

# WOLFPACK HOWLER

## Principal's Message

If you recall in last month's newsletter, I devoted my message to stressing the importance of student attendance. I am not sure we could have predicted how dramatically the circumstances would have changed from last month to this month. As we move closer to a home delivery model to facilitate student learning, once again, I need to thank everyone for their patience and trust. It is important to us that you understand that at the school and division we continue to be focused on developing an effective and efficient approach to address the needs of our students as well as their parents and guardians. Please know that while classes have been postponed, we are still at the school answering phones and emails, organizing resources for students, and doing the day to day activities we've always done: we remain open for business to support you and your child. I can also tell you that on Tuesday, March 31st, Woodhaven went live with online materials and assignments for our students. You can also expect that these resources will be updated weekly.

On March 20th, Education



Minister Adrianna LaGrange released guidelines and a detailed Q & A sheet for all stakeholders. Specifically, the Minister of Education has provided all stakeholders with guidelines of how many hours per week each child should be spending on school work. (For those that missed it, you can access this document on the school division website). Later on the 20th, I also shared a letter with you in which we outlined the school's short term plans to support parents and guardians as we move together through uncharted territory. Since students were directed to stay home by Dr. Deena Hinshaw, Chief Medical Officer of Health on March 15th, all of us involved in education, in the words of Minister LaGrange, have been "...working very hard to make your child's learning as normal as possible." The last two weeks have given us the opportunity to reflect on the lessons we have learned so far during this unprecedented time. An important lesson from

these circumstances is that the guidelines and expectations are in a constant state of flux. As we all work towards solutions, invariably we will need to be prepared to adopt new approaches as well as let go of approaches that are less effective.

One of the most important lessons that my staff and I have come to recognize how difficult a time this is for our students. The uncertainty of moving forward with providing education through home delivery, along with the loss of both the daily routines and social interactions that come with attending school will likely continue to take its toll on everyone: students, parents and guardians, and Woodhaven staff.

With this in mind, in talking with our colleagues who supported students through the Slave Lake and Ft. McMurray fires, we appreciate that often communication, at least initially, is as important as content. Over the next few weeks you can expect that your child's teachers will be reaching out to students both individually, and as a class, through email, various online platforms, and, if necessary, by phone to ensure this communication will continue.

We also understand this is ('Message' con't on pg. 2)

### What's inside

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### Key Dates:

Home Learning Posted Online	March 31
Green Shirt Day	April 7
Good Friday	April 10
Easter Sunday	April 13

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

(con't from pg. 1) a learning process for parents and guardians as well. Please keep in mind the school and the school division are here to support you. For example, as your child's education moves towards a home delivery model, PSD70 has created video tutorials for parents and students on how to get connected when learning from home. The link can be found on the division webpage. The [www.learnalberta.ca](http://www.learnalberta.ca) website is an excellent resource for parents and guardians.

At the school we need to ask for your assistance to ensure that readings are completed, assigned vide-

os and Google Hangouts are watched, and that work that is sent home is completed and returned to the teacher. The Minister has stated that while Provincial Achievement Exams for grade six and nine students have been cancelled for this school year, all students will still receive a final grade as well as a report card at the end of this school year that will be appropriate to their grade level. Your child's teachers are responsible for assessing their progress and assigning a final grade. Specifically, Minister LaGrange stated that "...all students who were on track to progress to the next grade will do so."

Lastly, to all of our parents and guardians, please consider that these are trying times. Take the time to take of yourself.

Since September, I have ended my message by offering you the opportunity to contact me directly with any questions or comments you may have. Under the current circumstances I need to again reiterate how important it is for you do so. Only this time, I invite you to contact your child's teacher as well. The situation we are in will invariably pass. We will get through this and we will do so by leaning on each other. Be well, take care of each other and please take care of yourself.

### Maranatha Christian Program (MCP) Highlights

## Chapel Road Trip

For more information on MCP please visit our website at:

<https://woodhaven.psd70.ab.ca/MCP.php>

On Tuesday, March 10th, Woodhaven MCP students travelled to the Christian Fellowship Church in Spruce Grove to hear Cst. Kelsey Mercer of the Edmonton Police Service. Cst. Mercer shared his journey battling Mental illness and the role that faith and God played in his recovery. From his experiences, Cst. Mercer shared the lessons he learned regarding "...control, rest, routine, grace, forgiveness, stress and most importantly the role of community support..." as he came to terms with his anxiety.



