

# LINSFORD PARK SCHOOL

"Building Healthy, Inclusive Relationships and Academic Competencies"



**February 2024**

## PARENT NEWSLETTER

Welcome to the beginning of our 2nd school term! While February will be busy, it also includes a few long weekends. School will be closed February 8th and 9th as teachers attend their annual convention. Family Day weekend includes February 19th as a day off.

### **POWERSCHOOL REPORTING & PARENT/TEACHER INTERVIEWS**

#### **Kindergarten, Grades 1-6**

PowerSchool Reporting for term 1 will be available to view online starting January 30th. A paper copy will also be sent home on this date. Students on more modified or adapted programming will also be receiving updated individualized student program plans that outline both learning goals and progress.

Parent/teacher interviews and student-led evenings have been scheduled for February 5th and 6th. Teachers have sent home information about the times and events that their class will be offering. Please contact your child's teacher if you need further information.



### **FEES**

Parents please take the time to check your Parent Portal, under Fees & Forms, for any outstanding fees your children may have. We would appreciate you taking care of those as soon as possible.

If you have missed a call from the school, please check your answering machine before returning the call.



### **CONTACT INFORMATION**

#### **Address:**

4502—51 Street  
Leduc, AB  
T9E 7J7

**Website:** <http://lps.blackgold.ca>

**Email:** [lps@gshare.blackgold.ca](mailto:lps@gshare.blackgold.ca)

**Phone:** 780-986-8474





## WINTER WALK DAY

February 7th is National Winter Walk Day! It's the perfect opportunity to be active outside. Walking is the simplest form of exercise, a great cure for those winter blues and helps students concentrate better in class. On this day each class will commit to getting outside and going for a 20 minute walk around the schoolyard. Be sure that your child comes dressed for the winter weather!

**Please remember for the safety of our students, do not use the staff parking lot or bus lane to drop off and pick-up your children! Please also be mindful of not parking on the crosswalk areas.**



### POPCORN SALE

February 13th

(K-Gr.6)

\$1.25 (exact change)

On February 22nd we encourage everyone to wear something pink. Pink Shirt Day began when two Nova Scotia high school students decided to take a stand against bullying in their own school; promoting care, understanding and compassion for each other.



## RED SHIRT DAY

Valentine's Day - Wednesday, February 14th

Good health and nutrition are required to achieve one's full educational potential. Numerous studies have linked good nutrition with learning readiness, academic achievement, as well as decreased discipline and emotional problems. A hungry child is not equipped to learn. Eating a well balanced and healthy diet is also critical for cognitive development and academic performance. Eating the wrong foods can cause children to have low energy, difficulty focusing and poor behaviour. Young children have small appetites and small tummies. Often they can't eat enough food at meals to meet all their needs. They need to eat small meals and snacks throughout the day. When you plan a snack for your child, remember to offer a variety of snacks from the four food groups.



### BLACK GOLD SCHOOL DIVISION



**SAVE THE DATE | January 8, 2024**  
**2024-2025 Kindergarten registration begins!**

More info: [www.blackgold.ca/schools/programs/kindergarten](http://www.blackgold.ca/schools/programs/kindergarten)



## PARENT COUNCIL NEWS



Parent Council Meeting

Thursday, February 1st @ 5:30 pm

School Library

All Linsford Park parents are very welcome to attend.



### I'M A SUCKER FOR YOU!

Parent Council will be selling candy grams **Monday & Tuesday February 5th and 6th** during parent teacher interviews and student led conferences. There will also be an opportunity for the kids to purchase during the school day. The candy grams will be the mini Chupa Chups suckers for a cost of **\$0.25 each CASH ONLY**. Delivery to the classrooms will take place on Thursday & Friday February 14th and 15th just in time for Valentine's Day!

