

Mountviews OCTOBER 2025

4331 34 Street
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

PRINCIPAL MESSAGE

Parent-Teacher Conferences for Grade K-5 will be held Thursday, October 9, 2025, from 11:00 am to 7:45 pm.

Parent-teacher conferences are designed to be an exchange of ideas regarding your child's activities, interests, habits, experiences, and achievements. Our first conference is an opportunity for us to learn about your child from you. ***We would love to have a 100% turnout for our conferences!***

Our conferences throughout the year foster positive parent-teacher communications, and this is one way that you can be involved in your child's education this year in a collaborative partnership. While Red Deer Public will offer a hybrid option, ***we do highly encourage you to come into the school to meet together in person.*** On Monday, September 29th, you received a link in your email to book an in-person or a phone call conference with your child's teacher. If your email or telephone number changes, please ensure that you sign in to the parent portal to update your information. If you did not receive this link, please call the office. If you need assistance in this process, you can contact your child's teacher directly. ***Please make it a priority to take part in your child's conference this month.***

Here are a few items to think about before you come to the conference:

- **What does your child like to do the most?** This can help the teacher plan learning activities that are exciting and engaging for your child.
- **What after-school activities does your child take part in?** Knowing what your child does outside of school can help us engage your child in his or her learning.
- **What are your long-term goals and plans for your child?** We strive to help all children succeed and we can assist your child in achieving the goals you help them set.

We hope that as a result of your conference:

- ***You will have a better understanding of all aspects of your child's school experience.***
- ***You will have helped the teacher understand your child better, enabling the teacher to meet your child's educational needs.***
- ***Your child will have a more personalized education.***
- ***You will be informed about your child's education, and collaborate in decision-making for individual goals or individual support plans (as required).***

We look forward to seeing you soon!

Yours in Education,

Kim Walker, Principal

Brianne Lindsay, Vice-Principal

BE KIND, BE A YETI!

This year our staff were welcomed back with a school-wide theme to consider as we build our classroom communities. **BE KIND, Be a Yeti, Be the Light!... is our theme this year.** While we build activities to inspire a sense of belonging in our classrooms and school, KINDNESS must be planned with intention in our classrooms and demonstrated daily, in our interactions with students, families and stakeholders at Mountview School! ***You may hear your young heart repeat positive affirmations such as “Be Kind Every Time”, or “I am a Kind person” that they hear on morning announcements.*** Stay tuned for ***Kindness Recognition*** this year as the year progresses. We want our young Yetis to live, learn, and leave our hallways being KIND and CARING citizens! This is a great addition to our Mountview Mottos - Respect, Responsibility, and Resilience, and our district VALUES for LEARNING and LIFE!

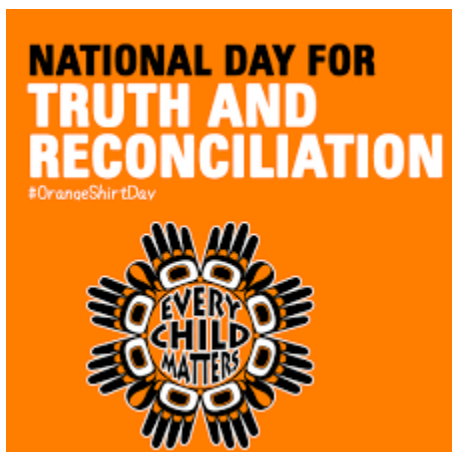
GUIDING STUDENTS THROUGH THE JOURNEY OF LEARNING AND LIFE



Parents want to know that schools will be a positive experience for their children, filled with life lessons beyond academics. We share the responsibility with parents and teachers to foster a lifelong love of learning and strong core values in our students. So that they will have the tools and qualities to be successful in life - and be a good person while doing it. Here are Red Deer Public Schools values for learning and life:

RESPECTFUL Treat everyone, including yourself, with respect. Show that you care. See the value in everyone and celebrate our differences. <i>Treat others as you want to be treated.</i>	CURIOUS Being curious is having an eagerness to learn more, exploring possibilities, and making the whole world your classroom. <i>Imagine the possibilities.</i>	RESPONSIBLE Being responsible means doing what is right and always being accountable for your actions. <i>It's the choices you make and the actions you take.</i>
COLLABORATIVE Collaborating with others is how you create friendships, see things from other perspectives, and come up with bright new ideas and solutions to problems. <i>Together we can do the impossible.</i>	RESILIENT Resilient is being able to bounce back from challenges, disappointments or adversity. You've got this. <i>Life is tough but so are you.</i>	HEALTHY Healthy means your mind, body, and spirit all working well together - so you can be the best you. <i>Power your body, brain and soul.</i>

Value/Definition/Tagline



National Day for Truth and Reconciliation Across Canada was on Tuesday, September 30th. As part of our journey toward Truth and Reconciliation, Mountview classes held several lessons over September 22nd - 25th regarding the history of Residential Schools. Red Deer Public School District honoured the day on Monday, September 29th. We hosted ORANGE SHIRT DAY together and gathered for a special assembly.

Red Deer Public remembers the lost children, survivors, and families impacted by Indian Residential Schools and recognizes the time to reflect, and learn more about the history and ongoing legacy of Indian Residential Schools.

For more information on Orange Shirt Day and the history of Indian Residential Schools, please visit: [National Day for Truth and Reconciliation - Canada.ca](https://www.canada.ca/en/government/public/government-101/indigenous-reconciliation/national-day-truth-reconciliation)

Staff Welcome to Mountview

Our Teachers

Kirstin Hansen - Kindergarten (French) and Grade 1/2 (English)

Jordan Merkley - Grade 1 (French)

Cindy MacDonald - Grade 2 (French)

Liam Schellenberg - Grade 2/3 (French)

Megan Buckley - Grade 3 (French)

Anik Johnson - Grade 4 (French)

Janelle Metcalfe - Grade 4 (French)

Logan Wowk - Grade 5 (French)

Nathalie Lavigne-Sikora - Pre-Kindergarten

Shane Holder - Music

Brianne Lindsay - Vice Principal & Grade 3 (English)

Shannon O'Sullivan - Kindergarten (English) & Grade 1 (English)

Christine Squire - Grade 1 (English) & Literacy

Mandy Richardson - Grade 1/2 (English) & Learning Assistance Teacher

Melissa Lapierre - Grade 2 (English)

Cassidy Simone - Grade 3 (English)

Merrie Lou Dyck - Grade 3/4 (English)

Eric Armitage - Grade 4 (English)

Kent Rathgeber - Grade 5 (English)

Krystina Clark - Grade 3/4 (English) & Physical Literacy

Jordan Galloway - Student Support Room Teacher

Kim Walker, Principal

Our OUTSTANDING Educational Assistant/Student Support Team

Our Educational Assistants are supporting multiple students in a variety of classrooms each day at Ecole Mountview.

Ann Marie Hall	Jenna Mask	Jenelle Hofer	Tara Morgan	Julia Roth	Natasha Treadwell
Sandra Meunier	Shann Yahn	Walaa Mohamed	Gena Ash	Analiza Vendicacion	

Our Administrative Assistants - We are grateful for these ladies who coordinate so very much at our school! They welcome all stakeholders in such a kind and caring manner. Thank you for joining us in expressing our gratitude for their work and care!

Sahara Streit - Student Records & Learning Commons Melody Reeves-Blocksom - Financial Secretary

FSLC CONNECTION

Hi, Mountview Families! My name is Vicki Scott and as the Family School Liaison Counsellor (FSLC), 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 (eg. financial, parenting, mental health, etc). If you or your child requires support this year, please connect with me. I am available at the school, please contact me at:

Office: 403-346-5765 Email: vicki.scott@rdpsd.ab.ca

STUDENT RECORD VERIFICATION (RSVP)

In order to update information for your child you must log in to your Parent Portal in PowerSchool and **complete an RSVP**. If you need assistance, please call the school at 403-346-5765.. This process must be completed at the beginning of each school year.

