



# École AGNES DAVIDSON SCHOOL



**May, 2021**

## Dates to Remember

3-Music Monday  
5-Hats on for Mental Health  
10-Student Profiles Due  
11-School Council via Teams (7pm)  
26- 1 School 1 Book Launch  
24- Statutory Holiday  
25- School Based PL (no school for students)  
28-Gr. 2 FI and Gr. 2/3 English Snapshot of Learning

## 2021-2022 Student Supply Lists

Supply lists will be posted on our website at the end of May for next year's supplies. There will be the usual two options.

1. **SchoolStart** (delivered to your home)
2. Individual shopping at local retailers

## School Fees

**Any school fees remaining on School Cash Online are now past due. Thank you for your prompt attention to this matter. Should you require assistance with payment please contact 403 328-5153.**

## 2021 2022 Student Registration

At this time, all returning students (K-4) should have received an email for re-registration from Agnes Davidson School. If you have not yet received your registration, please verify your junk, spam, clutter, etc. Should you still not be able to locate the re-registration in those folders, please reach out to the office at 403 328-5153. Re-registration is extremely important and secures a spot for your child for the 2021-2022 school year.

## New School Bus App

The new bus provider for Lethbridge School Division has an app to provide real-time reporting of school bus locations. To learn more about the Southland Transportation Ltd. MyBusStop app, including how to use it, visit our website: <https://www.lethsd.ab.ca/transportation/mybusstop-app>

To access your School Code, visit the page, and enter the password: **southlandcodes**  
The School Code page can be accessed here: <https://www.lethsd.ab.ca/transportation/mybusstop-app/school-codes>

## Welcome to Kindergarten

Welcome to Kindergarten will occur on June 10th from 5-7pm. Weather permitting, we are looking forward to having a small outdoor gathering with our Kindergarten teachers and a few other staff members. With Covid restrictions in place, our hope is to still provide a time for our littlest students to meet a few staff members and to get excited about Kindergarten.



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**May, 2021**

## Grade 5 Farewell

Our grade 5 teachers are already planning our grade 5 farewell. Due to Covid restrictions no in-person gatherings will occur. We look forward to celebrating and sending off our grade 5 students in a meaningful and thoughtful manner. More information to come in June.

Thank you for your understanding and support.

## Parent Council Meeting

May 11th, 7pm

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)



## Optional Student Profile Form

Click [HERE](#) to access the Student Profile Form. Please email completed forms to [megan.cummins@lethsd.ab.ca](mailto:megan.cummins@lethsd.ab.ca)

**Profiles accepted until May 10th, 2021**

We are excited to announce that Agnes Davidson will be hosting it's first ever One School One Book Virtual Read Aloud! Starting on May 26th, families will get to follow along at home and listen to some of their favourite Agnes Davidson Staff read chapters aloud, which will be shared via Microsoft Teams. And of course, to add to the fun there will be optional activities and questions that can be completed to have your name entered to win some fantastic prizes! If your family would like to follow along with a hard copy book, they will be available for purchase on School Cash Online starting on April 13th. We can't wait to share this book with you- you're going to love it!!



# THE LOOP

MAY 2021



MHCB Wellness Team



## Hello, Lethbridge School Division staff and families!

May is a time of change. The warm sun is finally replacing the fresh cold air.

As the days get longer, we hope you have the opportunity to explore the outdoors. We hope you are finding joy noticing the birds chirping and the city starting to morph from brown to green. May is National Mental Health Month to raise awareness of trauma and the impact it can have on our well-being. Take care.



breathingroom



BreathingRoom™ is an app and program that helps you relax and connect with yourself. It gives you videos to watch, exercises and visualizations to try, music to listen to and even movie and book suggestions. It might be just what you need to figure things out and start building the life you really want.

Created by:



cinim



[mentalhealthliteracy.org](https://mentalhealthliteracy.org) for resources to support mental health and wellness in the classroom.

