

## *A Message From our Principal*

### **Here's an Idea That Can Strengthen Your Family's Reading**

Tonight at the dinner table read something out loud to your family. Tomorrow night, let another family member read something. It can be a news story, a poem, a favorite story, a cereal box.

It can be funny, sad, history, science fiction, anything.

Each night a different family member can read a selection.

Just think about the wide range of subjects your family will read in 365 days.

What a way to stimulate good reading habits and conversation.

It is believed that about 30% of adult Albertans struggle with reading and writing.

This could be one way to help reduce that risk for your family.



Enjoy!  
Bill Kwasny Principal



### **Students must dress for the weather**

Fresh air and outdoor activity are very important during the winter months. Our students will stay inside only if the temperature, with the wind chill is lower than -20 degrees Celsius. Thank you for your support.

Reminder that students are to wait outdoors until the entry bell at 8:35AM  
Please note that both sets of front doors will be open for students to come in if the temperature is colder than -20.  
If your child is accessing the breakfast program, they are to go through the North doors by the gym.

## *Important Dates*

FEBRUARY 2- CILANTRO & CHIVE ICE CREAM  
SANDWICH FUNDRAISER

FEBRUARY 12-15 - GRADE 5 CANDY GRAHAM'S

FEBRUARY 16 - NO SCHOOL - STAFF LEARNING

FEBRUARY 19 - NO SCHOOL - FAMILY DAY

FEBRUARY 20-23 - NO SCHOOL - WINTER BREAK &  
TEACHERS CONVENTION

FEBRUARY 28 - PINK SHIRT DAY

FEBRUARY 29 - ASSEMBLY AM (9 AM)

## *Hot Lunch Dates*

FEBRUARY 2 - FRESHII

FEBRUARY 14 - PIZZA BOXX

GO TO [HEALTHYHUNGER.CA](https://HEALTHYHUNGER.CA) TO ORDER

**MARCH 1 - WOK BOX (ORDER BY FEB 23)**



## *Student / Parent Council Dates*

FEBRUARY 8 - VALENTINE'S GAMES NIGHT

FEBRUARY 15 - COUNCIL MEETING @ 3:30PM

CHECK OUT OUR COUNCIL CORNER BELOW

*Game  
Night*



## MicroSociety Dates

PLEASE NOTE OUR MICRO TIMES HAVE CHANGED.

MORNING MICRO WILL HAPPEN 9:10-10:10AM & AFTERNOON MICRO WILL HAPPEN 2-3PM

FEBRUARY 1- AM ABC (ASPEN BUILDS COMMUNITY)

FEBRUARY 6 - AM MICRO SKILL BUILDING

FEBRUARY 7 - PM DESIGN & DEVELOPMENT

FEBRUARY 8- AM PURPLE MARKET (OPEN TO THE PUBLIC)

FEBRUARY 13 - PM DESIGN & DEVELOPMENT

FEBRUARY 14 - PM RED MARKET (OPEN TO THE PUBLIC)

FEBRUARY 27- PM MICRO SKILL BUILDING

FEBRUARY 28- AM DESIGN & DEVELOPMENT

FEBRUARY 29 - PM PURPLE MARKET (OPEN TO THE PUBLIC)

MICRO MARKETS WILL BE OPEN FOR THE PUBLIC TO JOIN US.

PLEASE WAIT IN THE FRONT FOYER FOR A GOVERNMENT EMPLOYEE TO BRING YOU TO THE VISITOR CENTRE.

**Micro**  
SOCIETY®



**T**houghtful  
**E**nthusiastic  
**R**espectful  
**R**esponsible  
**I**nclusive  
**F**riendly  
**I**nquisitive  
**C**apable

THE 'TERRIFIC KIDS' AWARDS RECIPIENTS SPONSORED BY THE  
KIWANIS CLUB OF RED DEER FOR THE MONTH OF JANUARY WERE:

**YUSRA IMTHIYAS, JERSIE-ANN HODGKIN, OLIVER BELZEROWSKI,  
RAYNE LATIMER, LAURYN BARSALOU, DONOVAN GOUCHEY,  
OAKLEY THOMAS, GRIFFIN BEERWORT, LILLIAN COULTER,  
RAIDEN HANSEN & HAYDEN ROSS**



THE FOLLOWING STUDENTS WERE RECOGNIZED FOR BEING AMAZING MICRO CITIZENS.  
**LELAND BROTHERS , DAVID LECLERC, AMETHYST ODULIO, KAIZLEE SHANKS, DANIEL SOLIS &  
PAYTEN SMITH**

THESE STUDENTS ENJOYED A PIZZA LUNCH WITH THEIR  
STAFF NOMINATOR ON MONDAY JANUARY 29TH FROM  
SPONSOR PIZZA 73!





