



# The Paw Print

*R.I. Baker Middle School*

## September/October 2023 Newsletter

### Principal's Message

Dear Students, Parents, and Guardians,

I hope this message finds you in good health and high spirits as we embark on a new academic year. It is with great pleasure and excitement that I welcome you all back to R.I. Baker Middle School. To our new students, I extend a warm welcome, and we welcome you to a very exciting school year.

This year, we are not only prepared for the best year yet, we will also look ahead to our new grade configuration and some exciting transitions. We will build upon the strong foundation of excellence that RIBMS is known for. Our commitment to academic rigor, character development, and fostering a vibrant, inclusive school community remains unwavering. Together, we will continue to create an environment that nurtures growth, encourages curiosity, and empowers our student's to reach their full potential.

I would like to extend my gratitude to our parents and guardians for entrusting us with the education and well-being of your children. Your partnership is invaluable, and together, we will ensure that every student thrives and succeeds.

In closing, I want to express my excitement for the incredible year ahead. The energy and enthusiasm that each of you and our staff brings to our school community is what makes us truly exceptional. Here's to a year of new beginnings, growth, and boundless possibilities! Welcome to R.I Baker, where every student belongs.

Mr. Prebs

### **IMPORTANT DATES:**

**Sept 22** - PD Day  
**No School**

**Sept 29** - Pancake  
Breakfast 7:30-8:30am

**Sept 30** - National Day for  
Truth and Reconciliation,  
observed on Sept 29 at  
RIBMS

**Oct 2** - Canteen opens

**Oct 6** - Walk A Thon

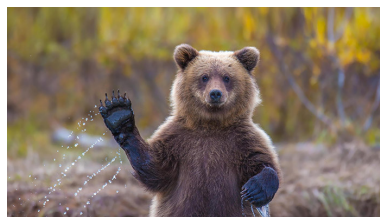
**Oct 9** - Thanksgiving  
**No School**

**Oct 20** - PD Day  
**No school**

**Oct 30** - Picture Retakes



*Welcome Back!*



# Back to School Reminders!

## School Fees & Extra Curricular Fees

SchoolCashOnline  
KEVGROUP



Fees are now due, so please access your School Cash Online account to see what your students' fees (school, athletic, band) are for the year, purchase hot lunch, complete certain permission forms, etc.

If you are experiencing financial hardship, please contact our office. There are payment options that can be discussed, but only if we are made aware of the situation.

<https://palliserregional.schoolcashonline.com>



**Edsby is RI Baker's program used to report GRADES and ATTENDANCE to parents.**

**Invitations for Edsby have been emailed.** Thank you to all the Parents that have already set up their accounts! If prompted when signing up, the School Code is **Pallisersd**

Please call our office at 403-345-3340 or email [megan.curtis@pallisersd.ab.ca](mailto:megan.curtis@pallisersd.ab.ca) if you are having difficulties setting up your account.

**\*\*TIP: : Downloading the Edsby App and allowing notifications from Edsby helps us notify you quickly if your child is absent!**

## LOST and FOUND:



**Our Lost and Found is located inside our Main Entrance. Please remind your students to look inside the benches there if they are missing something! (Eg/ Hoodies, jackets, lunch kits, water bottles, binders...) Thank you!!**

## ORANGE SHIRT DAY

On Friday, September 29th, we will be recognizing Orange Shirt day in lieu of September 30, as the **National Day for Truth & Reconciliation statutory holiday** falls on a Saturday this year. Students are encouraged to wear their orange shirts on Thursday, September 29.



**Fridays are Baker Gear Day at RIBMS!**  
**Show your school spirit and wear some green!**  
**Don't own anything green? Never fear -**  
**BAKER GEAR IS COMING SOON!! Stay Tuned!!**

# Pancake Breakfast



**On Friday September 29th, R.I Baker will be holding a pancake breakfast for ALL students and staff from 7:30-8:30 am.** All Baker students need to do is show up with enough time to eat before class. We will be taking donations with proceeds going towards addressing homelessness. (*Donations could be monetary or non-perishable food items, etc*)

Menu: Pancakes, sausages, fresh fruit, and fruit juice.

We hope all Baker students will come and enjoy some hot breakfast with their classmates and work towards helping an important cause.

If you or someone you know may be in need of a hot meal, we will be serving some to-go meals from 9:00am to 10:00 am that same day at no cost. To-go meals will be served in front of the school at the RIBMS main doors.

