



Great Programs You Can Share at Home With Your Child

We now have access to some wonderful websites for your children to access. RAZ kids is a website with books at your child's reading level and activities to go with them. Go to www.RAZ-kids.com and look for your child's teacher by their last name. Books are set up on a list for each child at their appropriate level. ixl Math is a website of activities which matches the curriculum at your child's grade level. Go to www.ixl.com. Your child's user name is their Student ID# their - password is their computer sign-in name SusanA1234. Math is Grade 1-4. Tumble books which has books that can be read to your child at every level. Go to www.tumblebooks.com Username is parklandvillage and Password is books.

Please enjoy the use of these sites and have your child go into them often.

Tirzah Wolff
Parkland Village School Librarian



Read to or with your
Child Every Day!

**PLEASE RETURN ALL Library
Books, Home Reading
Materials, and LLI Pouches**



**PVS Dance Party
LIVE
Every Thursday
on PVS Facebook Page
@ 10:30 am**



Get Your PJ's on and get comfortable to hear
**PVS Bedtime Stories
With Mrs. Wolff**
Every Tuesday on
PVS Facebook Page
7:00 – 7:30pm

Optional School Supply Ordering Program

We will be offering Write-On-Stationary services to you as an option to purchase your child's school supplies for the 2020-2021 school year.

You will be able to order all the right supplies your child needs through their purchasing program. You will also receive these exclusive benefits:

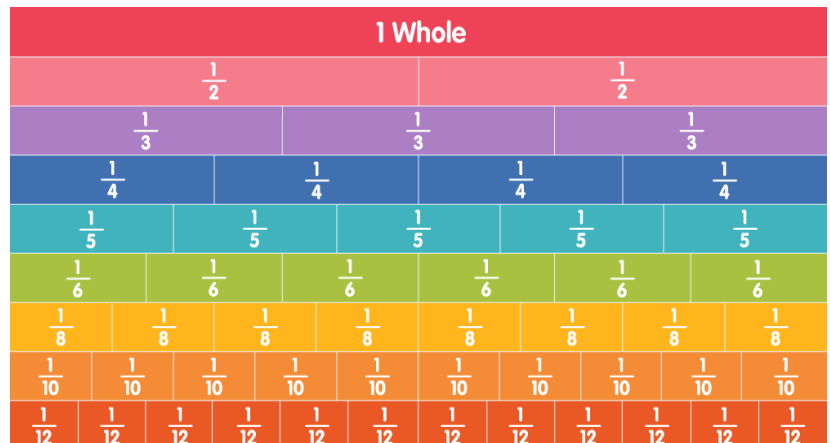
- All items delivered directly to the school.
- Customized lists by your child's teacher ensuring your child has everything they need to start the year right.
- Top quality, brand name products at wholesale pricing
- % of sales are given back to the school to support in-school programs

Go to <https://www.write-on.ca/> website, click on the Parents Order Here menu, type in the school's name, choose the grade for the supply list you need, complete the information. Click on "Add to Order". Complete the checkout info or if you have another child to buy supplies for choose "continue shopping".

Order deadline is July 1, 2020. All supplies will be shipped to the school for the first day. If you want to pick up the supplies from the school beforehand, you are welcome to do so the week of August 24th, office is open 8:00 am - 3:00 pm.

Fractions - How can parents help?

- 1) Never miss a chance to get your child using fractions at the dinner table or when baking in the kitchen.
- 2) Listen and talk to your child about fractions. For ages 4 to 6 this will be about the common fractions - halves, fourths/quarters, thirds.
- 3) As children get older they'll start simplifying and adding fractions - to keep math fun and interesting check out these websites www.ixl.com/ and www.mathsisfun.com/



Take Learning Outside

Article from the Creative Education website - <https://www.creativeeducation.co.uk/blog/learning-outside-the-classroom/>

Spring has finally arrived. When the weather is at its warmest it's a great opportunity to explore learning outside. Learning outside offers a whole host of opportunities you'll struggle to find within the confines of your four walls, I've outlined just a few below.

