

PANTHER NEWS



Box 299 | Bentley, AB T0C 0J0 | Phone: 403-748-3770 | Email: bentley@wolfcreek.ab.ca | <https://bentley.wolfcreek.ab.ca>

June 1	Hot Dog Day Gr. 4 Des Crossley Field Trip
June 2	Popcorn Day Elementary Assembly 11:30 a.m. & Pep Rally 2:00 p.m.
June 7	AHS Immunizations
June 8	Elementary Track & Field Day - Volunteers Needed!
June 9	No School for Students
June 12	Admin BBQ for Elementary - \$5 Burger & Drink
June 13 & 14	Grade 6 Camp
June 14	Gr. 5 Lacombe County Farm Safety Day
June 15	Hot Dog Day!
June 16	Gr. 1 & 2 Discover Wildlife Park Field Trip Kindergarten Jungle Farm Field Trip Drama Production - The Alibi - Tickets on Sale Now!
June 19	Last Day of Classes for Gr. 9 - 12 Gr. 1 Kite Presentation Admin BBQ for Jr/Sr. High - \$5 Burger & Drink
June 20	Gr. 7 Heritage Park Field Trip
June 21	National Indigenous Day / Gr. 9 - 12 Study Sessions
June 22	Gr. 3 Kerry Wood Nature Field Trip
June 24	Graduation 2023
June 26	Gr 4 Year End Field Trip & Gr. 5 Year End Field Trip
June 27	Gr. 8 West Edmonton Waterpark Field Trip
June 29	Students Last Day! Year End Assembly @ 1:30 p.m.

June 2023 Important Dates

June 2 & 3
Sr. High Track Provincials

June 20 & 22
Last Day for Golf Academy

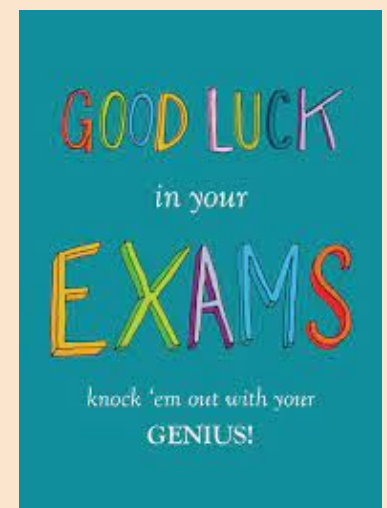
*Please remember to take home
your clubs!*

Exam Schedules

Click the link to view each
schedule:

[Jr. High Exam Schedule](#)

[High School Exam Schedule](#)



BENTLEY
SCHOOL

GRADUATION

Class of 2023



"Suit Up"

SATURDAY, JUNE 24

CEREMONY AT 4:30 PM • OPEN TO THE
PUBLIC • BENTLEY AG CENTRE HALL

Year End Reminders

Assessment and Reporting

Students in Kindergarten to Grade 6 will be able to access their report card on the PS and Online Parents portal on Thursday, June 29. Printed report cards will not be sent home.

1. Login in to the PowerSchool & Online Payments parent portal on the homepage of our website, <https://bentley.wolfcreek.ab.ca/>
2. Login using your username and password. If you are unsure of your username and password, please contact the school at 403-748-3770 to reset your password. Please note: the reset password link does not always work so please call if you do not receive the link to reset your password.
3. Choose a student from the tabs at the top of the page.
4. Choose student reports from the menu bar on the left hand side.
5. Find the report and click on the name.
6. View or print the report card from the next screen.



Students and parents in Gr. 7 - 12 can continue to access students' marks by logging into the PowerSchool and online payments online portal or by downloading the PowerSchool App. [Click here](#) for complete instructions on how to view your child's marks in PowerSchool. All marks and comments will be finalized by Thursday, June 29.

Not Returning to Bentley School this Fall?

If there are any factors you are aware of, such as an upcoming move, etc., please contact the school at 403-748-3770 or email us at bentley@wolfcreek.ab.ca so that we may keep an accurate count for next year.

Registration for Returning Students Next Year

Watch for returning student registration information that will be emailed out to parents in late August. These forms are mandatory by AB Education and must be completed by the deadline.

School Fees

All outstanding school fees are required to be paid by the end of June. Any outstanding school fees will roll over into next year. Any credits from this year's school fees will remain in your account and roll over into next year. Students with unpaid school fees will not be able to attend any upcoming field trips in June.

