

Mountview - 'We R Yeti'

SEPTEMBER 2025

4331 34 ST
Red Deer, AB T4N 0N9
Telephone: (403) 346-5765
Email: mv@rdpsd.ab.ca

Website: <https://www.rdpsd.ab.ca/mountview>
Principal: Ms. Kim Walker Vice Principal: Mrs. Brianne Lindsay

Welcome Back!

We look forward to an outstanding 2025 – 2026 school year.

"Be Kind, Be a Yeti!"

98

POSITIVE THINGS TO SAY TO YOUR CHILD

1. I'm grateful for you.
2. You make me proud.
3. Your words are meaningful.
4. You have great ideas.
5. I love being your parent.
6. You don't have to be perfect to be great.
7. Your opinions matter.
8. You are important.
9. You are loved.
10. I believe you.
11. I believe in you.
12. This family wouldn't be the same without you.
13. You are valuable.
14. You can say no.
15. You can say yes.
16. I know you did your best.
17. You were right.
18. I accept who you are.
19. We can try your way.
20. You are helpful.
21. You are worth it.
22. You make me happy.
23. I love your creativity.
24. Being around you is fun.
25. I can't wait to hear about it.
26. Don't be afraid to be you.
27. You're making a difference.
28. I'm excited to spend time with you.
29. You are interesting.
30. I love seeing the world your way.
31. It's good to be curious.
32. What you did was awesome.
33. I'm happy when you're around.
34. When you did () it showed a lot of self-discipline.
35. You have a terrific imagination!
36. You're the kind of friend I wanted when I was your age.
37. You've got a great sense of humour.
38. Look at all the books you can read. Way to go!
39. You have some amazing gifts.
40. You're a treasure!
41. You belong.
42. Now you're flying!
43. Thanks for being such a great kid.
44. What a great idea.
45. That was a really kind thing to do.
46. You have a big heart.
47. I appreciate the young man(woman) that you are becoming.
48. You are a great example.
49. You inspire people when you do things like that!
50. That's a great question.
51. Your friends are lucky to have you.
52. I trust you.
53. That was a really good choice.
54. Seeing you happy makes me happy.
55. Being your parent is my favorite job.
56. I learn new things from you every day.
57. You make me better.
58. You are a good boy/girl.
59. Thank you for being you.
60. I'm so glad you're here.
61. You look great.
62. I understand you.
63. Watching you grow up is the best.
64. That was really brave.
65. I forgive you.
66. I appreciate you.
67. We all make mistakes.
68. Yes, me too.
69. You are very good at that!
70. You can try again tomorrow.
71. Nobody is perfect.
72. I love how you said that.
73. Not everyone will like you, and that's O.K.
74. You did that so well.
75. I'm listening.
76. That's a very fair point.
77. You are beautiful inside and out.
78. I love you.
79. I could never stop loving you.
80. You are enough.
81. You figured it out.
82. You give the best hugs.
83. You see things really clearly.
84. I like you.
85. You make me laugh.
86. You did a tremendous job cleaning your room!
87. I just know you are going to be successful.
88. You are a good listener.
89. You mean the world to me.
90. You're on top of it!
91. I knew you could do it!
92. I appreciate you so much.
93. You've got a lot of grit!
94. You're so generous.
95. I like your thinking about...
96. I like how your mind works.
97. You did that so well.
98. How did I get the best kid in the world?

Message From The Principal

Welcome to École Mountview Elementary School! We are very excited to begin a school year with you and your child(ren)! Thank you for entrusting your child's educational welfare to us. Our school year will be filled with excitement and participation in educational experiences that your child will treasure for many years to come.

Together, we will strive to nurture the academic, social, and physical skills of each child in a safe and caring environment. Our district's core values—**Respectful, Curious, Responsible, Collaborative, Resilient, and Healthy**—will guide us throughout the year. Our Mountview YETI Mottos will reinforce these values, encouraging our students to embody: **"I am Respectful, I am Responsible, and I am Resilient."** We are eager to celebrate our students' leadership in these areas and can't wait to get started!

