



Prescott Weekend Update



April 1st, 2024

Good Afternoon PLC Families:

I hope you had the opportunity to take a few moments to rest and relax over Spring Break and haven't been pranked too badly today. This week I'm excited to share with you the details of a wonderful event occurring at our school a week from this Friday. On April 12th from 6:00 - 8:00 pm I am happy to announce we are hosting our first ever Powwow Practice at PLC. This is a free family event that is open to everyone interested in learning about and/or participating in indigenous dancing and culture. In partnership with Women Building Futures, Cohesive Communities, Cohesive Communities, and Skydancer Indigenous Cultural Centre, we will be joined by dance instructor Mariah Dumont and the guest singers/drummers from the Alexis Nakota Sioux Nation.

So, what exactly is a Powwow 'Practice'? In early February, my assistant principals, Ms. Huisman and Mrs. van Beek and I (along with Mrs. Shaw) were invited to attend a Powwow Practice at Parkdale School presented by the Bent Arrow Traditional Healing Society. While there, the MC shared with us knowledge regarding the significance of smudging. We also met Mariah Dumont who took the time (and had the patience) to teach us the nuances of dancing in indigenous culture as well as the traditional 'footwork' that accompanied indigenous dancing and singing. The evening was as fun as it was enlightening. There will be soup and bannock for the first 50 guests. There will also be a craft table for little ones who need a break from the dancing. Friday the 12th is the first of two practices we are holding this Spring. The second Powwow practice will be held on May 10th. We have had considerable interest from the greater Spruce Grove community and I am extending an invitation for you and family and friends to join us for this event.

POWWOW PRACTICE
APRIL 12 & MAY 10
6 - 8 PM

With dance instructor Mariah Dumont and guest singers from Alexis Nakota Sioux Nation

LOCATION: PRESCOTT LEARNING CENTRE
340 PIONEER ROAD, SPRUCE GROVE

SOUP AND BANNOCK FOR THE FIRST 50 GUESTS
FREE FAMILY EVENT. ALL ARE WELCOME!

For more information email:
admin@skydancerindigenous.com

And speaking of events, before I forget, I'd like to remind you about our Online Safety Session for Children and Adolescents happening this Wednesday at 7:00 pm in our Collaboration Centre. Parkland RCMP Cst. Gord Marshall will share his experience and advice on keeping

kids safe online. This event is also open to everyone so please bring a friend. And now, here's what else is happening at PLC the week after Spring Break.

Important Events This Week				
Monday 1 st	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th	Friday 5 th
Easter Monday (No School)	Ski and Snowboard Club @ Rabbit Hill (All Day)	School Council Meeting (6:30) Online Safety Session with Cst. Gord Marshall (7:00 - 8:30 pm)	Gr. 3 Tpet PLC Travel Club (gr. 5 - 7) Parent Meeting (6:00 - 7:30 pm)	Monday Schedule
Important Events Next Week				
Monday 8 th	Tuesday 9 th	Wednesday 10 th	Thursday 11 th	Friday 12 th
		PLC Fundraising Foundation Meeting @ 6:30	PSD Education Planning Day Hot Lunch	Thurs. Schedule SGCHS Gr. 9 Course Selection PLC Powwow Practice (6 - 8 pm)

Athletics/Badminton Dates This Week*

Monday	No School
Tuesday	Sr. Practice @ Noon Sr. Practice @ 3:00 - 4:30 pm
Wednesday	Jr. Practice @ Noon Jr. Practice @ 3:00 - 4:30 pm
Thursday	Sr. Tournament @ Woodhaven
Friday	Sr. Tournament @ Woodhaven

*These times are subject to change.

Follow our Facebook athletics page "Prescott Learning Centre Athletics" for up-to-date pictures and info. You can also access the athletics calendar on our school website - <https://prescott.psd.ca/programs/athletics> - This should make it easy to filter by your athlete's team and sync to your calendar on your device.

New and Updated Information

Online Safety for Children & Young Adults: An Information Evening with Cst. Gord

Marshall, Parkland RCMP - The Prescott Learning Centre School Council would like to extend an invitation to any interested community members to attend a presentation and discussion on the topic of Online Safety. Parkland RCMP Cst. and former School Resource Office Gord Marshall will share his experiences and provide useful strategies for parents and guardians for protecting children and young adults while online.

Where: Prescott Learning Centre, 340 Pioneer Road, Spruce Grove

When: Wednesday, April 3rd @ 7:00 pm

Who (can attend): The parents and guardians of children and young adults and any interested community members. No RSVP required, we hope to see you on the 3rd.

Sincerely, PLC School Council

PLC School Council (Abridged) Meeting - Due to the Online Safety Event mentioned above, we will be holding a very brief School Council Meeting this Wednesday running from 6:30 - 7:00 pm. We hope you will join us prior to the Online Safety discussion with Cst. Gord Marshall.