Special Thanks and appreciation to **Dennis Dirtworx, The Coaldale Food Bank, Parrish & Heimbecker** for donating towards this worthy event.

## Canteen News

Canteen will be up and running on October 2. We have a variety of options for the students. Pizza, Hot Dogs, Corn Dogs and Taquitos. As well as a variety of chips, snacks and drinks.

### **Canteen Schedule:**

Grade 5 & 6 on Tuesday & Thursday

Grade 7 & 8 on Monday & Wednesday

Parent volunteers are needed to help in the canteen. If you are available to help out, please contact Jodi Pilling at the school (403) 345-3340. Your help is greatly appreciated.

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## RIBMS Learning Commons News

Welcome back to the Learning Commons. The year is off to a great start. Several new titles have been added to the library and students are excited to get their hands on them. It has been a pleasure having your child/children back in the library.



Very shortly I will be advertising around the school for the Scholastic Book Fair. Our fair this fall will be held from November 14 -21st. I will be open the nights of Parent Teacher Interviews as well, and parents and students are welcome to shop the book fair on those nights. Scholastic always provides engaging reading materials for all levels. We look forward to this fundraiser each fall, as it is a way for our library to receive novels, resources and funds that can be used to expand our school library. The students always look forward to the Book Fair. Your continued support in this literary event is greatly appreciated.

## Counsellors Corner

Hi, I am Chantelle Rauda, the Family School Liaison Counsellor at RI Baker Middle School. I am new to RI Baker this school year and have been with Palliser in the FSLC role since the 2021/2022 school year. I am looking forward to joining this school community and am excited for all that the 2023/2024 school year will hold! I will be in the office at RI Baker on Mondays, Wednesday Afternoons, Thursdays and Fridays. If you would like to discuss the services available or have questions about the FSLC program you can call me at the school or you can email me at [chantelle.rauda@pallisersd.ab.ca](mailto:chantelle.rauda@pallisersd.ab.ca). Please note that if your child received counselling last year, and would like counselling again this year, you will need to contact me this year to provide service.

I look forward to working with and supporting the students of RI Baker!

To make an electronic referral please click this link and fill out the referral form. It will be submitted to me and is confidential. I will contact you as soon as possible after receiving your submitted referral.

<https://forms.gle/ahRPVP8PRgnc3pcz8>

Take good care,

**Chantelle Rauda**, B.A., BSW, RSW  
Family School Liaison Counsellor  
RI Baker Middle School

## NOTES FROM THE MUSIC ROOM

The bands at RIBMS are all now well on their way to an excellent 2023/24 season. Special thanks to all you parents who encouraged your child to stick with band this year and those who encouraged their children to try it for the first time!



The Beginner Band Clinic was a huge success for new grade 6 band students in early September. It's such an exciting time for those who are brand new to learning a band instrument; you can feel a buzz in the air!

Mr. Conrad is excited to have Jazz Band back again this year. This is an extracurricular group for grade 7 and 8 band students that meets after school on Fridays starting October 3rd.

### CHOIR:

**CALLING ALL PIANO PLAYERS!!!!** We are currently looking for a piano player who would be able and willing to accompany the choir this year. Our schedule is yet to be determined, but would likely run during a lunch hour or right after school depending on the availability of said accompanist. If you are interested in helping us out this year, please contact Mr. Conrad at your earliest convenience: [travis.conrad@pallisersd.ab.ca](mailto:travis.conrad@pallisersd.ab.ca)

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## R.I. Baker Middle School "Clubs"

Did you know about all the awesome clubs that run here at RIBMS? Check it out!

| <u>What Club?</u>           | <u>Who with?</u>         | <u>When?</u>   |
|-----------------------------|--------------------------|--|
| <b>Art Club</b>             | Mrs. Macklin             | 3:45 -4:30 pm on Wednesdays                              |
| <b>Guitar Club</b>          | Mr. Ginther              | 3:30 - 4:15 pm Tuesdays and Thursdays                    |
| <b>Dungeons and Dragons</b> | Miss Serbu               | Wednesday lunches  |
| <b>Cribbage Club</b>        | Mrs. Smart/<br>Mrs. Nast | Tuesday lunches  |
| <b>Jazz Band</b>            | Mr. Conrad               | Fridays 12:30 - 1:30 pm                                  |
| <b>Choir</b>                | Mr. Conrad               | TBD - Stay tuned!  |
| <b>GSA</b>                  | Mr. Smith/Mrs.Huff       | Various lunch hours, stay tuned to morning announcements |

## Athletics

### **Volleyball**

Wow!! What a great turnout we had for our volleyball clinic and 2 days of tryouts. We had a whole pile of athletes come out and give their best. Many tough decisions were made by our group of coaches, but all our athletes should be proud of the effort they put forth whether they made a team this season or not.

