

Grassland School June Newsletter

Principals Report

Greeting to Grassland families and friends,
It has been quite a memorable month, to say the least!
I can't believe that it is almost the end of the year again.

I would like to start by thanking the community and school families for all their wonderful support of our school and its programs.
Our school was fortunate to have the gifted duo of Leah Cook and Gina Martel come out from Athabasca for a number of days to help us put on a postponed Mother's Day musical performance of the production of Character Street as well as a JH/HS Glee Club musical.
The performance was all about taking care of each other, showing kindness, compassion, and respect for each other. What a great way to be able to walk the talk as the entire community has the opportunity to step up help the evacuees as we all did!

It is only my third year and I continue to be amazed by how this community always supports the needs of others. The Fort McMurray evacuation was the most inspiring days of my career thus far. I was so proud to be part of this community as it came together to help the people in need and I continue to be proud of the effort our staff has continued to put in as we work with a 30% increase in students since the evacuation. The staff and students have truly shown what we 'do' here as we just welcome all who come to our doors and bring them on all our end of the year field trips and activities. These include trips to the zoo, the Children's Festival, Track and Field Day, ALPAC, Soft Ball Tournament, just to name a few, with others such as JH trip to Camp Warwa and the gr3-6 Science World trips still to come.

A real testament to the character of Grassland. Thanks for letting me be a part of it.
I look forward to seeing you all at our Grad on the 25th of June.

I would like to encourage everyone to please help support your children as we get to the busy testing time of year. While we are doing many extracurricular activities, we also recognize the need to work to ensure that our students are still focusing on the review for their exams. Having a good breakfast and adequate sleep make a big difference to a successful exam writing day. Once again, our wonderful PAC will be helping ensure that all our exam writing students have healthy snacks on exam days but we ask that you talk to your children about getting a good night's rest.

Thanks for supporting the success of all our students.



Upcoming Events

June 3 - Physics 20 Field trip WEM, K-2 St.Albert Children's Festival

June 8 - Grade 7/8 Slow Pitch Thorhild

June 15- Wear Purple for Elder Abuse

June 16 - Camp Warwa

June 20-Travel Club information meeting Quebec 2017

June 21- Aboriginal day/TELUS world of science Gr.3-6

June 22- Kindergarten grad

June 23- Fun Day

June 24- Last day of school

for K-9

June 25- Grad



Birthdays



June 3- Braylen Pysyk

June 5- Wyatt Ballard

June 7- Nickolas Simon

June 12- Morgan Heatherington

June 12- Chloe Johnson

June 13- Emmy Dowhaluk

June 19- Kyle Frey

June 21- Kelsey Pysyk

June 27- Emily Foreman

June 29- Evsevy Gostevskyh

June 30- Nick Chopoidal

July-2 Maizie Holdis

July 4- Isabelle Hiscock

July 12-Olivia Ballard

July 19-Justin Chamzuk

July 31- Jared Weibel



Elementary Track & Field



Congrats to all kids who took home ribbons & to Evin Bossel who won a medal for firsts in all events.



Junior High Track Meet



Congrats to all the juniors who took home ribbons and to Mariah Bereziuk received a medal for firsts in all events and also broke a record in triple jump dating from the 60's!



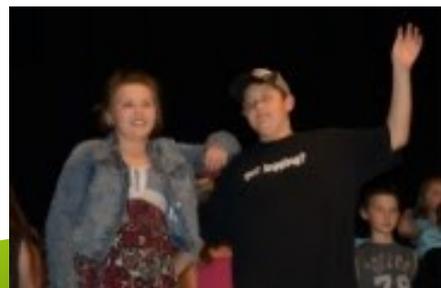
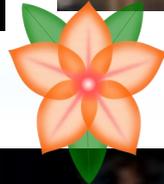


Spring Tea



Leah, Gina and the kids practiced a long, hard few months to put on a spectacular show for our spring tea! Thanks to everyone who helped out!





Post Office Trip



Great Beginnings Grad



Alanza



Chloe



Ashton



Great Beginnings

Zoey



Cash



Class of 2016

Jacob



Kyla



Oakley



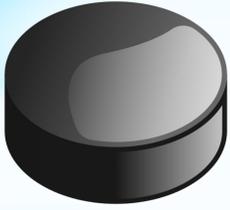


Kindergarten



Class of 2016





Evin was at a tournament on the long weekend in Calgary with his team, the Jr. Golden Bears. He got many goals and assists and he was the second top player in points, even after missing a game because he was sick with a stomach flu. He also got MVP! Great Job!



Soccer Tournament

Maizie



Damon



Lance



Some of our Grassland kids on the U8 & U10 team on the Boyle team at the tournament.



Grassland U6 Soccer Team



Ashton

Alanza

Carson



Ewhon

Jacob

Sophie

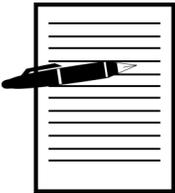


The U6 Soccer Team had a great time at their first tournament in Boyle!



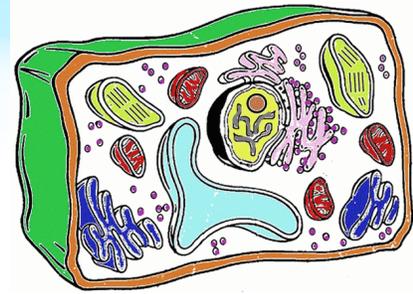


7/8 Trip to ALPAC



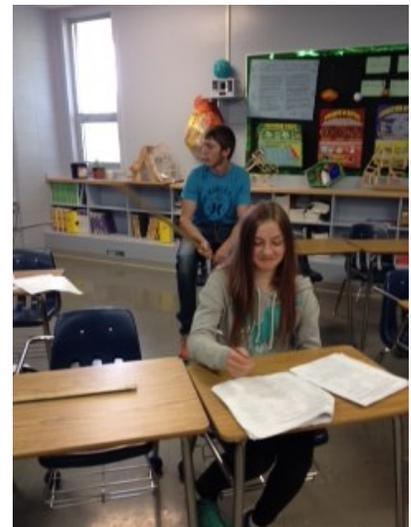
On May 26th, Miss Kravontka took her Science 7/8 class to the Alberta Pacific Pulp Mill to take a tour. Two volunteers from ALPAC took time out of their day to show us the water effluent system, the water testing, and the pulp finishing process where they brighten the pulp as well as dewater, dry and prepare it to be shipped. We even came home with a few souvenirs! Thank you ALPAC





7/8 Science

In Science, the students have been making models of cells out of their choice of materials. Some used pizza while others used a diorama approach.



