

Joseph Welsh Parent Newsletter

March 10-14, 2025



Principal's Message

Hello JW families

It is a short week ahead, as we host our Parent-Teacher conferences on Thursday from 1-8 PM. Please be sure to sign up with your child's teacher for conferences. If you need any assistance, please call the school 403-346-6377. We look forward to seeing all of our parents & guardians! There is no school on Thursday or Friday this week for students.

Kevin Robertson
Principal, Joseph Welsh Elementary

Around the Community



Parent-Teacher Conferences - Thursday, March 13 @ 1-8 PM

Thank you for making your child's learning important. Parent-Teacher Interviews will be held at the school in-person or can be done virtually via google meet or phone call. Regardless of the format you choose to meet your needs, all interviews must be pre-booked online before the interview date. The bookings system will close at 12:00 PM on Thursday, March 13th.

BOOKING YOUR APPOINTMENT:

You can book an appointment at <http://schoolinterviews.ca> using the following Event Code: **2sqku**

If you find that you are able to do an interview last minute, please call the school at 403-346-6377 and we will see if there is availability for you.

On the JW Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 10-14		Grade 5 Basketball - Lunch		<p>NO SCHOOL FOR STUDENTS</p> <p>Parent-Teacher Interviews 1-8 pm</p> <p>Bookings close at 12:00 pm</p>	<p>NO SCHOOL FOR STUDENTS</p> <p>Staff Learning Day</p>
March 17-21	Happy St. Patricks Day	Grade 5 Basketball - Lunch		<p>March Recognition Assembly @ 9 AM</p> <hr/> <p>Grade 5 Basketball Final Tournament at Hunting Hills HS 4-7 pm</p>	
March 24-28	<p>Week long Evergreen Theatre Residency</p> <p>Oral Health Services: Fluoride/2nd Sealants K-3 with signed parental consent</p>		School Council Mtg @ 6:30 PM		Evergreen Theatre Final Performance @ Joseph Welsh (PM time TBA)
Mar 31 - Apr 4			Grade 1 Immunizations with signed parental consent		<p>NO SCHOOL FOR STUDENTS</p> <p>Staff Learning Day</p>
	<p>READ MORE AT:</p> <p>SCHOOL WEBSITE LINK: www.rdpsd.ab.ca/josephwelsh</p> <p>SCHOOL CALENDAR LINK: www.rdpsd.ab.ca/josephwelsh</p>				

School Council News

Joseph Welsh Families

Our next School Council Meeting will be Wednesday, March 26th @ 6:30 pm. We hope to see you there! Minutes from our last meeting can be found on the school [website](#).

Kyla Rollinson
School Council Chair

Grade 5 Basketball

Our grade 5 students have been participating in lunch hour basketball since January. We have been working on a variety of skills and incorporating these through some controlled game play, as we teach the main aspects and rules of the game. We have had a great turnout for all of our lunchtime practices!

There will be a year end tournament with a number of other Red Deer Public Elementary Schools participating on March 20th from 4:00-7:00 pm, hosted at Hunting Hills High School. Miss Moskowy, Mr. Stepler, and Mr. Robertson have been coaching and will be with the players for the games. A letter will be shared with participating students this coming week with more details, including the schedule. Players will play in three games against other schools.

Miss Moskowy
Mr. Stepler
Mr. Robertson



HOOPS



RDPSD Sports Academy

OPEN HOUSE AND APPLICATION NIGHT



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

MARCH 19

6:30 - 7:30 PM

(PRESENTATION AT 6:45 PM)

**GARY W. HARRIS CANADA
GAMES CENTRE**

120 COLLEGE CIRCLE, ROOM 208



SCAN TO LEARN
MORE!

PURSuing PASSIONS WHILE SUPPORTING ACADEMIC ACHIEVEMENT

SPORTFIT

GRADES 6-8

LOCATED AT CENTRAL MIDDLE,
WESTPARK MIDDLE, EASTVIEW MIDDLE,
& GATEWAY CHRISTIAN

MULTISPORT ACTIVITIES

80+ ACTIVITIES PER YEAR

HOCKEY

GRADES 6-12

LOCATED AT EASTVIEW MIDDLE, HUNTING
HILLS AND LINDSAY THURBER

PLAYER & GOALIE SPECIFIC TRAINING

80+ HOURS OF ON-ICE & OFF-ICE
DEVELOPMENT



RDPSD Open Houses

Central Middle School Open House



APRIL

9

2025

6:00 - 8:00 PM

BRIEF WELCOME ADDRESS AT 6:00 PM
FOLLOWED BY SELF-GUIDED TOURS AT YOUR OWN PACE
FEEL FREE TO DROP-IN ANYTIME BETWEEN 6-8.

Joseph Welsh School - Family Resources

Red Deer Family Recreation Passes

The City of Red Deer has graciously shared the opportunity for our Joseph Welsh families to access the School based Recreational Family Pass through an initiative to allow families to utilize the Recreation Centers in Red Deer. Families can access these passes through Miss Lindsay Stanton, our Family School Liaison Counsellor.

