



***THE COMMUNICATOR***



**Welcome to the October 2023 edition of The Communicator**

**October 5, 2023**

**Grande Prairie Public School Division, Crystal Park School**

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## ***Message From The Principal***

Happy October!!! I am not sure how I feel about October. I love the changing colours of the season, but I also know that means "Winter is Coming!" Understanding, of course, some people really enjoy winter. I do as well when the temperature doesn't dip too far down! Knowing the seasons are changing, please have your children come to school with appropriate clothing. Alberta likes to freeze us in the morning and heat us up in the afternoon!

School is in full swing. We have welcomed our returning families and many new families to Crystal Park School. It has been a busy September. The students are meeting new friends and learning new things.

Please refer to this newsletter for important dates and events. We appreciate our parent community very much and look forward to all our conversations.

As always, if you are in need of assistance, please do not hesitate to call the office.

Take Care,

Cindy Clarkson



## ***Important Dates To Remember***

October 6 - Turkey Trot

October 6 - School Assembly

October 9 - Thanksgiving, No School

October 11 - Spirit Day! Wolverine Wednesday

October 18 - Spirit Day! Wolverine Wednesday

October 19 - School Pictures

October 20 - Dress Like a Teacher Day

October 25 - Spirit Day! Wolverine Wednesday

October 27 - PL Day, No School

October 31 - Halloween Costume / Crazy Hair Day

November 1 - Spirit Day! Wolverine Wednesday  
November 8 - Spirit Day! Wolverine Wednesday  
November 10 - PL Day, No School  
November 15 - Spirit Day! Wolverine Wednesday  
November 17 - Moustache Day  
November 20 - Term 2 Starts  
November 22 - Spirit Day! Wolverine Wednesday  
November 24 - Report Cards Published  
November 28 - PTI's 4:30pm - 7:30pm  
November 29 - Spirit Day! Wolverine Wednesday  
November 29 - PTI's 4:30pm - 7:30pm



### *Picture Day*

**Picture day is on October 19th. Please have a look at the information below for if your child is absent for that day:**

#### **Information for parents of students who missed photos at school.**

Your school's on time photo order deadline is printed in red on the absent proof attached.

Your child was absent on photo day at the school. We are sorry we missed you but you still can have your child's photo taken.

Bring your child to Watson's foto Source & Studio (#103, 12125-99 Street, Grande Prairie) to have their photo taken. **On time absent and retake** photo orders will ensure that your child will be included in the different products your school receives and that your photo package will be delivered to your school at the same time as your child's classmates.

*Call your school office to get your child's unique key code if you didn't receive a proof sheet from your school. The keycode **MUST** come with you as it identifies your child for this special offer. You will also need this code for online ordering. If your child is new to the school, please ask your school's administrative assistant to email us your child's name, grade, home room, and ID number. We will then add your child to the school data and send a keycode back to the school to be shared with you.*

These photos are done on a DROP-IN basis. **No appointments are taken or needed.**

You will approve your child's image by seeing it on a monitor at Watson's right after it is taken. The image you choose will be uploaded to **paquins.ca** by 5 PM the next business day.

It will be available to view and order by using the unique 8-digit key code you received from the school.

Retakes and Absent children photographed with orders placed by the deadline **STILL QUALIFY** for the family plan. Go to **paquins.ca** and check out our Help Tab for details on how to request the family discount for families with 3 or more children photographed by us.

If you are unable to have your child photographed by the above date, you have until Nov. 7th to still have your child photographed for this school year. Unfortunately, photos taken after the on time order date cannot be processed for the complimentary school photo products nor do they qualify for the family plan.

Watson's foto Source & Studio hours are: Monday, Tuesday, Wednesday and Saturday 10am to 6pm, Thursday and Friday 10am to 8pm. Closed Sundays.

**Watson's Foto Source & Studio is located at #103, 12125 - 99 Street, between FYI Doctors and the Superstore.**

Questions? Call Paquin's at 780-532-2180

# School Photo Day is Coming!

Once again, Paquin's will offer you the choice of different images of your child with a choice of multiple backgrounds.

After taking the photos and printing the picture proofs, they will deliver them back to our school.

This proof is to be used to order and for you to keep.

## Ordering Online is Easy and Gives You More Options!

Go to [paquins.ca](http://paquins.ca) and use the unique blue key code that is on your child's picture proof to view the images. Click on your favourite images to choose from a wide selection of backgrounds to create a truly unique package. Packages can have a variety of different backgrounds and poses. You can add on retouching and personalization of your child's name to your regular enlargements too. Once you have made all your selections, click to place your order!

If using your cellphone to order, rotate it horizontally to view all images and backgrounds offered.

**Please note that there is a specified date marked in red to place your order by. On time orders are delivered to your school**

Late orders are also placed online. Late online orders are subject to a processing and mailing fee.

**Families with 3 or more children who attend schools photographed by Paquin's are eligible for a FAMILY DISCOUNT.**

Each child's order must be placed by the red "order by" date on their proof. Late orders do not qualify for the discount. Once all of your children's orders have been placed, send Paquin's an email to [familyplan@paquins.ca](mailto:familyplan@paquins.ca) with the order codes, your child's names and the school each child attends.

Paquin's accounting department will verify and send the applicable credit back to your original form of payment.



Picture Day!

**Questions?**  
Call Paquin Photographs at 780-532-2180

**HINTS**  
Send a comb or brush for last minute touch ups!

## Crystal Park Spirit Days

Along with all the amazing and fun Spirit Days, every Wednesday is Wolverine Wednesday. This is where students and staff either wear anything with school colors (blue and white) or if they have any clothing with Crystal park on it regardless of what color it is.