Our teams have been working hard this past month, learning and improving with every practice and game. We hosted our volleyball tournaments for both junior and senior teams, which was a lot of fun! Thank you so much to all of our parent and student volunteers who helped make these tournaments a success. Best of luck to teams, as they move into a very busy October!



### **Cross Country Run**

Our after school cross country team is up and running...little pun there! If you want to join, it is never too late!! Every Tuesday and Thursday they run from 3:30-4:15. Our grade 6-8 team competed at Nicholas Sheran earlier this month at the LSSA Cross Country Meet. We had a great showing! A special congratulations to Jordyn Borland- 4th place, Griffin Fyfe- 8th and Sam Klassen- 15th. Best of luck to our grade 7 and 8 teams who are headed to Zones on October 11th in Pincher Creek!

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## **GRADE 5 POD**

### **Highlights from September and for October:**

- We've had a great start to the year! Most students have mastered their combination locks and are enjoying using their lockers.
- September 29th is National Truth and Reconciliation Day and we are looking forward to both school-wide and class focused activities to build understanding and empathy.
- October 6th is our Walkathon! It will be 8km of walking, talking, and enjoying the fall day in support of RIBMS. Fundraising is due October 19th.
- Curricular Updates:
  - Across our homerooms we have been working on Place Value in Math, and Mapping and Physical Geography in Social Studies. 5B and 5D are exploring the Wetlands, 5C is on Weather Watch, and 5A is buzzing about Electricity. More information will be coming in regards to the reading and writing assessments in Language Arts and how we will be using that information.

### **LUNCH TIME REMINDERS:**

- Students are eating in the foyer!
- Microwaves are available for lunches. **Parents/Guardians if your students lunch requires a utensil (spoon, fork, etc) they MUST bring one from home.** Thank you!!



## GRADE 6 POD

**Language Arts (Mrs. Netzel)** - In LA, we are currently working on our unit entitled, *Tell Your Story*. This is a large, encapsulating unit that focuses on the many aspects of stories: reading various stories, listening to stories, watching stories, writing stories, and representing stories. We have started the unit with students thinking about their OWN stories, and what makes them who they are. They are working on creating a poster that represents their personal story, both through words and images. Students are also working on some word work, currently focusing on specific sounds and the rules that pertain to them.

We are also doing a class read aloud of the novel, *Refugee*, by Alan Gratz. This novel follows three young characters, each with their own horrific struggles between the varied years of 1938 - 2015. All characters are forced to flee their homelands to find safety. Each character has a different circumstance; yet, they are also similar and connected. It has already generated some great discussions in class.

**Social** - In Social we have been learning about what democracy is, and how we, as citizens of Canada, participate within that system. We are currently working on solidifying our understanding of how democratic principles influence how decisions are made and the laws that are passed. We will be building upon this understanding as we move on to our next unit in October, focusing on democracy in action.

**Science** - In Science 6 we have started our Evidence and Investigation unit. Students are learning about different types of evidence and how to explain whether there is enough proof for determining guilt or innocence using forensic investigation methods.

**Math** - We have started September with a review of multi digit operation, and students will be learning about whole numbers and decimal place value later in the month. We have also been focusing on using accurate math vocabulary when describing math operations. Students completed the Elk Island Math Assessment (formerly the MIPI) in early September in order to show which areas may need more focused instruction throughout the year.

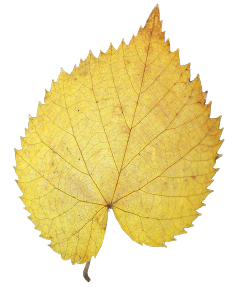
**LUNCH TIME REMINDERS:** Microwaves are available for lunches. **Parents/Guardians, if your students' lunch requires a utensil (spoon, fork, etc...) they MUST bring one from home.** Thank you!



