

HIGH PARK SCHOOL



Bi-Weekly School Newsletter

HIGH PARK HERALD
MAY 9, 2025

highpark@psd.ca

PRINCIPAL'S MEMO

The Grade 9 Farewell committee is in need of 10-12" diameter plastic flower pots for the Grade 9 Farewell. If you are doing your spring planting, we would love to take these pots off your hands!

It is incredible to see the amount of students that walk, scoot, or bike to school. Remember to bring a lock and walk your bike on our school sidewalks to keep everyone safe.

Head to Memorial this Saturday for Mem Fest where there will be contests, prizes, vendors, and everything anime. There is a \$5 fee and children 8 and under are free. The event runs from 11am-4pm.

Ms. Marcinkevics,
Principal



Earth Day clean up with the Grade 5s

UPCOMING EVENTS:

- **May 16, 2025**
PD Day (No School)
- **May 19, 2025**
Victoria Day (No School)
- **May 9, 2025**
Moosehide Day

Hurricane Athletics & PE

We will be hosting the High Park School Track Meet at our school on **Tuesday, May 13th, 2025**. This year's track meet will include all grade 4 - 9 students. This will be an all-day event, but please remember that this is still a regular school day. Students will need to check in with their homeroom teachers throughout the day for attendance and any students leaving will need to be signed out as per usual.

Students in grades 7-9 finishing in the top four in the Junior, Intermediate & Senior age categories in each event will have the opportunity to compete in the Zone Track Meet on **Tuesday, May 20th** at the Stony Plain Track near the Glenn Hall Arena. Following the Zone meet, our athletes who finish in the top 4 places of any event will advance to the PSD Division Championships on **Friday, May 30th** hosted again at the track in Stony Plain. If your student finishes in the top 2 in this track meet they will advance to the Zone 5 track meet in Sherwood Park on **Tuesday, June 3rd**. A letter with information will be sent home with any students who successfully qualify for any of the track meets.

Follow Us :



**2024-2025 HIGH PARK
EVENTS Calendar**

Hurricane Athletics & PE cont.

For our younger athletes in grades 4 - 6 who place in the top of multiple events, there will be a division elementary track meet on Thursday, June 5th that they may be able to qualify for. A letter will be sent home with anyone who successfully meets these requirements.

There will be a concession available for those interested. High Park School will be providing a hotdog and juice box to all track and field participants. A list of additional available food items and costs will be posted on High Park Social Media. As it is a normal school day, we would like to remind everyone as well that you will not be able to order skip-the-dishes or delivery to the school.

Please remember that the track meet will run as long as the weather cooperates. The rain-out date for our track meet is set for Wednesday, May 14th. Keeping this in mind, we would like to encourage you to remember to send the following with your child on the day of the track meet, as appropriate:

- Proper footwear
- Appropriate clothing
- Sunscreen
- Hat
- Water bottle (filled)
- Money and/or a bag lunch
- Sunglasses
- Blanket
- Umbrella
- NO TENTS

High Park Library

Hello from the Library and ... GO OILERS GO!!!

The temperatures are warming and all thoughts are of the great outdoors and all the fun that comes with that. Please remember, dear parents and caregivers, that books are still needing to be returned or renewed on time. Thank you - in advance, for helping your student(s) out by reminding them about their books.

On Monday, May 12th Miss Honey, from the Stony Plain Public Library, will be visiting classrooms with her presentation about the Summer Reading program. Students will be sent home with information on how and when they can sign up for this awesome program that has something for everyone from Pre-School to Junior high. Have a great week Everyone! :)



PAL - Your Fundraising Parent Group

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

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

Band Bulletin/Choir Connection

Upcoming Events:

Choir Performance - Volunteer Appreciation Tea

- Date: Tuesday, May 27th (Afternoon TBA)
- Location: High Park Gym

Band trip to SGCHS

- Date: Friday, May 30th (12:45-3:00)
- Description: Stony Plain Band Students will travel to Spruce Grove Composite High School for a rehearsal with the High School band. Students from both schools are preparing a massed band piece to perform together at the spring concert.

6R Term-end Band Performance

- Date: Wednesday, June 4th (1:10pm)
- Location: High Park Gym
- Description: Come celebrate students of 6R's achievements this term on their band instruments! This short concert is open to any parents/family members of 6R students who would like to attend.

Band and Choir Spring Concert

- Date: Thursday, June 5th (6:30pm).
- Location: High Park Gym
- Description: Our formal year-end concert will feature the High Park Choir, Stony Plain band, and special guests Spruce Grove Composite High School Band. Band students please plan to arrive by 6:00 for warm up in the band room.

Counselling Corner

Video Games and Mental Health - A Balance

Did you know that the American Academy of Pediatrics recommends that children over the age of six spend no more than one hour per day on video games during the week, and no more than two hours on weekends? While video games can offer benefits—such as fostering connection, boosting mood, and enhancing problem-solving skills and creativity—they also come with potential downsides. Excessive gaming has been linked to increased aggression, disrupted sleep, and social difficulties in children.

So, what's the solution?

Balance.

Establishing a healthy balance means setting reasonable time limits on video game use and encouraging alternative activities like outdoor play, reading, or family time.

Child Mind Institute: [Healthy Limits on Video Games](#)

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

Check out the [event calendar](#) for the Stony Plain Public Library for fun activities for kids, teens and the whole family.

Summer School for Grades 1-7!

Parkland School Division is excited to offer a Summer School program at CFL Stony Campus (4300 43rd Street, Stony Plain) from June 30 to July 11 (excluding July 1st & weekends). This program combines enriching literacy and numeracy activities in the mornings with engaging health and wellness activities in the afternoons.

For students entering Grades 1-7 in the 2025-2026 school year, the cost is \$375 for the nine-day program, running daily from 8:30 AM to 3:00 PM.

To learn more about our criteria and considerations for this program, please visit our [website](#).

We look forward to an exciting summer of learning! For questions, email Sheryl Bridgeman at sheryl.bridgeman@psd.ca

Sun Run 2025 News!



Sun Run 2025 was a successful and memorable trip for all 31 High Park runners. The four day event was filled with activities; Vancouver Aquarium, Capilano Suspension Bridge, biking around Stanley Park, Seabus to Lonsdale Quay, Granville Island and we also managed to squeeze in a 10km race with 50,000 other participants.

Our students were amazing ambassadors and made us very proud during every aspect of the trip. Some ran personal bests, some had specific goals and for others the trip itself was the challenge. We all wish to thank the families and the community for supporting this wonderful experience for our runners.

Randi Stecyk, Kathrin Paruk and the 2025 VSR Runners

