

HIGH PARK SCHOOL



Bi-Weekly School Newsletter

HIGH PARK HERALD
OCTOBER 11, 2024

highpark@psd.ca

PRINCIPAL'S MEMO

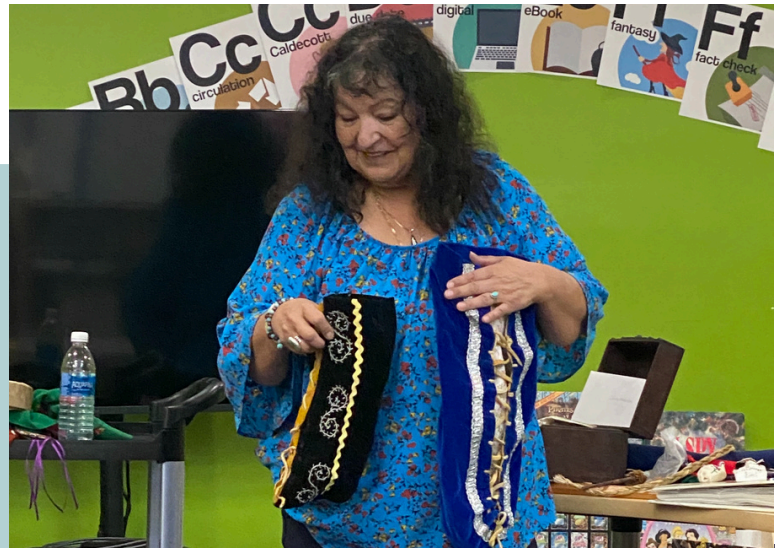
Our Cross Country run was a huge success! This race is a huge point of pride for our community and many staff, students, and parents from other schools shared about how much they enjoyed the experience.

On Oct. 25 PAL is hosting Halloween Hoopla at the school gym, from 6:00-9:00pm.

****Please note that all students attending MUST be accompanied by an adult who is responsible for them. Adults will be required to sign in the children they are accompanying and must be present on site at all times. We look forward to seeing you!**

Have a fantastic Thanksgiving long weekend,

Ms. Marcinkevics,
Principal



Elder Linda sharing Indigenous artifacts with students

UPCOMING EVENTS:

- **October 14, 2024**
Thanksgiving (No School)
- **October 14, 2024**
Thanksgiving (No School)
- **October 21-25, 2024**
Book Fair
- **October 25, 2024**
Halloween Hoopla Dance
- **November 7, 2024**
Remembrance Day Ceremony
- **November 8, 2024**
PD Day (No School)
- **November 9-17, 2024**
Fall Break (No School)

Hurricane Athletics & PE

- We hosted nearly 800 cross country runners at our third High Park Cross Country Race. Thank you to all Community Members who helped make this race possible! Congratulations to all our High Park runners who have had a successful Cross Country Season so far. The final race is Thursday October 24 at Jubilee Park.
- Volleyball playoffs start October 21 for Junior Teams and October 28 for Senior Teams. Good luck to all Hurricane Volleyball teams.
- Basketball tryouts will begin after the volleyball season ends. Please keep an eye on the calendar for basketball tryout updates.

Follow Us :



**2024-2025 HIGH PARK
EVENTS Calendar**

High Park Library

What a month we've had so far! It is only the 2nd week in October and already we have enjoyed the first visit with Elder Linda Sinclair, who is part of our [Elder in Residence](#) program. Elder Linda is both First Nations and Metis who is a former teacher. Her heart's desire is to share her culture with everyone at High Park! Students in Mrs. Worthington's Grade 4 class, Miss Abbas-Nejad's Grade 5 class and Mrs. Ziesman's Grade 6s had the opportunity to see artifacts Elder Linda brought in and they also enjoyed bannock with raspberry jam and "lumlass" (Cree for "honey butter")....DELICIOUS!! Throughout the remainder of the school year our students and staff will have the privilege of visits from First Nations Elder Violet Poitras, who will be sharing and teaching Stoney language as well as her knowledge of plants used for medicines. Elder Maryann Stepien is our Metis elder who will be teaching the role and importance of the Red River Cart. Students will be having the opportunity to build a model version of a cart using the different building materials available in the library. Wonderfully rich cultural opportunities for our students at High Park that are also a chance to continue our growth as a school community on our path to Truth and Reconciliation!

