

# *A Message From our Principal*



Teachers are beginning to prepare for the upcoming parent/teacher conferences. Report cards for Grades 1 - 5 will be available on PowerSchool on Monday, March 11

Parent-teacher conferences are scheduled for Thursday, March 14. Conference booking codes will be sent out via school messenger on Friday March 8, 2024. Conference bookings will close Tuesday, March 12, 2024, at 3:30 PM.

Parent-teacher conferences are a valuable tool for both parents and teachers. This year we will be having two styles of conferences taking place in the school. There are classrooms that will be hosting student-led conferences while other classes are doing traditional parent-teacher conferences. Both styles of conferences share valuable information.

Student-led conferences provide students the opportunity to share their learning with you and to be responsible for communicating the important information they have been taught. If needed, both the parent and teacher have the opportunity to ask to join together for a more traditional conference as well.

Traditional conferences give you a chance to sit down with the teacher and hear about your child's learning from the teacher and for you to ask questions about how they are learning, their social interactions and goals.

I hope you enjoy conferences as much as I do!

Bill Kwasny  
Principal



## *Important Dates*

MARCH 08	P/T CONFERENCE BOOKINGS OPEN
MARCH 10	DAYLIGHT SAVINGS MOVE CLOCKS AHEAD 1 HOUR
MARCH 11	REPORT CARDS ON POWERSCHOOL
MARCH 12	LAST DAY TO BOOK CONFERENCES
MARCH 14	P/T CONFERENCES -NO STUDENTS GRADE 5 BAKE SALE FUNDRAISER
MARCH 15	STAFF LEARNING - NO STUDENTS
MARCH 21	PARENT COUNCIL MTG @ 3:30PM
MARCH 22	ASSEMBLY PM (1 PM)
MARCH 29	NO SCHOOL - GOOD FRIDAY

## *Hot Lunch Dates*

MARCH 13 MR PRETZEL

MARCH 28 SUBWAY

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

## *MicroSociety Dates*

MARCH 5	PM D & D
MARCH 6	AM <b>RED MARKET</b>
MARCH 7	AM A.B.C.
MARCH 12	AM SKILL BUILDING
MARCH 13	PM D & D
MARCH 19	AM D & D
MARCH 20	PM <b>RED MARKET</b>
MARCH 21	PM A.B.C.
MARCH 26	PM SKILL BUILDING
MARCH 27	AM D & D
MARCH 28	PM <b>PURPLE MARKET</b>

PLEASE NOTE OUR MICRO TIMES HAVE CHANGED.  
MORNING MICRO WILL HAPPEN 9:10-10:10AM  
AFTERNOON MICRO WILL HAPPEN 2-3PM

IF YOU ARE JOINING US FOR A MARKET,  
PLEASE ARRIVE NO MORE THAN 5 MINUTES  
PRIOR TO MICRO STARTING

Spring Break is  
March 29th - April 7th  
Classes Resume on April 8th

**MARCH 2024**

# ASPEN HEIGHTS MONTHLY NEWSLETTER

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



**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 FEBRUARY WERE:

JAYCE LADOUCEUR, BROOKS ELLIOTT, SOUKAINA ZAHWANI AMETHYST ODULIO, BRIELLE BOUCHARD KAIZLEE SHANKS, ANGELINA CORDOVA, TURNER HOWARD, KAELYN RODWAY, ADDYSON LUCAS & MADELINE WALLISER



THE FOLLOWING STUDENTS WERE RECOGNIZED FOR BEING AMAZING MICRO CITIZENS.

