



# NEWSLETTER

## March 2021

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

Hello all Parents and Guardians,

Happy month of March everyone. The school year is progressing along well and spring will be here before we know it. Thank you to everyone for being so patient with us as we continue to clear the snow and ice that seems to accumulate every now and again. As I look outside my office while composing this message (on Feb. 24<sup>th</sup>) I see quite a bit of snow and my heart goes out to our caretakers that are working tirelessly to try and clear it as best as possible. Please continue to bring winter clothing to school with your child as the weather is quite unpredictable at this time of year. It is essential that students continue to bring their coats, sweaters, mitts, hats, and snow pants.



Our second report card will be available to all parents via PowerSchool online starting at 8:00am on Friday, March 12th. Please be sure to check out your child's report card as they are a valuable source of information with regards to how your child is progressing in school. Your child's teacher works diligently to report on your child's strengths as well as areas of needs and provides as many next steps and strategies as possible. If you would like to talk further with your teacher regarding how your child is doing in school and work collaboratively with them to support your child's learning please be sure to book an interview to speak with your child's teacher on the phone or via Microsoft Teams during our Parent/Teacher Interview time. Please see below for exact times for kindergarten and Grade 1-5 students.

We also want to take this time to welcome a new teacher on staff. Please join me in welcoming Miss Constance Colley to our grade 4 team. Miss Colley, we welcome you to the Park Meadows community family.

Your Principal,

Mark Blakenstyn



## Online Report Cards

### Friday, March 12<sup>th</sup>

Grade K-5 Report Cards can be viewed on PowerSchool beginning Friday, March 12.

**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

Monday, March 1 — No EEP Classes

Monday, March 8 — Kindergarten Registration Begins

Wednesday, March 10-16 — Online booking open for interviews

Friday, March 12 — Report Cards available ONLINE

Tuesday, March 16 — School Council Meeting

Thursday, March 17 & 18 — Kindergarten Parent/Teacher Interviews

Thursday, March 18 — Grades 1-5 Parent/Teacher Interviews

Friday, March 19 — No School for Students

Tuesday, March 23 — Beach Day



**GET  
INVOLVED!**

We invite all parents and guardians to join us  
at the upcoming *School Council Meeting* on  
*Tuesday, March 16 at 6:30pm*

For more information contact your school council at [parkmeadowsparentcouncil@gmail.com](mailto:parkmeadowsparentcouncil@gmail.com)

Online booking for Parent/Teacher Interviews will be available on our website beginning Wednesday, March 10 at 9:00am. You will see a link at the top of the page called "Bookings". Click on that and follow the directions. If you need assistance, please contact the office.



[Home](#) [About](#) [Calendar](#) [Staff Directory](#) [Parents](#) [Contact](#) [Bookings](#) [Grade Team Websites](#) [Festive Holiday Concert](#)



The booking portal will remain open until Tuesday, March 16 at 12:00pm (noon) for Kindergarten interviews and until Wednesday, March 17 at 12:00pm (noon) for grade 1-5 interviews.

Please continue to follow existing public health measures at all times during drop off and pick up. We encourage everyone to wear their masks and maintain 2 metres of distance, even when outside, as we continue to endure the Covid pandemic together. Thank you for working together to keep everyone safe and helping to reduce the chances of transmission. Thank you.



# WE READ CANADIAN



During the month of February, students all across Canada focused on reading Canadian authors. Our students and staff filled out a maple leaf for every book that they read... 645 leaves on our tree!

# WE ARE KIND



Artwork courtesy of Mrs. Braun's grade 5 class.  
An amazing display to brighten up our hallways!

There are a lot of things coming up with report cards, interviews, registration, boundary changes, etc. If you ever have any questions or need any assistance, please do not hesitate to contact the office. Our phone number is 403 328 9965 or you can email us at [meadows@lethsd.ab.ca](mailto:meadows@lethsd.ab.ca). 