Year End Reminders Cont'd

Field Trip Permission Forms

A number of field trips are scheduled for June. Permissions form will be online and must be completed with payment in addition to any outstanding school fees prior to your child attending. If you need assistance completing forms or paying these fees, please contact the school office at (403) 748-3770.

Returning Library Books & Textbooks

Thursday, June 8 will be students last day to check out any new books from the library. Notices will be going home to students that still have library books out the week of June 19 requesting that all books be returned by **Friday, June 23**. All items not returned at the end of the school year maybe be subject to a replacement fee.

Lost and Found on Display

Lost and found items will be on display during the elementary track and field day and during our year end assembly. Please stop by to see if you are missing any items. All unclaimed items will be donated to the Bentley Boutique at the end of the year.

Yearbook Orders

Yearbooks for 2022-2023 will be handed out in September. All jr and sr high students will receive a yearbook as part of their yearly school fees. Elementary students have the option to purchase if they choose on their PowerSchool and Online Payments parent portal. Deadline to order is June 26.

Elementary Track & Field - June 8

Elementary students will be participating in track and field day on Thursday, June 8. Please note there is no concession on site the day of the event. Thank you to the Parent Council for preparing the BBQ lunch for students that pre-ordered. Children should dress appropriately, wear a hat, have a water bottle, sunscreen and bug spray. Parents are welcome to come and watch and cheer on the upcoming athletes! We are looking for volunteers to assist the day of the event. If you would like to help, [please sign up via this link](#). All volunteers must complete the volunteer application forms available on the website at:

<https://bentley.wolfcreek.ab.ca/parents/volunteer-information>

Needs Assessment: After School and Out of School Care

BGC (formerly Boys and Girls Club) Wolfcreek is conducting a needs assessment regarding the possibility of offering out of school care to children in Kindergarten - Grade 6 in Bentley. BGC is gathering information to determine whether this a gap that BGC could fill in Bentley. Specifically they are looking to offer After School Care, School's Out Day Programs (ie., PD Days or Spring Break) and Summer Camps. If this is something that would benefit you, please complete the needs assessment survey at this link:<https://forms.gle/QHxbvkLKvG4RUx4e9>. We must show a need before this service can be offered so please take the time to complete the survey! Services are currently being offered in Ponoka, Rimbey and Lacombe.

Interested in Joining Parent Council?

Parent Council is looking for a few more members for next year, if you are interested in joining or want to find out more contact our chair Ashley Bajema at bentleyschoolcouncil@gmail.com.

Friends of Bentley Nursery School: Casino Volunteers Needed

The FOBNS is hosting their casino on September 8 & 9, 2023. In the past we have spent majority of the money on things like iPad and chromebook carts, as well as furniture items for the school. There are many more furniture items on the list that we are hoping to purchase for the school with the money raised from the casino. We aren't able to purchase these items without this fundraiser so we would appreciate the support of parents if you are able to volunteer for a shift. It's easier than ever to sign up this time following the link!

<https://m.signupgenius.com/#/showSignUp/aca93000>

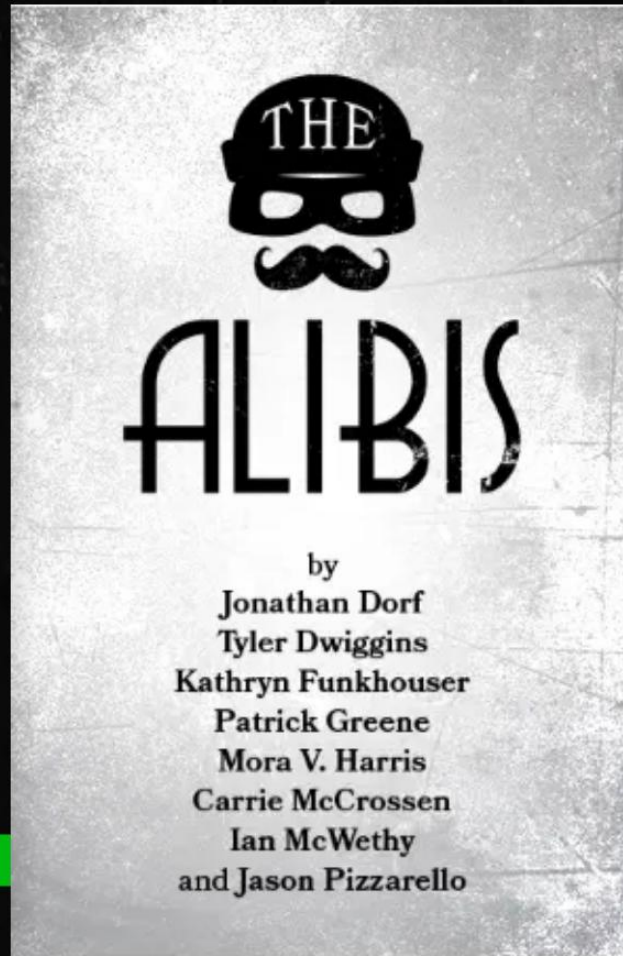
Thank you in advance!

