

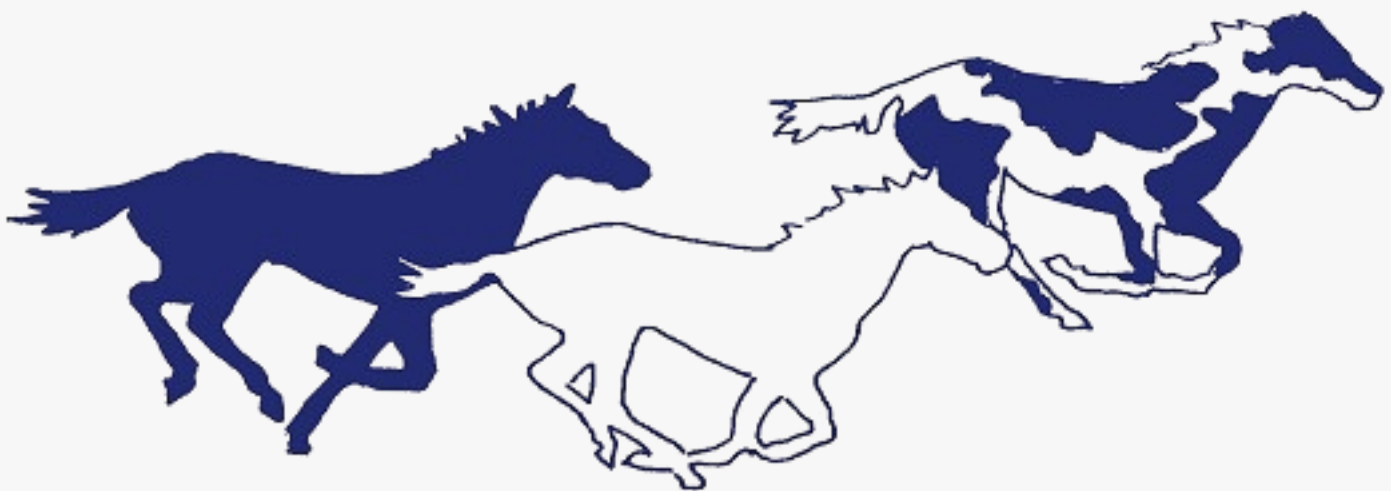


COLT Connection

May 14, 2026

Welcome to The Colt Connection!

Our bi-weekly newsletter that keeps you in the loop on key dates and exciting events happening around our school.



A NOTE FROM ADMIN

It is hard to believe that we are already at the long weekend in May with just 28 days of school left. Although it may seem like time is short, there is still a lot to do with Gr 6 PAT's starting next week, final exams for Gr 7's & 8's and of course our Grade 8 Farewell at the end of June. These and many, many other activities will fill these final days.

Congratulations to all of our students who participated in the school's Track & Field day last Friday. Many students achieved personal bests and Ms. Blake picked a perfect day to have the Meet! Good Luck to all of our students who will be moving on to Divisionals on Tuesday in Okotoks. We have a great chance to bring home more ribbons! GO COLTS! Thanks to all of our staff and volunteers who made the day such a fun event!

Communication and staying up to date during these last few weeks is very important so please make sure you are checking the Colt Connection newsletter, click on the link for the morning announcement slides, look at our Social Media feeds on Facebook and Instagram, check out the news on our school's website and more importantly, keep up on the emails home from your classroom teacher.

Lots of our students are on their bikes and scooters now and the growing number of high speed e-scooters makes the need to be more wary of our young people flying around the school and our community. We appreciate that most people are keeping their speed down as they travel around the school and we want to remind drivers and "scooterers" (really is that a word) to be mindful and watching out for others on the roads.

Last call to make sure that your accounts in Edsembli are paid up for the end of May. If you are having issues getting onto your account, please contact Ms. Merricks. She can help you get back online. Not only paying off your school accounts, Edsembli is where you will see your child's final Learner Profile so make sure everything is working.

It's the long weekend so bundle up and get out there in our community and enjoy the parade and everything else that is going on. As I always tell our students . . .
Be Good! Be Safe! Make Good Choices!

Have a great weekend!

