



We would like to “Welcome” our Returning Staff and Students to the 2025 - 2026 School Year.

Parkland Village School—September 2025

| | | |
|----|-----------------------|--|
| 1 | Mr. Todd Hennig | Principal |
| 2 | Mrs. Sharon Evenson | Monday/Wednesday/Alt Fridays – Kindergarten |
| 3 | Ms. Lee-Ann Lynds | Grade 1L |
| 4 | Mrs. Chelsea Nixon | Grade 2/3N |
| 5 | Ms. Amanda Parfieniuk | Grade 3/4P |
| 6 | Ms. Rachel Sydora | Grade 4/5S |
| 7 | Mrs. Shannon Auger | Grade 5/6A |
| 8 | Mrs. Tamara Bock | Gym/Music – Monday - Thursday |
| 9 | Ms. Sharmin Shabnam | Counsellor |
| 10 | Mrs. Tirzah Wolff | Library Technician/ Levelled Literacy Intervention |
| 11 | Mrs. Tracy Palmer | Education Assistant - Kindergarten |
| 12 | Mrs. Tammy Sierink | Education Assistant |
| 13 | Mrs. Alison Munn | Education Assistant |
| 14 | Ms. Brenda Brymer | Education Assistant |
| 15 | Ms. Louise Dworak | Secretary |
| 16 | Carl Stapley | Custodian |



Tuesday, September 30th National Truth and Reconciliation Day- NO School

IMPORTANT DATES

Meet The Teacher Night

Please join us on Wednesday, September 10th, at 5:00 to 6:30 pm to meet your child’s teacher for the year, check out the classroom, and see the library.

Parent School Council Meeting

The first meeting of the year is on Wednesday, September 17th at 6:00 p.m. As two of our current parent leaders retired, we are eagerly seeking out parents/grandparents, to help with our School Council/Fundraising Society. Please consider coming out and stepping up... we need you!

Just a Reminder

There are students who wore many kinds of footwear at school, even bringing multiple pairs (sandals, crocks, running shoes, etc.). Please ensure your child has **ONE pair of inside running shoes for the year**, with non-marking soles. This is for safety and works for PE. If there is not proper footwear for PE, your child will not be able to participate. Thanks so much!

2025 - 2026 School Fees

| Grade Level | Parkland Village Field Trip Fee | Parkland Village Swimming Program Tri Leisure | Parkland Village Activity Programs – Tri Leisure/Aerials/Skiing/Outdoor Education | Parkland Village Grade 5 and Grade 6 Young Chefs (Foods) Option Fee * (Pay Separately) | Parkland Village Cultural Events Fee | TOTAL Payable to Parkland School Division |
|--------------|---------------------------------|---|---|--|--------------------------------------|---|
| Kindergarten | 60.00 | - | 40.00 | - | 20.00 | \$120.00 |
| Grade 1 | 60.00 | 60.00 | - | - | 20.00 | \$140.00 |
| Grade 2 | 60.00 | 60.00 | - | - | 20.00 | \$140.00 |
| Grade 3 | 60.00 | - | 60.00 | - | 20.00 | \$140.00 |
| Grade 4 | 60.00 | - | 60.00 | - | 20.00 | \$140.00 |
| Grade 5 | 60.00 | - | 60.00 | 25.00 * | 20.00 | \$140.00 |
| Grade 6 | 60.00 | - | 60.00 | 25.00 * | 20.00 | \$140.00 |

FEES ARE DUE BY MONDAY, SEPTEMBER 29th, 2025

Go to: www.psd.ca, click on PowerSchool and log into your Parent Portal where you can pay fees, view and print student statements and receipts, transaction history, and outstanding fees online. Set-up a payment plan.

Methods of payment include Visa, MasterCard, American Express and Interact Online Debit. We do not have a Debit machine at the school. However, we do accept Cheques that are made payable to: Parkland School Division, and cash can be dropped off at the school. Fees are due by September 29th, 2025.

Bell Schedule

8:00 a.m. first bell
 8:05 a.m. classes begin
 9:40 a.m. recess
 11:40 - 12:15 p.m. lunch recess
 12:15 - 12:35 p.m. lunch
 12:35 p.m. classes begin
 2:35 p.m. students dismissed
 Office Hours: 7:30 a.m. to 3:30 p.m.

Picture Day

Wednesday, October 8th, 2025

LifeTouch will be our photographer for the 2025-2026 school year, shooting individual and group pictures.