- Carmen, Kathleen, Darci & Michelle

High School Canteen

The High School Canteen closes on Monday, June 19th. Thank you to Paisley, Maria, Hope, Jasmine, Kaylee, Hailey, and Keagan who assisted with keeping the canteen up and running!

BENTLEY SCHOOL
DRAMA OPTION PRESENTS



When eccentric billionaire J. Leslie Arlington is murdered, a clueless detective finds the suspects are all reluctant to admit their alibis..... because they were all committing other ridiculous crimes at the same time.

Friday, June 16
7 p.m.
High School Gym



Tickets on sale now!

Purchase online via the PS and Online Payments Parent Portal. Public tickets are available for purchase on the website at <https://bentley.wolfcreek.ab.ca/>

Bentley School

Cordially invites our amazing volunteers to a

Volunteer Appreciation



at our year end assembly on
Thursday, June 29
at **1:30 p.m.**
Elementary Gym

**Join us during our year end assembly as we
celebrate the end of the year and salute our
amazing volunteers!**

Please RSVP to bentley@wolfcreek.ab.ca



Bentley School Admin BBQ
Hosted by Mr. Moore & Mr. Lush

BARBECUE



ELEMENTARY - MONDAY, JUNE 12

JR/SR. HIGH - MONDAY, JUNE 19

BURGER AND A DRINK \$5

First come, first served. While supplies last!
Please bring exact change.

All profits will support the BGC Wolf Creek after school and out of school care programs.

Welcome Baby Willa!

Congratulations to Miss Howe who welcomed a healthy baby girl:

Willa Emily Jean
May 21
6lbs 4oz

Welcome to the Bentley School family Willa! We wish Miss Howe all the best in her new role as mom!



June 2023 Final Exam Schedule

Date	Time	Course	Room #	Supervisor
Mon, May 15	9:00 am - 11:40 am	ELA 9 Part A PAT	A206	Mrs. Annable
Tues, June 13	9:00 am - 3:00 pm	Soc 30-1 & 30-2 Part A Diploma	A110	Mr. Moore
Mon, June 19		Last Day of Regular Classes & Locker Clean Out!		
Tues, June 20 to Tues, June 27		Final Exam Week Students can go home after their exam!		
Tues, June 20	9:00 am - 3:00 pm 9:00 am - 12:00 pm 9:00 am - 10:15 am	Soc 30-1 & 30-2 Part B Diploma Social 10-1 & 10-2 Final Exam Gr 9 English Part B PAT	A110 A215 A206	Mr. Moore Mr. Hazlett Mrs. Annable
Wed, June 21	National Indigenous Day No Exams! Study Sessions!	Math 20 Study Session - 8:30-9:40 Chem 30 Study Session - 9:45-10:50 Phys 30 Study Session - 10:50-12:00 Biology 20 Study Session - 12:45-1:50 Science 9 Study Session - 8:30-9:40 PE 9 - 9:45-10:50 Math 9 Study Session - 10:55-12:00 Social 9 Study Session - 12:45-1:50 Options 9 - 1:55-3:00	A214 A110 A110 A110 A110 Gym A214 A110 A206	Mrs. Bolin Mr. Button Mr. Button Mr. Button Mr. Button Mr. Schroeder Mr. Bolin Mr. Hazlett Mrs. Annable
Thurs, June 22	9:00 am - 12:00 pm 1:00 pm - 3:00 pm 9:00 am - 10:00 am	English 20-1 & 20-2 Written Final English 20-1 & 20-2 MC Final Math 9 Part A PAT	A215 A215 A110	Mrs. Annable Mrs. Annable Mrs. Bolin
Fri, June 23	9:00 am - 3:00 pm 9:00 am - 12:00 pm 9:00 am - 12:00 pm 9:00 am - 10:20 am	Chemistry 30 Diploma Biology 20 Final Exam Science 14 & 24 Final Exam Math 9 Part B PAT	Library A110 A110 A215	Mr. Moore Mr. Button Mr. Button Mrs. Bolin
Mon, June 26	9:00 am - 3:00 pm 9:00 am - 12:00 pm 9:00 am - 10:20 am	Physics 30 Diploma Math 20-1 & 20-2 Final Exam Social Studies 9 PAT	Library A214 A215	Mr. Moore Mrs. Bolin Mr. Hazlett
Tues, June 27	9:00 am - 12:00 pm 9:00 am - 10:15 am	Math 10-3, 20-3 & 30-3 Final Exam Science 9 PAT	A214 A110	Mrs. Bolin Mr. Button
Wed, June 28		No School for gr 9-12 students		
Thurs, June 29		No School for gr 9-12 students		

