



École Deer Meadow School

Chinook's Edge School Division

Sept 29 - Oct 3, 2025

5411 61 Ave, Olds AB, T4H 1T2
(403) 556-1003
deermeadow@cesd73.ca
www.deermeadow.ca

2025/2026 Parent Council

The first EDMS Parent Council meeting of the school year was held on Wednesday evening and we had a great kickoff to our year together! The most exciting news coming out of this meeting is the selection of a new executive committee. I am pleased to share that Shelley Sayers and Elyse Carew will serve as new Co-Chairs for the Council, and Kristine Engel and Shannon Risling will continue on in their shared Secretary roles. This is a great group of parents who will help steer our parent council for the year. A Vice-Chair position remains unfilled, so if you are interested please reach out via email (deermeadowparentcouncil@gmail.com) or by showing up at our next meeting on October 15th.

The executive cannot do it all on their own though, so please watch for opportunities upcoming where our community can get involved and help out.

Non-Profit Society

Plans are in the works to create a non-profit society to support our school. This would be an amazing asset to our school community that could go a long way to providing significant funds for school improvements from grants and other opportunities. More help is needed from the community to get this endeavor off the ground, so please email me (alwhitehead@cesd73.ca) with your interest in getting involved.

Allan Whitehead,
Principal

Coming Up at a Glance

Sept 29 - Orange Shirt Day
Sept 30: Truth and Reconciliation Day, No School
Oct 8: Gr 7-8 XCcountry Zones
Oct 9: Gr 5-6 Innisfail Fun Run
Oct 10: No School
Oct 13: Thanksgiving
Oct 20: No School
Oct 21: Picture ReTakes
Oct 29: Orange Shirt Day
Oct 31: Halloween

Athletics News

All Schedules are available at:
www.deermeadow.ca/sports

Sept 29 A girls home game
Sept 29 A boys at Didsbury
Oct 2 B girls green at Holy Trinity
Oct 2 B girls gold at Didsbury
Oct 2 B boys at home

Oct 1 is Zones for our 15 Cross Country runners who qualified

Contact Mrs. Clattenburg at EDMS for information.

National Day for Truth and Reconciliation

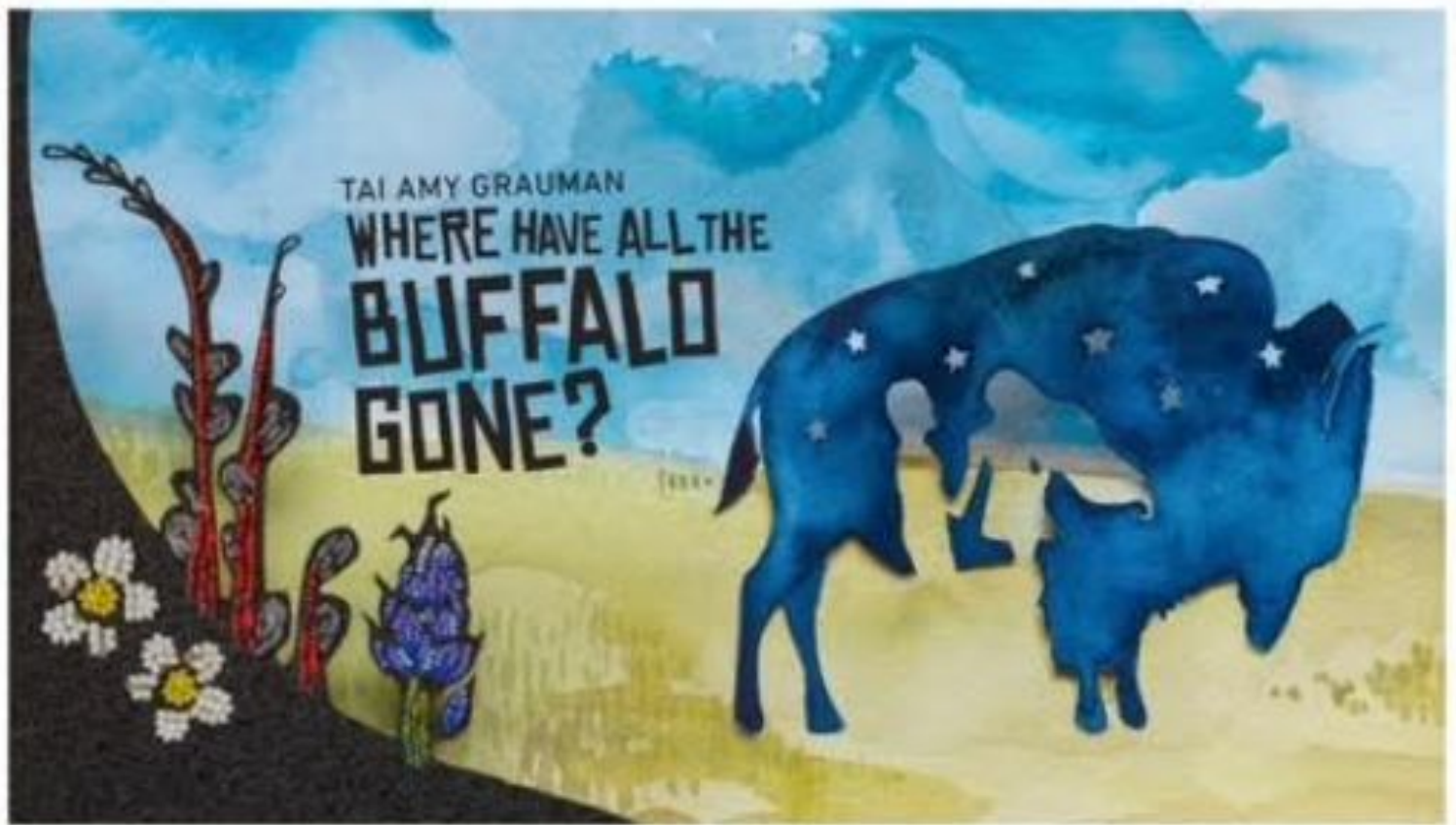
On Tuesday, September 30th, Chinook's Edge schools will be closed in observance of Truth and Reconciliation. Leading up to this day, and in the days that follow, our educators take the time to help students gain understanding of Indigenous history in Canada, and about the process and path of reconciliation.

