

February 2021

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



Happy February to our fantastic Park Meadows Families.

Today, February 1st, is the launch for “I Read Canadian” month. We are working together to fill up a display tree in the hallway. Please encourage your children to read Canadian!

I continue to feel so welcomed by the staff, students and families here at Park Meadows. I am thrilled to have started reading with small groups of students from our grade 4 and 5 classes. I have also been going into classrooms to have students help with “Laing’s Laugh” during morning announcements. I love having the students tell the jokes to the whole school! They have fun and it makes me smile.

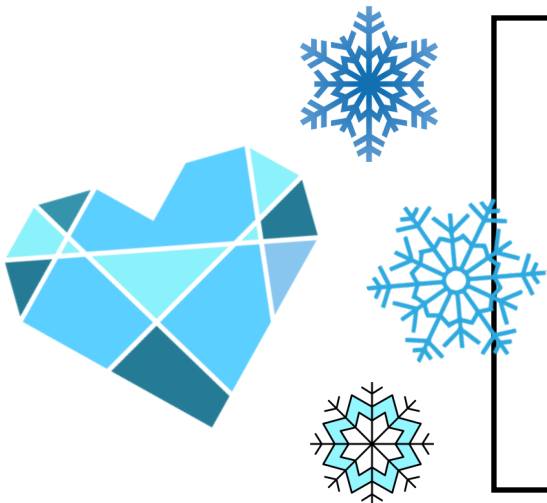
I hope you are well and enjoying the beautiful mild winter we have been having!

As per usual—please reach out if you want to chat or schedule a meeting!

-Sharon Willms-Laing

Cold Weather Gear

Now that we are experiencing some colder weather, please remember to send gloves, toques, scarves, winter jackets, snow pants, boots and any other gear your child needs so they can stay warm. Outdoor supervision begins at 8:00am every morning.



Upcoming Events

Thursday, February 4 — No EEP Classes

Thursday, February 4 — Last day to fill out Pivot Point Survey

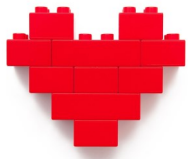
Friday, February 5 — Deadline to send Valentine's Day cards

February 15 to February 19 — NO SCHOOL for students

Monday, February 22 — Final Pivot Point classes begin

Tuesday, February 23 — School Council Meeting

Wednesday, February 24 — Pink Shirt Day



If you wish to have your child exchange Valentine's Day cards, all cards must be sent and received by your child's homeroom teacher no later than Friday, February 5th

**GET
INVOLVED!**

We invite all parents and guardians to join us
at the upcoming *School Council Meeting* on
Tuesday, February 23 at 6:30pm

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

The survey is now online for the last Pivot Point of the 2020/2021 school year.

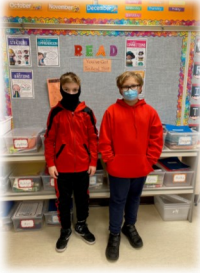
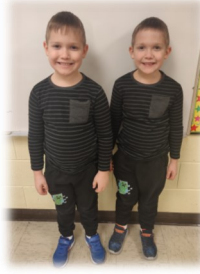
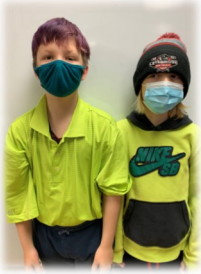
Students in Kindergarten to Grade 8 (along with the Early Education Program) are asked to please fill out this form by the deadline of 11 p.m. on Thursday, Feb. 4, 2021. Fill out this form **ONLY** if you wish to make a change to the learning model you are currently engaged in. It is important to fill out the entire form, by including the first and last name of the student. At the bottom of the form, you will be asked to select one of two boxes:

- I am currently enrolled in online **AT-HOME** learning and I request a change to **IN-SCHOOL** learning.
- I am currently enrolled in **IN-SCHOOL** learning and I request a change to online **AT-HOME** learning.

On **Feb. 22, 2021**, classes will begin for students that requested a change.