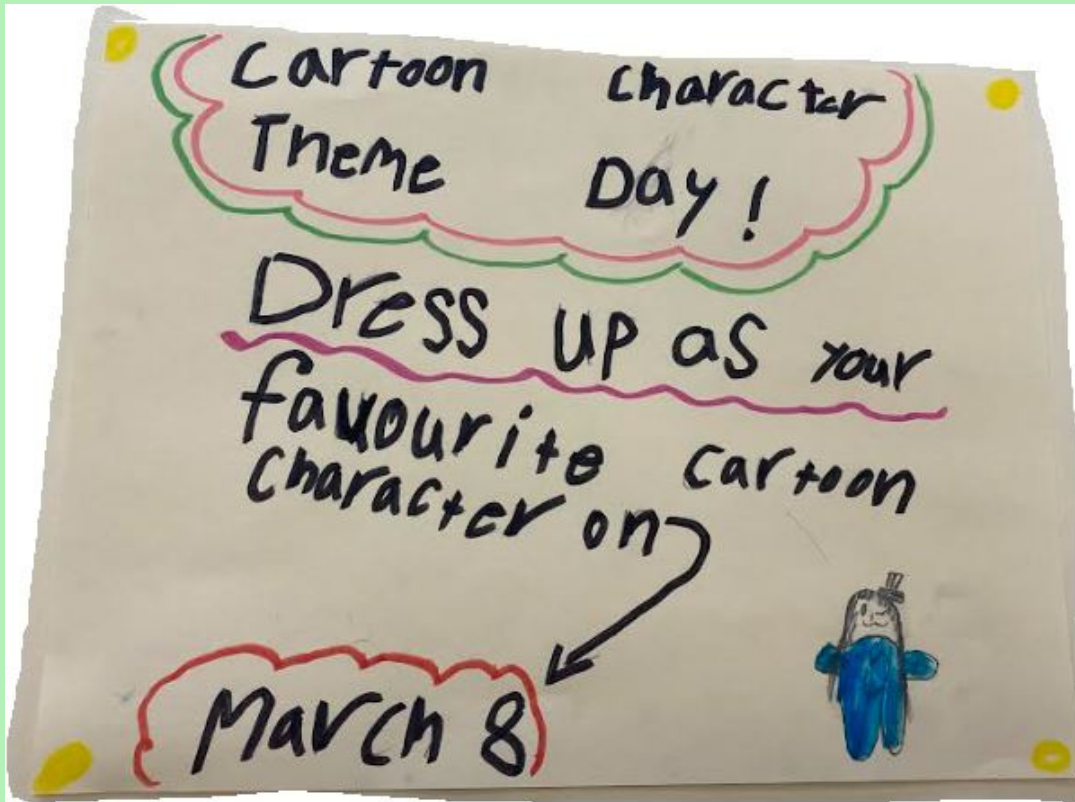
**RUNA ZABULI, MASON BROWN,  
LUKE DREGER, PAHKO WANG,  
MIYA BARSALOU, TONYE ROBERTS**



THESE STUDENTS WILL ENJOY A PIZZA LUNCH WITH THEIR NOMINATOR & PRINCIPAL ON MONDAY MARCH 4TH



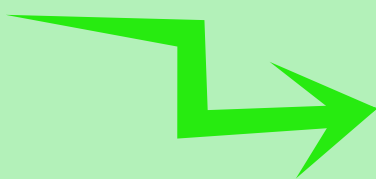
*Micro Government 'Spirit Days'*



Friday March 8th



Monday March 18th



# COUNCIL CORNER

## IMPORTANT DATES

**MARCH**

**1ST - HOT LUNCH**

**11TH - 14TH - TEACHER APPRECIATION**

**13TH - HOT LUNCH**

**14TH - GRADE 5 BAKE SALE**

**21ST - COUNCIL MEETING**

**28TH - HOT LUNCH**

## Exciting Events

March 11-14th is Teacher Appreciation Week!

Information packages will be sent home early next week.

Our Grade 5 classes will also be hosting a bake sale on March 14th during conferences. All money raised will be put towards Grade 5 Camp

## FUNDRAISER INFORMATION

INFORMATION FOR LITTLE CAESAR'S WILL BE SENT HOME AT THE END OF THE MONTH

## 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 MARCH 21ST @ 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**

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)

## Hot Lunch

March 1st - Wok Box

March 13th - Mr. Pretzel

March 28th - Subway

MARCH 2024

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**DON'T FORGET TO HAND IN YOUR SAVE ON FOODS  
NORTH RECEIPTS!!**

**FEBRUARY RECEIPTS WILL BE ACCEPTED UNTIL MARCH 8TH.**

From January 2023 - January 2024 our school has received  
**\$11,248.58** from the save on foods fundraiser.

Parent council uses this money to help fund fieldtrips, purchase new gym equipment, provide schoolwide activities for all students and families.

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.

