

WOLFPACK HOWLER

Principal's Message

As my first school year as principal at Woodhaven draws to a close I feel it is more than safe to say that there isn't a soul who could have envisioned the school year would have ended the way it will this year. Without question, we knew from the beginning, with the new school addition and a new principal, that we would be going through changes here at Woodhaven. But this? To start this month's message, I would like to address the calls I've received from parents and guardians who are concerned about their son or daughter falling behind academically due to the cancellation of classes. This is, in my mind, a legitimate concern. Under any other circumstances missing the last three months of in class schooling would be a considerable challenge for any student to overcome. However, these are unique circumstances indeed. As mentioned in last month's message, it is important to consider that teachers are continuing to prioritize the learnings that will have the greatest impact on students as they transition to their next grade or next subject course. While distance learning benefits some



students more than others, for the most part we need to take solace that much has been done this year already to ensure the future success of our students. Although, all students missed a considerable amount of classroom instruction, fortunately we are all in this together and we will get through it together. On another note, the last day of remote learning classes is Friday June 19th. What does this mean for students? The 19th will be the last day to submit assignments/complete tests and quizzes for the term three report card. This date was chosen to provide teachers with the opportunity to grade final (and late) assessments and complete comments for the report card that is scheduled to be posted online on June 29th. Please note, assignments submitted after 3:30 pm on June 19th will not be included on the final term 3 report card. Further, the 19th will also be the last day for online classes and conferences.

This was done in order to give teachers the time to complete these tasks before summer hits.

On another business note, both the schedule for fees and the students supply lists will be posted on the school website before the end of June.

While we continue to work in making our students as successful as possible under the current remote learning model, we still have an eye turned to next year. One bit of feedback that students, parents and guardians have made loud and clear is in regards to complementary courses (a.k.a. options). Specifically, there are concerns with the variety of courses available to students. We have heard you loud and clear. First of all, it is important to note that complementary courses are only offered for grades seven through nine. With requirements to provide music, French and art classes for our grade five and six students, offering complementary courses would severely limit the amount of time we could offer for Language Arts, Math, Science and Social Studies. Now, not an excuse, rather an explanation: with the new addition and modernization, we have had to limit the number of complementary courses we have been able to provide. For example, at the begin-

What's inside

Maranatha	PG. 3
Athletics	PG. 4-5
School Council	PG. 7
Music & Choir	PG. 8
Modernization	PG. 10
Woodhaven Rocks	PG. 13
COVID Resources	PG. 20

Key Dates:

- Last Day of Remote Learning
June 19
- National Indigenous Peoples Day
June 21
- Report Cards Posted Online
June 29
- Return Borrowed Technology
June 22-24

Principal's Message (con't from pg. 1)

Please Note: All technology (Chromebooks, iPads) borrowed from the school for remote learning must be returned between Monday June 22th to Wednesday June 24th.

Woodhaven Middle School is remains open, 8:00 am to 3:30 pm during regular school days. Due to construction, our main entrance is currently closed. Please use the south 'Den Doors' to enter the building. In order to honour social distancing, please call in advance before coming to the school.

ning of this school year our foods lab became our library: meaning it was not possible to offer a Foods course this past school year. Next September, we will likely be in our new Foods Lab, however our Industrial Arts Lab will be renovated. To address these concerns and issues, we will be doing things a bit differently for the next school year. Before the end of June the students who are currently in grades six through eight will be receiving an invitation to pick the complementary courses they would like to take next year through an online survey. It is our hope to build the schedule around student requests, and in doing so we hope to get more students into the courses they would most likely prefer. It will also allow us to begin complementary courses earlier in the school year. Please look for this in early June. Now, one big question on everyone's mind is what will school look like when students are scheduled to return on August 31st? And the answer, unfortunately is...it depends. As I mentioned in the May newsletter, the decision to close and open schools rests with Alberta's Chief Medical Officer for Health, Dr. Deena Hinshaw. Alberta Education has announced that it is "aiming" to have a decision regarding school relaunch on Aug. 1st. Whatever the decision, we will be ready. Taking in the lessons we have learned so far, we have already started dis-

cussions on how we can provide a better learning experience for students next year. Whether it in person or remote learning we will be prepared either way to serve our students. That said, speaking for all staff, it is our sincere hope that we will have students in seats in September. The other big question on the minds of students, parents and guardians, is will the new addition be completed by September? If you have ever had the 'pleasure' of a DIY reno at home, you already know that while there is always the possibility for complications and unforeseen circumstances in any construction/renovation project, we remain cautiously optimistic that the new addition will be welcoming Woodhaven students in the fall. As I mentioned last month, the Parkland School Division website continues to add more information and resources on topics ranging from technology lessons for parents and guardians to local community resources for both physical and mental health well being. Please visit <https://psd70.ab.ca> for details. On a somber note, to the parents and guardians of our grade nine students I want to let you know how sorry I am that your kids were denied many of the end of school year activities, such as the field trips, the drama productions, the athletics, and of course, Grade Nine Farewell, that brings closure to their years here at Woodhaven.