One result is the *Band Together* community; people are dedicated to "...breaking down the shame, isolation and stigma often associated with mental health and replacing it with belonging, hope and solidarity." Along the way he answered questions from students on topics ranging from policing, mental health, and of course, about faith. Once again, many thanks to Pastor Dr. David Fisher and the congregation for welcoming and hosting the entire MCP school community and to Mr. Jim Little for providing us with his expertise with the sound and lighting.

A Few Questions with WMSPA Treasurer Arizona Dyck



Arizona Dyck is a regular attendee parent council meetings and serves as the treasurer for Woodhaven Middle

*How many of your children are currently at Woodhaven?*

**I have one in Grade 9, one that was in Woodhaven and is now in high school and one coming into grade 5 next year.**

*In what capacity or role do you currently serve on council?*

**I serve as Treasurer on the Parents Association.**

*Why are you involved in school council?*

**As a new family to the area we didn't have many acquaintances. This was one way, as a stay at home parent, that I got to meet others. It also was a way to be involved in my older kids education as my youngest is special needs and I spend a lot of time involved with his school and not so much in the others.**

*What would you like to see council accomplish both in the short and long term?*

**Just to be a source of support for both the school and community. I like that we can add to the environment at the school with something simple like chair carts or the Rainbows program or CPens (electronic pens that translate text to voice for stu-**

**dents).**

*What do you feel is the biggest challenge facing Parent Council?*

**Parent involvement is definitely something we have to address often. When we don't have enough help we can't run programs or have effective fundraising to support the school.**

*Why do you feel parent/guardian involvement is so important?*

**A middle school is the age range where students are gauging what they want to do and what kind of involvement they want to have in their immediate community while learning to make independent decisions. When parents/guardians are engaged in the school community, the student can start to see that a). the main support in their life sees that their student life is important and b). being involved in their local community is worth effort and time. That kind of involvement can reach into students life and can have far reaching affects as they become adults and make decisions on what they should spend their time and effort on.**

*Why do you feel school*

*council is so important?*  
**School council is a great place to engage with school and administration staff and other parents. It is a great way to support the school by finding out what struggles and successes the school is having and helping to be a part of solutions to some of the struggles. Grab and Go exists because some staff identified some kids need food but couldn't support that long term without an outside help. Parent Council/Association can help drive some of those initiatives for the betterment of the school.**

*Any other words?*

**I know middle school is where caregivers are taking a step back from the involvement in their students school life. Students are generally more independent, that's a good thing but if they see those role models step completely away, the students will too as they become adults. Parent Council/Association also does not require hours of commitment and oodles of meetings. It can be as much involvement as someone wants to have really and the impact can still be seen by the student. It's definitely worth the time and I usually have lots of fun doing it!**

*In light of recent events surrounding COVID 19*

*School Council meetings have been cancelled until further notice.*

**SCHOOL COUNCIL NOTES: NOW ONLINE!**

**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>**

## Getting Ready for Learning at Home

Here are some helpful tips and suggestions to get everyone ready to learn at home:

- Decide where everyone can do their work most effectively and without distractions. Set up the chosen areas with all the needed supplies (e.g. technology, textbooks, pens, paper).
- Set a daily schedule and try to keep as close to your child's regular school day as possible.
- Wake up, get dressed, and have breakfast at the regular time.
- Create and 'chunk' blocks of time during the day for certain types of activities. The length of blocks of time will depend on the age of your children. 20 minute blocks of "work time" might be suitable for younger students where as older students will be able manage longer work periods (35-45 minutes per subject area).
- Schedule 2 to 3 times per day for physical activity. Get outside if possible. Physical breaks are important for staying healthy, it's a great stress reliever, it helps us focus when we get back to work, and it makes it easier to sleep at night.
- Build specific time in the schedule for special subjects like art, drama, PE, even music. You do not need to be an expert at these things. Art can be drawing with a pencil or building a structure with sticks. Music can be singing together (off-key is fine!).
- Set aside some quiet time for your children and yourself.
- If all else fails have your kids READ READ READ.
- Schedule time for healthy snack times. Have meal time reflect regular school days.
- Consider your needs as a parent or guardian, especially if you're working from home and build these into your schedule.
- Engage your child in making the schedule.
- Post your daily schedule, so everyone knows what to expect, and so you can point to it instead of answering constant questions about when something is going to happen.
- If you fall out of your schedule, don't worry about it. Just reset and try again.
- Stick with normal bedtime routines as much as possible during the week to make sure everyone gets enough sleep.

