

HIGH PARK SCHOOL



Bi-Weekly School Newsletter

**HIGH PARK HERALD
SEPTEMBER 19, 2025**

highpark@psd.ca

PRINCIPAL'S MEMO

We are definitely into the swing of things wrapping up our third week of the school year! We are looking forward to our first Hurricane Highlights Assembly next Friday. Check out the details on page 3.

The Chief Medical Officer would like to advise families that Measles is continuing to spread through some communities in Alberta. For more information and to learn about prevention, please review [this letter](#).

Good luck to all of our teams participating in tournaments this weekend and enjoy the warm weather while it lasts.

Ms. Marcinkevics,
Principal

Hurricane Athletics & PE

Physical Education:

In Physical Education class, we are in the middle of our Volleyball/Soccer unit, where we alternate days learning and playing each sport, with some cooperative games mixed in to keep things fresh. Please remind your child to bring appropriate athletic footwear for class; both indoor and outdoor.

Volleyball & Cross Country:

- All volleyball teams are now up and running! If you are not receiving communication from your child's coach about games and practice times, please contact Mr. Martin ASAP to get it sorted out.



Junior High Leadership with their little buddies

UPCOMING EVENTS:

- **September 23, 2025**
K-5 Picture Day!
- **September 24, 2025**
 - 5-9 Picture Day
 - School Provided BBQ Lunch!
- **September 25, 2025**
Terry Fox Run @ 9:00am
- **September 26, 2025**
 - Grade 7-9 Wellness Day
 - Orange Shirt Day
 - High Park Highlights School Assembly @ 9:10am
- **September 29, 2025**
PD Day (No School)
- **September 30, 2025**
National Day for Truth and Reconciliation (No School)

Follow Us :



**2025-2026 HIGH PARK
EVENTS Calendar**

High Park Athletics Continued...

- Both senior teams have already competed in a tournament and one PCAA league game where they represented our school with class and high performance. Junior teams each had their first PCAA league games yesterday and also represented our school fantastically!
- This weekend will be action-packed, as the Senior Boys and Girls teams are playing in the Prescott Pumas annual tournament in Spruce Grove, and the Junior Boys and Junior Girls (Purple) team are also playing in Spruce Grove at the Woodhaven Welcome Back Tournament. Come out and cheer on your Hurricanes volleyball players!
- The Elementary Volleyball Club also started up this week! Students in grades 4-6 now have the opportunity to get a head start in volleyball by attending any of our lunch recess (12:35-1:05) sessions and/or the after school session (varies by week depending on gym scheduling and coach availability). Yesterday we had 43 students show up, which was absolutely awesome to see!
- Cross Country season is in full swing, and there's still time to join! Four races remain on the schedule, including our home meet at High Park on October 2nd. We'd love to see more students come out and represent our school!
- Login to your PowerSchool Fees to sign up! [Here are the instructions on how to find and complete online forms.](#)

Hello from the Library

It has been full steam ahead in the library with all students in grades 1 through 9 having checked out library books and Grades 4-6 voting on what novel to read together. Having an opportunity to read to our students gives us a chance to experience an adventure without ever having to leave the library!!

On September 22 our Grades 1 and 2 students will be spending some time with Elder Violet Poitras from the Paul Band First Nation. She will be speaking with the students about what life was like for her when she was their age and also about the importance of Orange Shirt Day to her. Elder Violet has been part of the High Park School community since 2022, but has played an important role in several schools throughout PSD.

Since our school will be running the Terry Fox run together on Thursday, Sept.25 and then recognizing Orange Shirt day on Friday, Sept.26, I will be sharing stories in the library of Terry Fox, as well as Orange Shirt Day, throughout the week. Enjoy the fall weather and maybe enjoy a good book outside with your students. Happy Reading!!






Counselling Corner

Supporting students and student athletes with ADHD

ADHD can impact focus, organization, and impulse control. While challenges may arise at school and in daily routines, strategies like consistent structure, breaking tasks into smaller steps, movement breaks, and positive reinforcement can make a big difference. Working closely with teachers also helps children feel supported in both environments.

Alberta Parenting for the Futures Association (APFA) in partnership with the ADHD Association of Greater Edmonton, is hosting a workshop for athletes **ages 13-17** and their caregivers, called The Impact of Nutrition and Exercise on ADHD. Please see below for more information.

