



ASPEN HEIGHTS NEWSLETTER

5869 - 69TH STREET DRIVE

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

SAFE ARRIVAL LINE: 403-346-6543

[HTTP://ASPENHEIGHTS.RDPD.AB.CA/](http://aspenheights.rdpd.ab.ca/)

PRINCIPAL: MR. BILL KWASNY

VICE PRINCIPAL: MRS. CAROLYN STOLTE

FROM THE PRINCIPAL'S DESK

The school year is quickly coming to an end. Many changes occur in the final three months of a school year. Students can make great gains in their learning. It can be a really exciting time of the year. Here are a few ideas to guide your child through the changes that take place during April, May and June.

Maintain routines. It is easy to allow children to stay up now that the sun is shining later but remember that a good night's sleep can be a big influence on your child's school day.

Read with your child every day. If there is the opportunity, sit down and read with your child. If your child is younger, have them retell a familiar story to you, older children enjoy hearing stories read out loud as well. It is equally important for you to read to your child as it is to have them read to you. Talk about what you have read and show them that you feel that reading is important to you.

Talk to your child about school. This can be a very challenging time of year in school with expectations growing about the amount of work to be done. If your child is transitioning to a new school in the fall, we will work together to make that change as smooth as possible. Help him or her know that we are all working together to make this a great school year.

Enjoy the warm weather and as the snow melts, get out and play together!

Bill Kwasny
Principal

When you see
something beautiful in
someone, tell them. It may
take seconds to say, but
for them, it could last
a lifetime.





Important Dates

In April

School

April 5	Wok Box Hot Lunch (if you ordered)
April 5	School Wide Breakfast-Served after bell No regular breakfast program
April 6	Staff Learning Day (No school for students)
April 7	Good Friday (No school for students)
April 10	Easter Monday (No school for students)
April 11-14	Spring Break (No school for students)
April 15	Last day to order hot lunch for April 21
April 20	School Council Meeting 6:15 pm
April 21	Dino's Hot Lunch (if you ordered)
April 21	MicroSociety - Dress up as your favourite hero or villain
April 28	Assembly 9:00 AM

MicroSociety

April 3/25	Red Market AM
April 4/26	Blue Market PM
April 5/27	Purple Market PM
April 18-20	Micro Business Meetings
May 4	Micro Night (More details to follow)



*From the desk of
Aspen Heights MicroSociety Premier
Miss Grace Kafara*



Hey there!

This is the premier with news on Micro. Micro is really coming along great, with unique MEP businesses and wonderful ventures. One of the most popular businesses right now is Worm Wranglers and the Aspen Food Street. With Worm Wranglers animal crafts, painted rocks and plants it'll be hard not to go there. But who can forget Aspen Food Street's smoothies, breakfast sandwiches, cookies, popcorn and plenty more.

**NEWS FLASH!
Save the Date!**

**Micro Night
Thursday May 4
Alumni and the public are all welcome!
More details to follow**

Sincerely,
Grace Kafara,
The Premier

APRIL 2023



**ASPEN HEIGHTS MICROSOCIETY
INVITES YOU TO**



Join us for Micro Night!



**DISCOVER MICRO AT
ASPEN**

Check out what MicroSociety is all about.

Meet young entrepreneurs, business managers and employees.

Experience a wide variety of goods and services.

SHOW YOUR SUPPORT

Come for supper and buy a hotdog, chips and drink for \$5.

Guests receive 20 Stingers!
Purchase more Stingers at our bank.
\$1 CDN = 5 Stingers

ALL PROCEEDS GO TOWARD OUR
MICROSOCIETY

MAY 4, 2023

5:00 - \$5 HOTDOG SUPPER

5:45 - STUDENTS ENTER

6:00 - MARKET OPEN FOR GUESTS!

Everyone welcome!



TERRIFIC KIDS

The "Terrific Kids" award recipients, sponsored by the Kiwanis Club of Red Deer were: Sophia Wilson, Brielle Bouchard, Luke Dreger, Ellie Bauman, Armin Kapetanovic, Avy Gamble, Miya Barsalou, True Barry, Frankie Regehr & Isaiah Somer.



AWESOME MICROSOCIETY AWARDS

The following students were recognized in March for being outstanding Micro Citizens: Chloe-Anne Gowler, Fionn McEwen, Legend Villeneuve, Danny Payne, Duncan Gerow & Kyle McLeod.

These outstanding students will have a pizza lunch (Sponsored by Pizza 73) with Mr. Kwasny and staff members that nominated the winners of the draw on Monday, April 3.





mental health literacy

Supporting Children & Youth through a Mental Health Literacy Lens

Who: Any parent interested in promoting mental health in children and youth

What: Join this engaging and informative presentation, which includes these topics:

- Clarify information and misinformation around mental states
- Understand stress and the stress response and how to help young people manage stress
- Learn ideas and strategies for boosting mental health and resiliency in youth
- When and how to access more support

Where: Father Henri Voisin School, 60 Clearview Drive, Red Deer, AB

When: April 19th 6:30 p.m. to 8:00 p.m.