-Thanks to Joseph M. Demko Elementary/Junior High School Principal  
Les Kirchner and St. Albert Public Schools for sharing this with us

# Spruce Grove/Stony Plain MLA Searle Turton Visits Gr. 5/6 Classes



As a follow up to their visit to the Alberta Legislative building in February, Woodhaven grade five and six students welcomed Spruce Grove/Stony Plain Member of the Legislative Assembly Searle Turton and Parkland School Division Trustee for Spruce Grove Board Chair Dr. Lorraine Stewart. MLA Turton discussed aspects of government and legislation. Specifically, Mr. Turton, a former Spruce Grove City Counselor discussed the differences between motions and bills as well as differences between a government bill and a private members' bill. Other topics of conversation included legislation surrounding Epi Pens in schools, less expensive adoption options for potential parents, what it means to prorogue government, and what an MLA's schedule looks like on a day to day basis. Afterwards, Mr. Turton answered student questions on a range of topics including; What is his favourite part of being an MLA? (it's talking with kids) Has he ever met Justin Trudeau? (no, but he has met Stephen Harper) How much time does he have for his family? (there is never enough time) Even whether or not he likes turtles? (he does!)

After two different sessions with students, Mr. Turton and Dr. Stewart accepted cards of thanks from students and gathered for a group photo. All in all they were great sessions for everyone.



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Woodhaven Middle School

## Music/Choir News

For more Bella  
Baroque pictures  
please turn to  
pg. 18



On Thursday, March 12th Woodhaven grade five and six students were treated to a fantastic live performance by local music ensemble **Bella Baroque**. The musicians, playing Baroque period (1600 - 1750) pieces, on period instruments in period costumes performed two shows in the Woodhaven Gym. Between songs, the musicians provided historical commentary about the pieces they were playing, context in which the pieces were played and even how the layers of clothing provided the musicians protection from the drafty castles in which many of the musicians played.

Students were invited by Mr. Shaw to close their eyes and listen to truly enjoy the live music experience. After the performances, members of the ensemble expressed their appreciation for how attentive and well behaved the Woodhaven students were for both shows. Our students did a fantastic job representing the WolfPack!



## CLASS ACTION: Grade 8 Tiny House Project

Please see pages, 12-18 for more photos of Woodhaven student activities.



The north side addition/modernization wasn't the only construction at Woodhaven for the month of March. Grade eight students were given the opportunity to display their mathematical and design skills in the Scale Factor/Tiny House project. Specifically, students had to measure, scale down, design, and blueprint their own tiny house from start to finish. Using only foam board or cardboard, the kids were required to build to scale their 'tiny house' based on measurements

from either their own home or their classroom. As well the kids measured, scaled down, and even built their own furniture as well.

Using a scale factor of 1:10 the students converted their data of real measurements down to fit onto an 8x10 white sheet of paper. With this information, they built a 3-D



model of their room or tiny home from the blueprint. In addition to conceptual and dexterity skills, students had to mathematically show all of their scale factor calculations of all conversions. While students were only allowed to use cardstock or foam board to build the room or tiny home and furniture, they were permitted to bring their own little "decorations" or paint. Overall, the project incorporated skills from math, science and even art and design. As you can see, the results speak for themselves.



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Woodhaven Middle School

## WolfPack Athletics – March 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.*

### Basketball

County Champions! Our Senior Boys basketball team capped off an incredible season by coming from behind in the County Championship final game to defeat a very good St. Peter team. The Senior Boys were down by 11 points starting the 4th quarter and ended up winning the game by 7 points! A big thanks to all the amazing students, staff, and families that came out to support and cheer the boys on! The crowd's energy was incredible!

**Basketball season** is now all wrapped up! Thanks to the following coaches for their time and efforts over the past 4 months with our student-athletes.