## GRADE 7 POD

### Language Arts -

In grade 7 Language Arts, we have started off the year nice and easy, learning about each other, class routines and finding books we like to read. We are focusing on building reading stamina by reading books that interest us at least 10 mins every class. Students are encouraged to read at home for 2 hours/week as their LA homework. This extra reading will help build vocabulary, learn grammar rules, and reading and writing skills. It also helps build reading stamina for high school and beyond. Students have begun their first writing piece; a memoir about their lives and childhood memoirs. Next, we will review short story terms and analyze short story structures to prepare ourselves for our first big writing assignment: superhero stories. In October we will look at comics, graphic novels and superhero stories. Students will have the opportunity to create a new superhero character and write a fictional narrative story about their origin story.



**Social** - In Grade 7 Social Studies, students have been learning about three First Nations societies from Eastern Canada; the Mi'kmaq, the Anishinabe, and the Haudenosaunee. More specifically, we have been studying how these groups used the land, and what some of their similarities and differences are. Going into October, we will begin looking at some of the first European explorers that came to Canada.

**Science** - In Grade 7 Science, we have been working through our first unit, Interactions and Ecosystems. A lot of this unit is review for students from grade 5 and 6 science classes, so it's the perfect unit to start off our year with! Students have gotten through a couple of assignments already, and we will be working to finish the unit up by the end of October or early November.

**Math** - The first unit of the year in Grade 7 Math focuses on fractions, decimals and percents. After learning about the divisibility rules and finding factors, students will explore terminating and repeating decimals, comparing and ordering fractions and decimals, expressing and calculating percent, performing operations on decimal numbers, and solving problems involving the concepts from this unit. This is a lengthy unit, and it will likely take us until early-mid November to complete.

**LUNCH TIME REMINDERS:** Microwaves are available for lunches. **Parents/Guardians if your students lunch requires a utensil (spoon, fork, etc) they MUST bring one from home.** Thank you!





## GRADE 8 POD

**Language Arts** - We have kicked off the year in Language Arts by diving into our year-long theme: "All that we are is story." With this theme we'll explore how we are all authors and every action is part of our plot. The students have started their 'Who I Am' unit by analyzing autobiographical texts and creating their own. They are also working on developing their digital personal portfolios. Finally, we spent a lot of September establishing the regular routines that we are going to be using all year: independent reading, journaling, storytelling, short films, and a host of online tools.



**Math** - By early October, we will be wrapping up *Chapter 1: Fraction Operations*. This includes everything fraction related: lowest terms, equivalent fractions, adding fractions and subtracting fractions. After an extensive review, we worked on the new content which involved multiplication and division of fractions. After that, we focused on problems involving multiple operations. These problems require us to solve using the order of operations (BEDMAS).

Next up is *Chapter 2: Ratios, Rates & Percent*. Students will be required to convert decimals and fractions to percent. Students will also investigate the similarities and differences between ratios and rates.

Finally, there will be a significant amount of problem solving throughout all chapters. It is invaluable for students to spend extra time 'practicing' these word problems. Otherwise, please refer to my regular emails, 'The Berry Report,' for everything else chapter related!

**Science**- Our first unit in Science 8 is cells and systems, and we will be spending the first two months of the year on this unit. Please check google classroom for communication and class materials the students may need. Living things take a variety of forms as reflected in their structures, internal processes and ways of responding to their environments. Finding patterns within this diversity has been a major challenge for the biological sciences and has led to the development of ideas, such as systems, cells, structures and functions- ideas developed from the study of all living things. Using these ideas, students will learn to interpret life at a variety of levels, from individual cells to complex organisms. To develop their understanding, students investigate ways that components of a living system work together and through these studies, learn that healthy organisms- including healthy humans- function as balanced systems within a life-supporting environment

**Social** - What a crazy start to another awesome year in social studies. I am so excited to work with your children and offer them everything that history has to offer. I always strive to make history relevant to our students and therefore I ask a lot of deep questions that get them thinking. Currently we are in the Renaissance unit where students are starting to discover what the Western Worldview is and how it was created. We are working on the Middle Ages and will quickly be moving into the early Renaissance.

**LUNCH TIME REMINDERS:** Microwaves are available for lunches. **Parents/Guardians if your students lunch requires a utensil (spoon, fork, etc) they MUST bring one from home.** Thank you!

