



DAWESOME DETAILS

DECEMBER 2023

Phone: (403)343-3288
Website: ghdawe.rdpsd.ab.ca
Instagram - @ghdawedragons
Facebook - G.H. Dawe School
Link Tree - <https://linktr.ee/ghdawe>

To ensure that you have the most up to date information, please refer to our website calendar. You can access the calendar [here](#).

**Parent Council is
seeking silent
auction items**

**If you would like to donate, please
contact Marija Mladenovic
403-506-6376
mmarkovic.iu@gmail.com**

**Auction to take place during
Christmas at the Dawe**

Common Sense Media has created some [Parent Guides](#) for social media that you may find useful. They have included information on platforms such as TikTok, Snapchat, Roblox, Minecraft, Fortnite, Discord, and Instagram. Check them out!

Christmas at the Dawe will take place on Thursday, December 21 from 5:30-8:00 pm. We look forward to seeing you to celebrate the season.

There will be a one hour early dismissal on Friday, December 22 before Christmas break.

There will be no school on Thursday, December 7 for Parent Teacher Conferences, Friday, December 8 for a staff learning day, Monday, December 25 - Friday, January 5 for Christmas Break. Classes resume Monday, January 8.

Congratulations to our monthly character trait winners - this month's trait was Gratitude.

Winners will be treated to a pizza lunch on Friday, December 1:

- Kindergarten - Kelsie A
- 1E - Kenzie M
- 1T - Hayz W
- 2B - Hafsa S
- 2/3S - Safiya H
- 3P - Redwan H
- 4M - Viera M
- 4/5G - TJ P
- 5P - Chace Z
- 6C - Tayana C
- 6J - Hero D
- 7L - Xaiver B
- 7/8A - Sophie P
- 8B - Tidus B
- Foundations - Sirin A

Please note that the school phone is for emergencies only. It is not available for students to make plans with their friends after school. These plans need to be made before school.

School Safety Patrols provide a very important role in making our school a safe place. Our student patrollers are on duty every day, before and after school, at the intersection of Holt Street and 61 Ave. The street in front of our school can be very busy before and after school; in order for the patrollers to cross the children safely at the 3-way stop, it is important that:

- you encourage your children to cross the street at the patrolled crosswalk corner between 8:25-8:35 a.m. and 3:05-3:15 p.m.
- children and adults crossing at the crosswalk listen to the patrols and cross the street cautiously
- when driving, come to a complete stop at the 3-way stop signs and then look to the patrollers for direction. If their handheld stop signs are out, do not proceed through the intersection
- you park at least 5 meters away from the crosswalk

Thank you for your assistance in keeping all of our students safe!

GH Dawe will be participating in Boston Pizza's Operation Education Promotion this year. If you enjoy a meal at Boston Pizza, please bring your original receipt to the office. We will collect receipts until December 31, 2023. At that time, we will submit all receipts for a 5% rebate on the total bill, before tax. Discounted items and gift cards will be excluded. Thank you in advance for your help to support our school!

Please remember to pack silverware for your child's lunch/snack. While we have emergency silverware in the office, we appreciate you helping the environment (and our budget!) by providing this for your child.

Library fines must be paid and overdue books must be returned before your child can take out more books. Please check your parent portal to ensure all fees are paid. If you have any questions or concerns, please contact our elementary librarian, Linda Ector.

Home reading has started. Please ensure all books are returned in a timely manner (even the paper copies). Thank you for your assistance with this.

Middle School and Bus Fees will be added to your account on September 1, 2023. Please ensure to check your parent portal to pay applicable fees. All Middle School fees need to be paid by the end of the school year and bus fees need to be paid by the end of February. Please feel free to make partial payments to break up the expense - it does not all have to be paid at one time. You can call the office with any questions you may have.

Please check your Parent Portal and ensure that you have completed all of the forms required.

Please keep in mind that we are a scent free school. There have been a number of students coming to school wearing perfume/cologne. We have several students and staff that are sensitive to these scents and react to them. Thank you for your understanding.

If at all possible, please refrain from picking your child up early. Lately we have had several families doing this and it is very disruptive to learning. We understand that sometimes it cannot be avoided. If you know in advance, please let the office know and we can arrange to have your child waiting for you in the office without having to call the class. Thank you for your cooperation.

