

HIGH PARK SCHOOL



Bi-Weekly School Newsletter

HIGH PARK HERALD
MARCH 7, 2025

highpark@psd.ca

PRINCIPAL'S MEMO

As we wrap up the second week of the CUPE local strike and navigate our new environment without our support staff, we are working to ensure all students at High Park continue to receive high quality learning opportunities and supports. You will see some new certified teaching staff in our building who will be working alongside our classroom teachers to provide small group learning and intervention opportunities focused around core literacy and numeracy skills. These teachers will be planning, teaching, assessing, and sharing student learning with our families.

Ms. Marcinkevics,
Principal



One of our many CTF option classes!

UPCOMING EVENTS:

- **March 17, 2025**
St. Patrick's Day
- **March 18, 2025 @ 6:00pm**
School Council & PAL Meeting
- **March 21, 2025**
Rock You Socks for Downs Syndrome!

Please send a spare set of clothes with your child. With the spring like weather, several students have needed to call home with wet or muddy clothes needing a change.

Hurricane Athletics & PE

Congratulations to all our basketball teams for extremely successful seasons. High Park earned two Division 2 first place finishes bringing home the banner for both Junior and Senior Boys. Jr B Basketball was a success again this year, we hosted our first Jr B Basketball tournament where High Park had 3 teams enter; 2 Jr B Girls teams and a Jr B Boys team.

Badminton Tryouts begin next week. Senior Badminton tryouts are Monday March 10th and Wednesday March 12th from 3:05-4:30 and Junior Badminton tryouts are Tuesday March 11th and Thursday March 13th from 3:05-4:30. Students who are grade 8 & 9 can attend the senior tryouts and those in grade 7 & 8 attend the junior tryout! Please see Mrs. Daniell with any questions.

Follow Us :



**2024-2025 HIGH PARK
EVENTS Calendar**

A message from School Council & PAL

The High Park Read-a-Thon starts Monday, March 10 and runs through to April 7, 2025. An information flyer was sent home this week. Be sure to sign your kids up and help them accurately track their minutes. Proceeds will be going towards purchasing Chrome Books for the school.

In addition to the Read-a-Thon, P.A.L. is running many exciting fundraisers this spring:

- Boston Pizza Receipts - Go for dinner at any Northern Alberta Boston Pizza and bring the original receipt to the jar in the school office. Boston pizza will then give 5% of back to the school.
- Bottle Drive - Take any bottles and cans and drop them off at the Stony Plain Bottle Depot. Ask them to put your return to the High Park School.
- Cash Raffle - Proceeds towards building the inclusive park. Please see the High Park Facebook page for the QR code to purchase tickets.

Be sure you are following the High Park School PAL on Facebook. Information on fundraising opportunities and goals.

Catrin Thomson
School Council Chair
Contact email: highpark.scchair@partner.psd.ca

Counselling Corner

Sleep is an important part of our mental health. The [Canadian Pediatric Society](#) recommends that children (6-12 years) get 9-12 hours of sleep and teenagers (13-18 years) get 8-10 hours of sleep. When we are sleep deficient this can impair our ability to manage emotions & behaviors, problem solve, and cope with changes in our life. Sleep deprivation has also been linked to depression, suicide, and risk-taking behavior. Check out this article for more information on the connection between [Sleep and Mental Health](#) and to get tips on creating healthy sleep hygiene practices.

Here is the March edition of [PSD's Stronger Together Newsletter](#).

Alberta Parenting for the Future (APFA) is excited to offer a free information session on the importance of sleep hygiene joined by Josee Huston, a registered psychologist with Parkland School Division, who will lead a discussion on *Unlocking the Power of Sleep*. Click on the [link](#) for more information and to register your spot!

Band Bulletin/Choir Connection

Upcoming Performance Dates:

- Choir: Choral Celebration - Monday, March 17th
- Location: West Meadows Baptist Church - 9333 - 199 St NW
- Time: 9:45am - 12:05pm
- Family and friends are welcome to watch the choirs perform.

Band: Wednesday, March 19th "Informance"
Location: High Park band room
Time: 4:15 - 4:40

We invite all parents or guardians to come watch this short "informal performance" in the High Park band room at the end of our regularly scheduled band rehearsal.

PAL - Your Fundraising Parent Group

Hot lunch is running again this year! We will be open for orders on February 5th and close on 25th of the month.

Sign up for hot lunch at hpspal.hotlunches.net/
Access Code: HPHL

High Park Library

Due to the ongoing [CUPE labour strike](#), schools are currently experiencing staffing shortages, which have required adjustments to regular operations. At this time our library is closed for book exchange.

We will be postponing the Bookfair we had scheduled for the end of March in hopes that we will be able to host it later in the spring.



<https://highpark.psd.ca/parents/absence>