



NEWSLETTER

December 2020

PHONE 403.328.9965 **EMAIL** meadows@lethsd.ab.ca **WEBSITE** pm.lethsd.ab.ca

Hello Parents and Guardians!

I am the new Vice Principal and Learning Support Teacher as of Monday, November 23rd. It has been such an awesome experience getting to know the staff and students here, at Park Meadows School. Everyone has been incredibly welcoming.

I have started going around and reading with each class. I have a new book I have been reading to the students called "The Couch Potato" by Jory John and Pete Oswald. Through that book, I have been asking students about what "potato" they are. I'm looking forward to making class books with their responses. So far, many students have said that they are gamer potatoes, which I relate to all too well.

I have also had the opportunity to attend our latest parent council meeting and made a few connections there. I really appreciated hearing about upcoming events and past successes.

This month, I have been incredibly impressed with the staff at the school. Everyone works as a team to support students and their hearts are with them. The teachers have also been finishing up their report cards and I know they have been working hard getting those ready for you.

Thank you for your warm welcome outside and on the phone. Please reach out anytime! My email address is sharon.willmslaing@lethsd.ab.ca. I look forward to getting to know you!

-Sharon Willms-Laing



Online Report Cards

Friday, December 4th

Grade 1-5 Report Cards can be viewed on PowerSchool beginning Friday, December 4.

A link to PowerSchool can be found on our website <https://pm.lethsd.ab.ca/>

Please contact the office if you need help accessing PowerSchool.

Upcoming Events

November 30 to December 4 — Food Drive

Thursday, December 3 — No EEP Classes for Students

December 16 & 17 — Festive Holiday Concert available online

Friday, December 18 — Pajama Day

Friday, December 18 — Last Day of Classes before Winter Break

December 19 to January 3 — WINTER BREAK

Monday, January 4 — Connect with Families Day

Tuesday, January 5 — Online classes Begin

Monday, January 11 — In person learning resumes



**GET
INVOLVED!**

There will be no meeting in December.

The next *School Council Meeting* **will be** on

Tuesday, January 19 at 6:30pm.

For more information contact your school council at parkmeadowsparentcouncil@gmail.com

PARK MEADOWS CLOTHING SWAG

As soon as the order is ready, we will be sending the clothing home with your child.

IF THIS IS A GIFT... please contact the office and let us know.



Please be mindful and respectful when driving in the alleyway to the east and south of our school. If you choose to use the alley to pick up/drop off your child, please do not park directly in front of garages that face the alley and please drive with care as many of our students and their families cross here to access their vehicles or their homes in the neighborhood.

Reminder that our Staff Parking lot is not permitted for parents to drop off/pick up students. Help us by keeping our parking lot safe for everyone by not using it as a drop off or pick up location for your child. Only students requiring access due to limited mobility may access the handicap parking stalls in our lot.



We are still collecting donations for the

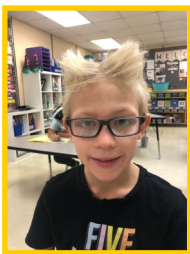
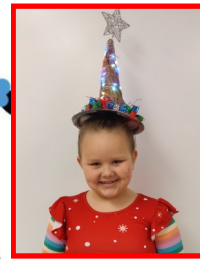
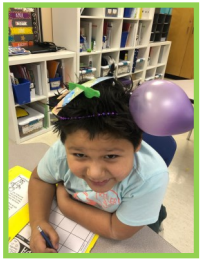
angel tree

CHRISTMAS CAMPAIGN

New, unwrapped gifts can be sent to school with your child or dropped off at the office.



Park Meadows is having a food drive! All this week students are invited to bring non-perishable food items or grocery gift cards. They will put their items in a basket as they enter the school. The final day to bring donations is Friday, December 4. Thanks!



Warm wishes to you and yours
from all of us at
Park Meadows School!



Park Meadows School

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Email: meadows@lethsd.ab.ca

Website: pm.lethsd.ab.ca
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Facebook: /ParkMeadowsSchool
Instagram: @ParkMeadowsSchool

Dear Park Meadows Students and Families,

Park Meadows students and staff are excited to bring to you, "**A Festive Holiday Concert**" our 2020 virtual concert. We are unable to host a traditional in-person concert this year, but our students have been working hard to bring their holiday cheer into each of your homes. The concert will be filmed during music classes and online for your viewing for the duration of two days. The viewing days will be: **December 16th and December 17th**.

