



NEWSLETTER

May 2021

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



Hello Park Meadows families,

The month of May is now upon us and as I reflect on the last 8 months of our school year I am reminded how resilient our students are. I am pleased how our students grow and learn each day and are able to endure many obstacles in life throughout this pandemic. A huge thanks goes to them, our School Council, and our incredible staff who work so close together to support the learning that happens here at our school – we all call this fantastic place Home. It is our hope that all families feel welcomed and a part of the Park Meadows family each and every day. This is a special place and a place that truly cares about each individual person. Our students, our staff, our parents, and our community are a vital part of what makes Park Meadows School a fantastic place to be.

Registration for September is now in full swing and we encourage you to return the forms as soon as possible. All students must register for September. Be sure to reach out and give our office a phone call if we can help with the process. Also, if you feel there's any information that you wish to share with the school regarding your child's learning and learning environment please visit our website to access the Student Profile Form. We will use the information on this form to help build the class lists for their next year.

From all of us here at Park Meadows let's make the last two months of this school year the best ever. I cannot wait to see our students talents as we get closer to our school's Talent Show. A huge thank you to the students and the staff that are taking part in this and making this happen. Without you this just wouldn't be possible.

Your Principal, Mark Blankenstyn

SPRING
showers
BRING MAY
FLOWERS

Digital Registration

Digital registration forms have been emailed for the 2021/22 school year. You should have already received an email from studentregistrations@lethsd.ab.ca.

Please return the registration no later than Friday, May 7.
If you have not received an email, please contact the office.

Upcoming Events

Monday, May 3 — No EEP Classes

Wednesday, May 5 — Hats On! For Mental Health Day



Wednesday, May 5 — Rescheduled Kinder Grad Photos (M/W class)



Thursday, May 6 — Talent Show permission forms due back

Friday, May 7 — Digital Registrations due back

Tuesday, May 18 — School Council Meeting

Friday, May 21 — Talent Show submissions due

Monday, May 24 — NO SCHOOL Victoria Day

Tuesday, May 25 — NO SCHOOL for Students



GET INVOLVED!

We invite all parents and guardians to join us at the upcoming *School Council Meeting* on **Tuesday, May 18 at 6:30pm**

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

Are you missing some items?

A table is set up at the front of the school displaying all the items. There are a lot of coats, toques, mittens, hoodies, etc. that have accumulated over the school year. Please ring the front doorbell when you come to have a look. Items remaining at the end of June will be donated.



Park Meadows Talent Show

Thursday, May 6th

Permission forms are due back

Friday, May 21st

Submission videos are due

Monday, May 24th

Online link available on school website



MAY 2021

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
2	3 No EEP Classes	4 	5 M/W Kindergarten Grad Photos	6 Talent Show permission forms due back	7 Next Year Registration Forms Due	8
9 	10	11	12	13	14	15
16	17	18 School Council Meeting	19	20	21 Talent Show submissions are due	22
23	24 NO SCHOOL Victoria Day Talent Show link available on website	25 NO SCHOOL For Students	26	27	28	29
30	31					

Mothers Day

To all the mothers in our communities, a sincere Happy Mothers Day! Thank you for doing all that you do to support and advocate for your children.

The traditional roles of Indigenous Women...

- Equity among men and women was essential. Women were highly respected in Indigenous communities and their work was recognized as extremely valuable.
- Women were and are today;
 - Storytellers
 - Knowledge Holders
 - Leaders of traditional gatherings and celebrations
 - Creators of life
- matriarchal duties such as working to keep the peace during disagreements, disciplining other members for not following traditional protocol, keeping the extended family unit closely connected through social gatherings. (Eli, 2013)

"Women are believed to have a stronger connection to the earth"

(Eli, 2013)

Women are the first teachers.

Women were men's greatest support- they were not inferior. Women tanned the hides and dried the meat. Women set up and took apart tipi's (Landry, 2017).

Eli, S. K. (2011). Piikanaikiiks: A literary analyses of Blackfoot oral stories and the traditional roles of women in leadership. [Thesis]. University of Lethbridge.