Senior Girls - Mr. Chan  
Senior Boys - Mr. McLachlan & Darcy Fischer  
Junior A Girls - Ms. Butler & Ms. Furminger  
Junior A Boys - Blaine Weiss, Micah Shelton, & Ms. Enders  
Junior B Girls - Mrs. Cresswell & Mrs. Hudson  
Junior B Boys - Mr. Dhaliwal

### Spring League Basketball

Unfortunately, Spring League Basketball has been postponed until further notice. Thank you again for your patience and understanding.

### Badminton Season

Badminton tryouts for the Junior and Senior teams have started. Between the two teams we have had over 70 students tryout, and that is just the grade 7-8-9 students. We are hopeful we will still be able to have a season. Please

check back later for more updates on badminton season!

A big thanks to our badminton coaches for getting the season started:  
Senior team - Mr. Bradshaw

Junior team - Mrs. Cresswell & Mrs. Imeson

### Indoor Games Team

Our Indoor Games running team continued to have success this month. This time it was our grade 7-8-9 team. Both our A and B team won their heats on March 14th at the U of A Butterdome in Edmonton and advanced to the finals scheduled for May. The A team also had the top time out of 24 teams, and was less than 2 seconds off the all time record for this 40 year old race! Thanks to our coaches Mr. Bock, Mr. Rink, and Mr. Bradshaw.

### Wall Climbing in PE Class

Woodhaven is one lucky school - we might be the only school in our area to have its own climbing wall! This past month all of our PE students have been given the opportunity to try the boulder or high wall in the gym! We look forward to more climbing opportunities on the wall!

### Ski & Snowboard Club

The Ski and Snowboard season is now over! Thanks to all students and staff that participated in this year's Ski-Snowboard Club. A big thanks to Mrs. Schaber for all of her work planning and organizing!

### PE Distance Learning -

### Work(out) from Home

The PE staff at Woodhaven wants to keep the students active during this time



away from school. We believe Health and Wellness is important during these uncertain times. We have created Google Classrooms for each grade level where we will post daily workouts, workout challenges, a workout calendar log and other resources to stay active (indoors and outdoors). We will update the Google Classroom weekly with new activities. All parents should have received an email with their child's class code. If there are any questions, please email your PE teacher directly. These email addresses can be found on the Woodhaven Website.

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 so. This way we can all stay connected! You can share the video on your Instagram Story and make sure you tag @WoodhavenAthletics so we can then share these videos on our Woodhaven Athletics Instagram. Keep Fit and Have Fun!!!

### Instagram Account

Follow us on our Athletics Instagram Account @WoodhavenAthletics

<https://>

[www.instagram.com/woodhavenathletics/](https://www.instagram.com/woodhavenathletics/)



## WolfPack Athletics - Continued

### Athletes of the Month

Congratulations to the following student athletes who were recognized as Athletes of the Month for February 2020. These student-athletes represented Woodhaven proudly in interschool athletics while demonstrating high levels of skill, determination, and excellent citizenship qualities in our school community.

February 2020 -  
Clockwise from upper left  
Reese Y, Takai H, Koji H,  
Abby A, Dallas A,



*For February  
Athletics photos  
please see page  
11, 16-18*

## Congratulations to our Senior Boys basketball team. County Champions!



## April Modernization Update: New Renderings



**New renderings of the finished construction provide a glimpse of what the school's exterior will look like when the project is completed.**

In late March our construction partners provided us with several renderings of the completed school addition-modernization from various perspectives. The renderings show both gymnasiums clad in white. As well, grey brick covers much of the outside along with blue window and door coverings. Additionally, the entrances and portions of the existing gym have faux wood coverings. The images also give a sense of the landscaping design of the promenade in front of the future office spaces. Lastly, the renderings show how natural light will be introduced into the existing gym with the addition of new windows. While these are renderings and the overall design are still subject to change, the images reveal a clean new

look for the school.

Behind the scenes, the roof installations for the new addition is nearing completion with most of the classroom portions being done already. Concrete pours for the new classrooms surrounding the new gym have almost been completed. In the finished areas crews have been working to install the brick for the interior walls. The steel for the west classrooms and the

Styrofoam exterior walls have been installed. (see image below). Lastly, a drive by the school reveals that the scaffolding has been erected for the brick-layers to install the exterior finishes on the front of the new addition. For more images please turn to page 20. Please check out future newsletters for detail renderings of the completed project.



