

Mountviews

MARCH 2025

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Principal: Ms. Kim Walker Vice Principal: Mrs. Camille Bax

Principal's Message

Welcome to March! It is a wonderful time to look at your child's progress this year. With student-led conferences and progress reports right around the corner, it is a great time to set new goals together with your child and host rich conversations about **growth mindset**.

It is important to talk about how your child is doing, feeling about school, and progressing. **Together, we will work to build upon their success. This term, we are hosting student-led conferences and we invite you to join your child at this conference. We would like to welcome 100% of our families this term!** At this set of conferences, your child is going to demonstrate their world of learning with you; it is a fantastic opportunity to celebrate their strengths, and build upon their confidence. Your child's teacher will be present to help you and your child navigate through several learning stations/centers together. **Enjoy this opportunity to be present with your child.**

As spring approaches here are a couple more items you might consider to encourage your child's success in/at school:

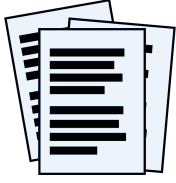
Digital Citizenship: *In terms of citizenship online, are you monitoring your child's time online?* Is this screen time affecting their in-person/social skills or interactions with others? **Remember, balance on games, and on screens is best.** Your child's brain is growing and the quality of the information that they are witnessing online and in popular games may be fun, yet, at the same time it may affect their ability to focus, rest, learn, and engage in/on learning. In Alberta, we are required to teach our students about digital citizenship. All students need digital citizenship skills to participate fully in their communities and make smart and safe choices online. **Thank you for supporting your child in this area of their world.**

Kindness: **Adding value to someone's day is an important part of being KIND. Who can you share your kindness with? Who could you smile at today?** We are all responsible for modeling kindness to and with our children. Be sure to ask your child each day, how they demonstrated kindness. Each day matters! This past month, we celebrated PINK SHIRT DAY as a District, and at the school level, we created a School Kindness Tree! **Our school theme this year is "Be Kind Every Time!"**

Building Resilience: **Big Life Journal is a fantastic resource to have a peek at if you haven't yet had a chance.** They share helpful infographics with a variety of strategies. I've attached one for managing frustrations by using the 'Tolerance Cup'. When we are speaking to our child(ren) about emotions and frustration in a day - the 'cup' analogy can certainly add to their understanding, and build upon personal resilience. It's ok to have emotions, let them out, and learn to understand how we are feeling and how we can help ourselves navigate these emotions. **I've attached two more INFOGRAPHICS for FOCUS, and BEING KIND - Have a peek! These can be useful tools for teaching, learning, and reflection.**

Thank you for taking the time this spring to attend Student-Led Conferences. We look forward to seeing you soon! Soon, you will receive an emailed link to select a time! As always, if something arises in your schedule and you would like to reschedule, please reach out directly to your child's teacher.

Yours in Learning,
Kim Walker, Principal



REPORT CARDS AND PARENT TEACHER CONFERENCES

Report Cards will be available online in your [Parent Powerschool](#) account on Friday, March 7th. Student Led Conferences will be on Thursday, March 13th from 11am - 7:30pm. Student led conferencing is an excellent opportunity for students to show and not just tell parents what they are doing in school. You can share in your child's success with them in their classroom environment. We will be scheduling 30 minute blocks and we invite you to come to participate in the student led conference. Please be mindful of other students and their parents in the classroom at the same time as you navigate through a variety of activities with your child. A link to book your student led conference will be emailed near the beginning of March.

We would like to see 100% of our students, parents/guardians at student-led conferences.



ATTENDANCE PHONE IN

If your child will be absent or late, you can use this [link](#) to report it, or call 403-346-5765. This link is also found on our [Website's Home Page](#) - Absentee messages are checked between 8:00am - 9:00am and 1:00pm - 1:15pm each weekday.

KINDERGARTEN & PRE-KINDERGARTEN

Registration for Kindergarten 2025-26 is open and available [online](#). If you have any questions or need assistance please contact our Student Records Secretary, Brenda Halford at 403-346-5765 or email brenda.halford@rdpsdp.ab.ca

We will support you on the computer should a device not be available or tricky to use at home.

Pre-Kindergarten Registration is now open at Mountview!

Call 403-342-3703 for more info. Or click this [link](#) for more information.

