

Mountviews

MAY 2025

4331 34 Street

Red Deer, AB T4N 0N9

Telephone: (403) 346-5765

Email: mv@rdpsd.ab.ca Website: <https://www.rdpd.ab.ca/mountview>

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

Principal's Message

Hello and Welcome to May 2025! As we head into spring (hopefully), it is a welcomed time alongside our upcoming warmer temperatures...splash pants, rubber boots, and helmets will soon be needed!

Please join us in celebrating the following groups who have supported Mountview Elementary School this school year. Many groups are involved in our school, and each group's goal is to help provide our students with the best educational opportunities. **I would like to take a moment to highlight some of the groups that have made our year an amazing one!**

Mountview School Council: This dedicated group of parent volunteers support student activities, provide input to school policies, and supports events throughout the year. This year, the School Council hosted the Christmas Craft Market in December, and it was a HUGE success whereby students could choose a gift or two for a family member. Notably, every month, our amazing parent volunteers assist with hot lunches and the famous HOT DOG lunches! To date, the School Council has purchased new items for the Physical Education Program, the Music Program and provided classroom consumables for our teachers (such as stickers/items for students in the classroom). School-wide this year, the School Council will support Field Trips, purchases for the Skating Program, and Kindergarten/Pre-Kindergarten celebrations. Notably, this team of volunteers works endlessly to help raise subsidy funds for the Grade Five Camp as well.

As we head into the next school year, 2025-2026, we hope that you, too, might consider coming to meet a time or two, and hear about all of the wonderful things they celebrate and make happen for the students at Mountview School. If you are a new family to Mountview, please try to find a time to pop out to at least one of the meetings next year - ***we would love to see you, and it is a wonderful way to meet other parents and families at Mountview!***

Mustard Seed: We are incredibly grateful to be included in the world of the ***Mustard Seed*** who assist our school and schools across the city with daily lunches. Access to healthy, nutritious lunches is an important building block in brain development, health, and learning. It is hard to learn when you are hungry and these folks make a tremendous difference to so many lives.

Red Deer Child Care Program: Huge thanks to Red Deer Child Care, who have continued to be a part of our school year, supporting our families with after-school care activities for students. We look forward to our continued partnership at Mountview School.

Salvation Army Backpack Program: We deeply appreciate this group of caring people who deliver weekly backpack food items for several students. Nutrition is an important part of growing and learning.

Please join us in celebrating everyone who helps make Mountview Elementary School a great place to be! We are grateful for all of the wonderful opportunities that **make a difference** in the lives of our young hearts! We too, are thankful to work collaboratively with you and are here to help. If you need to contact us, or set up a time to meet, please call the school at 403-346-5765.

Sincerely,
Kim Walker, Principal

Education Week 2025 at Mountview

Mountview celebrated Education Week 2025 with a variety of school-wide activities designed to support and showcase our community's commitment to literacy, numeracy, mental health, and well-being. It was a fantastic week filled with engaging events across all classrooms!

Monday, April 14 - Jr. Yetis School Spirit Day: Favorite Book Character Day

Students and staff embraced their favorite book characters, filling the school with curiosity and joy!

Tuesday, April 15 - Numeracy Games Day and School Open House

Teachers utilized new mathematical manipulatives and games to enhance learning experiences. We are excited to announce the addition of new Math Manipulatives for each grade level! Our Open House welcomed 36 family members, with special guests Mrs. Nicole Buchanan, RDPS Trustee, and Mr. Morris Flewwelling from the Red Deer Public Foundation, who shared insights and complemented our school on being student-focused.

Huge thanks to our School Council Volunteers who also made popcorn bags for our special guests and families who visited our open house.

Wednesday, April 16 - Mountview's Spring Concert Series: Division 1 and Division 2

This year's Spring Concert was a resounding success, drawing a full gymnasium of guests and families. Each class performed, filling the space with joy and leaving guests humming the melodies as they departed. There was a 'little pep in our steps' as we left the gym!

Thursday, April 17 - Attitude of Gratitude

We focused on appreciating those around us, highlighted by a beautiful School-Wide Assembly hosted by classes 1S and 2/3R. We took a moment this week to recognize our dedicated caretaking staff, Mr. Drinkwalter and Mrs. Spring, who work tirelessly to keep our school clean and ready for learning every day!