An invitation from:  
**horizon**  
school division

\*Click on the title of the session to attend the virtual evening sessions on topics to support our children and youth

### Mental Health Awareness Videos and Info Sheets



Children, Youth & Families Addiction & Mental Health

- ▶ [Breaking the Cycle of Anxiety](#)
- ▶ [Behavioral Challenges of School Age Children](#)
- ▶ [Focused and Engaged: Finding Balance Through Self-Regulation](#)
- ▶ [Love, Empathy and Connection: Supporting Mental Health](#)
- ▶ [Play Your Way to Positive Mental Health](#)
- ▶ [Promoting Positive Mental Health and Reducing Stigma](#)
- ▶ [Responsive Interactions: Building Blocks for Healthy Relationships](#)
- ▶ [Sleeping Your Way to Better Mental Health](#)
- ▶ [Technology, Youth and Mental Health](#)
- ▶ [Toxic and Tolerable Stress: Developing Healthy Coping Strategies](#)

May 13 @ 7:00 pm

#### **LGBTQ & Answers: A Conversation about Understanding and Supporting LGBTQ2S+ Youth**

With Jamie Lewis (she/her) FCSS Youth Inclusion Supporter

Meeting ID: 974 1884 7391 Passcode: tL6Z3B

June 3 @ 7:00 pm

#### **Body Image: Prevention, Factors and Outcomes**

With Nikki Roy (she/her) MA, CCC

Meeting ID: 974 1884 7391 Passcode: tL6Z3B

#### **Anxiety in the Classroom**



[CLICK HERE](#) to access a webinar "to help children and youth cope with anxious thoughts and feelings that add to the difficulties in their school days and homework nights".

Need Support?

KidsHelpPhone.ca  
1 800 668 6868

Kids Help Phone

KIDS ACROSS CANADA CAN NOW TEXT  
**686868**  
AND BE CONNECTED TO TRAINED HELPERS



24hr free  
**ONLINE**  
support for  
Albertans

**togetherall**  
.com

**ADDICTION HELPLINE**



**1-866-332-2322**





## Outreach and Education

To Register:  
Call 403-327-5724

[counsellingintake@LFSFamily.ca](http://counsellingintake@LFSFamily.ca)



Prevention starts with awareness.  
Learn skills to step up and speak out about gender-based violence.

Online Workshop  
May 14  
3:00-4:00 pm

Mindfulness  
&  
The Window of Tolerance  
Online Workshop

May 28  
3:00-4:00 pm

Loving  
Yourself

ONLINE PERSONAL GROWTH GROUP

Mondays, 1:30-3:30pm  
May 10, 17, 24, & 31



A Therapy Group for 2SLGBTQIA+  
Individuals

Group Dates:  
12- week online counselling group  
Fridays 9 AM-11:30 AM  
April 30 - July 16



Cultivating  
Strength

Online Personal Growth Group

Wednesdays  
May 5, 12, 19, 26, June 2, & 9

9:30-11:00 am



909 3 Ave N (2nd floor)

For more information or  
to register contact Darcy  
at [d.naldere@familyties.ca](mailto:d.naldere@familyties.ca)  
or call 403-320-8888

art therapy  
group

Youth will have the opportunity to  
learn new coping skills and process  
feelings through art experiences.

IN-PERSON GROUP  
YOUTH 14-18 YEARS  
COST \$25  
(SCHOLARSHIPS AVAILABLE)

## Grandparents Group

Are you a grandparent raising a  
grandchild? This support group for  
grandparents will provide the  
opportunity to talk with other  
caregivers, learn new strategies,  
talk with other caregivers, and  
connect to community resources.

The group meets virtually bi-weekly  
12:30pm-2:30pm

Upcoming dates: May 4 & 18  
June 1, 15 & 29

## HIGH STANDARDS

Virtual 4 week Education Group  
May 6, 13, 20 & 27

Thursdays, 6:30 - 8:30 PM

Ages 15-18 All Genders Fee \$250

Do you find you put a lot of pressure on yourself to be perfect?  
While wanting to be our best self is a great aspiration, it  
becomes problematic when we place unrealistic expectations on  
ourselves. This pressure can lead to feelings of high stress,  
anxiety and unhappiness.

Learn more about how perfectionism impacts our lives and  
discover new skills that can support you in knowing that you are  
good enough, the way you are.

### Co-Facilitators

Kala Beers, MSW, RSW  
Carmen Guenther, B.A., B.Ed., M.Ed Candidate

To register contact True Balance Counselling  
403-327-2333 or [truebalancecounselling@gmail.com](mailto:truebalancecounselling@gmail.com)



## AHS May Newsletters

[Healthy  
Children](#)

[Healthy  
Teens](#)

To register call intake at  
403-382-5278

**Fearless Feathers** is a four session,  
virtual group designed to address  
anxiety in children. You will need  
access to a device able to run the  
Zoom application.

