

Happy June Park Meadows families!

We have had such an awesome May with students coming back to school. We missed everyone when they were off for two weeks and Park Meadows staff are so happy to have our students back in the building.

May gave us an opportunity to get some of our classrooms painted. They are looking white, spiffy and refreshed. We cannot wait for parents to be welcomed back into the building to show off our walls.

I also had some fun last week (May 27 and 28<sup>th</sup>) while Mr. B was out of the building. I brought in this mannequin to take the role of Mark. We called him Mr. B and he offered up a lot of humor and surprises in the school.

Students, who walked by the offices to say "hi" to Mr. B, found this guy instead. Staff also were taken aback by him sitting in Mr. B's office. I giggled most of the time, watching the expressions of unsuspecting people seeing him in the office.

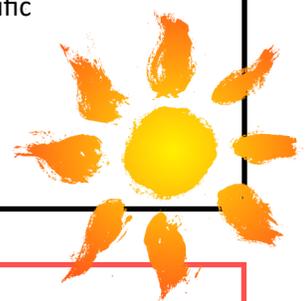
Of course, Mark had no idea we had a mannequin in his office and this morning (May 31<sup>st</sup>), Lisa (admin assistant) and I were waiting with expectation to see what Mark would do when he saw this guy sitting in the dark, in his chair. I'm happy to report that Mark was shocked and bewildered.

We are headed into the last month of school! I can't believe we are here already.

This year is one for the books and I am happy to have spent this time in Park Meadows and am eagerly anticipating next school year. Have a fantastic last month of school and we hope you have a terrific summer off. Enjoy the fresh air and warmth!

Take care Park Meadows families! As always, reach out if you need anything.

-Sharon Willms-Laing



## Our Students are Amazing!

To celebrate all their hard work and accomplishments over the 2020-21 school year, we will have Kona Ice at our school on

**Monday, June 21**

All students will be treated to a frozen slush that day.



# Upcoming Events

Thursday, June 3 — No EEP Classes

Friday, June 4 — Talent Show submissions due

Wednesday, June 9 — Grade 5 visit to Wilson Middle School

Monday, June 21 — Kona Ice Event

Wednesday, June 23 — Grade 5 Farewell “Virtual Event”

Thursday, June 24 — Last Day of EEP & Kindergarten Classes

Friday, June 25 — Last Day of Classes

Friday, June 25 — Report Cards available Online

Tuesday, August 31 — Back to School



## GET INVOLVED!

There will be no meeting in June.

The next *School Council Meeting* will be

September 21, 2021 at 6:30pm

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

## Registration Forms... WE NEED THEM!

(pretty please with a cherry on top)

We are still missing quite a few registration forms for next school year. Please fill yours out and submit ASAP. If you need any assistance or have not received the link, please contact the office at 403.328.9965.

Alberta Education requires all students to have a completed registration form for every year they attend school.

You may have heard that the 2021 Census is underway. It has been a challenging year for families, and the census might seem like another thing on your busy to-do list. However, I would like to encourage you to complete your census, if you haven't already done so. Census data helps governments at all levels plan for schools, transportation, community centres, libraries and recreational activities. Data from the 2021 Census will be even more crucial, because it will help to evaluate the impact of the pandemic and to better plan for the future. You can quickly and easily complete your census questionnaire at [www.census.gc.ca](http://www.census.gc.ca) using the access code you received in the mail. If you need assistance, or would like to have a paper (or alternate format) questionnaire, please call the Census Help Line at 1-855-340-2021. Thank you for doing your part to help plan for a better future for all Canadians.

# A generous thank you...



Our School Council makes a huge impact on the activities that can happen in our school. This year was a little different with all the restrictions, but that did not stop them from coordinating hot lunches, fundraising for laptops or purchasing 2020/21 Yearbooks for all the students. Yearbooks will be sent home with students before the end of this school year.

**Thank you so much from all of us at Park Meadows! We appreciate everything you do!**

## 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

**Friday, June 4<sup>th</sup>**

Submission videos are due

**Monday, June 21<sup>st</sup>**

Online link available on school website

**We are so excited to be welcoming James Ellison, Les Greeno and Taylor Bourassa to our Park Meadows teaching team for the 2021/22 school year!**

Kindergarten—Brie McCrady

Grade 1—Taryn Watson, Stacey Hegland

Grade 2—Amanda Krawchuk, James Ellison

Grade 3—Katie van der Meer, Constance Colley

Grade 2/3—Mandy Reimer

Grade 4—Ashley Lynch, Les Greeno

Grade 5—Arnold Entz, Taylor Bourassa

Grade 4/5—Lori Braun

Parker's Place—Colleen Hamilton

LST—Liz Olsen

French/PE—Francesca Morris

Teacher/Counsellor—Alex Ann Mulner

Music Teacher—to be determined

Vice-Principal/LST—Sharon Willms-Laing

Principal—Teri Smith

# Have a spectacular summer!

We will see you all back at school on Tuesday, August 31



# 2021 BACK TO SCHOOL READY SET GO AND STUFF THE BUS



**THIS YEAR, THE READY SET GO FAIR AND MY CITY CARE'S STUFF THE BUS ARE JOINING FORCES TO SERVE FAMILIES OF LETHBRIDGE WITH BACK TO SCHOOL SUPPLIES**

**IF YOUR CHILDREN  
ATTEND SCHOOL  
IN LETHBRIDGE**

**IF YOU ARE NOT  
SURE YOU WILL BE  
ABLE TO AFFORD  
SCHOOL SUPPLIES**

**THEN THIS PROGRAM IS  
FOR YOU**



**YOU CAN REGISTER :**

**In Person @ Interfaith  
Food Bank**

**In Person @  
Lethbridge Food  
Bank**

**Online:  
[www.mycitycare.ca/  
readyssetgo](http://www.mycitycare.ca/readyssetgo)**

**Registration Is  
Open**



**Limited Spaces  
Available**

*Pick Up Locations:*

*Aug 17- Fleetwood Bawden Elementary*

*Aug 18- YMCA*

*Aug 19- Wilson Middle School*

*Interfaith Food Bank and Lethbridge Food Bank*





# JUNE 2021



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1	2	3 No EEP Classes	4 Talent Show submissions are due	5
6	7	8	9 Grade 5 visit to Wilson	10	11	12
13	14 Sports Jersey Day	15	16	17	18	19
20 	21  KONA ICE EVENT National Indigenous Peoples Day	22	23 Grade 5 Farewell Virtual Event	24 Last Day of classes for EEP & Kindergarten	25 Last Day of Classes Report Cards available Online	26
27	28	29	30	<i>Have a spectacular summer!</i> The next school year begins Tuesday, August 31		

**Date:** May 13, 2021

**To:** Superintendents, Teachers, School Staff, Parents and Students

**From:** Medical Officers of Health – South Zone

**RE:** Update on the School Immunization Program in the South Zone

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This year we have been unable to provide routine school immunizations for Gr. 6, 7 and 9 students due to the urgent and ongoing response required by Public Health to the Pandemic. **All school immunizations will continue to be on hold for the remainder of this school year** for this reason, and due to the shift of student learning from the classroom to at-home learning due to high COVID 19 case numbers in Alberta.

There are no school program immunizations being offered in local Public Health offices for Gr. 6, 7 or 9 students, for Home school or At Home learning students at this time. However, appointments can be booked at local Public Health offices for students whom are not up-to-date with their primary immunizations:

- If your child has not received at least 4 doses of Tetanus containing vaccine by age 4 or 5, and two doses of Measles, Mumps, Rubella and Varicella vaccine:
  - please contact your local Public Health office now to inquire with an Registered Nurse and to book an appointment
- If your child receives an injury where a cut or break in the skin occurs:
  - please talk with an Intake RN at your local Public Health office 0800-1600hr, or call Health Link at #811 after business hours
  - this injury could increase the risk of infection with tetanus bacteria and your child may need a booster of tetanus containing vaccine

We recognize the importance of school immunizations and the valuable role they play in preventing communicable diseases, and we will keep you informed as we prepare to resume school immunizations in the future.

We have a very strong Public Health Nursing team to meet the challenge of resuming school immunizations in the Fall of 2021.

Please visit [ahs.ca/covidschools](https://www.ahs.ca/covidschools) for COVID-19 information and resources that may help you and your family.

Thank you for your support and understanding!

# THE LOOP

JUNE 2021



MHCBC Wellbeing Team



## YOU MATTER!

### Child and Youth Well-Being Review



**CLICK HERE to Give your feedback!**

**BounceBack** <sup>®</sup> Age 15+  
reclaim your health

**Feeling low, stressed or anxious?**

BounceBack is a free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild to moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry. Participants receive telephone coaching and skill-building workbooks to help overcome these symptoms and gain new skills to regain positive mental health.

**CLICK HERE** to complete an online self-referral form.



**Bell**  
Let's Talk



Canadian Mental Health Association  
Mental health for all

## Take care of yourself & each other

June 3



**CLICK HERE** to access

Featuring **Jody Carrington**

Online mental wellness day for schools

Sessions for students, teachers and school staff, school authority leaders and parents



ONLINE ORDER



## Virtual Education Sessions



6:30

Understanding Social Media Use in Teens  
**CLICK HERE**



6:30

From homework to housework: Raising responsible children 5-12 years old **CLICK HERE**



MyHealth.Alberta.ca



Alberta Health Services



An invitation from: **horizon** school division



**03**  
JUN 2021  
**Body Image: Prevention, Factors and Outcomes**  
With Nikki Roy (she/her) MA,CCC  
Meeting ID: 974 1884 7391  
Passcode: tL6Z3B

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

# What is togetherall?

Age 16+

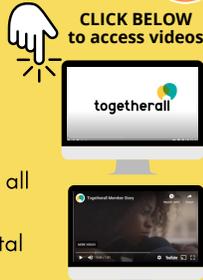
Togetherall - Virtual Mental Health  
An online peer-to-peer mental health community available free to Albertans!

Feel like you need somewhere to talk?

Togetherall is a free online community, available to all 16+ Albertans.

The community is a safe place to support your mental health 24/7.

Join Togetherall today and share how you're feeling, listen and be heard.



## Community Education Services

Committed to providing information, resources and support to families



\*\*\*\*\*  
**01**  
JUN 2021  
Trans & Parent Perspectives: How to support transgender, non-binary and gender non-conforming youth  
6:30 PM - 8:00 PM [CLICK HERE](#) for more information

\*\*\*\*\*  
**02**  
JUN 2021  
Children and Parenting After Separation ' Parenting Coordination and other Dispute Resolution Processes '  
10:00 AM - 11:30 AM [CLICK HERE](#) for more information

\*\*\*\*\*  
**02**  
JUN 2021  
Parenting, Pedantics & Peculiarities during the Pandemic  
6:30 PM - 8:00 PM [CLICK HERE](#) for more information

\*\*\*\*\*  
**03**  
JUN 2021  
From Homework to Housework: Raising Responsible Children for parents of children 5 - 12 years old  
6:30 PM - 8:00 PM [CLICK HERE](#) for more information

\*\*\*\*\*  
**08**  
JUN 2021  
Habits of Mental Health  
1:00 PM - 3:00 PM [CLICK HERE](#) for more information

\*\*\*\*\*  
**09**  
JUN 2021  
Starting or changing medication for your child/youth's mental health? An introduction to genotype-guided prescribing  
6:30 PM - 7:30 PM [CLICK HERE](#) for more information

[CLICK HERE to sign up for the CES newsletter](#)



## McMan

**The Family Preservation Program** works collaboratively with the Family Resource Network to provide programming for youth and their families. Referrals are received by self-referral, community, and Network partners. Activities offered by the Family Preservation Program include: parent/teen mediation, caregiver/youth/family groups, family activities, community connection and referral, cultural groups, including working with local Elders, private mentorship sessions, and outreach support. Programming is offered at flexible times, including evenings and weekends, to ensure that scheduling is not a barrier to those who need support.

For more information contact Cassidy Barat via email at [kassidy.barat@mcmansaouth.ca](mailto:kassidy.barat@mcmansaouth.ca) or call **403-715-3202**.



## Arts Heal Hearts

**Arts Heal Hearts** a student developed local campaign to bring community together by making cards with heart-warming messages.



For educators, school administrators, and clinical professionals

## BUDDYUP.CA



centre for suicide prevention

Buddy Up is a men's suicide prevention communications campaign

# #Connect4 WELLNESS

June 1 - 18, 2021

## You Are Invited To Participate!

We want our LethSD staff to SPARK CONNECTION with each other through our first ever #Connect4Wellness Project! We want to inspire you to share, thank, and recognize your friends and colleagues across the division during a time when everyone could use a little extra FUN, LOVE.....& PRIZES!

Staying connected and having meaningful conversations is something small we can do to encourage one another. So TAKE A MINUTE to send a colleague a note of appreciation and acknowledgement!

### Follow the Link to the Survey



No limit to the # of notes you can send.

### Write a Note to a Colleague



of recognition, gratitude or to just say hello!

### Watch 4 Wellness Activities Posted on Our Social Media



1

=



Additional Entries awarded for participation!

### Get Entered to Win Prizes!



Each note sent will get you and the recipient an entry into our epic prize draws.

## #Connect4Wellness

- @SupportingFamilyWellness51
- @Wellness51
- Supporting Family Wellness

Make sure to follow, like, & share for more chances to win!



Questions? Email [andrea.kobbert@lethsd.ab.ca](mailto:andrea.kobbert@lethsd.ab.ca)

**FOLLOW THE LINK**

MHCB Wellness Team  
LETHBRIDGE SCHOOL DIVISION



Lethbridge  
SCHOOL DIVISION

AUGUST 18 - 20, 2021

## MENTAL HEALTH ACADEMY

IMPROVING MENTAL HEALTH LITERACY IN A SHIFTING LANDSCAPE



## Outreach and Education

To Register:  
Call 403-327-5724

[counsellingintake@LFSFamily.ca](mailto:counsellingintake@LFSFamily.ca)

# Understanding Suicide

ONLINE PRESENTATION  
June 4, 2021  
2:00-3:00 pm

Age 18+

# HEART

HUMANITY = EMPATHY AND RESPECT TOGETHER

UNDERSTANDING HOW THE SOCIAL CONSTRUCTION OF GENDER NORMS IMPACTS OUR MENTAL HEALTH.

Online Personal Growth Group

June 16 & 23  
4:00 - 5:30pm

Age 18+

# MAN UP

ONLINE WORKSHOP SERIES

Deconstructing messages of masculinity

JUNE 18 & 25  
2:00 - 3:30 PM

Age 18+

## Community Helpers Training

Offered to adults who are helpful, caring, and supportive to the youth in their lives.

June 9 1:00-4:00 pm

Age 18+



## FAMILY CENTRE

[CLICK HERE](#) to register or call 403-320-4232

### Kids' Stress

June 2  
6-7:30pm

### Big Chef Little Chef

June 1 and June 12  
10-11:30 am

### Self Care Strategies

June 16  
6-7:30



### Parenting Through Stress

June 9  
6-7:30pm

### Discover Together

June 19  
10-11:30 am



909 3 Ave N (2nd floor)

For more information or to register contact Darcy at [d.nalder@familyties.ca](mailto: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:  
June 1, 15 & 29



Alberta Regional Consortia

## Supporting Learning at Home FOR PARENTS



[CLICK HERE](#) to access...

## A TOOLKIT FOR GRIEF

support for you and your community

COLLABORATIVE EFFORT BY:



### June is PTSD Awareness Month

Common symptoms of Post Traumatic Stress Disorder (PTSD) are: nightmares, withdrawal, stress, anger, fear, loss of interest in activities. [CLICK HERE](#) to access the PTSD Association of Canada



## Alberta Health Services

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+



# summer childcare & camps!



Boys & Girls Club of Lethbridge & District

University of Lethbridge



Click on the logo for more information!



CLICK HERE to access information to apply for a FREE week of summer camp for families who may require financial assistance. Call Scott 403-942-5757 Email: scott.boyde@lethbridgeymca.ca

Your favorite YMCA programs, activities and instructors

ONLINE

LEARN MORE



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.

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

Centre for Sexuality Click to access LGBTQ supports

Lethbridge bgc YOUTH CENTRE VIRTUAL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FREE TIME! 4PM-5PM	STUDY GROUP 12PM-2PM	RELAXATION TIME 12PM-2PM	HOBBY & SKILLS GROUP 12PM-2PM
SKATE PARK OUTREACH 6:30PM-8:00PM	COVID CONNECTION 7PM-9PM	FREE TIME! 4PM-5PM	WEST SIDE SKATE PARK OUTREACH 4PM-5PM
COVID CONNECTION 7PM-9PM		LGBTQ2S+ HANGOUT 4:30PM-5:30PM	MITS LEADERSHIP 7PM-8PM
WEEKLY MEAL KIT SIGN UP!		CREATING CONNECTIONS 5PM-6PM	AMAZING RACE CHALLENGE SIGN-UP!
		FORT MACLEOD GAMES NIGHT 7PM-8PM	

CALL OR TEXT: 403-634-7000 WWW.BGCLETHBRIDGE.COM



@thematleth



@BGCLYOUTHCENTRE



@bgclyouth

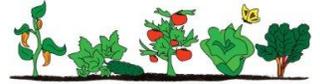


BGCL Youth Centre



Looking for a fresh and fun new way to teach your students about plants and garden ecosystems? Try one of our interactive and curriculum correlated Activity Totes! Use our garden as a learning site, or take a Tote to your classroom!

- The Activity Totes focus on topics such as:
- Compost
  - Water
  - Pollution
  - Insects
  - Soil
  - Recycled Gardening
  - Healthy Eating, Healthy Living
  - Plants in Our Daily Lives
  - Food Chains & Food Webs



LEARN & GROW

ACTIVITY TOTES

For more information: Interfaith Food Bank - 1103 3 Avenue North, Lethbridge | 403-320-8779 info@interfaithfoodbank.ca | interfaithfoodbank.ca



## SUMMER SOLSTICE INDIGENOUS EDUCATION DAYS

JUNE 1-21, 2021 TUESDAYS AND THURSDAYS 1PM-2PM EST



Big Brothers Big Sisters OF LETHBRIDGE AND DISTRICT

Looking for ways to keep your child busy?

We are looking for Littles to join our Traditional Mentoring Program!

Big Brothers and Sisters mentoring program provides youth with a role model to talk to and share the experiences of growing up with, through regular outings, a relationship is developed between the mentor and mentee, which is built on trust and common interests, and is supported by our experienced case workers. The result is a life-changing experience for both the mentor and the mentee.

For more information or to enrol a young person, visit our website www.bebig.ca or call 403-328-9355

leading edge PHYSIOTHERAPY

# RUN WILD

REGISTER TODAY!

5K • 10K • Half Marathon 21.1K  
Kids WildOnes 1.2K

VIRTUAL

## JUNE 12-13

RunWild.ca

Proceeds support



CHINOOK SEXUAL ASSAULT CENTRE

- Advocacy
- Crisis Support
- Counselling
- Education and Professional Development
- System Navigation
- Peer Support Groups
- Generalized Support

GIVE SUPPORT GIVE HOPE

Give A Gift With Long-Lasting Impact



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

[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

Grade 12?



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.

Grade 9-10-11

**Curious Minds**  
Summer Cyber Camp



**Curious Minds** is a science-focused **6-week** series. **45-minute** online group meets (twice each week) Topics covered include how Algebra, Chemistry, Biology and Physics!

- Curious Minds** addresses big questions like:
- Where else can humans live in our solar system?
  - When will the pandemic be over?
  - Can I use math to see into the future?
  - What will it take to address climate change?
  - What is money and how does it work?

For more information: Email Ali Finley MNSTUTORING@GMAIL.COM with "Curious Minds" in the subject line.

**NEW LOCATION**  
Open June 1  
120F Mayor Magrath Drive N

DONATIONS WELCOME!



**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

**YOUTH INTERNSHIP INCENTIVE PROGRAM**  
**HIGH SCHOOL SUMMER ADVENTURE!**

We believe that every teen needs to experience powerful character building principles and feel valued, capable and optimistic, but the interaction of a diverse student population produced a huge unexpected value.

Developed into two modules: PERSONAL ADVENTURE and WILDERNESS ADVENTURE. Open to any Alberta Student in Grade 9, 10 & 11. Phased COVID-19 rollout. Registration \$150.

[CLICK HERE](#) for more information

[WWW.FACESEDUCATION.COM](http://WWW.FACESEDUCATION.COM)



**2021 BACK TO SCHOOL READY SET GO AND STUFF THE BUS**

THIS YEAR, THE READY SET GO FAIR AND MY CITY CARE'S STUFF THE BUS ARE JOINING FORCES TO SERVE FAMILIES OF LETHBRIDGE WITH BACK TO SCHOOL SUPPLIES

IF YOUR CHILDREN ATTEND SCHOOL IN LETHBRIDGE

IF YOU ARE NOT SURE YOU WILL BE ABLE TO AFFORD SCHOOL SUPPLIES

**THEN THIS PROGRAM IS FOR YOU**

YOU CAN REGISTER :

- In Person @ Interfaith Food Bank
- In Person @ Lethbridge Food Bank
- Online: [www.mycitycare.ca/readyssetgo](http://www.mycitycare.ca/readyssetgo)

Registration Is Open

Limited Spaces Available

Pick Up Locations:  
Aug 17- Fleetwood Bowden Elementary  
Aug 18- YMCA  
Aug 19- Wilson Middle School  
Interfaith Food Bank and Lethbridge Food Bank

**TARGET HUNGER IS ON JUNE 12TH!**

Here's how you can help:

- LOOK FOR THE YELLOW BAGS, AND REMEMBER PLACE DONATIONS OUT ON THE MORNING OF JUNE 12TH.
- SIGN UP TO VOLUNTEER BY DELIVERING AND PICKING-UP BAGS FROM A ROUTE, OR AS A FOOD SORTING VOLUNTEER.

FOR MORE INFORMATION VISIT:  
[www.targethungerlethbridge.com](http://www.targethungerlethbridge.com)

**ScholarTree**

[CLICK HERE](#) to access ScholarTree The #1 place to find scholarships or start a scholarship in Canada!

**DUAL CREDIT PROGRAM**

[CLICK HERE](#) for more information on LC website

[CLICK HERE](#) for more information on LethSD website

# FREE FAMILY OUTDOOR PLAY JULY/AUGUST 2021



BUILDING  
BRAINS  
TOGETHER



THEME	TUESDAY	WEDNESDAY
WEEK 1: CONNECTION	<b>JULY 6</b> Henderson Lake Park 10 AM-2 PM	<b>JULY 7</b> Henderson Lake Park 3 PM-7 PM
WEEK 2: MOVEMENT	<b>JULY 13</b> Wilson Middle School 10 AM-2 PM	<b>JULY 14</b> Wilson Middle School 3 PM-7 PM
WEEK 3: MUSIC	<b>JULY 20</b> Nicholas Sheran Park 10 AM-2 PM	<b>JULY 21</b> Nicholas Sheran Park 3 PM-7 PM
WEEK 4: NATURE	<b>JULY 27</b> Lakeview Elementary School 10 AM-2 PM	<b>JULY 28</b> Lakeview Elementary School 3 PM-7 PM
WEEK 5: ART	<b>AUGUST 3</b> Chinook Lake Park 10 AM-2 PM	<b>AUGUST 4</b> Chinook Lake Park 3 PM-7 PM
WEEK 6: RESILIENCE	<b>AUGUST 10</b> Coalbanks Elementary School 10 AM-2 PM	<b>AUGUST 11</b> Coalbanks Elementary School 3 PM-7 PM

## EVENT DESCRIPTION:

All ages welcome! Drop by our pop-up tents for FREE outdoor play activities. Pick up an activity kit to do at home or stay for some outdoor facilitated games! Parent supervision required. Weather permitting.

- CHECK ONLINE SCHEDULE AT [BUILDINGBRAINS.CA/EVENTS](http://BUILDINGBRAINS.CA/EVENTS)

## SAFETY PROTOCOLS:

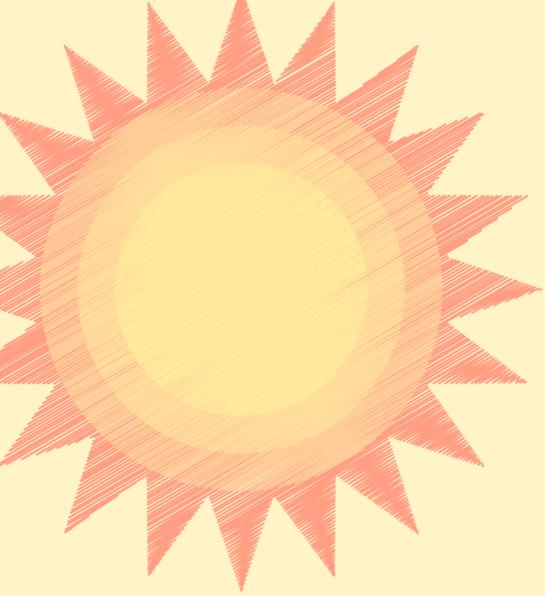
- All public health measures will be in effect
- Parent supervision is required
- Separate materials provided for each family
- If you're feeling unwell, we'll see you at our next location

## PARTNER LINKS:

- Building Brains Together - [buildingbrains.ca](http://buildingbrains.ca)
- City of Lethbridge - [lethbridge.ca/events](http://lethbridge.ca/events)
- Community LINKS - [community-links.ca](http://community-links.ca)
- Family Centre Summer Programs - [famcentre.ca](http://famcentre.ca)
- Lethbridge Public Library - [lethlib.ca](http://lethlib.ca)