Thank you to everyone who participated and contributed to making this Education Week a memorable experience!



Wednesday, May 7th - Hats on For Mental Health! Wear your favourite hat to bring awareness to the importance of mental health and well-being! This is a new date, across Alberta this year!



Help support the Reading College Program!

The background of the poster is a close-up photograph of several chocolate chip cookies. Some cookies are decorated with blue M&M's candies and pink icing swirls. A red maple leaf logo with the word 'Tim's' in white script is visible on the left side.

SMILE COOKIE DAY!

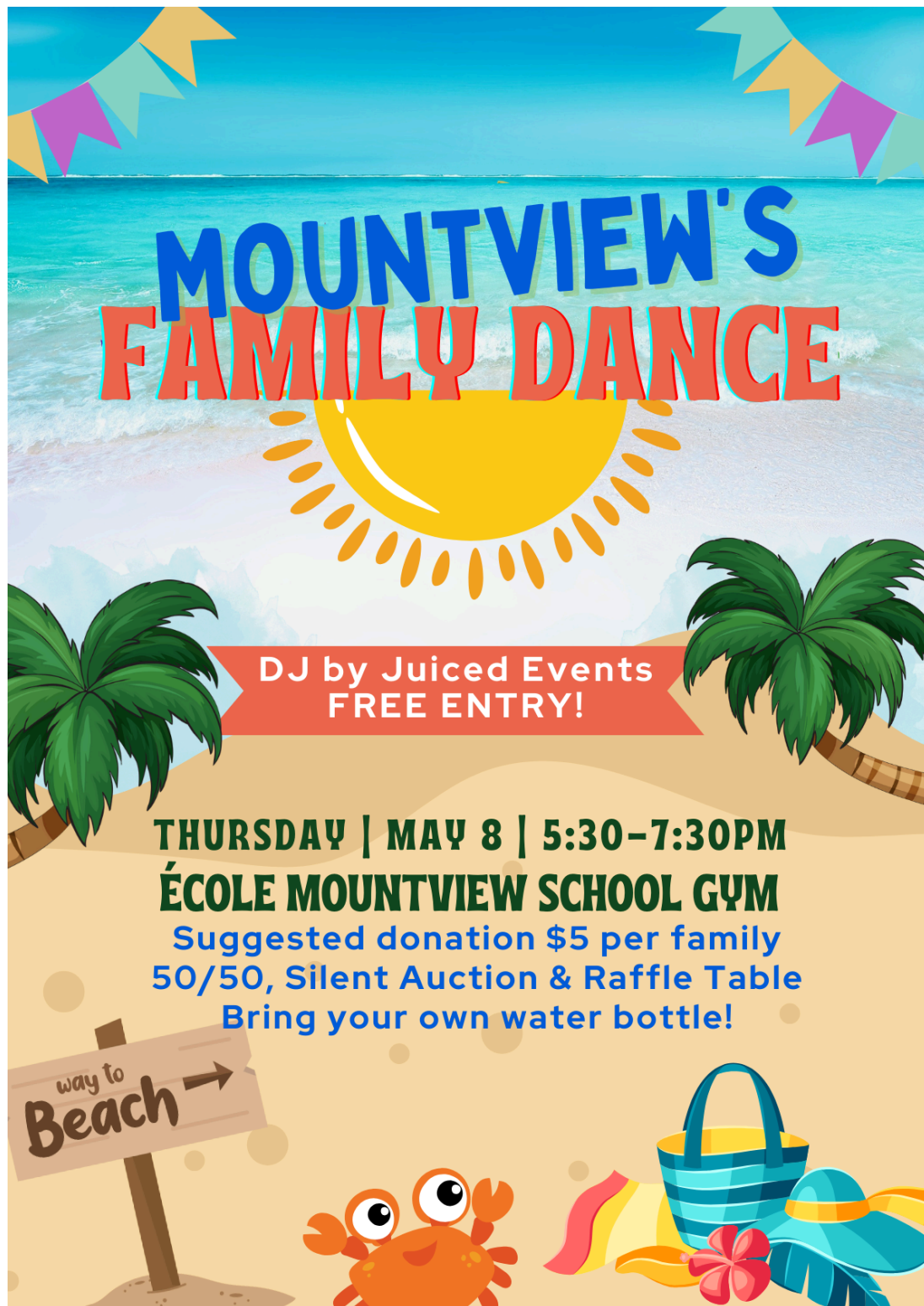
SATURDAY, MAY 3: 9:00 AM - 12:00 PM
TIM HORTONS - 20 THOMLISON AVE

City of Red Deer Emergency Services, Red Deer RCMP and the Alberta Sheriffs will be showing off their vehicles and equipment to help promote the SMILE COOKIE campaign. YOU are invited to buy some cookies to support a GREAT cause, and interact with our community emergency responders!

