



ASPEN HEIGHTS NEWSLETTER

5869 - 69TH STREET DRIVE

RED DEER, AB T4P 1P6 403-347-2581

SAFE ARRIVAL LINE: 403-346-6543

[HTTP://ASPENHEIGHTS.RDPSD.AB.CA/](http://ASPENHEIGHTS.RDPSD.AB.CA/)

PRINCIPAL: MR. BILL KWASNY

VICE PRINCIPAL: MRS. CAROLYN STOLTE

FROM THE PRINCIPAL'S DESK

I would like to say thank you to all of our families for the great start that we have had to the 2023-2024 school year. We are very fortunate to have the professional and flexible staff that are in our school and we are happy to have 2 classes of every grade this year.

Please continue to be involved in your child's education and our school. There are many ways to stay involved. Contact their teacher if you have any questions or concerns shows your child that you are interested in their learning and want to be involved.

Volunteering in the school is a great way to participate in your child's education and show them you support their learning. Spend time talking about what they did in the school that day. The old question of "What did you do in school today?" almost always gives a shrug for an answer. Try asking "What was one thing that made you smile in school today?" or "What was one thing that surprised you?" Another question you could ask would be "What would you like to learn more about?"

Take them shopping and talk about how much things cost plus how you decide what to buy. Talk about cost and value. If something costs less but doesn't work as well it may not be the best buy for you.

Lastly, read to your child. One of the best ways to help your child to read is to read to them. Read stories more than once, talk about what they may have noticed the second time that they didn't notice the first time. Reading out loud is also very time efficient if you have more than one child because you can read to all of them at the same time. For writing, encourage your child to write to a family member. Write a postcard, email or letter to them. Make lists of Christmas gifts they would like. Write Christmas cards. Remind them that the purpose of writing is so others can read.

Thank you for all you do to help your child/children be successful here at Aspen Heights!

Bill Kwasny
Principal



Important Dates In November School

November 1	Perogy Pick up 2-4pm
November 7	Remembrance Day Ceremony 10:30am
November 8	Fall Break - No School
November 9	Fall Break - No School
November 10	Fall Break - No School
November 11	Last day to order Subway Hot Lunch for November 17
November 14	Picture Retakes
November 15	Last day to order Pizza Boxx for November 22
November 16	Parent Council meeting at 6:15pm
November 17	Subway Hot Lunch
November 22	Pizza Boxx Hot Lunch
November 24	Assembly 9AM
November 25	Last day to order Mucho Burrito for December 1
November 28	Last day to order EDO for December 6

If you would like **text message reminders** for the above events
send a text to 978338 and say YES.

DON'T FORGET



TERRIFIC KIDS

The "Terrific Kids" award recipients, sponsored by the Kiwanis Club of Red Deer were:

Brynlee Gopp-Takahashi, Sophie Barry, Piper Beerwort, Wyatt Meyn, Jace Wood, Maximus Henderson, Emily Smith, Lincoln Kafara, Gage Enns & Sorcha Sandvik



AWESOME MICROSOCIETY AWARDS

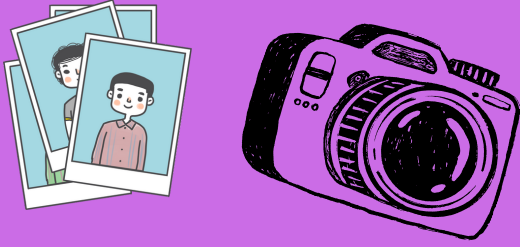
The following students were recognized in October for being outstanding Micro Citizens:

Yusra Imthiyas, Kyrie Enns, Avery Touchette, Mckenna Hutzkal, Kaelyn Rodway, Lassana Sesay

These outstanding students had pizza lunch (Sponsored by Pizza 73) with Mr. Kwasny and their staff nominator on Monday October 30 2023



PICTURE RETAKES



TUESDAY NOV 14

Safe Arrival Line

If your child is going to be away from school or late for school, it is expected that you will call the Safe Arrival Line at **403-346-6543** and leave a message.

Please appreciate that this is done for the safety of your children.

STUDENTS MUST DRESS APPROPRIATELY FOR THE WEATHER

With colder weather approaching, please ensure your child/ren are dressed properly for the outdoor recesses. 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.