To fill out the Pivot Point form, please visit the Division website at www.lethsd.ab.ca





**KEEP
CALM**

**YOU'RE NOT SEEING
DOUBLE
IT'S
TWIN DAY**

**PARK
Meadows
ELEMENTARY SCHOOL**
EST. 1982



February Piitaiki'somm (B-da-gee-soum)

Indigenous Education Newsletter

English: Eagle
Blackfoot: Piitaa
(B-daa)

French: Aigle
Spanish: águila

February is known as the Eagle Moon because it is the month where eagles enter courtship and find their mates. "Eagles engage in dramatic displays that involve swooping flights, aerial stick exchanges and cartwheeling. Many of these behaviours also test the strength and agility of the potential mate".



A very warm welcome to
JORDAN HEAD.



Jordan has recently joined our Indigenous Education Department as a Blackfoot language and cultural consultant.

Jordan is the eldest of 8 children and was born on the Kainai Reserve in 1952. Following Federal Government Policy, he was sent to the St Mary's Indian Residential School at the age of 6 and left at the age of 17 with a High School Diploma. As a child, Jordan did not speak a word of English before being sent to the Residential School. He spent a lot of his childhood with 2 sets of grandparents and a set of great-grandparents.

In 1986, he returned to the Ceremonies and Elders to seek guidance. Returning to the ceremonies and listening to the Elders brought him back to being grounded. He continues to participate in Cultural Ceremonies and shares his knowledge to his children and groups that request for his attendance. Jordan wants to support the Government initiated process of Truth and Reconciliation.





Pink Shirt Day February 24th

An Indigenous story from Saskatchewan that ties beautifully with the lessons of Pink Shirt Day.



'Catalyst for a movement': People around the world don ribbon skirts after Sask. girl shamed for wearing hers | CBC News

A 10-year-old Saskatchewan girl's life has been brightened by the colourful ribbon skirts of women across the globe after she was shamed for wearing her own.

CBC / Jan 5

Ribbon Skirt Resources

Elementary Level:

Ribbon Rescue by Robert Munsch

My Ribbon Skirts by Shelly Nelson

Middle & High School:

<https://www.theglobeandmail.com/canada/article-calls-grow-for-ribbon-skirt-day-after-indigenous-student-wearing-one/>

<https://globalnews.ca/news/7325763/alberta-indigenous-women-skirts/>

<https://www.leechlakenews.com/2019/09/30/the-ribbon-skirt-part-1/>

The Ribbon Skirt



"Ribbon skirts are a long, handmade skirt that are shaped similarly to the teepee".

"Traditionally they would have been made from hide and decorated with hand collected natural materials".



Women from various Indigenous communities wear Ribbon Skirts. Men wear Ribbon Shirts.

The Ribbon Skirt represents many things. It "represents strength, womanhood, and identity". The long skirt connects you to the land.



For some time, Indigenous peoples were told they weren't allowed to wear their traditional clothing.

Traditionally the ribbon skirt was worn in Ceremonies. Today it is worn at all kinds of celebrations and gatherings.

Professional Learning Resources:

<http://empoweringthespirit.ca/>

<http://www.fnmiprofessionallearning.ca/>

<http://www.learnalberta.ca/content/aswt/>

<http://www.learnalberta.ca/content/fnmigv/index.html>

<https://essentialconditions.ca/>

THE LOOP

FEBRUARY 2021



MHCBC Wellbeing Team

Supports are available. You are not alone.

Hello, Lethbridge School Division staff and families!

Welcome to the February issue of THE LOOP! With continued pandemic restrictions, concerns around our mental health is a priority. We hope THE LOOP connects you with the community supports and services you may require to support and promote positive mental health for yourself and others. Please reach out for support when you need it.

Lean into others. Talk things through. We are here to help. We are in this together.

A Virtual Conversation about Learning and Mental Health During a Pandemic

Join... Alison Lux (AHS Mental Health Therapist)
Jim Kerr (LethSD Engagement Consultant) &
Kathy Mundell (LethSD Counselling Coordinator)



Date: Wednesday, Feb 24 on TEAMS 6:30-7:30 pm
Register by Feb 19 by emailing kathy.mundell@lethsd.ab.ca
A teams link will be emailed to you.

