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*'Striving and Succeeding  
Together'*

Edgerton Public School  
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# THE EAGLE EYE

March 6, 2025

**ALBERTA EDUCATION ASSURANCE SURVEY** Edgerton Public School encourages all parents/guardians of students in Grades 4-12 to complete the survey that came home with one of your students last week. This data is used for informed decision making for the purpose of improving programs and student academic results in subsequent years. We are proud of our school and what we are able to offer but welcome input that can make it better. The Parent Guide is provided to assist you in completing the survey. **Data is skewed when only a few parents/guardians complete the survey, so please fill out your survey. Thanks so much!**

**SCHOOL SWIMMING LESSONS** Teine Energy has once again graciously sponsored swimming lessons for our elementary students. This year's lessons will be held at the Wainwright Communiplex pool. The students will be transported to & from the pool by bus. ALL costs are covered by Teine Energy. \*Please note students will not receive evaluations at the conclusion of lessons.

The schedule is as follows:

**Tuesdays: April 1, 8, 15, 29 - Kindergarten & Grade 5/6 lessons**

Kindergarten- 1pm

Grade 5/6 - 2pm

**Wednesdays: May 7, 14, 21, 28 - Grades 1-4 lessons**

Grade 1&2 – 1pm

Grade 3&4 – 2pm

**MITCHELL'S SOUP FUNDRAISER**

Grade 3 and 4 will be holding an online fundraiser to raise some funds for a field trip. They have partnered with Mitchell's for delicious Canadian-made soups to stock your

pantry! The fundraiser will run from March 3 to March 17, with orders being fulfilled before April. Their goal is to sell 50 soups!  
Please contact Mrs.S at [katherine.seifried@btps.ca](mailto:katherine.seifried@btps.ca) if you need help with ordering.  
Online orders can be placed at: <https://shorturl.at/eYyFq>

**EDGERTON MINOR BALL REGISTRATION IS OPEN!** We are offering teams for anyone born 2021 or earlier. Please see the attached poster for registration information.

**Fees increase on March 1, 2025, so don't delay!**

There will also be a ball skills camp offered on March 22, 2025 at the Edgerton School Gymnasium. This event is being conducted by Bulldog Baseball Academy, and will focus on hitting, fielding and throwing skill development. It is open to anyone age 7 and older in this calendar year. See attached information to register. Thank you to Chesterman Farms for sponsoring this event in our community!

**Attachments:**

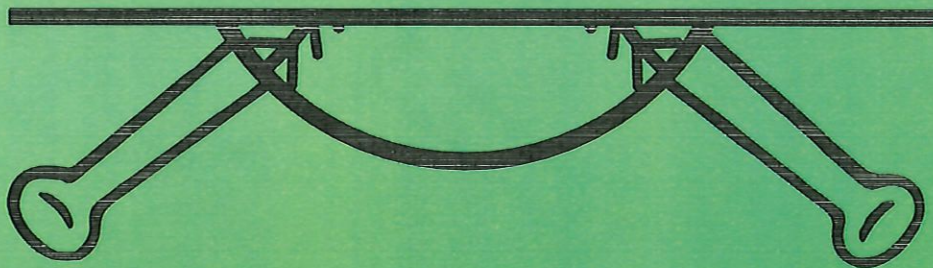
1. Edgerton Minor Ball Info
2. Brite Fun Friday
3. Little Eagles Info
4. Recovery Alberta – Mental Health Info

# REGISTRATION

## IS OPEN



### EDGERTON MINOR BALL



**SAVE LATE FEES AND REGISTER BY**

**FEB 28/25**

<https://www.rampregistrations.com/login?v3=f86dbb8c>

Contact: [edgertonminorball@gmail.com](mailto:edgertonminorball@gmail.com)