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)

MARCH 2024

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## 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  
**ENGLISH** 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

*This program costs \$500 per month*

### Registration began January 15, 2024

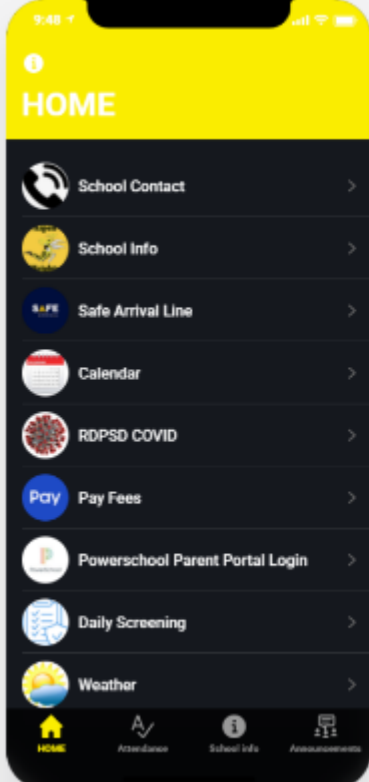
Register online by visiting our website [rdpsd.ab.ca](http://rdpsd.ab.ca)

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






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.



## 2023-2024

August 2023						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September 2023						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2023						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 2023						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 2023						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January 2024						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2024						
Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March 2024						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2024						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2024						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2024						
Su	M	Tu	W	Th	F	Sa
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July 2024						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

School Days & Holidays	
August 23-30	School Registration - Contact schools for specific details
August 25	Teacher Only Organizational Day
August 28 - 30	Teachers & Classified Staff - Organizational Days
August 31	First Day of School for Students
September 4	Labour Day - No School
September 15	No School K-12 -- Staff Learning Day
September 29	Observing National Day of Truth and Reconciliation - No School
October 5	No School K-8 -- Staff Learning Day
October 6	No School K-12 -- Staff Learning Day
October 9	Thanksgiving -- No School
November 8	No School K-12 -- Staff Learning Day
November 9	Fall Break -- No School
November 10	Remembrance Day -- No School
December 7	No School K-8 -- Staff Learning Day
December 8	No School K-12 -- Staff Learning Day
December 25	Christmas Day
December 26-January 5	Christmas Break
January 1	New Year's Day
January 8	Return from Christmas Break
January 19	No School K-8 -- Staff Learning Day
January 31	Semester Break -- No School 9-12
February 1	First Day of Semester Two - HS Only
February 16	No School K-12 -- Staff Learning Day
February 19	Family Day
February 20-21	Winter Break - No School
February 22-23	Teachers' Convention -- No School
March 14	No School K-8 -- Staff Learning Day
March 15	No School K-12 -- Staff Learning Day
March 29	Good Friday - No School
April 1	Easter Monday - No School
April 2-5	Spring Break
April 26	No School K-12 -- Staff Learning Day
May 17	No School K-12 -- Staff Learning Day
May 20	Victoria Day
June 7	No School K-8 -- Staff Learning Day
June 27	Last Day for Students
June 28	School Organization - Teachers & Staff Only

[Perseval Calendar Template](#)

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<span style="display: inline-block; width: 15px; height: 10px; background-color: #f08080; border: 1px solid black;"></span> School Opening/Closing	<span style="display: inline-block; width: 15px; height: 10px; background-color: #f5deb3; border: 1px solid black;"></span> Teachers/Staff Only K-8	<span style="display: inline-block; width: 15px; height: 10px; background-color: #fff2cc; border: 1px solid black;"></span> Teachers/Staff Only K-12	<span style="display: inline-block; width: 15px; height: 10px; background-color: #d9ead3; border: 1px solid black;"></span> Teachers/Staff Only 9-12
<span style="display: inline-block; width: 15px; height: 10px; background-color: #c8e6c9; border: 1px solid black;"></span> Teachers Only	<span style="display: inline-block; width: 15px; height: 10px; background-color: #d9e1f2; border: 1px solid black;"></span> Statutory & Other Holidays	<span style="display: inline-block; width: 15px; height: 10px; background-color: #f1c40f; border: 1px solid black;"></span> Teachers/Staff Only Gr 9-12	

MARCH 2024

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# SUMMER CAMPS

Bot Basics and Beyond:  
Your Introduction to  
Bot Programming



July 22 - 26, 2024

Lacombe Composite High School **OR**  
Centre for Social Impact: Lower-Level  
Training Center, Downtown Red Deer

Ages 9 - 12

Register now at [10peaks.ca/camps](https://10peaks.ca/camps)



**TenPeaks**



**GET YOUR "TECH ON"  
AND TACKLE A REAL  
WORLD PROBLEM:  
FOOD SCARCITY.**

Proudly Sponsored By:



## Bot Basics and Beyond Camp: Your Introduction to Bot Programming

Students ages 9 – 12 Get your “tech on” and start your journey to programming and design thinking!

