

# HIGH PARK SCHOOL



*Bi-Weekly School Newsletter*

**HIGH PARK HERALD  
SEPTEMBER 27, 2024**

[highpark@psd.ca](mailto:highpark@psd.ca)

## PRINCIPAL'S MEMO

It has been a busy week around High Park with the Terry Fox Run and activities to recognize Truth and Reconciliation. Over the coming weeks we will be practicing our Emergency Preparedness drills and hosting bi-weekly fundraising concessions with snacks, starting on Thursday October 10th.

Please remind your children to leave their toys and Pokemon cards at home. Personal items can be very tricky to track down between all of our inside and outside spaces. We are also reminding our Junior High students that Skip The Dishes orders cannot be received,

Hope to see many of you out at our Cross Country run on Oct. 3rd. It will be a busy afternoon for traffic and parking that day!

**Ms. Marcinkevics,**  
Principal



Beautiful day for our Terry Fox Run!

## UPCOMING EVENTS:

- **September 30, 2024**  
Truth and Reconciliation Day (No School)
- **October 3, 2024**  
High Park Cross Country Run
- **October 10, 2024**  
High Park Spirit Day!
- **October 11, 2024**  
PD Day (No School)
- **October 14, 2024**  
Thanksgiving (No School)

## Hurricane Athletics & PE

- We have had a successful first month of Hurricane Volleyball!
- Volleyball fees will be added to PowerSchool if you have any questions please contact [denise.daniell@psd.ca](mailto:denise.daniell@psd.ca)
- High Park is hosting our Cross Country Race Oct 3, the race starts at 4:15 and goes until 6:00. We are excited to be welcoming over 700 racers! If you are in the area come and cheer on all the Cross Country racers.

## Cross Country Runs:

- Thursday October 10 @ Meridian Heights
- Thursday October 17 @ Prescott (Jubilee Park)

**Follow Us :**



**2024-2025 HIGH PARK  
EVENTS Calendar**

## High Park Library

Greetings from the Library! It has been a great month of September during our library blocks as the students started to discover new books and rediscover old favourites. We talked about rules of the library, manners with library books, the arrival of autumn, Terry Fox and Orange Shirt Day. The most popular graphic novel for this month was *Mothering Heights* by Dav Pilkey, the most popular chapter book is *Attack of the Grizzlies* by Lauren Tarshis - a funny book and a historical fiction - both awesome reads!!

As I look ahead to the month of October there will be a focus on all things Fall, Thanksgiving and Halloween. As well, our annual fall Scholastic Book fair which will be held from October 21-25!! Stay tuned for more details in the next High Park Herald about the book fair and until then just keep reading!! 😊

Benefits of Reading Series: Tip #1: Reading Exercises the Brain

While reading, we have to remember different characters and settings that belong to a given story. Even if you enjoy reading a book in one sitting, you have to remember the details throughout the time you take to read the book. Therefore, reading is a workout for your brain that improves memory function.

## High Park Gear

High Park gear is available for purchase! Visit our [website](#) for more information

## Counselling Corner

Hello from the Counselling Corner and Happy October! This week we are going to look at separation anxiety.

### What is Separation anxiety?

Separation anxiety occurs when a child is overly concerned or worried with the actual or anticipated separation from their attachment figure. Approximately 4% of children and youth suffer from separation anxiety and it is the most common anxiety disorder in children under the age of 12. Separation anxiety can interfere with a child's ability to attend school and extracurricular activities and can also be difficult for the entire family to manage. To learn more about separation anxiety visit [Anxiety Canada](#) or listen to this short podcast by The [Coping Toolbox](#) for ideas on how to cope with the struggles associated with separation anxiety.

- [Youth Mental Health Clinic](#)
- [October 2024 Stronger Together Newsletter.pdf](#)
- [Triplep-parenting:https://www.triplep-parenting.ca/alb-en/find-help/triple-p-online/](https://www.triplep-parenting.ca/alb-en/find-help/triple-p-online/)

## Band Bulletin/Choir Connection

We had a great band startup clinic this week! Guest teachers came to the school on Wednesday afternoon to teach students how to assemble their instrument and play their first few notes. Stay tuned for photos of this event!

### PAL - Your Fundraising Parent Group

Hot lunch is running again this year! We will be open for orders on October 4th and close on 25th of the month.

Sign up for hot lunch at [hpspal.hotlunches.net/](https://hpspal.hotlunches.net/)  
Access Code: HPHL

## Notes from the office

If your student will be absent or late, please ensure to contact the school office by email ([highpark@psd.ca](mailto:highpark@psd.ca)) or phone call (780-963-2222). Please include the following information in your message:

- Your child's full name & class or teacher
- When your child will be absent or late
- The reason for the absence or late
- When your child is expected to return to school

## A message from School Council

Hello High Park Parents

With September coming to an end most families are finding their groove for the school year.

Activities have started, the crazies from the first few weeks of school are ending and families are settling into the school community. So what exciting things does the Parents Association have in store for October 2024?

Our 1st fundraiser for the year is the Creekside Home and Garden gift vouchers. Between October 1 and November 1 you will be able to purchase vouchers for 6" poinsettias or an Outdoor Winter Arrangement. Vouchers can be purchased through the hot lunch website (<http://hpspal.hotlunches.net>) or at the Halloween Hoopla.

Our 2nd fundraiser for the year (and one of my personal favorites) is the Halloween Hoopla. The Hoopla will take place on Friday, October 25, 2024.

Our 3rd fundraiser will be an Oilers ticket raffle that will take place at the Halloween Hoopla.

We do have a need for volunteers this year for a variety of positions: If you are interested in getting involved with the school please reach out and I will be happy to connect you with the right person.

Catrin Thomson  
School Council Chair  
Contact email: [highpark.scchair@partner.psd.ca](mailto:highpark.scchair@partner.psd.ca)