Minimum time for an exam is 1 hour, students must remain in the exam area.

Gr 9-12 Exam Week - students may leave after their exam is finished, teachers may schedule study sessions in the afternoons so please connect with your teachers.

Marks and comments are online for students and parents to view, download or print. Physical report cards will not be sent home.

Jr High June Final Exam Schedule

Parents please note: jr. high students are expected to be at school all day during exam week, they are not permitted to leave following their exam!

**** Marks and comments are online through PowerSchool for students and parents to view. Physical report cards will not be sent home at the end of June.**

Date	Course	Room #	Supervisor
Tues, June 20	Gr 7 Heritage Park Field Trip Bus leaves 8:30 am Bus returns 3:00 pm		
Thurs, June 22 8:30 am	Science 7 Science 8B Science 8W	B100 B101 B102	Mrs. Cobb Miss. Bertin Mr. Wessner
Fri, June 23 8:30 am	LA 7 LA 8B LA 8W	B100 B101 B102	Mrs. Cobb Miss. Bertin Mr. Wessner
Fri, June 23 12:45 pm	Math 7 Math 8B Math 8W	B100 B101 B102	Mrs. Cobb Miss. Bertin Mr. Wessner
Mon, June 26 8:30 am	Social 7 Social 8B Social 8W	B100 B101 B102	Mrs. Cobb Miss. Bertin Mr. Wessner
Tues, June 27	Gr 8 WEM Field Trip Bus leaves 11 am Bus returns 8 pm		
Wed, June 28	End of Year Party/Celebrations/ Class Activities		
Thurs, June 29	Locker Clean Out! School Assembly! Student's Last Day!		

Player Package Athletic Wear

Get your Bentley School player packages available starting Monday, May 8 for jr and sr high students (adult sizes only)! All items are custom made and cannot be returned. Sizing charts can be found below the size drop down menu. The online store will close on **June 29 at 11:59 pm**. Orders will be delivered to the school at the beginning of September. [Click here to order!](#)

PANTHERS



Bentley School

You can now purchase your items online in 3 easy steps:

1. Scan the QR code or go online to <https://bentley23.itemorder.com/>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: **Thursday June 29th, 2023 (11:59pm MDT)**

Under Armour Men's Hustle Fleece Hoody



2 Colors

\$69.25

Under Armour Womens Hustle Fleece Hoody



2 Colors

\$69.25

Under Armour Mens Team Tech Short Sleeve



2 Colors

\$43.50

Under Armour Womens Team Tech Short Sleeve



2 Colors

\$43.50

Under Armour Men's Hustle Fleece Hoody



2 Colors

\$47.50

Under Armour Mens Team Tech Short Sleeve



2 Colors

\$47.50

Under Armour Ua Undeniable 4.0 Medium Duffel



\$47.50

Under Armour Womens Ua Hustle Fleece Hoody



2 Colors

\$47.50

Under Armour Womens Team Tech Short Sleeve



2 Colors

\$47.50

Under Armour Ua Undeniable 4.0 Medium Duffel



\$47.50

powered by  ORDERMYGEAR

Questions?
Wendy Rodriguez
1-888-989-9090
wendy@sportfactor.net
<http://www.sportfactor.net/>