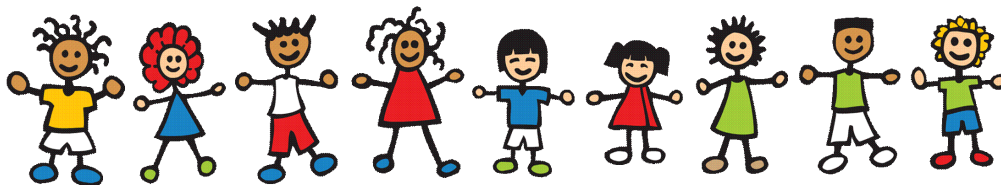
We deeply value parental involvement as we embark on this journey together. In a spirit of kindness and collaboration, we will focus on what is best for your child(ren). Your positive support and active participation, along with open communication based on mutual trust and respect, will be essential this year. We believe that there is "GREATNESS" in every learner at our school, and we are committed to ensuring that your child feels cared for, heard, and recognized for their strengths.

We look forward to a successful, enriching, and enjoyable year of learning! Your engagement in your child's education will foster their success and cultivate a positive attitude toward school. Please stay updated with our weekly events online and reach out to your child's teacher with any questions or clarifications.

Together, we will work collaboratively to make École Mountview Elementary a wonderful place to learn, work, and play every day!

Kim Walker, Principal

Brianne Lindsay, Vice-Principal



Ten Ways to Help Your Child Do Well In School

- 1) Show you care. Your child needs hugs and words of support. Ask your child about school each day.
- 2) Read, Read, Read. Read with your child or have him or her read every day. Make it fun - talk about what you've read.
- 3) Make home a place for learning. Help your child practice reading, writing, math, and science skills. Stimulate your child's creativity.
- 4) Promote healthy habits. Make sure your child gets plenty of sleep and exercise and eat balanced meals. Schedule regular physicals and checkups.
- 5) Be a role model. Your child learns from you. Be positive about education and how you enjoy learning. Model, model, model!
- 6) Encourage independence. Allow your child to make mistakes and learn to accept their consequences. Give your child responsibilities, such as household chores.
- 7) Create a study routine. Set a time and a quiet place for your child to work every day. Go over homework together, and or read together.
- 8) Get involved. Meet with your child's teacher, attend school events, and help out at school if you can.
- 9) Build success. Help raise your child's self-esteem by setting reachable goals and praising your child's efforts, not just results.
- 10) Make school important. Insist on good attendance and punctuality.

MOUNTVIEW SCHOOL HOURS

Playground Supervision 8:00am - 8:15am

Please lineup outside at your door, Yetis!

Kindergarten

Morning Program 8:15am - 11:00am

Grades 1-5

Entry Bell 8:15am

Classes Start 8:17am

Recess 9:58am - 10:12am (supervised)

Lunch 11:50pm - 12:10pm (supervised)

Lunch Recess 12:10pm - 12:40pm

Dismissal - 2:50pm (bus departure supervised)

Student Absences

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 8:15am-9:00am and 1:00pm-1:15pm each weekday.



Staying Connected at Mountview School

At Mountview School, we believe strong communication between home and school plays a vital role in supporting our students' success. To help keep you informed and involved, we use a variety of communication tools throughout the school year.

From important announcements and event reminders to classroom updates and celebrations, we want to make sure you stay in the know and feel connected to our school community.



[Click here to see how we communicate at Mountview.](#)

We encourage all parents and caregivers to take a moment to review the information and stay engaged. Thank you for being an important part of the Mountview family!

Staff Celebrations & Welcomes to Mountview

Please join us as we welcome the following new staff to Mountview this year:

- Mrs. Merrie Lou Dyck - is back to teach our Grade 3/4 English class.
- Mr. Liam Schellenberg - will be teaching Grade 2/3 French Immersion this year.
- Mr. Eric Armitage - will be teaching Grade 4 English this year.
- Mr. Jordan Galloway - will be serving as our Student Support Room Teacher.
- Ms. Cassidy Simone - will be teaching Grade 3 English mornings, sharing Mrs. Brianne Lindsay.
- Welcome to our Educational Assistants who will be supporting classrooms and students across the school: Mrs. Julia Roth, Mrs. Walaa Mohamed, Mrs. Jenelle Hofer, Mrs. Tara Morgan, Mrs. Ann-Marie Hall, Mrs. Sandra Muenier, Mrs. Shanna Yahn, Ms. Jenna Mask, Mrs. Natasha Treadwell, Ms. Gena Ash.
- In the Office, Welcome to Ms. Sahara Streit, who is our new Student Records Secretary and Learning Commons/Secretary this year.
- Welcome to Mrs. Brianne Lindsay, who is our Vice Principal and teaches Grade 3 during the afternoons.