Dear families,

As you are aware, the Parent Council has been working hard to secure funding for our new playground, but we cannot do it alone. To achieve this goal, we are reaching out to local businesses for their support. We have prepared a letter that outlines our initiative and the positive impact it will have on the development and well-being of our children. ***We kindly request your assistance in distributing these letters to businesses within our community.*** Your involvement is crucial in making this project a reality, and we believe that by working together, we can create a safer, more enjoyable space for our children to play and grow. Thank you for your dedication to our children's education and well-being. Together, we can make a lasting difference in their lives. Please find the letter attached to this month's newsletter. If you have any questions, please reach out to the Parent Council at [lps.council@gshare.blackgold.ca](mailto:lps.council@gshare.blackgold.ca) or call Sheree at 780-257-6675.

A FUN **FREE** EVENT FOR THE ENTIRE FAMILY TO ENJOY!!



## **FREE** Family Math Games Night

### Linsford Park School



Spend an evening playing a variety of math games for Grades K-6! Each registered family will receive a packet of math games to play along with the presenter. All of the games use just regular dice and cards making it easy to use at home. Bring your best energy and come prepared to PLAY! Prizes are awarded for participation!

**Benefits for Kids:**

A fun way to review and strengthen basic math skills at home!

Children who are secure in their math skills will grow in self-esteem and have greater success in school.

**Benefits for Parents:**

A motivating, simple and economical homework support that reinforces concepts taught in school.

Your presenter will provide you with strategies, tips and tricks to help your child with math fluency.

**Games Reinforce:**

- Counting
- Problem Solving
- Basic Facts:  $+$ ,  $-$ ,  $\times$ ,  $\div$
- Place Value

**WHEN:** Tuesday, March 5th, 2024  
6:15-7:30 PM (Doors Open at 6:00)

**WHERE:** Linsford Park School, 4502 - 51 Street, Leduc

**RSVP To:** [Lacy.Fontaine@blackgold.ca](mailto:Lacy.Fontaine@blackgold.ca) **By:** Feb 29th, 2024



**Fun Family and Friends Movie Night**

Held at Linsford Park School Gymnasium

Hosted By the Parents Association

Playground Project Fundraiser



**WHEN:** Friday February 16<sup>th</sup>, 2024

**DOORS OPEN:** 5:30 PM movie will start at approximately 6:00PM

**ADMISSION:** Single admission (Ages 2 and up) \$2.00 per person

Family admission (5 or more people or family living in same household) \$10.00 per family.

**SIGN UP:** Go to your healthy hunger account to sign up and pay online; closes Feb 11<sup>th</sup> **OR TO PAY WITH CASH** Email: [lps.council@gshare.blackgold.ca](mailto:lps.council@gshare.blackgold.ca) please indicate your name and the amount of people/amount you will pay by Feb 14<sup>th</sup>. Bring your cash to the event and sign in and pay at the admission table.

We will have pizza, popcorn, candy and some other concession items for sale. Juice boxes will be available to purchase, or you are more than welcome to bring your water bottles to use the water fill stations. Food will be **CASH** only and **FIRST COME, FIRST SERVED**.

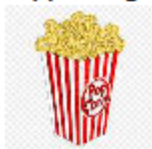
**SILENT AUCTION & 50/50 CASH RAFFLE:**

We are also excited to announce we will have a silent auction that evening and 50/50 raffle. So please come prepared to bid on items as well as purchase some raffle tickets.

**Come in your Pajamas and bring your blankets!!!**

If anyone is generously looking to donate cash for the event, please reach out to the Association at [lps.council@gshare.blackgold.ca](mailto:lps.council@gshare.blackgold.ca)

*Please join us for a night of connection, yummy treats, entertainment all while supporting our endeavour to re-build our playground!!!*







### Linsford Park School Needs a New Playground!!

Linsford Park School Parents' Association is a group of dedicated parents who are on a quest to replace our school's deteriorating playground. Our goal is to build an inclusive playground that will meet the needs of all students in Pre-Kindergarten - Grade six, as well as be enjoyed by the residential neighborhood in which it is located. The present playground has less than 2 years of life before it is deemed unsafe, with several unstable pieces of equipment already removed. It is the sole responsibility of Linsford Park School's Parents' Association to fundraise for a new playground, the cost being approximately \$250,000.00.

We are reaching out to your company for any financial support that you may be willing to donate to help us raise this large sum for a new playground. Depending on the sum of your donation, in turn we can promote your business. This may include advertising your company in our school's newsletter, recognition on our Facebook page, being part of a banner hung in our gymnasium or on a plaque on our new playground.

We look forward to hearing from you, including discussing how we can acknowledge your financial support! Please consider this very worthy way of giving to your community, by contacting us at [lps.council@qshare.blackgold.ca](mailto:lps.council@qshare.blackgold.ca) or call Sheree at 780-257-6675. Cheques can be made payable to Linsford Park School Parents' Association

Thank you from the Linsford Park School Parents' Association Board Members





## PRE-KINDERGARTEN



## INTAKE

**FEBRUARY 1, 2024**

Do you have a pre-school age child who struggles with following directions, communication, separation anxiety, temper tantrums, changes in schedule or other developmental milestones? Consider having a screening and find out if your child can qualify for our \*free Early Intervention Pre-Kindergarten program. More info: [www.blackgold.ca/schools/programs/pre-kindergarten](http://www.blackgold.ca/schools/programs/pre-kindergarten) and look for the following button.





This winter we are looking forward to hosting an in person Jump Rope for Heart event! We are having a KICKOFF assembly on FRIDAY, FEBRUARY 16 at 1pm. We are excited to have Connectivity Dance studio bring in their skipping team who will be demonstrating their amazing skipping skills with the students. Students can fundraise for the Heart & Stroke Foundation and earn prizes if they choose. Parents can register their child online if they choose at this link. [LINSFORD JUMP ROPE LINK](#) More information will be sent out after our assembly on Friday, February 16.

We will be having our skipping day on THURSDAY, MARCH 7.

Jump Rope for Heart is an event that brings kids across Canada together every year to build healthy habits for life.

**Jump helps students learn:**

- how to protect their heart and brain health
- the importance of helping others

All while skipping rope, being active, and practicing healthy habits to raise funds for Heart & Stroke.





Dear Parents,

Jump Rope for Heart is the school FUNdraising event that nobody wants to skip. Students discover fun ways to get active, practice healthy habits and learn about helping others while raising money to beat heart disease and stroke.

We recently hosted our Jump Rope for Heart kick-off assembly to launch this year's program. From now until our Jump Event, students will learn fun ways to get active for heart health while raising awareness and support for Heart & Stroke.

## We love participating in Jump Rope for Heart because:

### Students learn life-long habits:

Jump encourages kids to be active and live healthily. A lesson they will value for life!

### Kids feel good by doing good:

Students learn the importance of giving back as they collect donations that help fund critical research that saves lives, prevents heart disease and stroke, and supports survivors and their families.

### Fits anytime, place and activity:

Kids can move their way by jumping, dancing, wheeling and more, on their schedule, at school or home.

### Jump gives back:

Schools that raise a minimum of \$500 will receive 8% of their fundraising dollars back to put towards what they need most (think, sports equipment, or educational tools!) or can donate back to Heart & Stroke to make an even bigger impact.

### How Jump Works

It's as easy as 1, 2, 3, 4!



1. Register online & start your Jump experience!



2. Play the EASY Online Challenge & track Healthy Habits.



3. FUNdraise to help beat heart disease and stroke.



4. Jump into a fun-filled Event Day! Time to celebrate & redeem rewards!



## Be Part of the Movement - Register Today!

Join our school and help Heart & Stroke save lives by jump-starting your fundraising. Here's how:

Visit [jumpropeforheart.ca](http://jumpropeforheart.ca) and click "Register" and search for our school's name or copy and paste the school link below to register right from our school page!