Retakes will be Wednesday, November 5th, 2025.

Terry Fox "Fox Trot"



In honour of Terry Fox our school will be participating in the National Run Day on Monday, September 22nd, 2025.

Our goal this year is to raise \$1,000.00. We will be collecting Toonies to support Terry in his challenge, all funds raised will be for the Terry Fox Foundation. We would like to invite all the parents and caregivers to come join us in our "Fox Trot" in the school field starting at 1:30 p.m.

Optional Student Accident Insurance Plan

Supplementary insurance coverage for accidents throughout the entire school year, both on and off school grounds. To apply for insurance, go to: www.kids.ca/apply or call 1-800-556-7411

Parking and Traffic Safety at Parkland Village School

PLEASE SLOW DOWN CHILDREN IN THE AREA

Parents, please help us take extra precautions to keep all our children safe by:

****Parking by the Community Centre, this is our Designated Parking area. ****

(DO NOT park in the staff parking lot or along the East or South side of the school.)

Walk your children across streets.

Keeping all vehicles clear of our school bus loading zone on East side of school.

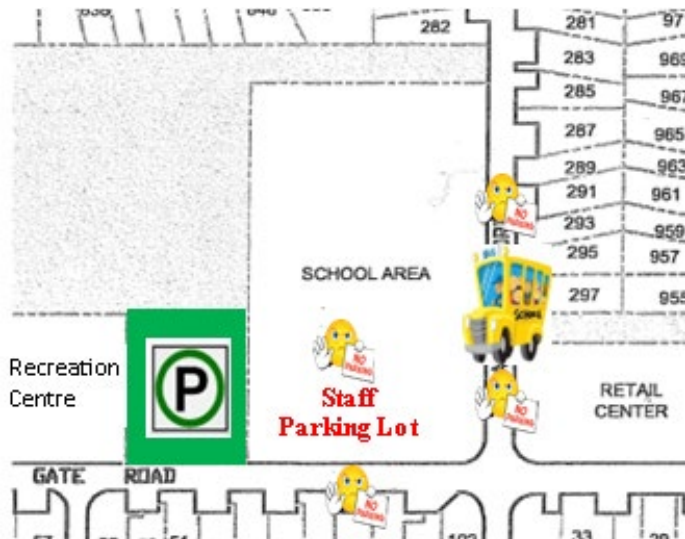
Ensuring your children go to their designated doors where their teacher will greet them and welcome them into the building. (Outdoor supervision begins at 7:50 a.m.)

Only children that arrive late (after the 2nd bell at 8:05 a.m.) are to enter the main doors to check in at the office.

Please respect the NO Parking Signs on the East side of the school and North of the bus loading zone

The Park DOES NOT allow parking on the roadways and remember not to block someone's driveway.

By law enforcement officers are around and will hand out tickets. Please respect the wheelchair access parking space in staff parking lot



Parking is ONLY ALLOWED in the Community Centre parking lot. The map on the left shows the green area where the designated parking is. Please avoid using the staff parking lot as we like to keep children clear of this area.

Children can be difficult to see with cars backing in and out, especially with the narrow parking stalls we have.

Please note the **NO Parking** zone in front of the detached portable on the Southwest side of the school parking lot. This is for emergency access vehicles only.



Family Command Centre

Keep your family and home organized and running smoothly with a family command centre.

Mom... "where's my homework?" Mom... "where's my library book?"

Moms are responsible for so many things and **keeping our family & home organized** is a real challenge. How do we stop the madness every morning? Well, a **family command centre** is a great place to start.

Ok, it might not stop the madness, but it will sure help to **declutter your home and keep everyone organized** so you can concentrate on everything else you have to do during the morning rush.

How great would it be to not have to turn your home upside down trying to locate the kids' homework, lost library books, shoes, etc. What about cutting out all the paper clutter around your home or having a **weekly meal planning menu** right at your fingertips when you need it.

What I love about creating a **family command centre** is that you can customize it any way you want to fit your needs. Not only that, but you can also create your **family command centre** just about anywhere you choose. If all you have is a small nook or corner of a room, then that'll do. If you want to dedicate an entire wall in the entrance of your home or in a mudroom, that works too. Really, the sky's the limit to how you design your home command centre. Pinterest has endless examples of family command centres that you can customize to your space and to the needs of your family.