# MARCH 2021

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 No EEP Classes	2	3	4	5	6
7	8 Kindergarten Registration Begins	9 Start Booking Parent/Teacher Interviews Online	10	11	12 Report Cards ONLINE	13
14	15	16 School Council Meeting 6:30pm	17 Kindergarten Parent/Teacher Interviews 	18 Grade 1-5 Parent/Teacher Interviews 12:30 to 6:30pm Kindergarten Parent/Teacher Interviews Continue	19 NO SCHOOL for Students	20
21	22 Last day to order Hot Lunch (by noon)	23  LAST DAY to return Out of Bounds Form	24	25	26	27
28	29	30	31 GREEN SHIRT DAY Hot Lunch - Subway			



# March 2021

## Sa'aiki'somm

### [sa-ay-kee-soum]

According to the Blackfoot, March is known as the Duck Moon. Trevor Kii Tokii said his grandfather Allen Prairie chicken (kii'tokii) shared with him "March is Duck Moon, when the ducks returned," he also stated that "all animals helped humans decipher the weather, returning of Ducks was a good sign spring has arrived".



**You  
Tube**

[https://www.youtube.com/channel/UCyinoCmMKY1loXTiBrGf\\_ng](https://www.youtube.com/channel/UCyinoCmMKY1loXTiBrGf_ng)

## Highlights

Morning TEAMS Announcements at Park Meadows and General Stewart continue to be a great success and opportunity for staff and students to learn about Indigenous Ways of Knowing. Coalbanks has joined our live morning announcements as well! I'm excited, and grateful teachers across our elementary schools have been watching the recordings that have been uploaded on YouTube thus far. Thank you for your ongoing support and engagement :) A few amazing things that happened this month...

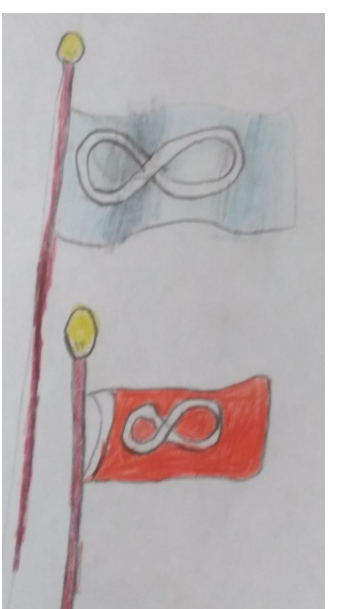
### Probe Smudge



### Nicholas Sheran Tipi Teachings



### Agnes Davidson Carnival



Please feel free to share any photos and information about awesome projects you may be working on with your students to be highlighted in upcoming newsletters! We are all in this together.





# Teachers Convention

Dismantling Anti-Indigenous Racism- Melissa Purcell: Indigenous Education ATA

## Action

- Expanding our knowledge and understanding
- Uplifting Indigenous voices

## Atonement

- In order for reconciliation to occur this needs to happen

**In order for reconciliation to happen, there has to be:**



## Past

- Indian Act
- Residential Schools
- 60's scoop

## Acknowledgement

- Monuments and place names
- Language
- Trauma
- Loss of culture

## A few resources...

Language can harm or heal; it can further oppression or create liberation—the choice is ours.

30 everyday phrases  
that perpetuate the  
oppression of  
Indigenous Peoples

ATA Library- French  
and English  
Indigenous Education  
Resources

Indigenous  
Cinema in the  
Classroom  
Ages 6-11

Dr. Susan D. Dion-  
Perfect Stranger  
(biography of your  
relationship with  
Indigenous Peoples).

Walking Together  
(Kinship, Treaties, Historical Trauma,  
Worldviews, Oral Tradition, Elders,  
Symbolism & Traditions, Connection to  
land, Indigenous Pedagogy, Culture &  
Language, Well-being, Environmental  
Knowledge).

# THE LOOP

MARCH 2021



MHCBC Wellbeing Team



## Hello, Lethbridge School Division staff and families!

Welcome to the March issue of THE LOOP! In spite of losses people may have experienced in the past year, there are positive outcomes to also acknowledge. We hope you have found some positive moments through this pandemic. Remember, if you or your family need support, the helpers are out there- in your school and your community. We are here for you! Please email THE LOOP submissions to [kathy.mundell@lethsd.ab.ca](mailto:kathy.mundell@lethsd.ab.ca)

**The Alberta Teachers' Association** **In Focus 2021: A CSC Virtual Conference**  
**ATA Council of School Counsellors**  
 April 30, 8:45-4:30 & May 1, 9:00-12:30  
 \*WIN memberships to the Mental Health Academy valued at over \$400!  
 Friday evening FREE film screening with live panel discussion.