WEST EDMONTON MALL



ATTRACTIONS
AT WEM

- Hi! Thought I'd show you that I'm having a great time at West Edmonton Mall. Who would have thought shopping could be so much fun!

Ms. Kravontka took her Physics 20 class to West Edmonton mall

elie

kravontk@ualberta.ca

6/3/2016 3:42:50 PM

GALAXYLAND AMUSEMENT PARK

www.3dbsolution.com



St. Albert



Children's Festival





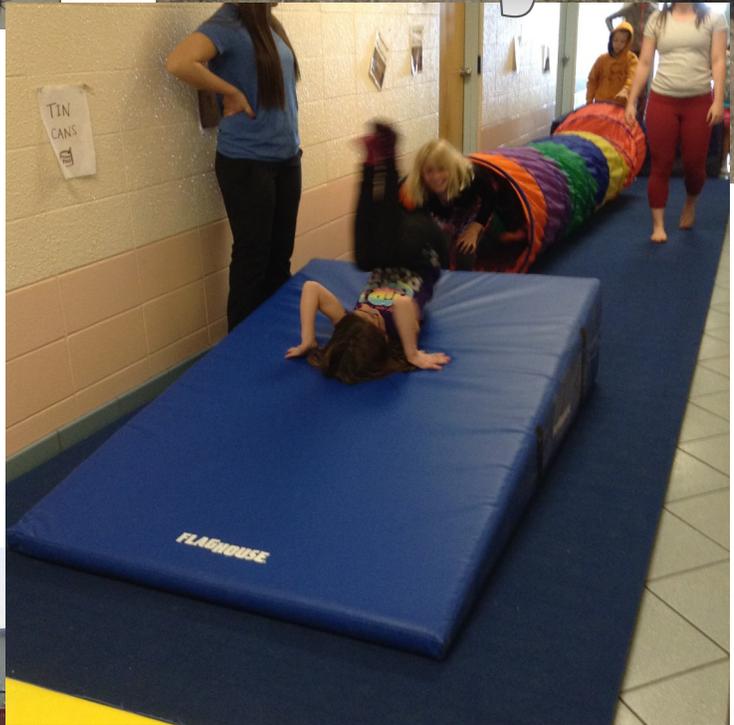
Great Beginnings



Goes to the Zoo



Mind, Body & Soul Day



@ WHPS



Gr 3/4 Trip to the farm



June 2016

S M T W T F S



	1	2	3	4
	1 Jr. H Slo Pitch	2	3	4
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

Gospel Light's
SeaTreasure
ISLAND ^{VBS}
Where Kids
Discover God's Love
1 Corinthians 13

Join us for Vacation Bible School

July 4-8th
9:00am-12:00pm
Rochester School
Ages 3-Gr. 6

Games-Crafts-Bible-Stories
Skits-Music- and MORE!!

Register TODAY!!!

Contact Pastor Candice 780-307-8159 candice@tfhchurch.ca



Green Teen

Gardening is good for teens: it is a proven stress reliever, it helps clear the head, it is an excellent source of fresh food and it can serve as a great form of exercise. However, as you have already learned time and time again in your parenting career, educating your teen about the benefits of gardening is unlikely to result in an overall-wearing, shovel-wielding farmer of tomorrow.

Just like adults, teens' interests are wonderfully diverse; what appeals to one teen will be seen as totally lame by another. You might be a parent of a teen who loves to garden, or perhaps junior hasn't yet discovered his green thumb. While gardening isn't the trendiest hobby amongst today's teens, it is actually a truly broad hobby with elements that can appeal to almost anyone - even teenagers! If you'd like to nudge your youth towards the soil, try prodding his interest by selling a feature of gardening that suits him best.



- Do you have a book worm in your home? She might enjoy agriculture themed books or studying the variety in seed catalogues.
- A hands-on kid might enjoy building a raised flower bed.
- Your young activist might enjoy the idea of planting food for the purpose of donating to your local food bank.
- With endless possibility for creativity, a garden can offer a creative teen a chance to be expressive.
- Does your teen have a passion for the environment? Link gardening to environmental issues.
- Is it tough to pry your social butterfly away from her friends? Consider how friends could be included.
- A teen with a competitive spirit might be convinced to get digging if challenged to grow the biggest pumpkin, tallest sunflower or most bountiful potato hill.

Engaging your teen in gardening, whether it be a few small pots on the front step or several acres, has powerful physical and mental health benefits. It may take some clever thinking on your part, but if you're successful in recruiting them into the soil, the reward is huge and can last a lifetime.

Health Hazards of Hookah

We all know that smoking a cigarette or a cigar comes with health risks but what about products like hookah, which often is viewed as being a safer alternative?

Traditional hookah is a mix of tobacco, glycerin and/or honey. Smoke from hookah has been linked to diseases that are usually seen when you smoke cigarettes, such as cancer, heart disease, lung disease, and complications in pregnancy. Burning hookah, including hookah that is tobacco-free, still creates cancer causing chemicals. That means that people who are around the hookah smoke, including those who work in hookah bars, are at risk of health problems seen from being exposed to the second-hand smoke.