HELMETS FOR WHEELS

With Spring arriving shortly, please note: Mountview School has a rule that any students riding a bicycle, skateboard, scooter or wearing roller blades **MUST** wear a helmet. Thank you for keeping our children safe.

PIZZA WITH THE PRINCIPAL

Our Yeti Paw winners for January enjoyed a Pizza lunch with the Principal on February

28! ***Congratulations** to the following students:*

Brielle V(1S), Everett S(1M), Akilah N(1/2LS), Colson M(1/2L), Gracie M(2M), Avianna W(2/3R), Kieran J(3B), Anna H(3/4DC), Dasha L(3/4AM), Indy S(3HO), Sloane (4SH), Kiza H(4/5K), Ayden K(4/5R), Madeleine G(5W)





Ramadan Dates at École Mountview

In light of the dates of Ramadan, which begins on February 28th and ends on March 29th, École Mountview will respectfully honor our students and families participating in this holy month of worship.

What Does This Mean for Our Students?

Students who are participating will engage in a month of self-reflection and generosity towards others in need. Many of our students, alongside their families, will strive to fast from sunrise to sunset. Several families will break their fast at sunset with a family dinner and prayer, and they may have a light meal.

For many students, this means choosing not to eat while at school. To accommodate our learning environment and to include students who are not eating, we will postpone our school-wide hot lunch offerings this month, as well as, all activities involving classroom parties with food/treats.

Hot lunches will resume after March 29th. *This next week, instead, we will focus on supporting our Nutrition Program and our Jr. Yetis student school leadership team, who are gathering donations for the upcoming months.*

We wish all of our families and students participating in this special month together,

Ramadan Mubarak

Non-perishable
food items only
please

MOUNTVIEW BREAKFAST PROGRAM FOOD DRIVE!

Monday, March 3rd- Friday, March 7th



Items needed:

- Small or medium sized ziplock bags
- Apple sauces, fruit cups
- Nut Free- granola bars and/or cereals, Nutrigrain bars, veggie sticks, rice crackers, rice cakes, goldfish crackers, pretzels, plain crackers
- Fruit to go, raisins
- Grocery store gift cards

The class with
the most
donations will
win a prize!!

CELEBRATIONS at Mountview - Upcoming - CARNAVAL 2025!

Mountview is thrilled to announce a unique cultural experience right in our schoolyard – CARNAVAL! Due to significant weather temperatures, we rescheduled our outdoor activity day to March 7th. CARNAVAL will feature a variety of engaging activities and centers for our students, with the help of many enthusiastic volunteers. We can't wait to celebrate all the fun activities together! **If you are able to volunteer, please contact krystina.clark@rdpsd.ab.ca or sign up [HERE!](#)**

We're looking forward to an incredible afternoon filled with joy and community spirit!

As part of CARNAVAL this year, we were able to once again host [The Canadian Maple Shack](#) in February. They are expert Québécois/French Canadians who boil down maple syrup in order to give us the opportunity to taste a great Canadian delicacy! It was a great addition to our year!



Mrs. Squire's At Home Literacy Tip for March - Reading aloud to your child

Reading aloud to your child is a special time each day, but it's even more than creating a special bond, you are modeling important reading skills. Here are some ideas and tips for reading aloud to your child.

- Let your child pick the book. If it's a topic or story of interest, it will be more exciting for your child.
- When you read aloud to your child, you are modeling what fluent, expressive reading sounds like. You can make the story come alive!
- Point to the words as you are reading. Young children will start to make the connection that we read text from left to right and that the words on the page have meaning.
- Talk about new, unfamiliar words or tricky vocabulary as you come to them.
- Talk about what you have read. Try asking the 5W questions about the story or chapter. Who are the characters? What was the problem? Where does the story take place?
- Have your child draw a picture about what you have read. Visualization is an important reading skill.
- Choose longer books or chapter books so your child can look forward to hearing the next chapter each night.
- I read to you, you read to me. When your child is able, you can read together. Try reading back and forth. You read a page and then your child reads a sentence or page.

Make reading time part of your daily routine. Reading at bedtime is a great way to wind down and enjoy a relaxing time together. When you read to your child you are creating lasting memories and fostering a love of books.





DAYLIGHT SAVINGS TIME!

Reminder: Daylight Savings Time starts on Sunday, March 9, 2025. Clocks are turned forward one hour.