**The Alberta Teachers Association Council of School Counsellors presents an online virtual conference featuring:**

**Welcome address from ATA President Jason Schilling**

**Sessions include:**

- Calgary & Area Child Advocacy Centre: Healing Centred Practices
- Dr Robbin Gibb, PhD: CCBN, Play for Success
- Tanzi Hoover, R. Psych: Refugees, Trauma & Mental Health
- University of Lethbridge Bookstore: Healing & Growing in Literature
- Bernie & Toby Boulet: Grief in the Public Eye
- Tyler Smith: Not Alone, Perspectives from Tragedy
- Vincent Mireau, R. Psych: Supporting Overachievers
- Cyndi Starzk-Frey, RSW: Self Care Planning
- Mental Health Commission of Canada: Headstrong, youth mental health leadership

**Registration is FREE to all Council of School Counsellor members. Registration information via 'Sched' will be emailed to all members. Not a member? Sign up NOW for \$35 by contacting our ATA Staff Advisor: Dan Grassick at: [dan.grassick@ata.ab.ca](mailto:dan.grassick@ata.ab.ca)**

*THE FIRST 100 REGISTRANTS WILL RECEIVE... A comfort box valued at over \$50*

**CONNECTING THE DOTS**

**MENTAL HEALTH PROMOTION COMMITTEE OF SOUTHERN ALBERTA**

*presents* **MENTAL HEALTH DURING THE PANDEMIC**

A Virtual Information Series  
 Wednesdays, 6:30 - 8:30 PM  
 \$10.00/presentation

- FEBRUARY 24** **Parenting through the COVIDBlues**  
 with Michelle McFadden, B.A., B.Ed., M.C. & Kalie Dye ECE/CYC/W
- MARCH 24** **Preventing Burnout through Wellness**  
 with Tracy Harvey, MSW, RSW
- APRIL 14** **Addictions & COVID**  
 with Kayla Napper & Laura Hahn, AHS
- MAY 5** **Understanding Suicide**  
 with John Thompson, B.A., RSW

**CLICK HERE to register.**

- Lunch & Learn Webinars (Tuesdays noon-1:00 pm)**
  - Keeping Scattered Kids on Track: Understanding ADHD March 1 & 8
  - Mindfulness: Benefits for the Whole Family March 2 & 9
  - Building Executive Functioning Skills March 15 & 22
  - Parenting Strategies That Promote Positive Mental Health March 16 & 23
- Caregiver Education Sessions (Wednesdays 6-7:30 pm)**
  - Sleep and Your Family's Mental Health March 3
  - Parenting Teens in the 21st Century March 10
  - Supporting Self-Regulation in elementary School Children March 17
  - Technology and the Teenage Brain March 24
- Drop-in Series (Thursdays 6-7:30 pm) Anxiety: A 4-Part Series March 4, 11 18 & 25**

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

**CLICK HERE to view the Caregiver Education Team Newsletter and for more details about the March sessions**

**After School Unpacking Staff Wellness**

**THURSDAY, MARCH 11 3:30-4:30**

Join AHS Health Promotion Facilitators to explore subtle but meaningful actions that can boost staff wellness. As a group we will discuss strategies around promoting and fostering work-life balance, skills for self-care, healthy relationships, and the ripple effect.

**CLICK HERE to register.**

**Need Support?**

**KidsHelpPhone.ca**  
 1800 668 6868  
**Kids Help Phone**  
**TEXT 686868**

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

**Black Youth Helpline**  
 BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE  
 TOLL FREE 1-833-294-8650

**Text4Hope**  
 393939

**24hr free ONLINE support for Albertans**  
**togetherall.com**

**ADDICTION HELPLINE**  
**1-866-332-2322**



McMan has a new FREE youth drop-in service for youth ages 14-30. Youth may utilize Wi-Fi, computers, Xbox and art supplies. Youth workers are available to assist youth with life skill development, including; learner's license preparation, resume building, job/volunteer applications and cooking/baking. **Drop-in runs from 10:00 AM-4:00 PM every Friday.** Due to COVID-19, youth must schedule their one-hour drop-in time by contacting Kate Clements at 403-308-7463. **To minimize barriers transportation is available with appropriate notice.**



## Post-Secondary Fairs

[CLICK HERE](#) for access information about **post-secondary fairs!**

Mar 1 5:30pm Concordia  
Mar 2 5:00pm SAIT  
Mar 3 5:00pm Mount Royal  
Mar 4 5:00pm Univ of Alberta  
Mar 8 5:00pm MacEwan Univ.  
Mar 9 5:00pm Med Hat College  
Mar 10 6:00pm Red Deer College  
Mar 11 5:30pm Univ of Calgary  
Mar 11 6:30 pm Univ of Lethbridge  
Mar 17 7:00pm Olds College  
Mar 22 5:00pm Bow Valley College  
Mar 23 5:30pm AB Univ. of the Arts  
Mar 24 6:30pm Univ. of Lethbridge  
Mar 25 5:30pm Ambrose University

[CLICK HERE](#) to register for exciting sessions.