Family School Liaison Counsellor - Ms. Vicki

Hi Mountview Yeti Families! As our family school liaison counsellor, I work in the school to support students and families facing social, emotional, or other challenges. This might mean working with students one-on-one, in small groups, or supporting families to connect with programs and resources in the community (e.g. financial, parenting, mental health, etc). If you or your child requires support this year, please connect with me! You can reach me at the school at 403-346-5765 or email at vicki.scott@rdpsd.ab.ca.

SCHOOL SUPPLY LISTS

School supply lists are available on our [website](#), if you need a copy printed please call the office.

STUDENT AGENDAS

The first communication agenda is given to every student. The cost of a replacement agenda will be \$5.00 while supplies last.

MEET THE TEACHER -

We hosted a Meet the Teacher and drop off school supplies on **Friday, August 29th from 11 am - 1pm**. If you didn't yet have a chance to stop in and meet your child's teacher, please reach out to them to connect. Communication together is imperative to a successful school year.

HOT LUNCHES

Parent Council and [Healthy Hunger](#) will be providing families an opportunity to purchase hot lunches for students in Gr 1-5. **The first hot lunch will be on September 16th**, and continue weekly on Tuesdays. **The last day to order our first hot lunch Subway will be Sept 11!**

To register, Parents/guardians need to login to [Healthy Hunger](#) and **add each Student to Ecole Mountview School, you must also know their teacher's name**. **Orders must be placed online through Healthy Hunger by the Thursday before Hot Lunch Day.**

Create an account

STEP 1.
Click "REGISTER YOUR STUDENT" and create Your account.

REGISTER YOUR STUDENT

Add Student

STEP 2.
Login, and add your children to the account.

ADD STUDENT

View upcoming fun lunches

STEP 3.
View all the Up-coming fun lunch dates.

ORDER NOW

Place your orders and make payment online

STEP 4.
Place your orders and make payment Online.

PAY NOW

Healthy Hunger Inc.
1935 27 Ave NE, Suite 107, Calgary, AB, T2E 7E4
support@healthyhunger.com www.healthyhunger.ca

September 2025 - MARK YOUR CALENDAR!

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
No School - Labour Day	First Day of School for Students Kindergarten staggered entry (AM) Davison Orchard Apple Fundraiser begins!			Davison Apple Order Deadline
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Collecting	Toonies First Healthy Hunger Hot Lunch Subway - Order through www.healthyhunger.ca	For Davison Apple Order Pickup First School Council Meeting (6pm), Everyone is welcome! It's a great chance to meet other parents and learn about our School Council!	Terry!	No - School Staff Learning Day
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
	Hot Dog Lunch			Terry Fox Run Kinders - 10:15am Gr 1-5 @ 2pm
MONDAY 29	TUESDAY 30	WEDNESDAY	THURSDAY	FRIDAY
Orange Shirt Day MV Assembly (8:45am)	No School - National Day of Truth & Reconciliation			

CONSENT FORMS TO COMPLETE IN SCHOOL ENGAGE:

NEIGHBOURHOOD WALK FORM

This online Blanket Walking Field Trip form seeks parental consent for unscheduled, weather-permitting, off-site activities in the community as part of the regular classroom program or as part of the Physical Education program. Activities would include events such as nature walks and P.E. activities in the vicinity or on the trails. These activities would not require any transportation and be within reasonable walking distance from the school.

STUDENT TECHNOLOGY USE AGREEMENT FORM

Students, staff and administrators of Red Deer Public Schools have the opportunity to access the RDPSD network to facilitate educational and professional growth objectives. The purpose of these procedures is to foster the independent use of the network, subject to compliance with procedures and standards for appropriate network behavior and communication. The Student Technology Agreement outlines the procedures which apply to all users when they access any RDPSD network connection.

These forms are available in your Parent Powerschool Portal under School Engage. Please complete BOTH consent forms by Monday, September 8th. Instructions to complete permission forms in School Engage are found [here](#).

Nutrition Program

Our daily program for grades one to five will begin mid-September. Students will have access to grab and go snacks, with an option to purchase milk at lunch for \$1.

If your child has any new food allergies or specific food sensitivities (i.e. lactose intolerance), please let your child's teacher know in the fall, 403-346-5765. ***We will continue to be a nut-aware school, and offer Halal options should your child require the same.***

Should you have any further questions, please do not hesitate to contact Tara Morgan, @ tara.morgan@rdpsd.ab.ca who is our Nutrition Program Coordinator and/or Mrs. Lindsay, our Vice-Principal, who will be happy to answer any additional questions you may have, re: allergies etc..