AHS, in collaboration with The Mental Health Foundation, offers FREE online programming for parents and caregivers of children and youth. Sessions are offered online through the Zoom app".

For more information:

WEBSITE: cyfcaregivereducation.ca
email: CYFCaregiverEducation@ahs.ca
phone 780-342-6885 Sessions include:

Parenting Groups: Parenting Skills that Promote Positive Mental Health

- Parent Education and Reflection (P.E.A.R.)
- Resiliency in the Face of Stress & Anxiety Group

Mental Health Literacy Series

"Mental Health Literacy (MHL) is the knowledge and understanding that helps us become responsible, effective and successful in living full and healthy lives. With good mental health literacy we learn how to take better care of ourselves, our loved ones and our communities. We are empowered and provided with the skills that we need to help us build better lives, better systems of care and a better society". [CLICK HERE to access Mental Health Awareness Videos and Information Sheets.](#)

Caregiver Education

February Sessions

- Lunch & Learn Webinars (Tuesdays noon-1:00pm)
 - Parenting Teens in the 21st Century Part 1 (Feb 1)
 - Parenting Teens in the 21st Century Part 2 (Feb 8)
 - Positive Communication that Promotes Growth (Feb 2)
 - Calming Our Bodies and Minds (Feb 9)
 - Resilient Mindsets (Feb 16)
 - Collaborative Problem Solving (Feb 23)
- Caregiver Education Sessions (Wednesdays 6-7:30pm)
 - Strategies that Promote Positive Mental Health (Feb 3)
 - More Than Just a Bad Day: Understanding Depression and Self-Injury in Youth (Feb 10)
 - Keeping Scattered Kids on Track: Understanding and Supporting Children and Youth with ADHD (Feb 17)
 - Mindfulness: Benefits for the Whole Family (Feb 24)
- SEEDS: Growing Parenting Skills (Thursdays 6-7:30pm)
 - Supporting Your Child With Structure and Routine (Feb 4)
 - Managing Meltdowns and Shutdowns (Feb 11)
 - Helping Our Kids Figure Things Out (Feb 18)
 - Effective Consequences (Feb 25)



Children, Youth &
Families Addiction
& Mental Health



Health Foundation

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
ONLINE
support for
Albertans

togetherall.com

ADDICTION HELPLINE



1-866-332-2322



Things are changing rapidly, and it is more important than ever for youth to explore opportunities and take informed next steps following high school graduation. Career Transitions is seeking your feedback to shape the future of career exploration for students in Southwestern Alberta by providing your opinions and ideas through these brief surveys:

[Teacher Survey](#), [Parent Survey](#), or [Student Survey](#)

Deadline FEB 7

HELP PLEASE



Sign up today for a discounted fee of \$37



To Register: Call 403-327-5724
counsellingintake@LFSFamily.ca

HEALTHY RELATIONSHIPS

ONLINE WORKSHOP

February 12, 2021
1:00 - 2:00 pm

HAVING CARING CONVERSATIONS

LEARNING TO LISTEN WITH PURPOSE

FEBRUARY 19, 2021
11:00 AM - 12:00 PM

BECOMING AN ACTIVE BYSTANDER

Online Workshop
February 24, 2021
11:00 - 11:45 am

Healing Journey

A Therapy Group for Women

12 week online counselling group
Fridays, 9:00 am - 11:30 am
Starting February 12 - April 29,



Click to access LGBTQ supports

Online Workshop Series for Alberta K-12 Teachers and Staff

Building Comfort and Skill in Teaching Sexual Health

Date: March 12th, 2021
Time: 10:30am to 2:30pm (1-hour lunch break)
Location: Zoom \$50
[CLICK HERE](#) to register

youthspace.ca

Youthspace.ca is an online crisis & emotional support chat. We listen without judgement, and keep chats confidential & anonymous. Text: 778-783-0177

Youthspace Online Resources Mental Health, Suicide and Self Harm, Care Tools & more

Black Youth Helpline

BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE

TOLL FREE 1-833-294-8650

Black Youth Helpline serves all youth and specifically responds to the need for a Black youth-specific service, positioned and resourced to promote access to professional, culturally-appropriate support for youth, families and schools.

