

LINSFORD PARK SCHOOL

"Building Healthy, Inclusive Relationships and Academic Competencies"



April 2024

PARENT NEWSLETTER

We trust everyone had an enjoyable Spring Break! It's hard to believe that there are only three months of school remaining. Once again we have a busy month ahead of us.

BLUE SHIRT DAY



April 2 - **Blue** Shirt Day in acknowledgement of Autism Awareness Day

PROFESSIONAL DEVELOPMENT DAY

Reminder:
No School!

There will be no school on Friday, April 19th as teachers participate in professional development activities.



POPCORN SALE

Tuesday, April 9th

(K-Gr.6)

\$1.25 (exact change)

We continue to take registrations for Kindergarten for 2024/25. To be eligible for Kindergarten your child must turn five years old before the first of January 2025. Please see our website to register.

Please also note that you must live in our catchment area for your child to attend Kindergarten at Linsford.

CONTACT INFORMATION

Address:

4502—51 Street
Leduc, AB
T9E 7J7

Phone: 780-986-8474

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

Email: lps@gshare.blackgold.ca





Our Early Intervention Pre-Kindergarten program intake is now open!
Take action now to give your child the best start to their education.

Space is limited, sign up today!

Scan the QR code for more info:



www.blackgold.ca/programs/pre-kindergarten



Calling all parents/guardians with preschoolers! All applicable #BGSD schools are now open for the 2024-2025 Early Intervention Pre-Kindergarten intake. Limited spots available, so act fast! If your preschooler struggles with following directions, communication, anxiety, or developmental delays, early intervention is crucial.

Our EI-PreK program offers tailored support for academic, social, and emotional growth starting from age 2 years and 8 months.

Don't wait for things to get harder—apply now for a screening to see if your child qualifies for our *free EI-PreK program and invest in their future success! [#InspiringSuccess](#)

For more info, scan the QR code or email Early Childhood Services Coordinator Rebecca Aiken at rebecca.aiken@blackgold.ca.

Please share with your neighbours and friends with little ones!

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 and look for the following button.



We were so excited to have Jump Rope for Heart in our school again this year!

Connectivity Dance Studio came for our kick off assembly and showed off their amazing skipping skills. A few of the students who performed were Linsford alumni, making it extra fun to watch. We spent the week of March 4-8 skipping in our physical education classes. The students did a great job being physical and working on their skipping skills. So far we have raised \$850 with a lot of the students helping out and fundraising for The Heart and Stroke Foundation. Thank you to everyone who helped out either with fundraising or keeping track of the healthy habits their child was working on.



WELLNESS AFTERNOON

FEBRUARY 2024

Students from grades 1 - 6 engaged in four different activities to promote healthy habits and positive wellbeing. Activities were interactive, fun, and educational. Mixed-age groupings provided students with opportunities for new connections.

SOCIAL WELLNESS

Using positive communication skills, students worked together to achieve common goals through a variety of cooperative games.



EMOTIONAL WELLNESS

Students learned different breathing exercises to support mindfulness and emotional regulation.

PHYSICAL WELLNESS

Students were breathless and red-cheeked by the end of these high-energy games.



INTELLECTUAL WELLNESS

Students engaged in creative self-expression while designing unique sand mandala art.

NUTRITIONAL TIPS

Sandwiches can be part of a healthy lunch. Use multigrain bagels, rolls, pita pockets, English muffins, and breads with raisins. Chicken, cheese, tuna and egg salads are great sources of protein. Just go light on the mayonnaise (also make it the low-fat version) or use mustard instead. Luncheon meats, such as lean cuts of ham, roast beef, turkey or chicken, can also provide a good source of protein. Use thick slices of meat and make sure they are low in fat (under 95%). Throw in vegetables whenever possible (try lettuce, spinach, or bean sprouts).

Beverages can be another source of nutrition. Water is always the healthiest option, as long as it is accompanied by another calcium-rich food. Milk is a needed daily beverage and provides a good source of calcium. Fruit juices should only be sent on occasion and only if 100% fruit. Stay away from fruit punch or soda drinks.

PARENT COUNCIL MEETING



April 4th @ 5:30 pm

ALL parents/guardians of our school community are encouraged to come learn about our school, fundraising, hot lunch program and hear about the plans/progress of our new playground.

