

WOLFPACK HOWLER

Principal's Message

If you have yet to hear the news, on May 1st it was announced by the Minister of Education Adriana LaGrange that in-school classes have now been cancelled for the remainder of the 2019-20 school year. Speaking on behalf of the staff at Woodhaven, we are sad and disappointed that we will not see our students back in their classes again before summer. We miss our students and recognize that remote learning poses significant challenges for both kids and their families. Though we are disappointed, when it comes to health and wellbeing, particularly as they relate to your children, without question we need to always err on the side of caution. In class or not, we will continue to provide supports for learning. I'd like to take this opportunity to update you on our efforts to accommodate your childrenduring this time of remote learning.

First of all, please remember that even though classes have been cancelled for the remainder of the school year, the school, both virtually and literally, remains open to support student wellness and learning. As always, please feel free to contact



the school via phone or email with your questions and concerns.

Without question, we will continue to provide the best learning opportunities we can for our students. However, under the present circumstances we have had to shift our priorities to reflect the current reality. I don't need to tell you that COVID-19, the social isolation, the uncertainty and anxiety that has accompanied it often causes considerable stress to both students and families. Understandably, addressing and alleviating this stress is a priority for us at the school. Most often, it is doing the simple things like asking students to briefly turn on their cameras during a classroom GMeet, spending a few minutes before a virtual lesson to see how our students are doing, or tracking student participation in meeting and assignment completion, and following up with an email or phone call to parents and guardians to make sure everything is okay. That said, we need to ask for your

help on several fronts.

One of our biggest concerns is determining how to fulfill the education minister's directive of five hours a week for students in grades five and six and the ten hours required for students in grades seven through nine. Just like a regular classroom some schoolwork is going to take one student half as much time as another. For a different course, the time it takes for homework and assignments for the same two students may be completely reversed. In class, a quick glance or short conversation allows a teacher to gauge how a student is faring in terms of workload. Accomplishing this goal within the confines of remote learning is proving to be difficult. As such, we need to ask that you help us in monitoring this. If your child is experiencing a feeling of being overwhelmed with the amount of work the teacher is assigning, please contact the teacher through the Google Classroom/email.

For educators, another frustration stems from our ability, or in this case our inability, to anticipate problems before they arise. In our classes, as teachers we are adept at recognizing what barriers and problems students will encounter before a lesson even begins. (con't on pg. 2)

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Key Dates:

- Staff Planning Day (No School)
May 15
- Victoria Day (No School)
May 18th
- Parent Council (Virtual)
May 20
- Board of Trustees (Virtual)
May 26

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

(con't from pg. 1) Remote learning is as new for us as it is for most of our students. As a result, we are all working hard to be proactive with student concerns rather than reactive. It will take time, but we will be there soon enough. For this, we need to ask for your patience.

Further, we continue to prioritize learning outcomes, letting go of the nice to haves and directing our energies to the knowledge and skills that students need to have in order to move forward for next year and beyond. In our current situation the priorities for what our students need to learn is to provide the knowledge and skills that will give kids the 'biggest bang for their buck'; not only for this year, but the years and grades to come. We need to ensure that the learning outcomes we are focusing in on are transferable; not just between grades, but also between courses.

This ties into my next point. Like many parents and guardians, we often overhear students making comments to the effect of "...why should I care? I know I am going to go up a grade next year anyway..." In this regard, our concern is twofold. For one, the knowledge and skills required to be successful at the next grade level have always been more important than the mark or grade a student receives. If nothing else, remote learning has once again rein-

forced that while grades are important in terms of assessing and informing where a student is in their respective learning, the learning is, and always will be, the priority. Though it is important to take into account that some student's circumstances, whether it is technological limitations, being required to care for younger siblings, or struggling with a variety of other concerns, can make remote learning difficult, it is important that students do as much as they are able to ensure they are successful for next year and years to come. Secondly, the learning serves a larger purpose in terms of wellness and for remaining connected to peers and teachers. No doubt, it has, and will continue to be difficult for everyone. But if we all continue to keep lines of communication open, all stakeholders will be better off.