## WOLVERINE SPIRIT DAYS 2023 - 2024

Sept. 29	Orange Shirt Day
Oct. 20	Dress Like a Teacher Day
Oct. 31	Halloween Costume/Crazy Hair Day
Nov. 17	Moustache Day
Dec. 18	Flannel/Plaid Day
Dec. 19	Festive Hat Day
Dec. 20	Festive Shirt Day
Dec. 21	Ugly Sweater Day
Dec. 22	Holiday Pajama Day
Jan. 19	Old People's Day
Feb. 9	Tye Dye Day Day
Feb. 28	Pink Shirt Day
Mar. 14	$\pi$ Day
Mar. 28	Twin Day
Apr. 12	Jersey Day
May 1	Hat's On for Mental Health Day
May 10	White Out/Black Out Day
May 31	Western Day
Jun. 14	Anything But a Backpack Day
Jun. 26	Sunglasses Day

Crystal Park School is an inclusive community that works together to nurture and develop the whole child

### *Registration Update Forms - Parents to fill out*

Registration update forms have been sent out to all families attending Crystal Park School. It is very important to have these filled out even if there are no changes. Please sign in to your parent portal and you will see the form assigned to you. If you have any issues at all, please call the school 780-539-0333. Thankyou.

### *School Calendar*

<https://bit.ly/42KXSzw>



## **Socktober**

We are thankful In Sock-tober

by Grade 1/2W

We are thankful we are safe and fed, for clothes that cover our skin and bones.

We are thankful we can learn in school. We like recess in our zones.

Our feet are dry and you can guess how good that really feels.

Big thanks for socks that you bring in, to cover cold toes and heels.

We are thankful for socks you can bring to fill our box.

Happy Thanksgiving!



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Hi 1/2 Whipple Families!

It is tradition in my Crystal Park classroom that October is Sock-tober!

As a class we will be collecting new socks from our school community, friends and family in a huge box to share with people in Grande Prairie that are in need. The box will be in the classroom starting Monday, October 4, 2021.



Students are encouraged to bring in new socks for adults and children and put them in the box. It is a way for students to expand their understanding of 'community' that is part of both the Grade 1 and 2 Social Studies curriculum.

Giving service to others helps build empathy and understanding for others. I hope as families you will contribute what you can, so your child feels part of our efforts.

Last year we donated our sock-tober collection to the Salvation Army church.

I hope you will consider supporting Sock-tober this year!

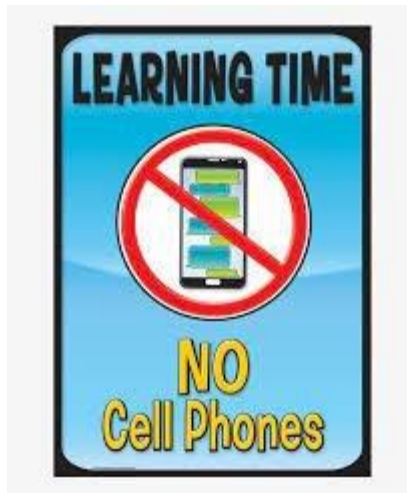
Respectfully,

Leslie Whipple

### *Reminders For Parents*



**The speed limit on the ring road is 15km. We ask all parents who are dropping off or picking up to please slow down as well as, it is a one way road. Please make sure you are going the right way around the school. Thankyou kindly.**



Just a friendly reminder to parents, Cell phones are NOT to be used while in class. If you need to get ahold of your child for any reason, please call reception 780-539-0333. Thankyou for your understanding.



If your child/children are going to be absent, please let the school know through our automated system or talk to reception. 780-539-0333

### ***School Council***

Thank you to all who attended our School Council meeting on September 25th. For those who were unable to attend, please mark your calendars for our next meeting scheduled on October 16th @ 5:30 pm.

School council is a great opportunity to learn more about what is happening in our school, and to work together with other parents in an advisory capacity to inform school decisions. Your unique perspectives and voices are essential to building a stronger, more vibrant school community for our students. Please consider attending to find out more.

[#wolverinepride](#) [#gppsd](#) [#everystudentsucceeds](#)

# CPS SCHOOL COUNCIL HIGHLIGHTS



September 25, 2023

Formation of our 2023 - 2024 School Council



Potential Fundraising Options/Focus  
• Technology



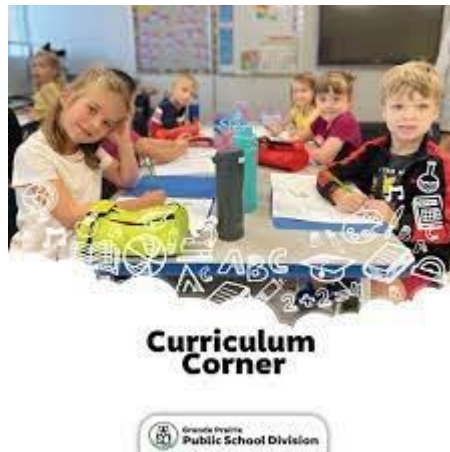
Planning School Community Building Activities



Chair: Terri - Lynn Mailman  
Vice Chair - Susan Jeffery  
Secretary - Sabrina Fehr  
Teacher Rep - Hannah Jenkins

*Crystal Park School is an inclusive community that works together to nurture and develop the whole child*

## Curriculum Corner



Here is the link to view our September issue of The Curriculum Corner

<https://bit.ly/3LCDtXP>

## Social Studies Curriculum - Share your input

Parents/Guardians, from now until October 16, you can share your thoughts on what students should learn in Alberta Education's social studies curriculum through a survey at:

<http://alberta.ca/curriculum-have-your-say>.