DO YOU NEED ASSISTANCE PURCHASING WINTER GEAR FOR YOUR CHILD/REN?

We are able to assist families that require some extra help through this turbulent time due to a very kind community donation. Please email bill.kwasny@rdpsd.ab.ca if you would like some assistance. All inquiries will be kept confidential.



In Flanders' Fields

In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders' fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch, be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' fields.

Major John McCrae, 1915



&

Parent and Community Support Association

COUNCIL CORNER

IMPORTANT DATES

NOVEMBER

1ST - PEROGY PICKUP 2PM-4PM

IT IS VERY IMPORTANT THAT YOU PICK UP YOUR ORDERS, WE DO NOT HAVE ROOM TO STORE LEFTOVER ORDERS AT THE SCHOOL. IF YOU ARE UNABLE TO BE AT THE SCHOOL DURING THESE TIMES PLEASE ARRANGE TO HAVE YOUR ORDER PICKED UP BY A FRIEND OR FAMILY MEMBER.

16TH- MEETING @6:15 IN THE LIBRARY

FUNDRAISER INFORMATION

YOU ARE AMAZING! THANKS TO YOUR HELP WE WERE ABLE TO RAISE APPROXIMATELY \$2,500 TO PUT TOWARDS STUDENT FIELD TRIPS!

Meet the Executives!

CHAIR - SARAH LANAWAY

VICE-CHAIR - KENDRA SOMER

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

Exciting Events

Halloween Family Games Night was held on October 26th. We had a great turn out and enjoyed a fantastic evening.

A big thanks to everyone that came!

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 NOVEMBER 16TH!

FREE CHILD CARE PROVIDED WE WOULD LOVE TO HAVE YOU

Hot Lunch

November 17th - Subway

November 22nd - Pizza Box

NOVEMBER 2023

City of Red Deer Recreation and Action Rugby Club for Everyone present:

Youth Flag Rugby

November 6 - December 11 - Mondays

At Collicutt Center Soccer Pavilion

Ages 8 - 10 from 6:15 - 7:15 pm. Course Code #30388

Ages 11 - 14 from 7:15 - 8:15 pm. Course Code #30389

Cost \$60

Registration choices:

- 1) Phone 403-309-8411
- 2) In person at any City Recreation facility
- 3) Online Programs-looknbook (reddeer.ca)

Child needs an account with the City. Call 403-309-8411 to set up account.

RUGBY



PARA-HOCKEY TRY IT EVENTS

Free for anyBODY

Come down to the Dawe Center
Thursdays from 4:30-5:30 to try
out Para-Hockey

CALL RAY WASDAL FOR MORE
INFORMATION 403-318-3623

SCAN TO PRE-REGISTER

NOVEMBER 2023

November 2023

Bower Community Centre (85 Boyce Street) & YMCA (6391-76th Street), Outdoor & Online Programs

Red Deer Family Resource Network

Mon (Bower)	Tue (YMCA)	Wed	Thu (Bower)	Fri	Sat
		1	2 Baby Buddies 9:30-11:30 *Timi Lil Munchkins 1:00-3:00 *Timi	3	4
6 Stay & Play Tip Sheets 9:30-11:30 *Natasha Baby & Me 1:00-3:00 *Natasha	7 Play & Learn 9:30-11:30 *Natasha Walk & Play 1:00-3:00 *Natasha Youth @ the Y 3:00-5:00 *Shelley	8	9 Baby Buddies 9:30-11:30 *Timi Lil Munchkins 1:00-3:00 *Timi	10	ECD Programs for Children Ages 0-6 and their Parents/ Caregivers
13 Stay & Play Tip Sheets 9:30-11:30 *Natasha Baby & Me 1:00-3:00 *Natasha	14 Play & Learn 9:30-11:30 *Natasha Youth @ the Y 3:00-5:00 *Shelley	15 Table Top Games @ Wizard's Loft 4:00-5:30 *Tammy	16 Baby Buddies 9:30-11:30 *Timi Lil Munchkins 1:00-3:00 *Timi	17	Programs for Youth Ages 14-18
20 Stay & Play Tip Sheets 9:30-11:30 *Natasha Baby & Me 1:00-3:00 *Natasha	21 Play & Learn 9:30-11:30 *Natasha Walk & Play 1:00-3:00 *Natasha Youth @ the Y 3:00-5:00 *Shelley	22	23 Baby Buddies 9:30-11:30 *Timi Lil Munchkins 1:00-3:00 *Timi	24	Programs for Youth Ages 7-13
27 Stay & Play Tip Sheets 9:30-11:30 *Natasha Baby & Me 1:00-3:00 *Natasha	28 Play & Learn 9:30-11:30 *Natasha Youth @ the Y 3:00-5:00 *Shelley	29	30 Baby Buddies 9:30-11:30 *Timi Lil Munchkins 1:00-3:00 *Timi		Parent Enrichment Programs for Parents/ Caregivers