A lot of people believe that hookah is safer than using other tobacco products because of the water in the base of the pipe. Again, research tells us that this isn't true. The water doesn't act as a filter. In fact, the World Health Organization found that a hookah user may inhale as much smoke in a 1-hour sessions as someone who inhaled 100 or more cigarettes!

Another concern is about sharing the mouthpiece and germs. Diseases like herpes and other communicable diseases can be spread because people are sharing the same mouthpiece.

As with anything that poses a health risk, talking to kids and teens about hookah is important. For more information and support visit: www.albertaquits.ca

A Garden for Every Child

Gardening is good for kids: it is a proven stress reliever, it helps clear the head, it is an excellent source of fresh food and it can serve as a great form of exercise. However, as you already learned time and time again in your parenting career, lecturing your child about the benefits of gardening is unlikely to result in an overall-wearing, shovel-wielding farmer of tomorrow.

Just like adults, kids' interests are wonderfully diverse; what appeals to one child will be seen as totally boring by another. You might be a parent of a young person who loves to garden, or perhaps junior hasn't yet discovered his green thumb. While gardening isn't the trendiest hobby today, it is actually a truly broad hobby with elements that can appeal to almost anyone - even kids. If you'd like to nudge your youngster towards the soil, try to encourage his interest by selling a feature of gardening that suits him best.

- Do you have a book worm in your home? She might enjoy agriculture themed books or studying the variety in a seed catalogue.
- A hands-on kid might enjoy helping to build a raised flower bed.
- With endless possibilities for creativity, a garden can offer a creative child a chance to be expressive.
- A child with a competitive spirit might be convinced to get digging if challenged to grow the biggest pumpkin, tallest sunflower or most bountiful potato hill.



Engaging your child in gardening, whether it be for a few small pots on the front step or several acres of land, has powerful physical and mental health benefits. Use your imagination and think of ways to make gardening meaningful to your child. If you are successful in recruiting them into the soil, the reward is huge and can last a lifetime.

Health Hazards of Hookah

We all know that smoking a cigarette or a cigar comes with health risks but what about products like hookah, which is often viewed as being a safer alternative?

Traditional hookah is a mix of tobacco, glycerin and/or honey. While hookah is sometimes tobacco-free, testing shows that even products labeled tobacco-free may have tobacco and therefore nicotine in them. Nicotine is a very addictive drug. Once exposed to nicotine, it can be hard for people to stop using without having unpleasant symptoms.

Anytime a product is burned, harmful chemicals are released. Smoke from hookah has been linked to diseases that are usually seen when you smoke cigarettes such as cancer, heart disease, lung disease and complications in pregnancy. Burning hookah, including hookah that is tobacco-free, still creates cancer-causing chemicals. That means that people who are around the hookah smoke, including those who work in hookah bars, are at risk of the health problems seen from being exposed to second-hand smoke.

A lot of people believe that hookah is safer than using other tobacco related products because of the water in the base of the pipe. Again, research tells us that this isn't true. The water does not act as a filter. In fact, the World Health Organization found that a hookah user may inhale as much smoke in a 1-hour session as someone who inhaled 100 or more cigarettes!

Another concern is about sharing the mouthpiece and germs. Diseases like herpes and other communicable diseases can also be spread because people are sharing the same mouthpiece.

As with anything that poses a health risk, talking to kids and teens about hookah is important. For more information and support visit: www.albertaquits.ca

Grassland Public Library

Summer hours: Tuesdays 1:00pm -6:00pm

Summer Reading Program: 2:00pm - 4:00pm

-Games, stories & crafts

-Entertainer July

(must be 3 and over or be accompanied by an

7/8 Slow Pitch Day



Team went 2-1 winning in a great come back to beat boyle by 1 and beating the TCS team 28-2 lost first game to TCS 1 12-5





June 1, 2016

Re: Video surveillance on school buses

Under the authority of the *School Act* and the *Freedom of Information and Protection of Privacy Act*, Aspen View Public Schools may use video surveillance equipment within its schools and on its school buses to provide a safe environment, protect Division property from theft or vandalism, and assist staff in dealing with student discipline matters.

In December 2015, the Aspen View Public Schools Board of Trustees approved the installation of interior cameras on 10 school buses. As part of the implementation process, video surveillance will be initiated on the following bus:

Bus number: Rochester 3
Route number: 408
Date of implementation: June 1, 2016

Aspen View Public Schools' use of video surveillance equipment and recordings is governed by the attached *Administrative Procedure 181: Video Surveillance*. We encourage you to review the rights and obligations of both Aspen View Public Schools, students and parents as it describes.

If you have any questions or concerns regarding the use of video surveillance on school buses, please contact Rhonda Alix, Transportation Coordinator, at rhonda.alix@aspenschools.org or 780-675-7080 Ext. 16.

Rhonda Alix
Transportation Coordinator
Aspen View Public Schools Division #78

Administrative Procedure 181

VIDEO SURVEILLANCE

Background

The Division has a responsibility to provide a safe environment, to protect Division property from theft or vandalism and to assist staff in dealing with student discipline matters.

The use of video surveillance equipment on Division property including school buses is permitted in accordance with these procedures.

Procedures

The Division recognizes both its legal obligation to provide appropriate levels of supervision in the interests of student safety and the fact that students have privacy rights that are reduced but not eliminated while under the supervision at school. A recorded tape or digital recording is recognized to be subject to the provisions of the Freedom of Information and Protection of Privacy Act.

