



FUSION News

October 2024



UPCOMING MEETINGS

FIMESPAF: Wednesday, October 16 at 6:00 pm School Council: Wednesday, October 16 at 6:30 pm
Meetings will be held in person in the learning commons and virtually.

STUDENT ABSENCES

We ask parents to always let us know when their child is going to be absent. For your convenience, you can do this by emailing the school at broxton@psd.ca. Alternatively, you may also call the main office.

STUDENT PICKUPS & MESSAGES

In order to support your child's learning and to minimize the number of classroom disruptions that occur throughout the day, please confirm your child's transportation home for the day with them prior to the start of the school day. Additionally, please arrive before or after recess and lunch hours if you require school staff to find your child, as this is difficult during recess. We do understand that sometimes situations arise that do not allow for pre-planning, but we appreciate your support.

STUDENT DROP-OFF AND PICK-UP LANES

If you drop off or pick up your child, you may have noticed how congested our pick-up lanes become when parents park and take up the space for extended periods of time. In order for traffic to continue to flow, it is important that parents stay with their vehicles and that their time in the pick-up/drop off area is short to allow other parents access to the lanes. We have staff stationed at every crosswalk for that reason, so students can exit your vehicle and safely cross. In addition, our Kindergarten and Grade 1 teachers line students up by pick up or bus and will be walking pick up students out to the pick-up line and helping them find their vehicle. Please stay with your vehicle to receive your child and so you are aware if you are impacting someone else trying to leave or pick up their child. Parents who need to park will need to do so in the designated visitor parking or residential parking areas. Thank you in advance for your support to keep our parking lot running smoothly and safely for all our students.

DOGS AT SCHOOL

If you are arriving on school grounds with a pet to drop off or pick up your child, we ask that you keep your distance from entrances and the bus lane. Leashed dogs and other animals can wait with you on the green space off school property. Thank you in advance for helping us make our school safe for students with allergies and fears of pets.

NO SCHOOL

Please note that there is no school on **Friday, October 11 and Monday, October 14**

Happy Thanksgiving to you and your family!

HOT LUNCH

Round 2 of Hot Lunch opens for ordering on October 14 & Closes October 25. To order, open or create your account, visit our [website](#).

October 4 – Wok Box	October 10 – Sam’s	October 18 – Bite to Eat	October 25 – Quiznos
Booster Juice:	Tuesday Oct. 1	Wednesday, Oct. 16	Wednesday, Oct. 30

PICTURE DAYS

October 1 & 2. Picture retake day is October 28, the Tuesday/Thursday kindergarten students will be invited to drop in at any time outside of the lunch hour.

SCHOOL FEES

Please be sure to log in to your Powerschool Parent Portal regularly to check for any fees that need to be paid. Some of the school fees have been loaded, and there will be more to come. Thank you!

EMERGENCY CONTACTS

Please log in to your Powerschool Parent Portal to ensure you have an emergency contact person on file. This can be found under Demographic Updates. If your child becomes ill, is hurt at school or for any other important reason, our staff will make every effort to contact you at home or at work, however if you are unavailable we will contact the emergency contact person on file.

SCHOLASTIC BOOK FAIR

We are excited to welcome all of our families to the Learning Commons for our Scholastic Book Fair, Oct 23 & 24. The sales from such an event allows us to replenish and add classroom/library resources. We need the help of our amazing volunteers, if you are able to help, please contact our librarian nicole.beliveau@psd.ca

TRICK-OR-TREAT

Please check with your teacher about classroom plans for Halloween. Students are allowed to dress up all day. **Scary clown faces, masks, and costume weapons must be left at home.**

ATHLETICS

The following calendar has information on the sports events in our school. *Please note that the dates and times sometimes change and any short notice changes will be communicated to your child by their coach.*

For more info on try-outs, practices and games scheduling, please see our [website calendar](#).