On **Monday, September 29th**, we will hold our school "Orange Shirt Day" as part of our activities to remember and acknowledge this history.

In addition, students will have the opportunity to take in a play on Metis history at the Fine Arts Centre. See the attached flyer for the community performance opportunity on Monday evening.



EVERY CHILD MATTERS



FREE Showing!

Sept 29 - 7pm - Olds, AB

Fine Arts Theatre - beside the Olds High School

Where Have All The Buffalo Gone? follows two souls through seven different periods of Métis history.

Filled with stories about the Sun Traveller and the Callihoo family, incorporating fiddle music, jigging and a life-like buffalo puppet.

Inspired by historical events of the Métis people of Canada, this original play for young audiences explores the loves, the losses and the fight of Treaty 6's Métis people – and their love and kinship to the buffalo.

Brought to
you by:



MOUNTAIN VIEW MOCCASIN HOUSE

Where community and culture unite

Funded in
part by:



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du Canada

Canada



Grade 7 and 8 Cross Country Division Run

What a fantastic performance by all the cross-country runners yesterday! A huge congratulations to the 15 athletes who qualified for zones.

Zone qualifiers

Ryleigh Beemer	Miller McDonald	Alex Sampson
Gordon Latimer	Indy Wierenga	Gracie Jordan
Palmer McDonald	Macy Nelson	Callie Kemmere
Zane Jorgensen	Jebna Ikenaga	Sam French
Aiden Turnbull	Jameson Clattenburg	Rylan Ross

Good luck at the next level of competition!

2025 Terry Fox Run



FREE
Registration Required
For Ages: 12+

Youth Yoga

@ Olds Town Square




Discover The Benefits Of Yoga with a certified instructor

- Increase mindfulness
- Boost confidence
- Reduce anxiety
- Alleviate stress
- Improve balance & strength

Tuesday October 14/21/28 & November 4
4:00-5:00pm
Olds Town Square (5105 50 Ave, Olds)

Register at www.mvfrn.ca
Contact Amy at oldstownsquare@gmail.com
with any questions

mats available to use


Breakfast For Learners



We serve breakfast to our kiddo's every morning, and have several community clubs and organizations that come in and prepare and serve. If your club, organization or group would like to help us in the mornings, please let us know your availability and we'll fit you into our rotation!!