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.



Please click on this [link](#) to access our School Messenger text service which is a great reminder to have for upcoming events or deadlines for our school.





If you would like to order from our Hot Lunch program through Healthy Hunger, you can order on the [Healthy Hunger](#) website. **Hot lunch is every Tuesday, with a deadline to order the week before, on Thursday.** For example: Hot Lunch is Tuesday, Oct 7, deadline to order is Thursday, Oct 2.



Our Yeti Spirit Wear Store will OPEN on Monday, October 20!

Show your Mountview Spirit with new Yeti Wear! Last day to order is Monday, November 3rd with delivery scheduled to the school near the end of November. Check out our new logo options, assorted sizing and color options this year! More details will be emailed in the next few weeks.

October 2025 - MARK YOUR CALENDAR!

MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
			School Photo Day 	
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
	Hot Lunch Pizza 73 (Order by Oct 2) Milk Sales Begin! \$1/milk or buy a milk card for \$10 or \$20	Turkey Trot (2pm) Gr 2-4 Swim Consent Forms & Payment Due	No School - Staff Learning Day Parent Teacher Conferences 11am - 7:45pm (Bookings open Sept 29)	No School - Staff Learning Day
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
No School - Thanksgiving Day	Hot Lunch Taco Time (Order by Oct 9)	Gr 2-4 Swim Program (AM) School Council Meeting (6:00 pm)		
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Yeti Spirit Wear Store Opens! Diwali	Hot Lunch Pancakes (Order by Oct 16)	Gr 2-4 Swim Program (AM) Little Caesar's Fundraiser Begins	MV Assembly (1:30pm)	
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
	Photo Retake Day Hot Lunch EDO (Order by Oct 23)	Gr 2-4 Swim Program (AM)	Active Halloween Assembly (pm)	Halloween Dress Up after lunch recess 



Halloween Dress Up Details

We will send a message with our school Halloween details beforehand.

Students will bring their costume in a labeled bag that day, and we dress up in the afternoon following our recess break; students can also choose to wear black and orange if they would like. ***Students should avoid bringing any costume masks with 'blood' as well as leave all items such as plastic***

swords, knives, guns, or weapons at home. Thank you in advance for helping us make Halloween FUN rather than scary for our younger hearts.

School Council Update

Our first meeting was on Wednesday, September 17th at 6:00 pm. The following items were on our agenda:

School Council Elections; Welcome to our 2025-2026 Executive Members

- Jen Graum, Chairperson
- Lily Brideau, Vice-Chair
- Loren Webb will be our Secretary
- Stephanie Giesbrecht will be our Treasurer

At our meeting we reviewed:

- Role of School Council
- School Council Executive members were elected:
- Our School Wide Theme is: BE KIND, Be a YETI, Be the LIGHT!
- Our Teacher/Staff Feature was Mrs Vicki, who will sent regrets/illness; we will re-book a time to welcome Mrs. Vicki, our Family School Liaison Counsellor.

Our next meeting is **Wednesday, October 15, 2025 @ 6:00 pm**

Our meetings will be in person this year. Please strive to join us for a meeting or two. We would love to meet you! School Council Meetings are a great way to meet other parents and find out about the wonderful student activities being supported in a given year. ***If at any time, you have direct concerns or questions for School Administration, you are kindly invited to schedule a meeting time at a separate time to review the details together. We want to honour everyone's precious time!***

Our teacher feature in October will be Krystina Clark, our Physical Literacy Teacher and Tanya Kitchen who teaches Grade 5 English. We hope to see you there!

School Calendar

Once again, we are able to build our sense of community with group events and assemblies this year.