Our next parent council meeting is Tuesday, December 19 @ 3:30. New members are always welcome. We hope to see you there!

Fandom Friday will be Friday, December 1. Fandom Friday is a band program fundraiser, we encourage folks to wear 'fan gear' of any kind, along with their Dawe Spirit wear. IF someone wants to wear a hat, they just have to pay \$2 and Ms LP's crew of helpers stamp their hand so they can wear it for the day!

Dawe Spirit Days

Every Friday is "Dawe Dragon Day" - show your school spirit! You can wear BLUE or GREY or your Dawe clothes!

Students Must Dress Appropriately for the Weather

With the arrival of spring, it is wetter than it was outside. Please make sure your child(ren) has the proper clothing, including rubber boots and, if required, a change of clothes if they get wet. Unfortunately we cannot keep up with the demand for dry clothing.

If your child rides their bike to school, the bike must be securely locked on the bike racks in front of the school. Please ensure that your child's lock is of good quality. The school cannot take responsibility for damaged or stolen bikes. Your child must wear a helmet!

Alberta Traffic Safety Act, Part 6 Division 5 Section 111 & 112: Cyclists younger than 18 are required by law to wear an approved bicycle helmet. Children in trailers and on trail-a-bikes are required by law to wear an approved bicycle helmet. Adults are strongly encouraged to wear a helmet.

Division News



Did you know...

We offer wrap around services to ensure your child is taken care of. This means supports are in place so that your child reaches their full potential!

If your child is struggling in any part of their day, talk with their teacher. They will be able to get them the support they need.

We are here for you and your family!



Parents and Guardians

**You can take advantage of our
TEXT MESSAGING SERVICE**

Our school utilizes the SchoolMessenger system to deliver text messages straight to your mobile phone with important information on student attendance, school events and other activities.

You can participate in this service just by sending a text message of "Y" or "YES" to our District's short code number # 978338.

You can also opt out of these messages at any time by simply replying to one our messages with "STOP".

SchoolMessenger is compliant with all legislation, so you can rest assured that your information is safe and will never be given or sold to anyone. *Standard message and data rates may apply.





JOIN FOR THE 2023/2024 SCHOOL YEAR

School council provides opportunities for parents to get involved and to know what is happening in their child's school. It's also a place to voice ideas and for families to connect. Become a representative parent voice and make an impact!



Red Deer Native Friendship Society

Red Deer Native Friendship Society
presents

Celebrating Families!

ENROLMENT FOR JANUARY 2024, NOW OPEN!

Scan the QR code below!
Celebrating Families! Is a 16-WEEK educational program for families having trouble because of alcohol and other substances. Celebrating Families helps all members of the family heal and build vital healthy living skills.

FOR MORE INFORMATION CONTACT
SASHA AT:

SASHA@RDNFS.COM
(403) 340-0020

GENEROUSLY FUNDED BY:





WELCOME TO CELEBRATING FAMILIES!™

BY BEING A PART OF THIS GROUP, YOU HAVE TAKEN AN IMPORTANT STEP TOWARD HEALING YOUR FAMILY! YOU WILL BE LEARNING VALUABLE SKILLS AND GAINING INFORMATION. WHEN THERE IS ALCOHOL AND DRUG ABUSE IN FAMILIES, WE LEARN UNHEALTHY WAYS OF LIVING, WHICH OFTEN LEAD TO OUR CHILDREN’S FUTURE ADDICTION, ABUSE, VIOLENCE AND OTHER PROBLEMS. BUT WE HAVE THE ABILITY TO CHANGE THIS CYCLE IN OUR FAMILIES! WE CAN CHANGE OUR LIVES BY LEARNING THE SKILLS NEEDED TO LIVE A HEALTHY LIFE.

CELEBRATING FAMILIES!™ MISSION

TO BREAK THE CYCLES OF ADDICTION BY HELPING EVERY PARTICIPANT BECOME HEALTHY, RESPONSIBLE AND ADDICTION FREE.