Teaching Staff 2023 - 2024

Bright Futures	Jamie Wilkins
Kindergarten	Darci Cole (T/T) Vanessa Robinson (M/W)
Gr. 1	Kathleen Moore
Gr. 1	Courtney Ranta
Gr. 2	Leesha Bilodeau
Gr. 2/3	Kathleen Beagle-Hull
Gr. 3	Lindsay Morrison
Gr. 4	Erin Schofer
Gr. 5	Sheri Kimmel
Gr. 5/6	Kelsey Ruttan
Gr. 6	TBD
Jr. High Science (Gr. 7)	Travis Wessner
Jr. High English (Gr. 8)	Nikki Allen
Jr. High Math (Gr. 7)	Jannah Bertin
Sr. High Science/ Phys Ed (Gr. 9)	Hayley Lush
Sr. High Math/Physics (Gr. 9)	Bruce Peers
Sr. High Science (Gr. 10)	Tayler Button
Sr. High English (Gr. 11)	Suzanne Annable
Sr. High Social Studies (Gr. 12)	Jason Hazlett
K - Gr. 8 Phys Ed	Pam Stephenson
Mat Leave	Jill Howe

Bentley School is pleased to welcome Mrs. Shyla Baile, who will be covering Miss. Howe's maternity leave until the end of June 2023.

We are also excited to welcome three new teaching staff next year. Mr. Bruce Peers will be joining us from HJ Cody in Sylvan Lake to teach high school math. Mrs. Hayley Lush is a past graduate of Bentley School and will be joining us from Hunting Hills in Red Deer to teach high school science and phys ed. Mrs. Beagle-Hull is transferring in from Rimbey Elementary to teach our $\frac{2}{3}$ class. Please give them a warm welcome to our school!

We are sad to be saying goodbye to Mrs. Cobb, Mr. Schroeder, Mrs. Lawrence, Mrs. Rost and Mrs. Bolin and to EA's Mrs. Crawford, Mrs. Ruggles, and Mrs. Wilson who are all moving on to new opportunities next year. We would like to thank them all for their contributions to our school and our students. You will be missed!

Sadly, Mrs. Simpson has also made the decision to retire this year! She has 36 years of service at Bentley School and we will miss her presence and kindness. Join us in wishing her the best in the next chapter as she welcomes a set of grand twins soon!

School Supplies

Your teachers at *Bentley School* are excited to offer the opportunity to purchase your school supplies through School Start for the 2023-2024 school year. This process will save you both time and money.

See the specific grade level supply lists linked on the next page.

The lists have a **Starter Package** (base package) as well as **Additional Items Required**. The additional items are required by each teacher; they include items such as pencil cases, sharpeners, and calculators. These products do not need to be purchased on a year-to-year basis if you already have them.

There are three ways to place your order:

1. You can place your order online at www.schoolstart.ca
2. You can place your order over the phone 1-800-580-1868
3. You can print and fill out the supply list and return via email to info@schoolstart.ca
4. You may utilize the same list to purchase your supplies locally. If you choose to purchase locally, please remember to purchase items off the **Starter Package** and the **Additional Items Required**.

Remember, you can purchase parts of the additional section if your child already has supplies that are in good order from a previous year - please save money and the environment.

The supplies will be packaged and delivered directly to your home or directly to school before school starts.

If you have any questions, please contact **School Start's Customer Service Department**: Email: info@schoolstart.ca | Phone: 1-800-580-1868



School Start

Back to School with School Start

Parents you can now order your child's back to school supply kits from **schoolstart.ca**

EARLY ORDER INCENTIVES

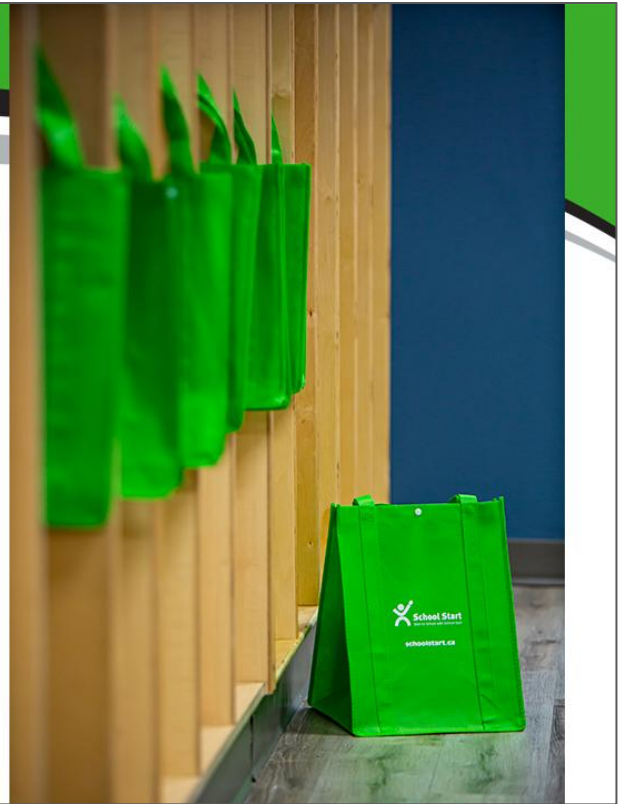
SEE SCHOOL START PARENT LETTER FOR DETAILS!