Prescott Travel Club Parent Info Meeting April 4th - Prescott Travel Club will be hosting an information meeting for families on Thursday April 4th at 6:00. The meeting is open to **current grades five through seven families** as the club is looking to travel to Quebec in 2025-2026. If your child is interested in this exciting opportunity, please fill out the Attendance Survey linked in the email you would have received earlier. If you did not receive the survey or have any questions, please reach out to sarah.saysana@psd.ca or shannon.legge@psd.ca for more information.

Extra Shoes for PE - With the warm weather comes mud, and lots of it. Unfortunately, muddy shoes take their toll on our gym floors. This, and for the safety of everyone, students with muddy shoes are unable to participate in PE class. Please ensure that you send your child(ren) to school with indoor shoes. Thanks in advance for your cooperation.



April Stronger Together Newsletter - PSD's Family Supports April Stronger Together Newsletter focuses on healthy families with information sessions on how to communicate with youth, parent advocacy and supports as well as information about community Autism supports. You can access the current and archived newsletters at: <https://www.psd.ca/division/student-wellness/stronger-together-newsletter>

SHIKAOI EXCHANGE

Shikaoi Student Exchange - Every July, the Town of Stony Plain sends a student delegation to Shikaoi, Japan for ten days to visit, travel and experience their local culture. The delegation will spend time touring museums, temples and shrines, participate in local festivals and activities and spend time at the local schools. While in Shikaoi, students will live with a host family and participate in family events, activities and traditions. It is a fantastic opportunity for students interested in expanding their worldview.

EXCHANGE CANDIDATE QUALIFICATIONS:

The Shikaoi Student Exchange Program is for students in Grades 9-12 and be between the ages of 14-18 at the time of application. This program is ideal for students who:

- Are active, outgoing, personable and responsible
- Have been away from friends and family before without difficulty, such as attending summer camp
- Can adapt easily to new situations and who are comfortable meeting new people
- Are enthusiastic and eager to participate in new activities
- Demonstrate an interest in the history and culture of Japan

For more information, please visit: <https://www.stonyplain.com/en/play/shikaoi-exchange-program.aspx>

Ski & Snowboard Club - We have finalized our rescheduling to account for the trips that were cancelled! Thank you, parents, for your patience! Please see below for our updated schedule:

1. February 13th has been rescheduled to a FULL DAY TRIP on April 2nd from 8:30 am until 2:15 pm. We held a meeting on Thursday morning and your child should have come home with a permission form. You will see that we have decided to make this our year end party so lunch is on us! Please return these forms ASAP so we can put the food order in! If your child missed the meeting, we left extra forms in the office.

PLEASE NOTE: With the previously cancelled trip to Rabbit Hill we will shortly be issuing a refund. Please keep an eye on that in Powerschool.

REMAINING RABBIT HILL DATES: TUESDAY, APRIL 2nd: FULL DAY-

Thank you for your continued support with this club especially under such unexpected circumstances. We have never had to pivot so much and we appreciate your patience.
Mrs. Vasileff & Mrs. Blanchet

PLC Fundraising Foundation Update - Hot Lunch: This week's hot lunch vendor is The Lunch Lady on Friday, March 20th!

Orders for the 3rd term of hot lunch are OPEN! The orders for the 1st hot lunch on April 11th closed on March 28th.

If you would like to order, please log on to your account: <https://prescott.hotlunches.net>

KERNELS POPCORN! From April 3rd to April 17th, log on to your hot lunch account to order individual bags of popcorn! Proceeds will go to general items that are needed in the school! (Items such as new volleyballs & basketballs etc.) <https://prescott.hotlunches.net>

International Pretzel Day! - Friday, April 26th: We thought we would try something fun and new! We have replaced our typical hot lunch that week with lunch pretzel items from a local Spruce Grove business, the Pretzel Shack! Orders will be opening this week on your hot lunch account for Pretzel Day!

Previously Shared Information

Used Magazine Collection - Mrs. Harach is looking for **used MAGAZINES!** If you have any that you'd like to donate, please either drop off at the office, or email her at sherri.harach@psd.ca . She will happily take them off of your hands!

Ski & Snowboard Club Reminders - A reminder to PLC Ski and Snowboard families that if the temperature dips below -20 degrees Celsius, we will look at rescheduling another trip. This will be communicated through our Class Dojo app.

Please send your child to school on these days with all ski/snowboard gear. We will meet your child at the storage room across from the gym and beside the kitchen (same place as last year). We will have this storage room locked for the day. Your child will be dismissed at 2:35 from class to get his/her belongings and get on the bus. Students are welcome to bring their own dinner or money to purchase food and drinks. Please plan to be at the school to pick up your child at 8:00pm.