SESSION TOPICS – CHILDREN, PRE-ADOLESCENTS/ADOLESCENTS, PARENTS

- SESSION 1: ORIENTATION AND GETTING STARTED
- SESSION 2: HEALTHY LIVING
- SESSION 3: NUTRITION
- SESSION 4: COMMUNICATION
- SESSION 5: FEELINGS AND DEFENSES
- SESSION 6: ANGER MANAGEMENT
- SESSION 7: FACTS ABOUT ALCOHOL, TOBACCO, AND OTHER DRUGS
- SESSION 8: CHEMICAL DEPENDENCY IS A DISEASE
- SESSION 9: CHEMICAL DEPENDENCY AFFECTS THE WHOLE FAMILY
- SESSION 10: GOAL SETTING
- SESSION 11: MAKING HEALTHY CHOICES
- SESSION 12: HEALTHY BOUNDARIES
- SESSION 13: HEALTHY FRIENDSHIPS AND RELATIONSHIPS
- SESSION 14: HOW WE LEARN
- SESSION 15: OUR UNIQUENESS
- SESSION 16: CELEBRATION!

GROUP LEADERS

GROUP LEADER: _____


CONTACT: _____

CO-LEADER: _____

CONTACT: _____


Parent

RED DEER NATIVE FRIENDSHIP SOCIETY PRESENTS



Wahkôhtowin

A Traditional Parenting Program




Wednesdays from
9:30-11:30

Location: 4808 51 Ave

Free on-site child
minding available for
all participants.

For More Information, please contact Sasha at
sasha@rdnfs.com or (403)340-0020





Safe and Caring Childcare Services

Free culturally centered childminding for all participants in the Four Directions programs.

 (403) 340-0020
 sasha@rdnfs.com



Sessions are in person
6:00 p.m. MST
4808 51 Avenue
Red Deer, AB





RDNFS is committed to helping our community restore vital cultural knowledge and reclaim Two Spirit identities.



Join us every Monday at 4:30 p.m. to explore the ancestral roots of gender fluidity and the importance of self determination in expression.

Red Deer Native Friendship Society
4808 51 Avenue

Red Deer, Alberta T4N 4H3
(Ring buzzer for entry)

For more information:
403-340-0020
shannon@rdnfs.com



FIRST NATIONS
HEALTH CONSORTIUM

Red Deer Native Friendship Society Presentation

January 23, 2024 1:00 - 2:00pm

4808 - 51 Avenue Red Deer, AB T4N 4H3



We call all First Nations families in the Red Deer area to come and see the First Nations Health Consortium present on how we assist families with Jordan's Principle requests, Transitioning into Adulthood and Treaty Status Applications!



FIRST NATIONS HEALTH CONSORTIUM LTD.
Enhanced Service Coordination
For Jordan's Principle: A Child-First Initiative



www.abfnhc.com
1-844-558-8748



Pride Interagency

The Nanâtawihowin Two Spirit Program invites all agencies and allies to attend monthly interagency meetings to share knowledge and initiatives related to self determination and expression of identity.

First Tuesday of every month
4:00 p.m.

Red Deer Native Friendship Society
4808 51 Avenue
Red Deer, Alberta T4N 4H3
(Ring buzzer for entry)

For more information:
403-340-0020
shannon@rdnfs.com

Nanâtawihowin Two Spirit Program funding provided by: 

To view the RDNFS October newsletter, please click [here](#).

To visit the First Voices Website, please click [here](#).

Indigenous Bursaries Search Tool, please click [here](#).

Community Events



The Salvation Army Christmas Assistance

Adopt-a-Family
FOR CHRISTMAS PROGRAM

Applications accepted from Nov 1 - Dec 8

Parents & Guardians of children under 18 can apply.

Call 403.346.2251 to book appointment to apply

Required Information:

- Photo ID for each adult
- Proof of income & expenses
- Health care cards for each member of family



Packages will be delivered to your home on **Friday, Dec. 15** between 8:30 & 3:00.
An adult **MUST** be home to receive them.