**Pediatric Nurse (Mar 2) Veterinarian (Mar 4)  
Operating Room nurse (Mar 25) Hairstylist (Apr 1)  
Genomicist and Bioinformation (Apr 27)**

[Check out the site for pre-recorded sessions.](#)

## March/April Scholarship Deadlines

[Stacey Levitt Award](#) \$4000 (March 1)  
[John Hasselfield Endowment Foundation](#) \$400 (Mar 1)  
[Pathways to Medicine Scholarship](#) \$27000 (Mar 1)  
[Canadian Hearing Services National Scholarship](#) (Mar 10)  
[Quest for Excellence](#) \$1000 (Mar 13)  
[Calgary Stampede Grade 12 Western Art](#) \$2000 (Mar 17)  
[Ray Jolliffe Memorial Scholarship](#) \$2000 (Mar 31)  
[Northern AB Development Council Bursary](#) (Apr 30)  
**Indigenous Scholarship Opportunities**  
[Belcourt Brosseau Métis Awards](#) \$1000-10000 (Mar 31)



To Register: Call  
403-327-5724



18+

Thursdays, 9:30-11 am  
Mar 4, 11, 18, 25 April 1 and 8  
Identify as female



18+

Thursdays, 1:00-2:30 pm  
Feb 25, Mar 4, 11 and 18  
Everyone welcome.

Living with Suicide Loss



18+

Mondays 2:00-3:30 pm  
March 1, 8, 15 and 22  
Everyone welcome.

PRESENTED BY **volunteer lethbridge**  
non-profit leadership centre

Nominate someone for a  
Volunteer of YQL award!  
Open Mar 1-31

[CLICK HERE](#) for more information



**JA Southern Alberta**  
A Member of JA Canada

**Junior Achievement** is dedicated to educating students in grades 4-12 about financial literacy, entrepreneurship and work readiness. Contact Davina comstock@jasouthalberta.org



Here you'll find information about the ever-changing online interests of young people, the potential risks they face and proactive strategies to help keep your child/adolescent safe while online.



**Alberta Health Services**

**Learn how to manage stress in challenging times**

**Transform Your Stress: The Resilience Advantage – Strategies for Managing Stress in Challenging Times**

Part 1: Mar 9, Apr 15, May 18, Jun 21  
Part 2: Feb 24, Mar 30, Apr 29, Jun. 1 & 28

[CLICK HERE](#) for registration information and times.



**umind**

FREE Webinar series! [CLICK HERE](#) for more information  
**Trauma in the Midst of Trauma** with Dr. Barbara Ward - March 3  
**Grieving Over The Loss of Our 'Old Ways' of Working** - March 9

Mental health professionals who work with and support youth and families living with mental health issues draw upon a vast toolbox of resources. How to break down these resource silos and facilitate the exchange of this knowledge between organizations is the genesis of Umind.



**CANADIAN CENTRE for CHILD PROTECTION**  
Helping families. Protecting children.

[CLICK HERE](#) to access free  
**Video Read-Along Storybooks**  
to help keep kids safe

PARENTING TWEENS AND TEENS IN THE

**DIGITAL WORLD**



**jack.org**  
young leaders revolutionizing mental health

**The Albert COVID-19 Youth Mental Health Resource Hub**

A hub of relevant resources to help you take care of yourself and look out for the people you love during this challenging time.

**Centre for Sexuality**



March 16: Communication  
April 20: Allyship

Cloud GSA offers a virtual space for middle/ high school GSA students across Southern Alberta to connect. Each meeting we'll have a theme, activity, and time to socialize! We meet on the third Tuesday of each month from 5:00pm-6:30pm. Please email [rsingcentreforsexuality.ca](mailto:rsingcentreforsexuality.ca) for the link.



# Nutrition Times

March 2021 Nutrition Services



## March is Nutrition Month

The theme for Nutrition Month 2021 is “Good for **you!** Dietitians help **you** find **your** healthy.” Healthy eating looks different for everyone. This theme highlights that there is no one-size-fits-all approach to health. Each person has their own culture and food traditions, preferences, personal circumstances and nutritional needs. Use the following ideas to find **your** healthy.