Survey results will be used to inform Alberta Education's draft curriculum before it's released for further engagement. Thank you in advance for being active partners in education.

[#PartnersInEducation](#) [#GPPSD](#) [#gpab](#) [#AbEd](#)

## ***Edwin Parr Award***

We are so very proud of Ms. Kolosky for being nominated for the Edwin Parr award. This award recognizes outstanding first year teachers and she deserves it all!

[#wolverinepride](#) [#everystudentsucceeds](#)





## ***Terry Fox Run - September 21***

What a beautiful afternoon to get out and honor the legacy of Terry Fox.

[#DearTerry](#) [#terryfoxrun](#) [#wolverinepride](#) [#gpsd](#) [#everystudentsucceeds](#)



































## ***STEM Learning***

Teaching kids fun STEM facts and interesting science facts is a great way to [get children excited about science](#). This offers them an opportunity to obtain brief and memorable information on how the world works and why things are the way they are – from planets to plants, to animals and the human body!

In our rapidly changing world, STEM holds great potential for the future, and definitely seems like it is here to stay. With the right approach and [activities](#), you can [help your kids engage with STEM learning](#) from young ages.

### **Fun Facts About Space**

1. Milky Way, our galaxy, holds 100-400 billion stars; universe has 170 billion galaxies!
2. Sun's vastness fits 1 million Earths.
3. Plane to Sun: 20-year journey from Moon.
4. Venus sizzles at 450°C, hottest in our system.

5. Galaxies host supermassive black holes at cores.
6. Neutron star's teaspoon: 6 billion tons, spins 600x/sec.
7. Neptune's day: mere 16 hours.