ORDER **ANYTIME** ONLINE

OR

ORDER via CALL CENTRE AT
1-800-580-1868

Visit them at www.schoolstart.ca



Click the link to view the grade level supply list.

[Grade 1](#)

Parents please note:

[Grade 2](#)

Phone calculators are not acceptable.

[Grade 3](#)

Junior high and high school students taking Math 10-3, 20-3 or 30-3, require a scientific calculator.

[Grade 4](#)

High School students that are taking Math 10C, Math 20-1, 20-2, 30-1, 30-2 or 31, require a Texas Instrument graphing calculator (TI-83, TI-83 Plus, TI-84, TI-84 Plus, or TI-84 Plus CE)

[Grade 5](#)

[Grade 6](#)

Chromebooks:

Jr and sr high students require a chromebook. We have very limited supply of chromebooks available for student use. For more details on [Chromebook Purchasing Options for Parents](#), please visit this document or refer to the [Wolf Tech Always Learning](#) for things you need to be aware of when purchasing a chromebook.

[Grade 7-8](#)

[Grade 9-12](#)

Track & Field Highlights

We had 16 high school athletes compete in track and field this year and 2 students - Wacey and Blain are moving on to Provincials this weekend in Edmonton. Forty jr high track athletes competed in the WC South Track and Field meet and 20 athletes moved on to the WC Championship Track and Field meet on May 30 in Ponoka.

Congratulations to Macy who won top female athlete for Gr. 8 at the WC South meet and Toran placed 3rd in Gr 9 male top athlete. At the WC Championship Bentley School placed fourth overall and Macy placed 2nd for overall top female athlete for Gr. 8 girls. Congratulations to all our athletes on your performance and sponsortmanship. Thank you Mr. Lush and Mr. Wessner for coaching our students.





REGISTRATION FOR 2023 -2024 IS OPEN



Wolf Creek Public Schools
**BRIGHT
FUTURES**
PLAY ACADEMY



BRIGHT FUTURES PLAY ACADEMY

Two & four half day programs
available for 3 & 4 year olds
Mon/Wed or Tue/Thur mornings

HIGHLIGHTS

- Certified Classroom Teacher and Experienced Support Staff
- A focus on Excellence in Developing the Whole Child
- Developing Skills Intellectually, Artistically, Emotionally, Physically and Socially
- Access to Support Services, Occupational Therapy, Physical Therapy and Speech and Language Services
- Family Orientated Programming and Partnership with Community Programming

KINDERGARTEN TO GRADE 12

KINDERGARTEN

Will your child be 5 years old by December 31 of this year? Two full day programs available with transportation. Days offered are based on registration numbers.

DON'T MISS IT!
REGISTER NOW

<https://bentley.wolfcreek.ab.ca/registration>

About Us

Bentley School is located in the town of Bentley, Alberta, on the west side of Gull Lake. The school serves approximately 438 students from grades K to 12. There are also 29 students participating in the Bright Future Play Academy.

Email: bentley@wolfcreek.ab.ca

<https://bentley.wolfcreek.ab.ca/>

<https://bentley.wolfcreek.ab.ca/> <https://www.brightfuturesplayacademy.ca> PHONE: 403-748-3770



RURAL SCHOOL BUS STUDENTS

Students who live in the country and are new to rural busing OR have moved to a new rural location are required to register for transportation.

All rural kindergarten students must be registered to ride the bus.

Your full legal land description AND complete blue sign (911 address) are required to register.

**Unsure of which school your child should attend, please call us with your legal land description.*

If you have moved you must notify the school of the address change prior to registering for busing.

**Cross boundary students must re-apply each year by filling out the regular application and the cross boundary application. Please note that cross boundary fees will apply.*

**REGISTER ONLINE USING YOUR PARENT PORTAL
OR THROUGH SCHOOLENGAGE**

DEADLINE FOR REGISTERING IS JUNE 1, 2023

For more information please contact Wolf Creek Public Schools Transportation Services

E-mail - transportation@wolfcreek.ab.ca

Phone - 403-785-0726 (Direct) or 403-341-4153 (Red Deer) or 403-782-8726 (Lacombe) ext. 1332

Website - <https://www.wolfcreek.ab.ca/school-division/transportation/bus-status-page2>



REGISTER NOW FOR KINDERGARTEN!