Mr. Holmes / Mme Chantal



Important Dates and Upcoming Events

May 15 - PD Day - NO SCHOOL FOR STUDENTS

May 18 - Victoria Day - NO SCHOOL FOR STUDENTS

May 19 - Track and Field Divisionals

June 2 - Band Year End Concert @ ÉSRMS

June 6 - Grade 7/8 Jazz Band Concert, at The Venue

June 10 - Open House for Grade 5 Students 5:00-6:30pm

June 10 - Athletic Awards 7:00-8:00pm

June 23 - Grade 8 Farewell 11am - in the gym

June 23 - Farewell Dance 6-9pm

June 25 - Last Day Of School

2026							MAY	
SUN	MON	TUE	WED	THU	FRI	SAT		
					1	2		
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
24	25	26	27	28	29	30		
31								

2026							JUNE	
SUN	MON	TUE	WED	THU	FRI	SAT		
	1	2	3	4	5	6		
7	8	9	10	11	12	13		
14	15	16	17	18	19	20		
21	22	23	24	25	26	27		
28	29	30						



NOTICE

MEMBERS OF THE PUBLIC MAY BE IN ATTENDANCE AT ANY SCHOOL EVENT. PHOTOGRAPHS MAY BE TAKEN AND POSTED PUBLICLY.

GRADE 6 PAT DATES

Tuesday May 19th - FLA (FI) Part A

Friday May 22nd - ELA Part A

Wednesday June 3rd - FLA (FI) Part B

Thursday June 4th - ELA Part B



Friday June 12th - Science

Monday June 15th - Math Part A

Thursday June 18th - Math Part B

Incoming Grade 5 Welcome Visits

June 10, 2026

We're so excited to
have you join our
community.
Get ready for an
amazing journey!



Grade 8 Farewell June 23

Ceremony:

Doors Open: 10:30

Ceremony Starts: 11am

Dance:

Doors open: 6:30 pm

Dance Starts: 7 pm

Important NOTES

Outstanding School Fees!

Please check your parent Edsembli account for outstanding school fees.

If you have any questions regarding fees or how to make a payment online or in person, please contact Ms. Merricks.

merricksh@fsd38.ab.ca or 403-652-2346.

Edsembli Parent Portal

- School fees, field trips and sports activities can be paid online via the Parent Portal!
- We still accept cash, cheque, debit, Visa, Mastercard at the school office.
- You will need to sign on as this will be a vital link to keeping track of all that happens this year.

If you can't get into the Parent Portal, please contact Ms. Merricks.

[EDSEMBLI PORTAL -
CLICK HERE](#)



*Please report all
student absences!*

**If there is any reason your student may be late or will not be at school
please let us know!**

**Your student will be marked absent unless
we receive notice from a parent or guardian.**

Attendance phone line: [403-652-2346](tel:403-652-2346). Option 1

Attendance email: SRMAttendance@fsd38.ab.ca

Please use one of the options above as the primary contact

E-mails directly to homeroom teachers may not be seen before the bell.



Exciting Upcoming Band Dates

Tues, May 26

Gr 8 (+7FI) Elementary School Tour
Concert 8 and Jazz 8 performing. Lunch at George Lane.
Joe Clark at 11:00am; Spitzee at 1:45pm.
Please complete Online Consent for this Trip!!

Tues, June 2 (7:00pm)

Senator's Gr 6-8 Year End Concert @ Senator Riley
All Bands grades 6-8 performing.
6:30pm warm-up for all students.
With special guests: Highwood performing with our students.

Sat, June 6 afternoon

Jazz 7 & 8 Band Performance
Gr 7 and Gr 8 Jazz Bands at The Venue, High River.
Performing with Highwood's Jazz Bands.



