



Parkhill Skating Club

Monthly Newsletter

Upcoming Dates

September

27 Synchro Begins today

Welcome back to our Adult and Star 4 Team members. We also welcome back Star 3 team on October 2.

October

2 & 7 Regular Season Begins

We look forward to seeing our new and returning skaters!

9 & 14 CanSkate Information Session 6p

Join us for a Q&A session to learn more about the CanSkate program, fundraising, volunteering, and more.

9 StarSkate Information Session 5 & 7

Join us for a Q&A session to learn more about the StarSkate program

16 JD Sweid Food Fundraising Due

16 Board Meeting @ 6pm

27 & 29 Halloween Theme Day

Have your skaters come to the arena in their favourite Halloween costume, skate to spooky music, play Halloween games, and get some Halloween Treats after their session.

Social Media



@Parkhillskatingclub



@Parkhill Skating Club



<https://parkhillskatingclub.wixsite.com/mysite>

Welcome Back!

Hello Skating Families! Happy Fall and welcome back to skating! We are so excited to see all of our new and returning skaters! We can't wait to kick off the 2025-2026 skating season with all of you and we already have so much fun planned for your skaters.

Each month a Newsletter will be emailed to you and posted on our website to help keep you up to date with all the important information for that month, such as theme days, testing dates, and more. Be sure to keep an eye out for each newsletter. You can also check out the Social Media pages (Instagram and Facebook), along with checking out the club's website and bulletin board in the arena for important information.

Important: Please ensure your skater checks in at the table in the lobby at the beginning and end of each night as we use their name tags to identify which stage of CanSkate they are in. Also, for our CanSkating families, there is an attached letter that explains a little more about the program.

Looking forward to a wonderful season!
~ Parkhill Skating Club

About our Club

Our Programs Are Growing! This year we will be celebrating 50 years!

We're proud to share that, our club, based in Parkhill, Ontario, has been recognized in the CanSkate and STAR 1-5 Excellence Recognition Program by Skate Ontario. This recognition reflects our ongoing commitment to providing high-quality, inclusive skating programs for our community. Our programs run on Tuesday and Thursday evenings from October to March.

This season, our CanSkate sessions will be extended to 45 minutes, giving skaters more valuable coach-directed time on the ice. Alongside our certified coaches, our enthusiastic Program Assistants help support and guide skaters as they build their skills and confidence. We've also made exciting changes to better support our skaters' development.

Returning participants will notice the introduction of Junior STAR and Senior STAR groups, a change designed to allow for more focused instruction and personalized lesson plans tailored to each skater's individual level and goals. None of this would be possible without the hard work and dedication of our coaches, program assistants, board members, and volunteers. Your commitment is what makes our programs thrive, thank you!

Please see the CanSkate letter attached separately for more information!



Want to learn more about our coaches? Check out our bulletin board and website!

Parkhill Silver Blades

We are moving into our 4th year with our synchro program. Last season we had 3 synchro teams: Star 3 (Intro to Synchro), Star 4 (Competitive), and Adult and are very excited to be offering the same teams this season! They performed at the Mount Brydges Gala, Holiday Showcase, and Rising Stars Competition, and our "Candyland" Carnival. Our Star4 team competed at two more events in Baltimore and Oakville, earning a bronze medal and 4th place at these competitions!



PARKHILL
Silver Blades

Fundraising

How Does Fundraising Work?

When you registered your skater, you provided a post-dated fundraising cheque—\$250 per skater, up to a maximum of \$500 per family. This amount can be reduced throughout the year by participating in our various fundraising opportunities.

Each fundraiser offers a different return amount, which will be tracked for you. When you receive your completed order form from a fundraiser, it will include the amount you've earned toward your fundraising commitment.

If you'd like to check your current fundraising balance at any time, feel free to contact Jen at jen_mcneil@hotmail.ca. We'll also send out an update later in the season so you'll know exactly where you stand.

October Fundraiser

This month's fundraiser is JD Sweid Food. On the next page, there is an attachment with the different items you can purchase. As with all our fundraisers, you can pick up a form at the CanSkate table or print off your own copy from the website by going to → Info → Fundraising. Please have forms back to skating no later than October 16. There will be a bin you can put your completed forms in.