To access the concert during these dates:

- 1) Visit our school webpage: <https://pm.lethsd.ab.ca/>
- 2) Click Festive Holiday Concert in the toolbar
- 3) You will be prompted to enter a password: **happynewyear**
- 4) You are welcome to share the link with family and friends for viewing during the timeframe listed above

As mentioned above, students will be filming during class. Students are encouraged to wear holiday clothing and can also choose to incorporate simple head pieces such as: reindeer antlers, a holiday headband or hat. Students will need to be prepared for recording on **Monday, December 7th**. They should wear their outfit to school on December 7th and bring any accessories. Our **Tuesday/Thursday Kindergarten** class will be recording on **December 8th**. Please come prepared for this day. Please know that if you prefer to have your child participate in alternate activities during rehearsals and recordings due to cultural or religious reasons, we completely support that and will accommodate as needed.

We look forward to sharing our holiday cheer with you in a different format this year. If you have any questions or concerns, please reach out to your child's homeroom teacher.

Please note the following:

- *Pre-recording of student performances will only be available on two days:*
 - *Wednesday, Dec. 16th and Thursday, Dec. 17th.*
- *Again, please feel free to share the link on our school's webpage (along with password) with family and friends.*
- *due to copyright and privacy reasons, the recordings will not be available after Dec. 17th.*

Thank you for your support!