Sleep: Benefits and Recommended Amounts

By SickKids staff

Learn how sleep improves brain function and mental health and how much sleep your child needs each night.

Key points

- Lack of sleep causes irritability, increased stress, forgetfulness, difficulties with learning and low motivation. Over time, it can contribute to anxiety and depression.
- Sleep time guidelines depend on a child's age. Every child is different, so take time to figure out what works best for your child.
- If your child's sleep routine is disrupted, return them to a healthy sleep schedule as soon as possible.
- See your doctor if you have concerns about your child's sleep patterns.

Benefits of sleep for mental health

Your child's brain needs sleep to restore resources that were used up during the day. A well-rested brain can solve problems, learn the latest information and enjoy the day a lot more than a tired brain. Some areas of your child's brain are even more active while they sleep.

Children who consistently get a good night's sleep:

- are more creative
- can concentrate on tasks for longer
- have better problem-solving abilities
- are better able to make positive decisions
- are more able to learn and remember new things
- have more energy during the day
- can create and maintain good relations with others.

What are the signs and symptoms of lack of sleep?

Not getting enough sleep each night can have negative consequences for your child. These cannot always be erased with extra sleep the next night. Over time, not getting enough quality sleep each night can produce a range of behavioural, cognitive (mental) and emotional symptoms.

Physical symptoms

- Finding it difficult to wake up in the morning
- Falling asleep after being woken up and needs you to wake them again or repeatedly
- Yawning frequently during the day
- Complaining of feeling tired or wanting to nap during the day
- Preferring to lie down during the day, even if it means missing activities with friends or family
- Falling asleep or seeming drowsy at school or at home during homework
- Wanting to consume unhealthy stimulants, such as caffeine or sugar, regularly

Cognitive (mental) symptoms

- Lacking interest, motivation, and attention for everyday tasks
- Increased forgetfulness
- Blurred vision
- Difficulty learning new information

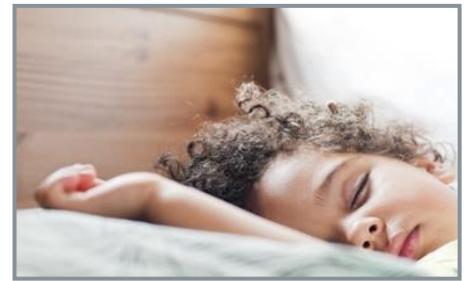
Emotional symptoms

- Increased moodiness and irritability
- Increased impulsivity
- Increased stress throughout the day

When your child owes their mind and body sleep, this is called sleep debt. A large sleep debt (not getting enough sleep for many nights in a row) can result in your child feeling mentally exhausted. It can also worsen the symptoms of any existing behaviour, anxiety and mood disorders such as depression or bipolar disorder.

How much sleep does my child need?

Your child's circadian rhythm (also called their "body clock") is a 24-hour cycle that tells your child's body when to sleep. The body clock is influenced by your child's age; children need less sleep as they get older.



The recommended amount of sleep is simply a guideline, as each child is different. In addition, sometimes your child might need a little more sleep than what is recommended and other times they may feel fine with a little less. Talk to your child and adjust their sleep schedule to find out how much sleep per night works best.

Getting the recommended amount of sleep (e.g., number of hours) as well as maintaining a regular schedule of sleep and wake times is important, especially during stressful times. Some older children and adolescents may maintain 8 to 10 hours of sleep per day but if they go to sleep very late and then sleep through most of the morning, this means they are not receiving the full restorative benefits of sleep.

How to respond to changes in your child's sleep routine






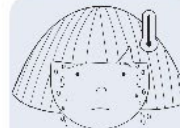
Naturally, there are times when your child's bedtime may be later than usual, for instance on a family vacation or a special occasion. Going to bed a little later than usual is fine once in a while, but it is important to return your child to a healthy sleep schedule right away to give them the best chance of rest and recovery.

