



# PARKSIDE NEWS

## APRIL EDITION

### SCHOOL ADMIN



**PRINCIPAL: JONN BAIRD/TODD SAMUELSON**  
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SCHOOL WEBSITE

209  
 2<sup>ND</sup> STREET  
 SOUTHEAST  
 REDCLIFF  
 T0J 2P0



403-548-3951

# Happy Easter

# APRIL

**FRIDAY 3<sup>RD</sup> - FRIDAY 10<sup>TH</sup>**

**EASTER BREAK**  
**NO SCHOOL**

**WEDNESDAY 22<sup>ND</sup> APRIL**

PAUL DAVIS PRESENTATION  
 EVENING FOR PARENTS @  
 MEDICINE HAT COLLEGE  
 THEATRE 6PM

**THURSDAY 23<sup>RD</sup> APRIL**

PAUL DAVIS  
 PRESENTATION FOR  
 STUDENTS @ PARKSIDE  
 9AM

**FRIDAY 24<sup>TH</sup> APRIL**

**SI DAY**  
**NO SCHOOL**

**FRIDAY 27<sup>TH</sup> APRIL**

**SPRING  
 PICTURES AM**

**THURSDAY 30<sup>TH</sup> APRIL**

**PIZZA HOT LUNCH**  
 (PRE ORDERS ONLY)

EVERY WEDNESDAY REDCLIFF YOUTH CENTRE PROVIDE A FREE LUNCH FOR STUDENTS (STUDENTS MUST HAVE A SIGNED PERMISSION FORM IN ORDER TO LEAVE CAMPUS)

# PARKSIDE ARTSIDE

# Term 3 Electives

## Music / Band

## Photography

## Teens in business

A SNEAK PEAK AT A SOME OF THE ELECTIVES AVAILABLE TO OUR STUDENTS THROUGHOUT TERM 3

# Baseball

# MEAN GIRLS

coming SOON

# DRAMA

# FLAG FOOTBALL

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 2026 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. 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.

[CLICK HERE](#)

**UNITY CIRCLE**

MAR 11 | APR 8

AGES 13 - 19

**NEURODIVERGENT TEEN MEET-UP**

MAR 7 | APR 25

AGES 13 - 19

**MEDIEVAL NIGHT**

NO REGISTRATION REQUIRED

APR 24

AGES 13 - 19

**SENSORY FUN**

MAR 25 | APR 15

AGES 13 - 19

**ADVENTURESMART SURVIVAL KITS**

APR 14

AGES 13 - 19

**CRAFTS & CONTROLLERS**

NO REGISTRATION REQUIRED

APR 10

**TEEN READING QUEST**

MAR 27 | APR 30

AGES 13 - 19

**DUNGEON MASTERS IN TRAINING**

APR 18

AGES 13 - 19

Check this out

## STUDENT WELLNESS COUNSELLOR

**CHRISTY LASSITER BSW RSW**

Spring is in the air and it's heart warming 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.

### HOW TO SUPPORT YOUR TEEN WHO FEEL STRESSED

- Monitor changes in behaviour, e.g. trouble sleeping or withdraw
- Listen & acknowledge their feelings. Comfort & reassure them.
- Teach them coping skills like deep breathing or physical activity

### THE STRESS RESPONSE IN KIDS

FIGHT	FLIGHT	FREEZE
Yelling, Screaming, Using Mean Words	Wanting to Escape, Running Away	Shutting Down, Mind Goes Blank
Hitting, Kicking, Biting, Throwing, Punching	Unfocused, Hard to Pay Attention	Urine to Hold, Leads to Self
Blaming, Deflecting Responsibility, Defensive	Fidgets, Restlessness, Hyperactive	Verbally Unresponsive, Says "I don't know" a lot
Demanding, Controlling	Preoccupied, Busy with Everything But the Task	Difficulty with Completing Tasks
Oppositional, Defiant, Noncompliant	Procrastinates, Avoids, Ignores the Situation	Zoned Out, Daydreaming
Moving Towards What Feels Threatening	Moves Away From What Feels Threatening	Unable to Plan, Forgetful
Irritable, Aggressive, Hostile, Aggressive	Somnolent, Fatigued, Overwhelmed	Exaggerated Needs, Sore/Ache/Headaches

### WHAT IS STRESS

Everyone experiences stress differently- what 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 known 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)

## 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.

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 at the end of August.

## A PRESENTATION FOR PARENTS WITH PAUL DAVIS

TOPICS INCLUDE:

- SOCIAL MEDIA
- SMARTPHONES
- AI & EDUCATION
- CYBERBULLYING
- INTIMATE IMAGES
- ONLINE GAMING
- ONLINE GROOMING
- PRIVACY

MEDICINE HAT COLLEGE THEATRE  
 APRIL 22, 2026  
 6:00PM