The logo for the Central Alberta Optimist Club, featuring a stylized figure and the text 'Central Alberta OPTIMIST CLUB' and 'Reading College' below it.The official crest of the Royal Canadian Mounted Police (RCMP) for the Red Deer division.The logo for the City of Red Deer Emergency Services, featuring a shield with various emergency symbols.The official logo of the Sheriff of Red Deer, featuring a star and the word 'SHERIFF' below it.The logo for The Foundation for Red Deer Public Schools, featuring a stylized figure and the text 'THE FOUNDATION For Red Deer Public Schools'.

The Parent Council is proud to host our 2nd annual spring Family School Dance! Please join us on Thursday, May 8th, from 5:30pm to 7:30pm. Entry is FREE, suggested donation is \$5 per family; Please bring your water bottles! "Juiced Entertainment" will be providing DJ services once again! There will also be a silent auction table and a 50/50 draw! This is a CASH ONLY event and all students must be accompanied by a parent or guardian.

If you would like to donate to the silent auction, please reach out to the Parent Council at parentsformountview@gmail.com. Cash donations are also appreciated!!



How to Encourage Your Child's Independence

Many parents don't realize what their kids can do. Give them tasks they can handle for their age. It helps them be independent and successful later on. Here's how to help your child grow:

START EARLY:

Have your child help with easy chores like tidying up toys or setting the table to teach them responsibility early.



Example:

Invite your toddler to help you sort laundry by color.

EMBRACE MESSINESS:

Let your child try new things, even if it means messes or mistakes. See this as a chance for them to learn.



Example:

Bake cookies with your child, even if it gets messy and the cookies aren't perfect.

BE PATIENT AND SUPPORTIVE:

Tasks may take longer for your child, so be patient and encourage them, reminding them that mistakes are okay and they can try again.



Example:

Let your child learn to tie shoes without doing it for them, even if it takes time.

ENCOURAGE INDEPENDENCE:

Let your child tackle challenging tasks, even if they're not perfect. It builds confidence and independence.



Example:

Let your child pick their outfit, even if it's a superhero costume for a trip to the store.

START SMALL:

Start with simple tasks, then increase responsibility as your child grows. It builds skills and confidence over time.



Example:

Ask your child to be in charge of feeding the family pet.

By taking a step back and allowing your child to take on more responsibility, you're helping them develop important life skills and building their confidence to become independent adults.

So take a breath, be patient, and give your child the freedom to try, fail, and succeed on their own terms.



Mrs. Squire's At Home Literacy Tip for May - The Public Library

Our Red Deer Public library is Amazing! I want to share some information with you about reading and activities that take place at the library!

Here is the link for information about how to get a free membership. <https://rdpl.org/membership/>

All of the currently planned programming under Programs & Events in the menu at the top of the website, rdpl.org. Here you will find information about drop in storytimes, kids clubs (including a Lego club, a Pokemon club, a chess club), the summer reading program, and Summer camps.

They also have a quarterly magazine, both physical and digital, called the Link that contains information on all the events at the library for a 3 month period. They can be found at rdpl.org under Programs & Events in the menu banner at the top of the page and at all of our locations.

I hope you will go and check it out! There is something for everyone!



May Healthy Habits Challenge

This month our focus is on the S, Screens for 2 hours or less. Check out the infographics. One is full of "[HeartSmart Quickies to Break up Screentime](#)" and this article is worth a read: [How to talk to your kids about marketing](#).

A goal by the end of the school year, students will do all 4 EASY Healthy Habits daily.

Remember this acronym.

- E** - Eat fruits and vegetables daily
- A** - Active for one hour or more
- S** - Screens for less than 2 hours a day
- Y** - Yes to water, no to sugary drinks



ATTENDANCE

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 weekdays.