1. Use

- 1.1. Video cameras owned by the Division may be installed and used to monitor and/or record at schools and on school buses.
- 1.2. Video surveillance camera locations must be authorized by the principal or the Transportation Coordinator in consultation with the Superintendent or designate.
- 1.3. Before video surveillance is introduced at a site, a report must be provided to the Superintendent or designate describing the circumstances that indicate the necessity of having surveillance at that site, including consideration of less invasive alternatives.
- 1.4. The periods of surveillance of public areas shall be minimized.
- 1.5. Public notification signs must be prominently displayed indicating areas subject to video surveillance. Notice must include information advising the designated staff person who is responsible for answering questions about the surveillance system. Any exception to this, such as for a time-limited specific investigation into criminal conduct, must be authorized by the Superintendent or designate on the grounds that covert surveillance is essential to the success of the investigation and the need outweighs the privacy interest of the persons likely to be observed. Covert surveillance will not be authorized on an ongoing basis.
- 1.6. Video surveillance is not to be used in locations where appropriate confidential or private activities/ functions are routinely carried out (e.g. bathrooms, private conference/ meeting rooms). The Superintendent must authorize any exception to this on the grounds that no other supervision option is feasible and that the need is

pressing and outweighs the privacy interest of the student or other person likely to be observed. Surveillance of such locations may not be authorized on an ongoing basis.

- 1.7. The following sign will be posted on every bus that is adapted to have a video camera:

FOR YOUR SAFETY, YOU MAY BE RECORDED BY A VIDEO
SURVEILLANCE SYSTEM WHICH MAY ALSO INCLUDE AUDIO RECORDING.

- 1.8. Parents will be notified upon registering at a school that students may be monitored by video surveillance.

2. Security

- 2.1. Only a designated staff member or agent of the Division will install video cameras. Only designated staff members or agents shall have access to the key that opens the camera boxes. Only these staff members or agents shall handle the cameras, videotapes, or digital recordings.
- 2.2. Videotapes shall be stored in a locked filing cabinet in an area to which students and the public does not normally have access. Digital recordings shall be stored on computers with restricted access.
- 2.3. Videotapes and digital recordings may never be publicly viewed or distributed in any other fashion except as provided by this administrative procedure and appropriate legislation.

3. Viewing of Videotapes and Digital Recordings

- 3.1. Video monitors used to view videotapes or digital recordings shall not be located in a position that enables public viewing. Recordings may only be viewed by the designated staff members or by parents and students (Note. 3.2 below), or by staff members or agents responsible for the technical operations of the system (for technical purposes only). If a staff member or student is facing any disciplinary action, he may authorize his union representative or advocate to also view the recording.
- 3.2. Parents requesting to view a segment of a recording that includes their child/children may do so. Students may view segments of a recording relating to themselves if they are capable of exercising their own access to information rights under the Freedom of Information and Protection of Privacy Act. Student or parent viewing must be done in the presence of an administrator. A student or parent has the right to request an advocate to be present. Viewing may be refused or limited where viewing would be an unreasonable invasion of a third party's personal privacy, would give rise to a concern for a third party's safety, or on any other ground recognized in the Freedom of Information and Protection of Privacy Act.
- 3.3. Parents may be asked to view a segment of a recording in the presence of the principal.

4. Retention of Videotapes and Digital Recordings

- 4.1. Where an incident raises a prospect of a legal claim against the Division, the recording, or a copy of it, shall be sent to the Division's insurers.
- 4.2. Videotapes and digital recordings shall be erased within three months unless they are being retained at the request of the principal, Superintendent or designate, staff member, parent or student for documentation related to a specific incident, or are being transferred to the Division's insurers.
- 4.3. Videotapes and digital recordings retained under 4.2 shall be erased as soon as the incident in question has been resolved, except that if the tape has been used in the making of a decision about an individual, the tape must be kept for a minimum of one year as required by the Freedom of Information and Protection of Privacy Act unless earlier erasure is authorized by or on behalf of the individual.

5. Review

- 5.1. Each principal is responsible for the proper implementation and control of the video surveillance system at his/her school. The Transportation Coordinator is responsible for the proper use of video cameras on school buses.
- 5.2. The Superintendent or designate will conduct a review at least annually to ensure that this administrative procedure is being adhered to and to make a report on the use of video surveillance in the Division.

Reference: Section 60, 61, 113, 117 School Act
Freedom of Information and Protection of Privacy Act



Calendar 2016-2017

Important Dates:

August

24 – Staff Work Day
25 – System PD
26 – School PD
29 – First Day for Students

September

5 – Labour Day
16 – Staff Work Day

October

7 – Staff Work Day
10 – Thanksgiving

November

7 – Day In Lieu
8 - 10 November Break
11 – Remembrance Day
25 – Staff Work Day

December

21-30 Christmas Break

January

4 – Classes resume
31 – Staff Work Day

February

1 – First day Sem 2
16/17 – Teacher Conv.
20 – Family Day
21 – Staff Work Day

March

24 – Staff Work Day
27-31 – Spring Break

April

14 – Good Friday
17 – Easter Monday
21 – Staff Work Day

May

12 – Staff Work Day
19 – Day In Lieu
22 – Victoria Day

June

23 – Last day for K-9 Students
29 – Last day for Teacher

Staff Work Day	Diploma Exam Start	School Closed for Students
First Day of Classes	Last Day of Classes	Stat Holiday/Breaks/Closures

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

S	M	T	W	T	F	S
	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

S	M	T	W	T	F	S
	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Billy Loutit Triathlon Duathlon



Athabasca, AB

July 16th, 2016 - Kids of Steel

July 17th, 2016 - Standard & Sprint Triathlon*
- Sprint Duathlon*

8am start both days

Swim in Athabasca Landing Pool

Bike on paved highway

Run on Muskeg Creek Trail

Team and Individual Events!

info@athabascatriathlon.com

www.athabascatriathlon.com

Glenda: 780-689-6843

For frequent
updates check
us out on Fa-
cebook at our
"Billy Loutit
Triathlon"

Historical note:

In Athabasca's 1904 Flood, a local Metis mailrunner named William (Billy) Loutit ran from Athabasca to Edmonton with an important message, or despatch, to tell of the town's emergency. Billy made the trip over flooded roads and undeveloped terrain in 16 hours - an hour quicker than the messenger on horseback.