if any questions

**BULLDOGS**  
BASEBALL ACADEMY

**EDGERTON SKILLS CAMP**

**MARCH 22, 2025**

**HITTING  
THROWING  
FIELDING**



Bulldogsbaseballacademy.com



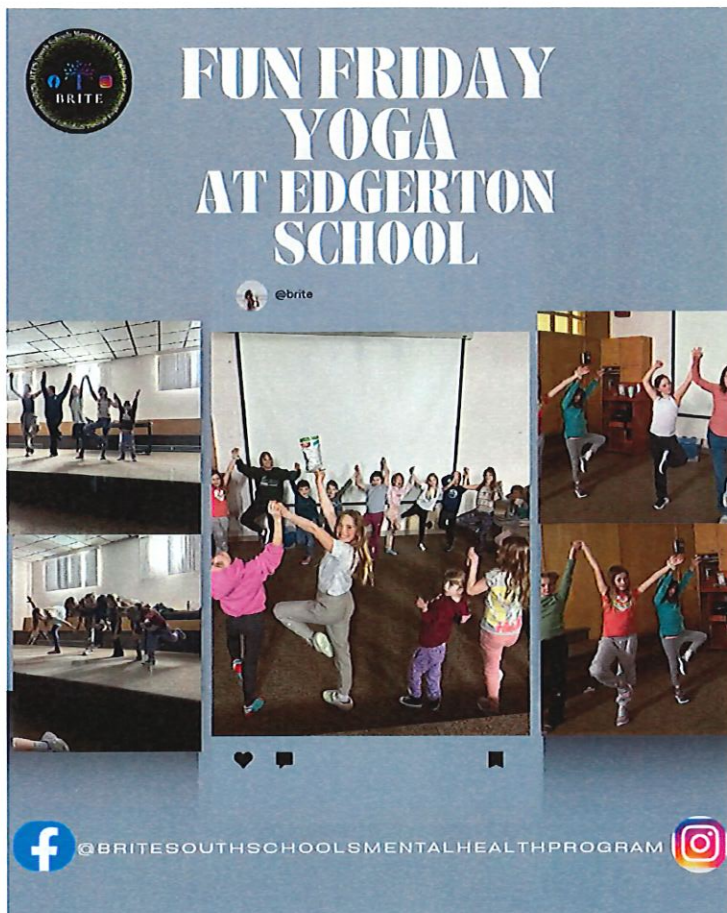
**Sponsored by: Chesterman Farms**

**\$10 for registered Edgerton Minor Ball Participants \$40  
for all other participants**

SIGN UP HERE: [🌐 Edgerton Minor Ball SKILLS CAMP Registration](#)



# **BRITE's Fun Friday at Edgerton**



The students at Edgerton brought their **creativity** and **enthusiasm** as they worked together to create many new yoga poses and helped their friends **find their balance** as we connected their tree pose into one big circle!

The **purpose of this program** is to promote and **build mental health** and wellness through activities, peer and staff relationships, and engaging activities. Students have access to various spaces, with a **BRITE** facilitator, along with other staff, to have a safe space to:

- hang out, socialize
- talk to safe adults and their peers
- make new friends, all while engaging in fun activities like crafts and games in a supervised atmosphere.

**This program offers students opportunities to explore:**

- Building Friendships
- A place to talk and be heard
- A supervised space to hang out in a judgment free zone
- Try new things and engage in fun activities

**#britesouthschoolsmentalhealthprogram**



# Little Eagles Preschool

## Registration Open!!

Get ready for an exciting new school year!  
We are thrilled to announce that registration  
for the 2025/26 school year is now available.

**\*limited spaces available\***



### Things to Know:

- 1/2 day Tuesday AM Programming for 3 year olds. Children must be 3 by Sept 8, 2025.
- 2 full day Tuesday & Thursday Programming for 4 year olds. Children must be 4 by January 1, 2026
- Children must be fully, independently, potty trained.
- Located in the Edgerton Public School



### EARLY BIRD DRAW

- Register before **April 30th** to be entered into a draw for a **\$200 credit** to our programs!



### How to Register or More Info:

Visit our website at [www.edgertoneaglesnest.ca](http://www.edgertoneaglesnest.ca),  
Scan the QR Code, or send an email to  
[eaglesnestoosc@gmail.com](mailto:eaglesnestoosc@gmail.com)



### Registration Form





Please join us to celebrate

# St. Patrick's Day PARTY

At the school with Eagles Nest Out of  
School Care



## 14 MARCH

Open 6:30am - 6:00pm

\$35/Child

### What we will be up to:

-Leprechaun Trap Creations

-Fun in the Gym

-School Scavenger Hunt

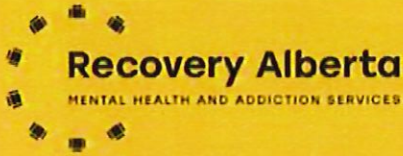
-Baking Fun

-Outdoor Play

-Games & Crafts

For more information or to register send us  
an email at [eaglesnestoosc@gmail.com](mailto:eaglesnestoosc@gmail.com)





## **What is Mental Health Literacy?**

Mental health literacy is part of health literacy. It is about knowing how to take care of your mental health and understanding mental health issues. It means being able to recognize when something isn't right with your thoughts or feelings, knowing what causes mental health problems, and understanding how to get help.

- Identifying when there is a problem
- Understanding causes
- Knowing what helps to treat mental health problems
- Fighting stigma
- Looking after yourself

[www.mentalhealthliteracy.org](http://www.mentalhealthliteracy.org)





## Mental States – Language Matters

It's important to use the right words when talking about mental health. We all have mental health and there are four components that help us understand it. We can exist in all of these states at the same time.