# 2023 RIBMS

## Walk-a-thon



The 18<sup>th</sup> annual RIBMS Walkathon will be held on Friday, October 6, 2023. This walkathon is our one major fundraiser for the year. It has also grown to become a great opportunity for the school community, students, staff and parents, to interact, be physically active, and have some fun.

The walkathon consists of a 8 km walk through the Town of Coaldale. The RCMP and every member of our staff is being enlisted to ensure the utmost safety and success of this venture.

Funds raised will go directly back to our students in the form of activities and other costs not covered by the regular school budget.

In addition to raising funds for the funds for RIBMS, students may also qualify for these great prizes:

|   |   |
|---|---|
| <p><b>Bronze Fundraiser</b><br/><b>\$50-\$149 raised</b></p>      | <p>Students will receive:</p> <ul style="list-style-type: none"> <li>- a world famous Baker T-shirt</li> <li>- <b>5</b> entries (of your choice) into our awesome draw prizes.</li> </ul>   |
| <p><b>Silver Fundraiser</b><br/><b>For \$150-\$274 raised</b></p> | <p>Students will receive:</p> <ul style="list-style-type: none"> <li>- a world famous Baker Hoodie</li> <li>- <b>10</b> entries into our awesome draw prizes.</li> </ul> <p style="text-align: center;"><b>OR</b></p> <ul style="list-style-type: none"> <li>- a \$50 credit to athletics or band fees. (Credits cannot be transferred to another student and must be using in the current school year)</li> <li>- 10 entries into our awesome draw prizes.</li> </ul>  |
| <p><b>Gold Fundraiser</b><br/><b>For \$275 and above</b></p>      | <p>Students receive:</p> <ul style="list-style-type: none"> <li>a world famous Baker Hoodie</li> <li>-RIBMS Pizza Lunch</li> <li>- <b>20</b> entries into our wickedly awesome draw prizes.</li> </ul> <p style="text-align: center;"><b>OR</b></p> <ul style="list-style-type: none"> <li>- a \$100 credit to athletics or band fees. (Credits cannot be transferred to another student and must be using in the current school year)</li> <li>- RIBMS Pizza Lunch</li> <li>- <b>20</b> entries into our wickedly awesome draw prizes</li> </ul> |

### Additionally:

- The top **3** earners in each grade level will receive **ALL** prizes listed and a spot in the limo for the 2 Guys Pizza Party!
- **The top earner** in each grade level will receive **ALL prizes listed above PLUS a \$50.00** cheque.

It is our hope that each student raises at least \$50 in pledges to cover the expenses for prizes, and pod activities which walkathon funds cover. If students do not raise \$50 they will be charged extra on fees for pod activities. All funds earned will be spent on student/grade level related activities at the discretion of the principal.

**In order to qualify for prizes, all participants must turn in their pledges, in full, by Friday, October 19, 2023.**

**Walk-a-thon Rewards Sponsored by:**



**\*\*Additional prize donations will be gladly accepted at the school for this fundraiser\*\***

**\*\*IMPORTANT \*\***

- PLEASE sign the online walking permission form which can be found on School Cash.
- Payment may be made through School Cash Online under the sponsored student. Other forms of payment will be taken as well. Each student should have received an envelope with all Walkathon information in it.
- **Individuals requiring a tax donation receipt MUST make the donation under their name**
- Social media is a great way to promote this fundraiser for your child using the school cash online link.
- In order to qualify for prizes, all participants must turn in their pledges, in **FULL** by **Friday, October 19, 2023**.
- Walkathon is the perfect opportunity for every child to be included in all grade level activities. Students who choose to not participate in Walkathon will be subject to additional fees to cover grade level activity costs. Please contact your child's homeroom teacher if your child is physically unable to walk the course.
- **If any parents would like to volunteer, please contact the school at 403-345-3340.** We do rely a great deal on our parents to support us in this venture. Thank you in advance for your support.
- Students will need to dress appropriately for the weather. Please make sure they are adequately equipped with items they may need. Comfortable walking shoes would be ideal.
- Please remember that electronics are **NOT** allowed. We are encouraging students to spend their time socializing with their friends and staff at this event.