At Enhance Basketball

Academy ...

We offer the highest caliber training aimed at improving both your individual skill level and knowledge of the game.

At Enhance our unique drills and advanced equipment are designed to take your game to the next level. Our specialized training regime will give you a competitive edge over your opponents and help make your school's basketball team.

Our commitment and dedication will guide you to achieve any basketball goal and aspiration you may have.

Innovator

Born and raised in Edmonton, Alberta, Blain began playing Basketball at the age of twelve. He attended Britannia Junior High school, where he made the senior basketball team, all three years. He then attended Jasper Place High School, where he was the only tenth grader to make the senior team. In his senior year at Jasper High School, Blain led the team in scoring, assists and rebounds. He then played for team Alberta in 2000, finishing 2nd place in the national tournament. He was then selected as one of the top 50 players in Canada to attend the Nike all Canada camp. After graduating from Jasper Place High School, Blain was recruited by Brandon University and was named 1st team all-rounder.

Returning back to Edmonton, he attended Grant McEwan University and led the team in scoring, assists, and rebounds and was 2nd in the ACAC in scoring. Blain was then recruited by many universities, and decided to attend the University of British Columbia, where he went on to win 1 Canada west championship and a two time national silver medalist and was 2nd on the team in scoring, as well as 2nd in Canada for 3pts. After Graduating from the University of British Columbia he played professionally in Mexico, China, and Canada. Most recently Blain was Assistant Coach and Head Skills Coach with the National Champion NAIT Oils.



Settled now back in Edmonton with his wife and son, Blain saw the need to establish a program where young basketball players could thrive and improve their basketball skills to gain attention from prospective universities.

WHO CAN JOIN?

Boys and Girls-Grade 6-12

Cost-\$125.00 per Athlete
More than one athlete per family will be \$100.00 an athlete.



LOCATION AND TIME

Edwin Parr Gymnasium
4510-48th Street
Athabasca,AB

June 17, 2016 5-9 p.m.
June 18, 2016 9-12/1-4



the right care
from the right professional
at the right time

aspenpcn.ca

Community Spring Menu - Athabasca

Teenie Community Yoga

April 6 - June 22

Wednesdays - 5:30 pm-6:30 pm

NO CLASS JUNE 8

Multi-plex - Upstairs

This is a great opportunity to experience yoga. Come spend an hour with a local yoga instructor & learn new ways to relax & strengthen the mind and body.

Please bring a yoga mat (some available to use) & wear comfortable clothing. All levels of yoga welcome. \$2 per class

Gym Time with Jon

Are you in grade 10,11 or 12 & want to work out with our exercise specialist? Meet Jon at the EPC gym once a week to learn new ways to work out and set goals.

Females - Monday 3:30-4:30

Males - Wednesday 3:30-4:30

Cost is \$20 for the 8 week session.

Classes start April 11.

Youth Run Club

Youths in grade 2,3 or 4 are welcome.

April 12 - June 2 Tuesday and Thursday

3:45 - 5pm at WHPS.

Cost \$15/ one day a week for 8 weeks.



Contact us:



[780-675-9812](tel:780-675-9812)



athabasca@aspenpcn.ca



www.aspenpcn.ca



[facebook.com/aspenpcn](https://www.facebook.com/aspenpcn)



[@AspenPCN](https://twitter.com/AspenPCN)

Community Running/Jogging/Walking Group

Join us in the Muskeg Creek Trails! Every Wednesday at 5:15pm community members will be meeting at the parking lot on top of the AU hill. We will be hitting the trails at 5:30-6:30pm. This is open to everyone at every level of fitness. There will be help available for anyone looking at starting to run/jog, or increase your running ability.

Starting May 4, 2016. Call to find out more. No cost

Fitness For Life - Seniors

Join Jon LeMessurier at Pleasant Valley Lodge every Monday & Thursday 9:15-10:00am and Get Fit! This is a FREE program and all seniors are welcome.

Other Programs and Services at Aspen PCN:

Chronic Disease Management, Grief and Loss support, Happiness Basics, Health Basics, BreakFree from Tobacco

Aspen PCN programs can also be requested for your workplace.
Call to find out what programs would be best suited for your team.

ATHABASCA LANDING POOL, 4705 - 48 AVENUE, ATHABASCA

2016 SWIM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am - 8:30am	EARLY BIRD LANE SWIM		EARLY BIRD LANE SWIM	LANE SWIM 7 - 8 am	EARLY BIRD LANE SWIM		
8:30am- 9:15am	Deep Water Fitness	Fast Fit n Fabulous Cardio Workout	Deep Water Fitness	Fast Fit n Fabulous Cardio Workout	Deep Water Fitness		
9:30am- 10:15am	Shallow water Fitness		Shallow water Fitness		Shallow water Fitness		
10:30am- 12:00pm		RED CROSS SWIM LESSONS	Family Swim	RED CROSS SWIM LESSONS	Family Swim	RED CROSS SWIM LESSONS	
12:00pm- 1:00pm	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	Facility Rental	Facility Rental
1:00pm- 2:30pm	Available for Private Rental	Available for Private Rental	Available for Private Rental	Available for Private Rental	Available for Private Rental	Public Swim	Public Swim
2:30pm- 3:30pm						Family Swim	Family Swim
3:30pm- 4:00pm	Athabasca Rapids Swim Team	RED CROSS SWIM LESSONS	Athabasca Rapids Swim Team	RED CROSS SWIM LESSONS	Athabasca Rapids Swim Team		
4:00pm- 4:30pm							
4:30pm- 5:00pm		Deep Water Fitness		Deep Water Fitness			
5:00pm- 6:00pm	LANE SWIM	STEP FITNESS	LANE SWIM	STEP FITNESS	LANE SWIM	780 675 5656	
6:00pm- 7:00pm	Tonile Swim	LANE SWIM		LANE SWIM			
7:00pm- 8:00pm			Family Swim		Public Swim	780 675 2797	
						INFORMATION	

2016-2017 Plamondon Minor Hockey Association Registration Form

Player Information: Contact Information:

First Name: Fathers Name:

Last Name: Cell #:

Birthdate*: Mothers Name:

AB Healthcare #: Cell #:

Mailing Address: Home Phone #:

City: Email:

Postal Code: Emergency Contact:

Legal Land Description: Phone #:

*First time registrants must provide proof of birth.