Broxton Park

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Jr girls - blue practice 3:15-4:45pm Sr Girls Game @Broxton 4:45pm Sr Boys Game @Broxton 3:45pm	2 Sr Girls practice 3:15pm-4:45pm Jr Girls Blue game @Broxton 5pm Jr Boys game @Broxton 4pm Jr Girls yellow game @Graminia 3:45pm	3 Broxton Gramina Jr Vball tournament Cross Country Race @High Park	4 Broxton Gramina Jr Vball tournament	5 Broxton Gramina Jr Vball tournament
6	7 Sr Girls Practice 3:15pm-4:45pm Jr Boys 4:45pm and Jr Girls Blue Game 3:45pm @High Park Jr Girls yellow @Broxton 3:45pm	8 Jr girls - blue practice 3:15-4:45pm Sr Girls Game @Broxton 3:45pm Sr Boys Game @Broxton 4:45pm	9 Sr Boys and Girls practice 3:15pm-4:45pm Jr boys and Jr Girls Blue Game @STA 4pm Jr Girls yellow game @Copperhaven 4:15pm	10 Cross Country Race @Meridian Heights Sr/jr Boys and Jr girls - yellow practice 3:15-4:45pm Sr Girls Game @SPA 3:45pm	11 PD Day	12
13	14 Thanksgiving	15 Jr girls - blue practice 3:15-4:45pm Sr Girls game @GCMS 4:15pm Sr Boys Game @St Matthews 3:45pm	16 Sr Girls practice 3:15pm-4:45pm Jr Girls BOTH games @Broxton Blue 3:45pm; Yellow 4:45pm	17 Cross Country Race @Prescott Sr/jr Boys and Jr girls - yellow practice 3:15-4:45pm	18 Sr Tournament @Meridian	19 Sr Tournament @Meridian
20	21 Jr Vball Playoffs Sr Boys and Girls Practice 3:15pm-4:45pm	22 Jr Vball Playoffs Sr Boys Game @Meridian Heights 3:45pm	23 Jr Vball Playoffs Sr Girls practice 3:15pm-4:45pm	24 Jr Vball Playoffs Sr Boys practice 3:15pm-4:45pm	25 Jr Vball Playoffs	26
27	28 Jr Vball Finals Sr Vball Playoffs	29 Sr Vball Playoffs	30 Sr Vball Playoffs	31 Sr Vball Playoffs		

Counsellor's Corner

As we move through the busy-ness and new beginnings each September brings, it's important to revisit the healthy habits that we know set our learners up for success: routines! A consistent, predictable, and relaxing morning routine helps students transition smoothly into their school day, enhancing feelings of wellness, focus and productivity. Consider a calming "get ready" music playlist, preparing outfits and school snacks the night before, and ensuring a nutritious breakfast to help set your student up for success.

At the end of your day, an evening routine signals your child's body and brain that it's time to wind down: reducing stress and anxiety while fostering essential sleep habits (check out "Sleeping Your Way to Better Mental Health" below for more information on the importance of good sleep hygiene). Try out a mindfulness podcast, limit screen time, try a family read-aloud book with cuddles, or a daily "rose and thorn" reflection. Consistency in these routines not only supports academic success but also contributes to overall well-being, helping students feel more prepared and in control. By prioritizing these routines, parents can create a stable environment that nurtures their littlest learner's growth and development.

 Mme Macy

Community Learning Resources:

[Alberta Parenting for the Future Association's Fall 2024 Program Guide](#)

[Alberta Health Services' Caregiver Education Series](#)

[Sleeping Your Way to Better Mental Health](#)

bonjour au revoir
comment ça va à bientôt

Gr. 9 Quebec Trip Meeting

Information, Sign Up and Forms

October 2, 2024

Broxton Park Learning Commons

6pm-7pm

We value everyone's time. In the interest of increased efficiency we will be having limited information nights. Your attendance is essential for a smooth trip experience.

We invite you to support the ÉBPS Grade 9 class of 2025
Quebec Trip Fundraiser.

October 3 - 5 ÉBPS Volleyball Tournament Spike Your Hunger!

Swing by the grade 9 Cantina for snacks & refreshments

Thurs & Fri from 4-7:30pm

Sat from 8-3pm

CASH ONLY



Lost Minutes = Lost Learning

It's important to **arrive and be ready to learn before the school bell rings.**

Showing up 15 minutes late **each day** is the same as missing two weeks of school in one year!



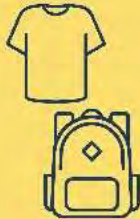


WAYS TO ENCOURAGE SCHOOL ATTENDANCE



GET READY

Help your child get organized for school the night before.



SHOW INTEREST

Ask your child questions about school and celebrate accomplishments.



TALK ABOUT IT

Discuss the importance of going to school every day and arriving on time.



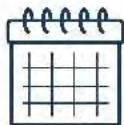
BE CONSISTENT

Maintain regular bedtime and morning routines.



PLAN AHEAD

Schedule appointments and vacations for when school is not in session.



REACH OUT

Contact teachers or school administrators about ways to help your child feel comfortable at school.



It's never too late to improve attendance.



PARKLAND SCHOOL DIVISION



3 events, 1 night

PACK YOUR BASKET!