1. Make learning more engaging

It can be difficult to keep kids on task doing school work. Especially when the weather is nice outside and all they want to do is run around like mad things. Why not take learning outside and let them do just that? Take math outside and have children estimate how long it would take to run, hop and skip across a yard or field. They can discuss it outdoors and graph it back in the classroom.



2. Make learning relevant

By taking learning outside you'll find dozens of opportunities to make learning concepts, real and relevant by putting them into a more realistic context. Many concepts which seem too difficult to get a grasp of are a lot easier to understand in the big wide world when they're set in context, and when the children are more engaged and motivated to understand and learn.



3. Nurture creativity and imagination

Taking kids outside is like unclipping their wings. Suddenly their minds are free to explore and you can often end up with some very creative results no matter what the subject you're trying to teach them. You'll be amazed at how their imaginations run wild – they'll have no end of questions to ask you outside. Answer what you can, but if you are unable to give them an answer, encourage them to look up the answers when it's time to go inside.



4. Develop learning through play and experimentation

We all know that children learn more when they're happy and engaged. It's amazing just how much they can learn through playing. Experimenting is also a fantastic way to learn – very young children learn a huge amount about volume and textures by simple things like sand

and water play, whilst older children will enjoy becoming nature detectives and learning about insects and their habitats.

5. Develop interest in the environment and wider surroundings

Learning outside can give you a great opportunity to learn about the environment and about your local area. This is an important step in becoming responsible citizens and take care of their world.

6. Expose children to new opportunities

Learning outside doesn't have to be restricted to your yard, though this is a great place to start. There are no end of places you can take the children museums, galleries, zoos and farms can be of great interest or somewhere where they can find out how things are made and maybe where their food comes from.



7. Keep healthy

Even if you're just going to work a few feet outside it's great for getting fresh air and exercise.

8. Enjoy almost limitless resources

One of the key benefits of learning outside is that you have the most amazing well resourced stocked cupboard you could hope for – and a lot of it is free. So long as you have a good imagination you'll be able to develop free, meaningful learning opportunities for your children that will stick with them a long time.

Here is a list of 10 ideas for outdoor fun kids of all ages. They're also perfect for getting your children thinking about other activities they'd like to do this summer.

1. Breakfast Picnic

Have a breakfast picnic in your backyard or at a park.

2. Take a "Night Walk"

Wait until the sun goes down. Mix some smoothies and put them in plastic cups. Head out the door as a family and take a walk around your neighborhood. You can also try these [20 Ideas for a Family Fun Night](#).

3. Homemade Horseshoes

Place two sticks in the ground about 20 feet apart. Let your children use real shoes to try to hit the stick opposite where they're standing.

4. Build a Fairy House

Let your children use sticks, moss, leaves, and small items from inside your home to build a fairy-sized house.

5. Penny Toss

- Fill a dishpan, baby bathtub or kiddie pool halfway with water.
- Place an open plastic container carefully on top of the water so that it floats.
- Have each player stand three feet from the dishpan, tub or pool.
- Give each player the same number of pennies.
- Have each player stand three feet from the dishpan, tub, or pool.
- Award a point for each penny that lands in the container.
- The player with the most points after all the pennies have been tossed is the winner.

A child playing alone can keep track of how many pennies land in the container in a row.

6. Potato or Egg Race

- Give each player a large spoon.
- Give each player a raw egg or potato.
- Have players line up at starting line.

Have players race to the finish line, without dropping their egg or potato.

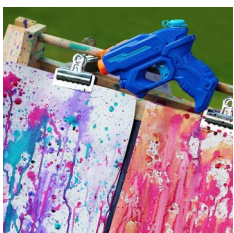
7. Catch Game

This is a game for one or two players. The idea is to throw and catch the ball according to a sequence of tasks. When you miss, you lose your turn and have to start all over the next time.

Here are some tasks:

- Throw the ball and catch it after turning completely around—1 time.
- Throw the ball and catch it after touching the ground—2 times.
- Throw the ball and count to three before you catch it—3 times.
- Throw the ball as high as you can before catching it—4 times.
- Lift your leg and throw the ball under the knee before catching it—5 times.
- Throw the ball and catch it after two bounces—6 times.
- Throw the ball and touch your knees before catching it—7 times.
- Throw the ball and clap hands before you catch it—8 times.
- Throw the ball and catch it after one bounce—9 times.
- Throw the ball and catch it before it bounces—10 times.