Categories:

Team	Age	Birth Year	Fees	Early Registration Discount**	Description
Canskate	4/5	11/12	\$50.00	\$-	1 practice weekly, very few if any games, focus mainly skating
Initiation	4/5/6	10/11/12	\$300.00	\$150.00	2 practices weekly, exhibition games, tournaments
Novice	7/8	08/09	\$375.00	\$150.00	2 practices weekly, league games, tournaments
Atoms	9/10	06/07	\$400.00	\$150.00	2 practices weekly, league games, tournaments, potential for provincials
Pee-wee	11/12	04/05	\$425.00		2 practices weekly, league games, tournaments, potential for provincials
Bantams	13/14	02/03	\$450.00	\$150.00	2 practices weekly, league games, tournaments, potential for provincials
Midget	15/16/17	99/00/01	\$475.00	\$150.00	2 practices weekly, league games, tournaments, potential for provincials
AA Midget/AA Bantam/AA PeeWee					

** Early Registration Discount will be applied to all registrations received on or before June 21, 2016. Registrations received after this date must pay the full fee. Please note that payment can be postdated to August 31, 2016. If your child is Under-age or Over-age please check this box and the program the child is to be evaluated for.

Please check off any team positions you would be interested in volunteering for:
 Head coach

Manager

Asst. coach

Trainer

safety

General Information

Welcome to the Athabasca Summer Programs. Our goal is to encourage all children to live a healthy, active and fun lifestyle. We will do our best to ensure these goals are reached here at our programs. Each year offers new and exciting opportunities and this year is no different!

Child must bring:

- Bagged lunch with snacks
- Water bottle and hat
- Running shoes
- Sunscreen and bug spray
- Change of clothes
- Other, as needed for programs

Important Information:

- All participants must be six years or older as of December 31, 2016
- Our programs run rain or shine. Please dress accordingly.
- Parents must sign their child in and out of each program. Photo ID may be requested upon pickup.
- All programs are located in the curling rink unless otherwise posted.
- Additional waivers and supply lists are available on our Facebook page, website, or at the Summer Program's office located at the Athabasca Regional Multiplex.
- PLEASE REFRAIN FROM SENDING PRODUCTS CONTAINING PEANUTS TO OUR PROGRAMS! If this occurs, a phone call will be made and an alternative lunch must be provided.

We look forward to having your child or children
in this year's Summer Programs!

For more information, please feel free to call Shalyn Lindballe at
780-675-2967 or email athabascasummerprograms@gmail.com

Check out our Facebook page at:
www.facebook.com/athabascasummerprograms

Athabasca Regional Multiplex Website: www.athabascamultiplex.ca

Participant Information

Child's Name: _____

Date of Birth: _____ Age: _____ Female: _____ Male: _____

Parent's Address: _____

Child's Address: _____

Parent/Guardian: _____

Home Number: _____ Work Number: _____

Email Address: _____

Emergency Contact (Other than Parent): _____

Phone Number: _____ Relationship: _____

Permission to pick up your child (Photo ID may be requested): _____

Alberta Health Care Number: _____

Medical Conditions (Please notify us of any serious allergies at the beginning of each program!): _____

Waiver for Summer Programs 2016

I _____ hereby acknowledge that _____
(Parent or Guardian) (Participant's Name)

is registered for programs or activities organized, operated or sanctioned by Athabasca Regional Multiplex Society.

Furthermore, I _____ do hereby release the Association, its members, officers, directors,
(Parent or Guardian)

employees, independent contractors and agents from all recourses, claims, causes of action of any form whatsoever in respect of all personal injuries or property losses which my child may suffer out of or connected with my child's participation in the programs offered by Athabasca Regional Multiplex Society, notwithstanding the injuries or losses that may have been caused solely or partly by the negligence of the Association or any of its members, officers, directors, employees, independent contractors or agents.

I _____ hereby also allow pictures to be taken of my child during Summer Programs that may be
(Parent or Guardian)

used at the discretion of Athabasca Regional Multiplex Society for promotional purposes.

I _____ hereby allow staff to assist my child in applying sunscreen .
(Parent or Guardian)

Signed _____ Dated _____



**BUY-LOW
FOODS**



Sand 'N Sun

Summer is all about going to the beach. We are going down to Forfar Lake for the day to enjoy swimming, water sports, and hot dogs for lunch.

Date: July 4

Time: 10:00am-4:00pm

Drop off & Pick up: Multiplex

Cost: \$25

Other: Bring a swim suit, towel, sunscreen, and a water bottle.

Additional Waiver

MIGHTY MMA

MMA. It's not about the fight, it's about the discipline. Come train for an afternoon of mixed martial arts with our guest instructor!!



Date: July 5

Time: 10:00am-2:00pm

Drop off & Pick up: Multiplex

Cost: \$20

Other: Wear something you can move in and bring a bagged lunch.

Pottery Party



Calling all Potters! Let's head down to the Athabasca Pottery Club for a day of clay and creativity. Make sure you wear old clothes because this might get a little messy!