DENTAL CARE for FAMILIES in FINANCIAL NEED

Alberta Health Services Dental Outreach of Red Deer (DOoR) Program offers free dental treatment and prevention services for children aged 5-18. Who is it for? It is for families with lower income who:

- Child needs urgent dental care
- Have limited income
- Have no access to other subsidized dental care (such as Alberta Child Health Benefit, Alberta Works, Group Plan)

Location: Red Deer Johnstone Crossing Community Health Centre; 300 Jordan Parkway

Contact: 403-356-6302; ask to speak to a member of the DOoR Program



**Alberta Health
Services**

Free urgent dental treatment for children

The Dental Outreach of Red Deer (DOoR) program provides free dental treatment for children with:

- pain
- infection
- visible decay
- broken teeth
- no dental insurance
- lower income
- trouble paying

DOoR serves families with children from 5 to 18 years with lower income who do not have Alberta Child Health Benefit or other health benefits to cover dental treatment.

Call the Johnstone Crossing Community Health Centre at 403-356-6302 to see if your family qualifies.

SCHOOL BUS SAFETY



We have what we call a **SAFETY ZONE** and **DANGER ZONE**. You may hear your school bus operator reminding your child to go to their safety zone. We cannot stress enough how vitally important this is. If your child can touch the bus, or even reach out and touch the bus, he/she is too close and in the **DANGER ZONE**. As you can appreciate, your school bus operator is driving a large bus and their concern is the safety of your child and the only way they will know if all the students are all safe, is if they are waiting in the **SAFETY ZONE**. **PLEASE DO NOT CROSS BETWEEN THE BUSES AT ANY TIME.**

When your child arrives to his/her stop in the morning, (5 minutes prior to pick up time), they need to line up in the **SAFETY ZONE**, which is at least 1 meter (3.5 feet) from the curb and wait until the bus doors open before they move from the **SAFETY ZONE** to load the bus. This also applies in the afternoon when your school bus operator drops them off. The students need to wait in their seat until the bus doors open, and then they can unload back into their **SAFETY ZONE** where they need to wait until the bus pulls away. Students are **NOT** allowed to cross in front or behind the bus during pick up or drop off, as we do not use the alternating flashing red lights to control traffic in the City Of Red Deer.

We understand that you have busy lives and would like to be able to take your children and go, but it takes less than a minute for the school bus operator to unload the students, make sure they are all safe in the **SAFETY ZONE** and pull away. If you are going to be there to pick up your child at the stop, please help keep the children safe by staying in the **SAFETY ZONES** with your child and setting a good example. Your school bus operator will be reviewing this procedure with your child on a regular basis.



COMPREHENSIVE HEALTH - MARCH IS NUTRITION MONTH!

AHS Nutrition Services is focusing on **Vegetables** and **Fruits** for Nutrition Month this year. This focus is relevant and timely given 2021 data showing 80% or more of Albertans are not getting enough vegetables and fruit.

Nutrition Month 2025



March is Nutrition Month: Focus on Vegetables and Fruits

This year we are encouraging Albertans to eat more vegetables and fruits. Most people are aware that vegetables and fruits are an important part of a healthy eating pattern - they are packed with vitamins, minerals and fibre. Including vegetables and fruits daily may help to reduce your risk of heart disease, stroke and certain types of cancer. Eating vegetables and fruits everyday can sometimes be challenging – in fact, 80% or more of Albertans are not getting enough.

AHS dietitians have developed several resources to provide:

- Lower cost ways to buy vegetables and fruits
- Tips to reduce food waste
- Ideas to include vegetables and fruits in daily routines



More information on Nutrition month and materials are available with this link:

<https://together4health.albertahealthservices.ca/nutrition-month>

Mark Your Calendar!