HELMETS FOR WHEELS

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

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.

ART GALLERY

Let's take time this month to celebrate our ART GALLERY projects currently posted around the school. SPRING is in the AIR and young ARTISTS live here! BRAVO, Yetis!



Mountview School Council Meeting

The next School Council Meeting will be held on May 14, 2025, at 6:00 pm.
Our Teacher Feature this month is Mrs. Krystina Clark, our Physical Education Specialist at Mountview!

The final Parent Council Meeting of the school year will be
June 18 at 6:00 pm.

ALL parents are welcome to attend this in-person meeting!

* If you have any questions for School Council, please email
parentsformountview@gmail.com

This will be our final meeting of the year, it is considered our annual General Meeting - please drop in if you can!



PIZZA WITH THE PRINCIPAL

Our Yeti Paw winners for April will enjoy a Pizza lunch with the Principal on May 12!
We are excited to see who Netty the Yeti selects this upcoming month!
Ivan 1S, Hailey 1M, Solomon 1/2LS, Kai 1/2/Lap, Iven 2M, Kail 2/3R, Capri 3B,
Sawyer 3/4DC, Talia 3/4AM, Jordan 3HO, Claire 4SH, Morgan 4/5K, Taleigha 4/5R,
Freddy 5W

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

Hafsa in 3/4AM, Conall in 3/4AM, Ayesha in 3HO, Cassian in 1/2 LS, Akilah in 1/2 LS, Chloe in 4/5 K
Jacob in 4/5K, CJ in 3 H/O, Everett in 1M, Caleb in 2/3R, Mersana in 2/3R, Ethan in 2 Mac, Fisher P 4/5R, Calleigh-Rae 4/5R, Chole Oler 4/5 R, Mason M 4/5R
Sawyer S 4/5R, Bennett in 1M, Brielle V in 1S, Iven in 2 Mac, Gracie in 2 Mac, Makenna in 1S, Elliot 5W, Tenley 5W, Elsa in 1M, Ava in 1M, Jase in 1S, Kasen 3/4DC, Abby 3/4DC, Sawyer 3/4DC, Brando 3/4DC, Addie 3HO, Hayden 3HO, Jemma 3/4DC





Pick up your *Growing Smiles Plants and Baskets* on Tuesday, May 13 from 2:30pm - 5:30pm! They will be available for pickup at the skate shack behind the school in the southeast corner of the field.

Aloha Hula School Fun Run will be on Friday, May 9!



What: Aloha School Fun Run/Walk promoted by Move Your Mood and SPARC

When: Friday, May 9, 2025 at 2:00pm

Where: The North Field

Who: All students & Staff at MV - Parents and siblings are welcome to join also.

Why: Encourages the community to run/walk because being active can enhance your overall mental health.

LEAVE IT BETTER THAN YOU FOUND IT - From Mrs. Bax, Vice Principal

Mountview students and staff will participate in the **Green Deer Spring Clean-Up Campaign, Thursday, May 1st or May 2nd**, weather permitting. Each class has been given a specific location in and around our school to help pick up litter. Students and staff will be given gloves from the school, and we encourage everyone to wear closed-toed shoes these days. Students will receive an orientation presentation discussing Green Deer safety and litter cleanup procedures in their classroom before heading outside. You can check out the following website to learn more about Green Deer: www.reddeer.ca/greendeer

All Red Deerians are encouraged to do their part to keep our city clean and green by joining in! The more people that participate, the more litter we can clean up throughout Red Deer. It's easy and rewarding for the public to join the **Green Deer Spring Cleanup Campaign!**

Register online [HERE](#).



Green Deer

Leave it better than you found it!