Date: July 6

Time: 10:00am-3:00pm

Drop off & Pick up: Athabasca Pottery Club

Cost: \$30

Other: Wear old clothes and bring a bagged lunch with lots of water.

Amazing

Design. Construction. Spatial recognition. These are all skills that a great architect must develop... come ready to face challenges and put your skills to the test!



Date: July 7

Time: 10:00am-2:00pm

Drop off & Pick up: Multiplex

Cost: \$20

Other: Bring a bagged lunch

Architecture



Anne's Fine
Dinning



Serving the Veterans and Community of Athabasca since 1930



Nature Discovery

Our world is full of beauty and adventure. Come explore the Muskeg Creek Trails and discover firsthand what nature has to offer.

We will be playing games and having a picnic lunch.

Date: July 8

Time: 10:00am-2:00pm

Drop off & Pick up: Multiplex

Cost: \$20

Other: Bring a bagged lunch and anything for outside in a backpack.



Fear factor

Get ready to face your fears! This program is bound to get the adrenaline pumping... can you keep yourself in check?

Date: July 11

Time: 10:00am-2:00pm

Drop off & Pick up: Multiplex

Cost: \$20

Other: Bring a bagged lunch



Yummy

Mmm who can resist the taste of perogies? If you are like us, then you won't want to miss out on this scrumptious day of cooking. Learn to cook Ukrainian food and taste your master creations afterwards.

Date: July 12

Time: 12:30pm-5:00pm

Drop off & Pick up: Multiplex

Cost: \$35

Other: Supper is served at 5:00pm. Let us know how many family members are attending supper upon registration.



Ukrainian Cookery

SUPER Scavenger Hunt

I have a riddle with clues in the middle but the answer cannot be found. I'll give you a clue but it's up to you to find what's hiding around.



Date: July 13

Time: 10:00am-2:00pm

Drop off & Pick up: Multiplex

Cost: \$20

Other: Bring a bagged lunch



Dwight Chernish Realtor

Office: 780-675-5511

Cell: 780-689-8020



Colin Piquette, MLA

Athabasca-Sturgeon
-Redwater



CANADIAN TIRE



TransCanada

Wicked Waves

Come make a SPLASH at the West Edmonton Mall Waterpark! Sign up for a day of water fights, waterslides, and facing the forces of the wave pool!

Date: July 14

Time: 8:30am-6:00pm

Drop off & Pick up: Multiplex

Cost: \$55

Other: Bring a swimsuit, towel, snacks & water for the bus, and lunch money.

It's time to tap into your creativity and create some ...

Creative Crafts

All you need to bring is your imagination and be ready to get crafty.

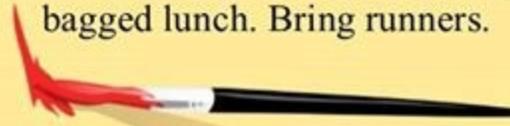
Date: July 18

Time: 10:00am-2:00pm

Drop off & Pick up: Multiplex

Cost: \$25

Other: Wear old clothes and bring a bagged lunch. Bring runners.



Outrageous

It's time to get up and get active! Jump, dodge, run and crawl your way to the end of the obstacle course. Can you make it across?

Come and find out!

Date: July 19

Time: 10:00am-2:00pm

Drop off & Pick up: Multiplex

Cost: \$20

Other: Bring a bagged lunch and anything for outside.

Obstacles

Crazy Camping

Do you love the outdoors and having a great time? Well this camping trip is just for you! Come make new friends and enjoy activities outside at Hope Lake Campground.



Date: July 20-22

Time: 10:00am on Wednesday

- Noon on Friday

Drop off & Pick up: Multiplex

Cost: \$55

Other: Additional supply list & waiver



Serving the Veterans and Community of Athabasca since 1930



Words Work

The Medicine Shoppe



ATHABASCA AUTOMOTIVE

CHUCK E. CHEESE'S

Don't miss out on a fun filled day at Chuck-E-Cheese, followed by popcorn and the new movie Ice Age: Collision Course at Cineplex Odeon Theatres. A pizza lunch will be provided.

Date: July 25

Time: 8:30am-5:00pm

Drop off & Pick up: Multiplex

Cost: \$55

Other: Bring snacks and water for the bus. Pickup time may change due to movie time. Pack a lunch if your child cannot have pizza.

Now it's time for... GAMES AND GLORY!! Come test your wit as you compete in numerous trivia and game challenges to see who will be the finalist on this year's rendition of...



Date: July 26

Time: 10:00am-2:00pm

Drop off & Pick up: Multiplex

Cost: \$20

Other: Bring a bagged lunch

Boys vs. Girls

There has always been a rivalry between girls and guys, and I think we all know which gender really holds the power! Grab your friends and spend the night at the Multiplex to settle this argument once and for all.



Date: July 27-28

Time: 7:00pm-10:00am

Drop off & Pick up: Multiplex

Cost: \$35

Other: Additional supply list

SLEEPOVER

Spectacular SPLASH

Ever wanted to know what it's like to scuba dive and snorkel? Well now you can try it yourself at the Athabasca Landing Pool. This underwater adventure is going to be a splash!

Date: August 2

Time: 9:00am-4:00pm

Drop off & Pick up: Athabasca Landing Pool

Cost: \$50

Other: Bring a swim suit and towel.

Bring a bagged lunch.

Ages 9 and up will scuba dive; 8 and under will snorkel.



GUSTAFSON'S AUTO CLINIC INC.

SELECT EQUIPMENT RENTALS

Branch 103 Athabasca Legion

Serving the Veterans and Community of Athabasca since 1930

Fancy Photography

Most of us know how to take a picture... but not all of us know how to create your own special effects.

Register for Fancy Photography and find out how.