After going through the sequence without missing, go through it again using the right hand only, then with the left hand only.



8. Clothesline Art Show

- String a clothesline or rope in your backyard.
- Have your children paint pictures.
- Hang their artwork on the line with clothespins.

Invite friends and neighbors to your art show.

9. Volcano Experiment

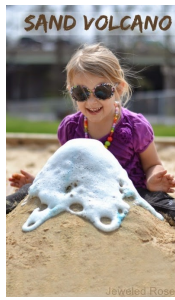
Materials:

- Dirt or wet sand
- Small shovel or spoon
- Two teaspoons baking soda
- White vinegar

Directions:

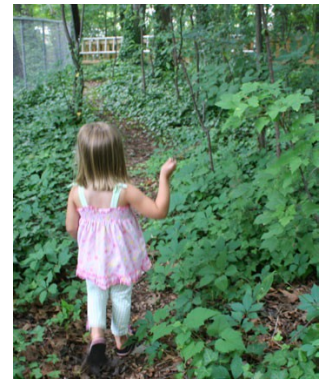
- Build a mound of dirt ten inches high.
- Dig a deep hole in the middle of the mound with a small shovel.
- Put two teaspoons of baking soda in the hole.

Then slowly pour in vinegar and watch your volcano erupt!



10. Listen to the World

This activity can be done inside or outside. Sit beside your child or back to back, and close your eyes. Concentrate on listening to all the sounds around you. Listen to the world. Is the refrigerator humming, a plane flying overhead, the dog barking, or telephone ringing? Say what you hear. Can your child identify all the sounds? Are there any soft sounds? High sounds? Take turns being very quiet and then share what sounds you can hear.

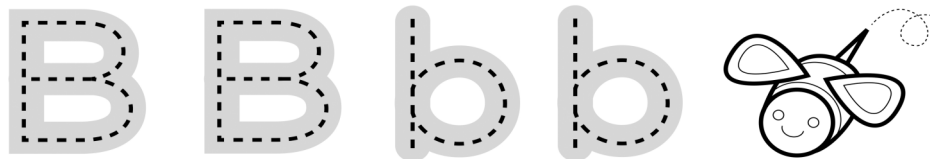
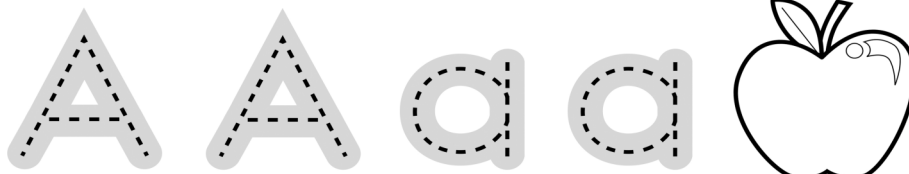


5 Ways to Improve Your Child's Handwriting By Scholastic Parents

Try these activities to build kids' handwriting skills and confidence.

1. **Make Practicing Fun** - Offer your child a special pencil or a rainbow of colored ones. Don't just give her words to copy. Try simple word puzzles, anagrams, a game of hangman, or ask her to brainstorm lists around a theme to give writing practice a purpose.
2. **Encourage Drawing and Puzzle Games** In order to develop the physical requirements of writing - [holding a pencil correctly](#) - guide her to the correct form by resting the pencil on the first joint of her index finger, then have her grasp it with the tips of her thumb and index finger. Her ring and pinky fingers should curl into her palm, posture, control, dexterity, coordination — the more time your child spends manipulating objects, the better. Even using silverware can help him develop his fine-motor skills.
3. **Pinpoint the Problem** Common handwriting problems lie in four main areas: letter formation, sizing, spaces between words, and line-alignment. Focus your child's practice on the letters or concepts that challenge her and make sure she's using two hands to control the paper.
4. **The Right Tools** If your child's struggling with a regular pencil, try a smaller or shorter, kid-sized one. Ensure he has a good eraser handy so he's not afraid of making mistakes.
5. **Writing Outside the Box** A foggy mirror, patch of mud, or bowl of leftover sauce make great surfaces. Whether your child's practicing with his fingers, a stick, or a pencil, inspiring his creativity will lend appeal to writing.