To register for programs, please contact the person listed under each program:
 TIMI.EVERETT@MCMANCENTRAL.CA OR 403-896-4820
 SHELLEY.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 Lindsay:
 LINDSEY.DIEBOLT@MCMANCENTRAL.CA OR 403-896-6543

November 2023 Program Info

Stay and Play: Come join in some indoor play at the Bower Community Center. We will have a different activity each week and we end each group with a story and some dancing with our littles.

Baby and Me: Ages 0-18mths. Learn, play and grow with baby while connecting with other caregivers. Registration required.

Walk and Play: Join us for a walk and some park play. We will be at a different location each week! 7th- Heritage Ranch, 21st - Bower Ponds. We will be leaving for our walk at 1:05pm. Registration Required

Playground Pals: Come join us for some outdoor play. We will be meeting up at a different park around Red Deer each week. Nov 2- Kin Canyon, Nov 23 -Bower Community Center, Nov 30 - Heritage Ranch. Registration Required

Toddler Time: This program is for our littles (18 months and up). A chance to make new friends, learn to problem solve, get creative and have some fun! Registration required.

Little Friends: Come join us to explore our FRN play space and connect with new friends and families. Registration is required.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT NATASHA.WILTON@MCMANCENTRAL.CA OR 403-896-6401

Homeschool Connections: This group is for our families who homeschool! Meet other families, make connections, and share resources while the kids enjoy the play space. Registration is required.

Lil Munchkins: Join us for an afternoon of play, activities, and new friends. Registration is required.

Baby Buddies: This program is for our littles (under 18 months). Join us for some socialization for yourself and your little. Meet new friends and enjoy quality time together! Registration is required.

Goodbye Mealtime Struggles: Join a registered dietitian to explore the various reasons behind mealtime struggles and leave with strategies to make mealtimes happy times! Registration is required.

Infant Nutrition: Join a registered dietitian to learn about what foods to start with, food allergies, preparing different textures, baby-led weaning, and more! Registration is required.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT TIMI.EVERETT@MCMANCENTRAL.CA OR 403-896-4820

Baby Kindermusik: Do you have a baby between the ages of 0-2yrs? Are you looking to get out, meet other families, and introduce your baby to music? We are offering a Baby Kindermusik group. We sing songs, play age-appropriate instruments (rattles, egg shakers, spinners), we explore sounds, books and we even do an art project.

Discover Time: This is an early childhood program with parents who have children ages 0-6yrs old. Every week we explore different themes with crafts, games, coloring, and play.

Friday Fun Times: This is an afternoon program for families with children ages 0-6yrs old. A chance to play with new friends, new toys, make crafts and have a wonderful afternoon. Open and welcoming play time.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT SHELLEY.BLANDIN@MCMANCENTRAL.CA OR 403-396-3419

November 2023 Program Info

Youth Anger Management: This is a 3-session youth program, to help children ages 9-13yrs old with Anger. We discuss and learn about what is Anger? What are my Anger Triggers? How can I calm myself down and handle Anger healthy? We have in-group discussions, and some work to do on their own or with family.

Youth @ the Y: This is a program for youth ages 7-13yrs old. It offers a friendly group setting to meet new friends, be creative with art and games, and to play and participate in new activities.

Youth Book Club: This is an online Book Club for children ages 7-13yrs old. We read 1-2 chapters a sitting, and then participate in one or two activities after. Home address are required to deliver the activity envelopes to homes. This month we will be continuing our journey through Wings of Fire Book 1.

