

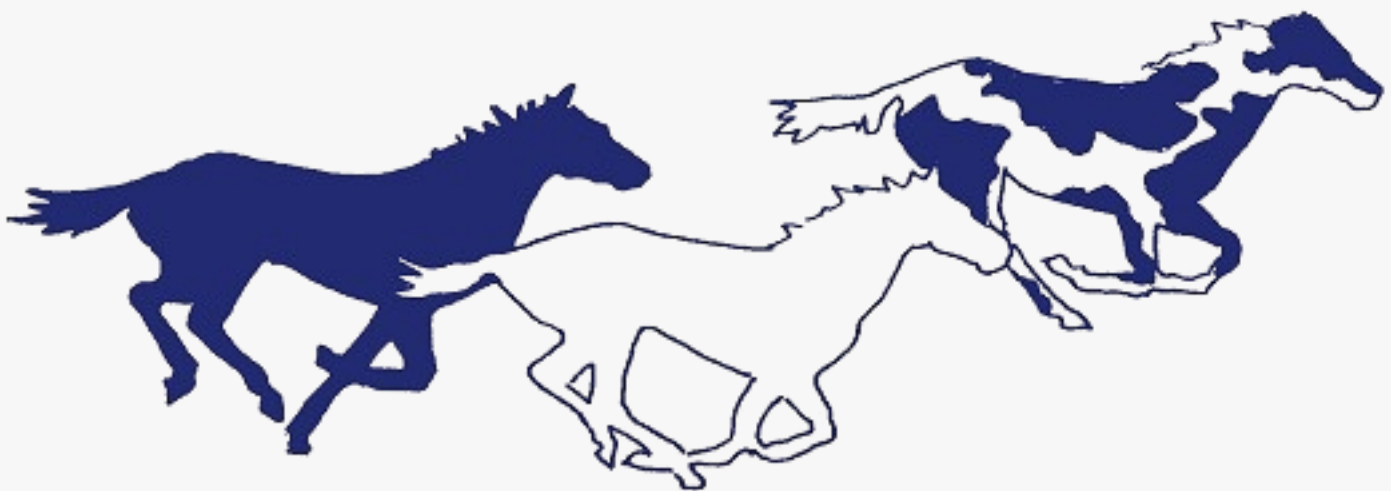
A background image of a lush green field with several hay bales scattered across it. In the distance, there are rolling hills under a clear sky.

COLT Connection

April 17, 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.



Important Dates and Upcoming Events

2026							APRIL						
SUN	MON	TUE	WED	THU	FRI	SAT	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									

2026							MAY						
SUN	MON	TUE	WED	THU	FRI	SAT	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	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											

April 21 - 23 - Scholastic Book Fair

April 21 - Learner Conferences - 3:50pm - 7:20pm

April 23 - Learner Conferences - 3:50pm - 7:20pm

May 7 - HHS and ÉSRMS Festival Showcase @ Highwood High School

May 8 - COLT Track and Field Day - VOLUNTEERS NEEDED

May 15 - PD Day - NO SCHOOL FOR STUDENTS

May 18 - Victoria Day - NO SCHOOL FOR STUDENTS

June 2 - Band Year End Concert @ ÉSRMS

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

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

June 23 - Farewell Dance 6-9pm

June 25 - Last Day Of School

NOTICE

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



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

Thurs, Apr 23

Spring Clinics, during the day, at school.
(Gr 7 and 8 Concert Bands)

Students will be working with visiting Guest Conductor, Mr. Martin Kennedy, in preparation for our Festival Trip to Red Deer.

Gr 8 - Periods 3 & 4

Gr 7 - Periods 6 & 7

Thurs, May 7, 7:00pm

Festival Showcase Concert, at Highwood High School
(Gr 7 and 8 Concert Bands)

Concert Attire: White on Top and Black on the Bottom.

Warm-up Time: 6:30 at Highwood.

This concert is an opportunity to perform our Festival music for you before taking our show on the road to Red Deer. This is a joint performance with Highwood High School.

Thurs, May 14 (8:30am - 7:00pm)

Alberta Provincial Festival of Bands, at Red Deer Polytechnic
(Gr 7 and 8 Concert Bands)

Concert Attire: White on Top and Black on the Bottom.

