



# École Deer Meadow School

## Chinook's Edge School Division

Week of Nov 1 - 5, 2021

### Week at a Glance

- Nov. 1 - Grade 7/8 return Academy Forms to teachers
- Nov. 1 - Parent Council Meeting at 7 pm [click here to join the meeting](#)
- Nov. 2 - Pizza Tuesday
- Nov. 2 & 3 - Grade 7/8 Academy sign up
- Nov. 6 - B Girls Volleyball Tournament

### Parent Reminders

- Pizza for November can now be ordered by [clicking here](#)
- Demographic Updates if not completed
- Doors open for Grades 5 & 7 at 8:30
- Doors open for Grades 6 & 8 at 8:40

There is a hockey and conditioning opportunity available through the Olds Grizzlys this year requiring early registration. **Parents, please sign your child up before November 1st.** There are associated costs, so please see our last page below for details and registration information.

Congratulations to our ÉDMS French Immersion students for achieving their DELF certification! Nous sommes fiers de vous!



### ACADEMIES RETURN TO ÉDMS!

Academies are back for grade 7 and 8 students! There are a number of things you need to discuss with your child, and all resources can be found on our website under "ABOUT US" and then "ACADEMIES".

There are a few steps to take this weekend in preparation for their sign up next week please:

1. Read over the Academy Introduction parent letter
2. Read through the course outline with your child to narrow down interest areas.
3. Reference the "Academies at a Glance" to see when the courses your child is interested in are offered.
4. Fill out the Academy Sign Up form, sign it, and return by November 1st.

**YOUR CHILD WILL BE UNABLE TO SIGN UP FOR ACADEMIES IF THIS FORM IS NOT RETURNED SIGNED.**

Snow and colder temps are on the way! Please ensure your child is dressed appropriately for their time before school, during recess, and waiting for the bus or their walk home! [Click here for information on CESD Inclement Weather Days.](#)



We would like to welcome Hayley McKay to our Music team and Joanne Oddie-Flikkema to our Family School Wellness team.

École Deer Meadow School

5411 61st Ave, Olds AB, T4H 1T2

(403)556-1003 [www.deermeadow.ca](http://www.deermeadow.ca) [deermeadow@cesd73.ca](mailto:deermeadow@cesd73.ca)



# HALLOWEEN FUN





# TRIUMPH SKILLS ACADEMY

Jr. Academy Grade 7 & 8

## SPEED DEMON SKILLS & POWER PLANT PROGRAM

**SPEED DEMONS-** Success in the modern game of hockey hinges on the ability to read, recognize, react, and execute skill with superior technical precision. However elite players and coaches realize even that is not enough. Speed is a necessity. The Triumph Skills Academy program will help grow a young player's game by exposing them to the most effective techniques and tactics to take their game to the next level. The Speed Demon Skills program is an all-encompassing execution plan for success in today's aggressive, attacking, and fast-paced game of hockey.

**POWER PLANT** - The Speed Demon Power Plant Off-Ice Training program is a scientifically designed program that will take your athletic skill development and strength and conditioning to the next level. Participants will be blown away by the rapid results the program delivers. Committed athletes can expect to see dramatic changes in both body composition and performance; changes they have never attained with more traditional training programs. Work-outs are quick, exciting, and constantly varied to maximize adaptation; while at the same time safe, effective, and grounded in a scientific-based approach that ensures the participant develops the most important athletic qualities. The Speed Demon Power Plant Off-Ice Training program delivers unique work-outs designed to make you leaner, make you stronger, make you more powerful, make you faster, make you smarter, and help you improve every aspect of your athletic performance.

**TECHNICAL PRECISION + SPEED = SKILL .....SPEED DEMON SKILL !**

**Focus:** Hockey Skill, Athletic-Motor Skill,  
Athletic-Cognitive Skill & Mental Skill Development

**Session 1-Nov 16- Jan 20 (7 weeks)**

(Cost -2 days onIce 1 day Powerplant -\$395 2 days OnIce - \$ 265 1 day PowerPlant - \$132)

**Session 2-Feb 8 - Apr 7 (8 weeks)**

(Cost -2 days onIce 1 day Powerplant -\$450 2 days OnIce - \$300 1 day PowerPlant - \$150)

**Session 3- Apr 26 - June 16 ( 7weeks)**

(Cost -3 days PowerPlant -\$395)

**Ice Times:** Tuesday & Thursday

**Off Ice Development:** Wednesday

(No Academy on Non School Days)

Register at: [www.oldsgrizzlysbooster.com](http://www.oldsgrizzlysbooster.com)