

MEET THE STAFF EVENT

Interested in meeting your teacher? Have questions about your classes? **Come out to our Meet the Staff event.** All COVID protocols will be in place for a safe event. Please wear masks, sanitize and maintain physical distancing. We encourage families to limit their stay to 15 min. We also understand if you are hesitant to join us. Please feel free to connect with your child's teacher at another time via google meet or zoom instead.

When: Wednesday, September 22

Time: 5:00-6:30 pm

Where: Learning Commons at Carlton Comprehensive High School (use the front doors)

The SCC Meeting will follow at 6:30 pm for those who are interested. Please connect via Zoom.

ORANGE SHIRT DAY

Please join us on September 30 for Orange Shirt Day, a National Day for Truth and Reconciliation. Teachers will provide students with age appropriate learning materials related to the history of the residential school system in Canada. As a collective group, we would like to invite students in grades 6-12 to participate in a live streamed event featuring: *Life Speaker and Residential School survivor Tim Poitras from Muscowpetung First Nation. He will talk about his residential school experience. As well, Brad Bellegarde (InfoRed) will perform.*



We are on this reconciliation journey together. Please join us at 2:00 pm on September 30th!

KEY DATES

Sept. 19 - Terry Fox Run Day

Sept. 22 - Meet the Staff Event



Sept. 22 - SCC Meeting at 6:30 pm

Click Here for [Zoom Meeting](#)

Sept. 28 - Mid Quad Reports Grades 9-12

Sept. 29 - Mid Quad Interviews 3:30-5:45

Sept. 30 - Orange Shirt Day Assembly

@ 2:00 pm for Grades 6 +

Click Here for [Zoom Link](#)



EDSBY UPDATE



Edsby

Edsby is now working for both students and families. Edsby will only be used to connect with students, share information, and to access the gradebook.

The DLC will continue to use Google Classroom for student learning.

Students, please continue to log into your Google Classroom daily. If students wish to view their grades they must use their SRSD email to login using the following link: <https://srsd119.edsby.com>

Parents, you will receive a message from our school next week in your email with instructions about logging in. Videos are also available on our website for reference or on the Edsby Support website. Please reach out if you have questions.

Edsby Support: <https://www.edsby.com/support/?locale=en>

TERRY FOX RUN

The official Terry Fox Run takes place on Sunday, September 19

I have created a Terry Fox Team called the Distance Learning Centre. On September 19th we challenge all of our staff and all of our DLC families to a 10 minute walk/run in honor of Terry Fox and Cancer Research.

Staff and Families also have the opportunity to donate to the Terry Fox Run. Here is a website where our team exists: <https://bit.ly/3hyN6HU>

The website also contains some great information on Terry's story, a map of his journey and stories along the way.

When you get to the website simply click in the top right hand corner on **GIVE TODAY**. Select **TO A RUN OR PARTICIPANT TEAM**. Select Team Search. Type in **DISTANCE LEARNING CENTRE**. Click on our team. If you choose to, you can sponsor the Terry Fox Run with a small donation. Our school goal is \$500.00

We encourage families and staff to take pictures along the way and submit them to DLCstaff@srsd119.ca

DRIVER TRAINING

An email will be sent out to all students in Grades 9-12 with information from Klassen Driving School. **Or** Check out high school tab on the DLC website.

Please send questions to: classroomkdspa@gmail.com



Saskatchewan
Health Authority

MIXED EMOTIONS

VIRTUAL Anxiety and Depression Group for Children & Youth

"Mixed Emotions" will provide virtual support to child and their caregivers who are experiencing anxiety and/or depression.

"Mixed Emotions" will strengthen the participant's knowledge of anxiety and depression, expand their "toolbox" of coping skills, increase personal accountability and assist in relapse prevention.

"Mixed Emotions" Virtual group will include parent/caregiver to assist in understanding anxiety and depression, and provides practical coping skills and support.

Up Coming Group Sessions

Child Session (Ages 7-9) October 5th, 12th, 19th, & 26th at 4:00 pm

Youth Session (Ages 9-13) November 16th, 23rd, 30th & December 7th at 4:00 pm



To register, please contact Intake at (306) 765-6055. For more information please contact Shelby Lysitza at Prince Albert Mental Health (306) 765-6055 or Shelby.Lysitza@saskhealthauthority.ca.