School Start

Back to School with School Start

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

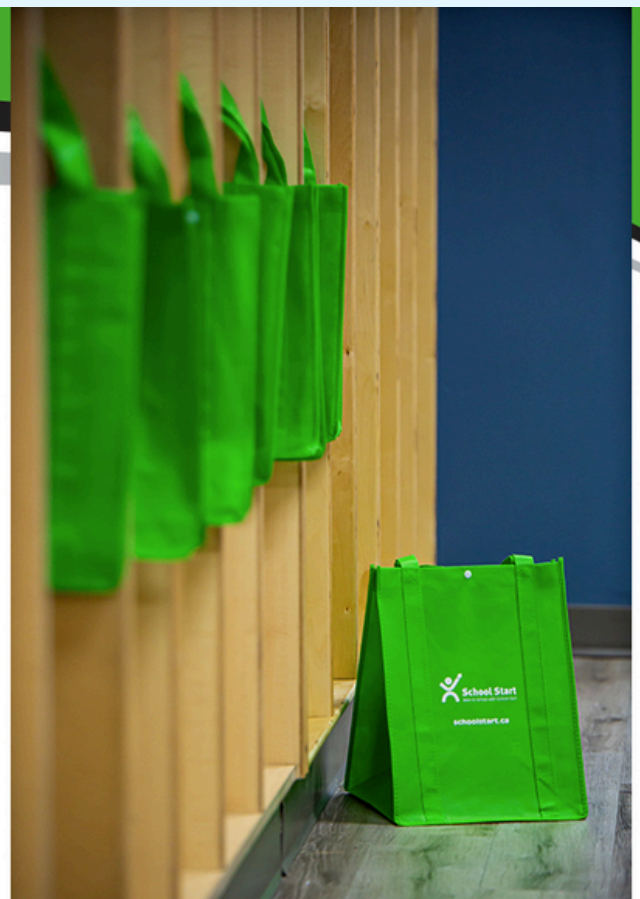
**EARLY ORDER
INCENTIVES**

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





Menu



June 2026 Hot Lunch

June 3rd: Little Caesars & reFresh

June 10th: Boston Pizza & Chippy's

Ordering will open on Friday, May 1st and close for all June orders on Friday May 29th. No late orders can be accepted, so be sure to get your orders in and support the hot lunch program!

[Click Here to Order](#)



Hot Dog Days!

May 25



PRE-ORDER ONLINE!
<https://esrms.hotlunches.net/>

IN SUPPORT OF THE 2027 QUEBEC TRIP

- Hog Dogs (both meat and meatless options) - \$3
- Chips (randomly selected from a mixed box) - \$1
- Juice Box (randomly selected from a mixed set) - \$1

Order through the hot lunch link above to secure your order! There will be a limited supply of food for cash purchase on a first come, first served basis.

Menu



Pizza Tuesdays!!

Pizza for sale by the slice on Tuesdays!

It is FIRST COME, FIRST SERVED!

No preordering available.

Please have a back up packed lunch
in case we are sold out .

Pepperoni • **Cheese** • **Hawaiian**

1 SLICE FOR \$3

OR

2 SLICES FOR \$5

CASH ONLY!

Morning Announcements

Check out our morning announcements for updates on events, fun activities and much more.

MORNING ANNOUNCEMENTS ESRMS - GOOGLE SLIDES



School Council

*Chair: Kaylee Erlandson
Vice Chair: Christina Poisal
Secretary: Cahina Yontz
Treasurer: Rebecca Kylo Nichols*

Next School Council Meeting:
Thursday May 21st @ 5:30p.m in
the Learning Commons or online.

**Everyone is welcome and
encouraged to join us!**

[Meeting Link](#)

Meeting ID: 274 661 408 627 1

Passcode: jv3Ys9Bw

Visit our website for
more Student Council
information, including
links to meeting minutes
and social media.

[School Council Website](#)

The Foothills School Division Footnotes is a monthly synthesis to connect how the governance work of the Board of Trustees positively impacts student engagement, support, and success, and places education at the centre of a flourishing community. Learn more by clicking the link below



VOLUNTEERS NEEDED

Hot Lunch

The programs we have to support your kids run on volunteer power! In order for us to provide a Hot Lunch Program, Concession and other fun activities, we need help from our school community.

🔍 Please check our [sign up website](#) regularly to see where there is need

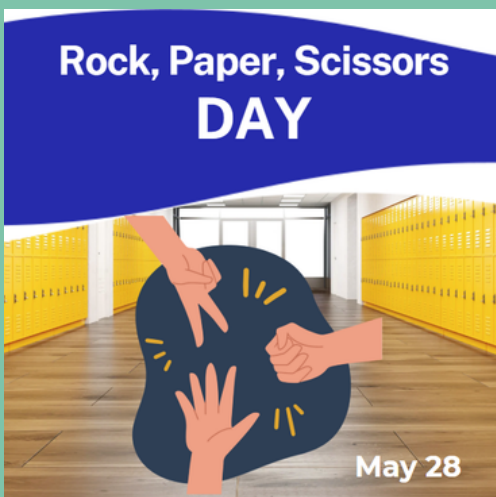
[Click Here to Volunteer!!](#)

! We have an immediate need for help with Hot Lunch on Wednesdays !



<https://signup.com/go/nHEEiRX>

School FUN



FUNDRAISING

ESRMS BAND

50/50

1 FOR \$5



5 FOR \$20

[HTTPS://WWW.RAFFLEBOX.CA/RAFFLE/ESRMSBAND](https://www.rafflebox.ca/raffle/esrmsband)

DRAW TO TAKE PLACE AT YEAR END CONCERT



TICKETS ON SALE
MAY 4 - JUNE 2, 2026





thanks
for your
support

Around Our COMMUNITY



Solace Grief Support Society



You don't have to go through this alone

No Art Experience Needed

For Youth 11 – 17 yrs

It's Free!!

DOODLE YOUR WAY TO WELLNESS



Date/Time: Saturday's from 1:00-2:30pm @ 5055 Office in High River
May 9, 16, 30, Jun 6, 13, 20, 2026
Facilitator: Pattie Ann Pryma RN PhD PMATD Art Therapist
To Sign Up or for More Information Contact: Pattie Ann Pryma
paprma@youcreate.ca
Sponsored by: Solace Grief Support Society

PLACE TO MEET
SGSS Office in High River
Unit 4 – 66 10th Ave SE



FOOTHILLS SCHOOL DIVISION

INDIGENOUS STUDENT GRADUATION & AWARDS CEREMONY

Part of the Second Annual Town of Okotoks Powwow, Tipi Camp & All-Indigenous Artisan Market

Saturday, May 30, 2026
3:00pm - 6:00pm

Viking Rentals Centre
204 Community Way, Okotoks

Graduates and award recipients who attend will experience:

- A shared meal for themselves and their families
- An honour song and recognition ceremony by Elders during Powwow supper break
- Participation in a giveaway of blankets, berry soup, and bannock to the public

Plus: Explore the All-Indigenous Artisan Market and tipi-camp, and watch the Powwow May 29 - 31, 2026



RSVP to Charity Tegler
teglerc@fsd38.ab.ca



Around Our COMMUNITY



**CRAM THE
Tipi
FOOD DRIVE**

Help us collect non-perishable food items
for our local food bank

DROP OFF LOCATION:
Dr. Morris Gibson School
147 Crystal Ridge Drive
Monday-Friday 8:30am-3:30pm

Multi-day Cultural Celebration including
FSD Indigenous Student
Graduation and Awards
May 29 - 31 2026*
*Free public event



**2026 Summer
Reading Club**

4-6, 7-9, 10-12

Registration opens: **June 2**

It's a FREE and fun summer program that helps children maintain learning and literacy through stories, games, science, and creative hands-on learning.

For more information, visit High River Library's website: highriverlibrary.ca/src

Register Here 

**TD
Summer
Reading
Club**

HIGH RIVER
LIBRARY



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**TD
Summer
Reading
Club**

HIGH RIVER
LIBRARY

UPCOMING LOCAL ATHLETICS



**HIGH RIVER FLYERS
JUNIOR
HOCKEY
CAMP**

BOB SNODGRASS
RECREATION
COMPLEX

\$630 PER PLAYER

AUGUST 17TH - 21ST
U9/U11 & U13

TIMES TO BE CONFIRMED
PRIOR TO CAMP START DATE

Improve your technical skill & be the best
hockey player you are dreaming of

Space is limited. Register your place today:
[HTTPS://FORM.JOTFORM.COM/26
0605339113046](https://form.jotform.com/260605339113046)

**DOES YOUR CHILD LOVE TO SKATE?
COME TRY RINGETTE!**



FAST. FUN. FOR ALL EXPERIENCE LEVELS

FREE! COME TRY
Ringette

COMETRYRINGETTE.CA

COME TRY DATES 2026:
MARCH 21 - HIGH RIVER
JUNE 13 - OKOTOKS
AUGUST 12 - OKOTOKS
SEPTEMBER TBD - DEWINTON
SEPTEMBER TBD - HIGH RIVER

**COME TO ONE SESSION
OR COME TO THEM ALL!**



MORE INFO >> www.foothillsringette.com
development@foothillsringette.com

**CLIMB INTO
ALLSTAR
CHEER**



**2026-27
REGISTRATION
OPEN NOW**

LEARN MORE:


**2026 SPRING
REGISTRATION
OPEN NOW
U5 - U17**



**HIGH RIVER
SOCCER**

WWW.HIGH RIVER SOCCER.CA
REGISTRATION CLOSES APRIL 1

Big Rock Basketball Camp

July 6th to July 10th, 2026

Regional Field House,

Aldersyde, Alberta

Our 31st year in the Foothills Area



REGIONAL FIELD HOUSE



For Boys and Girls in grades 6 to 9

Big Rock Basketball Camps are so excited to get back to basketball. Big Rock Basketball Camps have always stressed skills by providing quality coaching in a fun and competitive environment. Campers will learn and develop the fundamentals to play and are provided with plenty of opportunities to use these skills in game situations. Along with basketball skills- sportsmanship, team play, and personal development are stressed throughout this very busy week. Big Rock Camps have a higher coach to camper ratio than any other camp to ensure that each attendee gets as much attention as possible.

A typical day:

9:00 am to Noon- Skills and Drills. Work on the fundamentals in skill and age group settings

Noon to 1:00pm Lunch –supervised but not provided.

1:00 to 4:00pm Games and team sessions. A chance to play and learn as a team

4:00pm Home

Those attending Big Rock Basketball Camp will receive:

- 28 hours of instruction and game time
- Their own basketball to keep
- Big Rock Basketball Camp T Shirt
- Water Bottle

Cost \$350 Space is limited. Registration is open

For more information or to reserve a spot email camp@bigrockbball.ca



Spring
IS IN THE
air



Tips for Helping Children Feel Safe After a Difficult Event

START WITH SAFETY AND REASSURANCE

- Let your child know they are safe right now.
- Share that schools have safety plans and trusted adults whose job is to keep students safe.
- Say clearly: “All feelings are okay after something scary happens.”
- Reassure them that adults will handle safety, so kids do not have to.

LET THEIR QUESTIONS LEAD

- Answer what they ask, not everything you know.
- If they stop asking questions, that is okay.
- Be patient. Kids may talk later, not right away.
- Some children prefer drawing, music, writing, movement, or quiet time to process.

USE AGE-APPROPRIATE EXPLANATIONS

- Be honest but brief.
- Help them separate facts from rumors or social media misinformation.
- Avoid graphic details.
- If you do not know an answer, say so and offer to find out together. Reduce repeated exposure to news or videos about the event.
- Be mindful of adult conversations around children.
- Strong opinions, fear-based talk, or anger can increase anxiety.

WHAT TO SAY AND WHAT NOT TO SAY

What Helps to Say

- “I’m really glad you told me how you’re feeling.”
- “That reaction makes sense after something scary.”
- “You’re safe right now, and adults are here to protect you.”
- “It’s okay if you don’t know how you feel yet.”
- “If you think of more questions later, we can talk again.”

What to Avoid Saying

- “Don’t worry about it.”
- “You’re fine, nothing is wrong.”
- “That would never happen here.”
- “Other kids have it worse.”
- “Just stop thinking about it.”

RESOURCES

- [The Summit](#)
- [The Distress Centre Calgary](#)
- [Calgary Family Therapy Centre- Family Counselling](#)
- [Canadian Mental Health Calgary Family Support Counselling](#)
- [Alberta Health Services- Mental Health Urgent Care](#)
- [Access Mental Health](#)