

MAY 2026

CALEDONIA PARK SCHOOL

Monthly newsletter for CPS Vikings Families



PRINCIPAL'S MESSAGE TO PARENTS

Mr. Simmons - donavin.simmons@gshare.blackgold.ca

Dear Families,

Recently, I had the privilege of listening to a presentation by Hannah Beach, co-author of the book *Reclaiming Our Students*. Her message profoundly reverberated with me, both as an educator and as someone who cares deeply about the well-being of our students. She touched on a concept that often goes against our deepest biological instincts as adults: the vital importance of letting our children be sad.

When our kids are hurting, disappointed, or crying, our internal alarm systems naturally go off. Because we love them, our immediate reflex is to protect them from pain. We rush in with a distraction, we try to fix the problem, or we offer a quick "It's okay, don't cry!" to cheer them up.

While this instinct comes from a place of profound love, Hannah Beach's insights reminded me that constantly shielding our children from sadness inadvertently robs them of the opportunity to develop true emotional resilience.

When we immediately try to fix a child's sadness, we unintentionally send the message that sadness is something dangerous that must be avoided. If they never sit in the discomfort of disappointment or grief, they never get to learn the most crucial lesson of all: that hard feelings are temporary, and they can survive them.

To build a resilient brain, children need to experience manageable amounts of emotional stress. They need to feel sadness to understand it and build emotional fluency. Furthermore, crying is not a sign of weakness or a problem to be solved; it is a biological release valve that helps the body naturally process and reset from stress. Interrupting that process stops them from completing the emotional cycle.

So, how do we shift our approach? We need to transition our mindset from being "Fixers" to "Co-regulators."

This means realizing that our presence is an action. When your child is sad, instead of offering a distraction or saying "It's not a big deal," try simply holding space for their feeling. You might say, "I'm right here with you. It's okay to cry," or "I know you are really disappointed right now. I get it."

It is incredibly difficult to sit with a child in their sadness without trying to sweep the pain away. But when we step back and simply offer our calm, supportive presence, we give their developing brains the chance to build a vital emotional muscle. They learn, "I can experience emotional pain, and I will be okay."

Thank you for partnering with us in the messy, beautiful work of raising emotionally confident and resilient children.

Warm Regards,
Donavin Simmons
Principal, Caledonia Park School



Monthly Newsletter

Weekly Update - May 4 - 8

May 4: (Day 5)

May 5 - 6 Parent Council Casino

May 5: (Day 1)

May 6: (Day 2)

- Hats on For Mental Health
- Bake Sale - Gr. 7 supply
- Gr. 3 & 4 Track Club @ 12:10

May 7: (Day 3)

- Gr. 5 & 6 Track Club @ 12:10

May 8: (Day 4)

- Hot Lunch (Kosmos)
- Net Sports: Pickleball @ 12:45 - Outdoor Pickleball Courts
- LIFT Swimming in PM

In and Around the School

- May 13 - Gr. 3 Fieldtrip
- May 13 - Gr. 3 & 4 Track Club @ 12:10
- May 14 - Gr. 5 & 6 Track Club @ 12:10
- May 15 - P.D. Day **No Students**
- May 18 - Victoria Day **No School**
- May 19 - Immunizations Gr. 1 and Gr 6
- May 19 - Gr. 3 & 4 Track Club @ 12:10
- May 19 - Net Sports: Outdoor Pickleball @ 12:45 - LRC
- May 20 - Gr. 5 & 6 Track Club @ 12:10
- May 22 - LIFT Swimming in PM
- May 25 - Net Sports: Volleyball @ 12:45 LRC
- May 26 - Gr. 3 & 4 Track Club @ 12:10
- May 27 - Gr. 5 & 6 Track Club @ 12:10
- May 29 - Western Dress Up

School Calendar

[Click for additional calendar information](#)

Hot Lunch / Hot Dog Sale Popcorn / Bake Sale

- May 21 - Popcorn Day \$1.00/bag
- May 27 - Hot Dog Day
- May 29 - Hot Lunch (McDonalds)
- Jun 4 - Hot Lunch Pizza Hut

Parent Association Happenings

May 6 & 7 Bake Sale

** Grade 7s supply

0.50 per item

May 8th

Kosmo's Lunch

May 21st

Popcorn Day \$1.00/bag

May 27th

Hot Dog Day

** Date Change**

May 29th

McDonalds

June 4th

Pizza Hut

** Date Change**

Don't Forget to

join our

Facebook page:

**Caledonia Park School
Parent Association**

Thank you to everyone for their support, we have successfully reached our playground fundraising goal! Construction will begin in June

Reminders

Come join our last meeting of the school year

May 25th @ 6pm

in the front office

Questions, concerns, Ideas

Reach out :

parentcouncilcaledoniapark@gmail.com



Children who are eligible for immunizations may be immunized in the school setting with parent/guardian consent. Please check your child's school bag for a package which contains information about the vaccines, along with a consent form for each vaccine. For your child to be immunized in school, consent must be provided to AHS staff verbally or each consent form must be signed and returned to your child's school by the date indicated on the envelope.

For tips on preparing your child for immunizations, please refer to <https://www.immunize.ca/pain-management-kids-and-adolescents>

If there is a signed consent from a previous year and your child has an incomplete immunization series, Alberta Health Services may provide these immunizations.

The immunization round date at Caledonia is May 19, 2026.

*If your child is not present on the round date they may receive immunizations on other dates throughout the school year.

****If you are new to Alberta OR if your child has been immunized at your doctor's office or pharmacy, AHS Public Health may not have a record of your child's immunizations. To ensure your child is up to date with all recommended immunizations refer to the schedule at*

<https://www.alberta.ca/immunization-routine-schedule.aspx>

To provide an up-to-date immunization record or if you have any questions, you may contact the nurse assigned to your child's school at 780-980-5026

LOOP THE LAKE



May 9 2026



**Telford Lake
4801 44 Street, Leduc
Leduc Boat Club**

Registration starts 7am

10km at 8am • 5km Walk & Run at 9:30am

Sign up on Race Roster, Loop the Lake 2026

LOOP THE LAKE



May 10 2025



**Telford Lake
4801 44 Street,
Leduc Boat Club**

**7-8am Registration for
10 km Run, 8am Start**

**8:30-9:30am Registration for
5km Walk & Run, 9:30am Start**

**Sign up on Race Roster:
Loop the Lake 2025**

Bike Safety

Rodeo

SAT, MAY 23, 2026
Bike Safety Rodeo & Community BBQ
10AM - 12 NOON
Leduc RCMP Detachment
4119 50 Street, Leduc

SUN, MAY 24, 2026
Festivus of Gravel Kids Races
10:30AM - 12 NOON
Telford Lake, North of Lede Fields
4313 48 Ave, Leduc



Register Here:



KB SPORT CAMPS

Summer Multi-Sport Camp



July 20-24, 2026



Eaglemont Church Gym, Beaumont

Ages 6-8 - 9:00 - 11:30 am

Ages 9-12 - 12:30 - 3:00 pm

Cost: \$150/week or \$40/day

REGISTER



[Click here](#) or scan the QR code to visit our website!



HEARTS IN  

ACTION

SUMMER CAMP



**Click for Program
Information**

2026 SUMMER PROGRAMS

For Children, Youth and Young Adults with Disabilities

JUNE 29 - AUGUST 21

EVERYDAY IS AN
ADVENTURE!



ADAPTABILITIES
MEANINGFUL DISABILITY PROGRAMS





OUT OF SCHOOL CARE

AVAILABLE FOR 2026-27

Caledonia Park School is pleased to share that we have partnered with Leduc Learners Childcare Centre to provide out-of-school care.

We anticipate this partnership may benefit families by providing an option for care before and after school, on professional development days, during school breaks, and for kindergarten students during the daytime when classes aren't running.

Your child will enjoy the same trusted and comfortable learning environment for regular school days and when participating in childcare programming.

If you are interested in more information, or want to register your child, please contact Leduc Learners Childcare at leduclearners@gmail.com. For more info: <https://www.blackgold.ca/out-of-school-care-program>

KINDERGARTEN REGISTRATION UNDERWAY FOR 2026-27

blackgold.ca/kindergarten



*Kindergarten registration is underway for the
2026-27 school year.*

We are ready to welcome your child to a happy classroom, filled with opportunities to learn through exploration and discovery.

Your child will grow socially, academically and physically and have fun!

Our school offers:

- * Out-of-school care programs*
- * Half day - morning or afternoon classes.*

To registers, click here.

If you have any questions, please contact us @ 780-986-7888. We are happy to help!

Library Schedule

CALEDONIA PARK SCHOOL



DAY 1

Period 3: 7-3 Wannop

Period 4: 2K (Brown)

Period 7: 5B (Geisb)

Period 8: 6 H/W
Reinhardt

DAY 2

Period 2: ECS (T)
Period 3: ½ Milner
Period 4: 2 Shephard
Period 5: 3 Tilleman

Period 7: ECS (T)
Period 8: 5 Gravel

DAY 3

Period 2 : 4 Koopmans
Period 3: ECS (S)
Period 4: 6 Rosentreter
Period 5: 3 Mandryk

Period 6: 7-1 Wannop
Period 7: 1 Hammell
Period 8: 7-4 McM
6 Sims

DAY 4

Period 7: 1 Goshko

Period 8: 3 Johnson

DAY 5

Period 2: 4 Adams

Period 3: 7-2 McM

Period 7: 5 Dowler

Period 8: 4 Larsen

TIGER PRIDE SUMMER

BASKETBALL CAMP



JUNE 29 – JULY 2

**GRADES 4-6
AND 7-9**

**\$225
BEFORE
JUNE 15**

9:00 AM-2:00 PM

Leduc Composite High School

To Register Contact:

raelynn.mryglod@gshare.blackgold.ca

**For Questions or
More Information**

Contact:

Vince May

780-721-7481

E-mail: vince.may@gshare.blackgold.ca

NEW TO OUR SCHOOL?

CHECK OUT OUR CALEDONIA PARK SCHOOL WEBSITE
FOR HELPFUL INFORMATION

Check out the following links:

[Staff Contacts](#)

[PowerSchool Help](#)

[Student Sign Out Form](#)

[Absence Reporting](#)

[Bell Schedule](#)

[Division Calendars](#)



Kanga Pouch

Student Kanga Pouches are available for purchase online!
Log into your PowerSchool Parent Account to order now.
Students will be called down to the office for pick up once
the order has been received.

Kanga Pouches are \$14.00 each and come in a variety of
colours (limited supply available)