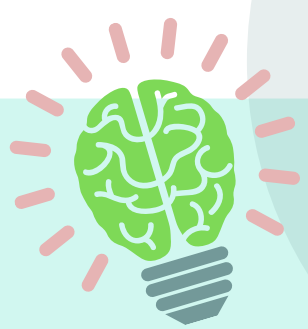
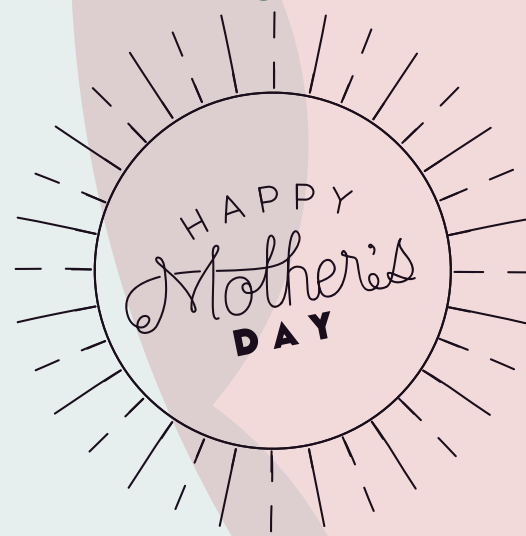
Landry, A. (2017, July 11). The Power of Blackfeet Women. Indian Country Today. <https://indiancountrytoday.com/archive/power-blackfeet-women>.

May 2021

Apistsisskitsaato'si is Blossom month.

It is the time when the flowers start to bloom indicating a time of preparing. The Niitsitapi in this area spoke of the time the camp began moving out of the winter camp to the sweetgrass hills once they see the buffalo bean and crocus flowers. The blossoming would indicate where the people needed to be at certain times.

–Annette Bruised Head



Professional Learning

Tomas speaks about his experiences in Education and has important messages for educators. This is a must listen!

Tomas Jirousek, a member of the Blackfoot Confederacy from the Kainai Nation of southern Alberta, graduated from McGill University this past spring as valedictorian after leading a successful campaign against the use of Redmen as the name of McGill's men's sports teams. Tomas is currently studying law at the University of Toronto.



**We have Instagram!
Follow us @
lethsdindigenou
seducation**



Lethbridge City Hall

City Hall is taking part in National Day of Awareness for Missing and Murdered Indigenous Women and Girls. Watch for the red dress at City Hall.



WEAR RED TO SUPPORT

May 5th as a National Day of Awareness for Missing and Murdered Native Women and Girls.

A congressional resolution to designate May 5th as a National Day of Awareness for Missing and Murdered Native Women and Girls has been introduced. Nearly 200 Tribal, State, and National organizations supported this resolution. Will you?

Ideas on how to participate and raise awareness on Friday, May 5th:

- ✓ Wear RED on May 5th and post a photo on social media with the hashtag **#NationalDayofAwareness** **#MMNWG** **#MMIWNIRWC**
- ✓ Host a community event in your community on May 5th
- ✓ Host a prayer circle or candlelight vigil on May 5th
- ✓ Post a list of names of sisters missing or murdered from your community
- ✓ Create a living memorial
- ✓ Register at www.niwrc.org to participate in the National Indigenous Women's Resource Center webinar: *Honoring Missing and Murdered Indigenous Women*



The Lethbridge and Area Métis MAY PROGRAMMING SESSIONS



If interested please contact the Métis office to register and receive the link to attend sessions. All supplies will be provided for sessions!

Phone: 403-328-7828
E-mail: info@lethbridgemetis.com

MICHIF LESSONS
MAY 3RD, 2021
Learn the beginning basics of one of our traditional languages; Michif!

Plant Walk
May 8th, 2021
LEARN ABOUT TRADITIONAL PLANT USE.

SE7EN STARS YOUTH SOCIETY

AGES:
13-19 (ADOLESCENT)

"PROVIDING OUR URBAN INDIGENOUS YOUTH WITH PROGRAMS TO ASSIST ON FINDING IDENTITY THROUGH CULTURE AND CEREMONY"

CONTACT:
THE SE7EN STARS YOUTH COORDINATOR TO REGISTER TODAY!
PHONE: 403-328-2414
ASK FOR LATOYA HEALY

WHEN
Weekly Cultural Programs: Wednesday 3-6PM
Elder knowledge transfer: Meet 4 times a month via zoom
Parents and Se7en Stars smudge: weekly

WHERE
Lethbridge Friendship Centre
1709 2nd Ave S, Lethbridge

thank
.Y.O.U.

A Few Highlights from April...

Hot Topic in April:
Wolfwillow Seeds!