ALBERTA POULTRY BREEDERS ASSOCIATION

Wild Rose Classic

Poultry Show

Sept 27, 2025
9 AM-5PM



Attention Animal lovers, Enthusiasts & Families
Come out for a day of fun at the Olds Cow Palace!



Petting zoo



Fancy Pigeons



Pullet Pageant



Neighbourhood Suppers

FREE!

Clint's Kitchen



Come and eat, soup's on!

Every Wednesday
5:30 – 7:00 pm

5022 52 st Olds, AB T4H 1G9
(403) 556-8811



Clints Kitchen Olds

@clints.kitchen.olds

An invitation from Clint's Neighborhood Kitchen

Every Wednesday (5:30 – 7:00 PM) a simple meal is offered to ALL people of Olds and surrounding area.

The meal is held in the hall of St. Paul's Lutheran Church (5022 52 St). There is no charge for the meal.

Enjoy fellowship, friendship and get to know your neighbors!

'Horse Inspired Self-Discovery'

Equine Facilitated Wellness presents, "Leadership through horses" sessions...

-Locations- 10 min. north of Olds or at the Bowden Anchor B Arena-



'We are also eligible for child/youth funding through the Jumpstart Program'

"EARN 16 High School credits with Olds College, Green Certificate- training available!"

Looking to improve your communication skills, find your voice, increase social connections, confidence and self-awareness...we can partner with horses!

Curious about enhancing personal insights, managing stress, setting S.M.A.R.T. Goals?

Seeking positive changes in your daily habits and are drawn to nature and animals?

Consider... *'Horse Inspired Self-Discovery'* ...

for 2 hours, once a week/month or a 2-3 day Workshop, Retreat or Camp!

I am deeply passionate about developing opportunities for youth and adults to experience personal empowerment, promoting wellness and enriching our learning through partnering with horses and nature! Working and living in a 'life coaching' and horse leadership role for over 40 years with youth and adults has led me to further pursue my certification in....

Professional Equine Facilitated Wellness- Canada! I am grateful to share this opportunity to develop our goal-achieving strengths in our... "Leadership through Horses" sessions!

* Retreats/Camps- half or full day programs spring/summer 2024.

* EFW sessions run: M-F 9:00-12:00 and 1- 4:30. Saturday/Sunday 9:00- 5:00 pm.

Individual sessions (2-3 hours) or small groups of 4 available.

* No school days, Home School/After School program sessions- M-F 9-12, 1-4 + 3:30- 5:30



A powerful introduction to the 'intuitive power' of horses... By participating in **dismounted** equine activities we can delve into fun and challenging exercises that blend **learning and wellness sessions with youth, adults or families** in 1:1 or small group configurations (max. of 4 participants). We explore and practice key elements of **developing healthy 'Horse Herd' relationships and brave boundaries** with our equine companions while **building confidence, mindfulness and positive emotional connections** that relate to all areas of our school, work, social and family lives! Great way to become confident and connected for riding lessons too!

Horizon Equine EFW also can be a great introduction if you are wanting to learn how to ride horses through building your confidence and personal awareness. We offer individual/group sessions or a series of weekly, 2-3 hour themed E.F.W. sessions and retreats that include; learning **horse safety, herd behaviour/dynamics, leadership development, healthy and respectful relationships, communication styles and body language, social connectedness, decision making and problem solving, stress and anxiety management, empathy, goal setting, team building, personal boundaries and empowerment!**

All of these qualities are within us and developed through the horses! Partnering with horses and a trained facilitator builds on our self-awareness, confidence and character through the development of open communication skills, mindfulness and focus, the importance of appropriate body language and the expression of honest and authentic emotions. Join me in our **"Horse Leadership" sessions** for an experiential (hands on), and enriching learning environment with calming grounding exercises, stimulating cooperative games, and inspiring horse connections that will leave you with an unforgettable personal experience!

