Foster a Growth Mindset	Frame mistakes as learning ("How can you adjust next time?") and praise effort over "being smart."

## PARENT EDUCATION WITH BRIDGES FAMILY PROGRAMS

### Active Parenting of Teens

6-week group that educates and supports parents of teens and includes topics such as: using effective discipline, teaching responsibility, communication, drugs, sexuality and violence.

See the above calendar for class times. Call or Email to Sign Up! (403) 526-7473 or [parenteducation@bfpa.ca](mailto:parenteducation@bfpa.ca)

EMAIL TO SIGN UP

## NOTE FROM THE SWC:

I hope everyone enjoyed their Spring break and found time to rest and recharge as we head into the final stretch of the school year. Some students might be feeling the pressure of final assignments and exams coming up.

By combining structure (schedules, check lists) with emotional support (open dialogue, stress-management tools), you give your teen both the plan and the peace of mind they need to tackle assignments and exams with confidence.



## MENTAL HEALTH WEEK THEME: UNMASKING MENTAL HEALTH

Living with a mental health challenge is hard enough; masking can make it even harder. Living with mental health challenges often forces people to hide behind a "mask" to protect themselves from judgment and discrimination. But the heavier the stigma, the heavier the mask becomes, and the more isolated we feel.

The week of May 5th–9th, Parkside students who attended the Headstrong Mental Health summit in April have organized activities for Mental Health week. Talking about Mental health opens the door to deeper connections and the mental health benefits that come with it. In doing so, we can create a ripple effect of courage and understanding not only in Parkside but in our community and further..