Today, we define Mental Distress.



**common, expected response to the stressors of daily life**  
i.e.) having an argument, writing a test, car breaking down

[www.mentalhealthliteracy.org](http://www.mentalhealthliteracy.org)



**Recovery Alberta**

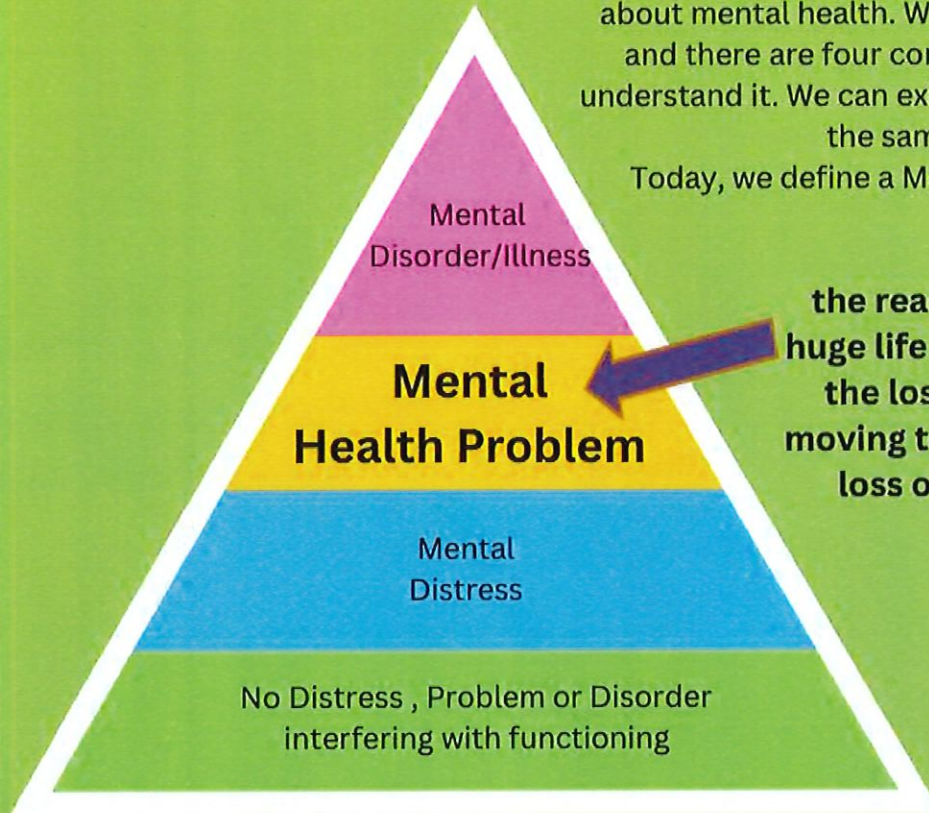
MENTAL HEALTH AND ADDICTION SERVICES



### **Mental States – Language Matters**

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Today, we define a Mental Health Problem.