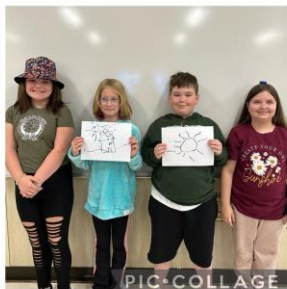










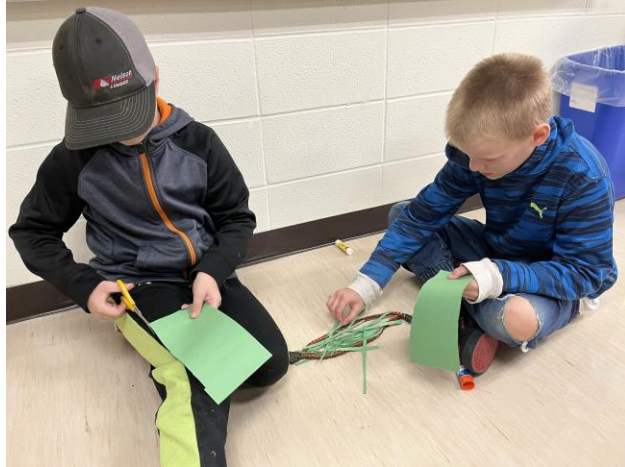
















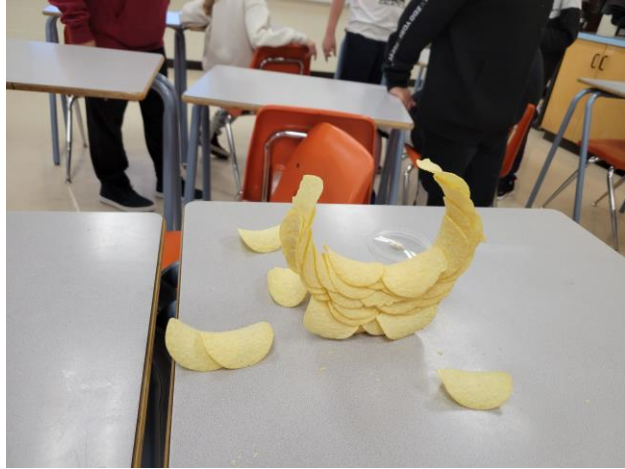






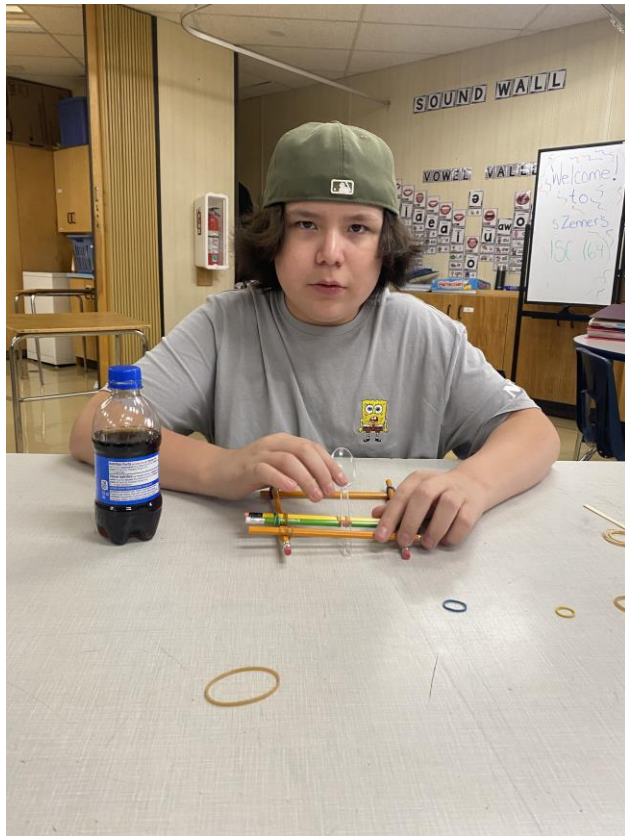


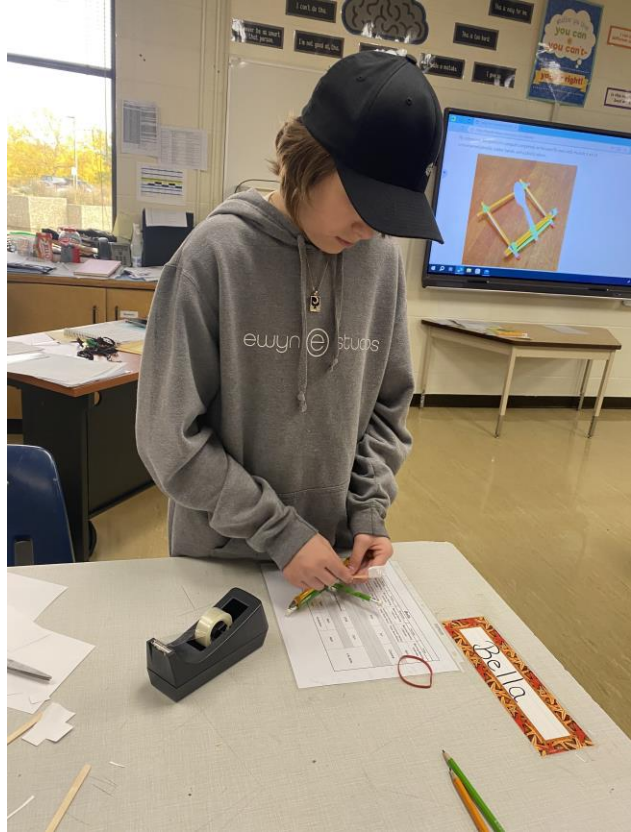






















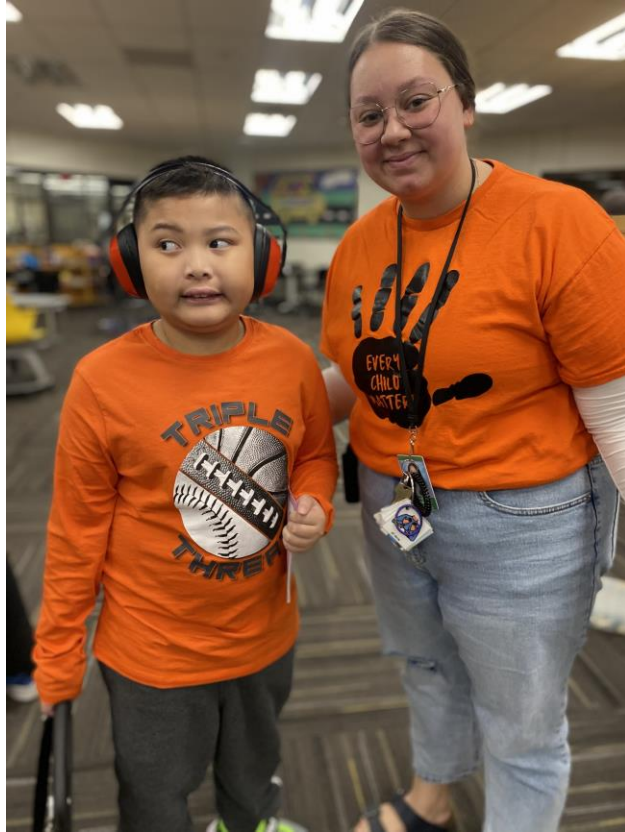


## *Orange Shirt Day - September 29th*

our school community wore orange shirts to reflect the importance of Truth and Reconciliation, and our continued commitment towards building understanding and healing. [#truthandreconciliation](#)  
[#everychildmatters](#) [#wolverinepride](#) [#gppsd](#) [#everystudentsucceeds](#)































## ***Indigenous News***

We will be hosting our first Indigenous Families Circle October 16th at 5 pm. Please fill out the form below to let us know if you can attend so we can plan the meal accordingly. We look forward to seeing you there!

**GPPSD**

**INDIGENOUS FAMILIES CIRCLE**

*Starting Monday Oct 16th, 2023*


*5pm to 7pm*

*Dinner Provided*

*Location:*

*Hillside Community School*  
*9410 106 Ave, Grande Prairie*

*Youth Drumming with Farley*  
*Cardinal Ages 8 and up (parents must be present at event)*



*Please Register to Attend*

If you would like to share a photo or story of a loved one, please email [sheilamoerkoert@gpfriendship.com](mailto:sheilamoerkoert@gpfriendship.com). All photos and stories will be shared at the candle light vigil and dinner. Families will also have an opportunity to share their stories with an open mic.

Please wear blue to show your support and bring your drum and rattle.