Life Improvement Programs

PROGRAMS - FALL 2021

STRICT COVID-19 SAFETY PROTOCOLS & SANITIZATION CONTINUE TO BE FOLLOWED
Unless otherwise indicated, all classes will take place at CFS – 1008 1st Avenue West
PLEASE NOTE: Dates and times are subject to change

RIDING THE WAVE - A Program for Children Ages 6-13 Exposed to Violence and Trauma & their parents
Two sessions are being offered (full program is delivered over a week-end):

Date: Sat. Oct 16 and Sun Oct. 17 **Transportation Provided if needed*

Date: Sat. Nov 6 and Sun Nov. 7

Time: 9:00 a.m. to 1 p.m.

Registration: **FREE**

Funded by: Ministry of Justice - Victims Services

TAMING THE TIGER - Anger Management for Children Ages 6 to 12 and their Parents
Two sessions are being offered (full program is delivered over a week-end):

Date: Sat. Sept. 25 and Sun. Sept 26 **CLASS IS FULL** **Transportation Provided if needed*

Date: Sat. Oct. 23 and Sun Oct. 24

Time: 9:00 a.m. to 1 p.m.

Registration: **FREE**

Funded by: Ministry of Justice – Victims Services

CLIMBING THE ROCK – A Program for Youths Exposed to and Healing from Trauma
For teens between the ages of 13 and 17 years

Date: Wednesdays Oct. 20 – Nov. 24 **Transportation Provided if needed*

Time: 5:30 – 6:30 p.m.

Location: To be determined

Registration: **FREE**

Funded by: Ministry of Justice – Victims Services

CALMING THE STORM- Anger Management for Adults

Date: Week of Sept. 20 – Week of Oct. 18

Time: VIRTUAL CLASS – Participants will have one week to complete each session

Location: On line

Registration: **\$25**

CALMING THE STORM FOR TEENS - Anger Management for Teens

Date: Mondays and Wednesdays Oct. 25 – Nov. 3 **Transportation Provided if needed*

Time: 5:15 – 6:15 p.m.

Registration: **\$25**

Funded by: Community Initiatives Fund

PARENTING FROM THE HEART – Parenting Class

Two sessions are being offered. Full program is delivered over a week-end

Date: **Sat. Sept. 18 & Sun. Sept. 19 CLASS IS FULL** *Transportation Provided if needed
Date: Sun. Oct. 30 & Sun. Oct. 31
Time: 9:00 a.m to 1:00 p.m.
Registration: Free

STEPPING UP – Men Building Healthy Relationships

A 13 week program (one session per week) for men who have been abusive in their relationships

Date: Tuesdays, Sept. 28 – Dec. 14 *Transportation Provided if needed
Time: 6:30 pm to 8:30 p.m.
Registration: \$25
Funded by: Northern Lights Development Corp.
Saskatchewan Knights of Columbus

NEW EQUINE ASSISTED LEARNING – A powerful, professional and effective approach, proven to have a positive impact on children, including those suffering from grief or trauma

Date: **Thursdays, Sept. 16 – Oct. 21 CLASS IS FULL** *Transportation Provided if needed
Time: 6:00 p.m. to 8:00 p.m.
Location: Red River Roping and Riding Arena
Registration: \$25
Funded by: Prince Albert and Area Community Foundation

NEW How Long Does the Sad Last – a program for children 6 – 10 who are dealing with loss and grief

Date: Tuesdays, Oct. 5 -Nov. 9 *Transportation Provided if needed
Time: 6:30 – 7:30
Registration: \$25
Funded by: Affinity Credit Union

NEW Grief Support Group for Adults – a support group for men and women who are dealing with loss and grief

Date: Tuesdays, Oct. 5 -Nov. 9 *Transportation Provided if needed
Time: 6:30 – 7:30
Registration: \$25
Funded by: Our Lady of the Prairies Foundation

To register or for more information, call:

Rose at Catholic Family Services 306 961-8410 or email programs.cfspa@sasktel.net

For classes that are filled, you can still register and be placed on our “wait list” for the next class.