Discover your ability to be creative and harness your passion for [robotics](#). Through out this hands-on, half day camp, you'll code and design a robot. Be introduced to concepts behind design thinking, sustainability, agri-tech and automation. Learn about the use of robotics in the real world.

Ten Peaks Innovation presents a five-day, ½ day camp, where students ages 9 – 12 work in teams to get their ‘tech on’, have a lot of fun, and learn about robotics use in the real world.

Students will be exposed to five days of hands-on robotics camp at the Lacombe Composite High School for the morning camp and for the afternoon at the Centre for Social Impact: Lower-Level Training Centre, Downtown Red Deer. Students are introduced to concepts of design thinking, UN sustainable development goals, agri-tech and automation. They will code and design a MBOT2 robot and its SMART world add on, using drag and drop technology with an award-winning science and robotics teacher. Bring your robot to life! Through engaging and dynamic activities, campers are encouraged to brainstorm and experiment with everything the smart world robot can do.

**Instructor:** Steven Schultz

Mr. Schultz has been teaching high school science, chemistry, forensics, electronics, and most recently agriculture at Lacombe Composite High School since 1997. Steve is recognized for his ability to differentiate his teaching and his willingness to provide extracurricular opportunities for students. His extracurricular opportunities involve coaching soccer, facilitating an award-winning robotics club. He has taken the robotics club to nationals three times.

He also advises an environmental club called EcoVision. EcoVision is a student run club who goal is to build ecological leaders through projects that enhance education, help the environment, and encourage community collaboration. The latest project is a net-zero geodesic community greenhouse that will be surrounded by an edible forest, gardens, and outdoor classroom. The dome was completed in September 2012 and is supplemented with composting and an indoor hydroponics herb grow op. The whole project will become the platform for a new agricultural course, provide our school and community with local, healthy, environmentally sustainable food and bring our community together.

Steven Schultz was recognized with the Prime Minister’s Award for Excellence in Teaching in 2019 for his out of the classroom educational opportunities. He has also been awarded the Ag for Life Agriculture Teacher Award.

[https://www.agricultureforlife.ca/files/uqdl/31c071\\_adffefd239e64f5a9bb8e7b491630a00.pdf](https://www.agricultureforlife.ca/files/uqdl/31c071_adffefd239e64f5a9bb8e7b491630a00.pdf)

Steven founded the United Robotics Lacombe (URL) Club in 2004 and continues to this day to inspire students with this program offering (<http://unitedroboticslacombe.weebly.com/ftc-4169.html>). In 2006, Steven’s environmental club EcoVision won numerous awards such as Emerald, Ron Shulack, Greenest School in Canada, and Watershed and A+ for Energy Award. More information about the projects and awards can be located at [www.lchsecovision.weebly.com](http://www.lchsecovision.weebly.com)

Red Deer  
Family  
Resource  
Network

March 2024

YMCA, Bower Community Hall, and Online Programs

Mon (Bower) Tue (YMCA) Wed Thu (Bower) Fri Sat

1  
Online  
Art Time  
2:00-3:00  
\*Shellsey

2

4 Little Yogis 9:30-11:00 \*Natasha Virtual Circle Time 10:00-10:30 OR 10:30-11:00 \*Tami Baby & Me 1:00-3:00 \*Natasha

5 Play & Learn 9:30-11:30 \*Natasha Virtual Get Crafty 2:30-3:30 \*Natasha Youth @ the Y 3:00-5:00 \*Shellsey

6 Online Story Time 12:30-1:30 \*Shellsey Walk & Play (Outdoors) 1:00-3:00 \*Natasha Online Book Club 4:00-5:30 \*Shellsey

7 Baby Buddies 9:30-11:30 \*Tami Homeschool Connections 1:00-2:30 \*Tami

ECD  
Programs  
for  
Children  
Ages 0-6  
and their  
Parents/  
Caregivers

11 Little Yogis 9:30-11:00 \*Natasha Virtual Circle Time 10:00-10:30 OR 10:30-11:00 \*Tami Baby & Me 1:00-3:00 \*Natasha

12 Play & Learn 9:30-11:30 \*Natasha Virtual Lunch & Learn 12:00-1:00 \*Tammy Virtual Get Crafty 2:30-3:30 \*Natasha Youth @ the Y 3:00-5:00 \*Shellsey