SCHOOL PARENT COUNCIL

The School Council is an important committee at our school. Being a member is a great way to become involved in the school community. Our council organizes special events, establishes fundraising activities, and provides input regarding school policy and programming. Please plan to join a meeting or two - You are welcome to attend any meeting throughout the year. The first Parent Council and Society meeting will be held in person on **Wednesday, September 17, 2025 @ 6:00 p.m. in the Learning Commons/Library**. *At this meeting, which is our Annual General Meeting, Elections will be held for a variety of executive positions.*

Please join us to learn more about the parent council and the beautiful opportunity to meet other parents at our school. Together, we make Mountview an incredible place to learn and grow.

PARENT COUNCIL DAVISON ORCHARDS APPLE FUNDRAISER!



Parent Council is excited to bring you our popular **Davison Orchard Apple Fundraiser** September 2025! As it will be a short timeline, Davison Apples has graciously given us a copy of the flyer and order sheet early. **Please note that the order deadline is on Friday, September 5, 2025** for pickup September 17. Last minute changes may be made depending on the outcome of the crop.

We wanted to give you as much notice as we could so that you can start getting orders ready now! **All students will be sent home a paper copy on the first day of classes.** *We thank you in advance as always for your support.*

With appreciation, Parent Council

[Davison Apple Order Form 2025](#)



VOLUNTEERS NEEDED!



HAVE YOUR VOICE BE HEARD!

Fundraising Committee

We are looking for parent volunteers to work as a team to help run our yearly school fundraisers. The job involves 2-3 hours per month:

- Planning the calendar year fundraisers.
- Contacting vendors.
- Being available on the day of delivery.

Executive Committee

We are seeking volunteers to join our executive board. Individuals will need to be available for 6 meetings throughout the school year (meeting dates/times TBD in September).

General Volunteers

If you are interested in joining our general volunteer group that we always welcome volunteers.

If interested please email
parentsformountview@gmail.com





DAWE RUN



For more than 40 years, Red Deer Public and Red Deer Catholic have co-hosted the annual Dawe Run, which has seen upwards of 5000 Grade 4-12 students participate annually. Unfortunately, Red Deer Catholic has decided not to participate this year. Following careful consideration, Red Deer Public Organizers have recognized that they are unable to run the event on their own. As a result, the DAWE RUN will not take place this year. Looking ahead, the district may consider future options to see if the event/or something similar could continue.

At our school, we will continue with our Terry Fox Run and annual Turkey Trot!

ORANGE SHIRT DAY - MONDAY, SEPTEMBER 29th

We invite you and your child to wear an Orange Shirt on September 29th! Orange Shirt Day is an opportunity for First Nations, local governments, schools, and communities to come together in the spirit of reconciliation and hope for generations of children to come. Orange Shirt Day is a legacy of the St. Joseph Mission (SJM) residential school commemoration event held in Williams Lake, BC, Canada, in the spring of 2013. It grew out of Phyllis' story of having her shiny new orange shirt taken away on her first day of school at the Mission, and it has become an opportunity to keep the discussion on all aspects of residential schools happening annually. Orange Shirt Day gives teachers time to plan events that will include children, as we want to ensure that we are passing the story and learning on to the next generations. If you would like to find out more about the history, please check this website <http://www.orangeshirtday.org>.

National Day of Truth and Reconciliation is on Tuesday, September 30, 2025.

SCHOOL PICTURES

Lifetouch will be taking our school pictures again this year. Picture Day is scheduled for **Thursday, October 2nd**. More information will be sent home as this date approaches.

MESSAGES FOR STUDENTS

We would like to request the understanding and help of parents with regard to messages for their children. We will certainly take emergency messages for students but **ask that you pre-plan other particulars with your children before they leave home in the morning. You may also use the student agenda to advise the teacher of any special arrangements for the day.** In addition to this, students will not be permitted to use the office and/or classroom phones to arrange playdates after school. Such plans need to be pre-arranged with parents prior to school. Thank you.

EVACUATION PROCEDURES

During September and October, the students and staff will practice several evacuation procedures. We practice to be safe (ie. fire drill). We will also practice securing our building in the event of an emergency. All students will be supported in learning these important safety drills.

PEDESTRIAN/STREET SAFETY

When you feel your child is responsible enough to walk to school,
make sure he / she knows to:

- 1) Always walk with a friend or group of friends. Be careful to look all ways before crossing the street, then **POINT, PAUSE** and **PROCEED**.
- 2) Always walk on sidewalks, not the road, when possible.
- 3) Cross at a crosswalk or an intersection, not in the middle of the street. Do not cross until you are sure the driver has seen you and is going to stop.
- 4) Do not play on the road. Play in a safe or designated area.
- 5) Think about safety every time you are out walking.
- 6) Always be careful and be aware of your surroundings.
- 7) Do not walk out between our school buses.