We hope that you and your family can join us for our monthly assembly celebrations. Your child's teacher will reach out to let you know when their class is a host or co-host. Special guest speakers and presentations will be placed on the calendar as they arise/dates are confirmed. It does take many considerations when planning these special events and in each given year we hope to provide at least two special guests for the entire school. For instance, last year we hosted an Alberta Fine Arts presentation and an Indigenous Drummer. Stay tuned for more information as the year progresses! **Great opportunities live here!**

Mrs. Squire's At-Home Literacy Tip: **Oral Language Development**

Importance of Oral Language Development for Beginning Readers

Oral language development is essential for young readers as it lays the groundwork for literacy. Strong skills in speaking and listening, including vocabulary and sentence structure, significantly affect a child's comprehension of both spoken and written language. This connection influences their reading and writing abilities.

Research shows that children with better oral language skills find it easier to learn to read. Conversely, those who struggle with listening and speaking often face challenges in reading and writing. Language skills and literacy achievement are closely linked; the more children understand spoken language, the better they succeed in reading and writing.

Key Reasons Why Oral Language Matters:

- **Building Blocks for Reading:** Understanding and expressing spoken words helps children grasp written texts.
- **Vocabulary and Syntax:** A strong vocabulary and knowledge of sentence structure are crucial for comprehension and writing.
- **Predictor of Success:** Oral language skills are strong indicators of future reading success.
- **Foundation for Comprehension:** Difficulty with spoken language often leads to challenges in reading comprehension.
- **Social-Emotional Development:** Good oral language skills help children express emotions and build relationships.
- **Writing Skills:** As oral language skills grow, children can better express themselves in writing.

At-Home Activities to Support Oral Language Development:

Parents can facilitate oral language development at home by creating a language-rich environment and engaging in interactive activities.

- **Be a language model:** Use rich vocabulary and varied sentence structures when talking to your child.
- **Make mealtimes conversation-focused:** Turn off the TV and devices to create a space for interaction.
- **Read Aloud Regularly:** Make daily reading aloud a habit. Talk about the pictures, characters, and story before, during, and after reading.
- **Sing songs and recite rhymes:** This helps with phonological awareness and language acquisition.
- **Play language games:** "I Spy," rhyming games, and other activities can build vocabulary and phonemic awareness.
- **Describe what you are doing:** As you go about your daily routine, narrate your actions and the objects around you.

Supporting oral language development is vital for helping children succeed in reading and writing. Click on the Reading Rockets image to learn more.





Nutrition Corner - Huge thanks to our School Nutrition Coordinator - Mrs. Morgan!

We are very excited to share that our school received support from the district to assist us with our Nutrition Program! Mountview will offer a 'grab and go' option for snacks this year. A special thank you to **Mrs. Morgan** for assisting in the daily running of the program and picking up fruit from Save On Foods East-Hill or bread from Timberlands Cobs. We are so fortunate to have those two wonderful businesses support our program daily!

Quick and Easy Meals, Healthy Snacking, Tips for Lunches, and Breakfast Ideas

What's for Lunch?

Tips for making lunches

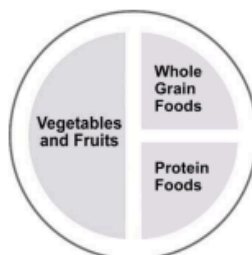
- Plan ahead for lunch. Make extra portions of casseroles, stews, soups, or chili at supper. Keep leftovers in the fridge to use for lunches within 3–4 days. You can also freeze leftovers in single servings to use later.
- Get children involved! Have them help with planning, shopping, and packing. Children are more likely to eat their lunch when they help plan and prepare it.
- Make lunches in the evening for the next day so they are ready to go in the morning.
- Include a reusable water bottle to refill throughout the day.
- Wash and peel enough vegetables for several days. Store in a closed container in the fridge.
- Slice leftover fish, poultry, or meat and use in sandwiches, wraps, or salads.
- Try whole grain breads, buns, small bagels, pitas, tortillas, or crackers, and a variety of fillings.
- Cut up sandwiches for young children. Make triangles, strips, circles, or other fun shapes.
- Sandwiches can be made ahead of time and frozen to make preparing lunches faster. Add the vegetables to the sandwich when you take it out of the freezer to pack it.