Mike Mountain Horse's new front foyer display case!
A picture of the schools namesake, Mike Mountain Horse, along with artwork gifted by a parent. Four jars with the four sacred plants, Tobacco, Sweetgrass, Sage, and Cedar, are also pictured.
Do you want the sacred plants somewhere in your school or classroom? Or more information about these plants? Let me know!



General Stewart



Lakeview



Mike Mountain Horse



Agnes Davidson



Métis Dot Art with Plasticine from Coalbanks!



THE LOOP

MAY 2021



MHCBC Wellness Team



Hello, Lethbridge School Division staff and families!

May is a time of change. The warm sun is finally replacing the fresh cold air.

As the days get longer, we hope you have the opportunity to explore the outdoors. We hope you are finding joy noticing the birds chirping and the city starting to morph from brown to green. May is National Mental Health Month to raise awareness of trauma and the impact it can have on our well-being. Take care.



breathing room



BreathingRoom™ is an app and program that helps you relax and connect with yourself. It gives you videos to watch, exercises and visualizations to try, music to listen to and even movie and book suggestions. It might be just what you need to figure things out and start building the life you really want.

Created by:



cinim



mentalhealthliteracy.org for resources to support mental health and wellness in the classroom.

An invitation from: horizon⁺ school division

*Click on the title of the session to attend the virtual evening sessions on topics to support our children and youth

Mental Health Awareness Videos and Info Sheets



Children, Youth & Families Addiction & Mental Health

- ▶ [Breaking the Cycle of Anxiety](#)
- ▶ [Behavioral Challenges of School Age Children](#)
- ▶ [Focused and Engaged: Finding Balance Through Self-Regulation](#)
- ▶ [Love, Empathy and Connection: Supporting Mental Health](#)
- ▶ [Play Your Way to Positive Mental Health](#)
- ▶ [Promoting Positive Mental Health and Reducing Stigma](#)
- ▶ [Responsive Interactions: Building Blocks for Healthy Relationships](#)
- ▶ [Sleeping Your Way to Better Mental Health](#)
- ▶ [Technology, Youth and Mental Health](#)
- ▶ [Toxic and Tolerable Stress: Developing Healthy Coping Strategies](#)

May 13 @ 7:00 pm

LGBTQ & Answers: A Conversation about Understanding and Supporting LGBTQ2S+ Youth

With Jamie Lewis (she/her) FCSS Youth Inclusion Supporter
Meeting ID: 974 1884 7391 Passcode: tL6Z3B

June 3 @ 7:00 pm

Body Image: Prevention, Factors and Outcomes

With Nikki Roy (she/her) MA, CCC
Meeting ID: 974 1884 7391 Passcode: tL6Z3B

Anxiety in the Classroom

Jory McMillan
RCSM, MSW, Clinical Supervisor of Mental Health & Substance Use Collaborative Initiatives



[CLICK HERE](#) to access a webinar "to help children and youth cope with anxious thoughts and feelings that add to the difficulties in their school days and homework nights".

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



Outreach and Education

To Register:
Call 403-327-5724

counsellingintakeeLFSFamily.ca

BECOMING AN ACTIVE BYSTANDER

Prevention starts with awareness.
Learn skills to step up and speak out about gender-based violence.

Online Workshop
May 14
3:00-4:00 pm

Mindfulness
&
The Window of Tolerance
Online Workshop

May 28
3:00-4:00 pm

Living Yourself

ONLINE PERSONAL GROWTH GROUP

Mondays, 1:30-3:30pm
May 10, 17, 24, & 31



Healing Journey

A Therapy Group for 2SLGBTQIA+ Individuals

Group Dates:
12- week online counselling group
Fridays 9 AM-11:30 AM
April 30 - July 16



Cultivating Strength

Online Personal Growth Group

Wednesdays
May 5, 12, 19, 26, June 2, & 9

9:30-11:00 am



FamilyTies Association

909 3 Ave N (2nd floor)

For more information or
to register contact Darcy
at d.nalder@familyties.ca
or call 403-320-8888

art therapy group

Youth will have the opportunity to learn new coping skills and process feelings through art experiences.

IN-PERSON GROUP
YOUTH 14-18 YEARS
COST \$25
(SCHOLARSHIPS AVAILABLE)

Grandparents Group

Are you a grandparent raising a grandchild? This support group for grandparents will provide the opportunity to talk with other caregivers, learn new strategies, talk with other caregivers, and connect to community resources.