With the contributions the grade nines have made to the school over the past five years here, they deserved a better fate than they received. On behalf of the staff, we are extremely disappointed we will not be able to say goodbye in person. It is this lack of closure for everyone that makes this farewell so difficult to deal with. As a final point, I'd like to express that I have learned much in the last nine months at Woodhaven. Most significantly, in my first weeks as principal it became readily apparent what a strong and caring staff we have at Woodhaven. The effort and attention to detail they bring to making your children successful, both within and beyond the classrooms have inspired me to do better and be better. I also consider myself so fortunate to have found a place at Woodhaven working with the students, parents and guardians, as well as the exemplary staff here at the school. So to everyone, despite the challenges we have faced together at Woodhaven, thank you for both a memorable and wonderful year. As always if you have any questions or concerns related to supporting your student or you, your child, or your family please contact me at the school or via email at cshaw@psd70.ab.ca. From everyone at the school I would like to wish all of Woodhaven families a safe and restful summer vacation.

Maranatha Christian Program (MCP) Highlights

Virtual Online Chapel

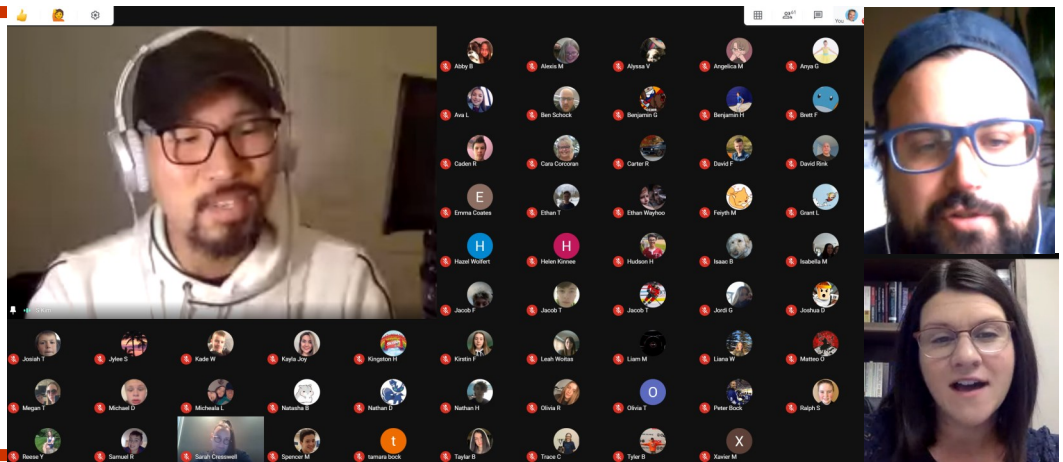
Once again, the month of May was a busy one for MCP Chapel. On the 5th, Pastor Steve Kim (below left) joined us again discussing the relationship between faith and a person's world view. As well, our very own music teacher Ms. Corcoran led us in the song '10 000 Reasons'.

May 12th chapel carried the timely theme of Hope in Dark times. Chapel went 'full digital' beginning with King and Country's inspirational video 'Together'. This was followed by the incredibly powerful video by decorated Paralympic Gold Medallist Jessica Long and her journey to 'Second Place.'

On May 19th we were blessed to be joined by PSD Board Chair Dr. Lorraine Stewart and Spruce Grove Trustee Darlene Clarke. Chapel began with Ms. Corcoran inviting students to join her in singing the inspirational song 'Way Maker'. Josh Palsky (below top right), youth pastor from Spruce Grove Alliance Church shared his views on the relationship between friends and faith. Specifically, Pastor Josh discussed the importance of good friendship, finding good friends who will build you up in your faith, and how you not only need to be there for your friends, you must also allow them to be there for you.

Allison MacGregor (below bottom right), instructor and Ph.D. candidate at Masters College and Seminary in Peterborough Ont. joined us online on May 26th to talk about 'Footprints.' Mrs. MacGregor related the story of the Apostle Paul, and how that although challenges often leads to suffering, this suffering helps us grow personally and in our faith resulting in perseverance, steadiness, reliability and ultimately, hope: and hope does not disappoint. As well, we were fortunate to have Mrs. MacGregor stay and answer questions from students. On a final note we would like to say we are so grateful for the time students are committing to attend chapel. Thank you.

**For More
information on
MCP please visit
[https://
woodhaven.psd70.
ab.ca/MCP.php](https://woodhaven.psd70.ab.ca/MCP.php)**



Final Joint Chapel/Gr. Nine Farewell June 18th

Woodhaven Maranatha Christian Program will be holding its final (online) Chapel on Thursday, June 18th at 9:00 am. This will also be the school's opportunity to say farewell to our soon to be departing grade nine MCP students. For more information please contact the school at 780-962-2626

WolfPack Athletics – May Notes

While students are away, the PE Dept. will post daily workouts, workout challenges, and a workout calendar log. Contact your child's PE teacher directly for more info.

Woodhaven Athletics

WCJHAA Virtual Track Meet

The month of May is traditionally full of track meets, but unfortunately this year, due to our current COVID circumstances, all regular track meets have been cancelled. In place of that, our athletic association (West Central Junior High Athletic Association) created a Virtual Track Meet for all students in our area to still participate and compete. Woodhaven was well represented!