Follow us on Twitter:  
@woodhavenMS





### 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.



**Above: Woodhaven's Indoor Games teams**

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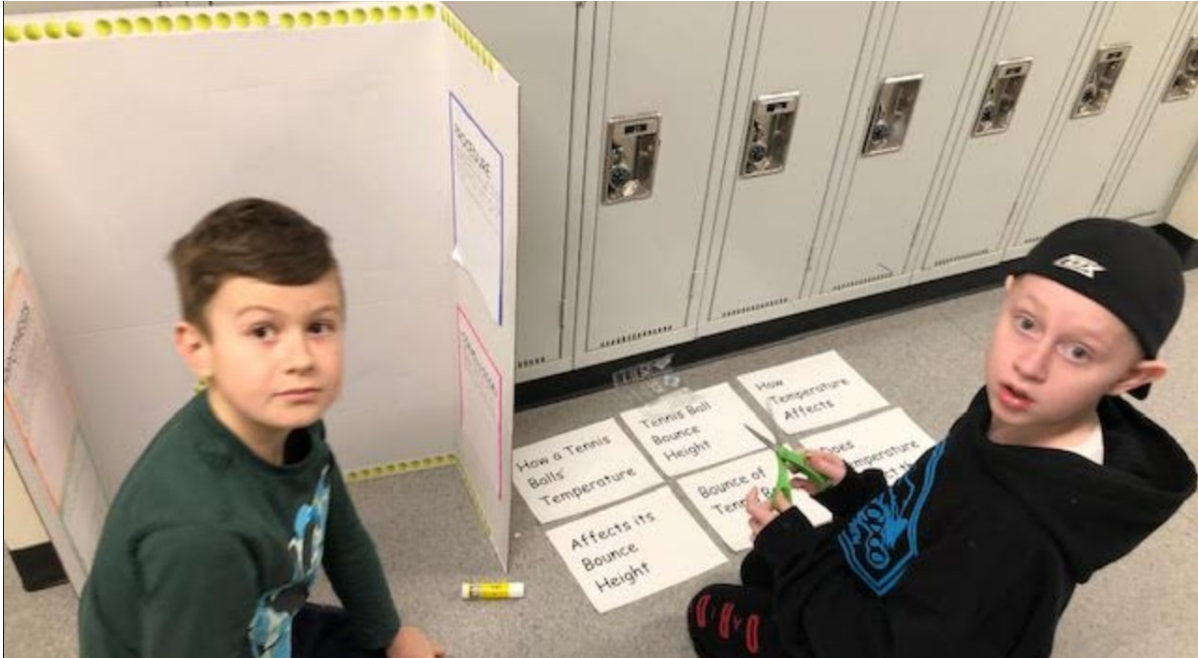
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**CASL**  
Canada's anti-spam legislation



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.

## March Photo Gallery



***Above: and Below: Students work on their Science presentations***





**Above:** MLA Searle Turton, Answers questions from grade five and six students

**Below:** Mr. Turton and PSD Board Chair Dr. Lorraine Stewart share a pic with Students



## March Photo Gallery



**Above:** Landon G. displays his WolfPack themes construction Project  
**Below:** Students join in song at Chapel





**Below and Above:** Not all learning happens in the classroom...



## March Photo Gallery



*This Page:* Woodhaven is one lucky school - we might be the only school in our area to have its own climbing wall! This past month all of our PE students have been given the opportunity to try the boulder or high wall in the gym! We look forward to more climbing opportunities on the wall!







Above Left: Woodhaven Ski Club poses for pictures at Snow Valley

## March Photo Gallery



**Above:**  
Bella Baroque takes a break between songs.



**Below Left:**  
Action from the Sr. Boys Basketball County Championship game.

**Below Right:**  
The score tells the story.





**Above Left:** Tarps and scaffolding are at the ready as the bricklayers prepare to finish the front of the school

**Above Right:** A peek into the west side classrooms from the alley.

**Below:** The image on the left from Feb. 29th shows the progress as tarps provide warmth for the bricklayers in this image taken on March 30th.





**Above:** A long distance rendering from King Street

**Below:** A close up view of the new main entrance



## Parent Community Information



Coronavirus Update From Alberta Health Services

<https://www.psd70.ab.ca/view.php?action=object&id=23033&stream=Home%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](mailto:chcp@ualberta.ca) or Phone 780-492-4488 for more information