**Thank you for your continued support in our annual Walkathon.**

# September 2023



| Monday                             | Tuesday | Wednesday   | Thursday | Friday  |
|------------------------------------|---------|---|----------|---|
|                                    |         |   |          | 1   |
| 4 Labor Day<br><b>NO SCHOOL</b>    | 5       | 6   | 7        | 8   |
| 11<br>School Council<br>Mtg 6:30pm | 12      | 13 <b>PICTURE DAY</b><br><br>Meet the Teacher<br>6:45-7:45<br>Volleyball Parent<br>Meeting 7:45 | 14       | 15  |
| 18                                 | 19      | 20  | 21       | 22<br>PD Day<br><b>NO SCHOOL</b>  |
| 25                                 | 26      | 27  | 28       | 29<br><b>National Day for<br/>Truth and<br/>Reconciliation Sept<br/>30th</b> (observed at<br>School today)<br><br>Pancake Breakfast |

# October 2023



| Monday                                    | Tuesday             | Wednesday | Thursday | Friday                        |
|---|---------------------|-----------|----------|-------------------------------|
| 2<br>Canteen opens                        | 3                   | 4         | 5        | 6 <b>Walk A Thon</b>          |
| 9 <b>Thanksgiving</b><br><b>NO SCHOOL</b> | 10                  | 11        | 12       | 13                            |
| 16  | 17                  | 18        | 19       | 20 PD Day<br><b>NO SCHOOL</b> |
| 23  | 24                  | 25        | 26       | 27                            |
| 30<br><b>Picture Retakes</b>              | 31 <b>Halloween</b> |           |          |                               |

## Fee Details

**OCTOBER HOT LUNCH - DEADLINE September 28, 2023 - 2023/2024**

Amount Due:

Student Name (R.I. Baker Middle School)

Hot Lunch is DUE September 28 @ 12:00 noon. NO LATE ORDERS WILL BE ACCEPTED

If your child is absent the lunch will be left in the fridge until the next day!

Subway - October 4

A1 Pizza - October 11

EDO JAPAN - October 18

Chopped Leaf - October 25

### Subway Lunch

All sandwiches are served on white bread with cheese, lettuce & mayo

- Pizza Sub, Juice Box & Cookie **[add \$7.00]**
- Turkey Sub, Juice Box & Cookie **[add \$7.00]**
- Ham Sub, Juice Box & Cookie **[add \$7.00]**
- 2- Pizza Subs, Juice Box & Cookie **[add \$12.50]**
- 2 - Turkey Subs, Juice Box & Cookie **[add \$12.50]**
- 2 - Ham Subs, Juice Box & Cookie **[add \$12.50]**

### A1 Pizza

8" Pepperoni Pizza

- Pepperoni Pizza **[add \$8.00]**
- Cheese Pizza **[add \$8.00]**
- Hawaiian Pizza **[add \$8.00]**
- 2- Pepperoni Pizzas **[add \$15.75]**
- 2 - Cheese Pizzas **[add \$15.75]**
- 2 - Hawaiian Pizzas **[add \$15.75]**

### EDO JAPAN

Meals Include carrots/cabbage/broccoli. ALL Teriyaki on the Side

- Kids Chicken Meal with Rice **[add \$8.50]**
- Kids Beef Meal with Rice **[add \$8.50]**
- Adult Chicken Meal with Rice **[add \$12.50]**
- Adult Beef Meal with Rice **[add \$12.50]**
- Kids Chicken Meal with Noodles **[add \$8.50]**
- Kids Beef Meal with Noodles **[add \$8.50]**
- Adult Chicken Meal with Noodles **[add \$12.50]**
- Adult Beef Meal with Noodles **[add \$12.50]**

### Chopped Leaf

- Chicken Cesar Wrap - grilled chicken, romaine, croutons, & parmesan **[add \$7.00]**
- Chicken Cesar Salad - grilled chicken, romaine, croutons & parmesan **[add \$7.00]**
- Chicken Ranch Wrap - grilled chicken, romaine, cheddar & ranch dressing **[add \$7.00]**
- Hardbite Chips - Natural **[add \$2.75]**
- Hardbite Chips - Salt & Vingar **[add \$2.75]**
- Lg. Chicken Cesar Wrap-grilled chicken, romaine, bacon bits & croutons **[add \$15.50]**
- Lg. Sunshine Salad with Chicken - grilled chicken, cucumber, apples, avocado **[add \$17.50]**

# Coaldale Clothing Fest



## Clear Out Your Closet!

Coaldale Mennonite Church  
is holding a Fall Clothing Fest ...