FEBRUARY 2024

# ASPEN HEIGHTS MONTHLY NEWSLETTER

5869 69 STREET DRIVE  
RED DEER, AB T4P 1C3  
403-347-2581

LIFT EACH OTHER UP  
PINK SHIRT DAY



FEBRUARY 28<sup>TH</sup>



## Stand up against bullying by wearing a pink shirt on Wednesday February 28th

Two Hands Custom Creations has offered to donate a portion of sales of Pink Shirts right back to our school.

Orders are due by Monday February 5th & will be delivered to our school on Monday February 26th



To order go to  
[www.twohandscustom.com/pink-shirt-day](http://www.twohandscustom.com/pink-shirt-day)

### PINK SHIRT DAY FUNDRAISER

Pink shirt day is on February 28th. We are offering pink shirts as a fundraiser. A portion of the profits of these shirts will be donated back to the school to help facilitate events that promote inclusivity for all students.



#### WHAT IS PINK SHIRT DAY?

Pink Shirt Day originated in Canada in 2007 when two high school students decided to take action after witnessing a younger student being bullied for wearing a pink shirt to school. They bought & distributed pink shirts for their fellow classmates to wear, sending the message that bullying is not okay. Since then, Pink Shirt Day has become an annual event in Canada and is now celebrated in many countries worldwide.

#### THE FUNDRAISER *orders due by Feb. 5, 2024*

We are reaching out to local schools to see if you would like to take part in a pink shirt day fundraiser.

There is absolutely no cost to the school to host this fundraiser. There are no minimum sale quantities needed. Honestly the only thing required of the school would be to share the word of this fundraiser and to distribute t-shirts to each classroom once they are complete. We take care of the rest!

All ordering is done on our website which means no money has to be collected by the school. Payment can be made by email money transfer or credit card when they are placing the order. While placing the order, they are also instructed to list their child's name, the school and their teachers name and also which grade they are in. This information is then used to package their order individually and then put in a box labeled for their classroom.

Another thing that we are offering, that is going very well at other schools is the option to sponsor a child. As I'm sure you are aware, not all children can purchase a pink shirt due to many different reasons, financial hardship being one of them. And we believe no one should go without, especially on a day that is promoting inclusivity. This also gives family and friends who maybe don't have a child in the school system an opportunity to support the fundraiser while also helping a child who might otherwise not be able to participate. These shirts will not be labeled and can be distributed by the school as needed.

These orders will be delivered to your school on February 26th, two days before pink shirt day. On that day we will also be making the donation of 25% of the total profit generated from the sale of each shirt. You will also receive an online spreadsheet to track the total donation during the fundraiser as well.

#### Donation breakdown in dollar amount:

**T-shirts: \$3/each. Youth Hoodies: \$4.50/each. Adult Hoodies: \$6.50/each**

While we cannot guarantee the success of a fundraiser, we are seeing the success of other schools so far and they are going very well. There's absolutely no loss to your school to run this fundraiser only the possibility of raising money to help out with cost of events for children throughout the year. The way we see it, people are buying pink shirts anyway, so why not have some of that money going right back to those very same kids! Thank you for taking the time to read this. We look forward to talking with you and hopefully getting a fundraiser started for your school. Please check out the link to the fundraiser below, along with our contact information on the right:

[www.twohandscustom.com/pink-shirt-day](http://www.twohandscustom.com/pink-shirt-day)



**TWO HANDS**  
Custom Creations

780-881-4078  
[brandi@twohandscustom.com](mailto:brandi@twohandscustom.com)

A family run business that believes in giving back. Using the passion to create to raise money to help people and animals in need.

# PINK SHIRT DAY

## STOP BULLYING



# KINDERGARTEN REGISTRATION



Red Deer Public Schools is the **BEST CHOICE** for exciting learning opportunities for all children. This begins with Kindergarten!

We offer **ENGLISH** programming, Monday to Friday **HALF DAYS** only.

## Registration begins January 15, 2024

Register online by visiting our website [rdpsd.ab.ca](http://rdpsd.ab.ca)

Children must be 5 years of age by December 31, 2024

Aspen Heights offers 1/2 day Kindergarten.