Contact: Colleen Herzog, Owner/Lead Facilitator at Horizon Equine- EFW,
RR#3, Site 12, Box 26, Olds, Alberta. **403-556-5504**

Check out our website at; (www.horizonequineefw.com/ OR info@horizonequineefw.com)

GIFT CERTIFICATES AVAILABLE

Sept THE ZONE

Mon	Tue	Wed	Thu	Fri
1 CLOSED	2 Drop in 3-6	3 Art Club 3-6	4 Drop in 3-6 Anime Club 6-8	5 Drop in 3-6 Youth Hang out 6-9
8 Drop in 3-6 Take it easy 3:30-5:30	9 Sports at DMS 3-6	10 Art Club 3-6 A Girls Way 3:30-5:30	11 Drop in 3-6 Anime Club 6-8	12 Drop in 3-6 D&D 6-9
15 Drop in 3-6 Take it easy 3:30-5:30	16 Sports at DMS 3-6	17 Art Club 3-6 A Girls Way 3:30-5:30	18 Drop in 3-6 Anime Club 6-8	19 Safe Walk 9-11 am
22 Drop in 3-6 Take it easy 3:30-5:30	23 Sports at DMS 3-6	24 Art Club 3-6 A Girls Way 3:30-5:30	25 Drop in 3-6 Anime Club 6-8	26 Drop in 3-6 D&D 6-9
29 Drop in 3-6 Take it easy 3:30-5:30	30 CLOSED	1 Art Club 3-6 A Girls Way 3:30-5:30	2 Drop in 3-6 Anime Club 6-8	3 Drop in 3-6 Youth Hang out 6-9

After School Programs

Grades 5+
Snacks are provided

Drop in

Come hang out your way! Play games, listen to music, do crafts, or just chill with friends in a safe and welcoming space.

Art Club

Get creative! Explore painting, drawing, and fun DIY projects while trying out new art styles with friends. No experience needed—just bring your imagination!

Sports at DMS

Learn and play fun new group games each week! Try out different sports, get active, and have a blast with friends.

Courses and Events

Registration is Required

Take it EASY Ages 10-15

Take it EASY is designed to engage youth in fun and engaging small-group activities. The main objective of the program is to foster self-esteem and confidence in Club members.

A Girls Way Ages 11-14

This program will provide pre-teen girls tools on how to stay safe in situations involving friends and relationships. We will also have discussions and participate in activities to build positive self-esteem and confidence as well as explore the importance of making good choices online.

Safe Walk Ages 8-11

An interactive safety program where kids learn how to choose a safe route, what to watch for, and who to go to for help.

After 6 Programs

Grades 6+
Supper is provided as well as snacks.

Anime Club

Love Demon Slayer? Come watch episodes with friends, play anime-inspired games, and join in on awesome themed activities. Snacks, laughs, and all things anime await!

DnD

Adventure awaits! Create your character, roll the dice, and dive into epic quests with friends. Beginners and experienced players welcome!

Youth Hang out

A chill space to relax, play games, listen to music, and connect with friends. Come hang out, grab some snacks, and make it a night to remember!

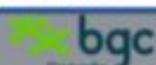
The Zone (4911 51 ave)

If you have any questions or concerns please Contact Kass at Kass@bgcolds.ca

**** you must have parental permissions signed to attend activities in The Zone****



Government of Canada



Mountain View



Ottawa & Area

Mountain View Family Resource Network is happy to share programs and events that are happening this fall. We are excited to bring these and more programs to our communities and hope that you feel free to share with your families.

Also check out our web page Mountain View Family Resource Network for more information.