Here are some of our top results:

Isabel S - Top time in the

Grade 6 girls 1500m

Nora L - Top time in the

Grade 6 girls 5km

Alex S - Top time in the

Grade 9 boys 1500m, 3000m, 5km, 7km, and 10km

Austin W - 2nd best time in

the Grade 9 boys 5km and 10km

Physical Education from Home → Work(out) from Home

Our students and physical education staff have been active all month keeping our home workouts going! Over the past few weeks, our students have successfully completed a lot and we are all very proud of them for doing their best to stay fit and have a little fun! Here is a quick look at what we have accomplished together...

- April's Push-Up Challenge
- Daily Workout Calendars targeting different muscle groups

each week

- May's Ab Ripper Challenge
- TGIF Challenges that have included:
 - Shoebox Slide
 - Cha Cha Slide Plank Edition
 - 10 Up & 10 Down
 - Tap Challenge
- Workout Wednesdays - Virtual group workouts for grade 5-6 students
- Virtual Yoga Sessions with Eileen
- Strava Run/Walk/Bike Club
- WCJHAA Virtual Track Meet
- PE Games from home

All students are reminded to keep checking their PE Google Classroom to stay connected for all Physical Education updates as we wrap up the school year!

Woodhaven Run Club

We have created a virtual run/walk club for our school on the app Strava. Let's see how much time and distance we can total during these quarantine times to help us all stay active and well! We will also be setting up some challenges on there as time goes on.

To join the club, you will need to create an account on Strava. Strava is a



run/bike tracking app that is very popular. You can find it for free in the App Store. You can link your GPS activity tracking devices (Apple Watch, Garmin, etc) to your Strava account so as soon as you log a run/walk/bike ride it automatically adds it to your Strava data and our club. If you don't have a device that tracks distance, you can simply use the Strava app to do that for you. Simply hit the record button on the app when you start your run/walk. You can also enter your indoor workouts on treadmills and other exercise equipment as well. Here is the link to our club.

<https://www.strava.com/clubs/woodhaven>

**Please note that we do not endorse meeting up and running/walking with others outside of your family at this time. Physical distancing should still be maintained.

Instagram - Stay Connected!

Follow us on our Athletics Instagram Account @WoodhavenAthletics
<http://www.instagram.com/woodhavenathletics/>

WolfPack Athletics - Continued

Athletes of the Month

Unfortunately, with no inter-school athletics taking place currently we are unable to recognize our amazing student-athletes who have represented our school very proudly this past month. Instead, we will continue to recognize many of our students who have been working very hard to accomplish their daily workouts and challenges on our PE Google Classroom. These students have posted many videos, positive encouragement, and are demonstrating the willingness to engage and stay active with our school workouts, online PE community, and challenges during the past month. Congratulations to the following students who are the May Work(out) from Home Athletes of the Month:

May 2020 -
 -Austin W,
 -Alex S,
 -Isabel S,
 -Terran D.

We have increased our frequency of posts so we can all stay connected during these times at home. Some items you will see on our Woodhaven Athletics Instagram include:

- Motivation Mondays
- Athletics updates and information
- Interactive trivia games
- Throwback Thursdays
- TGIF Challenge Fridays

If any students (and family members) want to share a quick video of them completing the daily workout or challenge, please feel free to do



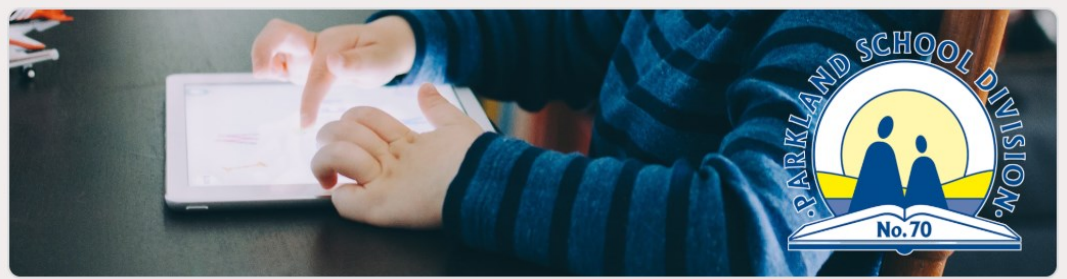
@WoodhavenAthletics so we can then share these videos on our Woodhaven Athletics Instagram. Keep Fit and Have Fun!!!

We have increased our frequency of posts so we can all stay connected during these times at home. You can see items on our Woodhaven Athletics Instagram Page

Instagram - Stay Connected!