JD-SWEID
FOODS
FUNDRAISING

Effective September 2025 to January 2026

Product List



Boneless Chicken Breasts

UNCOOKED

Our highest quality Boneless Breast now has reduced sodium and comes in a larger 3kg box.
#3295609 | Pack Size: 3.0 kg | Approximate pieces: 15
Fundraising Selling Price \$43.00



Quik Strips™

FULLY COOKED

Bite-sized unbreaded breast strips that have been roasted in the oven. Great for salad and wraps.
#6905605 | Pack Size: 2.0 kg | Approximate pieces: n/a
Fundraising Selling Price \$42.00



Mild Spicy Breaded Chicken Bites

FULLY COOKED

Juicy, boneless breast meat bites in a deliciously seasoned crumb coating; perfect plain, dipped or sauced.
#6325601 | Pack Size: 2.0 kg | Approximate pieces: 55-70
Fundraising Selling Price \$34.00



Tender L'Oven Chicken Strips

UNCOOKED

An all time favourite... our whole tenderloin, lightly breaded and ready to cook in your oven!
#4325603 | Pack Size: 2.0 kg | Approximate pieces: 40-45
Fundraising Selling Price \$36.00



Spicy Breaded Chicken Breasts

UNCOOKED

Tender sliced whole breast portions lightly breaded in a spicy coating.
#4305602 | Pack Size: 2.0 kg | Approximate pieces: 15
Fundraising Selling Price \$45.00



Breaded Chicken Burgers

FULLY COOKED

Our 100% breast meat chicken burgers now almost TWICE the size. Take a big bite out of a favourite meal everyone will love.
#6345603 | Pack Size: 2.5 kg | Approximate pieces: 20
Fundraising Selling Price \$31.00



Homestyle Chicken Pieces

FULLY COOKED

Lightly breaded seasoned chicken pieces that are finger lickin' good. Two full chickens cut into pieces ready to enjoy.
#6365610 | Pack size: 2 Chickens / 18 pieces
Fundraising selling price \$33.00



Breaded Stuffed Chicken Breast Divan

UNCOOKED

All white boneless breast meat filled with broccoli and a blend of Cheddar and Mozzarella cheeses; coated in a crisp breading.
#4395604 | Pack Size: 1.36 kg | Approximate pieces: 12
Fundraising Selling Price \$31.00



Breaded Stuffed Chicken Breast Cordon

UNCOOKED

All white boneless breast meat filled with processed Swiss cheese and ham; coated in a crisp breading.
#4395602 | Pack Size: 1.36 kg | Approximate pieces: 12
Fundraising Selling Price \$31.00



Breaded Chicken Parmesan

UNCOOKED

Seasoned 100% white breast meat, formed and layered with tomato sauce, mozzarella and parmesan cheeses coated in a crisp breading.
#4395600 | Pack size: 2.7 kg | Number of pieces: 18
Fundraising Selling Price \$38.00



Mild Breaded Chicken Wings

FULLY COOKED

Breaded and seasoned wings to be enjoyed plain or dressed with your favourite sauce!
#6215601 | Pack Size: 2.0 kg | Approximate pieces: 40
Fundraising Selling Price \$33.00



Dry Garlic Ribs

UNCOOKED

Try these delicious riblets to serve a perfect appetizer. They can be served plain or topped with our Montreal steak spice.
#4145600 | Pack Size: 2.0 kg | Approximate pieces: 60
Fundraising Selling Price \$31.00



Classic Choice Beef Burgers

UNCOOKED

Our 5.3oz tender, juicy and delicious beef burger. Perfect for grilling it can be dressed up just the way you like it.
#1030196 | Pack Size: 4.54 kg | Approximate pieces: 30
Fundraising Selling Price \$51.00



Veggie Sensations **NEW**

FULLY COOKED

A delicious patty made with a blend of brown rice, mushrooms, rolled oats, onions and three kinds of cheese, contains no meat or soy products. A quick and easy meal - just heat and serve!
#6815600 | Pack Size: 2.5 kg | Approximate pieces: 20
Fundraising Selling Price \$33.00

Allergens: **E** = Eggs **M** = Milk Ingredients **S** = Soy **Su** = Sulphites **W** = Wheat **MU** = Mustard

All products are produced in a facility that handles the above allergens and labels may include a "may contain statement" as a declaration.

