



WE ARE CENTRAL CYCLONE SCOPE

Feb 8th to 11th, 2021

***PERIOD ORDER FOR FEBRUARY:**

4, 5, 3, 6 - LUNCH - 7, 1, 2*



**Alberta Health
Services**

Child and Youth Mental Health and Addiction Services

*#104, 4920-51 Street
Red Deer, AB T4N6K8*

Phone: 403-340-5274

Understanding and Managing Behaviours

6 Week Online Series for Parents through Zoom

With: Keir Kutney, BSW RSW Behaviour Specialist

Perhaps your child has behaviours you aren't sure how to manage. This series provides strategies for children whose behaviours go above and beyond, and where regular parenting strategies are ineffective.

Week 1: Overview of Behaviour Management

Week 2: Understanding the Disorders

Week 3: Developing Healthy Relationships

Week 4: Learning Through Activities

Week 5: Creating a Behaviour Plan

Week 6: Strategies and More Strategies

Join us online once each week for all 6 sessions!

**Monday mornings
9:30 am – 11:30 am
Starts February 22, 2021**

Please call 403-340-5274 and register your email address to receive the access code and instructions

IMPORTANT DATES:

- Feb 8th: Term 2 (B Days) Begins

NO SCHOOL:

- Feb 12th: Staff Learning Day
- Feb 15th: Family Day
- Feb 16th & 17th: Winter Break
- Feb 18th & 19th: Teacher's Convention

SCHOOL SUPPLIES

Please ensure your student restocks their school supplies in their backpack over the weekend. If you are unsure what they need, click [THIS LINK](#)



Have you traveled outside of Canada, or been in contact with anyone who has tested positive for COVID-19? If so, please contact the school to inform us of return dates and COVID test results.



Please remember to do the following screening with your student(s) prior to sending them to school each morning:

[COVID 19 Alberta Health Daily Checklist For Children Under 18](#)

Click this [LINK](#) for the flowchart indicating what to do if your student is sick.

Click this [LINK](#) for the new school re-entry online assessment tool.

PLEASE INFORM THE SCHOOL IF YOUR STUDENT TESTS POSITIVE FOR COVID-19, OR IF THEY HAVE BEEN A CLOSE CONTACT OF A POSITIVE CASE OF COVID-19



REMINDER TO PARENTS TO CLICK THIS LINK TO YOUR [PARENT POWERSCHOOL ACCOUNT](#) AND LOGIN TO COMPLETE THE [RSVP](#) AND TO SEE YOUR STUDENT'S ASSIGNMENTS AND ASSESSMENTS.

- 1) The areas in RED are NO DROP OFF areas for students. The red strip on 48 Ave is reserved for RD City Transit for picking up our students. Please avoid this area or be subject to ticketing.
- 2) Our parking lot continues to be a NO DROP OFF area between 7:45-8:30 am and 2:30-3:00 pm as that area is reserved for staff from CMS, Central Services and Alternative Programs.
- 3) The areas in BLUE are suitable DROP OFF areas. Note: We have met with the City of Red Deer and have permission for pick up/drop off. Signs in these areas reflect this new reality that has been agreed to by the City and CMS. Please don't leave your vehicle.



LOST AND FOUND

Please have your students check our lost and found to retrieve missing items!



HEALTHY HUNGER HOT LUNCH!

- **Memphis Blues BBQ - Monday, February 22 (order deadline: Feb 17th)**
- **Chopped Leaf - Monday, March 22nd (order deadline: March 17th)**
- **Quiznos - Monday, April 19th (order deadline: April 14th)**
- **The Pizza Boxx - Monday, May 17th (order deadline: May 12th)**

Counseling Corner and Resource Information

February Break

Kersten Johnson, the Community Liaison Worker will still be available for students and parents to contact during the break, with the exception of Feb 17th. Call or text 403-350-4577 between 8am-4pm, or e-mail kersten.johnson@rdpsd.ab.ca

Parent Information, Resources and Webinars

The Community Education Service (CES) Free, public [education sessions](#) on child and youth emotional wellness and health topics. Visit [Current Sessions](#) for a complete list of sessions available.

McMan Family Resource Network

Free Zoom Workshops:

Feb 10: Teenage Anxiety: Supporting teens through life transitions and more

Feb 17: Coping with COVID

Feb 24: Self-Regulation

March 3: Strategies to support your anxious child

Register by e-mailing jessica.boyle@mcmancentral.ca or call 780.312.5422

Alberta Health Services

Understanding and Managing Behaviours

Free 6 week parenting series. Online through Zoom with Keir Kutney: Behaviour Specialist. Starts Feb 22nd, on Mondays at 9:30-11:30 am. Please call 403.340.5274 to register and receive more information.

Food Insecurity:

Salvation Army Backpack Program:

The Salvation Army provides a bag of snacks and small individual meals. This program is for families experiencing food insecurity. Please contact Kersten Johnson for more information.

Mustard Seed Lunch Program:

The Mustard Seed provides lunches for students whose family struggles with food insecurity at home. This program ensures students have lunch for students attending in-school classes. Please contact the school if you would like your child to participate in this program.

Resources

Indigenous Support for Student Learning

A project for Indigenous Students across Canada with limited financial resources. You can fill out an application for a student of any age in formal education (at school or at home) to receive a laptop and accessories to assist with continuing education. Click this [LINK](#) to see if you qualify to apply.

Telus Internet for Good

Internet for \$9.95 a month for 24 months. Available to PWD and AISH recipients and extended to families in need. Click this [LINK](#) for more information.

McMan Family Resource Network

- Family Connection Kits, Anxiety kits & craft kits. Contact Kendal.Buxton@mcmancentral.ca
- Parents with Children ages 0-6, contact Natasha Wilton, Natasha.Wilton@mcmancentral.ca 403-896-6401
- Youth Programs, ages 7-18, contact Kendal Buxton, Kendal.Buxton@mcmancentral.ca 403-896-4131
- Parent Education Programs: Michelle Simon, Michelle.Simon@mcmancentral.ca 403-896-5348