Follow us on our Athletics Instagram Account @Woodhaven

Athletics
<http://www.instagram.com/woodhavenathletics/>



Parkland School Division: Fall Relaunch Parent/Guardian Survey

*Friendly Reminder:
Outstanding school
fees can be paid
online at:*

*[https://
powerschool.
psd70.ab.ca](https://powerschool.psd70.ab.ca)*

*If you have any
questions please feel
free to contact the
school at
780-962-2626*

Parkland School Division is planning for what the 2020-2021 school year might look like for our students, staff and families. Recently, Alberta's Ministry of Education surveyed parents to ask for feedback on three potential scenarios that are being considered. Please note, school authorities will be directed by the Ministry once they decide on a path forward and all plans will start with the most up-to-date public

health measures set by Alberta's Chief Medical Officer of Health. Knowing what's important to our families will help us plan for versions of the three different scenarios being considered by the Government of Alberta:

- Normal return to operations
- A modified school calendar - Eg. longer/shorter school day hours, alternating days, split class

attendance morning/afternoon, combination of in-class and at-home learning

- Schools remain closed for classes and at-home learning continues

Participation is completely voluntary and your responses will be kept confidential. If you have any questions about the survey, please contact divisionoffice@psd70.ab.ca.

Please contact/email the school at woodhaven@psd70.ab.ca for the link, or copy and paste the address in your browser

https://docs.google.com/forms/d/e/1FAIpQLSdfM5b-q-ComUg8tGXjiEX7s50IEmRB0VZuf_Fmm07Wd2bc1g/viewform?usp=sf_link

Please note the survey closes on Tuesday June 2nd, 2020

Locks will be Removed from the Bike Rack Jun. 15th

In scene reminiscent of the Pont des Arts Bridge in Paris, Woodhaven has acquired quite the collection of locks on the bike racks in front of the school. Unfortunately, with the modernization of the existing building scheduled to begin next fall, the racks will need to be moved further north.

As a result we are asking that if a student has a lock they would like to retrieve they need to do so before June 15th. After this date the locks will be cut off. Please contact the office with any questions you may have and thank you for your cooperation.



MAY SCHOOL COUNCIL NOTES:

School Council Meetings are now completed for the 2019-2020 school year. Please refer to the newsletter in Sept. for dates for the 2020-2021 School Year

Good News! You can now access all School Council and Parent Assoc. meeting minutes online. You can find other information about us and what we do for Woodhaven at:

<https://woodhaven.psd70.ab.ca/Parent%20Council.php>

Woodhaven Parent Council was joined by Spruce Grove School board Trustee Anne Montgomery for the May virtual meeting on the 20th. Trustee Montgomery touched on a wide variety of subjects spanning from budget and transportation to school fees and school relaunch in September.

At first glance it appears that COVID 19 will not affect education funding if new revenue numbers remain the same. The Board is cautiously assuming that there will not be another increase on the property insurance premiums (unlike last year where there was 274% mid-year increase which resulted in an unexpected one million dollar expenditure for the school division). Currently, the division is looking into other ways to get insurance to provide more consistency in terms of budgeting. Ms. Montgomery also offered that Transportation will operate within its funding envelope. The division has made progress in addressing the \$500000 deficit that occurred last year.

An audit of Board remunerations has suggested changes to the base honorarium and then additional per diem based on the committees trustees participate on. It has been proposed that trustees will receive a flat rate to save on administration costs. There is also a proposal to decrease on the trustee professional development budget leading to a total of 40% decrease in expenditures.

On the topic of school fee refunds the division is currently working on sorting out the credits which will be applied to next years costs and this should be posted by the end of the month.

Lastly, Trustee Montgomery discussed what School Relaunch will look like in September. While it is still relatively early, discussions have started. Currently, the Government of Alberta is asking for feedback from stakeholders (see opposite top). However, she did comment that it does not look like it will be a business as usual relaunch.

In his Principal's Report, Mr. Shaw provided an update on the progress of remote learning at the school. After dealing with technology issues in April, the teachers continued to work on ways to keep students engaged as the weather grew nicer. The school continues to track and contact the parents of students who are not engaging on a regular basis. As well, he reiterated that the school will continue to provide assessments leading up to a term three report card at the end of June. On the relaunch of school in September, Mr. Shaw offered that the Education Minister was very prescriptive on what and how teaching was to occur, he is thinking that it will look similar next year. If classes do not resume in September, the school is working to address the workload of teachers in split classes or who have heavier loads for various other reasons. He also commented on the extraordinary amount of time

teachers are spending preparing for remote learning lessons.

As for the addition/ modernization, furniture is being purchased with an expected arrival in mid-August.

In her report, Council of School Councils (COSC) representative, Lei Gryshik discussed the virtual meeting that occurred on May 7th. The turnout was impressive with around 25 parents in attendance, suggesting virtual meetings seemed to be helpful. There were discussions centered on how funds for school food programs are being directed back into the community. COSC is also considering having at least one meeting at a West End school each year, and introducing virtual meetings when the weather becomes inclement.

Woodhaven MS Parents' Association Report has been idle for the last two months due to the cancellation of classes. For next year the WHMSPA is hoping for an average of 1 movie night a month. Though there are quite a few fundraisers planned for next year, the goal is to share a year plan with parents in order to provide a choice in which activities they would like to participate in.

As there is no meeting scheduled for June, the next meeting will be in September. The September meeting will also be the next one will be an AGM which will be noted in the meeting minutes as notice for all parents and guardians to see. Have a good summer everyone!