Our **Scholastic Book Fair** will be up and running from Oct.21-25 - what a fantastic way to support our school!! All the money made goes straight back into our school through buying books for our school library, classroom libraries and other resources needed by our teachers and support staff. **Here are the hours the book fair will be open:**

Monday - 8:30am - 3:30pm

Tuesday - 8:30am - 3:30 pm

Wednesday - 8:30 am - 3:30 / 4:00-7:00 pm (*one night only during P-T interviews)

Thursday - 8:30 - 3:30 pm

Friday - 8:30 - 1:00 pm

There you have it - Two momentous items from your school library. Have a wonderful remainder of your October and here's hoping you have a Happy Thanksgiving and Happy Halloween!

Benefits of Reading Series:

Tip #2: Reading Improves Concentration and the Ability to Focus

We can all agree that reading cannot happen without focus and in order to fully understand the story, we have to concentrate on each page that we read. In a world where gadgets are only getting faster and shortening our attention span, we need to constantly practice concentration and focus. Reading is one of the few activities that requires your undivided attention, therefore, improving your ability to concentrate.

High Park Gear

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

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/
Access Code: HPHL



Band Bulletin/Choir Connection

Band students learning to play their instruments at the September 25 Startup Clinic.

Sing for Santa is happening on November 24th this year! Choir students will sing the national anthem as well as some holiday songs on the big screen at an Oil Kings game. Choir members can get free sponsored tickets and additional tickets for family and friends are \$20. Choir students, please submit your [ticket order form](#) along with payment to the office by October 28th.



Counselling Corner

ADHD Awareness Month

October is Attention-deficity/Hyperactivity Disorder (ADHD) Awareness Month in Canada. ADHD is a complex disorder that impacts each individual differently. Symptoms of ADHD may include inattention, hyperactivity, impulsivity, difficulty with emotional regulation and impulse control, challenges with time management, and hyperfocus. ADHD affects approximately 3-7% of the childhood population and can impact a variety of areas such as school, relationships, and emotional regulation. ADHD can be managed through education, behavioral management, social skills training, and, for some, medication management. To learn more about ADHD or access support visit the [ADHD Association of Greater Edmonton](https://www.adhd.ca/).

Here are some additional resources for parental and youth support:

- [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/)

Veteran Biography Project

We are hoping to create a Veteran Biography Poster Gallery Walk at High Park School for Remembrance Day to honour our veterans in our community. We are asking you to help us build a commemorative gallery by creating a poster of a veteran that you are related to so we can post for everyone to view.

There is poster board paper available in the office to create your Veteran Biography Poster. We ask that we stick to black, red, or white poster paper colours. Below is an example template of a Veteran Biography Poster that we will feature in a Gallery Walk at High Park School. We are accepting submissions until Friday November 1, 2024 so we can post them the days leading up to our Remembrance Day Assembly on Thursday November 7, 2024.

Please include the following in your poster:

- Veteran Name
- Birth Date and Place
- Death Date (if applicable), burial site
- High Quality Photo of the Veteran
- Brief Biography that highlights contributions and career, where they grew up
- Can also include: Parents of veterans, Branch of Service, Dates of Service, When they entered the military, Location of military training, Location of military service after training, Military Specialty, Division-Rgt-Batt-Co.-Squadron that the Veteran was attached to, Date of Discharge

A message from School Council

Our next School Council and PAL Meetings are on Tuesday October 15th at 6:00 and 7:00pm in the library. This is the Annual General Meeting for both parent organizations so come out to select and show support for our next parent leadership team!

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Notes from the office

Lost and Found is overflowing already. Brand new items are in there including shoes. Please pop by to take a look for missing items.

If your student will be absent or late, please ensure to contact the school office by email (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

Parent Teacher Interviews October 23 & 24th from 4:30-7:30pm

We are looking forward to meeting with families to chat about all things learning at our Parent Teacher Interviews later this month.

Registration will be open on Tuesday October 15th at 8:00am. [Click here to sign up!](#)

Our Bookfair will be open until 7:00pm on Wednesday evening for families to swing by while they are in the school.

Halloween Costume Guidelines

Halloween activities will happen in the afternoon of October 31st! Please keep in mind a few guidelines as your children are selecting Halloween Costumes:

- Must be able to manage putting costumes on independently
- Costumes are appropriate for school and fit within our Dress Code with minimal blood or gore
- No weapons or masks at school