These can be signed out and used by a family, generally for the duration of a week. If you would like to inquire about using the Joseph Welsh Family Pass, please contact:

Miss Lindsay at lindsay.stanton@rdpsd.ab.ca



RED DEER COMMUNITY AGENCIES & RESOURCES

WEAVING WĪCHITOWIN FOR LEARNING PRESENTS
ISKWĒW HEALTH

Mental Health Workshop

MARCH 14TH 2025



DOORS OPEN AT 9:30 AM
SEMINAR RUNS 10:00-3:00PM
FESTIVAL HALL
4214 58 STREET, RED DEER
LUNCH & REFRESHMENTS PROVIDED
AGES 12 AND UP
REGISTRATION REQUIRED
EMAIL ALICX@RDNFS.COM



RED DEER COMMUNITY AGENCIES & RESOURCES YMCA

YMCA YOUTH MENTORSHIP

at Bower-Kin Community Hall

FREE
drop-in
program
for youth &
teens ages
8-18!



Games | Snacks | Activities

Hang out with our trained mentors in a safe and welcoming environment.

Every Thursday
4:30-6:30pm

Bower-Kin Community Hall

85 Boyce St
Red Deer, AB

Brought to you by ...



For more info, contact:

KUDA via
kuda.nyirenda@ymcanab.ca

RED DEER COMMUNITY AGENCIES & RESOURCES YOUTH HQ



CAMP ALEXO REGISTER AT:
YOUTH HQ.CA

A Place Where Memories are Made

Mikisew: June 30 - July 4
Wapiabi: July 7 - 11
Phoenix: July 15 - 24
Thunderbird: July 28 - August 2
Shunda: August 5 - 8
Waskway: August 11 - 15
Bighorn: August 18 - 22
Ages 7 - 17

YOUTH HQ  bgc
Red Deer & District Club 

More information for CAMP ALEXO can be found on the next pages.

RED DEER COMMUNITY AGENCIES & RESOURCES

YOUTH HQ

WHAT MAKES CAMP ALEXO SO GREAT?

ACCESS TO NATURE

Camp Alexo is located in the heart of David Thompson Country, where campers learn about nature every day!

ADVENTURE

Our well-trained team has designed programs to take your kids on safe and exciting journeys throughout Camp Alexo and the surrounding area.

AFFORDABLE

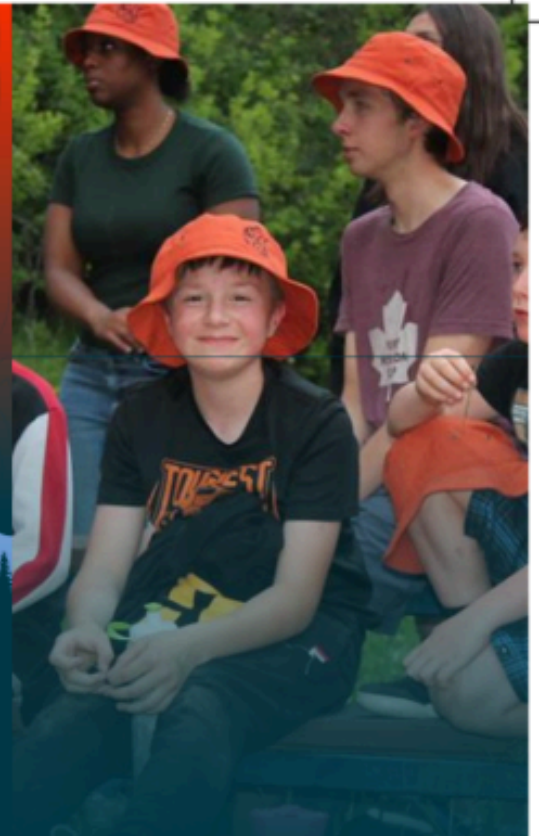
We are a non-profit, Alberta Camping Association accredited organization that has set an industry standard for ensuring camp is affordable and accessible to all who wish to attend.

CHALLENGING, BUT REWARDING

Our days are action-packed and full of adventure! We work hard to ensure we provide engaging programs that are geared towards skill development and teamwork.

FRIENDLY ENVIRONMENT

We offer a 1:3 leader-to-camper ratio, where campers feel included and have opportunities to build positive and authentic relationships with their peers and leaders.



YOUTH HQ



bgc

Red Deer & District Club

4633 49th Street
Red Deer, AB T4N 1T4
P: 403-342-6500
alexo@youthhq.ca



Subsidy is available for qualifying families through a variety of programs including the Alexo Campership Subsidy, Canadian Tire Jumpstart, and more.

For more information, please contact Youth HQ directly.



CAMP ALEXO

A Place Where Memories are Made

Program Guide
2025

RED DEER COMMUNITY AGENCIES & RESOURCES

YOUTH HQ

WHAT DO WE DO AT CAMP ALEXO?

7-9 Year Old Campers

These programs are geared towards outdoor learning, teamwork, and self-development. We excite every campers' imagination with interactive theme days where new worlds and characters from their imaginations come to life! Campers will participate in a number of crafts, wide games and a day hiking trip with their chosen group.

