



**Spirit days!**  
Valentines

We will collect total participants **OUT OF** total class numbers (including students, teachers and EA's)

Junior high prizes - pop

Elementary - mini fidget toys

Be the winner!

WEDNESDAY 12 - Jersey day

THURSDAY 13 - pajama day

Friday 14 - wear red and pink





Learn more

## New Youth Centre Grand Opening & Roller Skating Party

Join us for the official Grand Opening of the new Youth Centre! There will be free roller skating, an address from Mayor Thorn, snacks, games & more!

**Feb 14**

**Where:** Okotoks Rec Centre Youth Centre & Gymnasium  
**Date:** Friday, February 14  
**Time:** 3 to 9:30 p.m.  
**Cost:** Free!

[okotoks.ca/events](http://okotoks.ca/events)



During the colder weather, if an emergency were to occur and our school community had to evacuate the building, students may be required to be outside for an extended period-of-time.

Please ensure that your child comes to school dressed in appropriate clothing for the weather conditions.

How **NOT** to dress for the colder temperatures:



How **TO** dress for the colder temperatures:



HOT LUNCHES.NET				
MAKING HOT LUNCH SERVICE EASY FOR EVERYONE				
FEBRUARY				
10 Hot Dogs	11 Homemade-BUTTER CHICKEN/HONEY GARLIC MEATBALLS	12 Pizzaberg	13 Homemade-TACO IN A BAG	14 Little Caesar's

## CAMP DREAM.SPEAK.LIVE.

Hello,

Thank you for taking the time to read this letter for an amazing opportunity for those aged 4-17 who stutter.

**Camp Dream. Speak. Live.** is a one-week, evidence-based program for children who stutter offered by the Arthur M. Blank Center for Stuttering Education and Research, a clinical research center at The University of Texas at Austin that generates research exploring the nature and best practices for stuttering, provides training to speech-language pathologists and researchers, and provides treatment at no cost to individuals of all ages worldwide. For more information about the Blank Center, please visit our website: <https://blankcenterforstuttering.org/>


Camp Dream. Speak. Live., offered annually in multiple locations nationally, and internationally, is based on the Blank Center CARE Model™ (Communication, Advocacy, Resiliency, Education [CARE]). Through participation in Camp Dream. Speak. Live., children engage in theory and data-driven activities thoughtfully designed and proven to target the following goals: (1) increase their positive perception of their ability to establish peer-to-peer relationships, (2) improve their communication competence and how they feel about their ability to communicate, (3) enhance their self-compassion, resiliency, self-advocacy, and leadership skills, and (4) lessen the influence of stuttering on their overall quality of life.

In sum, participation in Camp Dream. Speak. Live., supported by two decades of research, empowers children to stutter openly, speak confidently, communicate effectively, and advocate meaningfully such that the overall quality of their lives and their aspirations are not defined or limited by whether or not they stutter when they speak. Every child who participates learns that what they have to say is important, and to never let stuttering stop them from pursuing their dreams, speaking from their hearts, and living their life to the fullest.

Hence, the name "Camp Dream. Speak. Live."

The Arthur M. Blank Center for Stuttering Education and Research, in collaboration with **Melissa Netsko and the University of St. Mary's** is excited to announce the launch of the first annual Camp Dream. Speak. Live. for children and teens who stutter in 2025! **Camp Dream. Speak. Live. - CALGARY, CANADA** will take place from **July 14-18, 2025** in Calgary, Alberta. We have secured support to host this program, and your child will participate at no cost to you.

To express your interest in enrollment for your child to attend **Camp Dream. Speak. Live. - Calgary, Canada**, please complete the following form by clicking [HERE](#) or scanning the QR code:



Thank you,

Melissa Netsko  
 Director for Camp Dream.Speak.Live. Calgary  
[franzznm@gmail.com](mailto:franzznm@gmail.com) (403-554-1449)

Want to stay up to date with what is happening?

Please click on the links below:

[MRS Grizzly Greetings 2025 - Google Slides](#)  
[Meadow Ridge School Website](#)

HOT LUNCH: Volunteer Sign-Up Link:  
<https://signup.com/go/ETJuVHp>