Female Lacrosse
Come Try it Nights
FREE



All Female Players
between ages of 10-16 across Central Alberta
This is a FREE event to take place over three Mondays in
January at the Collicut Center in Red Deer
Ages U11-U13 January 15,22,29 700-800pm
Ages U15-U17 January 15,22,29 800-900pm
Register using the link on the website
(under camps and clinics tab)

centralalbertalacrosse.com

RED DEER
JUDO



***A SPORT FOR THE
WHOLE FAMILY***

AGES 6 -100 ARE WELCOME TO COME ON OUT AND
TRAIN AT OUR NON PROFIT CLUB, FROM SEPTEMBER
TO MAY WITH OUR NCCP CERTIFIED SENSEI'S

Aka Shika Judo Club
87 Petrolla Drive
Red Deer County, AB
T4E 1B4

For more details check out
reddeerjudo.ca
reddeerjudo@gmail.com
403-357-0799

Youth
at the Y



FREE after-school
drop-in for ages 8–18

▼ Teen Night (ages 13–18):

September - June:
Fridays 6–9pm

▼ Free Food Fridays:

September - June:
Fridays 4:30pm and 7:30pm
**Free for ages 8–18*

▼ Youth Drop In (ages 8–18):

September - June:
Monday–Friday 3–5:30pm

Shine On



Northside Community
Centre YMCA

6391 76 Street
Red Deer, AB T4P 3E9
403 967-9622
ymcanab.ca/ncc



Ages 3–16

REGISTER NOW!

Get in on all the great
programs happening at
the Northside Community
Centre YMCA this fall!

Fall I: Sep 11–Nov 5 | Fall II: Nov 6–Dec 23

- Basketball (6–16yrs)
- Creative Expressions (3–12yrs)
- Kids in the Kitchen (6–12yrs)
- Science Explorers (6–12yrs)

- Sports of all Sorts (6–12yrs)
- Sport Conditioning (13–16yrs)
- Soccer (6–12yrs)

Shine On Northern
Alberta

Learn more and
sign up now at
ymcanab.ca/register





PARA-HOCKEY TRY IT EVENTS

Free for anyBODY

Come down to the Dawe Center
Thursdays from 4:30-5:30 to try out Para-Hockey

CALL RAY WASDAL FOR MORE INFORMATION 403-318-3623



SCAN TO PRE-REGISTER





Outreach Centre

Hope for all.

Legal Information Sessions - Drop In Every Tuesday Morning



Parenting Orders and Child Support

Starts at 9:00 am to 11:00 am - Learn about parenting orders: primary care, shared parenting, supervised parenting, decision-making authority, and the process to apply for mediation or court orders. Also covered in this session is child support, covering who can apply, how it is calculated, and who has to pay.

Spousal Support and Division of Property

Starts at 11:00 am to Noon - This session provides an overview of the process of dealing with division of property, assets and debts, as well as spousal support considerations; is it available, how much, how long and the process to apply for mediation or court orders. These sessions are valuable to those newly separated, considering separation, or are fearful of the court process.

Please note childcare is not provided and to come prepared with a pad of paper and a pen to take down notes as needed.

This is Legal information NOT Legal Advice.

TAMING WORRY DRAGONS

This 7-week program is designed to support children ages 5 - 8 years old as they explore and understand their feelings of anxiety, fear, and worry.

Parents are required to attend the concurrent parenting group focused on helping parents understand and support their children.

This program is not designed for children with a diagnosis.



WEDNESDAYS

JAN. 10 - FEB. 21, 2024
6:00 - 7:30 PM

\$95/CHILD
(no siblings)

5409 - 50TH AVE.

Register online at
www.fsca.ca
For more information please call
403 - 343 - 6400



GIFTS FOR GRANDPARENTS

Help make Christmas brighter for isolated seniors this holiday season.

We will gratefully accept donations of:

- * **Lightweight blankets**
- * **Boxes of cookies** (small tins/boxes only)
- * **Chocolates** (small boxes)
- * **Candy** (including Diabetic)
- * **Crackers** (small boxes)
- * **Large Print Word Search/Crossword with Pens**
- * **Cash/Grocery Store gift cards**

Gifts will be delivered to seniors in our community who will benefit from your generosity this season.



Donations can be dropped off at:
FSCA Main Office - 5409 50 Ave



**Last day for donation drop off:
Dec. 13**





AHS

We at SPARC Red Deer were nominated for the [Central Alberta Leadership in Health Awards](#), specifically in the esteemed category of Healthy Kids.

We are honoured to receive this nomination! If you wish to support SPARC, we invite you to cast your vote by clicking this link:

<https://theexpo.ca/2024-central-alberta-leadership-in-health-awards/>

The voting period will conclude on January 15th at 11:59 pm. Every vote matters, and you may vote one time every 24 hours.