ABC Trace & Color





Work on Writing

Why we write...

To become a better writer
To become a better reader
To work on writing fluency
To work on writing stamina
IT IS FUN!

What students do...

Get started right away
Stay in one spot
Write the whole time
Work quietly



50 Nifty ideas for writing!

1. A Special Birthday
2. I'd like to see...
3. Noisy Times and Quiet Times
4. I like to make...
5. If toys could talk...
6. My Shopping List
7. Big Pets and Small Pets
8. Incredible Insects
9. I'm happy when...
10. How Plants Grow
11. My mom likes to...
12. Friendly Places
13. My Favorite Foods
14. I know a lot about...
15. I wonder why...
16. If I had three wishes...
17. What makes me laugh?
18. What's under my bed?
19. Cooking Dinner
20. My Favorite Game
21. When I Grow Up
22. If I could fly like a bird...
23. The Day it Rained Candy
24. My Favorite Book
25. The Perfect Day
26. The best thing about being a kid is...
27. The last time I cried...
28. The Funniest Zoo Animal
29. Going Grocery Shopping
30. An Animal I Know a Lot About
31. Learning to Ride a Bike
32. If I could be any animal I would be...
33. If I had 100 dollars...
34. Something that scares me is...
35. What I See and Hear Right Now
36. If I were a teacher...
37. If I were the President...
38. If I were an ant...
39. I get mad when...
40. The Worst Food Ever
41. Music makes me feel...
42. My School
43. If I were a shoe...
44. My Hero
45. My Favorite Holiday
46. My dad likes to...
47. If I met an alien...
48. My Best Friend
49. I think babies are...
50. My Adventure



FREE TELEHEALTH FOR FAMILIES

FREE

Psychology At Home Online Group Series

Weekly Online Groups - Drop-in every week for
more connections and support!



PARENTING GROUP FOR HOMESCHOOLING KIDS WITH LD, ADHD, ASD, ANXIETY - 10:30AM TUES'S

A School Psychologist and Certified Teacher provide homeschooling strategies
for Learning Disabilities, ADHD, Autism, & Anxiety. Workable effective strategies!

Register in advance for this meeting:

https://zoom.us/meeting/register/tJUrc-qrjgpHteqh6y_l10Gtdk2MgMXu_ow

PARENTING BEHAVIOUR SUPPORT GROUP - 8PM TUES'S

Weekly Drop-in Online Parenting Groups with a Psychologist and a Board Certified
Behaviour Analyst/Certified Teacher.

Register in advance for this meeting:

<https://zoom.us/meeting/register/vp0lc--spjguBujQVJL5oeUH8IMEy3I19A>



MANAGING A WORLD OF STRESS - TEEN GROUP

Online Drop-in Weekly Group Meetings for Teens (Ages 15-17)
dealing with Stress & Anxiety.

2:00pm TUES'S

Register in advance for this meeting:

<https://zoom.us/meeting/register/tJUrdyurpjOiE9GYICXjfjRLZ0Uu4xb-a1IP>

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Free consults and Individualized supports via phone or online during the pandemic.
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(780) 405-4209

www.littleoakspsychology.com

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About Our
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Services
Online

FREE TELEHEALTH FOR FAMILIES

FREE

Psychology At Home Online Group Series



HOME EDUCATION SUPPORT GROUP - 1:00PM WED'S

Practical tips from a school psychologist and certified teacher on structuring routines, developing executive skills, and supporting the complex learning needs of children with academic or emotional/behavioral difficulties that may impact learning at home.

<https://familylifepsychology.janeapp.com/locations/online-family-support/book#/discipline/2/treatment/7>

CONNECTION BASED PARENTING GROUP - 1:00PM MON'S

Intentional parenting strategies for setting routines, managing emotions, minimizing sibling conflict, and work through day-to-day problems.