Empowered Youth: This is a youth program for children ages 7-13yrs old. It is a group that will share ways to feel more comfortable with who they are, what they do and like, and how to stand tall and strong in their own bodies. We will be using the Big Life Journals to help us to move forward in our awesome lives.

Arty, Art, Art: DO YOU LOVE ART? DO YOU WANT TO EXPLORE ART? ARE YOU BETWEEN THE AGES OF 7-13YRS? Well then this might just be for you. Every week we explore a new form of art, or a new theme with art. Sometimes painting, folding, drawing and really just letting you be creative.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT SHELLEY.BLANDIN@MCMANCENTRAL.CA OR 403-396-3419

Unicorn Society Meet Up @ FRN - The Unicorn Society is a new, all inclusive teen program, that you may have been introduced to in your local High School. Join us for our first teen meet up at the Family Resource Network: play games, hang out, chill and listen to your fave music. This is your safe space for an hour and a half! Snacks provided. Register early!

Table Top Gaming @ Wizard's Loft: Explore over 500 types of board games at Wizard's Loft Game Cafe with other teens. Join the fun, make friends, bring friends. Limited spots so must register in advance.

Jackbox Game Night: Drawing, Writing, Trivia, and Hidden Identity Games, No Party-goer gets left behind. Jackbox is the party game that anyone with a connected device can join the fun, so cell phones ARE allowed! Join us for a Jackbox game night, bonus Halloween treats for all gamers that joins.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT TAMMY.PREDOVIC@MCMANCENTRAL.CA OR 403-896-5348

Triple P Stepping Stones: For families of children ages 2-12 with special needs. This program is offered 1:1 over the course of 6-8 weeks (depending on family's need) to provide strategies that help with behavioral concerns. Contact Tammy to set up an intake.

Anger Management for Families: (Ongoing from October) Anger is a healthy emotion that everyone feels at one time or another; however, when it begins to impact our relationships, parenting, and daily lives, it may be time to look at strategies to help manage it better. Join us for this 8 week workshop where we discuss what anger is, how it impacts us, strategies, and a coping plan to help us deal with this emotion in a more positive way. Waitlist is active for next round of workshops, contact Tammy for details.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT TAMMY.PREDOVIC@MCMANCENTRAL.CA OR 403-896-5348

How Money Works: We will have a financial representative coming in to talk about how to overcome the most common financial challenges that people face. Join us for an educational afternoon and have your money questions answered. Limited childcare spaces are available. Registration is required.

Investing 101: Are you worried about retirement? Do you just have questions about it? Join us for a program with a financial representative that focuses specifically on investing for retirement. Limited childcare spaces are available. Registration is required.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT TIMI.EVERETT@MCMANCENTRAL.CA OR 403-896-4820

Circle of Security: The Circle of Security® is an innovative intervention program designed to improve the developmental pathway of children and their parents. As they grow older, secure children become less likely to live in poverty, have legal problems, or experience chronic emotional difficulties. This is an 8-week program and registration is required.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT NATASHA.WILTON@MCMANCENTRAL.CA OR 403-896-6401