13 Virtual Triple P Teen- Raising Responsible Teens 10:00-11:30 \*Tammy Online Story Time 12:30-1:30 \*Shellsey Walk & Play (Outdoors) 1:00-3:00 \*Natasha Online Book Club 4:00-5:30 \*Shellsey

14 Baby Buddies 9:30-11:30 \*Tami Homeschool Connections 1:00-2:30 \*Tami

15 Online Art Time 2:00-3:00 \*Shellsey

Programs  
for Youth  
Ages  
14-18

18 Little Yogis 9:30-11:00 \*Natasha Virtual Circle Time 10:00-10:30 OR 10:30-11:00 \*Tami Baby & Me 1:00-3:00 \*Natasha

19 Play & Learn 9:30-11:30 \*Natasha Virtual Lunch & Learn 12:00-1:00 \*Tammy Virtual Get Crafty 2:30-3:30 \*Natasha Youth @ the Y 3:00-5:00 \*Shellsey

20 Online Book Club 4:00-5:30 \*Shellsey

21 Baby Buddies 9:30-11:30 \*Tami Homeschool Connections 1:00-2:30 \*Tami

Programs  
for Youth  
Ages  
7-13

25 Little Yogis 9:30-11:00 \*Natasha Virtual Circle Time 10:00-10:30 OR 10:30-11:00 \*Tami

26 Play & Learn 9:30-11:30 \*Natasha Virtual Lunch & Learn 12:00-1:00 \*Tammy Virtual Get Crafty 2:30-3:30 \*Natasha Youth @ the Y 3:00-5:00 \*Shellsey

27 Virtual Triple P Teen- Raising Competent Teens 10:00-11:30 \*Tammy Online Story Time 12:30-1:30 \*Shellsey Walk & Play (Outdoors) 1:00-3:00 \*Natasha Online Book Club 4:00-5:30 \*Shellsey

28

29 GOOD FRIDAY

Parent  
Enrichment  
Programs  
for  
Parents/  
Caregivers

To register for programs, please contact the person listed under each program.

For general inquiries:  
Please call  
403-896-6543

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.PRIEDOVIC@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





Red Deer  
Family  
Resource  
Network

March 2024

Red Deer FRN @ the McMan Office  
Unit 103, 5214-47 Ave (street parking available)

Mon	Tue	Wed	Thu	Fri	Sat
				1 Play Learn Grow 1:30-3:00 *Timi	2 Saturplay 1:30-3:30 *Natasha
4 Monday's Munchkins 10:00-11:30 *Shellsey Fine Motor Fun 1:30-3:00 *Timi	5 Discover Time 10:00-11:30 *Shellsey Lil Munchkins 1:30-3:00 *Timi	6 Art Attack 1:30-3:00 *Timi Circle of Security 6:00-7:30 *Natasha	7 Sensory Time 9:30-11:00 *Natasha Preschool Pals 1:30-3:00 *Natasha Empowered Youth 3:30-5:00 *Shellsey Driving Safety 6:00-8:00 *Shellsey	8 Little Friends 9:30-11:00 *Natasha Play Learn Grow 1:30-3:00 *Timi	
11 Triple P The Power of Positive Parenting 10:00-11:30 *Tammy Monday's Munchkins 10:00-11:30 *Shellsey Fine Motor Fun 1:30-3:00 *Timi Fight the Fear 4:00-5:15 *Shellsey	12 Stepping Stones Triple P 10:00-11:30 OR 1:30-3:00 *Tammy Discover Time 10:00-11:30 *Shellsey Lil Munchkins 1:30-3:00 *Timi	13 Art Attack 1:30-3:00 *Timi Stepping Stones Triple P 1:30-3:00 *Tammy Creative Teens 3:30-5:00 *Tammy Circle of Security 6:00-7:30 *Natasha	14 Sensory Time 9:30-11:00 *Natasha Preschool Pals 1:30-3:00 *Natasha Stepping Stones Triple P 1:30-3:00 *Tammy Empowered Youth 3:30-5:00 *Shellsey Emotional Regulation for Teens 3:30-5:00 *Tammy Anger Management 6:00-7:30 *Tammy Driving Safety 6:00-8:00 *Shellsey	15 Little Friends 9:30-11:00 *Natasha Play Learn Grow 1:30-3:00 *Timi	16 Dr. Seuss Party 10:00-11:30 *Shellsey
18 Triple P Raising Confident Children 10:00-11:30 *Tammy Monday's Munchkins 10:00-11:30 *Shellsey Fine Motor Fun 1:30-3:00 *Timi Fight the Fear 4:00-5:15 *Shellsey	19 Stepping Stones Triple P 10:00-11:30 OR 1:30-3:00 *Tammy Discover Time 10:00-11:30 *Shellsey Lil Munchkins 1:30-3:00 *Timi	20 Art Attack 1:30-3:00 *Timi Stepping Stones Triple P 1:30-3:00 *Tammy Board Games @ Wizard's Loft 4:30-7:00 *Tammy Circle of Security 6:00-7:30 *Natasha	21 Sensory Time 9:30-11:00 *Natasha Preschool Pals 1:30-3:00 *Natasha Stepping Stones Triple P 1:30-3:00 *Tammy Empowered Youth 3:30-5:00 *Shellsey Emotional Regulation for Teens 3:30-5:00 *Tammy Anger Management 6:00-7:30 *Tammy Driving Safety 6:00-8:00 *Shellsey	22 Little Friends 9:30-11:00 *Natasha Play Learn Grow 1:30-3:00 *Timi	
25 Triple P Raising Resilient Children 10:00-11:30 *Tammy Fine Motor Fun 1:30-3:00 *Timi	26 Stepping Stones Triple P 10:00-11:30 OR 1:30-3:00 *Tammy Discover Time 10:00-11:30 *Shellsey	27 Stepping Stones Triple P 1:30-3:00 *Tammy Unicorn Society 3:30-5:00 *Tammy Circle of Security 6:00-7:30 *Natasha	28 Sensory Time 9:30-11:00 *Natasha Preschool Pals 1:30-3:00 *Natasha Stepping Stones Triple P 1:30-3:00 *Tammy Emotional Regulation for Teens 3:30-5:00 *Tammy Anger Management 6:00-7:30 *Tammy	29 <b>GOOD FRIDAY</b>	