MAY



- | | |
|-----------------------------------|---|
| Thursday, May 1 | - Green Deer Spring Cleanup |
| Friday, May 2 | - Spring Photo Day & Kindergarten Graduation Photo Day |
| Tuesday, May 6 | - Hot Lunch Panago (Order by May 1) |
| Wednesday, May 7 | - Spirit Day - Hats on for Mental Health |
| Thursday, May 8 | - Mountview Family Dance (5:30 - 7:30pm) |
| Friday, May 9 | - Hula Run - School Wide Fun Run! |
| Tuesday, May 13 | - Hot Lunch Pita Pit (Order by May 8) |
| Wednesday, May 14 | - School Council Meeting (6 pm) |
| Thursday, May 15 | - Grow Kids (Grade 5) |
| Friday, May 16 | - Staff Learning Day - No School |
| Monday, May 19 | - Victoria Day - No School |
| Tuesday, May 20 | - Hot Dog Lunch (Order by May 15) |
| | - 3/4DC, 3HO Kerry Wood Nature Centre Field Trip (9am) |
| Wednesday, May 21 | - Markerville Field Trip 1/2 LS, 2Mac, 3B, 3/4 AM |
| Thursday, May 22 - Friday, May 23 | - Grade 5 Camp |
| Friday, May 23 | - 4SH & Gr 4's in 3/4AM Kerry Wood Nature Centre Field Trip (11:15am) |
| Monday, May 26 | - Gr 2-4 Swim Program begins (May 26 - June 23) |
| Tuesday, May 27 | - Hot Lunch Subway (Order by May 22) |
| | - MV Assembly (10:15 am) |
| Wednesday, May 28 | - HHHS Handball Tournament |
| Friday, May 30 | - Spirit Day, Creative Hair Day |

A Look Ahead...



JUNE



Monday, June 2 - Friday, June 6	- Pound It - HIP HOP Dance Residency
Monday, June 2	- Gr 2-4 Swim Program
Tuesday, June 3	- Hot Lunch Taco Time (Order by: May 29)
Monday, June 9	- Gr 2-4 Swim Program
Tuesday, June 10	- Hot Lunch Pancakes (Order by: June 5)
Thursday, June 12	- Spirit Day - Superhero/Favourite Movie Character Day (Dress up)
Friday, June 13	- No School - Staff Learning Day
Monday, June 16	- Gr 2-4 Swim Program
Tuesday, June 17	- Last Hot Lunch McDonald's (Order by: June 12) - 4SH, 4/5K, 4/5R & 5W Kerry Wood Nature Centre Field Trip
Wednesday, June 18	- Last School Council Meeting (6:00pm)
Thursday, June 19	- Gr 6 Orientations (PM)
Friday, June 20	- Spirit Day - Field Day - Wear Red & White!
Monday, June 23	- Last Gr 2-4 Swim Program Session - Gr 5 Airband/Talent Show
Tuesday, June 24	- Gr 3-5 Year End Swim
Wednesday, June 25	- Gr 5 Farewell (10:30 am)
Thursday, June 26	- Kindergarten Celebration (10:30am) - Last Day for Students - Early Dismissal 1hr (1:50pm) - No Pre-K Classes - Report Cards Issued online
Friday, June 27	- School Organizational Day (Staff & Teachers only)

COMMUNITY PROGRAMS AND EVENTS

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

Here is the [Red Deer Family Resource Network Calendar](#). The Red Deer Family Resource Network offers programs geared towards early childhood development, child and youth development, parent education, family support, and home visitation.

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.

RDP is excited to be offering Summer Camps again this year for ages 8 to 18.



The poster for Red Deer Polytechnic Summer Camps features a purple background on the left and a photograph of students playing volleyball on the right. A large, stylized green letter 'R' is superimposed over the photo. The text on the purple background includes the Red Deer Polytechnic logo, the title 'Summer Camps' in large green letters, the age range 'Ages 8 - 18', the dates 'July - August', a description of the camps as an 'ultimate summer adventure', and a list of activities: 'Sports | Dance | Music | Theatre | Art'. A QR code and the registration URL 'rdpolytech.ca/SummerAdventures' are at the bottom left.

Red Deer Polytechnic

Summer Camps

Ages 8 - 18

July - August

Get ready for the ultimate summer adventure with action-packed day camps and inspiring overnight camps, where new skills, new friendships and unforgettable memories await!

Sports | Dance | Music | Theatre | Art

Register today
rdpolytech.ca/SummerAdventures

**2025 SUMMER SPORTS CAMP AT
LINDSAY THURBER COMPREHENSIVE HIGH SCHOOL**

20th Annual Lindsay Thurber Summer Basketball Camp

*******PLEASE REGISTER FOR THESE CAMPS BY GOING ON THE LINDSAY THURBER WEB SITE**

(lindsay.thurber.rdpsd.ab.ca)

- Go to STUDENTS
- Click ATHLETICS
- Proceed to SPORTS CAMPS
- RDPSD: register using Powerschool Parent Login
- Non RDPSD: Use Guest Login

REGISTRATION OPENS THURSDAY MAY 1, 2025

Camp Objectives:

Develop and improve your basketball skills and techniques. This camp will be run by Lindsay Thurber Basketball coaching staff and players as well as other basketball coaches from the Central Alberta area. All campers will receive a camp t-shirt.