Red Deer Family Resource Network	November 2023					
	Red Deer Family Resource Network : 103, 5214-47 Ave					
	Mon	Tue	Wed	Thu	Fri	Sat
			1 Homeschool Connections 9:30-11:00 *Timi Circle of Security 1:30-3:00 *Natasha Online Book Club 4:00-5:30 *Shelley	2 Toddler Time 9:30-11:00 *Natasha Playground Pals 1:30-3:00 *Natasha Empowered Youth 3:00-5:00 *Shelley	3 Little Friends 9:30-11:00 *Natasha Stepping Stones Triple P 10:00-11:30 OR 1:30-3:00 *Tammy Friday Fun Times 1:30-3:00 *Shelley	4 Bump Club 1:00-2:30 *Timi
	6 Baby Kindermusik 10:00-11:30 *Shelley	7 Stepping Stones Triple P 9:00-10:30 OR 1:30-3:00 *Tammy Discover Time 9:30-11:30 *Shelley	8 Circle of Security 1:30-3:00 *Natasha Online Book Club 4:00-5:30 *Shelley Group Triple P 6:00-8:00 *Tammy	9 Empowered Youth 3:00-5:00 *Shelley Stepping Stones Triple P 10:00-11:30 OR 1:30-3:00 *Tammy Friday Fun Times 1:30-3:00 *Shelley	10 Little Friends 9:30-11:00 *Natasha Stepping Stones Triple P 10:00-11:30 OR 1:30-3:00 *Tammy Friday Fun Times 1:30-3:00 *Shelley	Programs for Youth Ages 14-18
	13 Stepping Stones Triple P 9:00-10:30 *Tammy Discover Time 9:30-11:30 *Shelley How Money Works 1:00-2:30 *Timi	14 Stepping Stones Triple P 9:00-10:30 *Tammy Discover Time 9:30-11:30 *Shelley	15 Online Book Club 4:00-5:30 *Shelley Group Triple P 6:00-8:00 *Tammy	16 Empowered Youth 3:00-5:00 *Shelley Arty, Art, Art 6:00-8:00 *Shelley Dr. Judy Carrington Presentations @ Bowden Community Hall lesley.whelan@mcmancentral.ca to register	17 Little Friends 9:30-11:00 *Natasha Stepping Stones Triple P 10:00-11:30 OR 1:30-3:00 *Tammy Friday Fun Times 1:30-3:00 *Shelley	ECD Programs for Children Ages 0-6 and their Parents/ Caregivers
	20 Baby Kindermusik 10:00-11:30 *Shelley Youth Anger Management 4:00-5:00 *Shelley	21 Stepping Stones Triple P 9:00-10:30 OR 1:30-3:00 *Tammy Discover Time 9:30-11:30 *Shelley	22 Circle of Security 1:30-3:00 *Natasha Online Book Club 4:00-5:30 *Shelley Group Triple P 6:00-8:00 *Tammy Jeopardy Game Night 4:00-5:30 *Tammy	23 Toddler Time 9:30-11:00 *Natasha Playground Pals 1:30-3:00 *Natasha Empowered Youth 3:00-5:00 *Shelley Arty, Art, Art 6:00-8:00 *Shelley	24 Little Friends 9:30-11:00 *Natasha Stepping Stones Triple P 10:00-11:30 *Tammy Friday Fun Times 1:30-3:00 *Shelley	Programs for Youth Ages 7-13
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 For general program inquiries please contact Lindsay:
 LINDSEY.DIEBOLT@MCMANCENTRAL.CA OR 403-896-6543

NOVEMBER 2023



The Salvation Army Christmas Assistance

Adopt-a-Family FOR CHRISTMAS PROGRAM

Applications accepted from Nov 1 - Dec 8

Parents & Guardians of children under 18 can apply.

Call 403.346.2251 to book appointment to apply

Required Information:

- Photo ID for each adult
- Proof of income & expenses
- Health care cards for each member of family



Packages will be delivered to your home on **Friday, Dec. 15**

between 8:30 & 3:00.

An adult **MUST** be home to receive them.

NOVEMBER 2023

Reminder →



Parents and Guardians

**You can take advantage of our
TEXT MESSAGING SERVICE**

Our school utilizes the SchoolMessenger system to deliver text messages straight to your mobile phone with important information on student attendance, school events and other activities.

You can participate in this service just by sending a text message of "Y" or "YES" to our District's short code number # 978338.

You can also opt out of these messages at any time by simply replying to one our messages with "STOP".

SchoolMessenger is compliant with all legislation, so you can rest assured that your information is safe and will never be given or sold to anyone. *Standard message and data rates may apply.



**OUR PARENT COUNCIL HAS ARRANGED HEALTHY HUNGER TO LEAD OUR HOT LUNCHES
THROUGHOUT THE SCHOOL YEAR!**

**TO ORDER HOT LUNCH FOR YOUR CHILD(REN) PLEASE GO TO
HEALTHYHUNGER.CA, CREATE AN ACCOUNT AND SUBMIT YOUR ORDER.**

**PLEASE NOTE THAT ORDERS CAN BE SUBMITTED ONLINE ONLY -
NO IN PERSON ORDERS ARE ACCEPTED.**