Indoor Picnic Gym Night Scholastic Book Fair

October 23rd | École Broxton Park School

5:00 to 7:00 PM

Bring a picnic blanket and supper.

Kids can play, families can shop!

All grades welcome!





World Teachers' Day | October 5

To all of our
amazing
teachers,
**THANK
YOU!**



**THANK
YOU**
for being the heart
of our facilities.

Custodial & Maintenance Workers Appreciation Day | October 7



**Celebrating
literacy and
our dedicated
library staff.**

Canadian School Library Day | October 21



PARKLAND
SCHOOL DIVISION

Stronger Together

A monthly newsletter with information to help you and your family navigate your child's educational journey.

OCTOBER 2024

Welcome back to school!

What's Inside..?

Upcoming Sessions #2-4

Community Resources #5-7

Tri-Municipal Region Support Guide #8

October marks the exciting start of a new school year, filled with fresh opportunities for learning, growth, and building connections. Whether your family is returning or joining us for the first time, we are thrilled to have you as part of our school community. This year, we're committed to strengthening the partnership between schools and families, as working together is essential for student success. We look forward to working together to support your child's educational journey and making this year a memorable one for all.

National Day for Truth and Reconciliation

September 30 has been designated as the National Day for Truth and Reconciliation, a time for Canadians to reflect on and commemorate this important part of our history. This day provides an opportunity for quiet reflection or participation in community events.

On September 30, 2024, at Heritage Park from 11 AM to 2 PM, there will be a meaningful event for listening, reflection, and connection. Attendees are encouraged to wear orange shirts to show support and participate in the activities: This event is open to everyone at no cost.

For more information, visit the [Town of Stony Plain calendar](#) or contact them at connect@stonyplain.com or 780-963-8583.

We encourage all to honor and reflect on this important day.



Contact Us

Fristy Thomas

Division Family Support
Coordinator

e: fristy.thomas@psd.ca

p: 780-963-8412

Tracy Power

Division Family Support
Coordinator

e: tracy.power@psd.ca

p: 780-963-8412



Join us for a presentation on the importance of regular school attendance across all grade levels. Learn how consistent attendance builds academic success, social skills, and a sense of belonging. We'll debunk myths about absenteeism and discuss how frequent absences can impact mental health, increasing anxiety and isolation. Parents will gain practical tips for overcoming attendance barriers and supporting their child's education and well-being. Don't miss out on these valuable insights!

Location:

Parkland School Division No 70 Centre for Education—4603 48 Street Stony Plain, AB T7Z 2A8

Date & Time— Tue, Oct 15, 2024 6:00 PM-7:30PM



HELPING CHILDREN WITH LOSS

This is an action-based group that teaches adults how to support young people experiencing grief and loss.

When: Thursdays, Nov. 7–Nov. 28 | 7–9:30 p.m.
 Where: Family Life Psychology and Wellness
 Contact: cmpsychhope@gmail.com
 Facilitator: Cyndi Millet, Registered Psychologist and Certified Grief Recovery Specialist

SCAN ME TO REGISTER

This is an action based group that teaches adults how to support young people experiencing grief and loss.

Pre registration is required!

THE GEAR - BIKE REPAIR PROGRAM

The GEAR is a four day workshop where youth are invited to work together, build relationships, and learn the basics of bike mechanics.

Now booking fall sessions!
 Register required - register online or call stonyplain.com/spyc or (780)968-3846

Scan me

TOWN OF STONY PLAIN | parkland county | THE HOME PROJECT | The Orange Door Project

MENTAL WELLNESS TOOLS GROUP

Ages 13-18
Mondays for 4 weeks starting Sept 23
10:30am-12pm

WestView Primary Care Network
(205-505 Queen Street, Spruce Grove)

LEARN TO IDENTIFY YOUR EMOTIONS

LEARN TO PROBLEM SOLVE



PRACTICE SELF-CARE

DISCOVER NEW COPING TOOLS

TO REGISTER:
CAROLINE.PEEL@WESTVIEWPCN.CA
OR 780-960-9533 OPTION 2








Questions:
csd@sprucegrove.org
780-962-7618

FINDING OUR VOICES

Focus on self-esteem, communication, shame, compassion, and healthy relationships.

TO REGISTER:
sprucegrove.org/CSDPrograms



FREE 6-Week
Healthy Relationships
Women Peer Support Group

When: Monday evenings,
5:30PM-7:00PM

Next starting date:
September 30, 2024

Where: In-person, Spruce Grove

Childcare and transportation supports available!

SPYC SAGA

SAGA is an initiative dedicated to youth seeking a safe space to access LGBTQIA+ activities and programming with supports & resources.