Choir & Music

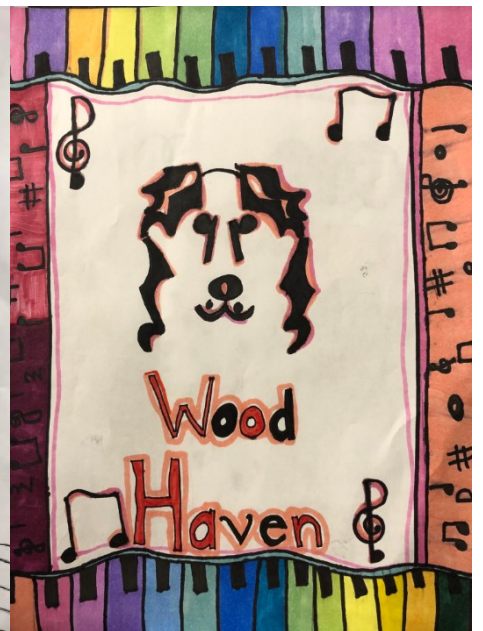
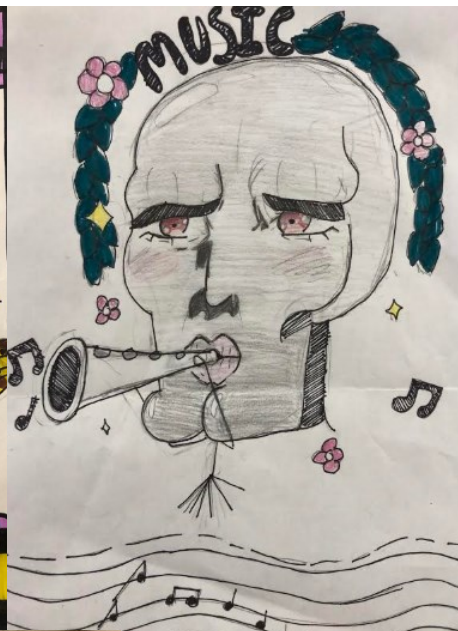
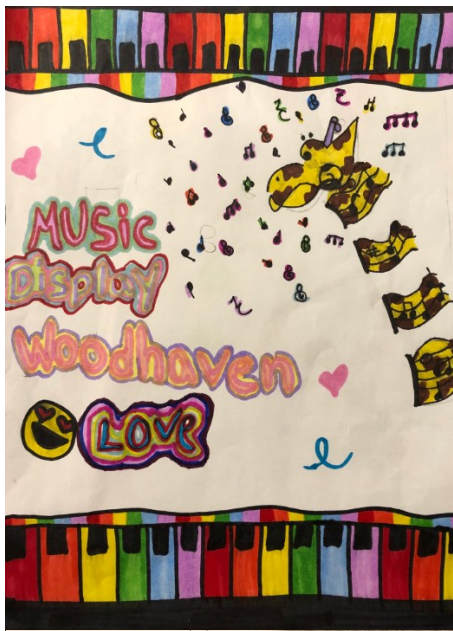
MUSIC

Year in Review



Enjoying some fresh papaya, while we were rehearsing the song "Shake The Papaya Down" :

A huge shout out to everyone that sang with Woodhaven Choir this year! They did a wonderful job performing at the Remembrance Day Assembly, singing Christmas carols for the seniors at the Good Shepherd Centre, and working so hard to prepare their songs for the Parkland Music Festival. A special Woodhaven Choir mention to **Kahimi Petrescu-Ponting** for her leadership and enthusiasm for all things musical! A giant bouquet of thanks to Mrs. Lyons for accompanying



Above: Student artwork promoting music.

Right & Left: Bella Baroque performs at Woodhaven.



Temporary Nutrition Programming For Students

Like Us on Facebook:



@Woodhaven Middle School

April 16, 2020 - Parkland School Division (PSD) is dedicated to continuous learning and finding positive steps forward with new ways to help students and their families. With classes suspended indefinitely, typical delivery of nutrition education, through such methods as Grab & Go Breakfasts and Nutrition Nooks, has been repurposed to provide funds to local non-profits capable of providing or accessing food for vulnerable K-12 students and their families.



PSD believes that nutritious foods contribute to an optimal learning environment and students' ability to engage in education, whether in class or at home. "Our teachers are doing a great job of getting nutrition information and lessons to students through online and distance learning," Felicia Ochs, PSD Wellness Coordinator said. "It is wonderful that we are now able to use the rest of our Nutrition Grant to help feed students and families in need."

Following Alberta Education's directives, school authorities have been instructed to find innovative ways to provide meals to students, and Alberta Education has confirmed that funding for nutrition programming will continue for the remainder of the school year. The Division will share approximately \$75,000 of its provincial grant funding with local non-profits Auggie's Café, the Parkland Food Bank and Neighbourlink Parkland.

"We are honoured to contribute to the immediate health and well-being of our students and their families and are grateful to our community partners for their involvement. This is a great example for our students of how to use cooperation and resilience during challenging times. We want them to know that there is always a way to learn and a way to help," said Ochs.

Students and families in need are encouraged to contact any of the community organizations found on pages 18-23. PSD has partnered with each to help provide additional food services, and all are taking precautions to safely provide assistance during the pandemic.