**ALL OF OUR PRODUCTS
ARE SOLD FROZEN**

Product	Serving Size	Calories	Fat	Sat. Fat	Trans	Cholesterol	Sodium	Carbs	Protein
Boneless Chicken Breasts	1/2 breast (100 g)	90	2 g	0.4 g	0 g	50 mg	450 mg	0 g	17 g
Quik Strips™	100 g	140	3 g	0.5 g	0 g	75 mg	460 mg	2 g	25 g
Mild Spicy Breaded Chicken Bites	4 pieces (100 g)	160	2 g	0.3 g	0 g	35 mg	800 mg	19 mg	13 g
Tender L'Oven Chicken Strips	2 pieces (100 g)	180	5 g	0.5 g	0 g	30 mg	470 mg	21 g	13 g
Spicy Breaded Chicken Breasts	1 breast (100 g)	180	5 g	0.5 g	0 g	40 mg	420 mg	19 g	15 g
Breaded Chicken Burgers	1 piece (126 g)	250	11 g	2.5 g	0.2 g	50 mg	630 mg	24 g	14 g
Homestyle Style Chicken Pieces	1/2 piece (100 g)	210	15 g	3.5 g	0.1 g	55 mg	470 mg	5 g	15 g
Breaded Stuffed Chicken Breast Divan	1 breast (113 g)	210	10 g	3.5 g	0.2 g	40 mg	480 mg	15 g	14 g
Breaded Stuffed Chicken Breast Cordon	1 breast (113 g)	220	10 g	3g	0.1 g	45 mg	760 mg	14 g	17 g
Breaded Chicken Parmesan	1 piece (150 g)	330	16 g	3.5 g	0.2 g	45 mg	480 mg	29 g	18 g
Mild Breaded Chicken Wings	2 pieces (100 g)	250	14 g	3 g	0.1 g	75 mg	630 mg	16 g	14 g
Dry Garlic Ribs	5 pieces (150 g)	330	21 g	6 g	0.2 g	67 mg	620 mg	4 g	27 g
Classic Choice Beef Burgers	1 piece (150 g)	430	37 g	15 g	2 g	130 mg	660 mg	3 g	21 g
Veggie Sensations	1 piece (113 g)	250	9 g	2 g	0 g	10 mg	390 mg	34 g	9 g

On-Going Fundraisers

FlipGive

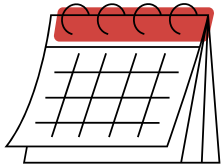
Open the FlipGive App on your phone or tablet or join our team and **type in XHQZJG** for another phenomenal season of shopping and fundraising in support of the Parkhill Skating Program. Click on the "FlipGive" button and type in P56B5V. Don't hesitate to share the link and our team with your family and friends. Every time you shop online through the FlipGive App you give back to our skating program.

**** Please let us know if you have registered and who you would like your credits to go to: individual skater or the club ****

mabel's labels.

*** Please note: This fundraiser is a club fundraiser not an individual fundraiser:** Type in Parkhill Skating Club to participate in this fundraiser!

☼☼ Great for labeling all items for skating and school! ☼☼



Win Cash and Support Our Program with the Living on the Edge Cash Calendar!

Here's how it works:

With registration, each skater was asked to sell 4 cash calendars. When you have sold a calendar, please cut the bottom half of the calendar off and bring it to skating. There will be a place to put them at the CanSkate table in the lobby.

Draws will take place every Tuesday and Thursday in February, with special draws on Valentine's Day and during our Skating Carnival. \$100 prizes will be up for grabs! Plus, a portion of the proceeds from each calendar sold will go towards your personal fundraising obligations.

**** If you would like to buy more cash calendars, they will be available for sale throughout the skating season!**