Age  
5-8

**UP Group** is our introductory group  
that offers children and youth  
evidence-based skills to help manage  
many of life's challenges and  
difficulties related to emotions and  
mental health.

**ADHD Parent Group** is a parent group  
focusing on: understanding ADHD,  
working with schools, medication, self-  
care and parenting strategies.

**Self-Compassion Summer Intensive**  
is a therapeutic group that addresses  
various barriers to caring for and  
loving ourselves. It will cover topics  
such as self-trust, building confidence,  
self-acceptance, resiliency skills, and  
self-care. July 5th to 8th or August 3rd  
to 6th

Age  
11-14

Age  
15+

**Positive Sense of Self Summer  
Intensive** is a therapeutic group that  
addresses various barriers in  
distinguishing yourself from others. It  
will cover topics such as self-  
awareness, self-acceptance, identity,  
motivation, gratitude, and what  
influences our self-image. July 12th to  
15th or August 9th to 12th

Age  
11-14

Age  
15+

**Friendship Fundamentals Summer  
Intensive** is a therapeutic group that  
addresses the benefits and challenges  
of modern friendships. It will cover  
topics such as virtual friendships,  
positive communication, healthy  
boundaries, trust, managing jealousy,  
and how to choose friends. July 26th  
to 29th or August 23rd to 27th

Age  
11-14

Age  
15+

**Social Media Management Summer  
Intensive** is a therapeutic group that  
addresses how to positively manage  
one's social media presence. It will  
cover topics such as how social media  
affects anxiety and depression,  
healthy boundaries, virtual friendships,  
usage limits, and what is/isn't helpful  
information. July 19th to 22nd or  
August 16th to 19th

Age  
11-14

Age  
15+





**Big Brothers  
Big Sisters**  
OF LETHBRIDGE AND DISTRICT

Now Offering Outdoor

Go Girls Sessions!!

7 Sessions

Free Program

Girls Ages: 10-14

1-1.5 Hour Sessions

Tuesday or Wednesday After School

Beginning May 11th and 12th

Space is limited.

Provincial Guidelines in place.



Bigs will meet with a group of Littles outside our office. The group will play games together, go to the park, talk about topics such as mental health, self-image, etc.

Also Offering Virtual Programming!

Bigs meet with a group of Littles on Zoom, play games together, and talk about mental health as well as COVID-19 related challenges.

If you would like to sign your child up in any of these programs please email [info.leth@bigbrothersbigsisters.ca](mailto:info.leth@bigbrothersbigsisters.ca) or call us at 403.328.9355

[www.BeBig.ca](http://www.BeBig.ca)



**summer childcare  
& camps!**



Boys & Girls Club  
of Lethbridge & District

University of  
Lethbridge



**Click on the logo for more information!**



**WOOD'S HOMES**  
WORKING FOR CHILDREN'S MENTAL HEALTH  
SINCE 1914

The CORE is a short-term place for young people (under 18) to stay who are not living at home for various reasons, or who are struggling with family or placement conflict. Crisis support is available to youth, parents and/or guardians, and community professionals at any time and/or for resource and referral information.

For more information:  
Phone 403-317-1777  
[www.woodshomes.ca](http://www.woodshomes.ca)

Check out all the  
programs offered at



**DOWNTOWN 403-320-4232**  
**NORTH 403-320-8138**  
**WEST 403-359-8092**

- May 3 Creative Expressions
- May 5 Growing Strong Together
- May 5 Worry Dragons for Parents
- May 6 Parenting During Separation & Divorce
- May 7- Growing Abilities
- May 7 Come Build With Us
- May 7 Plants to Plates
- May 7 Worry Dragons for Youth
- May 11 Big Chef Little Chef
- May 12 Couples That Thrive
- May 18 Parent Cafe

**Family Centre  
provides FREE Youth,  
Adult, Couples and  
Family Counselling.**

**FREE**



Lethbridge Public Library | **CONNECTING YOU**

**INTERNET**



**CLICK  
for more  
info**

**ON THE GO**

Connecting YOU... wherever you are!



**Centre  
for Sexuality**

Click to access  
LGBTQ supports

**Calling All Parents**



Lethbridge Early Years  
Coalition (LEYC) would like  
to invite parents onto our  
Parent Advisory Committee

The LEYC Parent Advisory Committee influences the direction of the coalition and speaks to community needs of families and parents of young children.