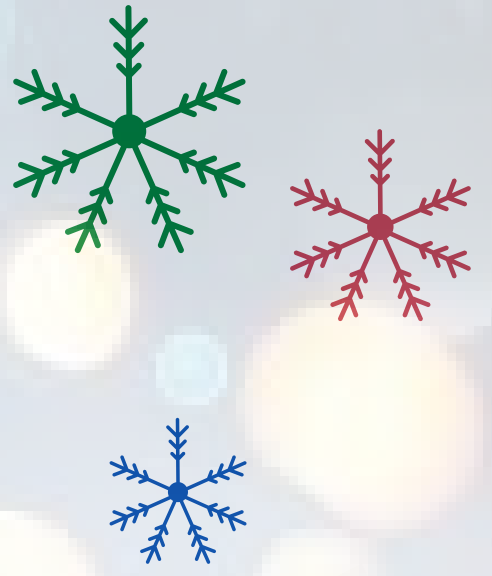
The Holiday Concert Committee

- Mrs. Schell, Mrs. Braun, Ms. Dixon, and Mrs. Johannsen



December, 2020

Indigenous Education Newsletter



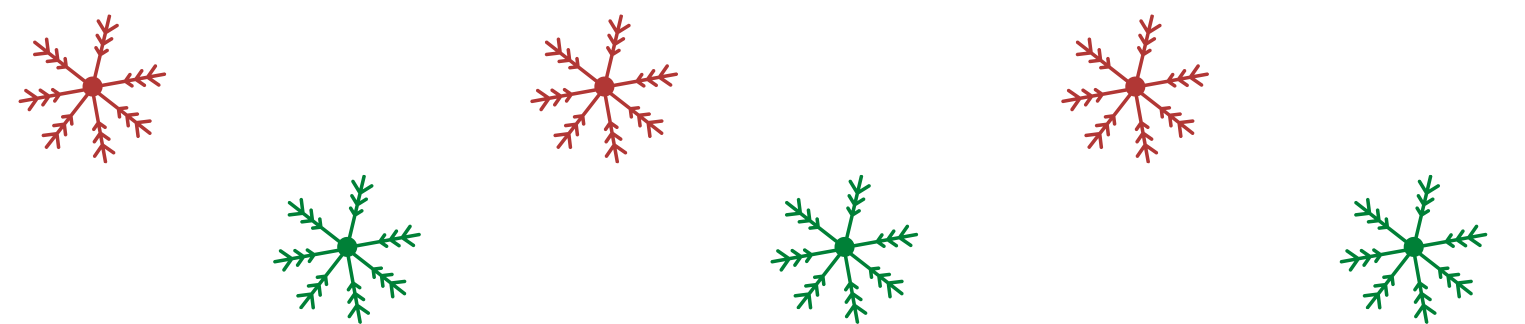
Winter Solstice

The winter solstice, Dec 21st, is when we have the fewest hours of sun and the most hours of darkness. For many Indigenous communities, this time is a time for ceremony, drumming, dancing, and storytelling. It is a time of renewal. Winter presents an excellent opportunity for storytelling as the colder weather prevents people from growing, hunting, and gathering. “It was in the winter, with the long dark evenings, the snow and wind blowing outside, that telling stories was a way to entertain and teach the children. To have a storyteller tell you a story is like receiving a gift. To be respectful, a gift of tobacco is offered to the storyteller before the story begins. The storyteller will often take the tobacco outside and place it on the earth as an offering” (Zotigh, 2017) to the land.

Winter Game



Snow Snake! The object of the game is to throw the snow snake (stick) the farthest distance along a smooth trough made in the snow. Teams alternate tosses. Use distance markers to keep track or make score markers!

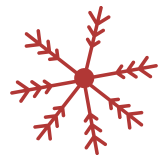


SAPDC FNMI Advisory Committee Update

Our Indigenous Education department has been engaging in meetings with the FNMI Advisory Committee. This committee has Indigenous Education representatives from various groups and school divisions across Southern Alberta. We have joined two projects with them thus far! **Learn and Go:** a quick and easy way to plan and embed Indigenous content! Contact Melanie for more information. **Stories Project:** The committee members have committed to reading Indigenous stories and uploading them into a shared file. Once this file has a pool of resources, I will be sharing it with you all :)



Current Events



A 'conversation we have to have':

Northerners give reconciliation advice in new podcast.

<https://www.cbc.ca/news/canada/north/new-reconciliation-podcast-features-advice-from-northerners-1.5804126>



Why Senator Murray Sinclair has decided it's time to share his story and write a memoir

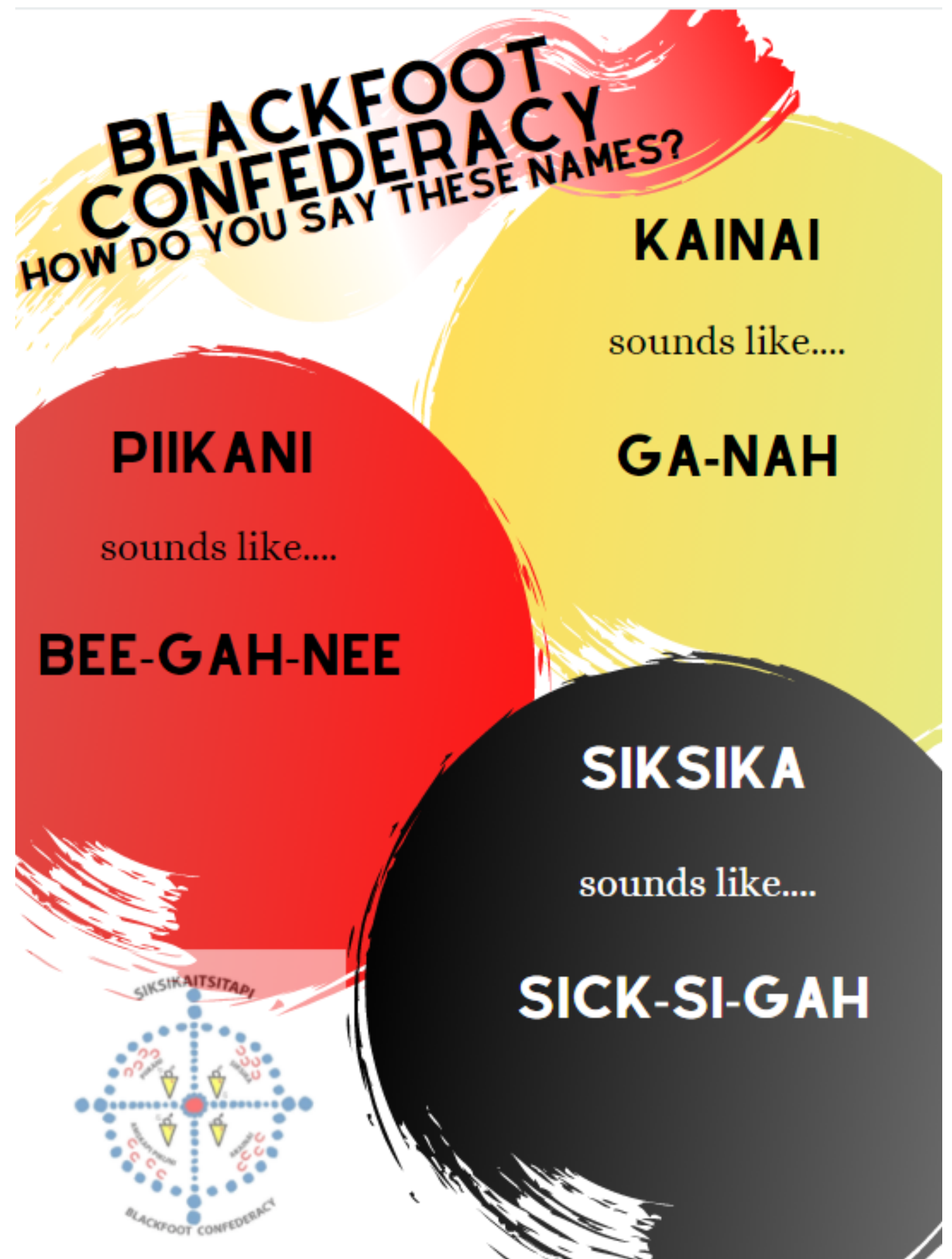
<https://www.cbc.ca/radio/thenextchapter/full-episode-nov-21-2020-1.5806723/why-senator-murray-sinclair-has-decided-it-s-time-to-share-his-story-and-write-a-memoir-1.5806728>