These evenings will run from 4-6pm followed by us heading to SPPL for their QSA Meeting from 6-7pm.

Come join us for evening full of friends and fun!

October 1st & 15th
4:00-6:00pm
Stony Plain Youth Centre






Youth Mental Health Walk-In Therapy Sessions

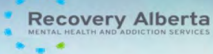

IT'S OKAY TO ASK FOR HELP

- A single therapy session on a first-come, first-served basis for youth ages 11-17
- Fridays 9am-1pm
- Parent/caregiver consent is required

WestView Primary Care Network (205 – 505 Queen Street, Spruce Grove)

For more information, call 780-960-9533 option 2 or visit our website: WestViewPCN.ca



Click on the image!

SATURDAY SEPT. 28



SUPPORT YOUR COMMUNITY

Parkland Door to Door Food Drive is coming up! Watch for donation bags with flyers on your doorstep the week of Sept 23. Put donations out by 10:00am on the 28th. Volunteers will be around on Sept 28 after 10:00am to pickup donations. Let's come together to support our community and make a meaningful impact!



Keeping our community warm.

If you're in need of winter wear call or text 211

Coats for Kids & Families

We accept clean, gently used, or new winter outerwear for men, women, and children in need.

ITEMS ACCEPTED

- Winter coats
- Infant winter wear
- Toques, mitts, and scarves
- Snow pants (all sizes)
- Winter boots
- Insulated work wear - men's and women's
- Insulated work boots

Collecting items **October to February**

Thanks to our sponsors:



DO LOCAL GOOD
For more information or to donate online, please visit coatsforkidsandfamilies.ca

Ages 4+

SPOOKY HALLOWEEN PARTY!



ONLINE TICKETS ONLY \$10 per person All Ages

Concession & liquor will be available for purchase, debit and credit accepted

October 26th | 6PM - Midnight
PARKLAND VILLAGE COMMUNITY CENTER

DOOR PRIZES & GAMES!
Get your tickets here, scan the QR code!






fall activities

Create a LEGO® Pumpkin

Get ready for a frightfully fun time at our Halloween event! Unleash your creativity by building LEGO jack o'lanterns, decorating spooky coloring sheets, and participating in other eerie-sistible activities.

**5 pm to 7 pm
Wednesday, October 2nd**

staples kids | spotlightspace



SUPPORTING CHILDREN THROUGH GRIEF

These support groups will help youth manage their grief through emotion mapping and teach them useful ways to cope.

WHEN
 Tuesdays, Sept. 10- Oct. 22 | 3:30-4:30 p.m. (10-13 yrs. old)
 Tuesdays, Sept. 10- Oct. 22 | 5- 6 p.m. (13-16 yrs. old)
 Tuesdays, Oct. 29- Dec. 10 | 3:30-4:30 p.m. (8-10 yrs. old)

WHERE
 Family Life Psychology/ Family Connection Centre

COST
 Free

CONTACT
 780-963-7451 or info@familylifewellness.ca

SCAN ME TO REGISTER





DUFFIELD TOMAHAWK KEEPHILLS ENTWISTLE

Funded by:



Tomahawk Parent & Tot

Join our RSVP app for updates or cancellations.



For kids 0-5 and their caregivers

September 25th
 October 23rd
 November 27th
 10am - 11:30 am
 Tomahawk Agra Society

Make new friends as you and your little one play and socialize in a relaxed environment!

For more information contact 780-963-0549
www.apfa.ca



Funded by: 



SCAN ME!

Parkland Village Youth Group

For youth in grades 4 through 7





besties

Parkland Village Community Centre
 60 Parkland Gate Rd

Each week the group will cook together and participate in fun and engaging physical activities meant to support lifelong health!

Join at any time throughout the year by scanning the QR code.

Wednesdays
 4:30 - 6 PM
 Beginning Sept. 11

Battling Anxiety in Children and Teens



Childhood Anxiety: 5 Strategies to Help Children & Teens Cope

During this free webinar, ICP Co-Founder and Registered Psychologist Tammy Schamuhn will explore anxiety in children and teens. Parents and caregivers will learn about the neuroscience of anxiety, teach you how to better communicate with your child, and to implement a variety of emotion regulation strategies to calm a child or teen who is struggling.

