

Mustang Weekly Round Up

Quick Links

Powerschool

School Website

Looking Ahead

May 26- Hip Hop (Gr. 1&2)

May 28- Assembly @ 8:30am kinder presenting, Hip Hop (Gr. 3-5)

May 29- Gr. 2 C field trip City Hall, Kinder field trip Sunnybrook farm, Cheer

June 2 - Hip Hop (Gr. 1 & 2)

June 3 - Gr 4 & 4/5C field trip to Sports Hall of Fame

June 4 - Hip Hop (Gr. 3 & 5)

June 5 - Bike Rodeo, Cheer

We would love your feedback!

The Division Satisfaction Survey is now open and will remain open until the end of the day on Friday, June 13th. Please use the following link to complete the survey. If you have any questions please let us know. This information may be useful when completing the survey.

Yellow Busing for next school year

If your child would like to ride the yellow bus next school year, please be sure to log into Powerschool/School Engage and complete a 25/26 Charter Transportation Application before June 15th to avoid late fees. Contact the school if you have any questions or need to check if you qualify for busing.

School Start Supplies for next school year can be ordered now! Click below before June 13th to order and get entered for prizes!



Contact Us

Phone 403-343-8958

Attendance Line 403-343-8956

School Office Hours 8:00-3:30

Principal- Deanne Good , Vice-Principal-Kati Ramsden

Information for Students in Hip Hop

We're thrilled for our Year End Show, Wrap It Up at the Memorial Centre , happening on June 7, 2025! We have CEBO coming from New York to MC this showcase! This is a fantastic opportunity for our afterschool dancers to shine on stage with an unforgettable night of dance and hip hop. Here are the key details for the event:

- Arrival Time: Dancers should arrive at the Memorial Ctr between 5:00 PM and 5:15 PM. Show starts at 6pm.
- Entry: Dancers please use the CAT doors to access the backstage area.
- Attire: Dancers are required to wear their team t-shirt (provided) and blue jeans. Hair styled however they want, a bit of blush and lipstick for the girls helps for stage lighting.
- Performance Schedule: Our dancers will perform in the first six numbers of the show. After these performances, there will be a short 5-minute break, allowing dancers with tickets to join the audience and watch the rest of the show.

While watching the show is optional, we highly encourage you to purchase a ticket for your dancer to enjoy the full experience from the audience, as waiting backstage can sometimes feel long. Tickets are available at:

<https://www.showpass.com/poundit2025/>.



Bike Roadeo

Thursday June 5, 2025 Grades 1-5



What is a bike roadeo?

The goal of a bicycle roadeo is to provide an opportunity for the participants to learn, practice, and demonstrate their bicycle handling skills in a fun, noncompetitive atmosphere. (braking, turning, balancing/gliding, maneuvering around obstacles, stopping)

SCHEDULE

8:30 - 9:00 - Grade 5	4G, 4/5C & Gr5s will lock their bikes up at the bike racks.
9:05-9:35 - Grade 4	Grades 1-3 & 4L will park in the gym - bring their bikes to the back door of the gym at drop off.
9:40 - 10:10 - Grade 3	Look for your classroom sign, and park your bike accordingly. Teachers will be there to greet you.
RECESS	
10:35 - 11:05 - Grade 2	
11:15-11:45 - Grade 1	

Helmet required to participate!



Mental Health Promotion & Addiction Prevention

Mental Health
& Addiction
Services

Updates from Your Local Health Promotion Facilitator

Rania Page
403-896-9431
Rania.page@recoveryalberta.ca

Upcoming Events

2nd Annual FREE Community Better Walk/Run – Saturday, June 14, 2025

All ages and abilities welcome to walk, run, or roll 1km, 3km, or 5km. Enjoy a Passport to Wellness, BBQ, kids' activities, and great prizes!

Join the **June ParticipACTION Community Challenge** – as an individual or with your school! Register by May 31 to enter your school in a \$500 draw. **Red Deer Bonus:** Email denise.fredeen@recoveryalberta.ca with your school's June activity plan to win one of two \$250 Sport Chek gift cards!

Sample of Workshops Offered

Wellness Exchange – Skill-building workshops to help adults cope with change, build resilience, and boost well-being. Attend one or all. Topics: Problem Solving, Positive Activities, Managing Reactions, Helpful Thinking, and Healthy Connections.

Mental Health Literacy for staff and parents – Learn about mental health, adolescent development, mood and anxiety disorders, ADHD, substance use, treatment options, and ways to support mental well-being.

D-Stress – A basic look at stress, how to recognize when it's harmful for our health, and how to create a personal stress-reduction action plan using simple techniques.

Helping Kids Grow Up Great (for staff, parents, coaches) – Learn how building the 40 Developmental Assets helps kids grow into caring, healthy, and responsible adults – and how you can make a difference.

www.recoveryalberta.ca

Updated: April 2025



Developmental Relationships (for staff, parents, coaches) – Explore 5 key elements that strengthen relationships and help youth thrive.

Opportunities

- An Influential Generation - we train high school youth to be 'influencers' and deliver presentations to students in Grades 5–9, sharing facts about vaping and encouraging a nicotine-free lifestyle.
- Monthly school newsletters for parents (mental health promotion & addiction prevention themes).
- Information/resources for Parent-Teacher Interviews, Meet the Teacher Night, or other family events at the school.
- Going Home Reflections Toolkit - This toolkit is intended for use by all school staff. The toolkit offers instructions, practical strategies, and resources to maintain and promote staff mental wellbeing and work-life balance.
- Free lesson plans, resources, consultation and capacity-building. Topic examples: tobacco/vaping, mental health, addiction and stress. www.recoveryalberta.ca

Resources

recoveryalberta.ca
sparcreddeer.ca
ahs.ca

SUMMER CAMPS

Bot Basics and Beyond: Your Introduction to Bot Programming



July 21 - 25, 2025

Lacombe Composite High School **OR**
Red Deer & District Chamber of Commerce - **SOLD OUT**

August 11 - 15, 2025

Lacombe Composite High School **OR**
Centre for Social Impact: 5th Floor,
Downtown Red Deer

Ages: 9 - 12

Register now at
10peaks.ca/camps



TenPeaks



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START YOUR JOURNEY TO
PROGRAMMING AND
DESIGN THINKING!**

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