**Spirit Seekers Oskayak Conference**

**EDUCATION LEADERSHIP BUSINESS AND KNOWLEDGE**



**OCTOBER 13TH & 14TH**

**SPIRIT SEEKERS  
OSKAYAK CONFERENCE  
2023**

REGISTRATION FEE: \$60 NON-MEMBER, \$50 MEMBER.  
 MEMBERSHIP IS FREE: [WWW.GPFRIENDSHIPCENTRE.ORG](http://WWW.GPFRIENDSHIPCENTRE.ORG)

**AGE 18-26**



*Bannock & Tea Mixer*  
*Oskayak Award Ceremony*  
*Keynote - Notorious Cree*

HOSTED BY THE GRANDE PRAIRIE FRIENDSHIP CENTRE @ THE HOLIDAY  
 INN CONFERENCE CENTRE




EARLY BIRD  
REGISTRATION

REGISTER BEFORE  
OCT 6TH AND YOUR  
NAME WILL BE  
ENTERED TO WIN!

GIFT CARD TREE

**REGISTER NOW!**

**SPIRIT SEEKERS OSKAYAK CONFERENCE 2023**

All the details  
are on our  
event page  
@  
**Spirit Seekers  
Oskayak  
Conference  
2023**

Registration  
is open to  
everyone  
ages 18+.

**Register  
NOW!**



**KEYNOTE**  
**JAMES JONES**  
NOTORIOUS CREE

**SPIRIT SEEKERS  
OSKAYAK CONFERENCE  
2023**

**OCTOBER 13TH & 14TH**  
**JOIN US**

# Spirit Seekers Oskayak Conference

Friday, October 13, 2023

Bannock & tea Mixer

Role Model Awards

Entertainment

Saturday, October 14, 2023

4 panelists :

Education

Jackie Benning

Taryn Dachuk

Tutchone Dunfield

Andrea Deleeuw

Knowledge

Monique Hommy

Loretta Parenteau-English

Len Auger

Farley Cardinal

Leadership

Grant Berg

Kelly Benning

Lois Duke

Brigitte Benning

Business

Jason Lizotte

Len Morissette

Ginger Auger

kokom Scrunchies

Keynote Speaker: Notorious Cree



### We Have a Tree to Love and Care For

JOLEEN BATEMAN  
PROGRAM COORDINATOR

Nearly 2 years ago I started the process of requesting that the Head Start Program could 'adopt a tree'. This is not a program that city has previously offered. It took a lot of emails and research within multiple city departments. And then finally in May we were given the thumbs up! And this little tree was assigned to the Aboriginal Head Start as the first "adopted" tree in Grande Prairie for the children and families to visit, take care of and love for years to come!!!

But why stop there, I thought? I asked if I could also have a bench, like a buddy bench... Again, a program not available in Grande Prairie, as the bench program is for memorial benches only. With more conversation, the city agreed and now we also have a friendship bench installed near our tree and is Grande Prairies first park bench that isn't a memorial bench.

On September 15th, the Head Start team, some of the other Grande Prairie Friendship Centre staff and the gentleman, Warren, from the city who helped us, gathered at the tree for a blessing ceremony.

Since then, the children have gathered at the tree and are learning some teachings about caring for our tree. They were pretty excited to share with their parents what they learned about loving the tree. They have layed tobacco and given thanks for the things the tree is going to teach them.

We look forward to all the activities and teachings we will share with the children and families for years to come!!

Thank you to the City of Grande Prairie for this opportunity.



## GPFC ABORIGINAL HEAD START



### Welcome to the 2023-2024 School Year

It has been a very busy couple weeks as the children start to settle in to routine and get to know their teachers and children in their class. The children started classes on September 11th. We created additional spaces by opening an afternoon class for the younger 3 year old children called Maskosis (little cubs). We have 56 families joining us this year, with more spaces opening in January 2024.

We have also welcomed two new team members: Renelle Moostoos who is the Educational Assistant in the Piyesis/Maskosis classes. And Janelle Trodd joins us as our cook. Both fit right in to the Head Start family and we are excited to have them.

We have many fun activities and programming planned for the children this year and lots of workshops for the parents as well. We look forward to going back to gymnastics, swimming and PARDS as well as many other fun and exciting opportunities to extend from our program for the children to learn and have some exciting experiences.



SEPTEMBER 30TH WE HONOR THE DAY OF TRUTH & RECONCILIATION

Hello from the Babies' Best Start program,

Check out the Calendar and posters for what is happening in October!

A few things to note:

Babies' Best Start program will be closed in the afternoon of October 2, 9, 16 to 22 for holidays and trainings.

Our Grande Prairie Location – 10105 97 Ave Second Floor (there is a buzzer to the left of the front door)

Office hours are 9am to 4pm Monday to Friday and closed for the lunch hour.

Unexpected closures will be posted on Facebook.

Phone Number- 780-533-2347

To join Babies' Best Start call us to book an intake 😊

Check out our Grande Prairie Friendship Centre website <https://www.gpfriendshipcentre.org/>

Special Events

Truth and Reconciliation Day- September 30 5km Run/Walk and much more.

September 30th is National Day of Truth and Reconciliation, a day to hold space for learning and honouring the history and present realities of

Indigenous residential school survivors and their families. Join The Grande

Prairie Friendship Centre on September 30th for our 4th Annual Orange Shirt

Day Walk/Run; a time to remember the survivors, the children, the families and the communities affected by residential schools. Pre-registration will begin at 9:00 am, the first 200 people to register will receive a race bib, swag bag and unique medal.

