

# Middle Childhood NEWSLETTER



April 2019

## Community Outreach Services

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  Roots of Empathy	2	3  1-3pm Carla's School Hours 3:15-4:15pm Homework Help	4	5  Leaps & Bounds Grade 5	6
7	8  Roots of Empathy	9	10  1-3pm Carla's School Hours 3:15-4:15pm Homework Help	11  ASK Meeting 6:30pm 627 Patricia St.	12  Leaps & Bounds Grade 5	13
14	15  Roots of Empathy	16	17  1-3pm Carla's School Hours 3:15-4:15pm Homework Help	18	19  GOOD FRIDAY NO SCHOOL	20
21	22  EASTER MONDAY NO SCHOOL	23	24  1-3pm Carla's School Hours 3:15-4:15pm Homework Help	25	26  Leaps & Bounds	27
28	29  Roots of Empathy	30		<b>JASPER PRIDE FESTIVAL April 25-28</b> 		



**BRAIN BOOST:** a fresh fruit or veggie snack for children in Jasper schools.

## Go Girl Conference | May 4 | Whitecourt

The Go Girl Conference is a one-day event for girls aged 11-15 that hopes to inspire and engage girls in healthy active lifestyles by providing them with opportunities to experience a variety of sports and activities. Girls face unique challenges in today's society; according to Girls in Motion they are more prone to sedentary behaviour and at greater risk for substance use than boys. At the conference, girls are invited to see-and-try a variety of physical activities and sports and to participate in sessions on nutrition, body image and wellness issues. Community Outreach Services hopes to take 30 young participants from Jasper to this exciting and important learning day. **CONTACT CARLA TO REGISTER!**

Community Outreach Services offers healthy, balanced lifestyle options and confidential, non-judgmental support for all ages in Jasper, AB.



Carla Gallop  
627 Patricia St.  
M-F 9:00 am - 4:30 pm  
P: 780-852-6544 F: 780-852-2147  
cgallop@town.jasper.ab.ca



# Yellowhead County GO GIRL 2019

CONFERENCE MAY 4, 2019

Registration opens April 1, 2019. Registration closes April 27, 2019.  
\$20 includes lunch and snacks.

**To Register Contact:**  
**CARLA GALLOP**  
780-852-6544  
**ANNA DECLERCQ**  
780-852-6543

Join us in Whitecourt at the Allan & Jean Millar Centre for a one day, get active conference for girls in grades 5-9.

Sessions include:

Kickboxing, Stand Up Paddleboard,  
Mountain Biking, Gymnastics,  
Cheerleading, and more...



## 2019 Sports Camps in Jasper

**July 7-12 & July 14-19**

Volleyball Camp  
volleyballalberta.ca

**Aug. 4-Aug. 9**

Skating Camp  
gschaeffer@mac.com

**July 21-26**

Amateur Wrestling Camp  
albertawrestling.ab.ca

**Aug. 18-Aug. 23**

Sylvan Lake Hockey Camp  
Sylvanlakehockeycamp.com

**July 28-August 2**

Basketball Camp  
rockymountainhoops.ca

**Aug. 11-Aug. 16**

Soccer Camp  
challengersports.com