Mental Health Foundation Text4Hope



Follow us on Twitter:
@woodhavenMS

The Mental Health Foundation, in partnership with Alberta Blue Cross, Calgary Health Trust, the University Hospital Foundation, the Royal Alexandra Hospital Foundation, and the Alberta Children's Hospital Foundation, is supporting a new Alberta Health Services program Text4Hope – a free service providing three months of daily Cognitive Behavioural Therapy (CBT)-based text messages written by local mental health therapists, psychologist Dr. Marianne Hrabok, and psychiatrist Dr. Vincent Agyapong.

An Alberta-based innovation, [Text4Hope](#) is an evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke. Through a set of daily messages, people receive advice and encouragement helpful in developing healthy personal coping skills and resiliency.

Community members simply subscribe to receive ongoing supportive content. There is no cost. The program provides one-way communication and does not replace other mental health therapies and supports. It is a helpful option for people in self-isolation who can't access face-to-face services, as well as those in remote locations.

Text **COVID19HOPE** to **393939** to subscribe.

May Modernization Update: Gearing up for the Summer Push



As this is the last look at the addition/modernization for this school year, we would like to highlight not only what has been accomplished over the past month, but also what we can look forward to over the remainder of the summer.

Please see pages, 14-17 for more construction/modernization photos

Overall, a quick glance at the exterior doesn't really show much change from a month ago. However, a closer look at the new addition reveals that many of the windows and door-frames have already been installed. Further, the ma-

jority of the grey decorative brickwork has been completed throughout. In the spaces without brick, the insulators have finished their work as well. Throughout the summer months, workers will be installing the blue and white metal cladding on the remaining exposed portions of the new addition. As well, workers will be putting the finishing touches on the foyer installing the framing and glass (see pg. 17 for a rendering of the finished product).

However, unlike the exterior, the interior is a hub of activity. Both the dry walling and the brick work is nearing completion. Currently the painters have taken over the classrooms; their work is expected to be completed quickly as well. Throughout the inside the mechanical and electrical workers are working in nearly every part of the building installing their wares. The remainder of the summer will be spent on the finishing touches such as fixtures and the millwork.

Not only is the modernization progressing well, the erection of safety fences and the jackhammering of concrete in and around the existing building is a sure sign that the modernization is set to begin soon. Throughout the latter half of May the office staff have been serenaded with the sounds of concrete cutting from the inside of the existing building and jackhammering of the sidewalk from the outside. From a glass half full perspective, we have dubbed it the cacophony of progress (we will be very, very grateful when it is completed).

As it was mentioned in the Principal's Message, we are cautiously optimistic that the new addition will be welcoming Woodhaven students for classes in the fall. While there is still much work to be completed and unforeseen circumstances have the potential to derail progress we are hopeful students will be enjoying the new addition in September.

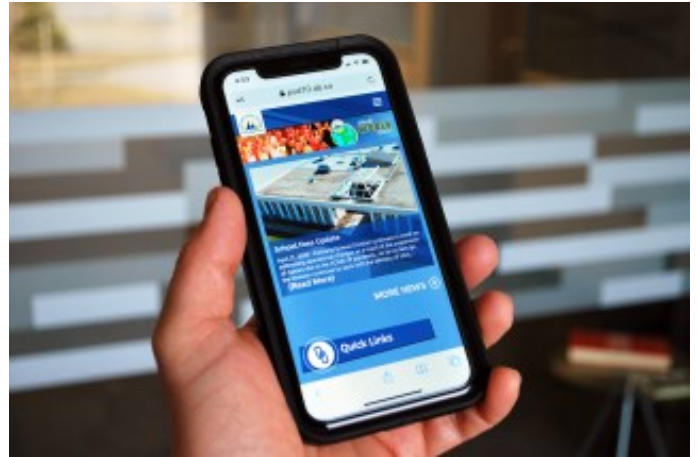
Top: A skid steer jackhammers the existing sidewalk to make way for the new landscaping

Right: Though there remains much work to be done on the school addition, the fencing around the existing building is a sign that work is transitioning from construction to renovation. This here is a before the backhoe picture and after



PSD Offers Public WiFi Access

Monday, April 27, 2020 - Parkland School Division is pleased to offer residents of Parkland County, Spruce Grove and Stony Plain free access to WiFi during the COVID-19 pandemic. The school division was approached by the Town of Stony Plain's newly formed Mayor's Task Force on COVID-19. With the ongoing impacts of COVID-19 on the community, the need for social cohesion and resiliency has never been more important. The Social Stream of the Mayor's Task Force has been established to prioritize the wellness of the community during this time of uncertainty. The Task Force is



guided by a mission to provide leadership, connect and coordinate with partners, and develop initiatives to enhance the social, emotional, and physical wellbeing of all residents. These temporary measures have been implemented effectively immediately. When in range at Parkland School Division

schools, the public may access the network PSD-Open between the hours of 7am-9pm.

Learn more about the Mayor's Task Force on COVID-19 - Social Stream and find local resources at www.stonyplain.com/Together.

Left: A look at the school with the brickwork completed April 30th.

Right: Not much difference on the outside. However, the interior is a hub of activity.