Kids Help Phone

PHONE 24/7 BY CALLING 1-800-668-6868
TEXT CONNECT TO 686868..

Kids Help Phone & We Matter address Indigenous youth crisis.
[CLICK HERE](#) for more information.

Through ongoing collaboration, both partners work together to support Inuit, Métis and First Nations youth in their well-being.

Career Transitions is partnering with awesome business and industry professionals to showcase occupations available here in Southwestern Alberta. [CLICK HERE](#) to register for the following exciting sessions.

February 4 - Primary Care Nurse
March 2 - Pediatric Nurse



Basic Welding Class

Age 17+ Cost \$546
8 Tuesdays February 2-March 23
Stepping stone to the Welding Apprenticeship Program

February/ March Scholarship Deadlines

[Kin Canada Bursaries](#) \$1000 (Feb 1)
[Terry Fox Humanitarian Award](#) \$28000 (Feb 1)
[CPA Scholarships](#) \$4000 (Feb 28)
[Stacey Levitt Award](#) \$4000 (March 1)
[John Hasselfield Endowment Foundation](#) \$400 (Mar 1)
[Pathways to Medicine Scholarship](#) \$27000 (Mar 1)
[Quest for Excellence](#) \$1000 (Mar 13)
[Calgary Stampede Grade 12 Western Art](#) \$2000 (Mar 17)
[Ray Joffe Memorial Scholarship](#) \$2000 (Mar 31)
Indigenous Scholarship Opportunities
[Inspire Scholarships and Bursaries](#) (Feb 1/Aug 1)
[Award for Indigenous Student High School Achievement](#)
[RBC Aboriginal Student Award Program](#) \$4000 (Feb 28)
[Belcourt Brosseau Métis Awards](#) \$1000-10000 (Mar 31)



Meet on ZOOM
Ages 13-18
Wednesdays
5-6 pm
To register:
Text 403-634-7000

PRESENTED BY
volunteer lethbridge
non-profit leadership centre

Nominate a youth, adult or senior who has contributed to the well being of Lethbridge

Nominations open on March 1, 2021
There are 6 Award Categories:
Volunteer of the Community Awards
Leaders of Tomorrow Award
The Good Neighbour Award
Spirit of Volunteerism Award
Community Inclusion Award
Business Supporter Award

[CLICK HERE](#) for more information and the nomination form.

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.





LETHBRIDGE LITTLE LEAGUE

2021 House League Registration

January 8 – March 12

Lethbridge Little League is the governing organization for Little League Baseball within the City of Lethbridge. Players who are interested in playing baseball in Lethbridge should register using the information provided below. We are excited for another exciting season of Little League Baseball.

Register online at: www.lethbridgelittleleague.com

<u>AGE</u>	<u>DIVISION</u>	<u>FEE*</u>	<u>GAME DAYS**</u>
4-5	T-Ball	\$125	Mon/Wed
6-7	Coach Pitch	\$125	Tue/Thurs
7-8	Rookie	\$190	Mon/Wed
9-10	Minor	\$250	Tue/Thurs
11-12	Major	\$250	Mon/Wed
13	Intermediate	\$250	Tues/Thurs
14-16	Teenage/Junior	\$250	Mon/Wed

* Fee includes \$10 District One raffle ticket

**Make up games and tournaments may be scheduled on Friday/Saturday/Sunday

** Minor/Major division players may play special event games on Friday/Saturday

Please note residency and school attendance eligibility rules apply: Players can play in the league where they either live or go to school. For further information, please visit the website above or email info@lethbridgelittleleague.com. Late registration may be available after March 12th. A \$25 late fee will be applied to late registrants.