Thank you for your support every day in sharing the message of positive youth development with us! It’s all because of our volunteers, community supports and stakeholders that we are able to do what we do!

On behalf of SPARC Red Deer, thank you.

Addiction & Mental Health News

December 2023

What are the “winter blues” or seasonal affective disorder?

Seasonal Affective Disorder or SAD occurs in up to 17% of people, and often is seen in more than 1 family member. It is a type of depression that usually happens in the colder months, when the days are shorter.

Winter blues impacts about 15% of Canadians and involves a lower mood or waves of emotions in the colder months.

These tend to be more common in adults, but can still show up in children and youth. If you see signs in yourself or your children, speak to a healthcare provider.

Ways to combat “winter blues”

If you notice your children have lower moods in the winter, there are some strategies that may help:

- Open curtains and allow natural light in your space
- Spend time outdoors and get fresh air
- Get regular exercise and eat healthy food
- Talk to a doctor or a therapist
- Ask your doctor or pharmacist about vitamin D supplements
- Help your child understand what increases their stress and how they can better manage it

Ways to combat “winter blues” as a family

- Watch a funny show or movie together; make a night of it!
- Put on your favourite music and have a dance party
- Make a winter bucket list, come up with some activities the whole family is interested in
- Try new recipes
- Create new family traditions
- Have conversations and check in with each other if you notice any changes in behaviour

MORE RESOURCES

[Winter Blues and SAD](#)

[Parent Information Series | AHS](#)

[Mindfulness for Kids](#)

Stress Busters

Stress can impact your overall mood and wellbeing. If you notice yours or your children’s moods are fluctuating in the cold winter months, you may need to take extra special care. This could include things like:

- Deep breathing strategies
- Try “mindful crafts” or “stress reduction crafts for kids”
- Mindfulness strategies like focusing on your 5 senses (5 things you see, 4 things you touch, 3 things you hear, 2 things you smell, 1 think you taste)

Information on mental health, community supports, programs and services in your area:

>

MyHealthAlberta.ca

Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-301-2642

811

Health Link
Health Advice 24/7

Alberta Health Services



Smile!

The Canada Dental Benefit is available for children under 12

Find out how eligible families with an income under \$90,000 can get up to \$650 for dental care.

Canada.ca/dental





Government of Canada

Gouvernement du Canada





QuitCore

Join QuitCore

AlbertaQuits group support program



Free, convenient, personalized support to quit tobacco.

QuitCore is a FREE group support program led by a trained counsellor.

Make new friends, share stories and tips, and celebrate milestones together.

Support when you need it most

Start Date: **October 18th – November 22nd, 2023.**
Wednesday Nights for 6 Weeks

Time: **6:30 p.m. – 8:00 p.m.**

Location: **Johnstone Crossing Community Health Centre**
300 Jordan Parkway
Red Deer, AB

To register please send your name and phone number, with subject “QuitCore registration”, via email to rdtobaccosupports@ahs.ca

Or call 1-866-710-QUIT (7848)

Participants are eligible for Nicotine Replacement Therapy funding, & where medically appropriate, prescription cessation medications funding.



AlbertaQuits.ca
Call toll-free
1-866-710-QUIT (7848)
to join the upcoming group in your area.



Alberta Health Services

BrightSpace



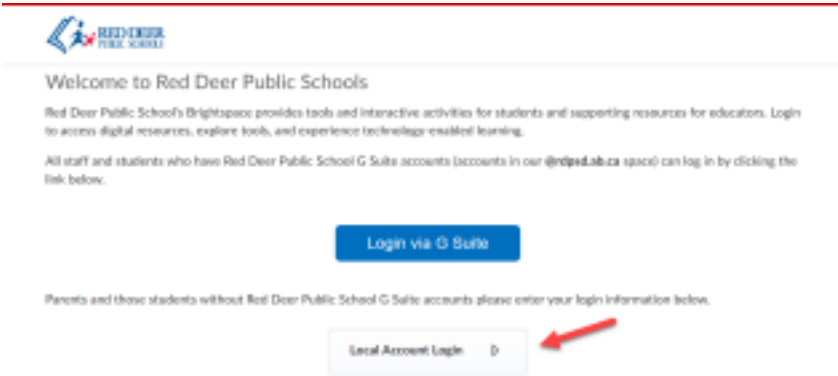
Brightspace for Parent & Guardian

Brightspace Parent & Guardian allows parents and guardians to log in to Brightspace Learning Environment to see notifications from their child's classroom activity feed, dates for upcoming assignments and quizzes, portfolio items, and recent grades (if the teacher records grades in Brightspace). Parents may also sign up to receive weekly email notifications of their child’s activity in Brightspace.