Parents and caregivers have valuable and unique perspectives to offer the community.

If you are interested in joining please contact us or visit our website for more information.

**CONTACT US**

[www.lethbridgeearlyyears.ca](http://www.lethbridgeearlyyears.ca)

[lethbridgeearlyyears@gmail.com](mailto:lethbridgeearlyyears@gmail.com)

(403) 634-5601



**Black Youth Helpline**  
BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE

**TOLL FREE 1-833-294-8650**

Black Youth Helpline serves all youth and specifically responds to the need for a Black youth-specific service, positioned and resourced to promote access to professional, culturally-appropriate support for youth, families and schools.



Explore careers with local professionals by attending our LIVE virtual Career Exploration Sessions.

**Engineer- April 28 @ 4:00 pm**

**Dietitian- May 6 @ 4:00 pm**

**EMS Paramedic - May 13 @ 4:00 pm**

**Doctor- May 26 @ 4:30 pm**

[CLICK HERE](#) to register.

- [Accountant](#)
- [Data Scientist](#)
- [Hairstylist](#)
- [Heavy Equipment Technician](#)
- [Operating Room Nurse](#)
- [Parts Technician](#)
- [Pediatric Nurse](#)
- [Teacher](#)
- [Veterinarian](#)
- [Welder](#)



CLICK on the profession to access recordings

Are you in

12?

**CHECK THIS OUT!**



[Know Before You Go](#) is a resource that is intended for Grade 12 students, and the educators who support them, as they transition from high school to post-secondary studies and/or employment. This life skills resource helps students anticipate, identify and navigate situations they will encounter when entering the realm of post-secondary education. It contains information on many topics including paying bills, study skills, roommate issues, identity questions and embedded throughout is how to maintain good mental health and seek help as needed.



WEBINAR



### Making Informed Financial Decisions After High School

This webinar is all about preparing students for the financial decisions they will encounter after graduation. [CLICK HERE](#) to access the pre-recorded session.

**VIRTUAL Tutoring**

for Math and Science  
MNS Tutoring

For more information  
phone

587-597-7377

\$45/session

CLICK HERE for more details



**Indigenous Members in Skilled Trades**

**PRE-REGISTER TODAY FOR THE FREE INDIGENOUS TRADESPEOPLE EXPERIENCE!**

This toolkit that features 5 Days of STEAM content, a Keynote Presentation and "How-To" guides!

### Spring Scholarship Deadlines

[Keyera Energy - Peter J. Renton Memorial Scholarship](#) (May 1)

[Rotary Club Scholarship Rotary Global Grants](#) (May 12)

[Trans Canada Energy](#) (May 15)

[Global Citizen Scholarship Education First: Educational Tours](#) (May 16)

[Learning Matters Education Charity Bursaries](#) (May 30)

[MADD Canada Bursary](#) (May 31)

[Mindful Science Alberta](#) (May 31)



[Nelson Civic Leadership](#) (May 31)

[Bayer Fund Opportunity Scholarship](#) (May 31)

[Stuck at Prom](#) (June 1)

[Advancing Futures](#) (June 1)

[Fraser Institute Essay Contest](#) (June 1)

[Tiessen Foundation Broadcast Scholarship](#) (June 1)

[Learn and Earn Scholarship Program](#) (June 1)

[RAP/ CTS Scholarships](#) (June 30)



**VIRTUAL CAREER SHOWCASES**  
Students can join us online to learn about what their future career could be and how to get paid while earning school credits this summer!

### CAREERS: The Next Generation Programs:

- Information & Communications Technology
- Registered Apprenticeship Program
- Agriculture Pilot Program
- Young Women in Trades & Technologies



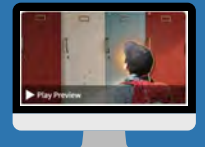
Receive up to **\$3600** to support a student intern

Alberta **YOUTH INTERNSHIP INCENTIVE PROGRAM**

**25! Social YRS! Thinking It**

**FREE WEBINARS**

[CLICK HERE](#) to access **FREE** Pre-recorded webinars



PARENT INFO NIGHT



**May 26  
6:30-7:15**

[CLICK HERE to register](#)

To provide parents/guardians with an overview of what to expect from and for your future post-secondary student.