<https://familylifepsychology.janeapp.com/locations/online-family-support/book#/discipline/2/treatment/2>



FAMILY CHANGES & GRIEF/LOSS

Support for parents and their children to cope with the emotional and relational impact of changes within the home during this time such as the loss of a loved one, divorce/ separation, and losses related to coping with transitions such as loss of connection from their school support system or other community supports.

<https://familylifepsychology.janeapp.com/locations/online-family-support/book#/discipline/2/treatment/16>

ONLINE DROP-IN WEEKLY GROUP MEETINGS FOR TEENS (AGES 15-17)

Providing practical strategies to develop psychological flexibility to grow in resilience and better cope with the demands of everyday life.

<https://familylifepsychology.janeapp.com/locations/online-family-support/book#/discipline/2/treatment/1>



FREE 20 MINUTE CONSULTATIONS & LOW-COST COUNSELLING

Individualized telehealth supports are also available phone or online for both counselling and assessment services.



**Family Care
Psychology Inc.**

Register for Groups with the links above or
Book Your Free Consult by phone or online:
(780) 963-7451

[HTTP://FAMILYCAREPSYCHOLOGY.COM](http://familycarepsychology.com)

More Details
About Our
FREE
Services
Online



News Release

HelpSeeker - Linking Residents to Services in the Tri-Region

This week, Parkland County, the City of Spruce Grove and Stony Plain Family and Support Services (FCSS) are launching a new free app to support residents in our communities. This is especially needed in this uncertain time of COVID-19. Tri-Region residents, looking for local services, can now use the mobile [HelpSeeker](#) app to search for local organizations offering programs, services and supports.

"Helpseeker is all about connecting those in need with the right service at the right time," states Travis Turner, Co-Founder and Chief Operating Officer of Helpseeker Inc, based out of Calgary, Alberta.

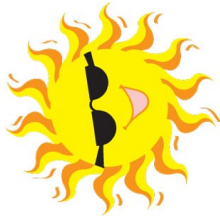
Over 100 communities across Canada currently use Helpseeker to help their residents connect to services in their area. Helpseeker is updated in real-time providing accurate and timely information on services. Examples of supports including mental health supports, social services, crisis helplines, recreation services, food delivery services and most importantly at this time, COVID-19 related resources.

Helpseeker will also help our service providers by providing insight into community needs, identifying gaps and potential partnerships in service delivery to improve our community's health and wellbeing.

"Our region has so many passionate service providers who are actively working to keep our community healthy and strong during this time," states Lisa Gilchrist, Director of Stony Plain Family and Community Support services. "Helpseekers is a great new tool to help our residents and service providers connect."

The app can be downloaded from the [App Store](#) or [Google Play store](#) on any iOS or Android device. The tool can also be [viewed online](#).

A promotional banner for the HelpSeeker app. The background is light blue with a faint map grid. On the left, the text "Download the app to find supports and resources in our community." is written in a blue, sans-serif font. In the center, the word "HELP" is written in large, bold, blue letters, with "seeker" in a smaller, blue, sans-serif font below it. To the right of "HELP" is a green speech bubble containing the text "FIND HELP FAST" in white, bold, sans-serif letters. Below the text, there are two icons: the Google Play logo and the Apple App Store logo. At the bottom of the banner, there are three logos: Parkland County, FCSS, and the City of Spruce Grove.



June 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2 PVS Bedtime Stories With Mrs. Wolff on PVS Facebook Page 7:00 – 7:30pm	3	4	5	6	
7	8	9 PVS Bedtime Stories With Mrs. Wolff on PVS Facebook Page 7:00 – 7:30pm	10	11 PVS Dance Party LIVE on PVS Facebook Page @ 10:30 am	12	13	
14	15	16 PVS Bedtime Stories With Mrs. Wolff on PVS Facebook Page 7:00 – 7:30pm	17	18 PVS Dance Party LIVE on PVS Facebook Page @ 10:30 am	19 Last Day of School	20	
21	22	23 PVS Bedtime Stories With Mrs. Wolff on PVS Facebook Page 7:00 – 7:30pm	24	25	26 Report Cards Go Home	27	
28	29	30	<h1>Have a wonderful Summer!</h1>				
							