Keep in mind too that some children may have a reason to wake up during the night, for instance if they need to use the washroom, experience bedwetting, have a nightmare or tend to sleepwalk. If you are concerned about the number of times your child wakes up, snores or has pauses in their breathing during the night, see your family doctor.

| Age | Recommended amount of sleep |
|---------------------------------------|---|
| Newborns (0 to 2 months) | 16 to 18 hours (3 to 4 hours at a time) |
| Babies (2 months to 6 months) | 14 to 16 hours |
| Older babies (6 months to 1 year) | 14 hours |
| Toddlers (1 to 3 years) | 10 to 13 hours |
| Pre-schoolers (3 to 5 years) | 10 to 12 hours |
| School-aged children - 5 to 10 years | 10 to 12 hours |
| School-aged children - 11 to 13 years | 9 to 11 hours |
| School-aged children - 14 to 18 years | 8 to 10 hours |

BELOW IS A GREAT GUIDELINE TO FOLLOW IF: YOUR CHILD NEEDS TO STAY HOME . . .

Too Sick for School?

| COME TO SCHOOL WHEN | COME TO SCHOOL WHEN | COME TO SCHOOL WHEN | COME TO SCHOOL WHEN | COME TO SCHOOL WHEN | COME TO SCHOOL WHEN |
|---|--|--|---|---|---|
| Cough is mild and infrequent or is related to allergies. | Have a mild rash but no itching and/or fever. | Free from diarrhea and vomiting for at least 24 hours. | Have a sore throat but no other symptoms. | Have infection but began antibiotic drops/ointment at least 24 hours ago. | Fever-free for 24 hours without using fever reducing medication. |
|  COUGHING NOT ALLERGY RELATED |  RASH |  DIARRHEA/ VOMITING |  SORE THROAT |  EYE INFECTION |  FEVER |
| STAY HOME IF Coughing won't stop or having other breathing problems. | STAY HOME IF Have a body rash with itching and/or fever. | STAY HOME IF Experienced diarrhea or vomiting within the past 24 hours. | STAY HOME IF Have a sore throat with persistent cough and/or fever. | STAY HOME IF Eye is red and oozing a yellow or green discharge. | STAY HOME IF Have a temperature of 100°F (37.8°C) or higher. |

Still not sure? Call the school office for help.



SCHOOL LUNCH IDEAS

AUTHOR: MEGAN GILMORE



Here are some school lunch ideas, broken down into categories to help make packed lunches easier. Choose one or more options from each category to fill your lunch box. Feel free to mix and match each day to keep school lunches interesting!



Whether you prepare a week's worth of lunches over the weekend, or pack them the night before, pre-packing lunches brings **new calm to school-day mornings**. **Where possible, pre-assemble school lunches the night before to save time each day.**

Morning minutes are worth ten at any other time of the day!

FRUIT:

Applesauce
Blueberries
Grapes (slice in half if you're concerned about choking)
Watermelon
Strawberries (I slice these in half)
Kiwi (peeled and sliced)
Whole apple
Whole banana (with peel)
Peeled oranges (seedless)

VEGETABLES:

Cucumber (sliced in coins or spears)
Broccoli florets (raw or steamed)
Cauliflower florets (raw or steamed)
Celery sticks (fill with nut butter & raisins for "ants on a log")
Carrots (baby or sliced)
Sweet potato cooked in cubes or slices
Guacamole (technically a fruit, but my children's see it as a veggie)

PROTEIN & HEALTHY FATS:

Yogurt (coconut milk, goat, or cow)
Cheese (shredded, string, or cubes)
Hummus
Nut or seed butter
Edamame
Cooked beans (Chickpeas, black beans, pinto)
Deli Meat (try it rolled up; look for no additives)
Hardboiled egg

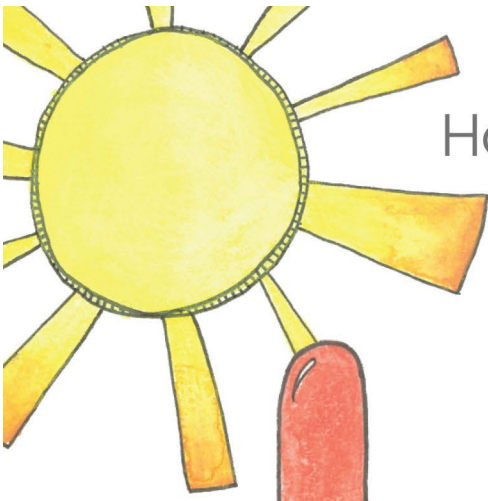
CRUNCHY:

Low-sugar dry cereal like Cheerios'
Whole grain crackers
Crispy chickpeas

Pretzel sticks
Sunflower seeds
Rice cakes
Baked tortilla chips (usually serve these with guacamole)
Pita chips (good with hummus)