Campers will also have an opportunity to "Choose Their Own Adventure", which allows them to pick activities in which they have an interest; such as nature programs, swimming at the creek, slip and slides, and sports programs.

10-12 Year Old Campers

Campers aged 10-12 will participate in camp-wide games, nature adventure hikes, swimming, and crafts. "Choose Your Own Adventure" each day allows campers to do activities they are interested in with their peers, whether it be basketball, field games, or swimming at the creek; there is always something for everyone!

Campers will either go on an overnight out trip where they camp out in a lean-to and cook over a fire with their group or experience Voyageur Canoeing down the North Saskatchewan River! Thunderbird campers will do both.

Waskway Leadership Camp

Our campers will have the chance to learn and grow into their own leadership styles. This camp will see our youth grouped together in the various elements we find in nature.

They will participate in various activities throughout the week. Such as going on out trips, lake canoeing and hiking. Throughout the week the youth will be challenged to complete different tasks. All of these will be used to score points for their respective group. At the end of the week, whichever team has the highest total points will win a place in camp history with the Waskway Cup!

Note!! Please pack one set of nice clothes in addition to the regular packing list for the end of week banquet, talent show and dance!

Phoenix Adventure Camp

Phoenix Adventure Camp is designed for teens looking to try new things, gain skills in outdoor pursuits, and build friendships that will last a lifetime. Each youth will get to choose two expeditions of their interest, each lasting 4 days in length.

Phoenix Adventure Camp offers multiple unforgettable experiences:

- Horseback Riding at Ram River.
- Kayaking.
- Cycling on the David Thompson Highway.
- Backpacking through the Rockies.
- Back Country Adventure.
- Canoeing on the North Saskatchewan River.



PROGRAMS:

MINISPA

WINTER SALE RATE - \$450
EARLY BIRD RATE - \$475
REGULAR RATE - \$495

JUNE 30 - JULY 4
AGE RANGE:
7-12

WAPITI

WINTER SALE RATE - \$450
EARLY BIRD RATE - \$475
REGULAR RATE - \$495

JULY 7 - JULY 11
AGE RANGE:
7-12

PHOENIX ADVENTURE CAMP

WINTER SALE RATE - \$900
EARLY BIRD RATE - \$950
REGULAR RATE - \$990

JULY 15 - JULY 24
AGE RANGE:
13-17

THUNDERBIRD

WINTER SALE RATE - \$540
EARLY BIRD RATE - \$570
REGULAR RATE - \$590

JULY 28 - AUGUST 2
AGE RANGE:
10-14

SHUNDA

WINTER SALE RATE - \$360
EARLY BIRD RATE - \$380
REGULAR RATE - \$395

AUGUST 5 - AUGUST 8
AGE RANGE:
7-12

WASKWAY LEADERSHIP CAMP

WINTER SALE RATE - \$450
EARLY BIRD RATE - \$475
REGULAR RATE - \$495

AUGUST 11 - AUGUST 15
AGE RANGE:
13-17

RUSHORN

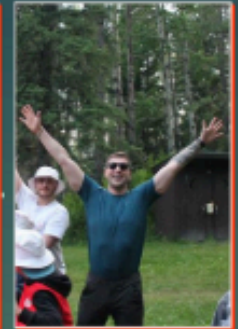
WINTER SALE RATE - \$450
EARLY BIRD RATE - \$475
REGULAR RATE - \$495

AUGUST 18 TO AUGUST 22
AGE RANGE:
7-12

Pick up & drop off available from Red Deer, Innisfail, and Rocky Mountain House!



"There are lots of places you could send your kid for camps, but it is important to send them to Camp Alexo specifically. Because they get to be on even ground with one another and they are treated like kids and get to be them with all the chaos going on in the world."
- Parent of a Camper



"They came back more confident and ready to face challenges. They would like to do two weeks next year."
- Parent of a Camper

Junior Leader Program

The Junior Leader Program (formerly Counsellor in Training) helps teens become active leaders in their community and club. Junior Leaders will complete training on June 7 & 8, followed by a weekend-long training weekend at Camp Alexo June 20-22, 2025. The program is designed to give youth the skills they need to successfully work with younger children in a camp setting. With an emphasis on hands-on learning, youth will learn conflict resolution skills, problem-solving skills, and leadership skills, all while gaining practical work experience. Program cost is \$75.

Ages: 14 - 17

Theory: June 7 & 8

Time: 9:00AM - 4:00PM

Location: Eastview Club House (4030 Embury Cres.)

Training Weekend at Camp Alexo: June 20 - 22

*Details are subject to change.

WINTER SALE ENDS JANUARY 31
EARLY BIRD SALE ENDS MARCH 31
REGISTER NOW!
YOUTH.HQ.CA



THIS IS YOUR PLACE ... TO MAKE MEMORIES

RED DEER COMMUNITY AGENCIES & RESOURCES

Recovery Alberta/AHS

Mental Health & Addiction News

March 2025

What is Mental Health Literacy?

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

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

Mental States – Language Matters



Mental States – Language Matters



Mental States – Language Matters



MORE RESOURCES, visit:

www.mentalhealthliteracy.org

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



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-305-2642