Operation

Education: Our school will receive 'Cash Back' from every Boston Pizza receipt brought to the main office. Please email the school for more details

Grab and GO Breakfast Extends a Big Thank You to Freson Bros. Stony Plain Our Sponsor for 2019-2020!

The **Woodhaven Middle School Parent Association**, on behalf of our entire Woodhaven school community would once again like express our gratitude to **Freson Bros. Fresh Market** for being our Grab and Go Breakfast sponsors for 2019-2020. As well, we would like to thank our **VOLUNTEERS** for all of their help over the past school year.



REMINDERS: Technology Return and School Fees

Please Note: All technology (Chromebooks, iPads) borrowed from the school for remote learning must be returned between Monday June 22th to Wednesday June

Friendly Reminder: Outstanding school fees can be paid online at:

<https://powerschool.psd70.ab.ca>

If you have any questions please feel free to contact the school at 780-962-2626

WODHAVEN MIDDLE SCHOOL

475 King Street
Spruce Grove Alberta
T7X 0A4

Phone: 780-962-2626
Fax: 780-962-8515
Email: woodhaven@psd70.ab.ca

Principal:
Chris Shaw
Phone: 780-962-2626
Fax: 780-962-8515
Email: cshaw@psd70.ab.ca
Twitter: @seedshaw

Assistant Principal:
Marcie Enders
Email: menders@psd70.ab.ca

Head Secretary:
Crystal Golinowski
Email: cgolinowski@psd70.ab.ca

Twitter: @woodhavenMS

CASL
Canada's anti-spam legislation



PSD has implemented a new system for newsletter distribution. If a family has approved to receive emails as per the Anti-Spam legislation, they will automatically be emailed this newsletter on a monthly basis. If a family does not approve to receive emails as per CASL, then newsletters will be available on the Woodhaven website for download. The most recent newsletters will be available on the home page. Back issues are available on the newsletter archive page under the 'For Parents' tab.

Feeling Creative?

Drop off your own painted rocks at the Woodhaven Office and we'll show them here before putting them in the community for people to find!



#woodhavenrocks

PIC•COLLAGE



Please respect health standards and **DON'T TOUCH THE ROCKS** or sanitize your hands immediately after touching.

PIC•COLLAGE



May Photo Gallery



With classes postponed it goes without saying that opportunities to check out the progress of the new addition are few and far between. Would like to share with you the progress that has been made so far. *Above:* Now. *Below:* Soon!



May Photo Gallery



Above: Now
Below: Soon!





Above: Now
Below: Soon!





Above: Now
Below: Soon!





CHANGE Health Community Program

Online Program components to support families.

The CHANGE Health Community Program now offers online live sessions and weekly activity challenges on social media. These sessions are designed to help families stay connected while still social distancing.



Families can participate in the CHCP Program Boxes which are delivered to their doorstep and contain healthy and fresh produce or activities related to our weekly theme.

Families can stay connected to their community and others through live face to face weekly sessions. Each week one of our health care professionals will lead the discussion and include fun activities to engage families and answer questions.



We will return to face to face programming as soon as it is safe to do so. In the meantime, our online program delivery offers a fantastic opportunity to stay active and connected.

For more information or to register for the program please contact us at chcp@ualberta.ca

Follow us on Facebook @ CHANGE Health Community Program



CHANGE Health Community Program

Program components to support families.



FAMILIES

- A program for families looking to improve their health and connect with their communities
- Customized to individual family's goals and needs
- Community based team delivery



ONE YEAR PROGRAM TO HELP FAMILIES BUILD LIFE SKILLS

- Nutrition and meal preparation
- Physical activity and lifelong fitness
- Mental health and wellbeing
- Strong partner and family relationships
- Develop strong community connections



MENTAL HEALTH AND SOCIAL CONNECTIONS

- Focus on family relationship building
- Emotional literacy
- Building health relationships and family resilience
- Connection to community resources
- Highlight community programs
- Identify places for belonging and purpose
- Communication skills



RECRUITMENT

- Sites across Alberta hosted by local schools, community leagues, YMCA's, Indigenous communities, or other community organizations
- The CHANGE team supports program staff, programming and operations
- Funding and support available to all sites to engage local resources in family recruitment, and promoting community engagement during the program



JOINT GOAL SETTING

- What aspects does the family feel is important
- What do they want to work on over the program
- Team members will help identify goals
- Goals will be customized by the family



NUTRITION AND MEAL PREPARATION

- Hands-on cooking classes with a full meal for families at each session
- Grocery budgeting
- Dietitian group visits
- Adventures in food
- Cultural food sessions



FAMILY NEEDS ASSESSMENT

- Dietary habits
- Cooking habits
- Current physical activity
- Relationships
- Mental health
- Current community connections



NATURE AND PHYSICAL ACTIVITY

- Guided nature walk
- Scavenger hunt
- Gardening
- Fort building
- Family Retreat days
- Focus on the family (doing activity together)
- Walking, biking, hiking
- Family boot camp
- Family yoga
- Obstacle courses
- Sports night