APRIL 24th is SECRETARY DAY!

Happy Secretary Day Mrs. Plican, Mrs. Hammer and Mrs. Pollard! We greatly appreciate all that you do for Linsford!



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@ashare.blackgold.ca or call Sherree 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





ARBER GREENHOUSE FUNDRAISER

Hello Linsford Families!

We are once again partnering with Arber Greenhouse for our spring fundraiser. This fundraiser has been a huge hit over the last 3 years and is such a great idea for Mother's Day Gifts and to stock up on plants or flowers for your garden. Our fundraiser will run until April 17th, and gift cards will be available for pick-up before the end of April.

Here are a few details:

- Gift Cards valued at \$25 and do not expire.
- Gift Cards can be used for all Arber Greenhouse products (including all plant material, trees & shrubs, giftware, fashion, and garden products). Arber is not responsible for lost or stolen cards. They are not redeemable for cash.
- Arber Greenhouse is open seasonally from April through early July. (Please visit our website for current hours). www.arbergreenhouses.com

Please see the attached order form. Cash and cheque accepted and if paying by cheque, please make it payable to Linsford Park School Parents Association.

Please reach out to our Fundraising Coordinator, Carrie-Sam Tkaczuk at cstkaczuk@gmail.com, if you have any questions or concerns.

BLACK GOLD SCHOOL DIVISION



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

More info: www.blackgold.ca/schools/programs/kindergarten



Children who are eligible for immunizations may be immunized in the school setting with parent/guardian consent. Please check your child's school bag for a package which contains information about the vaccines, along with a consent form for each vaccine. For your child to be immunized in school, consent must be provided to AHS staff verbally or each consent form must be signed and returned to your child's school by the date indicated on the envelope.

For tips on preparing your child for immunizations, please refer to <https://www.albertahealthservices.ca/assets/info/hp/cdc/if-hp-cdc-ipsm-tips-make-imm-easier-child.pdf>

The immunization round date at Linsford Park School is June 3, 2024

*If your child is not present on the round date they may receive immunizations on other dates throughout the school year.

***If you are new to Alberta OR if your child has been immunized at your doctor's office or pharmacy, AHS Public Health may not have a record of your child's immunizations. To ensure your child is up to date with all recommended immunizations refer to the schedule at <https://www.alberta.ca/immunization-routine-schedule.aspx>

To provide an up to date immunization record or if you have any questions you may contact the nurse assigned to your child's school at 780-980-5026

APRIL ANXIETY SERIES @ Lechu Public Library

April 4, 2024 10AM-11AM

Separation Anxiety Coping Strategies Ages 3-5 (with caregivers)

In this free workshop, parents/caregivers will learn strategies to help ease their child's anxiety encountered during separation from caregivers. Participants will learn how to help normalize their child's experience of anxiety when separating from caregivers and provide their child with strategies to help them in moments of distress typically encountered during separation from caregivers.

Book: The Invisible String by Patrice Karst

April 11, 2024 4PM-5PM

Anxiety and Coping Strategies Ages 6-9 (without caregivers)

In this free workshop, children will learn about the body's "alarm system" and its functional role in their lives. Participants will learn what anxiety is and leave with practical strategies to help ease their anxiety.

Book: Please Explain Anxiety to Me by Laurie Zelinger and Jordan Zelinger

April 18, 2024 4PM-5PM

What To Do When You Worry Too Much Ages 10-14 (without caregivers)

Workshop attendees will learn four superpowers to help them deal with their worries and feelings of anxiety. Participants will learn what anxiety is and leave with practical tools ("4 Superpowers") that they can use to help them feel less anxious.

Book: What to Do When You Worry Too Much by Dawn Huebner

April 25, 2024 6PM-7PM (online); 7PM-8PM (in person)

Stress and Anxiety in Teen Girls For caregivers

Workshop attendees will discuss the many pitfalls adolescent girls face today and leave with practical strategies to help their daughters move past challenges while reinforcing confidence and minimizing stress.

Book: Under Pressure by Lisa Damour

REGISTER AT

www.familycounsellingcentres.com > Groups



Family
Counselling Centres