Date: August 3

Time: 10:00am-2:00pm

Drop off & Pick up: Multiplex

Cost: \$20

Other: Bring a bagged lunch

Sports Day

It's time to get up and get active!
Our specialized instructors will teach you a few sporting tricks, while the Summer Programs staff have a twist to teach you on a classic game.

Date: August 4

Time: 10:00am-2:00pm

Drop off & Pick up: Multiplex

Cost:\$20

Other: Bring a bagged lunch



Need to cool down on a hot summer day? There's no better way to do that than have a water fight at the

SPRAY PARK

and go on a slip 'n slide! You don't want to sit this one out!



Date: August 5

Time: 10:00am-2:00pm

Drop off & Pick up: Spray Park

Cost: \$20

Other: Bring a bagged lunch with water and spray park attire

Messy Monday

Monday is about to get MESSY!!
Make sure you are wearing old clothes because even mom won't be able to get the stains out of your shirt after today.

Date: August 8

Time: 10:00am-2:00pm

Drop off & Pick up: Multiplex

Cost: \$20

Other: Bring a bagged lunch and a change of clothes



True Service.

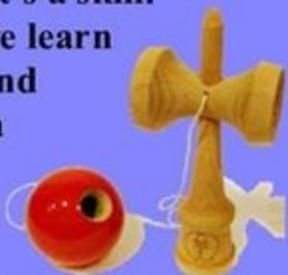


IN YOUR COMMUNITY!

KENDAMA DAY

KENDAMA! This is more than just a toy... it's a skill.

Come join us as we learn some new tricks and end the day with a **KENDAMA SHOWCASE!!**



Date: August 9

Time: 10:00am-2:00pm

Drop off & Pick up: Multiplex

Cost: \$20

Other: Bring a bagged lunch and your kendama (please label with your name)

Ahh... summer is all about kicking back and relaxing. Treat yourself to a spa day and simply... relax. This day is all about...

Just Chilling

Date: August 10

Time: 10:00am-2:00pm

Drop off & Pick up: Multiplex

Cost: \$20

Other: Bring a bagged lunch



Pivotal

Do you love excitement and adrenaline? How about paint? Well this program is perfect for you! Join us for an awesome day at Xcalibre Paintball Park!!

Date: August 11

Time: 8:00am-4:30pm

Drop off & Pick up: Multiplex

Cost: \$55

Other: Bring a bagged lunch and extra money for paintballs (optional)
Additional Waiver

Paintball

Glammin'

No boys allowed; this night's planned just for the ladies! Come show off your karaoke skills and be prepared for a night of glamour and excitement.



Date: August 15-16

Time: 7:00pm-10:00am

Drop off & Pick up: Multiplex

Cost: \$35

Other: Additional supply list

Girl's Night



Branch 103 Athabasca
Serving the Veterans and Community of Athabasca since 1930

BREAKOUT

Time is running out. Between all of you... you have the clues to escape, but can you put all of the clues together before time runs out?

Date: August 17

Time: 10:00am-2:00pm

Drop off & Pick up: Multiplex

Cost: \$20

Other: Bring a bagged lunch



Horsin' Around

Are you crazy about horses? Join us at New Haven Ranch and expand your knowledge of how horses think and behave. This clinic will help grow your equine skills! A BBQ lunch will be provided.

Date: August 18

Time: 8:30am-4:30pm

Drop off & Pick up: Multiplex

Cost: \$55

Boys ONLY

NO GIRLS ALLOWED



Boys get ready for an action packed day doing things all boys do! We've got everything from messy kickball to eating some wacky food.

Date: August 19

Time: 10:00am-2:00pm

Drop off & Pick up: Multiplex

Cost: \$20

Other: Bring a bagged lunch.

Jumpin' Gymnastics

Jumps. Balance. FLIPS!!

Gymnastics is a fun, intense sport! Join the coaches from FLIPS gymnastics at the Agriplex for a taste of what this club really does!

Date: August 22

Time: 10:00am-2:00pm

Drop off & Pick up: Agriplex

Cost: \$20

Other: Bring a bagged lunch



BALAY'S CONTRACTING LTD.
Friendly, professional service
Rob and Cheryl Balay

Branch 103 Athabasca
Legion 

Serving the Veterans and Community of Athabasca since 1930



DOLLAR STORE



780-609-0056



FORE!! Heads up! We're coming your way with the...

GREAT GOLF ADVENTURE

But it's not just regular golf at the Athabasca Golf and Country Club. We will also be going to the Rocky Lane Fairways for disc golf!



Date: August 23

Time: 10:00am-2:00pm

Drop off & Pick up: Multiplex

Cost: \$20

Other: Bring a bagged lunch.

Defying Gravity

If you love heights then this is the perfect program for you. We're going to defy gravity by **rock climbing** and going to the **trampoline park**.



Date: August 24

Time: 8:00am-4:30pm

Drop off & Pick up: Multiplex

Cost: \$55

Other: Bring water and a bagged lunch. Wear socks. Please be on time.

Additional Waiver

Happenin' Hip Hop

It's time to move those feet and shake to the beat! Come learn some awesome dance moves from the Hip Hop crew 27/4 Access Hip Hop!

Date: August 25

Time: 10:00am-2:00pm

Drop off & Pick up: Theatre

Cost: \$20

Other: Bring a bagged lunch



BOWLARAMA



STRIKE!! We're rolling down to the Colinton Bowling Lanes to enjoy some friendly games for the afternoon. Come join us to knock some pins down!

Date: August 26

Time: 10:00am-2:00pm

Drop off & Pick up: Multiplex

Cost: \$25

Other: Wear socks. A pizza lunch will be provided. Please pack a bagged lunch if your child cannot have pizza.



LEARN THE SIGNS

BREAK THE SILENCE

**World Elder Abuse
Awareness Day**

June 15

Alberta

Wear purple on June 15 to support world elder abuse awareness.



Have A Great Summer!