"It wasn't clear to Phare at first, she said, whether she should venture into this conversation as a non-indigenous person. But now she believes it's one that everyone, regardless of their origin, needs to be brave enough to have. It's also my country and my future of people I love, including Indigenous and non-Indigenous people".

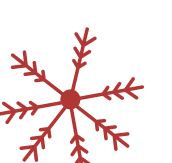
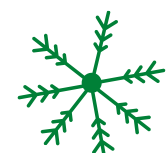
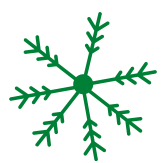
Park Meadows

Announcements Pilot Project

For the last couple of weeks, I have enjoyed joining Park Meadows Monday mornings on their Teams announcements. We've covered topics like Louis Riel and how to pronounce the Blackfoot Confederacy tribe names correctly. If something like this interests you, don't hesitate to reach out.



**WISHING YOU ALL A RESTFUL HOLIDAY AND
HAPPY NEW YEAR**



THE LOOP

DECEMBER 2020



MHCBS Wellbeing Team



Hello, Lethbridge School Division staff and families!

Welcome to the December issue of THE LOOP! As 2020 comes to a close, we hope THE LOOP connects you with the community supports and services you may require during these unprecedented times. We are in this together; lean in to one another and seek connections in new and creative ways.

Stay Connected!



SCHOOLGUIDE
Download the latest reminders, news, events and emergency alerts for your child's school.



Your source of community, health, social and government services and programs in Southern Alberta.



Connect to find mental health resources and activities for home and school.

www.mhcb lethsd.com
#supportingfamilywellness



For anyone aged 16+ who is looking for support or who wants to explore their own wellness. Those who are supporting a family member or friend, as well as people working in the mental health or substance use field are welcome to attend the free classes.

Community Partner Support Highlights



See how you can make a difference. Donate, volunteer and support youth.



BGC has new. Need free tutoring for middle and high school? Check out Raise the Grade.



Dec 7 or 14 Creative Expressions (art studio)
Dec 9, 17 or 19 Discover Together
Dec 12- Super Dad Events



Youth One has several programs and events for youth ages 11-18. Call 403-380-4426



Check out the Christmas Crafts Kits \$25 for 4-5 people.

Need Support?

KidsHelpPhone.ca

1 800 668 6868

Kids Help Phone

KIDS ACROSS CANADA CAN NOW TEXT

686868

AND BE CONNECTED TO TRAINED HELPERS

24hr free Mental Health HELPLINE
1-877-303-2642

Text4Hope
393939

24hr free ONLINE support for Albertans

togetherall.com

ADDICTION HELPLINE



1-866-332-2322



Visit [CAREER TRANSITIONS](#) for information about our VIRTUAL CAREER EXPLORATION sessions. The occupation of data scientist will be showcased on Wednesday, January 27th. If you enjoy math and coding, and if you are interested in exploring future career opportunities in the Tech sector, this session is for you.