Our intention with regards to assessment is that we will be providing a report card at the end of this school year. We will be providing a grade and a comment for Language Arts and Math in grades five and six, and a grade and comment for Language Arts, Math, Social Studies, and Science in grades seven, eight, and nine. Please note, this is subject to change

Shortly, you can expect that the school division will be providing parents and guardians an information sheet outlining procedures related to assessment and

grading. Please visit the division website for details starting next week.

Finally, at the end of this newsletter you will find important links regarding community supports for both teen and family mental health, as well resources for families struggling with food security. If you have any questions we would be more than happy to support you by connecting you with the resources you may need to be safe and healthy.

As well, the school division website has a wealth of information on topics ranging from technology lessons for parents and guardians to local community resources for both physical and mental health and well being. Please visit <https://psd70.ab.ca> for details.

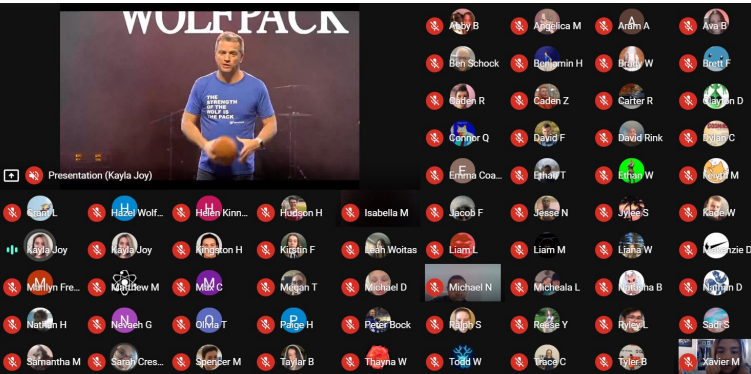
If you are finding things difficult, please take solace in knowing that you are not alone and that we are here to help. Please know that we are learning and problem solving along with you and your children and, like you, the challenges we all face are anything but easy. Know that we will get through this together. Although we will need to wait a while longer, we do look forward to seeing 'the 'Pack' together soon. Be well, and take care of each other.

If you have any questions or concerns related to supporting your student or you and your family please contact me at the school or via email at cshaw@psd70.ab.ca.

Please note that Woodhaven Middle School is remains open, 8:00 am to 3:30 pm during regular school days. In order to honour social distancing, please call in advance before coming to the school.

Maranatha Christian Program (MCP) Highlights

Virtual Online Chapel



Pastor Mike, clearly wearing the wrong Den coloured shirt, shared his thoughts during virtual Chapel on April 28th

No classes? No problem! Chapel went online in April and judging by the participation of students, parents, and guardians, it's been a resounding success. On April 6th, Pastor Steve from Spruce Grove Alliance Church and Alberta Director for Apologetics Canada shared a timely talk about Jesus' Resurrection leading up into the Easter break. On the 13th, using the example of Nehemiah from the old testament, our very own Mrs. Joy's husband, Mathew from Life Church in Edmonton recorded his message of courage and inspired students to face their fears. Boldly facing our fears is possible when we all lean into the supports around us. Unfortunately, due to technical difficulties Miranda Brown was unable to join us on April 23rd.

However, we were treated to biblical trivia from Mrs. Woitas (Nathan is a machine) while Mrs. Joy entertained and amazed us with her impromptu songs of faith. For our last Chapel on the 28th, Mike Love, Lead Pastor at Life Church shared his thoughts on love and pursuing a relationship with Jesus. Football in hand, his words on knowing Jesus and making Jesus known resonated with students, parents, and teachers alike. Throughout April, the connections, the prayers and opportunities for worship and words of faith were welcome during this most unusual time.

APRIL SCHOOL COUNCIL NOTES:

The next School Council Meeting is Wed. May 20th at 6:00pm. For a link to the virtual meeting please contact the school.

Woodhaven School council went virtual in April, meeting through Google Meets on April 15th. Joining us was Spruce Grove School Board Trustee Darlene Clarke. Mrs. Clarke shared details on the boards approval of their capital plan detailing the division's facility needs for the next three years.

As well, with the pending closure of Seba Beach School at the end of June 2020, Mrs. Clarke provided details on the Board's revised attendance areas for Tomahawk, Entwistle, and Wabamun Schools.

Lastly, details were provided regarding the recently revised Board Policy 13: Appeals Regarding Student Matters.