Safe Kids www.safekidscanada.ca

Traffic Safety in Alberta www.saferoads.com/safety/kids.html

PARKING and Back To School Slow Down Reminder

Please help us keep safety for our children as our number one priority.
Please **DO NOT** park/use the staff parking lot to drop off/or pick up your child. Thank you for your partnership.

School Zones and Playground Zones in Red Deer follow custom times that are simple and easy to remember. Effective times are posted on every sign to remind drivers to slow down and drive with caution.



School Zone - 30 km/h

Speed restrictions in school zones are effective 7:00 a.m. – 4:30 p.m. on school days only. To make the changes easier for drivers, all signs will be updated with a time tab noting the effective times of that zone.



Playground Zone - 30 km/h

Speed restrictions in playground zones are now effective 7:00 a.m. – 9:00 p.m. every day. To make the changes easier for drivers, all signs will be updated with a time tab noting the effective times of that zone.



Playground Area - 50 km/h (or previously posted limit)

There are no speed restrictions or set hours in playground areas. Drivers are advised to use caution as there may be children and increased pedestrian activity nearby.

IMPORTANT INFORMATION FOR SCHOOL VOLUNTEERS

Volunteers are a valuable resource in our school communities, it is with the participation of volunteers many events and activities are possible. Depending on the nature of the volunteer work either a Criminal Record or Vulnerable Sector Check is required, both are valid for three years. If you are interested in volunteering at our school please complete the [Volunteer Application Form](#) in School Engage.

- *If you have a valid Criminal Record Check or Vulnerable Sector Check you will be prompted to upload it when completing the [application form](#).*
- *If you need to obtain a Criminal Record Check or Vulnerable Sector Check, the completion of the Volunteer Application Form will prompt the school to provide you with a letter of introduction to the RCMP. Once you receive the letter you can take it to the RCMP or attach it with your online application through the City of Red Deer who will process your request. Click here to apply online for the [Police Information Check Request](#) .*

If you have completed these forms in the past year, it will not be necessary to redo them as the **Police Information Check is valid for 3 years.**

However, every year, in September, volunteers will be required to complete an [Ongoing Volunteer Declaration Form](#) if they wish to remain as a volunteer in a school they have been previously approved at (provided that the volunteer duties still match the record check done during the initial application). This form can be used for year 2 or 3 after the initial application and can **be found in School Engage.**

Thank you for your willingness to serve as a volunteer and for your understanding in meeting these requirements in order to enhance the safety of your children and our students.

Volunteers are welcome to begin in October Thank you for letting us take time to build our routines and procedures in the classroom and school during the month of September!

All volunteers are required to sign in at the office and wear a Volunteer/Visitor identification badge. Thank you!

Red Deer Childcare offers before and after school care at Mountview! Check out their [website](#) for more information or call Reyna: 403-347-7973 Ext:113.



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




Dental Outreach of Red Deer (DOoR)

provides free dental treatment for children 5-18 years of age having difficulty accessing dental care. Services are provided at the Red Deer Johnstone Crossing Community Health Centre

For more information, please call 403-356-6302 and ask for the DOoR program.

DENTAL HEALTH TIPS

HEALTHY DENTAL SNACKS




- Snacks help children grow, play and learn.
- Sweet or sticky foods and sweet drinks are not good snacks, especially for school. Eating these foods throughout the day can cause tooth decay.
- Good school snacks ideas are cheese strings, fruits, vegetables, yogurt tubes, nuts and seeds, an extra sandwich, or a slice of pizza.

SNL07

Oral Health Program – Alberta Health Services

DENTAL HEALTH TIPS

RETHINK YOUR DRINK



- Soda, sports drinks, fruit drinks, sweetened and even unsweetened juices can cause tooth decay.
- Choose water for thirst.
- Choose milk at meals for healthy teeth and bones.

SNL07

Oral Health Program – Alberta Health Services



Don't Rush Your Brush!

Brush your teeth with fluoride toothpaste twice a day for two minutes to:

- Clean off the sticky plaque that is continuously forming
- Stop gingivitis-(puffy, red bleeding gums) by brushing along the gumline
- Prevent cavities (flossing prevents cavities between the teeth)
- Make your mouth feel fresh

Helpful hints to brush for 2 minutes:

- Brush to your favourite song
- Count to 10 every two teeth
- Use a stop watch or timer to time your brushing



Please see the September 2025 edition of the Recovery Alberta Mental Health & Addiction Parent Newsletter, which focuses on Reducing Screen Time.