Pack it up healthy

Pack a variety of foods from [Canada's Food Guide](#):

- Make half your plate vegetables and fruits.
- Choose whole grain foods and protein foods for the rest of the plate.



Vegetables and fruits

Choose vegetables and fruit with no added sugar, salt, or fat.

- canned fruit cups or apple sauce
- carrot or celery sticks, cucumber slices, snap peas, cherry tomatoes, cauliflower, or broccoli
- fresh, frozen, or dried fruit
- homemade vegetable soup or salad
- tomato, cucumber, grated carrots, or lettuce in a sandwich



Whole grain foods

Choose whole grain foods that are lower in saturated fat, sugar, and salt most often.

- breads, bagels, buns
- chapatti, naan, pita
- crackers, breadsticks
- dry cereal
- flour or corn tortillas
- homemade muffins
- noodles
- plain popcorn
- rice, barley, quinoa
- rice cakes

Protein foods

Select lower fat dairy products or fortified soy beverage.

- skim, 1%, or 2% milk, or fortified soy beverage
- cheese slices or cubes
- plain yogurt—add fruit or use as a dip for vegetables
- soups made with milk

Select plant-based protein foods or lean meats with little or no added fat or salt.

- chili, stew, meatballs, lentil soup, baked beans
- meat, fish, chicken, turkey, or egg fillings in a sandwich
- mixed bean salad, falafel, hummus
- nuts and nut butters, seeds
- leftover chicken, boiled eggs, tofu

Menu ideas



Tortilla rolled with turkey, shredded carrot, and spinach; banana; and milk



Pita wedges, hummus and fresh vegetables, yogurt, orange, and water



Rice with vegetables and tofu, yogurt, and water



Oatmeal muffin, cheese, carrot sticks, apple, and water



Pasta salad with vegetables and cheese, blueberries, and water



Chili with pita chips, fruit cup, and milk



Salad with tuna, crackers, pear, and water

Packing lunches

- Store lunch supplies together in the same cupboard or drawer for faster lunch preparation.



- Use an insulated container for hot or cold foods.
 - For hot foods** (chili, soup, or stew), pour hot water into the insulated container for a few minutes to heat. Empty. Add very hot food and close tightly.
 - For cold foods** (drinks, cold soups, or yogurt), chill the insulated container with cold water or keep in the fridge overnight with the lid off. Empty if needed. Add cold food and close tightly.
- Frozen containers of milk or water help chill sandwiches and will thaw in time to drink at lunch. A freezer pack can also keep items cold in the lunch bag. Keep lunches in the fridge if possible.
- Food that will be reheated in a microwave should be kept cold until lunch. Use only microwave-safe containers for reheating.

Food allergies

Does your child bring lunch to school, a childcare centre, or a sports facility? Before you pack lunch, check the facility's food allergy guidelines.

Tasty recipes

Go to the websites and apps below:

Visit healthyeatingstartshere.ca and search for Inspiring Healthy Eating.

See the Cookspiration.com website and phone app for healthy and tasty recipes.



ECOLE MOUNTVIEW BREAKFAST PROGRAM

At Mountview, we believe every student deserves a healthy start to their day. That's why we offer a free breakfast and snack program to all students each morning—delivered right to their classrooms.

Students can choose from a variety of nutritious options like:

- Yogurt tubes
- Muffins
- Jam or cheese sandwiches
- Granola bars
- Apples, oranges & fruit cups

Our breakfast program is available to all students when they arrive at class with healthy breakfast and snack items distributed to classes each morning. Students have the choice on whether or not they wish to eat any of the daily offerings. Please note: there is no cost for this program.