The group meets virtually bi-weekly
12:30pm-2:30pm

Upcoming dates: May 4 & 18
June 1, 15 & 29

HIGH STANDARDS

Virtual 4 week Education Group
May 6, 13, 20 & 27
Thursdays, 6:30 - 8:30 PM
Ages 15-18 * All Gender * Fee \$250

Do you find you put a lot of pressure on yourself to be perfect? While wanting to be our best self is a great aspiration, it becomes problematic when we place unrealistic expectations on ourselves. This pressure can lead to feelings of high stress, anxiety and unhappiness.

Learn more about how perfectionism impacts our lives and discover new skills that can support you in knowing that you are good enough, the way you are.

Co-Facilitators
Kala Beers, MSW, RSW
Carmen Guenther, B.A., B.Ed., M.Ed Candidate

To register contact True Balance Counselling
403-327-2333 or truebalancecounselling@gmail.com



AHS May Newsletters

[Healthy Children](#)

[Healthy Teens](#)

To register call intake at
403-382-5278

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

Age 5-8

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.

ADHD Parent Group is a parent group focusing on: understanding ADHD, working with schools, medication, self-care and parenting strategies.

Self-Compassion Summer Intensive is a therapeutic group that addresses various barriers to caring for and loving ourselves. It will cover topics such as self-trust, building confidence, self-acceptance, resiliency skills, and self-care. July 5th to 8th or August 3rd to 6th

Age 11-14

Age 15+

Positive Sense of Self Summer Intensive is a therapeutic group that addresses various barriers in distinguishing yourself from others. It will cover topics such as self-awareness, self-acceptance, identity, motivation, gratitude, and what influences our self-image. July 12th to 15th or August 9th to 12th

Age 11-14

Age 15+

Friendship Fundamentals Summer Intensive is a therapeutic group that addresses the benefits and challenges of modern friendships. It will cover topics such as virtual friendships, positive communication, healthy boundaries, trust, managing jealousy, and how to choose friends. July 26th to 29th or August 23rd to 27th

Age 11-14

Age 15+

Social Media Management Summer Intensive is a therapeutic group that addresses how to positively manage one's social media presence. It will cover topics such as how social media affects anxiety and depression, healthy boundaries, virtual friendships, usage limits, and what is/isn't helpful information. July 19th to 22nd or August 16th to 19th

Age 11-14

Age 15+



**Big Brothers
Big Sisters**
OF LETHBRIDGE AND DISTRICT

Now Offering Outdoor
Go Girls Sessions!!

7 Sessions
Free Program
Girls Ages: 10-14
1-1.5 Hour Sessions
Tuesday or Wednesday After School
Beginning May 11th and 12th

Space is limited.
Provincial Guidelines in place.



BigS will meet with a group of Littles outside our office. The group will play games together, go to the park, talk about topics such as mental health, self-image, etc.

Also Offering Virtual Programming!

BigS meet with a group of Littles on Zoom, play games together, and talk about mental health as well as COVID-19 related challenges.

If you would like to sign your child up in any of these programs please email info.leth@bigbrothersbigsisters.ca or call us at 403.328.9355

www.BeBig.ca



summer childcare & camps!



Boys & Girls Club of Lethbridge & District

University of Lethbridge

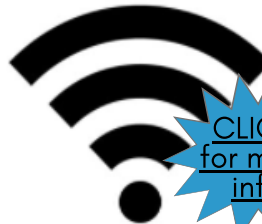


Click on the logo for more information!



Lethbridge Public Library | **CONNECTING YOU**

INTERNET



CLICK for more info

ON THE GO

Connecting YOU... wherever you are!



Click to access LGBTQ supports

Calling All Parents



Lethbridge Early Years Coalition (LEYC) would like to invite parents onto our Parent Advisory Committee

The LEYC Parent Advisory Committee influences the direction of the coalition and speaks to community needs of families and parents of young children.

Parents and caregivers have valuable and unique perspectives to offer the community.



If you are interested in joining please contact us or visit our website for more information.

CONTACT US

www.lethbridgeearlyyears.ca

lethbridgeearlyyears@gmail.com

(403) 634-5601



WOOD'S HOMES
WORKING FOR CHILDREN'S MENTAL HEALTH
SINCE 1914

For more information:
Phone 403-317-1777
www.woodshomes.ca

The CORE is a short-term place for young people (under 18) to stay who are not living at home for various reasons, or who are struggling with family or placement conflict. Crisis support is available to youth, parents and/or guardians, and community professionals at any time and/or for resource and referral information.

Check out all the programs offered at



DOWNTOWN 403-320-4232
NORTH 403-320-8138
WEST 403-359-8092

- May 3 Creative Expressions
- May 5 Growing Strong Together
- May 5 Worry Dragons for Parents
- May 6 Parenting During Separation & Divorce
- May 7- Growing Abilities
- May 7 Come Build With Us
- May 7 Plants to Plates
- May 7 Worry Dragons for Youth
- May 11 Big Chef Little Chef
- May 12 Couples That Thrive
- May 18 Parent Cafe

Family Centre provides FREE Youth, Adult, Couples and Family Counselling.

FREE

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.

Explore careers with local professionals by attending our LIVE virtual Career Exploration Sessions.

Engineer- April 28 @ 4:00 pm

Dietitian- May 6 @ 4:00 pm

EMS Paramedic - May 13 @ 4:00 pm

Doctor- May 26 @ 4:30 pm

[CLICK HERE](#) to register.

- [Accountant](#)
- [Data Scientist](#)
- [Hairstylist](#)
- [Heavy Equipment Technician](#)
- [Operating Room Nurse](#)
- [Parts Technician](#)
- [Pediatric Nurse](#)
- [Teacher](#)
- [Veterinarian](#)
- [Welder](#)



CLICK on the profession to access recordings

Are you in

CHECK THIS OUT!



[Know Before You Go](#) is a resource that is intended for Grade 12 students, and the educators who support them, as they transition from high school to post-secondary studies and/or employment. This life skills resource helps students anticipate, identify and navigate situations they will encounter when entering the realm of post-secondary education. It contains information on many topics including paying bills, study skills, roommate issues, identity questions and embedded throughout is how to maintain good mental health and seek help as needed.



WEBINAR



Making Informed Financial Decisions After High School

This webinar is all about preparing students for the financial decisions they will encounter after graduation. [CLICK HERE](#) to access the pre-recorded session.

CLICK HERE for more details

VIRTUAL Tutoring

for Math and Science
MNS Tutoring

For more information phone
587-597-7377
\$45/session



Indigenous Members in Skilled Trades

PRE-REGISTER TODAY FOR THE FREE INDIGENOUS TRADESPEOPLE EXPERIENCE!

This toolkit that features 5 Days of STEAM content, a Keynote Presentation and "How-To" guides!

Spring Scholarship Deadlines

- [Keyera Energy - Peter J. Renton Memorial Scholarship](#) (May 1)
- [Rotary Club Scholarship Rotary Global Grants](#) (May 12)
- [Trans Canada Energy](#) (May 15)
- [Global Citizen Scholarship Education First: Educational Tours](#) (May 16)
- [Learning Matters Education Charity Bursaries](#) (May 30)
- [MADD Canada Bursary](#) (May 31)
- [Mindful Science Alberta](#) (May 31)



- [Nelson Civic Leadership](#) (May 31)
- [Bayer Fund Opportunity Scholarship](#) (May 31)
- [Stuck at Prom](#) (June 1)
- [Advancing Futures](#) (June 1)
- [Fraser Institute Essay Contest](#) (June 1)
- [Tiessen Foundation Broadcast Scholarship](#) (June 1)
- [Learn and Earn Scholarship Program](#) (June 1)
- [RAP/ CTS Scholarships](#) (June 30)



VIRTUAL CAREER SHOWCASES



Students can join us online to learn about what their future career could be and how to get paid while earning school credits this summer!

CAREERS: The Next Generation Programs:

- Information & Communications Technology
- Registered Apprenticeship Program
- Agriculture Pilot Program
- Young Women in Trades & Technologies



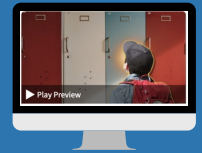
Receive up to **\$3600** to support a student intern

Alberta **YOUTH INTERNSHIP INCENTIVE PROGRAM**



FREE WEBINARS

[CLICK HERE](#) to access **FREE Pre-recorded webinars**



May 26 6:30-7:15

[CLICK HERE to register](#)

PARENT INFO NIGHT Lethbridge College

To provide parents/guardians with an overview of what to expect from and for your future post-secondary student.

- addressing concerns
- review the supports we have in place
- provide ideas on how to BE READY to support your youth in their transition into post-secondary education.

This event is open for parents/guardians and students in grades 11 and 12. Attend the event live for a chance to win a gift from Lethbridge College.