To register for programs, please contact the person listed under each program:

- TIMI.EVERETT@MCCMANCENTRAL.CA or 403-896-4820
- SHELSEY.BLANDIN@MCCMANCENTRAL.CA or 403-396-3419
- TAMMY.PREDOVIC@MCCMANCENTRAL.CA or 403-896-5348
- NATASHA.WILTON@MCCMANCENTRAL.CA or 403-896-6401
- For general program inquiries please contact Lindsey:  
LINDSEY.DIEBOLT@MCCMANCENTRAL.CA or 403-896-6543



To register for programs, please contact the person listed under each program.

For general inquiries: Please call 403-896-6543

# COMMUNITY POWER OF ONE

REMEMBER | REIMAGINE | REBUILD

A DAY OF SKILL ENHANCEMENT & KNOWLEDGE ADVANCEMENT  
9:00AM - 3:30PM

## FEATURING:



RCMP- K DIVISION- HATE CRIMES UNIT  
ANTI-RACISM RESPONSE TRAINING  
NAVIGATING CULTURAL INTEGRATION  
BEE HENRY & DARNELL FORRO  
CAROLEE ISRAEL TURNER  
YOUTH PANEL **FREE LUNCH**  
AND MORE...

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MARCH  
**19**  
TUESDAY  
FREE EVENT  
BAYMONT BY WYNDHAM RED DEER

TO COMMEMORATE THE  
INTERNATIONAL DAY FOR  
THE ELIMINATION OF  
RACIAL DISCRIMINATION.

# COMMUNITY POWER OF ONE

REMEMBER | REIMAGINE | REBUILD

UNIVERSAL GATHERING: AN EVENT FOR ALL AGES  
6:00PM - 9:30PM

## FEATURING:

**PATRICK MITSUING**



Patrick is an award-winning international artist and curator renowned for his expertise as a multiple world champion Men's Fancy powwow dancer. Patrick's dedication to promoting Indigenous culture and education has enabled him to reach millions of people monthly, fostering a deeper understanding and appreciation of this rich heritage.

**IVAN TOUKO**



Originally from Cameroon, Ivan is an experienced leader, passionate about driving positive change. He is a recipient of Alberta's Top 30 under 30 award and the Founder & CEO of social enterprises such as La Connexionnal & BOM YEG. Passionate about dance, Ivan shares his love for movements & community building through his open-level Afro Fusion Dance.

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