September 30th is Orange Shirt Day! - The Grande Prairie Friendship Centre has orange shirts for sale. Shirts are designed by Indigenous Artist, Brittyn

Ferguson from Horse Lake First Nation. Shirts are \$25 each and all proceeds will go to youth programming at the Grande Prairie Friendship Centre. Please check out there Facebook page for more details <https://www.facebook.com/gpfriendship>

Sister In Spirit, October 4- Join the annual Sisters in Spirit Walk & Vigil on

Wednesday, October 4th at 5:30 pm at the Sisters in Spirit Rock Northwestern Polytechnic. We will walk to honour the lives of missing and murdered

Indigenous women, girls, two-spirit, transgender and gender-diverse + people, support grieving families, and create opportunities for healing. If you would like to share a photo or story of a loved one, please email

sheilamoerkoert@gpfriendship.com. All photos and stories will be shared at

the candle light vigil and dinner. Families will also have an opportunity to share their stories with an open mic. Please wear blue to show your support and bring your drum and rattle.

2023

# OCTOBER

T W Th F

<p>2nd</p> <p style="text-align: center;"><b>Office Closed</b></p>	<p>3rd</p> <p>Fresh Food Bag Pick up from 11am to 2pm</p> 	<p>4th</p> <p>Grande Prairie Group 11am-Crying Baby</p>  <p>October 4th Observe the Spirit Vigil Arrangement for social change</p>	<p>5th</p> <p>Grande Prairie Group 1pm- Breastfeeding Support Valleyview Group 1pm - Physical Literacy Grande Prairie Group 6:30pm - Making Medicine Bags ** Registered Group</p>	<p>6th</p>
<p>9th</p> <p style="text-align: center;"><b>Office Closed</b></p>	<p>10th</p> <p>Wembley Group 10am - Little Chefs</p>	<p>11th</p> <p>Grande Prairie Group 11am-Starting Solid Foods &amp; Picky Eaters</p>	<p>12th</p> <p>Grande Prairie Group 10 am - Cooking Circle ** Registered Group</p> <p>Grande Prairie Group 6pm - Building Resiliency ** Registered Group</p> 	<p>13th</p>
<p>16th</p> <p>Sexsmith Group 10am- Temper Tantrums</p> <p style="text-align: center;"><b>Office Closed</b></p>	<p>17th</p> <p style="text-align: center;"><b>Office Closed</b></p>	<p>18th</p> <p style="text-align: center;"><b>Office Closed</b></p>	<p>19th</p> <p style="text-align: center;"><b>Office Closed</b></p>	<p>20th</p> <p style="text-align: center;"><b>Office Closed</b></p>
<p>23rd</p> <p>Claimant Group 10am - Halloween Fun</p> <p>Grande Prairie Group 2pm - Mommy Snack and Chat</p>	<p>24th</p> <p>Wembley Group 10am - Mommy Chat Halloween</p> <p>ONLINE Group 1pm-Childhood Development</p>	<p>25th</p> <p>Grande Prairie Group 11am-Naloxone Training ** Registered Group</p>	<p>26th</p> <p>Grande Prairie Group 11am- Mommy Chat</p> <p>Grande Prairie Group 6:30pm - Nurtured Baby Wellness Society Tea and Talk</p>	<p>27th</p> <p style="text-align: center;"><b>Office Closed</b></p>
<p>30th</p> <p>Sexsmith Group 10am- Halloween FUN</p> <p>Grande Prairie Group 10am-12pm Addictions &amp; Mental Health Drop-in</p>	<p>31st</p> <p>Gravesdale Group 10am - Halloween Fun</p> <p style="text-align: center;">HAPPY HALLOWEEN</p>			

**Babies' Best Start**  
10105 - 97 AVE  
GRANDE PRAIRIE

**780-533-2347**

# Navigating Addiction and Mental Health

Drop-in!  
10am-12pm, October 30th  
10105-97 Ave, 2nd Floor

Are you a woman of childbearing age who has an addiction or are you affected by someone who has an addiction? *OR*

Do you need help navigating the Mental Health System?

Drop-in will allow you to talk to an Addictions Counsellor privately and help guide you on your next steps.

For more info: 780-533-2347

Drop-in Services you can ask for:

- Basic mental health counselling
- Addictions counselling
- Referral to Detox and Treatment
- Mental Health Support
- Mental health screening & intake for Alberta Health Services
- Referrals to other agencies if needed



## The Nurtured Baby GP Family Wellness

The Nurtured Baby is to provide an expanding foundation of education and support for the families of Grande Prairie and the Peace Region. We are a non-profit organization that aims to connect local professionals, resources, and support systems with those who are family planning, pregnant, and who are going through the postpartum period.

[www.thenurturedbabygp.com](http://www.thenurturedbabygp.com)

October 26, 2023 @ 6:30PM  
@ Babies' Best Start Program  
10105-97Ave



2023



# october One Window Resource



04 sun	mon	tue	wed	thu	fri	sat
01 OWR Open From 11:30 - 2:30	02 Closed in lieu of Truth & Reconciliation Day	03 Niwakamibiwin Support Group for Women 11:30am - 1:30pm	04 Support will be provided every Friday from 11:30am - 1:30pm	05 Where Hearts Heal Kah Oosh Nehah Jih Ka Indigenous Women's Support Group 7pm in the Cabin	06	07 OWR Open From 11:30 - 2:30
08 OWR Open From 11:30 - 2:30	09 Closed for in lieu of Thanksgiving	10 Niwakamibiwin Support Group for Women 11:30am - 1:30pm	11	12 Where Hearts Heal Kah Oosh Nehah Jih Ka Indigenous Women's Drop-in Support Group 7pm in the Cabin	13	14 OWR Open From 11:30 - 2:30
15 OWR Open From 11:30 - 2:30	16 Niwakamibiwin Support Group for Women 11:30am - 1:30pm	17	18	19 Where Hearts Heal Kah Oosh Nehah Jih Ka Indigenous Women's Drop-in Support Group 7pm in the Cabin	20	21 OWR Open From 11:30 - 2:30
22 OWR Open From 11:30 - 2:30	23 Niwakamibiwin Support Group for Women 11:30am - 1:30pm	24	25	26 Where Hearts Heal Kah Oosh Nehah Jih Ka Indigenous Women's Drop-in Support Group 7pm in the Cabin	27 One Window Resource Will Be Closed Until Noon	28 OWR Open From 11:30 - 2:30
29 OWR Open From 11:30 - 2:30	30 Niwakamibiwin Support Group for Women 11:30am - 1:30pm	31 HAPPY HALLOWEEN				
		Every Tuesday CMHA Recovery College Bite Size Course Circle of Support 12:30pm - 1:30pm				