Morning Class : 8:35 - 11:19

Afternoon Class 12:20 - 3:04

Students **MUST** be 5 years of age by December 31, 2024

Register online at [rdpsd.ab.ca](http://rdpsd.ab.ca)

Annie L Gaetz offers Academy of Discovery. More information found online at [rdpsd.ab.ca](http://rdpsd.ab.ca)



## KINDERGARTEN ACADEMY OF DISCOVERY

Literacy and Numeracy  
learning through discovery and play

Full day, every school day <b>ENGLISH</b> Kindergarten programming at Annie L. Gaetz Elementary with partial costs covered by families	Focused on developing intellectual and academic skills through play based learning led by a Certified Teacher and Educational Assistant
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*This program costs \$500 per month*

### Registration began January 15, 2024

Register online by visiting our website [rdpsd.ab.ca](http://rdpsd.ab.ca)

Children must be 5 years of age by December 31, 2024





FEBRUARY 2024

# COUNCIL CORNER

## IMPORTANT DATES

FEBRUARY  
2ND - HOT LUNCH  
8TH - GAMES NIGHT  
12TH-15TH - CANDYGRAM SALES  
14TH - HOT LUNCH  
15TH - COUNCIL MEETING

## Exciting Events

We are hosting another games night! February 8th starting at 6:30pm. Hot Chocolate will be served. Hope to see you there!

**Reminder that all students MUST be accompanied by an adult for the entire evening!**

## FUNDRAISER INFORMATION

GRADE 5S WILL BE SELLING CANDYGRAMS FROM FEBRUARY 12TH-15TH TO HELP RAISE MONEY FOR GRADE 5 CAMP!

## **WE NEED YOU!**

IN ORDER TO CONTINUE HOT LUNCH, FIELD TRIPS, GRADE 5 CAMP, AND MICRO SOCIETY, PLEASE CONSIDER JOINING US AT OUR NEXT MEETING ON FEBRUARY 15TH @ 3:30PM FREE CHILD CARE PROVIDED WE WOULD LOVE TO HAVE YOU

## **Meet the Executives!**

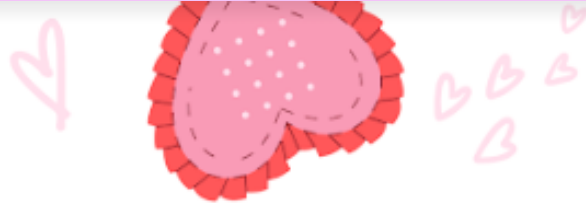
CHAIR - KENDRA SOMER  
VICE-CHAIR -  
SECRETARY - CHANTEL THOMPSON  
TREASURER - DAWN KALAN

## **Hot Lunch**

February 2nd - Freshii  
February 14th - Pizza Boxx

Want to volunteer? Have questions or concerns?  
Contact us at:  
Facebook: Aspen Heights School Council and Parent Association  
Email: [aspenheightsfundraising@gmail.com](mailto:aspenheightsfundraising@gmail.com)





Please join us for a

# Valentine's Game Night

in the Aspen Heights Gym

## February 8th

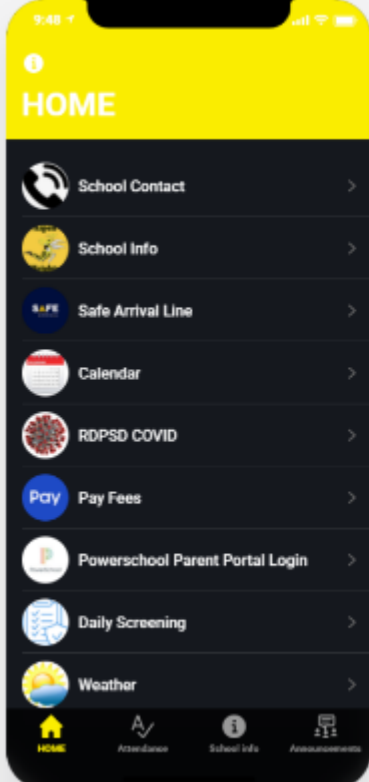
6:00-7:30pm

All students **MUST** be accompanied by an adult for the entire evening






ASPEN HEIGHTS - PARENT APP



**SCAN QR CODE** →



Scan to install. [Learn how.](#)

**AH - Parent app - Glide**  
by Aspen Heights School  
Made with Glide from a Google Sheet, without writing any code.

**WITH THE APP, YOU CAN ACCESS ONLINE ATTENDANCE FORMS, QUICK ACCESS TO POWER SCHOOL, OUR SCHOOL WEBSITE & MORE!!**

SHARE APP

MAKE YOUR OWN APP WITH glide.