HEARTY FILLERS (MAINS):

Muffins
Leftover Pizza
(Cauliflower pizza, English muffin pizza, vegan pizza, etc.)
Steel Cut Oatmeal (if your children doesn't mind eating it cold)
Tortilla roll-up (fill with hummus, avocado, nut butter & jelly, or turkey)
Banana Snack Cake
Homemade Granola Bars (or store-bought)
Date Energy Balls
Homemade Lara bars (or store-bought)
Hummus & Veggie Sandwich (or wrap)
Oatmeal Pancakes
Waffles (add peanut butter for a sandwich or dip)
Black Bean Burger
Egg & Cheese Sandwich
Healthy Granola and Yogurt
Almond Butter & Honey Sandwich
Egg Muffins or Frittata Slice
Quesadilla (for dairy-free, fill with hummus or bean spread)
Pasta Salad
Any dinner leftovers (like spaghetti or plain noodles)



How to Dress for the Weather Guide

Outdoor play is a great way to support healthy growth and development. Opening the doors to outdoor play in all kinds of weather provides children and adults with opportunities to spark their curiosity, leading to wonder, exploration and learning. When children have the right clothing for the season it contributes to them having positive, rich outdoor play experiences that just can't happen indoors. Get outside, be curious, let children lead and have fun!



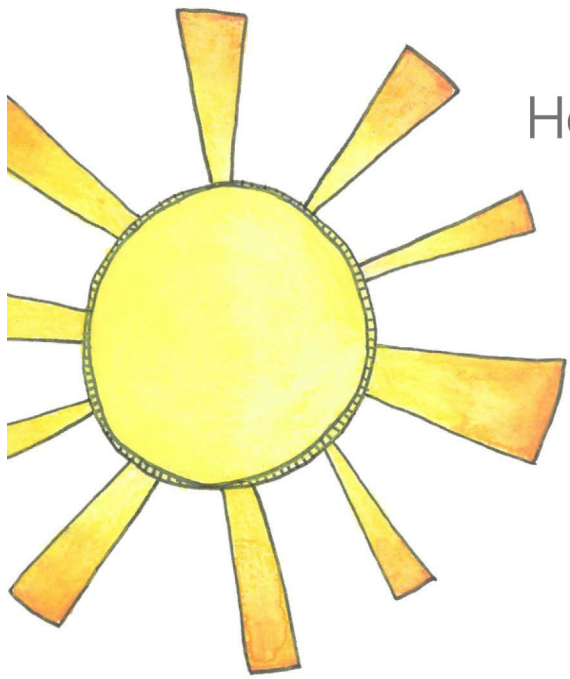
Supporting Outdoor Play Year Round



www.getoutsideandplay.ca



www.befitforlife.ca



How to Dress for the Weather Tips

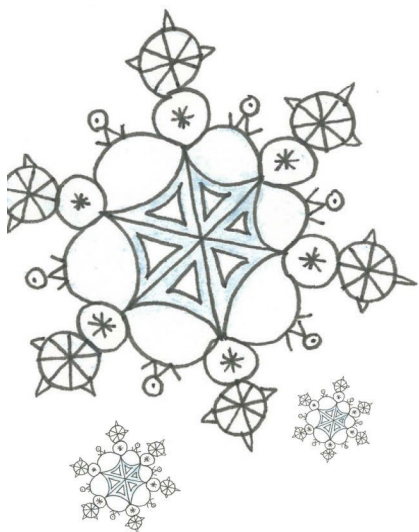
Tips for Hot

- Use sunscreen before going outside
- Wear a hat and sunglasses
- Bring a water bottle to stay hydrated



Tips for Rain and Wet Conditions

- Cotton absorbs moisture and stays wet and heavy. Avoid cotton clothing and socks on colder days
- Wear rubber boots to keep feet dry
- Elastic cuffs on sleeves of a rain jacket and ankles of splash pants keeps water out
- Pull pant legs OVER rain boots to keep feet dry
- Bring an extra set of clothes including waterproof mittens for cold, wet days



Tips for Cold

Dress in layers:

- **Base layer:** closest to your skin, fits snugly and helps wick moisture away. Look for wool or polyester fabrics.
- **Mid layer:** the insulating layer that keeps you warm. Stick to wool or fleece.
- **Outer layer:** protects you from the elements like wind, rain and snow. This layer should be waterproof with enough room for layers underneath.



www.getoutsideandplay.ca



www.befitforlife.ca

We will continue as a school to focus on developing a strong character in all of our students. In this first month of school, we are focusing on teaching about and encouraging the character trait of G.R.I.T. There are 10 characters that can be described as the skills, attitudes and habits we develop that makes both the world and our own lives better.

