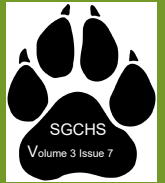




## March 2021 SPRUCE GROVE COMPOSITE HIGH SCHOOL



### Dates to Remember

- ❖ March 4 - Virtual PTI 4-7pm
- ❖ March 5 - PD Day
- ❖ March 5 - Grad photos/Retakes
- ❖ March 6 - Grad photos/Retakes
- ❖ March 16 - School Council 7pm
- ❖ March 26 - Spring Break starts  
(Classes resume April 7)

Greetings Everyone and Happy Lunar New Year!

Welcome to March and the road to warmer, brighter days ahead! The 3rd quarter is well on its way after Old Man Winter delayed our momentum with a cold start to classes following our teacher's first virtual convention experience on February 4th and 5th. Despite the cold interruption, students showed resilience in their desire to get back to routine. We hope you enjoyed your Family Day and the first long weekend of 2021. Thank you to the staff and students who participated in highlighting the significance of Pink Shirt Day on February 24th. Bullying behaviour can happen to anyone, anywhere including schools, communities, workplaces, at home and online. We hope our students show their support for each other by building support networks around each other and helping raise awareness to create safe and caring school and community environments.


COVID education continues to offer new opportunities for all to engage in learning in the digital age. On February 25th, SGCHS offered a welcome to our Grade 9 students and their parents/guardians to participate in our first ever Virtual Open House. If you are curious about the event, videos will be posted on the website soon for you to watch at any time to get a general idea of what our courses entail.

March is always a good time of the year for our students and parents to check our school website to familiarize themselves with relevant information related to upcoming Grad 2021 and next grade level courses and requirements. Parents and guardians should ensure they have completed the online registration process for their student(s), the deadline is March 25 at 4:30pm. Grade 10 and 11 students should be aware that course selection information and processes will be outlined towards the end of Quarter 3.

We value every member of our school community as stakeholders who work in partnership to keep everyone informed. Due to limitations around Extracurricular sports in schools, the Metro Edmonton High School league play remains suspended for now. SGCHS will continue working towards building support around safe and inclusive activities, social environments and positive mental health for our student athletes. In COVID times, we are encouraging students and families to work together to form healthy habits at home and school around eating together, investing in positive relationships, engaging in regular physical activity in the outdoors and focussing on positive mental health.

Thank you for your continued support and we look forward to the journey ahead,

Mark Rose - Grade 11 Coordinator



“ The future belongs to those who believe in the beauty of their dreams.”

Eleanor Roosevelt

## STUDENT SERVICES

We've started something new!!!

*Follow Student Services on Instagram to get all the news on post-secondary visits, awards/scholarship info, deadlines and Mazy pics!*



**Grade 12 students!!!!**



### Scholarships Abound!

We get new information all the time about scholarships/bursaries/contests. Don't miss out on being informed!!! Sign up for Remind.

Get your awards application completed before you lose out on free \$\$!! Find the link on our website under:

For Students → Awards and Scholarships → Gr 12 Awards Application.

To be considered eligible for Grade 12 awards, you must submit an application to Student Services. The submission deadline for award applications is April 23, 2021 @ 4pm.



save the date

**Drive-In Grad**  
**@ The Expo Centre**  
**June 11, 2021**  
More Details to Come....







**SGCHS TRADES!**

**FOLLOW US ON  
INSTAGRAM!!!!**



***Garden boxes and shed season!  
Great work from our very own  
SGCHS students!***

*Good afternoon,*

*As COVID-19 continues to be a concern in our province, I am pleased to share with you the newly created Alberta COVID-19 Youth Mental Health Resource Hub on Jack.org. Alberta's government partnered with the Kids Help Phone and Jack.org to create this hub where youth, educators and parents can find easy-to-access tools and supports.*

*The mental health of youth is top-of-mind and a priority for Alberta's government and for schools. The challenges and pressures brought on by the pandemic has brought have exacerbated feelings of stress, anxiety, fear, sadness and loneliness. I encourage you to share this new resource with the school community.*

*The youth-focused resources on this hub include:*

- ❖ Jack Chapters – Youth-led, community-driven mental health advocacy clubs at schools or in the community.*
- ❖ Jack Talks – Mental health presentations delivered to young people by young people.*
- ❖ Jack Summits – Mental health conferences developed by youth, where young people within a region connect, strategize and learn from one another.*
- ❖ Do Something – Tools to take small, simple steps that make a big difference to youth mental health and the mental health of others.*
- ❖ Be There – Tools to support someone who may be struggling with their mental health.*

*I also want to remind you of the following mental health resources available to support students, families and school staff:*

- Student Learning Hub – in particular, Mental Health Supports for Parents, Guardians and Families;*
- [alberta.ca/COVID-19](https://alberta.ca/COVID-19) info for Albertans;*
- Help in Tough Times; and*
- Supporting Learning at Home.*

*Thank you for your commitment to promoting positive mental health.*

*Sincerely,*

*Adriana LaGrange*

*Minister of Education*





# Stronger Together

## Parkland School Division Family Supports Newsletter February 18, 2021

Dear parents and caregivers,

Understanding and being aware of ADHD is important for everyone. We all have friends and family who have this diagnosis and just by being aware of what ADHD is and what it can look like can make a big difference. If you need more information or would like help getting connected to community supports we are here to help.

Take care, Vicky Mamczasz -Family Support Facilitator, Dena Davis- Sunrise Supports Program Liaison

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### Family Tips - ADHD with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

Free online webinars - Low cost counselling for children and adults

Children with ADHD are often smart but seem very scattered. Children with ADHD typically have deficits in executive functioning skills (impulse control, planning/prioritization, task initiation, working memory, self-monitoring, emotional control, and organization). The National Center for Learning Disabilities explains that executive functioning skills help us to:

- Make plans
- Keep track of time and finish work on time
- Keep track of more than one thing at once
- Meaningfully include past knowledge in discussions
- Evaluate ideas and reflect on our work
- Ask for help or seek more information when we need it
- Engage in group dynamics
- Wait to speak until we're called on
- Make mid-course corrections while thinking, reading and writing

As one can imagine, children with deficits in these areas struggle in many areas both at school and at home. Although children with ADHD are likely to struggle in these areas, all teens may struggle in executive functioning skills to a degree as the prefrontal cortex of the brain is still developing into our mid-twenties. Peg Dawson, a lead researcher in executive functioning emphasizes the importance of developing practical strategies to support areas where children are weak in executive functioning.

Dr. Peg Dawson has compiled a list of helpful resources for parents on her website to learn more about supporting children in developing executive functioning skills. Additionally, Dr. Dawson has developed a number of practical resources for parents and teens to coach, monitor, and set daily goals to improve executive functioning skills.

Learn more about resources to support your child's executive functioning skills at : <https://www.smartbutscatteredkids.com/resources/print-articles/>

### Focus on the Positive

When a child has a diagnosis of ADHD there are some amazing qualities to remember to speak openly with your child about. Lisa Gridley, from The Center of ADHD Awareness Canada writes that **children with ADHD have many talents and strengths** which can often go unrecognized in the face of executive skills challenges. These strengths for a child may include: curiosity, leadership, creativity, math and computer skills as well as humour and boundless energy. The key is to balance helping our children develop these executive functions that don't come as natural to them and to capitalize on the strengths that ADHD highlights such as creativity.

Source: <https://caddac.ca/adhd/document/things-that-parents-of-adhd-children-wished-every-teacher-knew/>  
Parents You Are The Solution - From ADDitude Magazine -



As a parent, you know that ADHD can make the normal developmental tasks more difficult to accomplish. One of the ways you might like to try to help your child with ADHD relax and focus is with Mindfulness.

<https://www.newharbinger.com/blog/5-reasons-kids-adhd-need-learn-mindfulness-skills>

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### ADDitude Magazine

All parents will probably agree that parenting is the most rewarding, but also the most challenging, job in the world. This can be especially true if your child has ADHD. Parenting techniques that worked well with your other children may not work at all. It can leave you frustrated about how to help your child. An Additude Magazine article, *Parents You are the Solution*, written by Merriam Sarcia Saunders, LMFT, offers some suggestions.

1. Dedicate at least five minutes each day to focus on your child. Set up a game or special play time or, for older children a dedicated time to talk or share an activity.  
Research indicates that even just five minutes can build a healthy relationship. To better your communication, use PRIDE: Praise, Reflect, Imitate, Describe, Enthusiasm.
2. PRAISE your child during this interaction using specifics. "Nice job keeping your hands to yourself." "Thank you for sharing what happened at school with me."
3. REFLECT verbatim what your child says. This is excellent during whining so you don't start negotiating, but also makes the child feel heard. *Child: I don't want to go last! Parent: You don't want to go last.* No matter how much they beg or complain, simply repeat what they say. It tends to end there, sets boundaries, and leaves the child feeling they've been listened to.
4. IMITATE: During your time together, do exactly what your child does. It lets him lead and feel empowered, but also models doing what you're told. If she puts the doll to bed, you put your doll to bed. If he draws a sun, you draw a sun.
5. DESCRIBE: Narrate your child's actions during play. This shows you are watching and are interested, helps with language development and self-esteem, and helps organize the child's thoughts about play.
6. ENTHUSIASM: Using an elevated tone of voice demonstrates interest in your child and can strengthen your relationships.



Try sharing this with the ADHD child or teen in your life and watch them smile!!



## 25 good things about having ADHD

1. Have lots of energy
2. Willing to try new things and take risks
3. Ready to talk, can talk a lot
4. Get along well with adults
5. Can do several things at one time
6. Smart
7. Need less sleep
8. Good sense of humour
9. Very good at taking care of younger kids
10. Spontaneous
11. See details that other people miss
12. Understanding of kids who get in trouble or get teased
13. Can think of different ways to do new things
14. Volunteer to help others
15. Happy and enthusiastic
16. Imaginative – creative
17. Articulate – can say things well
18. Sensitive - compassionate
19. Eager to make new friends
20. Great memory for things of interest
21. Courageous
22. More fun to be with than most kids
23. Charming
24. Warm and loving
25. Care a lot about families





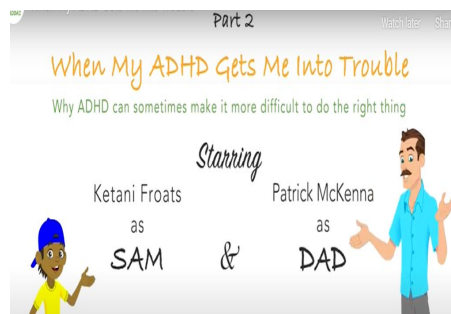
## For Kids

The videos below are designed for **kids**, but are a great resource to share with your family to help understand ADHD and also to show how ADHD can make life difficult sometimes. (from the Centre for ADHD Awareness, Canada)

### [That's Me, I Have ADHD!](#)



### [When My ADHD Gets Me Into Trouble](#)



## For Teens

Teen Mental Health Magazine through [Teenmentalhealth.org](http://Teenmentalhealth.org) is a great resource for teens who want to understand more about their ADHD.



<https://teenmentalhealth.org/wp-content/uploads/2014/07/Magazine-ADHD.pdf>

## ADHD 101 - APFA in partnership with Parkland School Division

It's time to bust some of those myths about ADHD

### About this Event

Presenter: [Chantal Jackson, Elements Health](#)

Discussion to bust myths about ADHD. Inform caregivers and the general public in order to increase compassion for the amazing humans living with ADHD, and to streamline interventions.

Date And Time

Wed, March 10, 2021  
9:30 AM - 11:00 AM MST  
[Add to Calendar](#)

Location

Online Event

Register here: <https://www.eventbrite.ca/e/adhd-101-registration-131636378953>

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## ADHD Strictly Strategies - APFA in partnership with Parkland School Division

Presenter Chantal Jackson, Registered Psychologist from Elements Health will share easy to use strategies for home, school and other environments and strategies for further developing the brain.

In partnership with Parkland School Division.

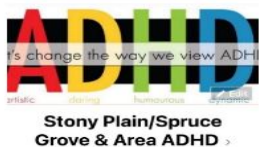
Zoom Link will be sent with order confirmation email and can be accessed again through Eventbrite once you register.

Register here: [//www.eventbrite.ca/e/adhd-strategies-registration-131634100137](https://www.eventbrite.ca/e/adhd-strategies-registration-131634100137)

Get ready to explore strategies for:

- ✓ Executive Functioning
- ✓ Emotion Regulation & Co-Regulation
- ✓ Impulsivity
- ✓ Sleep
- ✓ The (not-so-subtle) Art of Advocacy
- ✓ School & Home Based Accommodations
- ✓ The Developmental Delay of the pre-frontal cortex of the brain

March 17, 2021 - 9:30 - 11:00 - online event



Check us out on facebook.

This group is designed to create a sense of community and connection. To share information & learning opportunities. To ask questions & offer support. To share strategies, challenges & successes. To celebrate our/our child's unique gift that is ADHD and other co-existing diagnoses.

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## Possible financial supports for children with ADHD (from the Centre for ADHD Awareness Canada)

### Disability Tax Credit

The Federal Government allows a Disability Tax Credit for those individuals and their dependents, who have a severe mental or physical development that causes marked restrictions in the area of sight, hearing, mobility, speech, memory, thought and perception, all or almost all of the time in any of the basic activities of daily living and the impairment is prolonged – has lasted or is expected to last for a continuous period of at least twelve months. [READ MORE](#)

### Medical Expenses

In addition to the standard medical expenses such as prescription drugs and a variety of assistive devices, in 1999 the Federal government recognized that individuals with learning disabilities may have a need for supplementary educational service. [READ MORE](#)

### Free Medication Cards that Cover the Difference between Generic and Brand Name Medications

Access co-pay assist cards for: - Concerta and Adderall XR [Here](https://www.innovicares.ca/)

## LD Association Programming

**Roblox Social Group 7+** Roblox is an educational online video game. It enhances creativity, problem-solving, self-direction, collaboration, and other life skills. Both fun and educational, the purpose of Roblox is for players to interact and make friends. This is achieved by wandering around the online world and stopping to talk with other players within a moderated chat feature. This group is a closed group, only children/youth registered for this group will be playing Roblox together.

- Saturday February 20, 2021 - Saturday March 27, 2021 1:00 to 2:30 pm

Roblox Social Group cost is 50.00 for the 6 sessions

- Spring Break Session - March 29, 30, 31 - 1:00 - 2:30 pm

Roblox Social Group cost is 25.00 for the 3 sessions

## Social Skills Group - ages 8-12 and 13-18

- Does your child struggle with friendships and social cues?
- Do they have difficulty with organizational skills?
- Trouble paying attention or staying on task?
- Do they have trouble managing their emotions?

**We can help!** Join us for our Virtual Social Skills Program starting April 10, 2021

Our groups specialize in children with ADHD, ASD, Tourettes and Learning Disabilities but all are welcome!

- 8-12 years - 6 week program - Saturday mornings - 10:00 - 11:30
- 13-18 years - 6 week program - Saturday afternoons - 12:30 - 2:00

All sessions are virtual and through Zoom

- Some families are able to obtain FSCD funding for their child to attend this group depending on the determined needs of their child. Contact your FSCD worker to see if your child qualifies. LD Edmonton's FSCD vendor number is 598018.
- This program is open to everyone! Cost of the Social Skills Group is 100.00. For more information please contact [info@ldedmonton.com](mailto:info@ldedmonton.com) or call our office at 780-466-1011

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## ADDitude Magazine



FREE WEBINAR ON FEB. 25

### **Raising Children with ADHD**

Russell Barkley, Ph.D., shares 6 guiding principles for successfully parenting a child with ADHD. [Register »](#)



FREE WEBINAR ON MAR. 2

### **Discipline Strategies for ADHD**

Learn immediate, evidence-based techniques to manage challenging behavior & [increase positive interactions.](#)

**To register for Raising Children with ADHD go to:**

[https://www.additudemag.com/webinar/parenting-a-child-with-adhd/?utm\\_source=eletter&utm\\_medium=email&utm\\_campaign=school\\_february\\_2021&utm\\_content=021721&qoal=0\\_d9446392d6-109ecf2d5d-301888414](https://www.additudemag.com/webinar/parenting-a-child-with-adhd/?utm_source=eletter&utm_medium=email&utm_campaign=school_february_2021&utm_content=021721&qoal=0_d9446392d6-109ecf2d5d-301888414)

**To register for Discipline Strategies for ADHD go to:**

[https://www.additudemag.com/webinar/adhd-behavior-problems/?utm\\_source=eletter&utm\\_medium=email&utm\\_campaign=school\\_february\\_2021&utm\\_content=021721&qoal=0\\_d9446392d6-109ecf2d5d-301888414](https://www.additudemag.com/webinar/adhd-behavior-problems/?utm_source=eletter&utm_medium=email&utm_campaign=school_february_2021&utm_content=021721&qoal=0_d9446392d6-109ecf2d5d-301888414)



## apfa FAMILY RESOURCE NETWORK



### Services include:

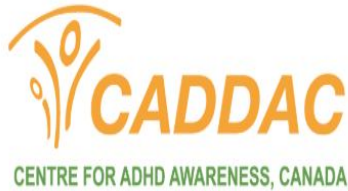
- Family Support
- Child and Youth Development and Well-Being
- Parent Education
- Home Visitation

☎ 780-963-0549

✉ info@apfa.ca

f [www.facebook.com/apfa.ca](http://www.facebook.com/apfa.ca)

📷 albertaparenting



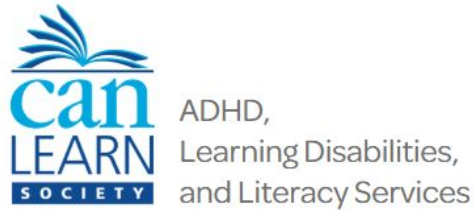
CAADAC ([caddac.ca](http://caddac.ca)) offers tons of free resources on their site for parents to access and also has links to other helpful resources.



For more information on monthly support group meetings and other offerings check out their [Website](http://www.adhdedmonton.com) or email [info@adhdedmonton.com](mailto:info@adhdedmonton.com)

- **Adult/Partner with ADHD**  
Third Wednesday of the month  
7 p.m. – 9 p.m.
- **Parents of Children with ADHD**  
First Wednesday of the month  
7 p.m. – 9 p.m.
- **Young Adults with ADHD**  
Third Wednesday of the month  
7 p.m. – 9 p.m.

The association offers a parent support group and has many resources on their website at [http://adhdedmonton.com/?page\\_id=25#Xwz-iyhKhPY](http://adhdedmonton.com/?page_id=25#Xwz-iyhKhPY).



## [ADHD & Learning Disabilities | canlearn](#)

The Can Learn Society offers resources, blogs, podcasts and online group opportunities.

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### LD Edmonton

#### Monthly Virtual Parent Support Group

Join us for our parent support group running every fourth Wednesday of the month from 7:00 pm until 8:30 pm. Next group is February 24, 2021. Register by emailing [info@ldedmonton.com](mailto:info@ldedmonton.com) for the Zoom link.

#### February 24th Support Group is Understanding and Navigating IPP's.

IPP's can leave us filled with anxiety, stress and frustration. A well-written supportive IPP can make a world of difference in our children's educational careers. Join us as we have a candid conversation about what an IPP is, the IPP process and how this tool can contribute to your child's success in school.

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#### Autism Has No Look: Putting A Spotlight on the Spectrum

APFA in partnership with Parkland School Division

**Wed, March 3, 2021**

**6:00 PM – 8:00 PM MST -Online Event**

**Register here:**

<https://www.eventbrite.ca/e/autism-has-no-look-putting-a-spotlight-on-the-spectrum-tickets-139708755649>

As a child Kerry was nonverbal and today as an autistic adult is a professional speaker who has what some would say an 'invisible disability.' In this presentation, you will hear a first-person account of what helped him, from early intervention to his road to adulthood. Case studies will be shared to highlight the uniqueness of each individual who has autism. Time will be left at the end for Q&A.

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#### Reach out for support:

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221  
Community Connector - Simonne Massner - 780-217-4146 Stony Plain and Prab Gill - Spruce Grove and Greater Parkland area 780-217-8701  
Youth Mental Health - Northgate Walk In Clinic (AHS - now call in or virtual appointment) 780-342-2700  
MOBILE/AFTERHOURS CRISIS TEAM: 780-407-1000  
Mobile Addictions Support - Lisa Kimmerly - 780-868-1895  
Parenting support (APFA) - Triple P Parenting - Rebecca Plante - 780-963-0549  
Adult Crisis Response - 780-342-7777  
Support Network Distress Line - 780-482-4357  
Adult Mental Health Referral and Treatment - 780-424-2424  
Parkland School Division - Family Support - Vicky Mamczasz - 780-668-7422  
Sunrise Supports - Dena Davis - 780-977-6241

# HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

## WHO CAN HELP, WHERE CAN I GO, AND HOW DO I GET SUPPORT?

### I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line ..... 780-482-4357(HELP)  
 Addiction Helpline..... 1-866-332-2322  
 Child Mental Health (8am-11:30pm) 780-427-4491  
 Kids Help Phone ..... 1-800-668-6868  
 Bullying Helpline..... 1-888-456-2323  
 Seniors Abuse Helpline ..... 780-454-8888  
 Family Violence Info Line ..... 310-1818  
 Sexual Assault Center (9am-9pm) 780-423-4121  
 First Nations & Inuit Mental Health  
 Hope for Wellness ..... 1-855-242-3310

### I NEED IMMEDIATE HELP Call 911

Emergency Financial Assistance  
 .....780-644-5135  
 Access 24/7 (Adults)  
 Addictions & Mental Health .....780-424-2424  
 Westview Health Centre.....780-968-3600  
 Child Intervention Services .....780-422-2001  
 Kids Cottage Crisis Childcare ...780-944-2888  
 Parkland RCMP .....825-220-2000  
 Poison Control ..... 1-800-332-1414  
 NeighbourLink Parkland (practical crisis help)  
 Monday-Friday 9am-4pm .....780-960-9669  
 Pay Forward Kindness (homeless supports)  
 ..... 587-286-4663

### I DON'T EVEN KNOW WHERE TO START?



**24-hour** information and referral line connecting you to social, health and government services.



or download **HelpSeeker**, onto your phone to find local supports and resources.

### WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

George Spady (men, women) ..... 780-424-8335  
 Women's Emergency  
 Accommodation Centre ..... 780-423-5302  
 Hope Mission (ages 16+, men, women) 780-422-2018  
 Youth Empowerment &  
 Support Services (YESS)..... 780-468-7186  
 Salvation Army (Transitional Housing, 512/4day)  
 ..... 780-429-4274

### I NEED A DOMESTIC ABUSE SHELTER

Alberta Council of Women's Shelters  
 ..... 1-866-331-3933

### I NEED DETOX SUPPORT

George Spady ..... 780-424-8335  
 AHS Detox Centre..... 780-427-4291  
 Youth Edmonton Detox ..... 780-422-7383

### I NEED A SAFE CONSUMPTION SITE

Boyle Street Community Serv... 780-424-4106  
 George Spady Centre ..... 780-424-8335  
 Boyle McCauley Health Centre 780-422-7333

### I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Addictions and  
 Mental Health (adults)..... 780-424-2424  
 Youth Addiction Services ..... 780-422-7383  
 Access Open Minds (youth 16-25) ... 780-415-0048  
 Child and Adolescent  
 Mental Health Services ..... 780-342-2701  
 Westview PCN Youth  
 Mental Health Clinic (ages 11-24) ... 780-960-9533

### I NEED HEALTH INFORMATION

Health Link Alberta (24/7) ..... 811

### WHERE CAN I FIND FOOD?

Parkland Food Bank  
 105 Madison Cres, Spruce Grove..... 780-962-4565  
 Auggies Café (Tuesday Free Lunch)  
 131 Church Rd, Spruce Grove ..... 780-962-5131

Spruce Grove FCSS  
 #105 - 505 Queen Street, Spruce Grove, AB  
 780-962-7618

Stony Plain FCSS  
 #107, 4613 - 52 Avenue, Stony Plain, AB  
 780-963-8583