**Connect with **your** culture:** Include your cultural or family connections into the eating experience. Find a family or cultural recipe and tell your partner or children about it. Explaining the history and any meaning it has for you and your family creates a connection to the eating experience and can bring a sense of peace and joy.

**Find **your** schedule:** Find a schedule that works for you and stick to it. Many people find eating every two to three hours works well. A regular eating (and sleeping) routine helps keep the body in balance. Eating regularly fuels your body and reduces the temptation for unhealthy snacks. Find some healthy recipes you and your family like and stock your pantry with those ingredients regularly.

**Align your eating habits with **your** values:** Whether it be kindness, connection, environmental sustainability, or physical health, make sure that what you and your family are eating fits in with who you want to be. Your eating habits reflect your value systems. Have open conversations with your family about what they think is important and how that can be impacted by what they eat.

**Eat foods **you** enjoy:** Eating is more than the nutrients you consume. Find foods that taste good and are good for your body. Try new recipes and foods often. For ideas visit [www.nutritionmonth2021.ca](http://www.nutritionmonth2021.ca) or [www.ahs.ca](http://www.ahs.ca) and search for recipes.

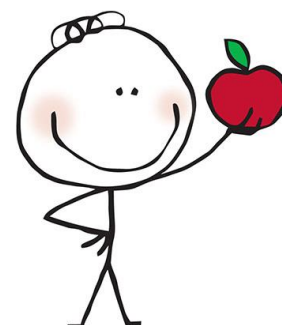
### What is a dietitian?

Nutrition Month celebrates dietitians, but what do dietitians do?

Dietitians are regulated health professionals who are experts in food and nutrition. They translate scientific, medical and nutrition information into terms you can understand. Dietitians collaborate with individuals and communities to help Canadians enjoy healthy foods. Dietitians work in hospitals, outpatient clinics, community health centres, long-term care and more.

Do you need help finding your “healthy?” A dietitian can help!

To find a dietitian near you, visit [www.ahs.ca/nutrition](http://www.ahs.ca/nutrition).



## Nutrition Month 2021 Recipe E-Book

The Nutrition Month 2021 Recipe e-book contains 15 recipes hand picked by dietitians across Canada. Here is an example of one recipe. Visit [www.nutritionmonth2021.ca](http://www.nutritionmonth2021.ca) for the full e-book!

### Oatmeal Chocolate Lentil Bites



#### Ingredients:

- 1 cup brown lentils, canned, drained, rinsed or cooked
- 2 tbsp. water
- ½ cup margarine
- ½ cup brown sugar
- ½ tsp. vanilla extract
- 1 egg or flaxseed egg
- 2/3 cup flour
- 1 cup oats
- ½ tsp. baking powder
- ½ tsp. cinnamon
- ½ cup chocolate chips

#### Directions:

1. Preheat oven to 350°F. Grease a cookie sheet or use a silicone liner.
2. Puree lentils in a food processor or blender. Add in margarine, brown sugar, vanilla and egg and blend until smooth.
3. In a large bowl, combine flour, oats, baking powder and cinnamon. Add lentil mixture to dry ingredients and incorporate evenly. Stir in chocolate chips.
4. Use a tablespoon or cookie scoop to measure out equal sized bites. Place them on the baking sheet and bake for 12 - 14 minutes.

*\* To make a flax egg, mix one tablespoon ground flaxseed with three tablespoons of water. Let sit in your fridge for 15 minutes to thicken.*

## Upcoming Nutrition Classes

### Prenatal, Infant and Toddler Nutrition Classes:

To look for upcoming classes, and to register, please visit [szonenutrition.eventbrite.com/](https://szonenutrition.eventbrite.com/)

**Alberta Healthy Living Program:** Classes are available to help manage chronic conditions. Topics include Diabetes, Weight Management, Stress Management, Healthy Eating to Reduce your Risk, Emotional Eating and more.

To register call: **Lethbridge 1-866-505-6654 or Medicine Hat/Brooks 1-866-795-9709.**

*Please Note: Due to COVID-19, all nutrition classes are now being offered online via Zoom.*

## Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat 403-502-8200

Brooks 403-501-3300

Lethbridge 403-388-6666

For more information on this or other nutrition topics, go to [www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca)