Watch for a virtual session on welding in January!

MICROAGGRESSIONS 101

FACILITATED BY ANDA FABRIG | QUEER EDUCATION FOUNDATION

WED DEC 2, 2020 @ 6:00 - 8:00 PM MST

Click to Register

Virtual LGBTQ2S+ Hangout!

Fridays: 1:00pm-3:00pm

Ages: 11-18

Sign-Up at: www.bgclethbridge.com

Centre for Sexuality

Click to access LGBTQ supports and services

Do you have a child struggling with anxiety, depression or another mental health concern? Please call intake at 403-381-5278.



Fearless Feathers is a 4 session virtual group designed to address anxiety in children aged 5 to 8. You will need access to a device able to run the Zoom application.

UP Group is our introductory group that offers children and youth evidence based skills to help manage many of life's challenges and difficulties related to emotions and mental health.

Cultivating Strength

Online Personal Growth Group

December 7, 14
January 4, 11, 18, 25

1:30-3:00 pm

Community Helpers Training

2 sessions
12:30-3:30

Part 1: Dec 3
Part 2: Dec 10

Two afternoons of virtual discussion. The goal for this training is to support adult helpers enhance their skills and comfort to support youth with topics such as:

- Helping as a Process
- Healthy Relationships
- Mental Health Awareness
- Stress and Coping

To register: call intake at 403-327-5724

Planning for your future?

Keep up to date with post-secondary, scholarship and career information on our [LethSD Career Services Page](#). Questions? Career Practitioners are no longer a part of high school counselling teams; your school counsellor can help you.



University of
Lethbridge

Virtual Information Session
December 9th 5:30-7:30

<https://uleth.zoom.us/j/9556547558>
Drop in and chat with a uLethbridge rep to learn more about scholarship opportunities, program requirements, deadline information and application help! Students of any age can use this opportunity to have some questions answered about post secondary. Parents and Guardians welcome!

jack.org

Canada's only charity training empowering young leaders to revolutionize mental health across Canada. Check out this hub of relevant resources to help you take care of yourself and look out for the people you love during this challenging time.



Education for Parents and Caregivers December 1 @ 6:30

Join expert panelists to discuss coping skills, balance and resiliency which can serve us and our children well through the COVID-19 pandemic. [CLICK HERE](#) to register.

KidsGrief.ca

Talking with kids and teens about serious illness, dying and death.

Lethbridge Senior Citizens Organization

Free curbside or delivered Christmas Dinner

Friday, December 25 11:00AM- 1:00 PM

Dinner is open to everyone in the community as quantities allow. Deadline to book delivery is December 22 4:00 pm

Call 403-320-2222 for more information or to volunteer with meal delivery.

Donations are gratefully accepted.

Christmashope.ca Joining Forces for the Holidays.

Christmas Hope is a 5 agency collaboration serving our community at Christmas including: Lethbridge Food Bank, Interfaith Food Bank, the Salvation Army, Lethbridge Family Services Angel Tree and My City Care Shop of Wonders. The Christmas Hope partnership ensures that families that may be struggling get everything they need for Christmas.

Kids Call for Artwork!

Entries will be accepted in early December

Enter to win a \$50 Smudge Gift Card by creating a work of art based on the theme "Imagine" and submitting for display in the Kids' Art Show Gala. Submit at the Lethbridge Public Library Children's Services Desk.

Food for Fines
December 1-13

Bring in food for the local food banks to pay off your Library fines! Visit lethlib.ca for more details.



Holiday Crafting

Come to the Crossings Branch during the holiday season where kids can pick up a holiday craft pack.

There will be four different packs with one being released each week. Each pack will contain supplies to make a fun holiday craft at home.

Join the holiday fun:
Nov. 28 - Dec. 4 | Dec. 5 - Dec. 11
Dec. 12 - Dec. 18 | Dec. 19 - Dec. 24

Craft packs will be also be available through Curbside Pick Up. Supplies are limited.

