

# Hughes Fundraiser 2025

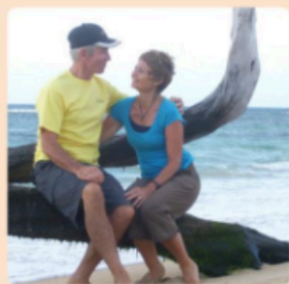
With Mother's Day just around the corner, SPS would like to honour two great mothers from our community that were taken from their families far too soon.

Melanie Hughes and Lorretta Hughes were active members in our community and great friends to so many of its residents. In their honour, SPS will be hosting a food drive to support the **Shaunavon Food Bank**.

Starting after the Easter Break, we will be collecting non perishable food items to be donated to the local Food Bank just in time for Mother's Day.

Please send all items to the school prior to Friday, May 9th.

The class with the most donations to the 2025 Hughes Fundraiser will win a Popcorn Party!



# May Newsletter

BREAKING  
NEWS

THE SPS DAILY

SPECIAL  
EDITION

## EXECUTIVE FUNCTIONING COGNITIVE FLEXIBILITY

### WHAT IS COGNITIVE FLEXIBILITY?

Sometimes referred to as cognitive shifting, cognitive flexibility is a key executive functioning skill that provides our brain the ability to adapt to new, changing, or unplanned events (Miller, 2021). Just as a person changes the direction they are walking or changes the volume on the radio, cognitive flexibility is coined as the skills associated with changing one's way of thinking in response to a changing situation or stimuli. Examples related to student learning may include listening attentively to others perspectives or opinions during discussions, using multiple problem solving strategies in math class, or responding appropriately to a last minute change in a schedule or routine. Deficits in cognitive flexibility are, therefore, closely linked to other EF skills such as response inhibition and emotional regulation.

### DOES YOUR CHILD HAVE DIFFICULTIES WITH COGNITIVE FLEXIBILITY?



### HOW DO I HELP MY KID?

Understanding that EF skills are instilled in each of us at the moment of conception, it is important to note that cognitive flexibility can be greatly impacted by those mature individuals who closely interact with kids on a daily basis. Such actions to promote strong cognitive flexibility skills may include:

- teaching and modeling empathy
- verbally sharing what one is thinking (especially when things don't go as planned or expected)
- let kids experience their emotions safely and then follow up with a validation/debrief discussion
- provide choices or options for kids when working through a problem - don't "fix" it for them
- embrace change and celebrate independence and task completion

### COGNITIVE FLEXIBILITY



STAY TUNED EACH MONTH FOR DETAILS ON A NEW EF SKILL



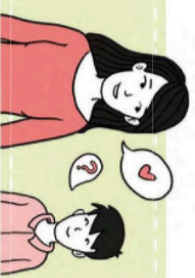
# May 2025



Monday	Tuesday	Wednesday	Thursday	Friday
			1 KINDERGARTEN DAY 1	2 DAY 2
5 Assembly @ 2:40 SCC Meeting @ 6:30 KINDERGARTEN DAY 3	6 Discover the Farm Gr. 1 & 2 DAY 4	7 KINDERGARTEN DAY 5	8 DAY 6	9 KINDERGARTEN DAY 1
12 BIKE SAFETY RODEO 9:30 - 11:00 DAY 2	13 KINDERGARTEN DAY 3	14 DAY 4	15 KINDERGARTEN DAY 5	16 DAY 6
19 Victoria Day NO SCHOOL	20 KINDERGARTEN DAY 1	21 DAY 2	22 KINDERGARTEN DAY 3	23 DAY 4
26 KINDERGARTEN DAY 5	27 DAY 6	28 KINDERGARTEN DAY 1	29 DAY 2	30 KINDERGARTEN DAY 3

# TEACH YOUR CHILD TO SPEAK UP

WHEN CHILDREN CAN'T ADVOCATE FOR THEMSELVES, THEY MAY BE PUSHED TO DO THINGS THAT DON'T FEEL RIGHT TO THEM. **TEACH YOUR CHILD TO SPEAK UP FOR THEMSELVES AND ASK FOR WHAT THEY NEED.**



## INVOLVE THEM INSTEAD OF TAKING OVER:

INSTEAD OF...

"Don't worry, I'll talk to them for you."

TRY...

"What do you think we should say to them? How can we convince them to stop doing that?"

## HELP THEM FIND THE VALUE IN SPEAKING UP:

INSTEAD OF...

"I know that you aren't comfortable saying something, don't worry about it."

TRY...

"When you speak up, you demonstrate conviction and confidence."

## TEACH ABOUT THEIR PERSONAL RIGHTS:

INSTEAD OF...

"They shouldn't act that way towards you."

TRY...

"No one has the right to treat you with disrespect. You have the right to respect and kindness."

## SHOW THAT SPEAKING UP IS AN URGENT MATTER:

INSTEAD OF...

"Let's address it next time it happens."

TRY...

"Let's make time now to figure out how to stop that from happening again. Today we change it."

## AVOID BEING AGGRESSIVE AND DISRESPECTFUL:

INSTEAD OF...

"They can't get away with this!"

TRY...

"We will find a solution more easily if we stay calm."

## WHEN YOU TEACH SELF-ADVOCACY SKILLS (INSTEAD OF SWOOPING IN), YOUR CHILD...

♦ STOPS FEARING CONFLICTS

→ AND STARTS SEEING OPPORTUNITIES

♦ STOPS HAVING ANXIETY DUE TO IGNORED NEEDS

→ AND STARTS BELIEVING IN THEIR OWN SELF WORTH

♦ STOPS BEING FRUSTRATED FROM LACK OF VOICE

→ AND STARTS FEELING EMPOWERED AND CONFIDENT



# HELPERS IN OUR COMMUNITY

Swift Current, Saskatchewan



## Community Mental Health & Addictions Intake

1-877-329-0005

\*If this is an emergency, please call 911

### Crisis Lines

- **Health Line:** 811
- **24/7 Mobile Crisis Line:** 306-757-0127
- **24/7 Child Abuse Line:** 306-569-2724 or 1-800-442-4453
- **Suicide Prevention & Mental Health Crisis Line:** 988
- **Kids Help Phone:** 1-800-668-6868 or text CONNECT to 686868
- **24/7 connection to supports and services in Sask:** 211 (text or call)
- **LGBTQIA2S+ Crisis Support:** 1-800-268-9688 or text 45645
- **Indigenous-based Wellness Helpline:** 1-855-242-3310 (toll-free)
- **Francophone Helpline:** 1-800-567-9699
- **Domestic Violence Hotline:** 1-800-799-7223

### Safe Shelter & Crisis Services

- **Dorie's House:**
  - Regional Youth Safe Shelter - (306) 773-8937
- **SouthWest Crisis Services**
  - **24/7 Confidential Crisis Line:** 306-778-3386
- **Women's Safe Shelter**
  - Animal Safekeeping program (provided through the SPCA)
- Specialized Sexual Assault Services
- **Victim Services (RCMP)** - 306-778-4898

### Free Counselling

- **The Center:** Youth and Family Counselling & Tutoring Services
  - 306-773-3344 or book online <https://scyi.ca>
  - drop in time available.
- **FreshStart:** provides free counselling services via phone, virtually, or in-person.
  - 306-773-8168 or book online <http://www.freshstartsc.ca/counselling/>



### Student Services Counsellors and Support

Please contact the local school counsellor at your child's school 📞



## Grief

- **GriefShare** (provided through the East Side Church of God: 306-773-4889
- **Online Grief Modules:** <https://mygrief.ca/> or <https://kidsgrief.ca/>

## Pride

**SouthWest Saskatchewan Pride:** Drop in Center located at: #201-234 1st Ave NE or visit online

**SaskAbilities** - 1-833-526-5299

- **Partners in Employment:** provides supported employment experiences for job seekers experiencing disability
- **Quality of Life Day Program:** provides individuals the ability to create their own program around their interests, hobbies, and abilities

### Mental Health & Wellness (Online) Resources

- **Online Therapy Unit:** <https://www.onlinetherapyuser.ca/>
- **Rolling with ADHD:** <https://healthymindslearning.ca/rollingwith-adhd>
- **Anxiety Canada MAP workshop:** 6 session online program for adolescents and adults.
  - <https://maps.anxietycanada.com/>
- **Free Wellness Based Courses:** <https://moodle8.camhx.ca/moodle/>

### Addiction

- **Dorie's House Substance Misuse Treatment Center** (inpatient/outpatient):
  - 306-773-8937
- **AA/NA:** 306-773-7494 (AA) or 1-877-463-3537 (NA)
- **Al Anon meetings:** <https://al-anon.org/al-anon-meetings/>

### Other Resources

- **Take home Naloxone kits:**
  - Community Mental Health (4th floor E.I. Wood Building) OR Pharmasave
- **STD/STI Info/Testing:** 306-773-9100
- **Parent Training:** 306-778-5259
- **Legal Aid:** (Adrian McBride) 306-778-8272 or 1-306-933-6764
- **Food Bank** (Salvation Army): 306-778-0515
- **SouthWest Newcomer Center:** 306-778-6262
- **Transportation:** (Access Transit) - 306-773-2076
- **Apps:**
  - CALM: <https://www.calm.com/>
  - Mindshift: <https://www.anxietycanada.com/resources/mindshift-cbf/>
  - Overdose Intervention App: <https://stopoverdoseapp.com/>