Help your child set up their fundraising page online. It's never been easier

School Page Link :

<https://jumpropeforheart.crowdchange.ca/51781>

(Copy and paste this link into your internet browser)

### Kids helping kids!

The funds kids collect supports research that helps other kids and families across the country.



**Dani**  
Was born with congenital heart disease.



**Zoe**  
Wears a device in case her heart isn't beating the way it should



**Nolen**  
Had a stroke before he was born.



**Madeleine**  
Had a cardiac when she was five.

### EASY Healthy Habits

Jump Rope for Heart is more than a fundraiser. It teaches students 4 EASY Healthy Habits to help protect their heart and brain health – for a lifetime!

Check out the EASY Online Challenge at [jumpropeforheart.ca](http://jumpropeforheart.ca) – it's full of fun activities that you can even do as a family at home!



Eat fruits and vegetables



Active for 1 hour or more



Screen for 2 hours or less



Yes to water, and no to sugary drinks

### Student Thank You Prizes:

As our heartfelt thank you for your support, students can earn one of five Thank You Prizes\*, an online gift card – from Toys "R" Us, Indigo, Amazon or Walmart – based on the fundraising levels, as follows:

**\$5**

Raise \$25 online:

\$5 Gift Card  
(Walmart or Indigo only)

**\$15**

Raise \$75:

\$15 Gift Card

**\$25**

Raise \$250:

\$25 Gift Card

**\$50**

Raise \$500:

\$50 Gift Card

**\$200**

Raise \$1,000:

\$200 Gift Card

### Fundraise to earn contest entries:

With each donation you receive, you're one step closer to entering two great contests!



Raise \$50 and get entered to win one of five "Get Active" prize packages.



Raise \$100 and get entered to win one of six "Summer Fun" packages.

Presented by



Visit [www.jumpropeforheart.ca/about-jump](http://www.jumpropeforheart.ca/about-jump) for full details. \*No purchase necessary to enter "Get Active" or "Summer Fun" draws. Residents of New Brunswick are not eligible. For full contest details visit [www.jumpropeforheart.ca/getactive](http://www.jumpropeforheart.ca/getactive) and [www.jumpropeforheart.ca/summerfun](http://www.jumpropeforheart.ca/summerfun).

Register today at  
[jumpropeforheart.ca](http://jumpropeforheart.ca)



\*\*The Heart and Stroke Foundation and the Heart and Stroke Foundation of Canada are subsidiaries of the Heart and Stroke Foundation of Canada. © 2022 Heart and Stroke Foundation of Canada. All rights reserved. Charity number: 100745427 (2022)



Dear families, Mark your calendars!

The Scholastic Book Fair is coming to our school! Our school's Scholastic Book Fair will take place on **February 5th-February 7th**. Students will have the opportunity to purchase at their scheduled library time and after school until 6:30 pm during Parent/Teacher Conferences.

Your investment in your reader helps our whole school. All purchases earn Scholastic Dollars that can be redeemed for books and educational resources for our school's classrooms and library. Looking forward to seeing everyone there!!

**CONNECTIVITY DANCE LTD**  
IT'S YOUR TIME TO SHINE!  
JOIN US FOR SOME NEW YEAR FUN!

**SESSION 4 REGISTRATION IS NOW OPEN!**  
Join us for an 8 Week Session!

**REGISTER TODAY!**  
CONNECTIVITYDANCE.COM

**SEE YOU SOON!**

**SPRING INTO DANCE 2024**  
Activity Camp  
March 26 - 28  
Registration \$75 per day

**\$5 FRIDAYS**  
YOUTH HIP HOP  
BREAK DANCE  
ADULT HIP HOP FITNESS  
NEXT 52 FRIDAYS  
ONLY 10 SPOTS AVAILABLE

**SUMMER OF DANCE 2024**  
Activity Camp  
July 15-18  
July 22-25  
August 12-15  
August 19-22  
Registration \$75 per day

**BOOK A SKIPPING DEMO WITH US**  
LET'S GET A SKIPPED  
BOOK NOW

#102 4709 51 Ave  
Leduc, AB  
connectivitydance.com  
780-739-1142  
dance@connectivitydance.com

FOLLOW US ON INSTAGRAM/FACEBOOK  
@CONNECTIVITYDANCE

Special Olympics Leduc would like to wish you all the best in 2024!