2023-24 SCHOOL YEAR



YOUR CHILD IS TURNING 5 BY DECEMBER 31, THEN IT'S TIME FOR KINDERGARTEN

PROGRAMS ARE DESIGNED FOR CHILDREN TO ATTEND TWO FULL DAYS PER WEEK. REGISTER NOW!

RURAL KINDERGARTEN STUDENTS ARE ELIGIBLE TO APPLY FOR BUSING

PLEASE REGISTER BY MARCH 31 TO HELP WITH PROGRAM PLANNING

REGISTER ONLINE AT: bentley.wolfcreek.ab.ca/registration

Have any questions, please call 403-748-3770



**Rider of the
Month**

**Congrats
to:**

**Abbi G - Gr
9 - Bentley
Bus 4**

**6" Sub
Sponsored
by Subway**



TOOLS for **SCHOOLS**

2023
2024



If your child attends school in:
Lacombe * Bentley * Clive * Alix

You may qualify for
Tools for School!
You can choose between:
SCHOOL SUPPLIES or
A CHROME BOOK RENTAL

DEADLINE TO ORDER IS JULY 10, 2023

**CONTACT 403-782-6637 OR
WWW.LACOMBEFCSS.NET**



School Start
Back to School with School Start

Information collected that you provide to Lacombe & District FCSS is collected under the authority of the Freedom of Information and Protection of Privacy Act (FOIP) Section 33(c). This information will be used for the purpose of the "Tools for School" program. Your personal information is protected from unauthorized access, use and disclosure under Part 2 of the FOIP Act. Questions regarding this collection of personal information may be directed to info@lacombefcss.net or 403-782-6637



Snack Attack



Grade 3-6

June 14,21,28/23

3:30- 5:30pm

Basement of Bentley town office

Must Register:

403-896-3915

frnlacombe@gmail.com



SPARC FAMILY CHALLENGE

red deer | sylvan lake



July 31st to August 31st

4 weeks of simple, free family-friendly challenges, to complete at home or even while on vacation, to help your kids grow up great! Win awesome family prizes!

HOW TO REGISTER:
sparcreddeer.ca

Registration Open: July 1st to 26th



PotLuck Play

June 28/23
6:00-8:00 pm

COME WITH YOUR WHOLE FAMILY FOR A FREE DINNER!

DO YOU CHILDREN 0-18?
THEN COME ON BY!
BASEMENT OF BENTLEY TOWN HALL

PICNIC TIME



Contact:
Carolyn: 403-896-3915
frnlacombe@gmail.com

JOIN US FOR A BIG SUMMER OF FUN

For more info on our group mentoring summer camp opportunities;

Email: sydney.zens@bigbrothersbigsisters.ca

Or call our office at 403-782-7870

VISIT OUR WEBSITE <https://lacombe.bigbrothersbigsisters.ca/>



KIDS & KOPS SUMMER CAMP JULY 10-13

This camp takes place between Lacombe & Blackfalds. It is a busy, fun filled, four days that allows youth to fill the shoes of an officer. Youth discover forensic science, crime-solving, team building, police scenarios, fieldtrips and so much more! The skills that youth have the opportunity to develop are invaluable in and outside of the policing world.

Youth must be ages 8-11

Lacombe, Blackfalds or Lacombe Country residents only

We are not accepting youth who have already taken the camp due to limited spaces!

REGISTRATION OPENS THROUGH OUR WEBSITE ON MAY 8 2023

HEALTHY BODIES HEALTHY MINDS SUMMER CAMP

CAMP 1; JULY 19 & 20

CAMP 2; AUGUST 1 & 2

HB HM summer program will be an awesome 2 days. Youth will have an opportunity to learn self care, explore positive image, mindfulness, mental health and share new experiences. HB HM promotes positive self expression, self esteem, and allows for an outlet of creativity for youth through crafts, games, and much more!

Youth must be ages 8-11

Lacombe, Blackfalds or Lacombe Country residents only

We are not accepting youth who have already taken the camp due to limited spaces!

REGISTRATION TBA ON OUR WEBSITE



GAME ON SUMMER CAMP

CAMP 1; JULY 26 & 27

CAMP 2; AUGUST 14 & 15

Game On summer program will be a fun filled 2 days where we will discuss concepts revolving around healthy lifestyle practices. Game On will be filled with lots of active games and sports. Youth are engaged in life skills, communication, and emotional health discussions designed to engage participants in the pursuit of life long healthy lifestyles.