The themes include:

- Monitor Screen Time
- Balance Screen Time with Other Activities
- Why Limit Screen Time?
- Use Screen Time to Learn

Mental Health & Addiction News

September 2025

Monitor Screen Time

Screen time includes use of computers, TVs, video games, smartphones, and tablets. Help kids build healthy habits by limiting screen time and teaching safe, smart media use.

Keep devices in a shared space, like the kitchen, and create screen-free zones during meals, bedtime, and family time.

Canadian Pediatric Society Guidelines:

- **Under 2 years:** No screen time
- **Ages 2–4:** Less than 1 hour per day
- **Older children:** Less than 2 hours per day

Balance Screen Time with Other Activities

Ideas:

- **Indoor:** Reading, arts and crafts, board games, puzzles, cooking, imaginative play
- **Outdoor:** Biking, sports, nature walks, playground time, sidewalk chalk
- **Family:** Game nights, dance parties, DIY projects, visiting the library or local events

Why Limit Screen Time?

- Too much screen time—whether TV, tablets, phones, or games—can affect kids' sleep, schoolwork, and relationships.
- It can lead to more frequently choosing highly processed foods and fewer nutritious choices.
- It may reduce physical activity.
- Try to balance screen use with habits like outdoor play, reading, and family time.

Use Screen Time to Learn

Help your child learn by viewing and talking about TV and other media together.

Choose TV shows that:

- Repeat ideas to help kids learn
- Pause and ask kids to join in
- Teach only one message at a time
- Model good media use to teach children to use screen time mindfully

MORE RESOURCES, visit:

[Media Smarts.ca](https://www.media-smarts.ca)

- Search: Screen Time
- myhealth.alberta.ca



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
1-877-303-2642

Community Programs in Red Deer

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

Each month we will share the program calendar the **Red Deer Family Resource Network** has to offer. The Red Deer Family Resource Network offers programs geared towards early childhood development, child and youth development, parent education, family support, and home visitation. Here is their [Calendar of events](#).

A **Girls in Aviation Day event** will take place on September 20th at the Red Deer Regional Airport. For more details, click [HERE](#).

[Westerner Rally for Cars and Kids](#) taking place on Saturday, September 13, 2025. Register your child to be a co-pilot [HERE](#).

Red Deer Rush Ringette has a come try ringette event on **Saturday, September 6th!** See below for more info.



COME TRY
Ringette

CALLING KIDS OF ALL AGES!

Do you have a child interested in trying the fastest sport on ice? Join us for "Come Try it!" Ages 4-16 are welcome. Red Deer Rush coaches and players will show you what ringette is all about!

REQUIRED EQUIPMENT:

- ✓ Skates
- ✓ Helmet
- ✓ Gloves
- ✓ Ringette stick supplied

RINGETTE PROVIDES:

- SKILL DEVELOPMENT
- GAME STRATEGY
- TEAM DYNAMICS



TO find more information and register,
[click here.](#)

SATURDAY SEPTEMBER 6TH
G.H. DAWE ARENA
10:15-11:15

Working with Pregnant Women
& Substance Use



Working with Pregnant Women and Substance Use

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.

- Understand the social influences behind why women may use substances
- Review how substance use can impact a pregnant woman and her fetus
- Learn about key stages in the model of change and how to facilitate a conversation about substance use in the perinatal period
- Gain knowledge of resources available

Part 1 – September 15th 9:00 – 12:00 OR October 1st 1:00 – 4:00

Part 2 – September 17th 9:00 – 12:00 OR October 2nd 1:00 – 4:00

Full Day Session (includes Part 1 & 2) - October 15th 9:00 - 4:00

Please note that you MUST work with women residing in Alberta to attend this workshop – if you reside outside of Alberta, you will not receive the Zoom link; You can complete the workshop in any order, but need to attend both parts to obtain a certificate or the single full day session

➤ Email christine.laval@recoveryalberta.ca
identifying which dates you are
registering for; space is limited



The Indigenous Market is still looking for vendors for this event. Please contact Delores, contact info on poster.



CULTURE DOMAIN

Presents

The **INDIGENOUS
MARKET**



Please contact Delores

403-346-0055
rdchs@telus.net

FESTIVAL HALL

4214 58 St. Red Deer, AB.

September 27th
11:00AM - 5:00PM