- addressing concerns
- review the supports we have in place
- provide ideas on how to BE READY to support your youth in their transition into post-secondary education.

This event is open for parents/guardians and students in grades 11 and 12. Attend the event live for a chance to win a gift from Lethbridge College.



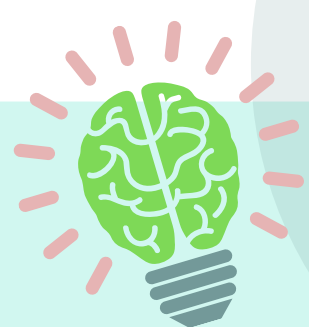
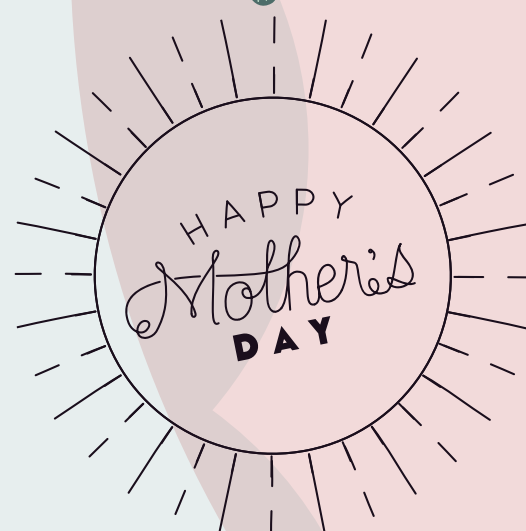


# May 2021

## Apistsisskitsaato'si is Blossom month.

It is the time when the flowers start to bloom indicating a time of preparing. The Niitsitapi in this area spoke of the time the camp began moving out of the winter camp to the sweetgrass hills once they see the buffalo bean and crocus flowers. The blossoming would indicate where the people needed to be at certain times.

–Annette Bruised Head



### Professional Learning

Tomas speaks about his experiences in Education and has important messages for educators. This is a must listen!

Tomas Jirousek, a member of the Blackfoot Confederacy from the Kainai Nation of southern Alberta, graduated from McGill University this past spring as valedictorian after leading a successful campaign against the use of Redmen as the name of McGill's men's sports teams. Tomas is currently studying law at the University of Toronto.

## Mothers Day

To all the mothers in our communities, a sincere Happy Mothers Day! Thank you for doing all that you do to support and advocate for your children.

### *The traditional roles of Indigenous Women...*

- Equity among men and women was essential. Women were highly respected in Indigenous communities and their work was recognized as extremely valuable.
- Women were and are today;
  - Storytellers
  - Knowledge Holders
  - Leaders of traditional gatherings and celebrations
  - Creators of life
- matriarchal duties such as working to keep the peace during disagreements, disciplining other members for not following traditional protocol, keeping the extended family unit closely connected through social gatherings. (Eli, 2013)

*"Women are believed to have a stronger connection to the earth"*

(Eli, 2013)

Women are the first teachers.

Women were men's greatest support- they were not inferior. Women tanned the hides and dried the meat. Women set up and took apart tipi's (Landry, 2017).

Eli, S. K. (2011). Piikanaikiiks: A literary analyses of Blackfoot oral stories and the traditional roles of women in leadership. [Thesis]. University of Lethbridge.

Landry, A. (2017, July 11). The Power of Blackfeet Women. Indian Country Today. <https://indiancountrytoday.com/archive/power-blackfeet-women>.



**We have  
Instagram!  
Follow us @  
lethsdindigenou  
seducation**





# Lethbridge City Hall

City Hall is taking part in National Day of Awareness for Missing and Murdered Indigenous Women and Girls. Watch for the red dress at City Hall.



## WEAR RED TO SUPPORT

May 5<sup>th</sup> as a National Day of Awareness for Missing and Murdered Native Women and Girls.

A congressional resolution to designate May 5<sup>th</sup> as a National Day of Awareness for Missing and Murdered Native Women and Girls has been introduced. Nearly 200 Tribal, State, and National organizations supported this resolution. Will you?

Ideas on how to participate and raise awareness on Friday, May 5<sup>th</sup>:

- ✓ Wear RED on May 5<sup>th</sup> and post a photo on social media with the hashtag **#NationalDayofAwareness** **#MMNWG** **#MMIWNIRWC**
- ✓ Host a community event in your community on May 5<sup>th</sup>
- ✓ Host a prayer circle or candlelight vigil on May 5<sup>th</sup>
- ✓ Post a list of names of sisters missing or murdered from your community
- ✓ Create a living memorial
- ✓ Register at [www.niwrc.org](http://www.niwrc.org) to participate in the National Indigenous Women's Resource Center webinar: *Honoring Missing and Murdered Indigenous Women*



### The Lethbridge and Area Métis MAY PROGRAMMING SESSIONS



If interested please contact the Métis office to register and receive the link to attend sessions. All supplies will be provided for sessions!

Phone: 403-328-7828

E-mail: [info@lethbridgemetis.com](mailto:info@lethbridgemetis.com)

#### MICHIF LESSONS

MAY 3RD, 2021

Learn the beginning basics of one of our traditional languages; Michif!

#### Plant Walk

May 8th, 2021

LEARN ABOUT TRADITIONAL PLANT USE.

## SE7EN STARS YOUTH SOCIETY

### WHEN

- Weekly Cultural Programs: Wednesday 3-6PM
- Elder knowledge transfer: Meet 4 times a month via zoom
- Parents and Se7en Stars smudge: weekly

### WHERE

Lethbridge Friendship Centre  
1708 2nd Ave S, Lethbridge

### AGES:

- 13-19 (ADOLESCENT)

"PROVIDING OUR URBAN INDIGENOUS YOUTH WITH PROGRAMS TO ASSIST ON FINDING IDENTITY THROUGH CULTURE AND CEREMONY"

### CONTACT:

- THE SE7EN STARS YOUTH COORDINATOR TO REGISTER TODAY!
- PHONE: 403-328-2414
- ASK FOR LATOYA HEALY

thank  
.Y.O.U.

A Few Highlights from April...

Hot Topic in April:  
Wolfwillow Seeds!



Mike Mountain Horse's new front foyer display case!

A picture of the schools namesake, Mike Mountain Horse, along with artwork gifted by a parent. Four jars with the four sacred plants, Tobacco, Sweetgrass, Sage, and Cedar, are also pictured.

Do you want the sacred plants somewhere in your school or classroom? Or more information about these plants? Let me know!



General Stewart



Lakeview



Mike Mountain Horse



Agnes Davidson



Métis Dot Art with Plasticine from Coalbanks!





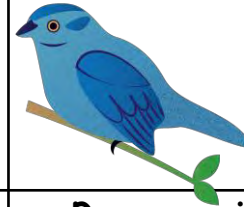
# Outdoor Choice Board

With an adult's permission and help, clean up a trail or park nearby.

Identify weeds around your yard (Click [HERE](#) for common weeds )  
With permission, pull weeds to allow the other plants to thrive.

Go on a photography hike in the coulees. Take pictures of interesting things. Click [HERE](#) for a photo scavenger hunt.

Ride your bike or scooter around your neighborhood.



Make a rain gauge to track how much precipitation we get. Click [HERE](#) for directions.

Go for a walk and identify plants and leaves around your neighborhood. Click [HERE](#) for types of leaves

Go for a walk and identify different birds around your neighborhood. Click [HERE](#) for a list of common birds in AB

Draw a sidewalk chalk obstacle course for others in your neighborhood to enjoy. Click [HERE](#) for ideas.



Go geocaching.

What is geocaching?  
Click [HERE](#) to find out!

Go for a walk and identify different insects. around your neighborhood. Click [HERE](#) for a list of common insects in AB

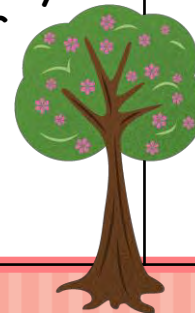
Go for a walk in the coulees. Can you find any Wolf Willow berry bushes? Click [HERE](#) for photos

Go for a walk and identify different flowers. around your neighborhood. Click [HERE](#) for a list of AB Wildflowers.

Evening: Look up at the stars and see how many constellations you can find:  
Click [HERE](#) for Calgary Star Chart

Plant something in the garden or flower bed at your home.  
Flowers, Herbs, Veggies?

Play a game outside with your family. Click [HERE](#) for Ideas!



Identify the clouds you see in the sky today.  
Click [HERE](#) for a diagram of different clouds.