Just a reminder that the Terrain Park is not available for any students to use while we are at Rabbit Hill. Thank you, Mrs. Vasileff & Mrs. Blanchet

Final Thoughts - Well, there's nothing like coming off a break only to jump back into the final third of the school year with both feet. Between the Online Safety Session, a school council and fundraising foundation meeting, as well as the Powwow Practice on the 12th there are plenty of opportunities to participate in one of the many great events happening over the next two weeks. Oh, and a reminder that the week of the 14th through 20th is volunteer appreciation week. And in our school in particular, we have many reasons to be grateful.

Once again, if you have any questions or concerns please reach out to my assistant principals and me at the school by calling 780-571-8079 or emailing us at:

heather.huisman@psd.ca
esther.vanbeek@psd.ca
chris.shaw@psd.ca



Again, thanks for taking the time to read this week's memo. Chris

Lost Minutes = Lost Learning

It's important to **arrive and be ready to learn before the school bell rings**. Showing up 15 minutes late **each day** is the same as missing two weeks of school in one year!





Prescott Clothes



YOUTH HOODIE (Black/Grey/White)

\$30

ADULT HOODIE (Black/Grey/White)

\$32



SWEAT PANTS (Black ONLY)

\$25



YOUTH T-SHIRTS (Black/Grey)

\$12

ADULT T-SHIRTS (Black/Grey)

\$15



TRIREGION FOOD RESOURCES

Updated: November 2022

FOOD HAMPERS

Parkland Food Bank

105 Madison Crescent, Spruce Grove
 Monthly Food Hampers, by appointment,

- Tuesdays 8:30AM-4:30PM
- Wednesday 8:30AM-2:00PM + 6:20-8PM
- Friday 8:30AM-4:30PM
- Saturday 8:30AM-12:30PM

780-962-4565 ext. 1

WEE Community Food Bank

5019 50 Ave Entwistle AB (Old Fire Hall)
 Monthly Hampers, by appointment on Wednesdays, Call before
 Tuesday for appointment.

780-727-4043

Wecan Food Basket

5600-50 St, Stony Plain
 Fresh Nutritious Affordable Food Basket
 Order by first Friday, pickup on third Thursday of month
 Monday - Friday, 9AM-4PM
 587-338-1101

Warming Hearts Pantry

4911-50 St., Tomahawk (liquor store)
 Food pantry of non-perishable items. No appointment necessary.

BASIC NEEDS HELP

Community Helps Team

180 Century Road, Spruce Grove
 780-962-5611 / 789-306-1955
helps@sprucegrove.church

NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County
 780-960-9669
www.neighbourlinkparkland.ca
neighbourlink.parkland@telus.net



FOOD RESCUES

Auggie's Cafe

131 Church Rd, Spruce Grove
 Tuesdays 11-1PM

apfa Food Rescue

Family Connection Centre
 5600 50 Street, Stony Plain
 Thursdays 10AM - 3PM
 Fridays 1-4 (Check facebook for updates)

Food for the Soul

Lighthouse Pentecostal Church
 49 Boulder Blvd., Stony Plain
 First and third Saturday 10AM-1PM

Grace's Table

250 Century Road, Spruce Grove
 Second Friday of month 5PM-6:30PM

Community Table

180 Century Road, Spruce Grove
 Last Friday of the month
<https://www.sgconline.breezechms.com/form/communitytable>
 780-962-5611

COMMUNITY MEALS

Auggie's Cafe

131 Church Rd, Spruce Grove
 Drop-in for take out bagged lunch
 Tuesdays 11-1PM

Food for the Soul

49 Boulder Blvd., Stony Plain
 Drop-in for bagged lunch
 First and third Saturday 10AM-1PM

Grace's Table

250 Century Road, Spruce Grove
 Hot meal to go for pick up
 Second Friday of month 5PM-6:30PM
www.sgac.net/eventregistration
 780-962-4700

Community Table

180 Century Road, Spruce Grove
 Hot meal to go for pick Up
 Last Friday of the month
www.sgconline.breezechms.com/form/communitytable
 780-962-5611



COMMUNITY LOW COST COUNSELLING SERVICES

Updated November 2023

All listed services do not exceed \$75.00 per hour and are available to anyone in the Tri-Municipal Region.

Dochas Psychological Services Hub for Hope

202, 636 King Street, Spruce Grove

- Hub for Hope provides individuals with 8 (50 minute) counselling sessions at no cost, provided by an intern psychologist.
- Counselling options can be provided either in person or virtual.

Phone Number: 780-446-0300

Family Life Psychology

201, 323 McLeod Ave, Spruce Grove

- Family Life Psychology offers counselling services with Mental Health Therapists at a reduced rate of \$75 per hour.