Mr. Shaw outlined the challenges and efforts of the teachers and the school in the shift to remote learning. After the initial push to sort out the logistics of what to teach and how to teach it, staff has begun to establish routines for students and their parents/guardians. There was also an acknowledgement of how difficult this transition is for everyone involved and

the stress it is putting on all stakeholders. He concluded with a modernization update.

School Council Chair Dan Dowson expressed his appreciation for the efforts of the teachers and the school during this difficult time. He also expressed the feelings of uncertainty and sadness with classes being postponed.

Council of School Councils Representative Lei Gryshik shared her report. Lastly, the WHMPA provided an update on the effect the current circumstances on fundraising efforts for the remainder of the 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>

WolfPack Athletics – April 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

Under the current circumstances with the schools being temporarily closed, unfortunately there isn't much Athletics news to report. Prior to the start of remote learning, Woodhaven Badminton tryouts had started. We had large numbers of student-athletes attend tryouts for both our Junior and Senior teams. A big thanks to all of these student-athletes and the coaches for their excellent efforts!

At the present time the Badminton, Spring League Basketball, Track & Field, and Soccer seasons don't look very promising to take place. Our thoughts go out to all of our student-athletes who were looking forward to all of these athletic opportunities.

Physical Education from Home → Work(out) from Home

Over the past month we have received a few questions asking how does PE from home work?

Here is an outline of how we have continued to provide activity and opportunity for our students from the past month and will continue to do so in the month of May. We are still very proud to be a daily Physical Education school and will strive to provide opportunities for our students to be active where possible from home.

PE Google Classroom - An email was sent home after Spring Break to all Woodhaven families with the PE Google Classroom codes for each grade level. Students have been asked

to join these classes. If you have not received these and have not signed up for the PE Google Classroom, please email your PE teacher to do so. These email addresses can be found on the Woodhaven Website.

On the PE Google Classroom we have been posting:

- Weekly workout schedules with video links
 - Monthly Fitness Challenges - April has been our Push-Up Challenge
 - TGIF (Team Games & Improving Fitness) Challenges each Friday
 - Flipgrid codes to showcase your videos accomplishing weekly TGIF challenges
 - Self-Assessment documents to check-in on how your weekly activities are going
 - Other resources and links for activities/apps/links you can try from home
 - Communication for opportunities for grade level Google Meet video chats for group workouts for certain grade levels
- The PE Google Classroom has also been a place where students can post videos, chats, and questions in the class stream. It has been fantastic to see videos of students and staff working so hard to accomplish their challenges. It has also been great to see many students demonstrating positive leadership commenting on each other's video posts accomplishing the different challenges. So much positive energy, encouragement, and collaboration amongst our students



and staff!

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.

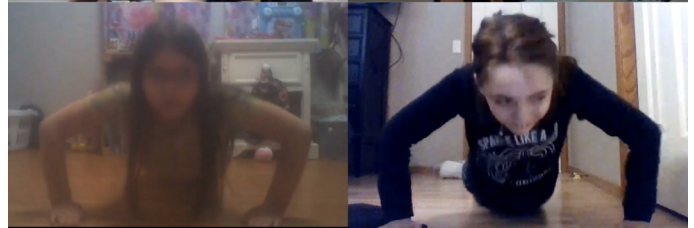
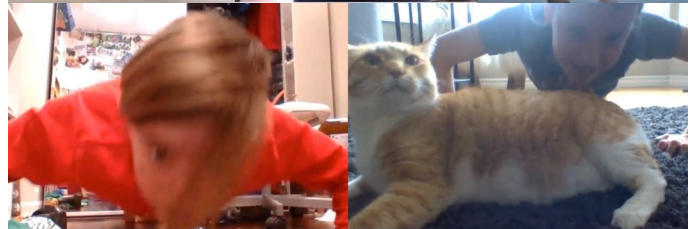
<https://www.strava.com/clubs/woodhaven>

**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.

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 still want 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.



Instagram - Stay Connected!
Follow us on our Athletics Instagram Account @Woodhaven
Athletics
<http://www.instagram.com/woodhavenathletics/>

Congratulations to the following students who are our first to be named as the Work(out) from Home Athletes of the Month:

- | | |
|---------------------|------------|
| April 2020 - | Allister K |
| Aram A | Kaitlyn K |
| Kamryn B | Makenna J |
| Josiah S | Olivia C |
| Kingston H | Clayton D |
| Austin W | Alex S |

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

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!!!