*The Blue Cross symbol and name are registered marks of the Canadian Association of Blue Cross Plans, an association of independent Blue Cross plans. Licensed to ABC Benefits Corporation for use in operating the Alberta Blue Cross Plan.
 **Blue Shield is a registered trade-mark of the Blue Cross Blue Shield Association. P#019-001 2019/09





Tri-Region COVID-19 Youth and Family Food Support

Parkland School Division is working with our amazing community partners to support families struggling with food security during the currdafgsdgent COVID-19 period. Children, youth and families can receive support through local supports that are working together to ensure children and youth have food security while school buildings are not open:

Parkland Food Bank – assisting with *monthly* food hampers. Call 780-962-4565 for intake and pickup appointments. Existing clients can register online at <https://parklandfoodbank.org/need-help/>

Auggies Café – assisting with bi-weekly lunch through a **brown bag lunch program**. Call 780-851-2098 to register and arrange pickup/delivery. Apply online www.auggiescafe.org

NeighbourLink Parkland – assisting with greater emergency or *crisis needs for food and delivery* services. Call 780-960-9669.

This funding has been generously provided by the Alberta Government School Nutrition Program and the Alberta Healthy Schools Wellness Fund.

Please Note: Every individual's information will be handled according to privacy laws. *Only authorized staff and volunteers have access to client information, based only on their need to deal with the information for the reason it was obtained. Safeguards are in place to ensure that the information is not disclosed or shared more widely than is necessary to achieve the purpose of providing food security. All staff and volunteers at these organizations have signed confidentiality agreements to keep all information about children, youth, and families confidential.*



Tri-Region COVID-19 Youth and Mental Health for Children, Youth and Families

Parkland School Division is working with our amazing community partners to support families struggling with mental health, complex behaviours and social isolation during the COVID-19 period. Children, youth and families can receive **FREE** support through local partners that are working together to ensure children and youth have access to supports and services while in-school programming has been suspended. ***These supports are NOT for specialized online learning needs. These should be redirected to your child's teacher or principal.***

Alberta Parenting for the Future

Early childhood - ages 0-5 programming and supports

<http://albertaparenting.ca/>

Online ADHD event <https://www.eventbrite.ca/e/83487329851>

Parenting support please call 780 963-0549

If you need help, phone Family Care Psychology - Free Mental Health Virtual Support

Free online intake assessment by phoning 780-963-7451

Free online group supports available weekly for parenting, grief and loss, home-schooling strategies, and teen/young adult resiliency & personal growth

Find out more about what we offer here

<http://familycarepsychology.com/onlinefamilysupport/>

If you need help, phone Little Oaks Psychology - Free Virtual Support

Free online intake assessment by phoning 780-405-4209

Free online group supports for parents, teens & young adults

Free online homeschooling strategies for kids with LD, ADHD, Autism & Anxiety

Free crisis therapy sessions via phone/online

Find out more about what we offer here

<https://www.littleoakspsychology.com/new-services>



Strong Families

Family support, conversation and connection to community supports for families across the Parkland School Division.

Vicky Mamczasz @ vmamczasz@psd70.ab.ca

Dena Davis @ dgdavis@psd70.ab.ca

Strong Families Series: Online Zoom sessions for parents. Please visit the PSD70 website for details

Strong Families weekly newsletter can also be found on the PSD 70 website.

Westview Primary Healthcare Community Connectors

Primary Care doctors are taking appointments. Phone 780-960-9533 ext 221 or go to <https://albertafindadoctor.ca/> to find clinics accepting new clients. [Youth Mental Health Clinic](#) is accepting new clients. Please fill out the [referral form](#) or connect with a Community Connector.

Community Connectors work with youth (ages 11-25) to connect them to mental health, health, and social supports.

Michelle Enright @ michelle.enright@westviewpcn.ca or 780-217-4146.

[Food Support](#)

Clothing Support - Garments of Praise: Contact Louise Millar @ 780.963.1996 to arrange for size, style and pick-up or delivery.

Please join [The Community Compass](#) to keep up with the most current regional community efforts to create a healthy community without boundaries. Connect with Felicia Ochs @ fmochs@psd70.ab.ca if you would like to share or support a community project in this region.

***This funding has been generously provided by the [Royal Bank of Canada Mental Health Navigation Fund](#).

Parent Community Information



Coronavirus Update From Alberta Health Services

<https://www.psd70.ab.ca/view.php?action=object&id=23033&stream=Homepage%20News>

Parenting Teens in the 21st Century

Sleeping Your Way to Better Mental Health

Executive Functioning (Promoting Success in Learning)

Mindfulness

Keeping Scattered Kids on Track

Technology and the Teenage Brain

Supporting Self Regulation in Elementary School Children

Breaking the Cycle of Anxiety

- <https://www.cyfcaregivereducation.ca/>



ADHD—Strictly Strategies and Now What?

- <http://albertaparenting.ca/>



FCSS Youth Programs—City of Spruce Grove

Youth Mentorship Program

Mess with Stress

The Studio

Parkland Village Youth

- <https://www.sprucegrove.org/community/programs/fcss-programs/>



Change Health Community Program

- <http://www.changehealth.ca/about-change-health/>
- Email: chcp@ualberta.ca or Phone 780-492-4488 for more information