Phone Number: 780-963-7451

Alycol Integrated Health Services Restore Program

Suite 201, 95 McLeod Avenue, Spruce Grove

- Alycol's Restore Program offers no/low-cost therapy sessions on a case-by-case basis with a maximum rate of \$50.00 per hour with a practicum intern.
- Counselling options can be provided either in person or virtual.

Phone Number: 780-409-8798

Family Resource Network

Family Connections Centre
5600 50 Street, Stony Plain

- The Family Resource Network offers free single session virtual counselling to children and youth under 18 and their caregivers.

Phone Number: 1.877.244.2360

Schaffer Psychology

Suite 103, 7 Boulder Blvd, Stony Plain

- Schaffer Psychology offers no/low-cost therapy sessions on a case-by-case basis with a maximum rate of \$50.00 per hour with a practicum intern.

Phone Number: 780-910-3420

If you are a service provider in the Tri-Municipal Region, and would like to be included on this list please contact connect@stonyplain.com . Please note, being included on this list does not constitute an endorsement by the Town of Stony Plain Community and Social Development.

Tri-Municipal Region Support Guide

I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line	780-482-4357(HELP)
Addiction Helpline	1-866-332-2322
Child Mental Health (8am-11:45pm)	780-407-1000
Kids Help Phone	1-800-668-6868
Bullying Helpline	1-888-456-2323
BriteLine (for 2SLGBTQIA+)	1-844-702-7483
Seniors Abuse Helpline.....	780-454-8888
Family Violence Info Line.....	310-1818
Sexual Assault Centre (9am-9pm).....	780-423-4121
First Nations & Inuit Mental Health Hope for Wellness	1-855-242-3310
National Indian Residential School Crisis Line	1-866-925-4419
MMIWG Helpline.....	1-844-413-6649

I NEED IMMEDIATE HELP **Call 911**

Emergency Financial Assistance ..	780-644-5135
Access 24/7 (Adults)	
Addictions & Mental Health	780-424-2424
Child Intervention Services	780-422-2001
Children's Cottage Childcare	780-944-2888

I NEED HEALTH INFORMATION

Health Link Alberta (24/7)	811
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I DON'T EVEN KNOW WHERE TO START?



24-hour information and referral line connecting you to social, health and government services.



www.HelpSeeker.org
Get the app on your phone to find local supports and resources.

HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

Spruce Grove FCSS
#105 - 505 Queen Street
Spruce Grove, AB
780-962-7618

Town of Stony Plain
Community and Social Development
#107, 4613 - 52 Avenue
780-963-8583



WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

George Spady (men, women)	780-424-8335
Women's Emergency Accommodation Centre	780-423-5302
Hope Mission (ages 16+, men, women)....	780-422-2018
Youth Empowerment & Support Services (YESS).....	780-468-7186
Salvation Army (Transitional Housing, \$13/day)	780-429-4274

I NEED A DOMESTIC VIOLENCE SHELTER

Alberta Council of Women's Shelters 24/7	1-866-331-3933
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I NEED DETOX SUPPORT

George Spady.....	780-424-8335
AHS Detox Centre	780-427-4291
Youth Edmonton Detox.....	780-408-8783

I NEED A SAFE CONSUMPTION SITE

George Spady Centre	780-424-8335
Boyle McCauley Health Centre....	780-422-7333

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Adult Addictions/Mental Health	780-424-2424
Youth Addiction Services	780-408-8783
Access Open Minds (youth 16-25).....	780-415-0048
Child and Adolescent Mental Health Services.....	825-402-6799
WestView PCN Youth Mental Health Clinic (ages 11-24)	780-960-9533

I NEED HELP WITH BASIC NEEDS

NeighbourLink Parkland	780-960-9669
Community Helps Team	780-962-5611
Pay Forward Kindness (homeless supports).....	587-286-4663
Parkland Pregnancy Support Centre (Tue & Thurs 12-3pm).....	780-962-5505

WHERE CAN I FIND FOOD?

Parkland Food Bank	780-962-4565
WeCan Food Basket.....	587-338-1101

WHERE CAN I FIND A COMMUNITY MEAL?

Auggies Café (Take out, Tues 11AM-1PM) 131 Church Rd, Spruce Grove.....	780-962-5131
Food for the Soul (1 st , 3 rd Sat 10AM-1PM) 49 Boulder Blvd., Stony Plain	780-963-3110
Grace's Table (2 nd Fri 5-6:30PM) 250 Century Road, Spruce Grove	780-962-4700
Community Table (last Fri 5-7PM) 180 Century Road, Spruce Grove	780-962-5611
apfa Food Rescue Community Fridge (M-F 8:30-4PM) 5600-50 Street, Stony Plain	780-963-0549