<https://www.mvfrn.ca/>



MOUNTAIN VIEW FAMILY RESOURCE September 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Online Didsbury Cremona Carstairs Sundre Olds	1 Office closed Labor Day	2 PUP-Sundre Library 9:30-11:30am Mobile HUB- Carstairs 10:00-12:00	3	4 Snuggles n' Stretch- Sundre Library 10:00-11:00	5	6 Walk with Angels - Bowden 1:00- 3:00pm
7	8 PUP-Didsbury DNP 9:30-11:30am Open Play- DNP 9:30-11:30 AM	9 Carstairs Homeschool Huddle 1-2pm Mobile HUB- Olds 10:00-12:00	10	11	12	13
14	15 Open Play- DNP 9:30-11:30 AM	16 Mobile HUB- Sundre 10:00-12:00 PUP-Cremona FCSS 9:30-11:30am Fear-less ZOOM 1:00-3:00	17	18 Snuggles n' Stretch- Sundre Library 10:00-11:00 Mom Tribe-10:00- 11:30 DNP	19 Didsbury Homeschool Hangout-1:00- 2:00pm Lantern Festival- Library 1:00-3pm	20 Ramp it Up!- DAD DAY Olds Skate Park 10:00-12:00
21	22 Open Play- DNP 9:30-11:30 AM	23 PUP-Carstairs Community Hall 9:30-11:30am Fear-less ZOOM 1:00-3:00 Mobile HUB- Cremona 10:00-12:00	24 Gather at the Garden- Carstairs Nature Space 3:45-5:00pm	25 Snuggles n' Stretch- Sundre Library 10:00-11:00 Mom Tribe-10:00- 11:30 DNP	26 PUP-Olds- New Hope Church 9:30-11:30am	27
28	29 Open Play- DNP 9:30-11:30 AM	30 office closed Truth & Reconciliation Day				

To Register for one of our programs go to www.mvfrn.ca
Check out our Facebook page for more information



Just Breathe

inhale
exhale

with Art Therapist Christy

(ages 7 to 11 yrs)

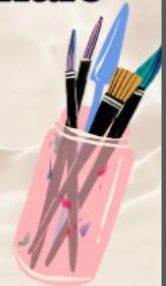
Kids will learn art- based tools to calm the body. Breath becomes a tool for emotional balance - inhale courage, exhale fear.



October 4, 2025

10am-12pm

Location: Cremona FCSS (106 1 AVE E)



REGISTRATION REQUIRED

Register online at MVFRN.ca



Spot What Bugs You?

with Art Therapist Christy

Kids (ages 7 to 11 yrs) go on a quest to map out how big emotions can bubble to the surface and explore creative techniques to navigate those emotions (through art therapy).

October 20, 2025

9-3pm *Lunch will be provided*

Located: The Den SYC

(Unit 5, 102 Centre St N Sundre)



REGISTRATION REQUIRED:

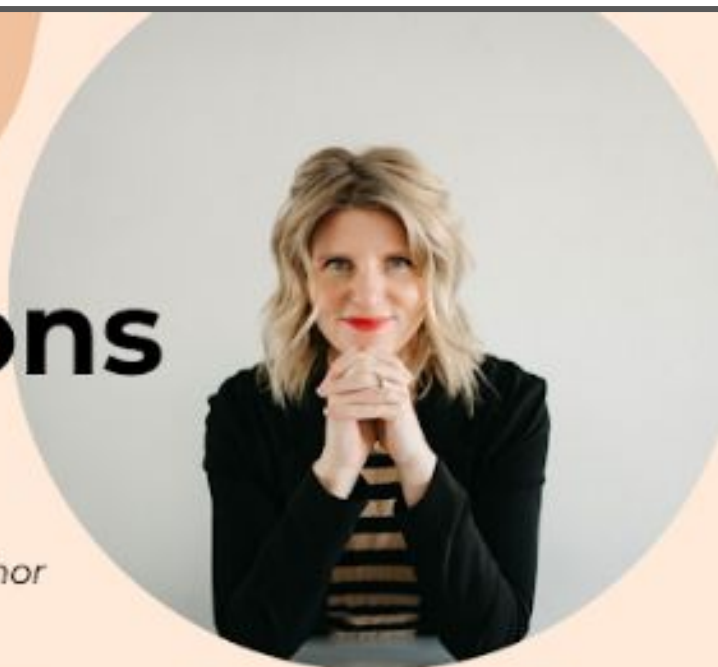
Register online at MVFRN.ca

(No school day)



Unpacking Myths & Misconceptions of Grief:

*A Heartfelt Afternoon with Author
Alanna Knobben*



Are you going through a difficult time after a loss?

Grief isn't just about death — it can follow the end of a relationship, the loss of a job, a shift in identity, or any moment life changes in disruptive ways. Join us for an inspiring and compassionate session with Author, International Speaker and Grief Educator Alanna Knobben as she shares her story and helps us unpack the myths, truths, and healing potential of grief in all its forms.

October 18, 2025

2:00-4:00pm

Didsbury Train Station -1811 20 Street



FREE to Attend
however registration is required at:

www.mvfrn.ca