Note: Red Deer Public Schools (RDPSD) and your child’s school may not be using all of the tools associated with Brightspace for Parent & Guardian. This may affect what is visible when viewing student information.

To Log In as a Parent or Guardian on a Web Browser

- 1) Go to the [RDPSD Brightspace login page](#)
- 2) Choose **Local Account Login**.



- 3) When visiting for the first time, you will enter your PowerSchool Parent Portal username, then click on **Forgot your password?**



- 4) Instructions to set your Brightspace for Parent and Guardian password will be sent to the email address on file in PowerSchool.

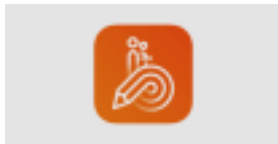
- 5) Navigate back to our main [RDPSD Brightspace login page](#).

- 6) Enter your username and password to view all RDPSD students linked to your parent/guardian portal account.

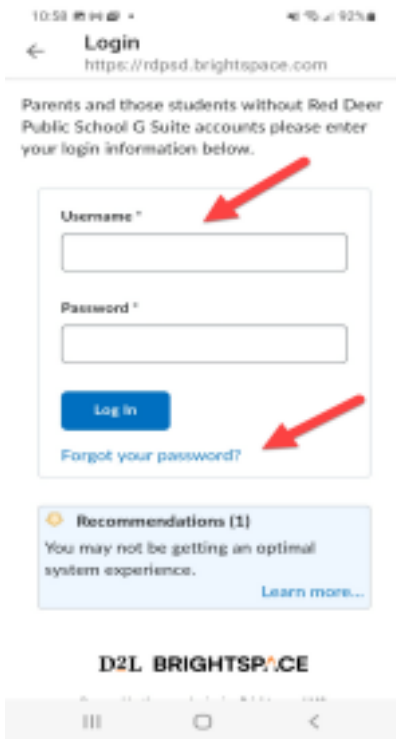
Note: You will ALWAYS use your PowerSchool Parent Portal username to access Brightspace Parent & Guardian, **but your password may be different from PowerSchool**. Please note this when you set your password the first time you access Brightspace Parent & Guardian!

To Log In on the Brightspace for Parent and Guardian App

- 1) On your mobile device, download the **Brightspace for Parent & Guardian** mobile app from the Apple or Google Play store.



- 2) Open the app, search and select **Red Deer Public Schools**.
- 3) On the Brightspace Login page navigate to the section labelled for parents (You may need to scroll down below the blue Login Via G-Suite button.)
- 4) When visiting for the first time, you will enter your PowerSchool Parent Portal username, then click on **Forgot your password?**



- 5) Instructions to set your Brightspace for Parent and Guardian password will be sent to the email address on file in PowerSchool.
- 6) Navigate back to the main RDPSPD Brightspace login page.
- 7) Enter your username and password to view all RDPSPD students linked to your parent/guardian portal account.

Note: You will ALWAYS use your PowerSchool Parent Portal username to access Brightspace Parent & Guardian, **but your password may be different from PowerSchool.** Please note this when you set your password the first time you access Brightspace Parent & Guardian!

To Receive a Weekly Summary

Parents can choose to receive weekly emails on Saturday mornings. When enabled, one email summary is sent per child per week.

Set up weekly emails the first time you log into Brightspace

- 1) The first time you log into Brightspace as a parent, a pop up will ask if you would like to receive a weekly notification email.



- 2) Click the **Confirm Email Address** button to continue.
- 3) Open your email to confirm your address. After this step is completed, weekly summaries will begin on the following Saturday.