Youth must be ages 8-11

Lacombe, Blackfalds or Lacombe Country residents only

We are not accepting youth who have already taken the camp due to limited spaces!

REGISTRATION TBA ON OUR WEBSITE

Understanding Emotions

Emotions are a normal part of life. Emotions aren't right or wrong or good or bad, they simply tell you how you feel. You can control your actions and behaviours, even when emotions are intense.

Help your child identify and manage strong emotions with these calming strategies.

Notice and name emotions. Help kids learn how to deal with and talk about their feelings. Use the Emotion Wheel link below to help name emotions and ask your child how their body feels when they are angry, sad, happy etc. This can help make the emotions less intense and can help your child respond rather than react.

Teens may enjoy **journaling about feelings** or **expressing their feelings through art or music.**

Tense and release

Tensing and releasing all the muscles of your body, one body part at a time, can help reduce tension and calm the mind. This is a great way to end the day with your child.

- * Find a quiet comfortable place to sit or lie down.
- * Focus on your feet and legs. Take a slow, deep breath in as you tighten those muscles. Hold for 5 seconds, then exhale and release those muscles.
- * Inhale, squeeze your fingers, shrug your shoulders to your ears and tighten the muscles in your abdomen, hold for five seconds. Exhale and release those muscles.
- * Scrunch up your face as you inhale, hold for 5 seconds and exhale to release.
- * Take a breath in, tighten the muscles of your whole body and as you exhale, let your whole body relax.
- * Notice how you feel now. Repeat as needed.

Self-care

As a parent, being a positive role model all the time can be hard.

Find healthy ways to express your own emotions and cope with stress. Be sure to take time for yourself to recharge. Some ideas include:

- * Going outside for a walk
- * Learning something new
- * Listening to music
- * Talking with a friend or family member
- * Watching a funny show
- * The ideas are only limited to your imagination!

What do you like to do to recharge?

Gratitude

Being grateful can improve your ability to cope with stress and improve overall mood. Here are some simple ways to practice gratitude with your family:

- * Say what you're grateful for each day
- * Savor the small everyday experiences by noticing how they made you feel
- * Say "thank you" when someone does something nice for you
- * Use a journal to write down things you're grateful for or write them on a slip of paper and add them to a gratitude jar and watch it fill up. Each month read together all of the things your family is grateful for.
- * The key is to practice daily!

MORE RESOURCES

<https://tinyurl.com/Anxiety-Canada>

<https://feelingswheel.com/>

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





Wolf Creek
Lacombe



CAMP



- Registration Opens April 3, 2023!
- Monday - Friday, 8:30AM - 5:30PM
- Ages 5-12 (Kindergarten must be completed)
- Daily Registration - \$40/day (Club & Government Subsidy Available)

SUMMER CAMP

July 3rd, 2023 - Aug. 25th, 2023

THEMED WEEKS:

- Survivor Week
- Gamer Week
- Spy Week
- Olympics Week
- Pirate Week



FUN ACTIVITIES:

- Field Trips
- Swimming
- Bowling
- Community Guests
- Experiments & More

CALL NOW!

403-704-4216

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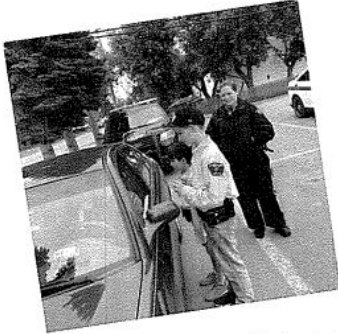
lacombe.bgcwolfcreek.com



Kids & Kops Camp

Register Now

Online; <https://lacombe.bigbrothersbigsisters.ca/>
Or By Email sydney.zens@bigbrothersbigsisters.ca



July 10-13/ 2023

Kids & Kops is a fun interactive camp filled with tons of police related activities. In partnership with Lacombe Police & Blackfalds RCMP, Big Brothers Big Sisters offers this police mentoring camp for **ages 8-11 years of age for Lacombe, County & Blackfalds residents**. Activities include a crime scene investigation, police scenarios, field trips & more! Each camper will receive a T-shirt, snacks, and lunches with their tuition. **Cost \$185 per camper**. Activities days are split between Blackfalds & Lacombe. We are unable to take repeat campers.