HOW YOU CAN HELP!

This program is entirely supported by donations and grants, and we're reaching out to our amazing Mountview families for support. If you wish to donate, we are requesting donations of non perishable items such as:

- | | |
|--|-----------------------------------|
| - Dry snackable cereal (cheerios, mini wheats) | - Disposable spoons |
| - Cheez Whiz | - Plastic snack and sandwich bags |
| - Jam | - Nutrigrain bars |
| - Cheese strings | - Pretzels |
| - Snack crackers | - Veggie straws |
| - Nut free granola bars | - Rice cakes |
| - Fruit or apple sauce cups | - Rice crackers |
| - | - Fruit cups |

Monetary donations and/or grocery gift cards are gratefully accepted as well. Charitable tax receipts can be issued by request for donations over \$20. **All donations can be dropped off at the school office.**

Special thanks to Save On Foods Easthill and Cobbs Bread for their ongoing generous donations of fresh fruit and bread for our program.

Your support helps ensure every child starts their school day nourished, focused, and ready to learn.



Milk Program

Our Mountview milk program will **begin Tuesday, October 7th**. Parents can purchase milk cards online through your [Parent Powerschool](#) account, **go to School Fees & Forms** to pay. Students can also bring \$1 to buy milk at lunch, please bring exact change. More information about the Milk Program and how to purchase, can be found [here](#).

September Assembly Recognition

- Our September Assembly this month introduced the '**Golden Garbage Can Award**' that is determined by our amazing caretaker team, Mr. Rick and Ms. Spring. Each month the **Golden Garbage Can** will be presented to the classroom who are working collaboratively to keep their classroom community clean, neat, tidy and safe (from clutter on the floor).
Congratulations to 2Mac who won this award for the month of September! **Bravo, Yetis!**
- We're excited to introduce a new class award this year that celebrates an entire class showing the 3 R's—**Responsibility, Respect, and Resilience**. The winning class gets to enjoy a special *Popsicle with the Principal*! Congratulations to **5R** on being our first recipients!
- **Pizza with the Principal for the Month of September and October** will soon be around the corner, and our YETI wall is filled with Yeti "paw" tickets that recognize respectful, responsible, and resilient student behavior.

Did you know...

We offer wrap around services to ensure your child is taken care of. This means supports are in place so that your child reaches their full potential!

If your child is struggling in any part of their day, talk with their teacher. They will be able to get them the support they need.

We are here for you and your family!



Mountview Parent Council October Fundraiser

On Wednesday, October 22, Little Caesars paper order forms will be coming home or you can place your order online! See below for instructions.



Ecole Mountview School (Red Deer) presents our... LITTLE CAESARS' FUNDRAISER

Thank you for your support- every kit sold makes a difference.

Two options to purchase with a credit card.

1. Visit www.PizzaKit.ca
2. Select "Shop" from the dropdown menu that appears when you hover over "Products" at the top. Click on "Purchase & Support a Local Fundraiser".
3. Enter Fundraiser ID: **468833** and click on "Confirm Fundraiser".
4. Login to your account if you have bought Kits before or if not, create an account to get started.
5. Select an item that you want to add and how many, then click add to cart. To order additional items click view cart to see what you have and then at the bottom of that screen click continue shopping to go back to the menu Pizza and Specialty Kits and Cookie Dough.
6. **At Checkout:** Enter **the student's name you are supporting in the "Seller Name" field.** Fill in payment information and click "Continue".