Aspen Heights has a family recreation pass for our school families to sign out on a weekly basis. You are free to use the pass at NO COST from Monday - Monday. The Pass can be picked up **by an adult** Monday afternoons and they need to be returned the following Monday morning. Students will NOT be allowed to pick up passes on behalf of parents. The pass must be signed out by an adult. You can reserve the pass in advance by stopping by the office or calling 403-347-2581

- RECREATION ALL ACCESS PASS**
- ✓ COLLICUTT CENTRE
  - ✓ G.H. DAWE CENTRE
  - ✓ RECREATION CENTRE
  - ✓ MICHENER CENTRE
  - ✓ KINSMEN ARENA
  - ✓ SERVUS ARENA
  - ✓ SETTERS PLACE AT GREAT CHIEF PARK

**Thank you to the City of Red Deer for making this pass available to our families**

Rec pass will **NOT** be reserved via email. You must call or stop in at the office.



Free Fundraiser for Aspen Heights School/Save On Foods North  
Save-On-Foods North is partnering with Aspen Heights School for a fundraiser and all you have to do is bring in your receipt from shopping at the store. Bring the receipt to the school with your child/ren's name and the teacher's name on it.

Receipts can be turned in to your child's teacher or to the office.

When you shop at Save-On Foods North and turn in your receipt to the school, Save-On Foods North will give us back 5% of the sub-total of receipts submitted. For example, if we have 200 families that shop at the store once per week and spend an average of \$150 that would earn us \$6,000.00 per month in cash back. Over a full year that would equal \$78,000.

The class with the most 'shops' per month (Nov / May / June not incl.) will win a pizza party (courtesy of Save on Foods & Parent Council)



**Served every school day 8:00AM - 8:30 AM**

**Please enter through NORTH doors (beside the playground) Once students have eaten breakfast they are expected to go back outside until the 8:35 entry bell.**



**To Mrs. Cadorette for running our breakfast program!**



Indigenous Movie Screening at Carnival Cinemas.

This film, Cold Road, is coming to Red Deer, it is a film directed by Dene artists Kelvin Redvers (also cofounded) 'We Matter' campaign, filmed in Hay River.



Cold Road

14A ⌚ 01 hours 40 minutes

**Actor:** Carla Fox, Roseanne Supernault, Samuel Hoeksema  
**Director:** Kelvin Redvers  
**Genre:** Thriller  
**Status:** New  
**Advisories:** Frightening Scenes

Share: f t p

Synopsis

On a frozen remote highway in the Canadian North, an Indigenous woman and her dog are hunted by a stranger in a semi truck.

Go to [https://carnivalcinemas.ca/amy\\_movie/cold-road/](https://carnivalcinemas.ca/amy_movie/cold-road/)

to view showtimes

**ZAP** NORTH HILL bgc  
October 16-May 13  
Youth Aged 7-9  
Mondays 3:00pm-5:00pm  
North Hill Club, 49 Noble Ave

**WHY JOIN ZAP?**

1. FUN AND GAMES
2. ARTS AND CRAFTS
3. DROP IN WHENEVER
4. CLUBS ARE FREE!!

Register Today  
Spots are limited  
YOUTH HQ  
YOUTH HQ.CA  
BGC@YOUTH HQ.CA  
403-342-6500

LEARN MORE AT YOUTH HQ.CA

**TORCH CLUB** NORTH HILL bgc  
October 16-May 13  
Youth Aged 10-12  
Mondays 6:00pm-8:00pm  
North Hill Club, 49 Noble Ave

**WHY JOIN TORCH?**

1. DEVELOP YOUR SKILLS
2. LEARN AND TRY NEW THINGS
3. CLUBS ARE FREE TO JOIN
4. DROP IN WHEN YOU CAN

Register Today  
Spots are limited  
YOUTH HQ  
YOUTH HQ.CA  
BGC@YOUTH HQ.CA  
403-342-6500