Character Lab: G.R.I.T.: Why does G.R.I.T. matter?

Excellence sometimes seems like the result of natural talent. But no matter how gifted you are—no matter how easily you climb up the learning curve—you do need to do that climbing. There are no shortcuts. Grit predicts accomplishing challenging goals of personal significance. The paradox of grit is that the steely determination of individuals is made possible by the warmth and support of friends, families, teachers, and mentors. Don't let people you love quit on a bad day.

Character Lab: Gratitude: Why does Gratitude matter?

When you feel gratitude, you feel a sense of abundance. When you express gratitude—especially when it's heartfelt—you strengthen your relationships with others. Grateful people are happier and more fulfilled. And gratitude leads you to be nicer to other people: more cooperative, patient, and trusting.

Character Lab: Purpose: Why does Purpose matter?

Having a purpose is good for both you and the world. It drives you to make positive contributions in line with your own interests and strengths. And this pursuit gives your life direction and forward momentum. It motivates and guides your short-term goals and daily activities. With a strong sense of purpose, you flourish. You enjoy a more meaningful life, are healthier and more resilient to setbacks, live more energetically, and feel good about what you've accomplished.

Character Lab: Creativity: Why does Creativity matter?

When you approach life with a creative attitude, you are more open to new ideas and possibilities, better able to understand others' perspectives, and more likely to seek out multiple solutions to problems. Despite the stereotype of the mad genius, everyday creativity is just as important. You can use it to help you improve your mood and cope with stress, feel more connected with other people and the world— and even help you find meaning and purpose in life.

Character Lab: Self Control: Why does Self-control matter?

Sometimes, what makes you happy right now isn't good for you in the long run. For instance, junk food tastes great but isn't healthy. Self-control powerfully predicts academic and professional achievement, physical and emotional well-being, positive social relationships, and financial security.

Character Lab: Kindness: Why does Kindness matter?

When you act kindly toward others, the benefits go both ways. Small, thoughtful acts—like helping, sharing, listening, or teaching—can change both how you are perceived and how you see yourself. When children are encouraged to be kind, their peers want to spend more time around them. Not only does kindness strengthen social relationships, but it also can show that your choices have an impact and that you have valuable skills (like the ability to make friends). In short, being kind to others is *also* being kind to yourself.

Character Lab: Growth Mindset: Why does Growth Mindset matter?

Having a growth mindset helps you focus on developing your abilities rather than proving how smart or talented you are. Compared to a fixed mindset, a growth mindset encourages you to embrace challenges, sustain effort, and try new strategies—and that's true for both children and adults. Of course, no one embodies *only* a growth or fixed mindset; we are all a *mixture* of the two, and we can learn to recognize what triggers a fixed versus growth mindset. Shown evidence that the brain is like a muscle—something you can strengthen—students adopt more of a growth mindset about intelligence and earn higher grades. Finally, the concept of growth mindset doesn't only apply to

intelligence: If there are qualities you don't like about yourself or others, keep in mind that people can change.

Character Lab: Curiosity: Why does Curiosity matter?

When you're curious about something, you process it deeply, rather than superficially. You also voluntarily spend more time learning about things that spark your curiosity. As a result, you more readily remember what you learn. In general, people who are more curious are happier and better liked.

Character Lab: Proactivity: Why does Proactivity matter?

Initiative-taking people don't accept the world as it is or wait for direction from others to initiate change. Instead, they take matters into their own hands, acting to make the world better for themselves and others. They speak truth to power, take charge to solve problems, and champion new ideas. For instance, there's evidence that proactivity is one of the qualities that distinguished the greatest American presidents from

their peers. And there's also evidence that it's a trait you can develop.

Character Lab: Honesty: Why does Honesty matter?

When you leave your valuables on the lunch table or use a bank account to save money, you're relying on the honesty of others. While it's easy to convince yourself that a small lie is harmless, cheating is a slippery slope: dishonesty breeds more dishonesty. It's important to create environments where it's easier to do the right thing. Honesty builds trust, and trust creates a healthier social fabric.