Monday June 30 - Friday July 4, 2025

Grades 1-2

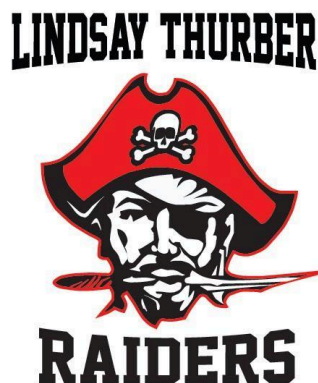
- 9:30 - 11:30 am

Cost: \$60.00

Grades 3-9

- Grades 3, 4 & 5 - 9:00 am - noon
- Grades 6 & 7 - 1:00 - 4:00 p.m.
- Grades 8 & 9 - 1:00 - 4:00 p.m.

Cost: \$75.00



This is a family event and all people are welcome to attend. This is an excellent opportunity to become involved in reconciliation, build relationships, and connect with the Indigenous community.



May 28-31th, 2025
FORT NORMANDEAU

A shuttle to and from the College will be arranged. No Disposables or Styrofoam. Please bring your own feast bag, chair blanket, hats, sunscreen, etc. The Feast goes, rain or shine. Protocol attire to be observed.



Join the 5th Annual Rotary Branches Out - Tree Planting Day!

When: Saturday, May 31 at 10.00 am -12.00 pm

Where: McKenzie Trails main parking lot (look for the Rotary Banner)

What: Planting 16" white spruce saplings (last year we planted 1400)

Meet at 9.45am at the main parking lot. The City is bringing 100 spades for us to use and Weyerhaeuser is donating 16" saplings for us to plant. *Pizza and pop for the kids at noon!*



The poster features a vibrant background with stylized trees and a sun. At the top, the text "ROTARY BRANCHES OUT" is in large red letters. Below it, a dark blue banner contains the date and time: "May 31 • 10am - 12pm • McKenzie Trails". The main title "Join Us! TREE PLANTING DAY" is in a mix of script and bold sans-serif fonts, with a red arrow pointing from "Join Us!" to "TREE PLANTING DAY". Below the title, it says "Pizza & Pop Will Be Provided" and "Planting 16" White Spruce Saplings". Two circular photos show people participating in the event: one person holding a sapling and a group of four people standing together. The bottom section displays logos for sponsors: Weyerhaeuser, CO-OP Central Alberta, PRIME BOILER SERVICES, BP, TenPeaks, Rotary Club of Red Deer, and THE ADVOCATE.

ROTARY BRANCHES OUT

May 31 • 10am - 12pm • McKenzie Trails

Join Us! **TREE PLANTING DAY**

Pizza & Pop Will Be Provided
Planting 16" White Spruce Saplings

Weyerhaeuser

CO-OP
Central Alberta

PRIME
BOILER SERVICES

BP

TenPeaks

Rotary
Club of Red Deer

THE ADVOCATE
reddeeradvocate.com

Red Deer Child Care offers before and after school care at Mountview School!

You can reach out to Reyna at reyna@reddeerchildcare.ca or
call 403-347-7973 Ext 113 for more information.



Did you know that Red Deer Child Care offers quality before and after school care for your child right here at this school?

The program is subsidy eligible and the fee includes care on PD Days as well as Winter and Spring Breaks. Provincial subsidy is available to qualifying families. Care is available at no extra charge on PD days, there is a holiday program available at Christmas and Summer at an additional charge.

For more information contact Reyna at:

403 347 7973 x113

reyna@reddeerchildcare.ca

Check our website for more information at:

<https://reddeerchildcare.ca/>

Red Deer Child Care Society is a Not for Profit organization that has been serving Red Deer and area families since 1970

We Offer:

Before and After
School Care

Care on PD Days as well as
Winter and Spring Breaks
is
included in monthly fees
but spaces are limited.