OR

Use the link below and follow steps 3 through 5

[Ecole Mountview School \(Red Deer\) Little Caesars Fundraiser](#)

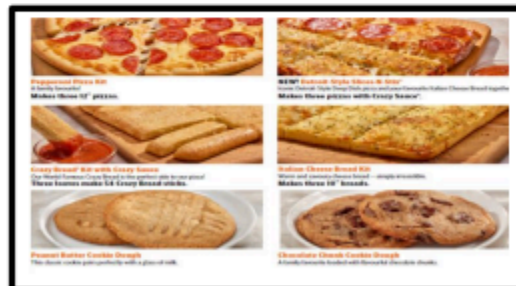
LAST DAY TO ORDER on line

PICKUP

Wednesday November 12th

Last week of November TBA

Paper & money due Nov 6th



To buy online: Go to www.pizzakit.ca - Enter Fundraiser ID: **468833**

Mountview Parent Council – Fundraising Team News



We're excited to share some upcoming opportunities for Mountview parents to get involved and make a difference! Volunteering with Parent Council is a fun way to connect with other families, support our school, and be a part of events that our students love.



Casino Fundraiser

- **SAVE THE DATE:** *Fundraiser Team Meeting – November 19, 2025* (details to come).
- March 20 & 21, 2026 – Volunteers needed for four shifts.



Grade 4/5 Parent Volunteers Needed

- December 11, 2025 and/or March 19, 2026 – Help out at a fundraiser table in the school (shifts available).



Christmas Market

- December 2, 3 and 4, 2025 – Sort and prep tables.
- December 5, 2025 - Set up tables.
- December 8, 2025 – Volunteer to help students choose gifts and wrap them up for their loved ones.

If you'd like to join in or learn more, please email parentsformountview@gmail.com and let us know which event you're interested in: Grade 4/5 Team, Christmas Market, and/or Casino.

Don't forget to check out the Parent Council bulletin board at the school office for updates!

Together, we can make these events a success and continue to support Mountview students in meaningful ways.

Attached is the October 2025 edition of the Recovery Alberta Mental Health & Addiction Parent Newsletter, which focuses on Stigma.

The themes include:

- What is Stigma?
- Family tips for building communication and language skills
- Ways to help your family reduce stigma
- Tackle stigma through the words you choose

Addiction & Mental Health News

October 2025

What is Stigma?

One of the biggest reasons people don't get help for substance use or mental health is stigma. That means they're judged or treated unfairly because of false beliefs or stereotypes. This can further isolate someone who is struggling with substance use and/or mental health.

Words matter. Changing our words can encourage more compassion.

Stigma is not only hurtful, but it has real-life consequences.

Family tips for building communication and language skills

- Keep messages simple
- Help your children get the facts
- **Be calm** when speaking to your kids
- **Be prepared** before having a difficult conversation
- **Don't assume** you know what is going on or has happened
- **Check in** regularly with your kids to connect better
- **Look for the good** in each other
- **Empathy and listening** helps to see each other's perspective and to increase understanding.
- **Be kind** - to yourself and others

Ways to help your family reduce stigma:

- Encourage your family to talk openly about addiction and mental health
- Use supportive language
- Speak out to correct myths and stereotypes
- Educate yourself, your family, and others

Tackling stigma is important as it creates trust and encourages people to express their feelings and seek treatment.

Tackle stigma through the words you choose

- Use positive and respectful language
- Avoid stereotypes and labels
- Use person-first language to focus on the individual rather than the illness, disability, condition, or behaviour

Stigmatizing Language:	Respectful Language:
This drives me crazy	This bothers me
This is nuts	This is interesting/strange
Mentally ill/insane person	Person living with a mental illness
Addict or junkie	Uses substances or person with a substance use disorder

MORE RESOURCES

[Language Matters](#)
[Mental Illness Awareness Week](#)
[Resources - FamilySmart](#)
[Why Words Matter](#)

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

[MyHealthAlberta.ca](https://myhealth.alberta.ca)

Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

811 Health Link
Health Advice 24/7

**Recovery Alberta**
MENTAL HEALTH AND ADDICTION SERVICES

[October School & Community Programs & Information](#)

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

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

The Red Deer Children's Choir is seeking new members. Without at least another 10, we will be shutting it down permanently. Rehearsals are Wednesday night's.