LEARN MORE AT YOUTH HQ.CA

## Red Deer Family Resource Network Calendar with descriptions (click here)

February 2024					
YMCA, Bower Community Hall, and Online Programs					
Mon (Bower)	Tue (YMCA)	Wed	Thu (Bower)	Fri	Sat
			1 Baby Buddies 9:30-11:30 *Timi Homeschool Connections 12:30-2:00 *Timi	2 Online Art Time 1:30-2:30 *Shellsey	3
5 Stay & Play Tip Sheets 9:30-11:30 *Natasha Baby & Me 1:00-3:00 *Natasha Virtual Circle Time 2:30-3:00 *Timi	6 Play & Learn 9:30-11:30 *Natasha Virtual Get Crafty 2:30-3:30 *Natasha Youth @ the Y 3:00-5:00 *Shellsey	7 Virtual Lunch & Learn 12:00-1:00 *Tammy Walk & Play (Outdoors) 1:00-3:00 *Natasha Online Book Club 4:00-5:30 *Shellsey	8 Baby Buddies 9:30-11:30 *Timi Homeschool Connections 12:30-2:00 *Timi	9	ECD Programs for Children Ages 0-6 and their Parents/ Caregivers
12 Stay & Play Tip Sheets 9:30-11:30 *Natasha Baby & Me 1:00-3:00 *Natasha	13 Play & Learn 9:30-11:30 *Natasha Virtual Get Crafty 2:30-3:30 *Natasha Youth @ the Y 3:00-5:00 *Shellsey	14 Virtual Lunch & Learn 12:00-1:00 *Tammy Walk & Play (Outdoors) 1:00-3:00 *Natasha Online Book Club 4:00-5:30 *Shellsey	15 Baby Buddies 9:30-11:30 *Timi Homeschool Connections 12:30-2:00 *Timi	16	
19	20 Play & Learn 9:30-11:30 *Natasha Virtual Get Crafty 2:30-3:30 *Natasha Youth @ the Y 3:00-5:00 *Shellsey	21 Virtual Lunch & Learn 12:00-1:00 *Tammy Walk & Play (Outdoors) 1:00-3:00 *Natasha Online Book Club 4:00-5:30 *Shellsey	22 Family Day Fun @ Bower Community Hall! 11:00-2:00	23 Online Art Time 1:30-2:30 *Shellsey	Programs for Youth Ages 7-13
26 Stay & Play Tip Sheets 9:30-11:30 *Natasha Baby & Me 1:00-3:00 *Natasha Virtual Circle Time 2:30-3:00 *Timi	27 Play & Learn 9:30-11:30 *Natasha Virtual Get Crafty 2:30-3:30 *Natasha Youth @ the Y 3:00-5:00 *Shellsey	28 Virtual Lunch & Learn 12:00-1:00 *Tammy Walk & Play (Outdoors) 1:00-3:00 *Natasha Online Book Club 4:00-5:30 *Shellsey	29 Baby Buddies 9:30-11:30 *Timi Homeschool Connections 12:30-2:00 *Timi		

To register for programs, please contact the person listed under each program:  
TIMI.EVERETT@MCMANCENTRAL.CA or 403-896-4820  
SHELLSEY.BLANDIN@MCMANCENTRAL.CA or 403-396-3419  
TAMMY.PREDOVIC@MCMANCENTRAL.CA or 403-896-5348  
NATASHA.WILTON@MCMANCENTRAL.CA or 403-896-6401  
For general program inquiries please contact Lindsey:

February 2024					
Red Deer FRN @ the McMan Office Unit 103, 5214-47 Ave (street parking available)					
Mon	Tue	Wed	Thu	Fri	Sat
			1 Sensory Time 9:30-11:00 *Natasha Stepping Stones Triple P 1:00-2:30 *Tammy Empowered Youth 3:30-5:00 *Shellsey	2 Stepping Stones Triple P 1:30-3:00 *Tammy	3 Bump Club 1:00-2:30 *Timi
5 Monday's Munchkins ASQ's 10:00-11:30 *Shellsey Fight the Fear 4:00-5:15 *Shellsey Parent Discussion Group 1:30-3:00 *Tammy	6 Discover Time 9:30-11:30 *Shellsey Family Transitions Triple P 1:30-3:00 *Tammy Lil Munchkins 1:30-3:00 *Timi	7 Group Triple P 10:00-12:00 *Tammy Art Attack 1:30-3:00 *Timi Teen Pokémon Night 3:30-5:00 (13 & 14) 5:00-7:00 (15-18) *Tammy	8 Sensory Time 9:30-11:00 OR 1:00-2:30 *Natasha Stepping Stones Triple P 1:30-3:00 *Tammy Empowered Youth 3:30-5:00 *Shellsey Arty, Art, Art 6:00-8:00 *Shellsey	9 Little Friends 9:30-11:00 *Natasha Stepping Stones Triple P 10:00-11:30 *Tammy Play Learn Grow 1:30-3:00 *Timi Stepping Stones Triple P 1:30-3:00 *Tammy	10
12 Monday's Munchkins ASQ's 10:00-11:30 *Shellsey Fight the Fear 4:00-5:15 *Shellsey	13 Discover Time 9:30-11:30 *Shellsey Stepping Stones Triple P 10:00-11:30 *Tammy Lil Munchkins 1:30-3:00 *Timi	14 Group Triple P 10:00-12:00 *Tammy Valentines Party 1:30-3:00 *Timi Creative Teens 3:30-5:00 (13-14 yr olds) 5:00-7:00 (15-18 yr olds) *Tammy	15 Sensory Time 9:30-11:00 OR 1:00-2:30 *Natasha Stepping Stones Triple P 1:30-3:00 *Tammy Empowered Youth 3:30-5:00 *Shellsey Arty, Art, Art 6:00-8:00 *Shellsey	16 Little Friends 9:30-11:00 *Natasha Stepping Stones Triple P 10:00-11:30 *Tammy	17
19	20 Discover Time 9:30-11:30 *Shellsey Lil Munchkins 1:30-3:00 *Timi	21 Group Triple P 10:00-12:00 *Tammy Art Attack 1:30-3:00 *Timi Board Games @ Wizard's Loft 4:30-6:00 (13-14 yr olds) 6:00-7:30 (15-18 yr olds) *Tammy	22 Family Day Fun @ Bower Community Hall! 11:00-2:00	23 Little Friends 9:30-11:00 *Natasha Play Learn Grow 1:30-3:00 *Timi	24 Family Transitions Triple P 10:00-4:00 *Tammy
26 Monday's Munchkins ASQ's 10:00-11:30 *Shellsey Parent Discussion Group 1:30-3:00 *Tammy	27 Discover Time 9:30-11:30 *Shellsey Stepping Stones Triple P 10:00-11:30 *Tammy How Money Works 1:00-2:30 *Timi	28 Group Triple P 10:00-12:00 *Tammy Art Attack 1:30-3:00 *Timi Unicorn Society 3:30-5:00 (13 & 14) 5:00-7:00 (15-18) *Tammy	29 Sensory Time 9:30-11:00 OR 1:00-2:30 *Natasha Stepping Stones Triple P 1:30-3:00 *Tammy Empowered Youth 3:30-5:00 *Shellsey Arty, Art, Art 6:00-8:00 *Shellsey		

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TAMMY.PREDOVIC@MCMANCENTRAL.CA or 403-896-5348  
NATASHA.WILTON@MCMANCENTRAL.CA or 403-896-6401  
For general program inquiries please contact Lindsey:  
LINDSEY.DIEBOLT@MCMANCENTRAL.CA or 403-896-6543



MOVE YOUR MOOD  
FEBRUARY 2024  
FAMILY CHALLENGE



This FREE Family Challenge is open to all families and all ages.

During the challenge you will learn ways to connect as a family by: practicing mindfulness, moving your bodies, fueling your bodies, expanding your mind and building healthy relationships.

Register between January 1 - January 31, 2024. Your family will receive 4 weeks of challenge ideas. The first week will begin February 5th, 2024.

Complete family challenges for a chance to win fun family prizes!

To register visit: [www.moveyourmood.ca/challenges](http://www.moveyourmood.ca/challenges) and click on the register in the February 2024 Challenge. Or send your e-mail address to [move.yourmood@ahs.ca](mailto:move.yourmood@ahs.ca)



RED DEER FAMILY RESOURCE NETWORK  
PRESENTS

**FAMILY FUN DAY**

**IT'S FREE**

@BOWER COMMUNITY HALL  
85 BOYCE STREET

- > SKATING & SLEDDING (WEATHER PERMITTING)
- > FACE PAINTING
- > HOTDOG LUNCH
- > COOKIE DECORATING
- > PRIZE DRAWS
- > AND MUCH MORE! FUN FOR THE WHOLE FAMILY!

**THURSDAY  
FEB 22**  
@11AM TO 2PM

FOR MORE INFORMATION:  
403-896-6543

PLEASE BRING  
YOUR OWN  
SKATES, HELMET  
AND SLED!