The program runs from
6:45am to the bell and
again after school until
6:00pm

Summer Programs are
offered in July and August
but spaces are limited at
an extra charge.

Red Deer Child

Care Society

100, 6700 76th Street

Red Deer, AB

T4P 4G6

Contact

403 347 7973

ADDICTION & MENTAL HEALTH NEWS

Here is the May 2025 edition of the Recovery Alberta Mental Health & Addiction Parent Newsletter, highlighting **Move Your Mood** healthy lifestyle practices that improve mental and physical well-being and enhance connection to others.

The themes include:

- **Move Your Body**
- **Fuel Your Body**
- **Practice Mindfulness**
- **Expand Your Mind**
- **Build Assets**

Mental Health & Addiction News

May 2025

In honour of Mental Health Week, May 5-11, we are highlighting Move Your Mood healthy lifestyle practices that improve mental and physical well-being and enhance connections to others.



DID YOU KNOW?

EXPAND YOUR Mind

Strengthening your brain involves understanding your emotions, thoughts, and actions. It also means learning skills and ways to help you with difficult times. When you do things that stimulate your brain, it releases feel-good chemicals.

Take a moment to turn up the music and dance, share a good laugh, read a book or get creative!

Fuel YOUR BODY

Fueling your body with a variety of food and water provides the energy your body needs to grow, learn and play. A balanced diet can improve your mood, focus and emotional well-being. Sharing meals with others can strengthen connections as well.

Choose foods that make you feel your best, and aim for a balanced diet with plenty of vegetables, fruits, protein, and whole grains.

Move YOUR BODY

Moving your body every day improves your mental and physical well-being. Regular movement can lift your mood, energy, and self-esteem. It also helps reduce stress, anxiety and depression. Being active can help you focus and be creative. Plus, it's a great way to connect with others. The key is to make movement fun by finding activities you enjoy.

Get outside, go for a walk, ride your bike or visit a local park.

Build ASSETS

Developmental Assets are building blocks to help kids grow up healthy, caring and responsible. Just like a superhero has gadgets to solve problems, these assets help kids handle life's challenges and make good choices.

Help kids build assets by showing kindness, helping others, setting goals and connecting to caring adults.

PRACTICE Mindfulness

Practicing Mindfulness is being present in the moment, without distractions or judgment. Practicing it can help reduce stress and anxiety, improve focus, creativity, and self-esteem. Being mindful helps with decision-making and emotional well-being.

Try practicing by tuning into your surroundings through your 5 senses. Look around you, what do you see, hear, smell, taste, feel?



Interested in more ideas?

Visit:
[CMHA Mental Health Week](#)
[Help in Tough Times](#)
[Move Your Mood Website](#)


Follow us on social media @
Move Your Mood Alberta

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



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-363-2642



RED DEER COMMUNITY BETTER JUNE WALK-RUN!

JUNE 14, 2025
11:30AM - 4:30PM
GARY W. HARRIS GAMES CENTRE
FREE REGISTRATION FOR EVERYONE!



**LACE UP YOUR SNEAKERS AND JOIN US FOR A DAY OF MOVEMENT
AND COMMUNITY CONNECTION TO KICK OFF THIS YEAR'S
JUNE PARTICIPATION CHALLENGE!**

EVENT DETAILS:



CHOOSE YOUR DISTANCE
1KM, 3KM, OR 5KM



**BBQ WITH DONATIONS IN SUPPORT
OF THE MOVE YOUR MOOD STUDIO**



FREE REGISTRATION
FOR ALL PARTICIPANTS



PASSPORT TO WELLNESS,
PRIZES & MORE!

PRIZES!



\$150 SPORT CHEK GIFTCARDS FOR EACH DISTANCE CATEGORY
\$50 COOP CARD FOR EARLY REGISTRATION
COMMUNITY DRAW PRIZES FOR THE PASSPORT TO WELLNESS

CHALLENGE:

**HELP RED DEER WIN THE
COMMUNITY CHALLENGE SIGN UP
TODAY!**



REGISTRATION:

**REGISTER BEFORE MAY 23TH AND YOU
WILL BE ENTERED TO WIN A
\$50 CO-OP GIFT CARD!**
TO LEARN MORE AND REGISTER VISIT:



THANK YOU TO OUR PARTNERS:

