



PARKLAND
SCHOOL DIVISION

Stronger Together

A monthly newsletter with information to help you and your family navigate your child's educational journey.

November 2023

Strong Families: Children, Youth & Social Media

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Join us for an Eye-Opening Session on Navigating Social Media Safely.

Tuesday, November 21, 2023, 6:30 - 8pm MST, at the Centre for Education (4603 - 48 Street in Stony Plain).

Are you concerned about your child's safety online?

Attend an informative discussion about social media, covering common platforms and applications, the effective use of parental controls, understanding the intricate language of acronyms, slang, and emojis frequently used by children and youth. The session will tackle crucial topics such as identifying and addressing instances of harassment and bullying in the digital realm. Additionally, the impact of social media on the mental health of young individuals will be examined, alongside practical strategies for promoting responsible and healthy technology use, creating a secure and favorable online environment for children.

Registration is **FREE!** Click the link/image below and secure your spot now!

<https://www.eventbrite.ca/e/strong-families-children-youth-social-media-tickets-740276335447?aff=oddtcreator>

Presenter: Constable Gord Marshall, (Royal Canadian Mounted Police, Parkland detachment)

Strong Families: Children, Youth & Social Media

Keeping our kids safe

Digital Health

How much screen time should I give my children? This is a challenging question for every parent. I believe technology can be an incredible educational tool that help children learn. My parents were both teachers so instead of purchasing video games, we only played learning games. These educational games provided extra practice in math, reading, critical thinking, and typing skills that helped me be successful in school and in life. Due to my positive childhood experience, I want to provide my children these same opportunities. However, not all screen time is created equal. There are some video games that provide very little learning and are designed to be highly addicting. The digital documentary, *The Social Dilemma* highlights some of the challenges of social media. Technology is a tool. Our responsibility as parents is to teach our children how to use this tool appropriately.



Practically speaking the American Academy of Child & Adolescent Psychiatry provides the following guidelines for screen time use for children:

- **0-18 months:** The only screen use recommended is video chatting with a close relative, such as a parent away on a trip. Otherwise, screens should be avoided as much as possible.
- **18-24 months:** Educational programming is OK'd for a few hours a week, with a parent watching and playing along. The screen should be a supplement to an activity, not the focus of the activity.
- **2 years to 5 years:** More educational screen time alone is fine, but anything non-educational should be kept to an hour per weekday and three or less on weekend days.
- **6 and up:** At this age, recommendations are centered around encouraging habits and hobbies that don't involve screens. Continue to limit non-educational screen use on weekdays while allowing a bit more on weekends. As kids make friends, and join more after-school and weekend activities, use their schedule and physical activity level to help determine what screen time is appropriate.

As the guideline emphasizes, the type of content parents allow children to use is at the core of appropriate technology usage. Learning how to steward technology empowers parents to equip their children to develop healthy screen habits.

Consider a few practical tips for technology stewardship:

- **Learning Apps** – Plan a consistent time daily to complete 10-15 minutes of learning time with your children. Complete the app with your child to ensure they are using it appropriately and help them grow in their learning.
- **Screen Time Motivators** – Consider using brief 1-3 minute videos such as short animal learning shows as First-Then motivators to complete chores, routines, or tasks. First the child completes their tasks and then the child gets to watch a very brief 1-3 minute video.
- **TV Shows** – Be mindful of limiting animated television shows that have a tendency to be more addicting for children. Consider using YouTube Kids or other apps to limit a child's access to real life learning shows that make it easier to turn off the tablet once the show is over.
- **Setting Clear Boundaries** – Be clear with the child before starting screen time the parameters for how long they will have access to the device. Set visual or digital timers to remind children when tech time is coming to an end.

Upcoming adult sessions

"click on Images"

NOV. 23

Strong Families: Teen Drug Use

Parkland School Division is proud to partner with the Alberta Parenting For The Future Association to present another FREE information session for local families.

In our upcoming session, we will be joined by Lisa Kimmerly, a Mobile Substance Use Therapist with Alberta Health Services, to discuss the intricacies of teen drug use. We will cover trends in use, signs of use, addiction, prevention (including risk and protective factors), how to set boundaries with your teen and what you can do to help them. [Please register early to reserve your spot by visiting https://www.eventbrite.ca/e/strong-families-teen-drug-use-tickets-740970591987?aff=oddtcreator](https://www.eventbrite.ca/e/strong-families-teen-drug-use-tickets-740970591987?aff=oddtcreator)

Date: Thursday, Nov. 23, 2023

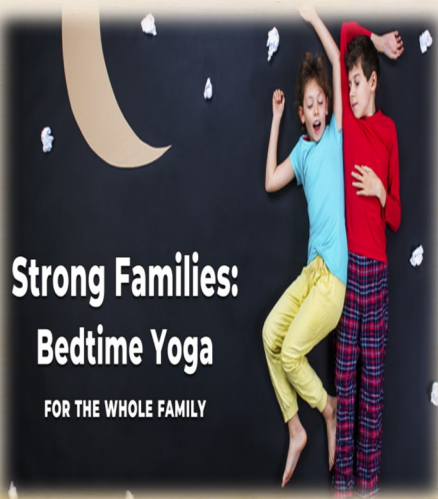
Time: 6-7:30pm

Location: Centre for Education (4603 - 48 Street in Stony Plain)

Presenters: Lisa Kimmerly (Mobile Substance Use Therapist, Alberta Health Services)



Strong Families:
Teen Drug Use



Strong Families:
Bedtime Yoga

FOR THE WHOLE FAMILY

In our upcoming session, we will be joined by Lesley Robinson, a certified yoga instructor, for some calm and mindful movement that will help you unwind and prepare your body for a peaceful sleep.

Please register early to reserve your spot by visiting <https://www.eventbrite.ca/e/strong-families-bedtime-yoga-tickets-740948846947?aff=oddtcreator>

Date: Tuesday, Dec. 12, 2023

Time: 6-7:30pm

Location: Centre for Education (4603 - 48 Street in Stony Plain) in the Boardroom

Presenters: Lesley Robinson (Certified Yoga Instructor)



Institute of
Child Psychology



2023

Children's Mental Health
+ Parenting **FREE Summit**

Upcoming Sessions

"click on Images"



CREATE CHANGE

Update patterns related to childhood trauma that are keeping you stuck

Virtual via Zoom - Edmonton

Triple P Discussion Group - Managing Fighting and Aggression



Triple P Discussion Groups are short, small group sessions that offer parents practical advice for tackling specific problem behavior.

Join the upcoming Discussion Group for insights into childhood aggression and conflict resolution, tailored for parents with children aged 2 - 12. Discover valuable insights on some reasons why children fight or lose control, and ideas to help you teach your child to play cooperatively and about ways to manage conflict between siblings, and problems with fighting or not sharing. In this Discussion Group, the focus will be on discussing fighting and aggression. Additionally, methods for addressing aggressive or destructive behavior will be explored.

Date : Thu, Oct 26, 2023 Time: 9:30 AM - 11:30 AM MDT.

Location : Family Connection Centre- 5600 50 Street Stony Plain, AB T7Z 1P8



The WestView PCN offers these classes to help you manage your health and reach your wellbeing goals.

Please read the etiquette document before attending classes: [Virtual Class Etiquette](#).

- Obesity Clinic Nutrition Classes
- Heart Health Class
- 3-Session Smoking Cessation Classes
- Journey Through Grief

Upcoming adult sessions:

FAMILY VIOLENCE PREVENTION MONTH

**If you need to talk,
we are here to listen
and help.**

310-1818
alberta.ca/SafetyChat

Alberta

Alberta has the third highest rate of self-reported spousal violence among Canadian provinces, yet family violence is preventable. [November is Family Violence Prevention Month \(FVPM\) in Alberta](#). It is a time to increase awareness of the warning signs of family violence and the resources and supports available so we can work together to end family violence and build healthier relationships in our communities.

The Immigrant Family Violence
Prevention Committee Presents:

All Roads Lead to Healing

Nov. 10th, 2023
10:30 am - 12:30 pm

Hybrid (virtual and in person)



The Immigrant Family Violence Prevention Committee presents All Roads Lead to Healing (online)

To register for the online event, click here: <https://www.eventbrite.ca/e/ifvpc-all-roads-lead-to-healing-online-tickets-699165391507>

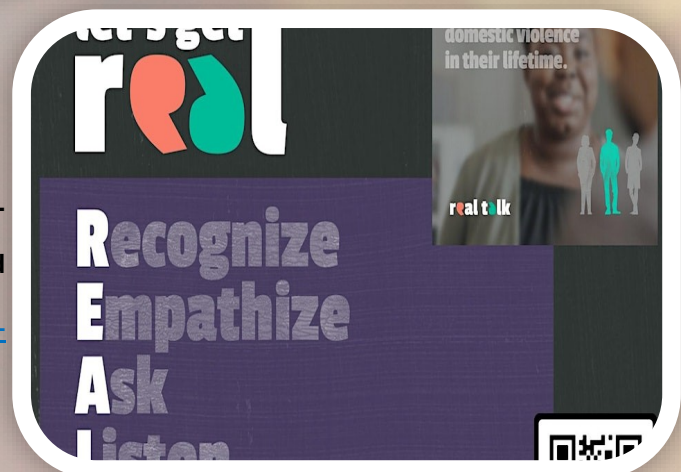
Date: Friday, November 10, 2023

Time: 10:00 am-12:00 pm

REAL Talk is a guide to help us understand and talk openly about domestic abuse in Alberta. Chances are you are close to or know someone impacted by domestic abuse. Learn to break the cycle of domestic abuse with just a few words.

Presented by :Sagesse and The Today Centre in partnership with the City of Spruce Grove, the Town of Stony Plain, Parkland County, apfa, Safe Horizon, and Parkland RCMP. To register for the online event, click here: <https://www.eventbrite.ca/e/real-talk-break-the-cycle-of-domestic-abuse-tickets-617123221167>

Tue, Nov 14, 2023 12:00 PM - 1:30 PM MST



Stony Plain, Spruce Grove and Parkland County Public Libraries

"Click on the Images for Links"



Get your kids involved - check out programs at the [Tri-Leisure](#).

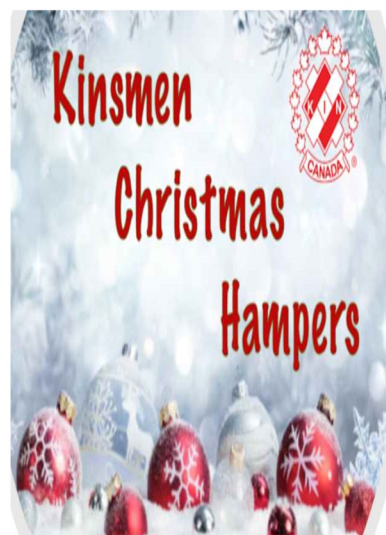
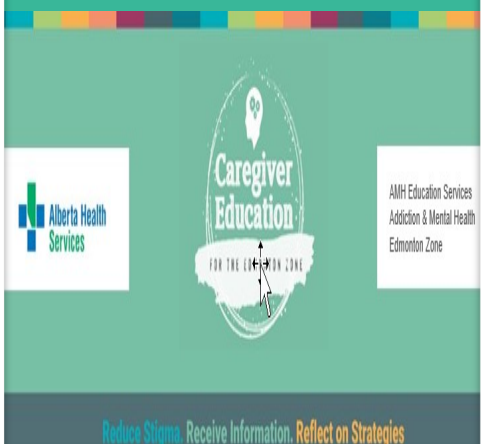
You may qualify for a [subsidized pass](#) through Wishing You Wellness



The Funding is available!! Your family may be eligible!
[KidSport Parkland](#)

We provide grants to help cover the costs of registration fees so that all kids aged 18 and under in Parkland can play a season of sport. Our chapter accepts applications and administers grants of up to \$350 per child/year, for kids who live in communities we serve.

Caregiver Education Session - Keeping Scattered Kids on Track - AMH Education Services, Edmonton Zone



Tri-Municipal Region seasonal Guide



HELP FOR THE SEASON

TRI-REGION SEASONAL GUIDE



24-hour information and referral line connecting you to social, health and government services.



SEASONAL FOOD/GIFT HAMPERS

Kinsmen and Kinette Christmas Hampers

For individuals and families in need.

Register by Dec. 9 at Parkland FoodBank
780-962-4565, ext.1

Gift pickup in **Stony Plain**:

www.stonyplainkinsmen.ca

- Stony Plain residents;
- Parkland County residents west of Boundary Road (RR 275) to RR 32, including Duffield

Gift pickup in **Spruce Grove**:

www.sgkinettes.ca

- Spruce Grove residents
- Parkland County residents east of Boundary Road (RR275) to 231 St

Gift pickup in **Yellowhead Central Santa's Anonymous**. Christmas dinner menu items included. Parkland County residents:

- East of Highway 759 (including Seba Beach)
- South to Township 514
- West to Highway 32 (excluding Peers)
- North to Yellowhead County border
780-325-3782

Wabamun Christmas Hamper

For Parkland County residents:

- West of HWY 759
 - East to Range Road 34
 - North to Lac Ste. Anne Boundary
- Register at Wabamun Servus Credit Union or Wabamun ATB
wabamunchristmashamper@gmail.com
780-237-6135

SENIOR GIFT HAMPERS

For seniors/single adults who may be isolated and facing the season alone.

Stockings of Care

NeighbourLink Parkland

www.neighbourlinkparkland.ca

Referrals/Register 780-960-9669

Yellowhead Stockings for Seniors

For Parkland County residents eligible for Yellowhead Central Santa's Anonymous hamper. Register 780-325-3782

Senior's Wishlist Program

c.a.n.uwishprogram@gmail.com

Register 780-233-0700

Parkland Santa 4 Seniors

For seniors in Parkland County
parklandcryseniorsecretsanta@gmail.com

SEASONAL MEALS

December 25, 1PM—

Christmas Day Dinner

Stony Plain United Church, 5012-51 Ave

RSVP by December 24, 2022

doreen07@shaw.ca

780-937-6053



WAYS TO GIVE Tri-Region



Working together to coordinate Christmas giving in our region and ensure everyone in need gets support.



Kinsmen / Kinette

Christmas Hampers

www.stonyplainkinsmen.ca

www.sgkinettes.ca

Grocery Gift Cards and Gifts, Christmas Hampers for residents with modest income in Tri-Region

Volunteer: visit website.

Donate: monetary donations, local grocery store gift cards, new unwrapped gifts for children under 10, gift cards for youth age 11-17

Donation Locations: Available across Spruce Grove, Stony Plain, Parkland County and Acheson.

Wabamun Hampers

wabamunchristmashamper@gmail.com

780-237-6135

Food and gifts for isolated families, individuals, singles residing west to HWY 759, north to Lac Ste. Anne Boundary, east to Range Road 34

Donate: Turkeys, gifts for kids, grocery gift cards.

Hampers 4 Hope

Parkland Pregnancy Support

www.parklandpregnancy.com

780-962-5505

Provides hygiene and household items, mom gifts and gifts specific to toddlers and babies.

Donate: Baby/Child clothing, supplies.

Volunteer: Intake, sorting.

Christmas Day Dinner

Stony Plain United Church

5012-51 Ave, Stony Plain

780-937-6053 doreen07@shaw.ca

Donate: Monetary,

Volunteer: Dinner prep, serving.

Supporting Seniors

Provides gifts for seniors who may be isolated and facing the season alone.

Donate: Adopt a senior or adult, provide hope and connection (item suggestions provided)

Volunteer: email/visit websites.

• NeighbourLink Parkland Stockings of Care

www.neighbourlinkparkland.ca
780-960-9669

• Parkland Santa 4 Seniors

parklandcryseniorsecretsanta@gmail.com

• Senior's Wishlist Program

780-233-0700

c.a.n.uwishprogram@gmail.com

Christmas Kettle Campaign Salvation Army

780-458-1937

Supports local residents with basic needs throughout the year.

Volunteer: Bell Ringer shifts starting Nov 14.

Giving Tree or Toy Mountain

Spruce Grove Public Library

35 5 Ave (King Street Mall)

780-962-4423

www.sgpl.ca

- Add a donation to Kinette hampers using the Toy Mountain.
- Engage with the Giving Tree, in Indigenous way, giving is the same as receiving. If you care about others, everything you give returns to you.

Donate: Meaningful and useful items. No perishable items.

Mitten Tree

Stony Plain Public Library

5216 50 Street

780-963-5440

www.mysppl.ca

Place a gift on the tree to be donated to a person in need.

*Accepting donations for Kinsmen hampers

Donate: Homemade and store-bought mittens, toques, scarves, socks, children's gifts, monetary donations, gently-used winter clothing and blankets.

Coats for Kids apfa

5600 50 St, Stony Plain

780-963-0549

Open year round, free store for donated coats, boots, winter accessories.

Donate: Gently-used winter wear, all sizes (kids-adult).

If you are considering donating this season, please support these local initiatives.