MARCH

Monday, March 3 - Friday, March 7
Friday, March 7

- Breakfast Program Food Drive
- Report Cards Issued Online in Powerschool
- Carnaval (PM)

Thursday, March 13

- Student Led Conferences 11am -7:30pm
(NO SCHOOL)

Friday, March 14

- Staff Learning Day **(NO SCHOOL)**

Monday, March 17

- Spirit Day - Wear **Green & Gold**

Wednesday, March 19

- Parent Council Meeting (6:00pm)

Friday, March 21

- World Down Syndrome Day
- Rock Your Socks: **Wear colourful socks!**

Wednesday, March 26

- MV Assembly (10:15am)

Saturday, March 29

- Ramadan ends

A Look Ahead... APRIL

Monday, April 1

- Hot Lunch Mucho Burrito(order by Mar 27)

Friday, April 4

- Staff Learning Day - **No School**

Tuesday, April 8

- Hot Lunch Dino's (order by April 3)

Wednesday, April 9

- Parent Council Meeting (6:00pm)

Monday April 14 - Friday, April 18

- Education Week

Monday April 14

- Spirit Day *Dress Up like your favourite Book Character!*

Tuesday, April 15

- Numeracy Games Day

Wednesday, April 16

- Hot Dog Lunch (order by April 10)
- Mountview Open House (5:30-7:30pm)

Thursday, April 17

- Mountview's Spring Concert

Friday, April 18

- MV Assembly (1:20pm)

Monday April 21

- Good Friday - **No School**

Tuesday, April 22 - Friday, April 25

- Easter Monday - **No School**

Wednesday, April 29

- Spring Break - **No School**

- Hot Lunch Edo (order by April 24)

Mountview School Council Meeting

Wednesday, March 19th at 6:00 p.m.

This meeting will be in the Learning Commons/Library, we would love to see you in person. Our teacher feature for March will be Kent Rathgeber & Tanya Kitchen for Grade 4/5 English who will be sharing the wonderful things happening in their classes as well as, Ms Vicki Scott, our Family School Liaison Counsellor!

Hope to see you there!

March School Council Fundraiser

Nossack Meats: March 3 - 17

Our School Council's next fundraiser begins Monday, March 3rd with Nossack Meats. You will be able to purchase pepperoni sticks, sausage rings and beef jerky! Keep your eye out for the brochure coming home soon! Pick up at the school is estimated to be on March 31 after school. *More details will be coming soon.*

The best way to learn about a new book to read, is through a recommendation by a friend or family member!

Bravo to these Yetis who completed a BOOK Recommendation this past month!

All of the students in 4/5K! Charlotte 5W, Tenley 5W, Poppy 5W, Xander 3B, Casey 3B, Lincoln 3B, Evie 3B, Emma 3B, Leia 3B, Kieran 3B, Oli 3B, Claire 4SH, Ariel 4SH, Abby 3/4DC, Henley 3/4DC, Sawyer 3/4DC, Josie 3/4DC



COMMUNITY PROGRAMS AND EVENTS

Here is this month's [Red Deer Native Friendship Society Newsletter](#).

The Red Deer Family Resource Network provides a range of services and supports that focus on strengthening parenting/caregiving knowledge, social support, coping and problem-solving skills, access to community support and resources. Check out this month's [Calendar of events](#).

Check out the [FREE TRY IT Day](#) activity events coming up in Red Deer!

March 16th: [FREE Come Try Ringette](#) for ages 4-16, where Red Deer Rush Coaches will be there to show you what ringette is all about!

To register for the activities click [here](#).

The Royal City Soccer Club is offering summer day camps designed to promote a healthy and active lifestyle while fostering personal development, teamwork, leadership, and other essential life skills for children aged 5 to 13. If you are interested, click this [LINK](#) for more information.

The **Kerry Wood Nature Centre** is offering Mini Day **School Break Camps** running for the remainder of the 24/25 school year. Click [Here](#) for more details.

Recovery Alberta is offering a two part virtual workshop for anyone within Alberta who works **with women who may be using substances, with a focus on women of childbearing years**. Click [HERE](#) for more information.



The graphic features a blue and white background with a marlin swimming. On the left, a white box contains the following text: "Red Deer Marlins Summer Swim Club", "May - August", "Ages 5-18 years", "Registration Opens March 1st", and a green link "[Red Deer Marlins Home](#)". Below this text is the "MARLINS SWIMMING" logo. On the right, there is a logo for "ALBERTA SUMMER SWIMMING ASSA" with a swimmer icon, a Facebook icon, and an Instagram icon.

Students in grade 5 and their parents are invited to attend the RDPSSD Sports Academy Open House on March 19th at the Gary Harris Centre!

OPEN HOUSE AND APPLICATION NIGHT

 Families are invited to learn about the
2025/2026 Sports Academy

MARCH 19
6:30 - 7:30 PM
(PRESENTATION AT 6:45 PM)
GARY W. HARRIS CANADA
GAMES CENTRE
120 COLLEGE CIRCLE, ROOM 208


SCAN TO LEARN
MORE!

PURSuing PASSIONS WHILE SUPPORTING ACADEMIC ACHIEVEMENT

SPORTFIT
GRADES 6-8
LOCATED AT CENTRAL MIDDLE,
WESTPARK MIDDLE, EASTVIEW MIDDLE,
& GATEWAY CHRISTIAN
MULTISPORT ACTIVITIES
80+ ACTIVITIES PER YEAR

HOCKEY
GRADES 6-12
LOCATED AT EASTVIEW MIDDLE, HUNTING
HILLS AND LINDSAY THURBER
PLAYER & GOALIE SPECIFIC TRAINING
80+ HOURS OF ON-ICE & OFF-ICE
DEVELOPMENT



Please see attached the March 2025 edition of the Recovery Alberta Mental Health & Addiction Parent Newsletter, which focuses on Mental Health Literacy.

The themes include:

- What is Mental Health Literacy?
- What is Mental Distress?
- What is a Mental Health Problem?
- What is a Mental Disorder/Illness?

Mental Health & Addiction News **March 2025**

What is Mental Health Literacy?
Mental health literacy is part of health literacy. It is about knowing how to take care of your mental health and understanding mental health issues. It means being able to recognize when something isn't right with your thoughts or feelings, knowing what causes mental health problems, and understanding how to get help.

It's important to use the right words when talking about mental health. We all have mental health and there are four components that help us understand it. We can exist in all of these states at the same time.

Mental States – Language Matters

common, expected response to the stressors of daily life (i.e.) having an argument, writing a test, car breaking down

Mental States – Language Matters

the reactions we have to huge life challenges such as the loss of a loved one, moving to a new country, or loss of a relationship.

Mental States – Language Matters

a diagnosed health condition requiring evidence-based treatment (i.e.) depression, anxiety disorder, ADHD

MORE RESOURCES, visit:
www.mentalhealthliteracy.org

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

Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-305-2642



Manage Your Frustration Using the Tolerance Cup



Our body has a tolerance cup.

Depleting or frustrating experiences add water to the cup throughout the day.



- You had a terrible night's sleep
- Your sibling broke your favorite toy
- You have a test at school, and you are anxious

By the middle of the day, your tolerance cup is filling up.
You might be feeling **irritable with many emotions inside.**



- A boy pushed you on the bus
- You are tired from sports practice
- You did not do well on your test

You come home from school tired and irritable.
Your tolerance cup is **very close to overflowing.**



- You are asked to do chores
- Someone asks how your test went
- You are asked about your homework

Sometimes, even the tiniest drip can make it spill if our cup is really full.
When your cup overflows, strong emotions come out of your body,
which can get messy!

When our big emotions come out, our cup gets emptied again.

This is a good thing.

Some ways to pour water out of your tolerance cup:

- Go to bed early!
- Dance it out!
- Hug someone (or a pet)!
- Take a shower or bath.
- Take slow, deep breaths.
- Stretch or do some yoga!