[Holy Spirit Catholic School Division](#)  
[Supporting Family Wellness](#)



# JUNE 2021

## ITO'T SI SAM SOO TAA

### Long rain month



#### BLACKFOOT SUMMER WORDS

Summer

yii po

When leaves grow



Swim

otsi



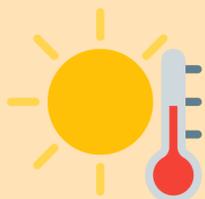
River

niitaihhtai



Hot

ik'sisksistoyii



Trees/branches

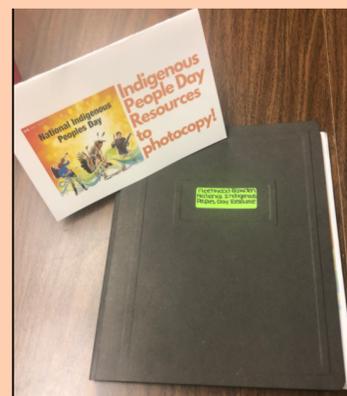
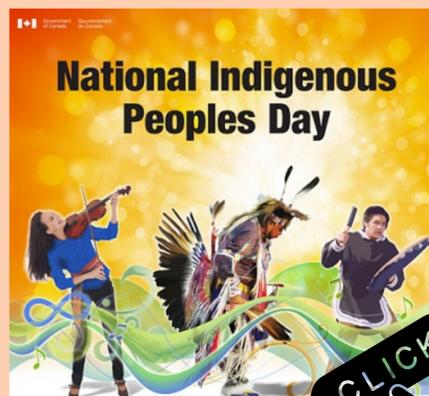
miistakiksi



#### NATIONAL INDIGENOUS PEOPLES DAY

### JUNE 21ST

How will you celebrate? Your school has this PDF resource! It's also available online!



#### EDUCATION DAYS

Sign up for the 2021 Summer Solstice Education days! You'll receive links to various Indigenous learning opportunities and activities in celebration of National Indigenous Peoples Day.



EDUCATION DAYS



# PROFESSIONAL LEARNING

There are some great documentaries here. 'Colonization Road' and 'Searching for Winnetou' were two I found fascinating. Worth a watch :)

Documentaries · Now Streaming

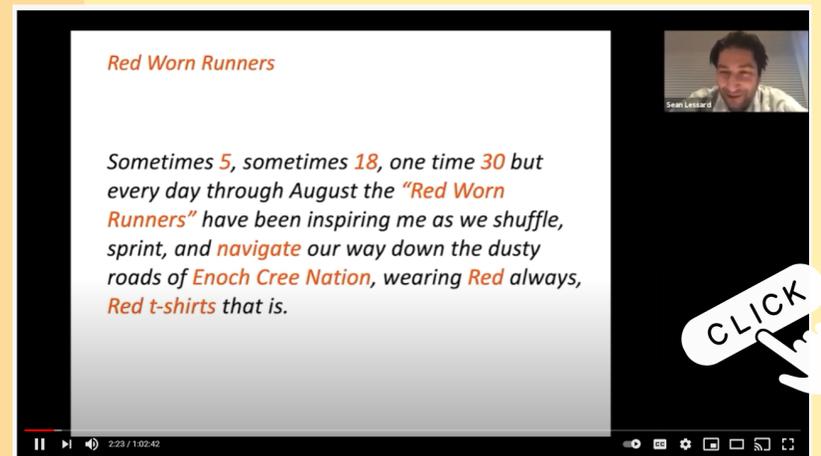
## 10 docs on Indigenous life in Canada

These Indigenous activists are advocating for change

CBC · Posted: Jun 11, 2020 9:55 AM ET | Last Updated: June 11, 2020



Listen to Sean Lessard: Montreal Lake Cree Nation member in Treaty 6 territory. Sean Lessard is a researcher in the field of Indigenous Education and Youth!



What a year it has been!

Whatever you have planned this summer, I hope it brings you relaxation and joy.

It has been a particularly challenging year and you all deserve a break to focus on you and the things you enjoy the most. Thank you for a wonderful year full of learning and growing together.

Have a fantastic summer vacation and see you next year!

# THANK YOU