The Impact of Nutrition and Exercise on ADHD

-  Saturday, September 20
-  10:00 a.m. – 1:00 p.m.
-  Cantiro Community Centre, Spruce Grove
-  Karl MacPhee, pediatric/radiology nurse & certified personal trainer
-  Learn how nutrition and exercise can help manage ADHD symptoms and support athletic performance.

See [here](#) for more information!

PAL - Your Fundraising Parent Group

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

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

Notes from the Office

New this year Field Trip Fees need to be paid online when the digital consent form is completed on PowerSchool. Please note, if the transaction is not completed the consent form does not get submitted.

Fees for Junior High CTF have been added to PowerSchool Accounts.

[Need help completing online forms or paying fees? Find the instructions here!](#)

Thank you to all of the families that have completed all the beginning of the year forms!

Band Bulletin/Choir Connection

Junior High Band and Parkland Band are off to a great start, so great to see so many returning students.

Grade 3-6 Choir runs on Wednesdays during lunch recess. Our first rehearsal was on Wednesday, September 17th!

Hurricane Highlights

HIGH PARK MONTHLY CELEBRATION ASSEMBLIES

26 September
24 October
21 November
12 December
23 January
20 February
13 March
17 April
08 May @ 9:10am
05 June

Join us monthly as we celebrate
learning and recognize
leadership at High Park!

Terry Fox Run

It's the 45th anniversary of Terry Fox's Marathon of Hope. This year, our school is going all out to fundraise for cancer research! We're super excited to take part! Please support our student's fundraising efforts and donate today at: <https://schools.terryfox.ca/98226>

A drop box will also be available in the office for cash or coins. Any students hoping to collect money from friends and family can also swing by to see Mrs. Klack for a pledge form! All donations must be in by Friday October 3rd.

High Park will be participating in the Terry Fox run on Thursday September 25th. Classes will start the day by watching a brief video on the cause before heading out with the school to walk or run the Terry Fox loop. If you are interested in joining your child's class for the run, please reach out to their teacher to arrange a time and a place to meet!

Additionally, we are looking for volunteers to be stationed at various points around our community circuit. If you are able to help out from just after the morning bell until morning recess at 9:50am, please reach out to the office.

*** The online Walking/Running Field Trip Informed Consent must be completed on PowerSchool for your child to participate ***

Junior High Wellness Days and Hurricane Highlights Assemblies

This year, we are excited to share a new approach to teaching Health and Life Skills in Grades 7-9. Instead of meeting once a week in shorter blocks, we are moving to a full-day model once a month. This change will give us the opportunity to bring in guest speakers, connect students with outside agencies and resources, and engage in hands-on experiences that make learning more authentic and meaningful. We believe this shift will better prepare students by allowing them to explore important topics in greater depth and through real-world connections. Junior High Homeroom Teachers are sharing out the details to parents and [more information can also be found in this letter.](#)

As Part of our Wellness Days, our Junior High Leadership CTF class will be hosting our monthly Hurricane Highlights Assembly. Save the dates to the left and join us in the gym to celebrate learning and come together as a High Park School Community.

A message from School Council & PAL

Thank you to everyone who came out to the School Council and PAL AGMs in September, see you at 6:00pm on October 1, 2025

PAL has a lot of exciting events coming up. Follow us on Facebook and Instagram to receive updates @highparkschoolpal. Up to date information can also be found on the bulletin board outside the office.

PAL is currently collecting donations of Halloween décor for the upcoming Halloween Hoopla Haunted House. Please email highparkpalfundraiser@gmail.com to arrange pick up or drop off of any items you may have.

Rebecca Vishloff
High Park School Council Chair
Contact email: highpark.scchair@partner.psd.ca

Carry on Items on Busses

The maximum allowable dimensions for approved carry-on are 33 x 33 x 59 centimetres (13 x 13 x 23 inches), and items must fit on the student's lap.

Carry-on items that are allowed on the bus

- Skates (skate guards on; in a sealed bag that meets allowable dimensions)
- Small musical instrument (meets allowable dimensions—flute, clarinet, alto sax)
- A certified and registered guide animal

Carry-on items that are not allowed on the bus

- Hockey or ringette sticks, golf clubs, snowboards, toboggans, scooters, longboards, skateboards, or any other large item that may interfere with the safety and comfort of any student on the school bus
- Large instrument (tuba, tenor sax, guitar, drums, French horn, trombone)
- Any kind of animal other than a certified and registered guide animal

Yes!

No!