Set Up or Stop Your Weekly Emails at Any Time

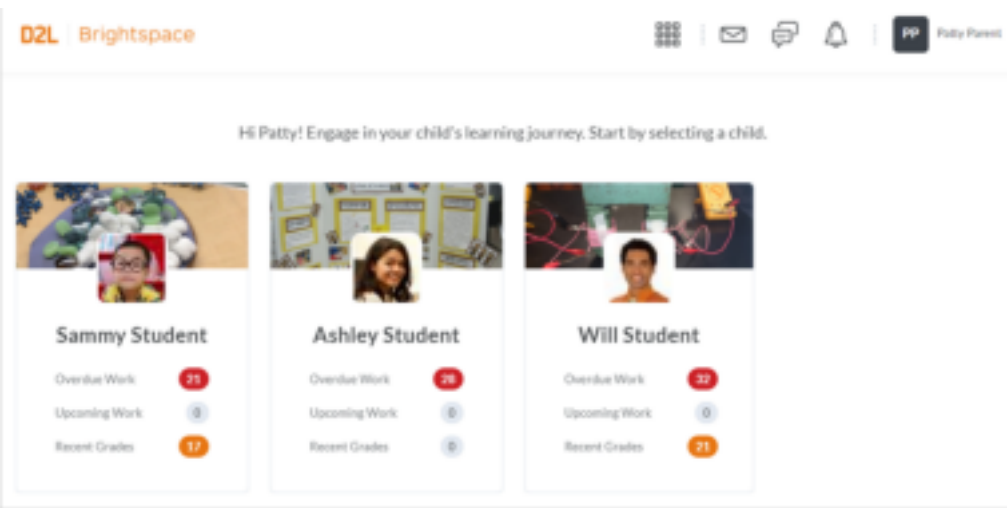
- 1) Log into our [RDPSPD Brightspace](#) on a web browser using the Local Account Login.
- 2) Click your initials at the top of the screen and select **Notifications**.
- 3) Scroll down to double check the listed email address.
- 4) Check **Yes, email me a summary** to receive weekly email summaries, or uncheck it to stop the emails.



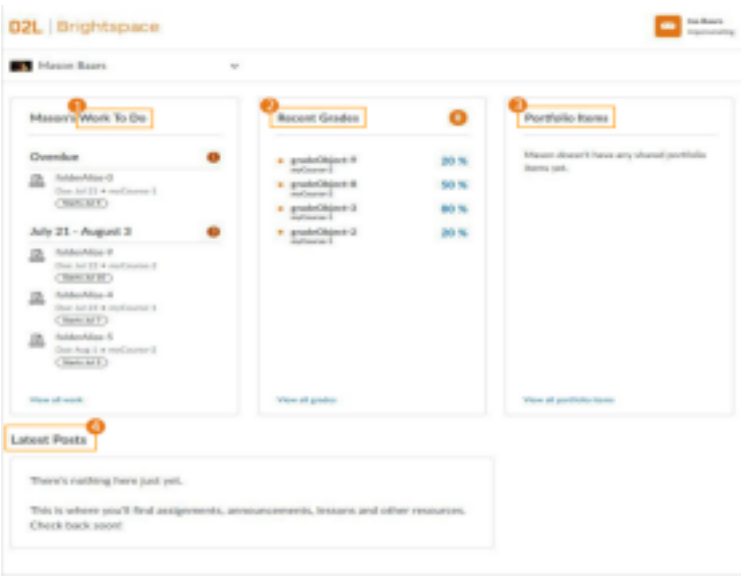
Note: The Brightspace Pulse app referenced on the notifications page is for teacher and student use, **not** parent/guardian use.

View my Child’s Information

Once you have logged into the Brightspace learning environment, select the learner whose information you would like to access. Please note that if you are only linked to one student, Brightspace will take you directly into the Student Dashboard, which displays more detailed information.



Once you’ve selected a learner, the Student Dashboard will display;



- 1) **Work to Do** (a summary of assigned learning activities from all courses that are overdue or have an upcoming due date or end date within the next two weeks).
- 2) **Recent grades** (Only if the teacher records grades in Brightspace). Please note that this section is optional that your child’s official grades will always be recorded on PowerSchool..
- 3) **Portfolio** (widget displays the student's 2 most recent portfolio items).
- 4) **Latest Posts** (aggregate list pulled from all classroom activity feed posts).

The same tools are available by selecting a learner, then swiping through on the Brightspace for Parent & Guardian App.