**When?** Sat. October 14, 2023 (10:00am - 1pm)

**Where?** Coaldale Mennonite Church Gym  
(2316 – 17 Street)



**Why?** To help *support our community*

**How?** From the *generous donations and support of our community*

The clothing fest is a recycling program, which benefits many families in our community.

**Pick out clothes at NO CHARGE.**

**Donations of clean clothing of all sizes in good condition** are greatly appreciated.

Donations can be dropped off at the Coaldale Mennonite Church  
weekdays from 9am-12pm, starting Sept 25<sup>th</sup> – Oct 11<sup>th</sup>.

Remaining items will be donated to local charities.

For more information or special arrangements or if you would like to help,  
contact Jodi Reed @ (403) 345-5956

### Parent ADHD Information Sessions

These are educational sessions for parents and caregivers who want to learn about ADHD. The purpose of these sessions is to provide current introductory information around ADHD. The Zoom link below is the same for all ADHD parent sessions. Participants can choose to attend any of the sessions as many times as they like.

| Session Date:                | Topic of Session:   |
|------------------------------|---|
| September 19, 2023, 6-7 p.m. | What is ADHD & How to Talk to Your Child/Teen About It            |
| October 3, 2023, 6-7 p.m.    | How Medication, Sleep, Exercise & Nutrition Impact ADHD           |
| October 17, 2023, 6-7 p.m.   | How ADHD Impacts Self-Regulation & The Importance of Coregulation |
| October 31, 2023             | <b>Halloween – NO SESSION</b>                                     |
| November 14, 2023, 6-7 p.m.  | Tools for Effective Parenting a Child/Teen with ADHD              |
| November 28, 2023, 6-7 p.m.  | Navigating School Systems & Community Services                    |
| December 12, 2023, 6-7 p.m.  | What is ADHD & How to Talk to Your Child/Teen About It            |
| December 26, 2023            | <b>Christmas Break – NO SESSION</b>                               |
| January 9, 2024, 6-7 p.m.    | How Medication, Sleep, Exercise & Nutrition Impact ADHD           |
| January 23, 2024, 6-7 p.m.   | How ADHD Impacts Self-Regulation & The Importance of Coregulation |
| February 6, 2024, 6-7 p.m.   | Tools for Effective Parenting a Child/Teen with ADHD              |
| February 20, 2024, 6-7 p.m.  | Navigating School Systems & Community Services                    |

**To Register: Please call Access Addiction & Mental Health at 1-888-594-0211**

### Keep Calm and Parent On Information Sessions

These educational sessions are designed for parents/caregivers who want to understand the foundation in which to support their child/teen's self-regulation in conflict, while preserving/obtaining a healthy parent/child relationship. Coregulation will also be a focus providing opportunities for parents to reflect on their own ability to self-regulate when in conflict. The Zoom link below is the same for all sessions. Participants can choose to attend any of the sessions as many times as they like.

| Session Date:                | Topic of Session:  |
|------------------------------|--|
| September 21, 2023, 6-7 p.m. | Ages & Stages – How Development Impacts Parenting Expectations       |
| October 5, 2023, 6-7 p.m.    | Building Communication Skills with Our Children/Teens                |
| October 19, 2023, 6-7 p.m.   | Examining How Boundaries Impact the Parent/Child/Teen Relationship   |
| November 2, 2023, 6-7 p.m.   | Understanding Anger and How to Manage Conflict                       |
| November 16, 2023, 6-7 p.m.  | Examining How Family Roles Impact the Parent/Child/Teen Relationship |
| November 30, 2023, 6-7 p.m.  | How to Balance Technology in Your Family                             |
| December 14, 2023, 6-7 p.m.  | Ages & Stages – How Development Impacts Parenting Expectations       |
| December 28, 2023            | <b>Christmas Break – NO SESSION</b>                                  |
| January 11, 2024, 6-7 p.m.   | Building Communication Skills with Our Children/Teens                |
| January 25, 2024, 6-7 p.m.   | Examining How Boundaries Impact the Parent/Child/Teen Relationship   |
| February 8, 2024, 6-7 p.m.   | Understanding Anger and How to Manage Conflict                       |
| February 22, 2024, 6-7 p.m.  | Examining How Family Roles Impact the Parent/Child/Teen Relationship |

**To Register: Please call Access Addiction & Mental Health at 1-888-594-0211**