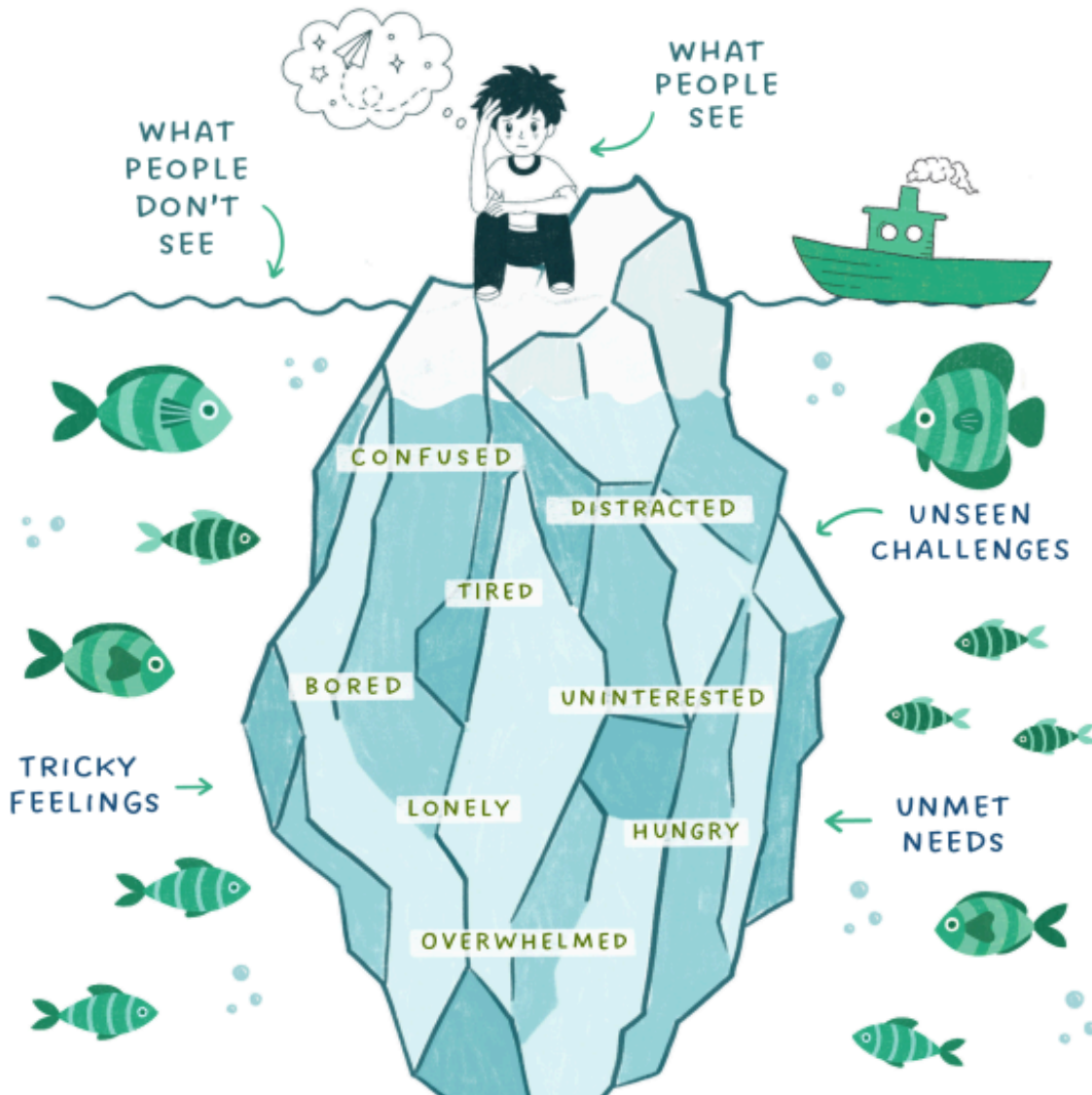
Building Upon Resilience Skills: Great Resources @ BIG LIFE JOURNAL
KINDNESS: Resource @ Big Life Journal



Trouble Focusing: Resource @ Big Life Journal
The next Page includes making a plan.

TROUBLE FOCUSING?

WHAT'S BELOW THE SURFACE?



If you're having trouble focusing, try breaking tasks into smaller steps, or taking movement breaks. Tell a grown-up if you're feeling overwhelmed.

MY FOCUS PLAN

1 MOVEMENT BREAK

I'll move my body like this:

- 5-minute dance-off
- Animal walk challenge
- Invisible jump rope
- _____
- _____

2 PAUSE & BREATHE

- Start with the boat
- Trace the waves
- Breathe IN deeply
- Breathe OUT slowly



3 BREAK THE TASK INTO SMALL STEPS

Big task:

Small steps:

- _____
- _____
- _____
- _____

FOCUS HELPS ME DO MY BEST

ONE STEP AT A TIME.

4 CELEBRATE EVERY SMALL FINISH

My Mini Celebration:

- Say "woohoo"
- Mini dance party
- Pat myself on the back
- _____

5 ASK FOR HELP IF YOU GET STUCK

People & Things That Can Help:

- _____
- _____
- _____
- _____

**KEEP GOING.
YOU'VE GOT THIS!**

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FUNDRAISER

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FUNDRAISING

30% OFF

ALL
BESTSELLERS!

until March 16th



*New
products
on sale
each week!*

Go to campaigns.mabelslabels.com
and choose our organization from the list!