**important notes :Closed Oct.2nd & 9th**

**Weekday Meal Times**  
Breakfast: 8am - 9am  
Lunch: 12pm - 1pm  
Supper: 5pm - 6pm  
**Weekend Meal Times**  
12pm - 1:30pm

*Everyone is Welcome to Join  
us for a Free Meal at the  
Grande Prairie Friendship Centre*





## One Window Resource

Indigenous ladies, we are excited to bring to you a safe and welcoming women's circle to share, learn and connect with each other, along with Tena

Ahnassay, and Elder Hazel in support. We have had a lot of Indigenous women asking for a group they can attend where they can get unique Traditional supports, and so we are honoured to provide this safe space. At this time, we don't have childcare, but we strongly encourage you to attend when you can! No need to register, drop-ins welcome! Our first group on



## Wahkotowin Seniors Group

The Wahkotowin Seniors Group would like to thank everyone who came out to our

4th mini round dance on September 23rd. Thank you to our partner Grande Prairie

Public Library for helping support our event and to Aboriginal Head Start for their contribution to our giveaway. Special acknowledgment to our Youth Volunteers for all their help and to our other volunteers as well.

# WAHKOTOWIN SENIOR SEWING GROUP

Open to GPFC Members 55  
years +  
No experience necessary  
Come plan & start our  
community give back project  
October 15th & 29th  
1 PM to 3 PM  
10513 98 AVE

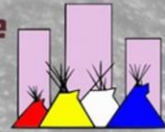
Email  
nataschaokimaw@gpfriendship.com  
to register for group and reminders.

Funded by the  
Government of Canada's  
New Horizons for Seniors Program

Canada



## Grande Prairie Friendship Centre Wahkotowin Seniors Group Lunch & Learn



### Understanding Grief and Loss with Careen

- Grief and loss and what it means to us
- How grief and loss effects us
- Understanding the grieving process
- When we need to take a break and look after ourselves
- How self care is important when we are grieving.

Provided by



October 31st at 12 PM

Back room of  
Community Outreach  
10513 98 AVE

# WAHKOTOWIN SENIOR GROUP

*October 26th  
Collective Kitchen*

Come together to prepare,  
cook, portion by household  
5 meals to take home.  
Starts at 9:30 AM  
Must Register by October  
23rd.

Email  
nataschaokimaw@gpfriendship.com  
to register for group.

Funded by the  
Government of Canada's  
New Horizons for Seniors Program

Canada



## Sexual Health Clinic

Knowing your  
(Sexual Health)  
Status  
Presentation

Grande Prairie  
Friendship Centre  
October 19, 2023  
12 PM to 2 PM

Completed evaluation forms will  
be eligible to win a \$10 GC & bag  
of treats!

In collaboration with NIHA & Northreach Society

Condoms, pregnancy tests & HIV Self testing Kits  
available

@NorthernIndigenoushealth



**NORTHREACH**



**Pitone Youth**

Youth Program Summer Adventures & updates

Youth Camp At Painted Warriors Ranch

Family Cultural Camp hosted at Redwillow Wilderness Camp

A Big Thank you to Eagle Painting & Decorating for volunteering to paint the youth space



What a beautiful season summer has been, sharing a quick snapshot of what the Youth program has been up to. Grateful for all the experiences hiy hiy

Pitone Youth Group is excited to announce a new youth initiative “All My Relations Youth Mentorship Program.” Open to Youth 13-17

# ALL MY RELATIONS YOUTH MENTORSHIP PROGRAM

Want to be in community with like minded folks?  
What are you waiting for?



Build your confidence,  
Increase knowledge,  
Connect with culture, &  
Have fun!



Location: 10105-97Ave  
Every Wednesday between  
Oct 18 - Dec 20th 2023  
Time: 4-6pm  
Ages 13-17  
Materials & snacks provided!

**REGISTER HERE**



✉ Contact Monique: [teenhealthyr@gmail.com](mailto:teenhealthyr@gmail.com)

## Day of Truth and Reconciliation

Thank you to everyone that joined us for the Annual 5km Orange Shirt Day

Walk/Run! And thank you to everyone that supported our very first Orange Shirt design this year!

Together, we can create a shared path forward for [#reconciliation](#)



## Membership

Grande Prairie Friendship Centre Memberships are free & available to everyone.

Membership with the Grande Prairie Friendship Centre is a fun way to stay involved and connected to the Indigenous community of Grande Prairie and surrounding areas.

Membership applications can be found at:

[www.gpfriendshipcentre.org](http://www.gpfriendshipcentre.org)



## *The Seven Sacred Teachings*



We are going to start the "**Student of the month**" based on the Seven Sacred Teachings.