Students will be gone from school for the day, returning by 7:00pm. This is our large Provincial competition where more than 200 bands will be performing from Western Canada. Looking for Chaperones.

End of May (TBC) (8:30am-3:00pm)

Elementary School Tour, performing at Joe Clark & Spitzee Schools
(Gr 8 Concert and Jazz Bands + 7FI)

Concert Attire: Casual but Classy.

Tues, June 2, 7:00pm

Year End Concert, at Senator
(All Concert and Jazz Bands)

Concert Attire: Casual but Classy.

Warm-up Time: 6:30 at Highwood.

Sat, June 6, (2:00-4:00pm)

Jazz Concert, at The Venue, High River
(Gr 7 and 8 Jazz Bands)

Concert Attire: Casual but Classy (dressed for the weather).

Warm-up/Set-up Time: 1:00 at The Venue.





Menu




May 2026
Hot Lunch

May 6th:	Little Caesars & reFresh
May 13th:	JRRR BBQ & Chippy's
May 20th:	Tim Horton's & Chippy's
May 27th:	Edo & Sweetea Cafe

Ordering will open on Friday, March 27th and close for all May orders on Friday May 1st. No late orders can be accepted, so be sure to get your orders in and support the hot lunch program!

[Click Here to Order](#)




FI Quebec Trip 2027
Hot Lunch Fundraiser!



- Hot Dogs (both meat and meatless options) for \$3
 - Chips (randomly selected from a mixed box) for \$1
 - Juice Box (randomly selected from a mixed set) for \$1.
- Use the regular hot lunch link to secure your order! There will be a limited supply of food for cash purchase the days of the hot dog hot lunches on a first come, first serve basis.

Dates: February 23rd, March 9th, March 23rd, April 13th, April 27th, May 11th and May 25th

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

Getting Ready For Grade 9!



WELCOME TO HIGHWOOD

IT'S A GREAT DAY TO BE A
MUSTANG!

Open house at Highwood High

● School: Tuesday, April 28th 6-7pm in the gym

Explore our Grade 9 option programs

● Learn about what to expect next year and see how we help students succeed and thrive

● Meet our teachers for a Q & A

Feeder School Visits will take place

● May 6-8 where our Administration & Academic Advisor will gather options choices for incoming grade 9's