Left: A special shout out to Madame Davis & her cat for her dedication and positive encouragement in the April Push up Challenge!

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 18-21. 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: Concrete's In



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

We are happy to report that all of the concrete pours for the new addition have been completed. The concrete pour for the front foyer on April 20th was the last major pour for the new addition. After it has cured, workers will be able to focus their efforts on completing the finishes for the interior.

For those who have not had the opportunity to visit recently, the new addition has undergone one of its most dramatic month to month transitions. The tarps that were installed in late March to accommodate the bricklayers have been removed revealing an aesthetically pleasing, modern look for the exterior. The bricklayers have now set up their scaffolds and are working their way along the north side of the building.

Although not visible from the road, the roofing on the entire new addition is nearing completion, which will allow rapid progress as the workers inside will be protected from the elements. Insulators are continuing their work on the upper

exposed portion of the new gymnasium and yellow Styrofoam insulation now stretches around the entire exterior of the new addition. As with the front, brick will be completed followed by blue, grey, and white cladding.

In the last few weeks of April, work commenced on the window and door frames with glass coming soon. The mechanical and electrical (M&E) work continues in both the service room on the roof just east of the gymnasium. With the final concrete pour and roof sealed the

M&E work is picking up throughout the interior.

Inside, the bricklayers are focusing on their work on high traffic areas such as hallways. The drywallers have started their work installing studs and walls between the classrooms. No doubt, with the improved weather workers will be diligently working to finish the addition and move to the modernization of the existing building next fall.

Above: A rendering looking northwest. **Below:** One pumper and two concrete trucks work on completing the new foyer.



Getting Ready for Learning at Home (Repeat)

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

Tips for Talking to Children and Teens About COVID-19:



Try to check in with your child or teen about how they are feeling. Keep the conversational tone curious, relaxed and reassuring.



Find out what your child or teen already understands about COVID-19.



Follow their lead. Allow your child's questions or comments to help guide the information you share about COVID-19. Try to keep information consistent and developmentally-appropriate.



Validate your child or teen's feelings: "It is sad you can't go to _____," or "I can understand that you miss your friends."



Try to avoid 'over-sharing' detailed information about COVID-19, such as specifics about the number of cases.



Focus on what your child or teen can do to help, and how their actions matter. Allow them to brainstorm creative ideas to give back or lift others' spirits in this challenging time.



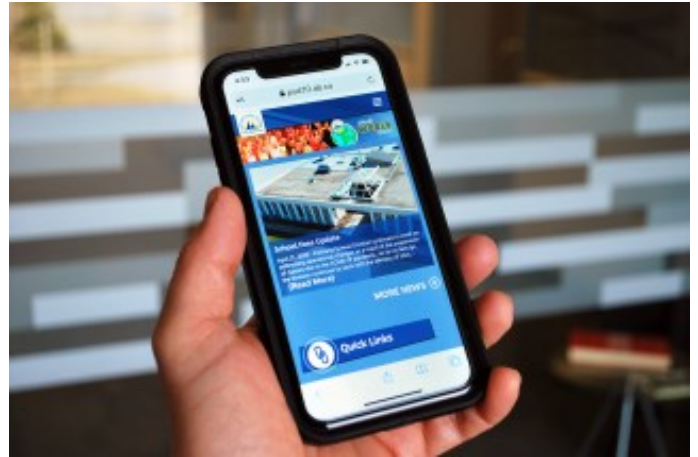
Remind kids and teens about the basics: washing their hands, covering their coughs and staying home.

For more mental health info check out our website:



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 on enclosed by tarps on March 30th.
Right: A dramatic difference on April 30th.





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.



Pastor Mathew (Left) and Pastor Mike from Life Church share a video message during MCP online Chapel on April 13th and 28th respectively.

WODHAVEN MIDDLE SCHOOL

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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.



WE MISS YOU



SS YOU

April 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!





Above: Now
Below: Soon!



April Photo Gallery



Above: Now
Below: Soon!





Above: Now
Below: Soon!





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