To register: click [here](#)

Alberta Health Services

For over 30 years...

SOCCER DAY CAMPS 2023

Royal City Soccer Club

* morning & full day sessions
* before & after care available
* July & August weeks
* all kids aged 5 to 13

Red Deer: 1 location

For the latest location details, including drop off, visit the [LOCATIONS page](#), on our website at [royalsoccer.com](#)

800-427-0536 [royalsoccer.com](#)

...more than just a soccer camp!

BREAKFAST WEDNESDAY, APRIL 5

ASPEN HEIGHTS ELEMENTARY SCHOOL

Breakfast will be served to students right after first bell in their classrooms (8:35 AM)

TWO PANCAKES, TWO SAUSAGES & ONE JUCIE BOX PER CHILD
BREAKFAST WILL BE SERVED RIGHT AFTER THE MORNING BELL

A text reminder will be sent the evening before reminding parents we are serving breakfast. If you would like to receive a reminder please text 978338 and say YES in the message.

REGULAR BREAKFAST PROGRAM WILL NOT RUN ON THIS MORNING

Help does include overdue utilities.

HELP IS AVAILABLE.

IF YOU OR SOMEONE YOU KNOW ARE FACING EVICTION OR **AT RISK OF HOMELESSNESS** PREVENTION SERVICES ARE AVAILABLE

PLEASE CONTACT ↓

Red Deer Native Friendship Society
403-540-0020
friendship@rednf.com

Bredin Centre for Career Advancement
587-273-0225
reddeer@bredin.ca

BREDIN CENTRE FOR CAREER ADVANCEMENT



RED DEER PUBLIC SCHOOLS **KINDERGARTEN REGISTRATION** **Aspen Heights**

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 Monday, January 16, 2023

Register online by visiting our website rdpsd.ab.ca



Children must be 5 years of age by December 31, 2023.

MAY 13, 2023
RedDeerFunRun.com

Welcoming all ages, abilities & genders!
10km • 5km • 3km • 1km
500m Little Surfers
100m Boogie Babies
3km Dog Jog

Featuring: **EXPLORE SPORT DAY**



RED DEER PCN Fun Run



CHECK OUT OUR **NEW LOWER RACE FEES**

NEW DATES

Tim Hortons

SMILE COOKIES ARE BACK!

From May 1 - 7 proceeds from the Tim Hortons Smile Cookies campaign will support Reading College - A project of The Foundation for Red Deer Public Schools



Reading College makes a real difference for 60 Grade 2 students who struggle to read and write.



Child Programs

at the Red Deer Museum + Art Gallery



Visit reddeermuseum.com/50th to claim your free Anniversary Membership to save on program pricing, and more!

April 2023

S	M	T	W	T	F	S
						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						

A DAY @ THE MUSEUM: DAY CAMPS

April 6
Let's Go Abstract!

9 am - 4 pm *Pre-register*

May 19
Incredible Ink!

9 am - 4 pm *Pre-register*

Camps available for ages 6-12
\$40/day mag members
\$45/day regular



MAGSATURDAYS

Spring 2023

all ages drop in art Saturdays 1-4 pm

\$2/person mag members (\$5/regular)



APRIL

- 1 Ornate Vases
- 8 Abstract Spring
- 15 Graphite Mountainscapes
- 22 Multimedia Gardens
- 29 Pixelated Landscapes

MINIMAG

NEW DAY OF THE WEEK!

AS OF MARCH 2023 MINIMAG RUNS MONDAY MORNINGS (9:30-11 AM) INSTEAD OF WEDNESDAYS.

MINIMAG art for ages 5 & under
MONDAYS 9:30-11 am
\$4/child mag members (\$5/regular); adults free

APRIL

- 3 Wonky Eyed Critter
- 10 NO CLASS - Easter Monday
- 17 A Paper City
- 24 Self Portrait as an Artist

CALL, CLICK OR COME IN!

Our galleries are open 10 am - 4:30 pm Monday-Saturday and are free to visit. We are closed April 7 & April 10 for Easter; open our regular hours on April 8.



587.797.4040
reddeermuseum.com



Red Deer Museum + Art Gallery
4525 47A Ave Red Deer, AB T4N 6Z6





Wellness Fair

Come see what Red Deer has to offer to help build a healthy you.

- Sacred Goddess
- RCMP - Community Awareness
- Golden Circle
- The Germaine Spa & Boutique
- Death by Scissors
- Urban Aboriginal Voices Society
- Shining Mountains
- Cree Lady Creations

- Sacred Mountain Wellness Studio
- Silver Cove
- Thompson Native Arts
- EPSS
- Mind, Energy, Spirit
- Kokum's Pretties
- Métis Local 492

.....and many more

Collecting non-perishable food donations for the Red Deer Food Bank!

Door Prize provided by:
The Breathing Room

Quality Concessions Food Truck will be onsite!

March 31st, 2023
Place: North Hill Quality Inn
Banquet Room
Time: 10:00 a.m. - 6:00 p.m.

Funded by the Government of Canada
New Horizons for Seniors Program