Parents with children interested in joining the Red Deer Children's Choir are asked to **contact Annette Bradley** at annetterondo@gmail.com or call **403-596-5267** to arrange an audition time.

THE FOUNDATION
For Red Deer Public Schools

LIFE CHANCES CASH LOTTERY
WIN UP TO \$25,000

50/50

SCAN ME!

Lottery Licence # 743973
Must be 18 or older. Alberta residents only
20,500 tickets printed
1 for \$10, 10 for \$25 or 25 for \$50
Draw location: Red Deer Public Schools Schools
4747 53 Street Red Deer Alberta



Presented by



**WE'VE BEEN CROWNED
ALBERTA'S MOST
ACTIVE COMMUNITY!**



Red Deer

LET'S CELEBRATE!

Saturday, October 18th, 2025
G.H. Dawe Community Centre
1:00-3:00pm

- 🎉 **FREE activities**
- 🗣️ **Mayor Ken Johnston celebration remarks – 1pm**
- 🎟️ **First 100 guests receive a City of Red Deer recreation day pass**
- 🍰 **Complimentary cupcakes (while supplies last)**
- 📷 **Fun photo booth for everyone**
- 🐕 **Red Deer Public Library Playdate (ages 2-5) – meet Katja, the RDPL facility dog!**
- 👨‍👩‍👧 **SPARC Red Deer youth and family activities**
- 🎁 **Enter to win a City of Red Deer Recreation Family Pass**

Follow us on Social Media



@communitybetterreddeer





SEPT 29 TO OCT 17, 2025

Drop off your gently used coats & winter items for kids & adults. We will clean & distribute them to families in need.

Other winter items, including mitts, gloves, toques, scarves and ski pants are also accepted.

MAIN DROP OFF LOCATION:
RED DEER CHRISTMAS BUREAU
#2 4630-61 ST
9AM TO 12PM
MONDAY TO FRIDAY

Additional Drop Off Locations:

Classic Cleaners

4912 - 35 ST

The Coverall Shop

6722 Gaetz Ave &

7610 Edgar Industrial DR

Village Dry Cleaners

B-5101 - 76 ST

Mustang Laundry

6830 - 59 AVE



**Red Deer
Christmas
Bureau**

Does your family need winter items?

Distribution dates:

Oct 20-25 & Oct 27-30

Monday - Friday 9 am to 4 pm

Sat, Oct 31 - 9 am to 4 pm

#2, 4630 - 61 Street

403-347-2210

Info: reddeerchristmasbureau.com

**All clients who require coats will be required to provide
AHC and proof of address for all family members.**

No appt needed and first come first serve

One winter coat per client

THE CENTRAL ALBERTA
CRIME PREVENTION CENTRE



**Red Deer
Christmas
Bureau**

Family Drive-In Movie Night: Beetlejuice! Friday, October 17



It's showtime! 🎬 This spooky season, pack up the family, pile into the car, and get ready for a frightfully fun night with the Halloween classic Beetlejuice!

📍 Location: WESTERN PARK - NW Parking Lot

📅 Friday, October 17

🕒 Gates open: 6:30 PM

🎬 Movie starts: 7:00 PM

🕒 Ends: 9:00 PM

✨ Family-Friendly Fun Includes:

One FREE popcorn for every person

- Hot drinks and extra treats available to keep you cozy
- Big laughs and spooky fun for all ages (don't say his name three times 👁️)

🎫 Tickets:

Carload (up to 6 people): \$45 + fees

- Extra passengers (above 6): \$10 each

- Two-person vehicle: \$25 + fees

Spots are limited to just 200 tickets — so don't wait!

Bring your blankets, bundle up, and let's make some spooky family memories together. Beetlejuice...

Beetlejuice... Beetlejuice! 🍷 🍂

Tickets - [Drive-in Movie | Tickets Alberta](https://www.ticketsalberta.com/event/halloween-drive-in-movie/) (<https://www.ticketsalberta.com/event/halloween-drive-in-movie/>)