English Conversation Circle Spruce Grove: Thursdays, 1:00-2:00 Pm

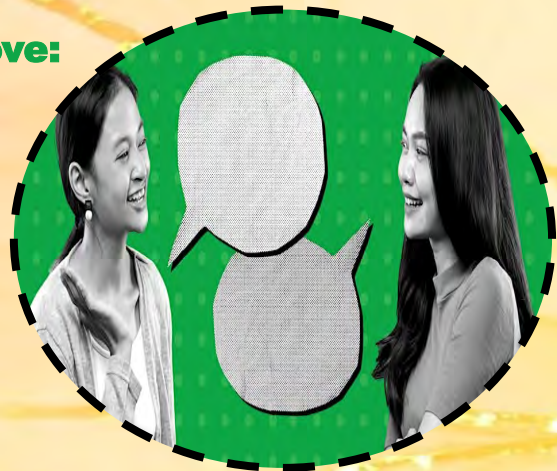
Practice speaking English and make new friends. No registration is required. Drop-in. Click on the image for more info!

When?

Thursdays, 1:00-2:00

Location?

Spruce Grove Public Library
35 5 Avenue Spruce Grove, AB T7X 2C4



Organized by : [Tri-Community Adult Learning and Literacy Association](#)





Children, Youth & Families

Addiction and Mental Health – Edmonton Zone

Community Clinics & Crisis Services

General Information

Children, Youth & Families – Addiction and Mental Health provides a wide range of publicly-funded mental health services and support for children and youth (5-17 years of age) and their families, residing within Edmonton and area (and areas extending to central and northern Alberta).

Treatment services are generally provided by a multi-disciplinary team of health care providers. Our services are goal focused. We aim to provide the right service at the right time for the right length.

Phone Numbers

Crisis Team:	780.407.1000
Northgate Clinic:	780.342.2700
Rutherford Clinic:	780.342.6850
Fort Saskatchewan Clinic:	780.342.2388
Leduc Clinic:	780.986.2660
Morinville Clinic:	780.342.2620
Sherwood Park Clinic:	780.342.3373
Spruce Grove Clinic:	780.342.1370
St. Albert Clinic:	780.342.1410

Intake Services

Intake Services: Phone: 780.342.4415
Fax: 780.408.8776

Intake Services provide a single point of access to children’s addiction and mental health services within the Edmonton zone. Anyone can refer:

- ✓ Parent or Youth
- ✓ Family Physician
- ✓ Community & Other Agencies


When a referral is received, a telephone-screening interview is conducted by an Addiction and Mental Health Therapist. Based on the information received and the availability of other community resources, a decision will be made regarding the appropriate service.

Youth Addiction Services

Youth Addiction Services Edmonton (YASE)
780.408.8783
#300, 11634 142 Street, Edmonton AB

Rutherford Mental Health Clinic
780.342.6850
#202, 11153 Ellerslie Rd, Edmonton AB





TRIREGION FOOD RESOURCES

FOOD HAMPERS

PARKLAND FOOD BANK

105 MADISON CRESCENT, SPRUCE GROVE

Monthly Food Hampers

By appointment,

780-962-4565 ext. 1

Tuesdays 8:30AM-4:30PM

Wednesday 8:30AM-2:00PM + 6:20-8PM

Friday 8:30AM-4:30PM

Saturday 8:30AM-12:30PM

WECAN FOOD BASKET

5600-50 ST, STONY PLAIN

Fresh Nutritious Affordable

Food Basket

587-338-1101

Order by first Friday, pickup on third Thursday of Month

Monday - Friday, 9AM-4PM

COMMUNITY MEALS

AUGGIE'S CAFE

131 CHURCH RD, SPRUCE GROVE

Drop-in for Bagged Lunch Take Out

Tuesdays 12-1PM

FOOD FOR THE SOUL

49 BOULDER BLVD., STONY PLAIN

Drive by Meal to Go

First and Third Saturday 10AM-1PM

GRACE'S TABLE

250 CENTURY ROAD, SPRUCE GROVE

Meal to Go

Second Friday of Month 5PM-6:30PM

www.sgac.net/eventregistration

or call 780-962-4700

COMMUNITY TABLE

180 CENTURY ROAD, SPRUCE GROVE

Hot Meal to Go for Pick Up

Last Friday of the month, Sign up at:

www.sgcconline.breezechms.com/form/communitytable

or call 780-962-5611

BASIC NEEDS HELP

COMMUNITY HELPS TEAM

180 CENTURY ROAD, SPRUCE GROVE

By appointment

780-962-5611 / 789-306-1955

helpsesprucegrove.church

NEIGHBOURLINK PARKLAND

By appointment 780-960-9669

Serving Spruce Grove, Stony Plain and

Parkland County

www.neighbourlinkparkland.ca

neighbourlink.parkland@telus.net