**We are starting with: Love**

**Represented by the Eagle**

The Eagle represents Love because of its unique relationship with the creator, Only the Eagle has the ability and strength to fly higher than any other animal, therefore placing it closer to the creator than all others. Eagles are loving parents and teachers to their offspring, protecting and guiding them.

**Love will run from September 5 - October 13**

At the end of every Sacred Teaching, teachers will send in their "Student of the month" who displayed **LOVE** continuously for that month.

The Principal will announce their names on at our monthly assembly.

We will then present them with a certificate and they get ice cream as well.

Each Sacred Teaching runs about 5 weeks to make it to June 26th.

## *Citrus Catering*

You can order lunches for your child/children online at [www.citruscatering.ca](http://www.citruscatering.ca)

All of our lunch items must be pre-ordered by 8:30am of the current day.

### To Place an order:

1. Click the tab "school orders"
2. Find your school name and click on it
3. Choose the school week that you want to order for.
4. There are two order options: one lunch or 2-5 lunches
5. Fill out the order form and make sure to include your child's name, Classroom # and teacher's name
6. Once choosing which day of the week you wish to order and items, you will be directed to payment page
7. Once complete, you will receive an e-mail confirmation.
8. Any questions or concerns please call 780-933-4360

## *Community Events/Programs*

AHS Take Our Kids to Work Day is Back!

Alberta Health Services (AHS) is proud to announce our continued support of **Take Our Kids to Work™ Day**, which will be held on **November 1, 2023**. This year, in addition to hosting students online, we are excited to offer students the option of attending in person where possible. The registration deadline is **October 31, 2023**.

**Take Our Kids to Work™ Day** is a nationwide work experience program that allows grades 9, 10, 11 or 12 students to experience the realities of a real work environment by observing a parent, guardian, or AHS employee host at their place of work or by participating in our online event.

In the past, we have had schools streaming this virtual event in a designated classroom. This is an excellent way for a group of students who may not have access at home and cannot attend the in person event to still be included and engaged for the day.

The **online event** will be hosted over **MS Teams** and will feature speakers from different professions across AHS. The event will run from 9 a.m. to 3 p.m., with a break for lunch. To participate in the online career exploration event, participants must register via the **online** event registration form here:

<https://form.jotform.com/232396759272266>

The **in-person** event is for students who are interested in learning more about the career of a parent, guardian, or AHS employee host at AHS. Students participating in the **in-person** event must register via the in-person event registration form here: <https://form.jotform.com/232396381696267>

Participation by the student at a work site must be approved by the host's manager. Before approving a visit from a high school student, the manager and employee host must consider the following:

- Students must be supervised at all times.
- Patients, clients, and AHS employees must be made aware of the students' presence and consent to have the student observe.
- Students are not permitted to have cell phones or cameras at the workplace.
- Areas with high acuity patients, such as Emergency and ICU, are not recommended to participate.
- Students should not be exposed to areas where there are hazardous substances or dangerous equipment.
- Students and parents must review and sign the registration form on Insite and submit no later than October 1, 2023.
- Students are required to have received the rubella vaccine. It is also strongly recommended that the student have the following vaccinations and/or immunizations: pertussis (whooping cough), tetanus + diphtheria, measles, mumps, polio, hepatitis B, varicella (chickenpox), seasonal influenza and tuberculosis skin test.

**Note:** AHS infection prevention and control protocols will be followed at AHS sites.

Please contact [youth.careers@ahs.ca](mailto:youth.careers@ahs.ca) with any additional questions.

## Youth Drop-in Support Group

This weekly drop-in group is an opportunity for youth ages 13-17 to support one another and share experiences.

**[HERE](#) for more information and for circulation.**

Thursdays

6:00pm – 7:00pm

9808 100th Avenue



## 2024 Alberta Winter Games Poetry Contest

The 2024 Alberta Winter Games is running a poetry contest based on the theme of the games, Spirit of the North (ahcâhk kîwêtinôtâhk), and we were hoping that you might be able to help us spread the information out to schools to get the word out about the contest and get students involved and excited for the games!

Winners will receive a commemorative book that will include their poem, and we're hoping to have enough to spread to school libraries to mark the event as well.

[HERE](#) is information to circulate.

**September 15 – November 1**

## The Spelling for Life Workshop

### **The Spelling for Life Workshop**

NRLC is proud to be announcing a new session: The Spelling for Life Workshop presented by Lyn Stone!

The session will run on Oct. 13, 2023, from 8:30 am -4:00 pm and is a full day live workshop on the simplicity and science of spelling.

Individuals within your district that express interest in attending can use the coupon code **NRLCZone1** for 15% off the session!

*\*This code will not be shared publicly so please ensure your staff are made aware of this.*

You can find the registration page and a complete description for the session at:

<https://nrlc.net/program/11283>

Please share this session with your teachers and any other instructional leaders or administration staff that you see fit!

*October 13, 2023*

## Contact us



Please call the Crystal Park office if your child will be absent or late. If you have any questions or inquiries, feel free to call us on any school day Monday to Friday 8:00am - 3:30pm.

### **Crystal Park School**

9351 116 ave

Grande Prairie, AB, T8V 6L5

780-539-0333

E-mail: [cpark@gppsd.ab.ca](mailto:cpark@gppsd.ab.ca)

Website: <http://www.gppsd.ab.ca/school/crystalpark/>



**1 - Principal: Cindy Clarkson**



**2 - Vice Principal: Heather Hurley**



**3 - Vice Principal: Amber Prior**



**4 - Admin/Secretary: Dawn Poirier**



*5 - Like us on our facebook page.*