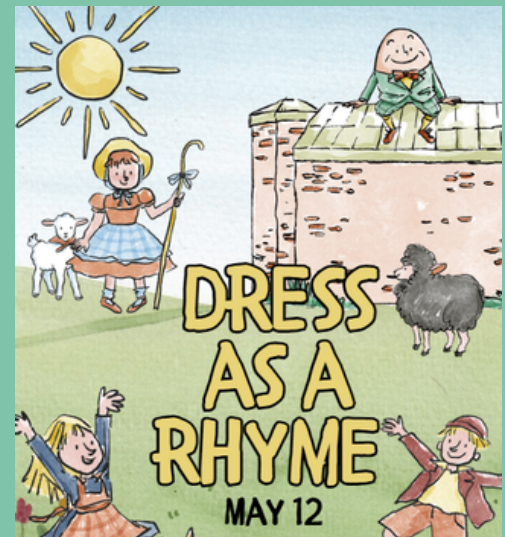
Twin Day

April 30

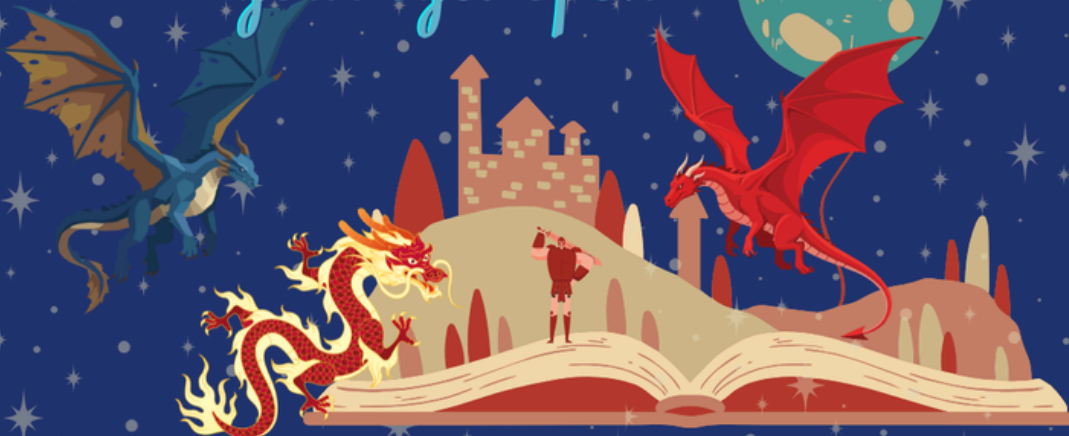


find a group of 2-3 and
dress the same

School FUN



Reading is dreaming with
your eyes open.



Book Fair is Coming... April 21-23

Book Fair





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!!](#)

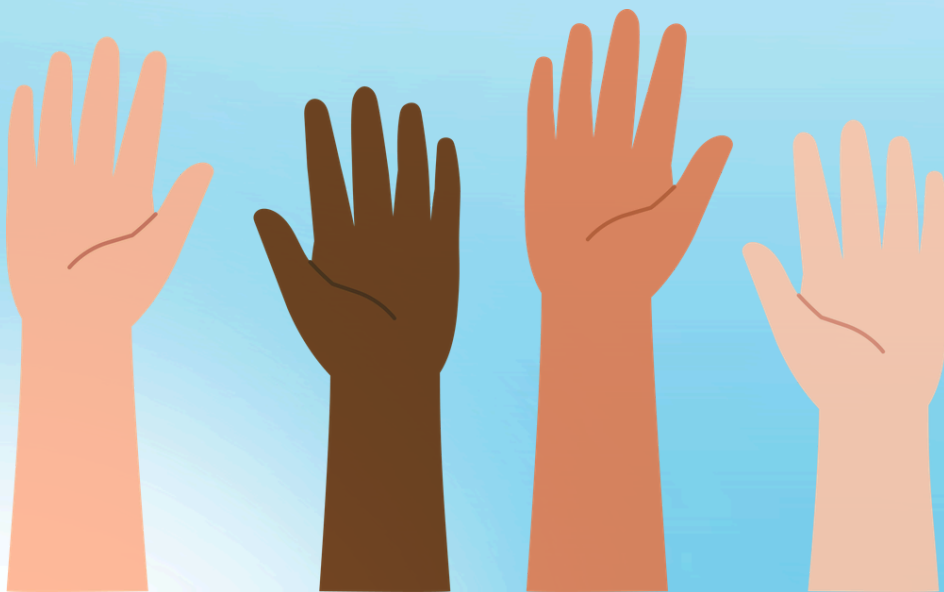
We have an immediate need for help with Hot Lunch on Wednesdays

COLT Track and Field Day May 8, 2026

Please e-mail Ms. Blake or Mr. Holmes if you are interested in volunteering for this fun event.

blakea@fsd38.ab.ca

holmesb@fsd38.ab.ca



Around Our COMMUNITY

Help shape the future of High River Library!
High River Library is planning for the future, and we want your ideas. We are developing a new Plan of Service to guide the Library for the next five years. To do that, we need to listen to the community. We are looking to hear from everyone in High River - even if you have never visited the Library before.

Share with us what you need, what's important to you, and how the Library can better serve you. Your feedback will help us decide what we focus on for the next five years.



Help shape the future of High River Library!

Complete the Library Vision Survey by Friday, April 24

HighRiver.MatchukInsights.ca

Complete the survey by April 24 to shape the future of your library!
HighRiver.MatchukInsights.ca Or share your interest in participating in a focus group: [Here](#)

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



foothillsschooldivision.ca



UPCOMING LOCAL ATHLETICS



**HIGH RIVER FLYERS
JUNIOR
HOCKEY
CAMP**

BOBSNODGRASS
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)




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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



**2026 SPRING
REGISTRATION
OPEN NOW**

U5 - U17




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



The Foothills school division is now accepting nominations for the Excellence in Supporting Student Success Award for the 2025/2026 school year!

Nominations – due May 1



External Nomination Form: to be completed by members of the school communities.



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](#)