#### Winter Program 2024:

**5 Pin Bowling:**  
Place: Leduc Lanes Bowling  
Time: 5:30 pm  
Dates: Thursdays - January 4, 2024 to April 18, 2024  
Cost: \$160.00 (due Jan 4, 2024)  
Registration can be done online <https://www.specialolympics.ca/alberta/news/registration-20232024-year-now-open> or in person the first night of Bowling

**Floor Hockey:**  
Place: Leduc Junior High School  
Time: 6:30 pm to 7:30 pm  
Dates: January 10, 2024 to March 10, 2024  
Cost: \$50.00 (due January 10, 2024)  
Registration can be done online <https://www.specialolympics.ca/alberta/news/registration-20232024-year-now-open> or in person the first night of Floor Hockey

#### Spring Programs 2024:

Golf Program: TBA  
Bocce Ball: TBA

**New Programs:**  
Should we have enough interest we would like to start a swimming and boating programs in the spring of 2024.  
Please let us know if you are interested in these sports or any other activities you might want to suggest we consider by emailing us at [scaleduc@gmail.com](mailto:scaleduc@gmail.com)

Should you have any other questions please contact Alain @ 780 263 2245

## 24/7 Crisis Resources

**Fire, Police, Ambulance**

Call 9-1-1

**Health**

HEALTH Link Alberta

811

Poison &amp; Drug Information Service

1-800-332-1414

**Mental Health**

Access 24/7 (adult mental health intake)

780-424-2424

AHS Children &amp; Adolescent Mental Health Crisis Line

780-407-1000

Distress Line: Support Network

780-482-4357

Distress Line: Rural support Network

1-800-232-7288

Mental Health Help Line

1-877-303-2642

Wellness Together Canada

text WELLNESS to 741741

**Addictions**

Alberta Addiction Help Line

1-866-332-2322

**Suicide**

Suicide Crisis Helpline

Call or text 9-8-8

**Indigenous**

First Nations &amp; Inuit Hope for Wellness Help Line

1-855-242-3310

Indian Residential School Crisis Line

1-866-925-4419

**Children & Parenting Crisis Support**

Children's Services Crisis Unit

780-422-2001

Kids Help Phone

1-800-668-6868 or text 686868

**LGBTQ2SIA+**

Brite Line (24/7)

1-844-702-7483

**Shelter**

Contact 2-1-1 for emergency shelter information.

**Abuse & Family Violence**

Abuse Helpline

1-855-4HELPAB

Child Abuse Hotline

1-800-387-5437

Family Violence Information Line

call or text 310-1818

Seniors Abuse Helpline

780-454-8888

Sexual Violence One Line

call or text 1-866-403-8000





## 24/7 Crisis Resources

### Support for Men

Men's Helpline 1-833-327-6367

### Financial

Emergency Financial Supports: 780-644-9992

Alberta Supports Contact Centre

Red Cross Emergency Services 1-888-800-6493

When personal disasters strike, the Canadian Red Cross provides food, shelter, clothing and essential supplies for up to 72 hours.

### Other Important Numbers

#### 211

2-1-1

211 is an easy-to-remember telephone number that connects people to a full range of non-emergency, social, health and government services in the community. The support line offers 24/7 certified information and referral specialists who answer 211 calls, assess the needs of each caller and connect them to the best available resources and services.

Learn more about this service now at [www.ab.211.ca](http://www.ab.211.ca).

Leduc & District Food Bank

780-986-5333

Leduc & District Victim Services

780-980-7232

