

# HJC LAKERS

Believe, Encourage, Challenge.



**CODY  
CORNER**



## Dates to Remember

- May 19: TPGP Day, No School
- May 22: Victoria Day, No School
- May 29: Non Instructional Day, No School
- May 30: Athletic Society Meeting - 6:30 PM
- June 14: Athletic Awards Ceremony 6-7 PM
- June 19: Last day of Classes



Dear Parents and Guardians,



Yesterday was a very special day as we continued the work of reconciliation at HJ Cody in a meaningful way. Clare Butterfly led us through a special flag ceremony, treaty teachings, and shared the history and significance of a number of different Indigenous dances. There were a number of special guests including Knowledge Keeper Elder John Sinclair, Mayor Megan Hanson, Associate Superintendent Karyn Barber, Chinook's Edge Indigenous lead Carolynne Muncer, TikTok influencer Notorious Cree, Red Deer Dance Troupe, singers and drummers. Our own students Dashayne Morin and Leland Mitsuing put on an amazing show for everyone in attendance. I would like to thank our special guests and the teachings they provided to us. We are all treaty people and it is so important that we continue to build a renewed relationship with Indigenous Peoples.

Kind regards,

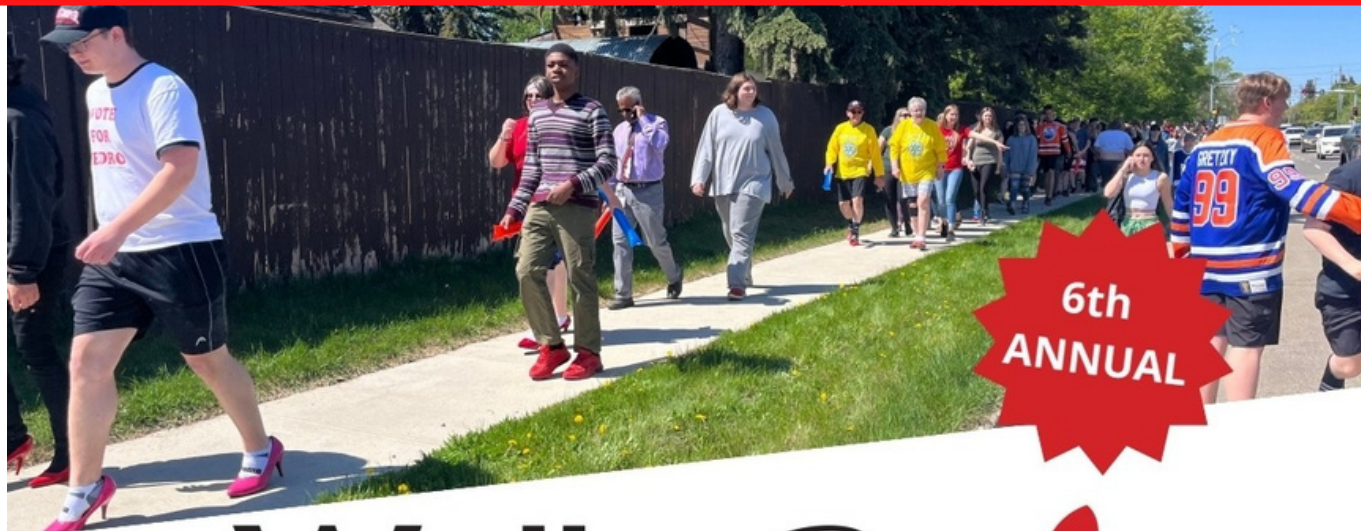
Mike Garrow  
Principal











# Walk *Shoes*

A Mile In HER

## SYLVAN LAKE



In partnership with:



Hope for all.

**MAY 31, 2023**  
**11:00 AM**

**ROUTE:**  
HJ Cody (front lot) -  
Bethany and back to  
HJ Cody

Come together as a community to stand  
up against gender based violence.



Register or donate:  
[theoutreachcentre.org/events/  
WalkaMileSylvanLake](https://theoutreachcentre.org/events/WalkaMileSylvanLake)



## **WANTED:**

Community Members, parents and friends to come and join us in our 6th annual Walk a Mile in Her Shoes on May 31 at 11 am.



### **How Can You get involved?**



Sign up to Walk (TheRed Deer Outreach Center —Events — Walk a Mile Sylvan Lake). You can also fundraise here (digitally) or donate to our walkers here. The list is only those students who are fundraising electronically. Others have signed up at school and are fundraising using the old fashioned paper and pencil method.

Encourage our kids to get involved. All proceeds from this event go towards helping women and children escape domestic violence.

Donate a prize (you can even designate what you would like the prize to be for such as highest fundraiser, best family group, most business involvement and more).

Come out and help cheer and support in any way that you can. The more the merrier and it is wonderful to see our students at their element.

## **Jump Start Program**

Gr. 9-11 students can earn 6 credits and a free chromebook this summer by completing the Jump Start program. The program is designed to be completed independently from June 20th-July 27th where students will learn more about the Google suites platform. Registration is now open and closes June 15th. For information and to register, go to:

<http://jumpstart.cesdhub.com/>





This year's Walk A Mile in Her Shoes is Superheroes. Students should plan ahead to create a cape. Material is available in the foods room, but glitter should be applied elsewhere.

Fundraising is an important component of this event. Please pick up fundraising sheets from your Block 2 teachers. There will be prizes for everyone who raises over \$100. Donations of prizes are currently being accepted if parents or friends have a business that may be willing to donate.



Ms. Rounds connect class visited Beacon Hill last week to make connections and hang out with some awesome future Lakers!





# Glow Dance!





# June 2023 Grade 12 Diploma Exams and Tutorials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4				1	2	3
11	5	6	7	8	9	10
	ELA 30-1 PRT Tutorial 3:30 - 5:00	ELA 30-1 CART 3:30 - 5 ELA 30-2 Lit Review 3:30 - 5:00				Math 30-1 Practice Diploma 9:00 - 12:00  Chemistry 30 Tutorial 2:00 - 4:00
18	12	13	14	15	16	17
	ELA 30-1 Diploma Part A ELA 30-2 Diploma Part A  SS 30-1/2 Written Tutorial 3:30 - 5:00	SS 30-1 Diploma Part A SS 30-2 Diploma Part A  Calculus Tutorial 3:30 - 5:00 Chem 30 Tutorial 3:30 - 5:00	Calculus Final Part A  Biology 30 Tutorial 3:30 - 5:00 Math 30-2 Practice Dip 3:30 - 6:00	Calculus Final Part B  Math 30-1 Tutorial 3:30 - 5:00 Math 30-2 Tutorial 3:30 - 5:00 FLA 30 Tutorial 3:30 - 5:00	Math 30-1 Diploma Math 30-2 Diploma	Biology Practice Diploma 10 - 1  Chemistry Practice Diploma: 1:30 - 5:30
25	19	20	21	22	23	24
	ELA 30-1 Diploma Part B ELA 30-2 Diploma Part B  Last Day of Classes  SS 30-1/2 Tutorial 3:45 - 5:15	SS 30-1 Part B Diploma SS 30-2 Part B Diploma  Physics 30 Tutorial 3:30 - 5:00	Indigenous Peoples Day  Physics 30 Tutorial 3:30 - 5:00	Biology 30 Diploma  Chem 30 Tutorial 3:30 - 5:00 Physics 30 Practice Dip 9:30 - 12:00	Chemistry 30 Diploma	
	26	27	28	29	30	
	Physics 30 Diploma  Science 30 Tutorial 1:00 - 3:00	Science 30 Diploma	Organizational Day			*All diploma exams start at 9:00.

# June 2023 Grade 11 Final Exams and Tutorials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4				1	2	3
11	5	6	7	8	9	10
		ELA 20-2 Visual  SS 20-1 Tutorial 3:30 - 4:30	SS 20-1 Source Analysis SS 20-2 Source Analysis	SS 20-1 Source Analysis SS 20-2 Source Analysis ELA 20-2 Persuasive	ELA 20-2 Persuasive	
18	12	13	14	15	16	17
		SS 20-1 Tutorial 3:30 - 4:30	SS 20-1 Position Paper SS 20-2 Opinion Paper ELA 20-2 Essay ELA 20-1 Part B  Physics 20 Tutorial 3:30 - 5:00	SS 20-1 Position Paper SS 20-2 Opinion Paper ELA 20-2 Essay ELA 20-1 Part B  FLA 20 Tutorial 3:30 - 5:00	Science 20 Part A Physics 20 Part A Biology 20 Part A ELA 20-2 Essay  Chem 20 Tutorial 3:30 - 5:00	
25	19	20	21	22	23	24
	Chem 20 Part A Science 24 FLA 20  Last Day of Classes  ELA 20-1 Written Tutorial 3:45 - 4:45	ELA 20-1 Part A ELA 20-2 Part B  Bio 20 Tutorial 1:00 - 3:00	Indigenous Peoples Day  Math 20-1 Tutorial 3:30 - 5:00	Math 20-3 Bio 20 Part B (PM)  Bio 20 Tutorial 10:00-11:00 Physics 20 Tutorial 3:30 - 5:00	Chem 20 Part B Math 20-1 (PM)	
	26	27	28	29	30	
	SS 20-1 Part B SS 20-2 Part B  Science 20 Tutorial 1:00 - 2:00 Physics 20 Tutorial 2:00 - 3:30	Science 20 Part B (14) Physics 20 Part B (18)	Organizational Day			*All final exams during exam week are from 9 - 11:30am unless listed as PM. PM exams will be from 12:30 - 3:00



# June 2023 Grade 10 Final Exams and Tutorials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4				1	2	3
11	5	6	7	8	9	10
		ELA 10-1 Part B  SS 10-1 Tutorial 3:30 - 4:30	ELA 10-1 Part B	SS 10-1 Written	SS 10-1 Written	
18	12	13	14	15	16	17
	ELA 10-2 Visual Response	ELA 10-2 Visual Response  Science 10 Tutorial 3:30 - 5:00	SS 10-2 Written ELA 10-2 Lit Ex	SS 10-2 Written ELA 10-2 Persuasive	Science 10 Part A ELA 10-2 Persuasive  Spanish 10 Tutorial 3:30 - 5:00	
25	19	20	21	22	23	24
	Spanish 10 Science 14  Last Day of Classes  ELA 10-1 Tutorial 3:45 - 4:45 Etudes Sociales 10 Tutorial 3:45 - 5:15	Etudes Sociales 10-1 ELA 10-1 Part A (PM) ELA 10-2 Part B (PM)  Math 10C Tutorial (P&T) 9:00 - 11:00 Math 10C Tutorial (B) 1:00 - 3:00	Indigenous Peoples Day	Math 10C Math 10-3  SS 10-1/-2 Tutorial 9:00 - 11:00	Science 10 Part B	
	26	27	28	29	30	
	SS 10-1 Part B SS 10-2 Part B		Organizational Day			*All final exams, during exam week, are from 9 - 11:30am unless listed as PM. PM exams will be from 12:30 - 3:00

# June 2023 Grade 9 Final Exams and Tutorials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4				1	2	3
11	5	6	7	8	9	10
18	12	13	14	15	16	17
					Science 9 Final Part A  ELA Tutorial 3:30 - 4:30	
25	19	20	21	22	23	24
	Last Day of Classes	ELA 9 PAT Part B ELA 9 K&E PAT Part B  Math Tutorial 9 - 11	Indigenous Peoples Day	Math 9 PAT Part A  Math 9-3 Tutorial 10 - 11:30	Math 9 PAT Part B Math 9 K&E PAT  Social Tutorial 1-3 Etudes Sociales Tutorial 1 - 3	
	26	27	28	29	30	
	Social 9 PAT Social 9 K&E PAT Etudes Sociales 9 PAT  Sci Tutorial P&S 9 - 11 Sci Tutorial R 9 - 10:30 Sci Tutorial R 1:00 - 2:30	Science 9 PAT Science 9 K&E PAT	Organizational Day			*All PATs will begin at 9:00.



**HJ CODY  
PRESENTS**


# **ARTS GALA**

**DOORS@6PM WITH  
ART SHOW &  
APPIES  
7PM - CONCERT**

**\$10 ADMISSION  
@HJ CODY HIGH  
SCHOOL COMMON  
AREA & FINE ARTS  
CENTRE**

**SUPPORT THE ARTS**





TIDES CENTER FOR COUNSELLING  
AND HEALTH IS ANNOUNCING

# Anxiety Groups for Teens

*Session Details*  
\$120 for 6-sessions.  
Two groups options

*Group One*  
Every Tuesday starting May 23<sup>th</sup>, at  
3:30pm to 4:30pm until June 27<sup>th</sup>

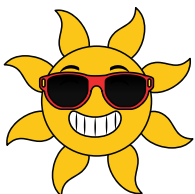
*Group Two*  
Every Thursday starting May 25<sup>th</sup>  
at 3:30pm to 4:30pm until June  
29<sup>th</sup>

*Register @ <https://tidescenter.janeapp.com>*

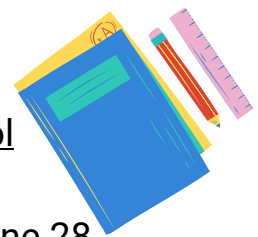
*Tides Center*  
FOR COUNSELLING & HEALTH

## Summer School

Parents can now register their students for summer school. Please visit the following link for information and registration.



<https://www.cesd73.ca/programs/summer-school>



Summer School Registration Deadline: Wednesday, June 28

Dates & Times: July 3-28, 2023, 8:30 a.m. - 12:45 p.m.

Monday to Friday (daily availability during these hours is required).

Courses Offered: Grade 10 & 11 core courses, Grade 12 non-diploma courses, CALM, Psychology, Forensic Science, and some CTS courses.

Typical Daily Workload: Approximately 6-8 hours.

For More Information email [summerschool@cesd73.ca](mailto:summerschool@cesd73.ca).



# ROCK THE DIPLOMA

A power weekend of Diploma Exam prep for  
Central Alberta high school students.

**June 9, 10, 11th, 2023**

Fri 6pm-9:30pm  
Sat 10am-4:30pm  
Sun 10am-4pm

English 30-1  
Social 30-1  
Math 30-1\*  
Math 30-2  
Biology 30 A

\*Sat & Sun 9:45am start for Math 30-1 only

**June 16, 17, 18th, 2023**

Fri 6pm-9:30pm  
Sat 10am-4:30pm  
Sun 10am-4pm

Biology 30 B  
Chemistry 30  
Physics 30

Please visit the LTCHS Career  
Centre via the QR code or at:

[www.rdpsd.ab.ca/lindsaythurber/page/6620/rock-the-diploma](http://www.rdpsd.ab.ca/lindsaythurber/page/6620/rock-the-diploma)



Fee: \$135 per course

Certified teachers with significant curriculum experience provide the tools and expertise for these sessions. Along with study notes and practice exams, this program provides a very effective Diploma Exam review.

Registration is online and all courses are in person at Lindsay Thurber Comprehensive High School in Red Deer. For more information call 403-356-5315

## Rock The Diploma

CESD will cover 50% of the \$135 registration fee for any CESD grade 12 student interested in taking one of the courses. Students/parents will need to pay the full \$135 fee and submit their receipt to CESD to receive the rebate. Please scan receipts and email them directly to [lewashen@cesd73.ca](mailto:lewashen@cesd73.ca).



# FCSS Youth Services



@flipsideyc



@flipsideyc

#catchyouattheflipside

sylvanlake.ca/flipside



# FLIP SIDE

Youth services programs connect young people to new and old friends and adult role models while they take part in activities that supports skill-building, positive relationships and self-esteem.

The Flipside Youth Centre, Upstairs | 4725 - 43 Street

T 403 887 1137 | E [youthservices@sylvanlake.ca](mailto:youthservices@sylvanlake.ca)

- » **Stay informed** Find our monthly activity calendars: [www.sylvanlake.ca/flipside](http://www.sylvanlake.ca/flipside) | Facebook: @flipsideyc
- » **Days Off:** All Flipside programs do not run on school's out days or statutory holidays. Pre-registration is required for all programs at: [www.sylvanlake.ca/flipside](http://www.sylvanlake.ca/flipside)
- » **Safety:** The Flipside has protocols to keep your kids safe while attending our programs. Please read the Flipside Parent Handbook before registering in our programs. Download it here: [www.sylvanlake.ca/flipside](http://www.sylvanlake.ca/flipside)
- » **Program Changes/Cancellations:** Programs are subject to cancellation or changes if minimum enrolment is not met. Find program updates at: [www.sylvanlake.ca/Flipside](http://www.sylvanlake.ca/Flipside)
- » **Refunds:** If your program is cancelled by Youth Services, full refunds are issued.  
**7 or more days notice:** If you cancel your registration 7 or more days before the program start date, a full refund is issued minus a \$15 administrative fee  
**Less than 7 days notice:** No refund for cancellations less than 7 days before the start date of your program.
- » **Program updates:** [www.sylvanlake.ca/Flipside](http://www.sylvanlake.ca/Flipside)

## GAME ON | Free | Grades 3 - 12 | Drop-in

Physical activities that boost moods and get the heart pumping. We've got the equipment so come play volleyball, basketball, badminton, dodge ball and more! You don't have to be an athlete to join us. All you need is a desire to play!

Flipside Youth Centre, 4725 - 43rd Street

### September 19 - June 2

No program on school's out days or statutory holidays.

Grades 3 - 6: 3:00 PM to 5:30 PM

Grades 6 - 12: 6:30 PM to 8:30 PM

### July 10 - August 25

Grades 3 - 12: 1:00 PM - 4:00 PM

## FLIPSIDE HANG-OUTS | Free | Grades 3 - 12 | Drop-in

Connect with positive adults, meet new friends, and participate in a variety activities like arts and crafts, Nintendo Switch, basketball shoot-out, foosball and group games.

Flipside Youth Centre, 4725-43rd Street

### September 19 - June 2

No program on school's out days or statutory holidays

Grades 3 - 6: 3:00 PM to 5:30 PM

Grades 6 - 12: 6:30 PM to 8:30 PM

### July 10 - August 25

Grades 3 - 12: 1:00 PM - 4:00 PM

## YOUTH SPECIAL EVENTS

### FLIPSIDE ON THE GO | AGES: 8 - 15

The Flipside is going places and we want to take you with us! Join us on the CARE-A-Van for super fun summer outings! Bus pick-up/drop-off at Flipside Youth Centre. Register [www.sylvanlake.ca/Flipside](http://www.sylvanlake.ca/Flipside)

Flipside, Upstairs, Wellness & Community Connections Centre, 4725 - 43 Street

**Fort Rocky Mountain House (Ages 8 - 11):** Take a leap back in time to before there was Hockey Night in Canada or even colour TV! We're going way back to when the fur trade was all the rage. We'll learn about history and the groups of people that helped shape this country into what it is today!

Jul 12 | 9:30 AM - 3:30 PM | \$9.20 local | \$9.20 nonlocal

**Sylvan Lake Paintball (Ages 12 - 15):** Let's try to capture that "fun factor" adrenaline rush while shooting balls full of paint at our friends. Ahhhh...now that's a stress buster!

Jul 19 | 12:30 PM - 3:30 PM | \$29.72 local | \$29.72 nonlocal

**CTRL V - Virtual Reality Arcade (Ages 8 - 11):** Escape the real world and enter a new and challenging virtual world. Play with your friends and your mortal enemies!

Jul 26 | 1:00 PM - 4:00 PM | \$25.14 local | \$25.14 nonlocal





**Calgary Zoo (Ages 12 - 15):** Who's who in the Zoo? Can't take a trip to see hippos in Africa or red pandas in Asia? Fear not! Well, maybe a little when the tigers show their teeth. We've got you covered because Flipside is heading on a cruise to the zoo!

Aug 2 | 9:00 AM - 5:00 PM | \$23.57 local | \$23.57 nonlocal

**Calgary Big Fun Play Centre (Ages 8 - 11):** Conquer obstacle courses, big wipe-out balls, or the mechanical bull. Cheer your way through the sports stadium, mazes and challenges, or the dodgeball arena. Wipeout on the giant blob and fly down the 30+ foot slides. It's gonna be BIG FUN!

Aug 9 | 9:00 AM - 5:00 PM | \$23.19 local | \$23.19 nonlocal

**Lockdown Escape Room (Ages 12 - 15):** Join us in the Tornado Shack or The Haunted Manor while we race the clock and our friends. Can you escape?

Aug 16 | 1:00 PM - 4:00 PM | \$28.62 local | \$28.62 nonlocal

**Royal Tyrrell Museum (Ages 8 - 11):** Can you outrun a T-rex? Find out by joining us on an adventure to the Jurassic Period! We'll learn neat things about the animals who ruled the planet before us! \*Flipside is not liable for any children who are eaten by a T-rex on this excursion\*

Aug 23 | 9:00 AM - 5:00 PM | \$20.59 local | \$20.59 nonlocal

## FLIPSIDE IN THE PARK | AGES: 8 - 17

The Flipside is coming to a neighbourhood near you and we're bringing extreme fun! Sign up for one or get in on them all! Space is limited. Register [www.sylvanlake.ca/Flipside](http://www.sylvanlake.ca/Flipside). Locate a park <https://geo.sylvanlake.ca/parksmap/>

Flipside, Upstairs, Wellness & Community Connections Centre, 4725 - 43 Street

**Wilderness Explorers, Meadowview Park:** Enjoy activities and crafts while you learn about our natural environment. We will be joined by a special guest and local Indigenous Knowledge Keeper who will teach us about the connection we all share with the natural world around us.

Jul 11 | 1:00 PM - 4:00 PM

**Slip and Slide Kickball, Meadowview Park:** Join us in a giant game of kickball with a very soggy twist. Make sure to wear your swimsuit and bring a towel too!

Jul 18 | 1:00 PM - 4:00 PM

**Ultimate Wide Game, Meadowview Park.** We are in a park so we just gotta play! Join us for ultimate frisbee, grounders, and a wacky version of kickball.

July 25 | 1:00 PM - 4:00 PM

## Wonderful Wizarding World, Leaderfield West Park:

Grab your broomsticks and floo powder to join us for this magical experience. Visit Ollivander's wand shop to create your own wand and take a crack at playing in a good ol' fashioned game of Quidditch!

Aug 1 | 1:00 PM - 4:00 PM

**Rainbow Mantracker, Leaderfield West Park:** Tie-dye your very own rainbow bandana and wear it proudly in a fun game of Mantracker in celebration of Central Alberta Pride Week!

Aug 8 | 1:00 PM - 4:00 PM

**Backyard Bash, Leaderfield West Park:** Try out a bunch of your favorite backyard games! From bocce ball to ladder ball to tug-of-war to cornhole, the possibilities are endless!

Aug 15 | 1:00 PM - 4:00 PM

**Amazing Race, Leaderfield West park.** Join your best teammates as you put your physical, navigation, and out-of-the-box thinking skills to the test and compete for the title of Amazing Race Sylvan Lake. Don't forget that teams look best when they're matching, so don't shy away from making your team the most eye-catching one in the race!

Aug 22 | 1:00 PM - 4:00 PM

## KIDS CONNECT | AGES: 8 - 11

Kids Connect's got something for everyone to help beat the summer heat! Sign up for one or all three. We'll catch you at the Flipside! Register at [www.sylvanlake.ca/flipside](http://www.sylvanlake.ca/flipside)

Flipside, Upstairs, Wellness & Community Connections Centre, 4725 - 43 Street

**Meet Us at the Movies.** Meet us at Silver Lake Cinemas and enjoy Pixar's Elemental! We've got the tickets covered but bring cash if you wanna fill up on snacks.

Jul 20 | 1:00 PM - 4:00 PM

**Wild Wetlands and Waterways:** Partnering with Kerry Wood Nature Centre, we're bringing the pond to you to. Discover the dynamics of life in a wetland and an up-close-and-personal look at live pond critters.

Aug 3 | 1:00 PM - 4:00 PM

**Mario Kart Tournament:** The teens don't get to have all the fun. There's room for TWO best Mario Kart racers in Sylvan Lake! Leave your rivals in the dust and win prizes for your efforts.

Aug 17 | 1:00 PM - 4:00 PM

## Little Warriors | Ages: 8 - 12

Mini-lessons that encourage your child to move, create, breathe, and play with intention. Children learn to use breath as a tool to self-regulate and stretch their bodies to release tension. Art activities promote self-awareness while play builds social skills. Register at [www.sylvanlake.ca/flipside](http://www.sylvanlake.ca/flipside).

Flipside, Upstairs, Wellness & Community Connections Centre, 4725 - 43 Street

July 11 - July 25 | Tuesday, 1:00 PM - 3:00 PM



# Youth Services

## Peacekeepers | Ages: 12 - 15

Find your way to inner peace through creative self-awareness activities. Learn to connect with yourself through art experiences. Register at [www.sylvanlake.ca/flipside](http://www.sylvanlake.ca/flipside).

Flipside, Upstairs, Wellness & Community Connections Centre, 4725 - 43 Street

August 1 - August 15: Tuesday, 1:00 PM - 3:00 PM

## Press Pause | Ages: 8 - 15

Become cool as a cucumber with this series of wellness activities! Promotes positive mental health and a healthy and happy life. Register at [www.sylvanlake.ca/flipside](http://www.sylvanlake.ca/flipside).

Flipside, Upstairs, Wellness & Community Connections Centre, 4725 - 43 Street

Ages 8 - 11: July 19, August 2, August 16

Wednesdays, 1:00 PM - 3:00 PM

Ages 12 - 15: July 12, July 26, August 9

Wednesdays, 1:00 PM - 3:00 PM



## SUMMER SPARCS AT THE BEACH | DROP-IN

SPARC Sylvan Lake is bringing weekly activities to the beach! SPARC helps kids grow up great! Find us at the Beach Hut just across the street from More Moo and east of the washrooms.

**Family Photo Scavenger Hunt:** Stroll, pedal, skate, or scooter the streets of Downtown Sylvan visiting iconic locations and sites. Take photos and build memories as a family; then head back to the beach hut to collect your prize

Jul 13, Aug 3 | 3:00 PM - 7:00 PM

**Lawn Olympics:** Cornhole, sack races, lawn bowling, backyard frisbee golf...oh my! Friendly competition and sportsmanship will be the focus of these games. Age categories will be created, and medals awarded at 6:30 PM. Arrive early to ensure you have time to complete each event.

Jul 20, Aug 10 | 3:00 PM - 7:00 PM

**"This is Us" Family Art Experience:** As a family, create and display a piece of art that represents YOU! All art supplies and large canvases will be supplied, but if you have any additional items or supplies you would like to bring, please feel free to do so.

Jul 27, Aug 17 | 3:00 PM - 7:00 PM

**Amazing Race Family Edition:** Family teams de-code clues, chat up locals, and perform physical and mental challenges that highlight Sylvan Lake's culture, history, or economy. Families can race by foot, bike, skateboard, or scooter and prizes will be awarded!

August 24 | 3:00 PM - 7:00 PM

## TRAINING AND WORKSHOPS

### Summer Leadership Retreat | Ages: 12 - 18

A hands-on learning experience to teach teens valuable leadership skills! Teens have the freedom to practice those skills while helping with our summer youth programs.

Volunteering

- » Complete a minimum of 15 hours from July 10 until August 25
- » Volunteer hours are typically between 9 AM and 4 PM

Register

- » [www.sylvanlake.ca/Flipside](http://www.sylvanlake.ca/Flipside)

Questions

- » [youthservices@sylvanlake.ca](mailto:youthservices@sylvanlake.ca)

Flipside, Upstairs, Wellness & Community Connections Centre, 4725 - 43 Street

July 4 - July 7: 10:00 AM - 2:00 PM

### Youth IMPACT Coalition

Free | Ages: 12 - 18 | Registered

IMPACT (Individuals Making Positive Action and Change Today) teens serve as a voice for youth in our community, volunteering their time to discuss ways to make Sylvan Lake better and rolling up their sleeves to make it happen! Teens can nominate themselves or be nominated by teachers, youth workers, and other adults. Youth choose IMPACT projects, such as:

- » Paint the Town | colourful murals in storefront windows
- » Proclamation of PRIDE week in Sylvan Lake
- » Positive Rock Garden | partnered with local seniors to paint positive messages
- » Impact the Environment | beach cleanup, "CREATE" pocket park
- » Youth vaping policy change advocacy
- » Yellow Fish Road Project

**Meetings twice per month:** Thursdays, 5:30 PM - 7:30 PM  
For more information or to get involved:  
[sylvanlake.ca/SPARC](http://sylvanlake.ca/SPARC) | [impact.sylvan@gmail.com](mailto:impact.sylvan@gmail.com)



## TEEN CONNECT | Free Ages: 12 - 17 | Registered

One Thursday per month, Flipside hosts special events for the teens. Meet new people, try new things, and have something cool to add to your Snapchat story. Register at [www.sylvanlake.ca/flipside](http://www.sylvanlake.ca/flipside)

Flipside Youth Centre, 4725-43rd Street

### Teen Game Night

Bring out your competitive side! We have backyard games, card games, lifesize board games, trivia games, and more.

May 25 | 6:30 PM - 8:30 PM

### Spaced Out

Calling all future astronauts! Join us for an out-of-this-world Astro-Planetarium show! Participants will get an up close and personal look at things that are light-years away while learning about what makes the world go round!

Jul 13 | 1:00 PM - 4:00 PM

### Mario Kart Tournament

Here's your chance to prove that you're the best Mario Kart racer in Sylvan Lake. It's not just bragging rights up for grabs. Winners receive prizes too!

July 27 | 1:00 PM - 4:00 PM

### Crochet Club

You know what's cool? Having the ability to make your own blanket or mittens. Join us and learn the basics of crocheting! You're sure to get hooked! See what we did there?

Aug 10 | 1:00 PM - 4:00 PM

### Milkshakes and Movies

Cool off with a freshly made milkshake while enjoying the sights and sounds of Jurassic Park

Aug 24 | 1:00 PM - 4:00 PM

## Positive Youth Development Strategies\*

Young people are more likely to grow up successfully when they experience developmental relationships with important people in their lives.

Developmental relationships are close connections through which young people discover who they are, cultivate abilities to shape their own lives, and learn how to engage with and contribute to the world around them.

The Search Institute outlines five elements that make relationships powerful in young people's lives. We'll feature one element in each guide, but you can view them all at: [sylvanlake.ca/SPARC](http://sylvanlake.ca/SPARC)

1. Express care
2. Challenge growth
3. **Provide support**
4. Share power
5. Expand possibilities

### Element 3: Help me to complete tasks and achieve goals

Actions you can take include:

- » **Navigate:** Guide me through hard situations and systems
- » **Empower:** Build my confidence to take charge of my life
- » **Advocate:** Defend me when I need it
- » **Set boundaries:** Put in place limits to keep me on track

### \*Developmental Assets® by Search Institute®

Get help and more information on how to empower youth:

Youth Services: 403 896 4946 | [cholbein@sylvanlake.ca](mailto:cholbein@sylvanlake.ca)



## JOIN US AT THE SKATEPARK

### Skatepark Ambassadors

The Ambassadors are back this summer! They'll be at the skate park 7 days a week until August, coaching users in all the tricks and tips to improve their skills. Look out for some great workshops and competitions coming this summer too!

### Skatepark Season Opener

Meet our Skatepark Ambassadors, participate in mini competitions, and have a hot dog! Families are encouraged to come! Families learn skate culture, etiquette, and the benefits of skateboarding, scootering, and BMX biking.

June 17 | 11:00 AM - 3:00 PM