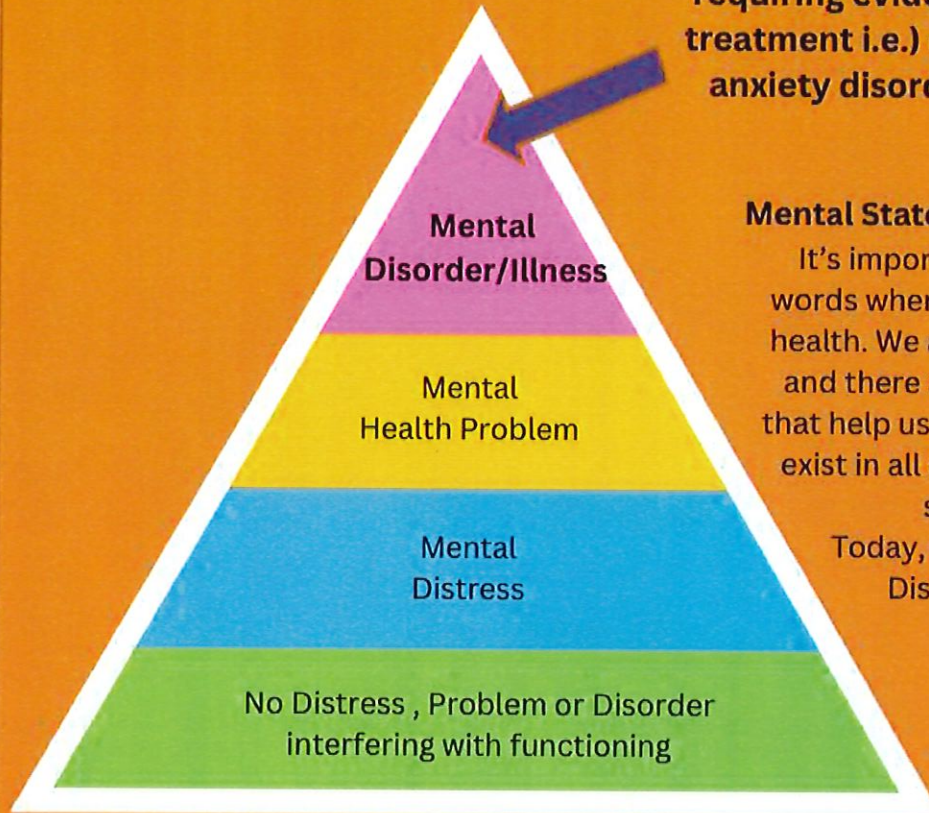


**the reactions we have to huge life challenges such as the loss of a loved one, moving to a new country, or loss of a relationship.**

[www.mentalhealthliteracy.org](http://www.mentalhealthliteracy.org)



a diagnosed health condition  
requiring evidence-based  
treatment i.e.) depression,  
anxiety disorder, ADHD



**Mental States – Language Matters**

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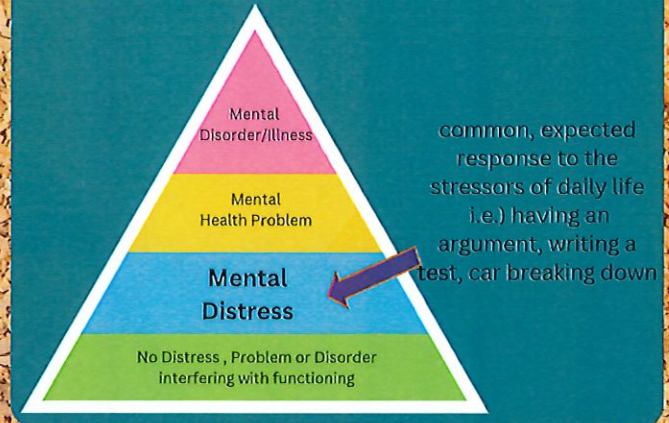
Today, we define Mental Disorder/Illness.

## What is Mental Health Literacy?

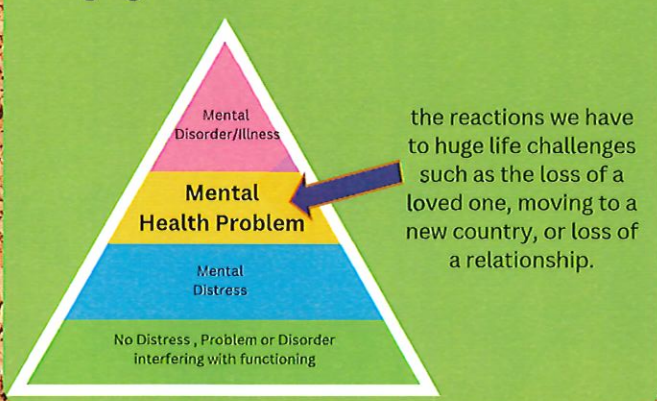
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It's important to use the right words when talking about mental health. We all have mental health and there are four components that help us understand it. We can exist in all of these states at the same time.

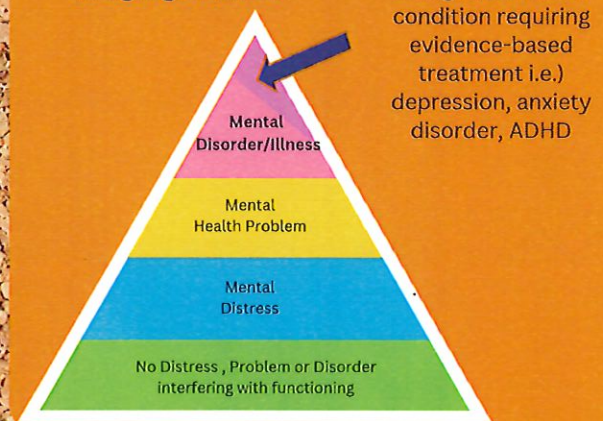
## Mental States – Language Matters



## Mental States – Language Matters



## Mental States – Language Matters



**MORE RESOURCES, visit:**

[www.mentalhealthliteracy.org](http://www.mentalhealthliteracy.org)

For information on mental health, community supports, programs and services in your area: