

# WOLFPACK HOWLER

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## Key Dates:

Gr. Six Immunizations	Dec. 1st
Term 1 Report Cards Online	Dec. 4th
Term 2 Begins	Dec. 7th
Christmas Joint Chapel W/Brookwood	Dec. 15th
Christmas Break	Dec. 21st- Jan 1st
Online Classes for All Students Begin	Jan. 4th

## Principal's Message

On Friday, Nov. 27th, Woodhaven was informed of the first individual from our school community to test positive for COVID-19. As of Monday, Nov. 30th we were still awaiting information as to whether or not the individual was infectious while at school. Currently, any students or staff who were identified as a close contact are in isolation. Considering the infection rates throughout the greater Edmonton area it is not entirely unexpected that something like this would happen at our school. However, it is alarming and disconcerting none-the-less. That it has taken this long for this to happen at school is likely a nod to the efforts and diligence of students and staff in following the protocols and procedures that have been outlined by the various government agencies, including PSD 70.

Now, as upsetting as all of this is, our efforts in restricting students within their respective cohorts and our consistency in documenting our efforts to keep our school safe paid huge dividends as the process of contact tracing and contacting those affected was quick and seamless. The response from the



school division and their guidance as we worked through the process was even more impressive. While I certainly do not want our school to go through an experience like this again any time soon, I am even more confident that if, or when, this occurs again our response will be quick, compassionate, and transparent for those individuals and families both directly and indirectly affected. I could not be more proud of all members of our Woodhaven School Community.

### Grade 7, 8, & 9 Move to Online Learning

On Tuesday, Nov. 24th, Premier Kenney announced sweeping changes for schooling for the remainder of 2020 and into January 2021 as well. As of Nov. 30th, our grade seven, eight, and nine students were moved to Online learning with their regular in-person teachers. Our grade five and six students will remain in the school until our regularly

scheduled Christmas Break on December 18th. All K-12 students in the province will move to online learning for the week of January 4th-8th, 2021. Students are scheduled to return to in person learning on January 11th. It is anticipated that students who are currently enrolled in the Option Two Online learning will continue with their 'virtual' teachers. Here are the key points to consider:

- Grade 5 & 6 students will continue to attend in person classes until Friday, Dec. 18th.
- Grade 7, 8, 9 students will participate online learning with their current in person learning teachers. These students will be expected to attend class online until Christmas Break.
- All students will have a well deserved two week Christmas Break from Monday Dec. 22nd to Friday Jan 1st.
- From Monday Jan. 4th to Friday Jan. 8th, all Option One, in-person learning students, from grades five to nine, will participate with online learning with their in person teacher(s).
- All students continuing with Option One (in-person learning) are scheduled to return to classes on Monday, Jan 11th. If you have

## Principal's Message (con't)

any concerns regarding access to technology, please contact the office.

### **Changes to Option 2/ Online Student Re-Entry Mon, Jan 11th, 2021.**

Although originally scheduled for Monday, January 4th, due to recent circumstances the transition date to move between Option One (in-person) and Option Two (Online) has been tentatively rescheduled to Monday, January 11th. If parents wish to return to in person learning, or transition to online learning it is important to let the school know before this date. I anticipate once again the school division will provide parents and guardians with a survey to indicate their decision. Unfortunately, after this date the next scheduled opportunity to return to in-person learning will not occur until February 16th.

### **Screening Questionnaire**

As a school community, all students, staff, parents, and guardians have done a remarkable job of adhering to the many protocols and procedures that have been implemented to keep everyone safe. Truly, it has been inspiring to see everyone pull together to ensure all surfaces, including hands, have been sanitized and disinfected, to maintain physical distance both inside and outside of the classroom, and to be diligent in how and where to wear their masks. Perhaps most importantly, the questions that come to the office nearly everyday sur-

rounding symptoms, both COVID and non-COVID related provide us with the comfort that you at home are doing your part in administering the AHS screening questionnaire to your children each and everyday. Thank you. Though opportunities for contacts will drop dramatically when our gr. seven, eight, and nine students move to online learning for the remainder of the month, now more than ever I need to ask that the parents and guardians of our gr. five and six in person learners remain diligent in checking the kids each and every morning.

And on that note our gratitude; often we are forced to call parents and guardians to leave work and come to the school to pick up a child with symptoms that are unlikely to be related to COVID. The inconvenience of arranging child care on such short notice while waiting for test results has without a doubt caused an incredible amount of stress on the parents and guardians of our Woodhaven Community. Despite this, you all have been more than understanding and cooperative despite these difficult circumstances. I wanted you to know that this has not gone unnoticed. And speaking on behalf of the staff, particularly those of us in the front office, I wanted to express my appreciation to all of you.

### **Report Cards**

Report cards will be available to parents/guardians

via the PowerSchool Parent Portal at the end of the day on Friday, Dec. 4th. To view your child's report card please log into your Parent Portal (see link at the bottom of this page). Once you have logged into your account, on the bottom left hand side of the screen you will find the Report Card icon. Please contact the office at 780-962-2626 or email us at [woodhaven@psd70.ab.ca](mailto:woodhaven@psd70.ab.ca) if you have any questions, or you would like to request a paper copy of the report card,

### **Final Thoughts**

The one silver lining with the return to online learning is that we have all been through this before. While the pace and expectations will be different than we experienced last spring, for the most part this next round will be a four week sprint rather than a three month marathon like last spring. It is disappointing that our Jr. High students only got the opportunity to experience the new addition for two weeks. And this makes all of us sad. That said, I hope your break is restful and relatively stress free. Please be safe and take of each other. As always, if you have any questions or concerns please feel free to contact me via email at [cshaw@psd70.ab.ca](mailto:cshaw@psd70.ab.ca) or at the school, (780) 962-2626.

Take care,  
Mr. Shaw



Follow us on  
Twitter:

@woodhavenMS

You can access report cards on Friday Dec. 4th via the PowerSchool portal at:

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

## Maranatha Christian Program (MCP) Highlights

We are happy to announce that our first (virtual) Joint Chapel of the year **with our Brookwood MCP students and staff** will happen on Tuesday, Dec. 15th at 9:00 am. Unlike our traditional get together, this year's Christmas Chapel will gather together via Google Meets. Unfortunately, due to limitations related to technology and recent events related to the shift to online learning for our grade seven, eight, and nine students, we are unable to open this event up to parents and guardians. However, this Chapel will be available for all of our MCP students, including those who are currently registered in online/Option Two learning.

Due to COVID restrictions, other than our Joint Chapel on the 15th, we continue to hold regular Chapel within students' classroom cohorts. Despite this, there are a great number of wonderful things occurring in class: **Mr. Rink's 5M**— class has continued to explore God's lessons for their lives, as inspired by the fun thoughts of kids. Some of the best discussions have been around letting God worry about tomorrow, letting God guide our choices, and letting our lives be about making the lives of others a little better every day. The class has truly enjoyed sharing our experiences and challenges, praying for one another, worshipping, and giving thanks to God together.

**Mrs. Joy's Gr. 5/6M**- class is currently working through a



Christmas devotional series called "Christmas Lights." It challenges the students to look at the brightest spots of Christmas, the light that Jesus brought to the world thousands of years ago. Throughout the series students have been reflecting on how Christmas changes and challenges all of us to be a bright spot in our circles of influence.

**Mrs. Woitas' Gr. 6M**—Over the past few weeks, in Chapel, the grade sixes have been watching a video series called "Fire and Faithfulness" through Right Now Media. We have been looking in the book of Daniel to see how his faithfulness has changed a nation. The students have been challenged to find an area of their life that they could step out in faith. We have talked about what their "furnace" is (somewhere uncomfortable but God is calling them to stand strong in it).

**Mr. Bock's 7M**—class has been learning about parables (The Good Samaritan, The Builder, and the Prodigal Son) through a video series on *Right Now Media*.

Shortly, they will be reading through an advent historical fiction devotional story called *Bartholomew's Passage*. *Bartholomew's Passage* is an engaging story that guides families through the Advent Season. Young Bartholomew's adventures start when Roman soldiers destroy his village and disperse his family, continue through his enslavement to a tyrannical master and his escape with his new

friend Nathan, and end with a reunion with his family in Bethlehem. Along the way Bartholomew makes a new friend, a young boy named Jotham!

**Mrs. Cresswell and Mr. Schock's 7/8M and 9Ms** - We saw and heard from two pastors recently the first Jamin Roller helped us to re-examine the Parable of the Good Samaritan to give us a fresh perspective on one of Jesus's most famous parables. People are always more important than our plans. It's a truth that can be difficult to remember that truth in our fast-paced world, but those who follow Jesus are called to love in a distinct way that begins with asking how to be a neighbor to those around us. Pastor Jonathan Evans made us look at the Parable of the Builders and reminded us of the importance of building our lives on the solid foundation of God's Word. We must dig deep and build our foundation on the rock of God's Word. And when the storm comes, we must hold onto our loving Father who will carry us through to safety.

For more information please visit our website:  
<https://woodhaven.psd70.ab.ca/MCP.php>

## A Few Questions with Returning WMSPA and PSD70 Council of School Councils Chair Lei Gryshik

***You serve as the Volunteer Coordinator for the School Council, President of the Woodhaven Middle School Parents Association. Can you please tell us what your duties are in relation to these positions?*** As volunteer coordinator, I collect email addresses from parents who are willing to receive occasional emails asking for volunteers as the opportunities arise (hot lunch, grab and go, field day concession...) As president of the fundraising association, I coordinate with the other active members to choose and run fundraisers that financially support the school at council's request.

***You also serve as the Chair of PSD 70's Council of School Councils (COSC). What is COSC and why is it important for parents and schools?*** Council of School Councils is a semi-formal (not mandated) meeting open to parent representatives from every school council in PSD70. We meet 4-5 times a year to discuss what is happening in the division. In attendance is always the deputy superintendent, at least one trustee, and often several principals. We sometimes have staff from the division come in to discuss their roles. It is great to collaborate with, and learn from, other school councils.

***What do you feel are the biggest challenges you face in your roles on the various councils you serve on?*** Parent engagement! At the mere mention of the words volunteer and fund-



raising, parents tend to look the other way and run! They are generally worried that they have to make a big commitment. That couldn't be further from the truth. We collect information to send out occasional emails regarding volunteer opportunities for the parent to choose to respond or not. We don't expect any parent to volunteer any more of their time than they absolutely want to.

I think it's the same for attending school council meetings. Parents are worried they'll be voluntold to take on a position. While we always love to have newcomers with fresh ideas, we don't want any parent to feel pressured into a role they weren't looking to fill.

***You serve on School Council at Woodhaven, and previously Brookwood. Looking back at the last few years here at Woodhaven, what are you most proud of and what do you look forward to for Woodhaven in the future?*** I'm proud of the cohesiveness of our parents on council. Even if there is sometimes disagreement, we're all working together toward the goal of helping to make Woodhaven a place kids of

all abilities want to be. I'm proud to have been able to share some ideas between Brookwood and Woodhaven councils from a parents perspective. In the future I look forward to continuing to build relationships with our whole school community, staff and families alike. Community is everything.

***Although it is still early in the year, how do you think COVID has affected how and what School Council does within the school?***

Covid has definitely changed things. By now we've normally had a chance to help staff welcome school families at the meet and greet BBQ, Association would have started fundraising for school needs and hot lunch would be in full swing. Council had started planning some initiatives which are now unfortunately on hold indefinitely.

***You give an awful lot of time and effort to your various roles. How come?***

As a family, we take ownership of our schools. When you take ownership, you have a sense of pride and a stake in the health of the school community. It's important that my children see me prioritize their school and their education. Schools aren't just where we send our children to learn reading and writing. They become an extension of our family. Educators don't just teach. They hold our children. They care for them. They want the best for our children. Volunteering is one small way I can show my appreciation to all the staff caring for our children.

### **Woodhaven Middle School Parent Council 2020-2021**

**Chair:** Dan Dowson

**Vice Chair:** Lauren Lyle

**Secretary:**

Dawn Lutomsky

**Volunteer Coordinator:**

Lei Gryshik

**COSC Rep:** Lei Gryshik

**Grab 'n Go Coordinator:**

Lei Gryshik

### **Woodhaven Middle School Parent Association Council**

**Chair:** Lei Gryshik

**Vice Chair:**

Ashley Southworth

**Secretary:** Lisa Hindle

**Treasurer:** Arizona Dyck

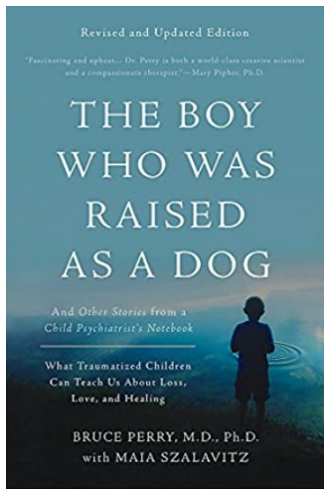
**Casino Coordinator:**

Dawn Lutomsky

**Hot Lunch Coordinator:**

Ashley Southworth

## What We're Reading This Month: The Boy Who Was Raised as a Dog



Despite the provocative and disturbing title, child psychiatrist Dr. Bruce Perry relies on years of experience to provide a message of hope and healing. Along with journalist, Maia Szalavitz, Dr. Perry explores how the negative events such as terror, abuse, and even disaster influence the developing minds of children. In the book, Dr. Perry tells the stories of children who

have recovered after being exposed to extreme stress, ranging from genocide survivors to victims of family violence, from kidnapped teenagers to children who witnessed murders. Dr. Perry even devotes a chapter to his experience in working with child survivors of the Waco Tragedy in 1993.

In explaining the science behind what happens to the brain in an accessi-

ble way, both parents and educators can easily understand how surprising measures and approaches can help heal the most traumatized children. For educators, his recommendations are a revelation. Readers learn how language, affection, and comfort can profoundly ease pain and help a child grow into a healthy adult.

### School Council Notes from the Nov. 18th (Virtual) Meeting

For the meeting on Nov. 18th Council was joined by Spruce Grove Ward 5 trustee Anne Montgomery and Associate Superintendent Scott Johnston.

Ms. Montgomery shared information regarding how students and staff are persevering with COVID 19 throughout the division. Overall, things are going quite well. She also touched on the various wellness initiatives and how schools are addressing stress in students and staff. Turning to finances, despite the increased pressures to the division's bottom line, PSD is currently on track for balancing its \$134 million budget. Next, in conjunction with anti-bullying week, Mr. Johnston presented his discussion on *Civility: Bullying, Conflict, and Mean Behavior*. While covering a variety of topics, Mr. Johnston keyed in on the difference between conflict and bullying and how these terms are often mistakenly *interchanged*. Citing definitions of conflict and bullying, he persuasively argued that instances of bullying are relatively rare within the division. However,

because much of the work to address concerns is done in a manner that follows Freedom of Information and Privacy Protection statutes, there is often the mistaken appearance that the schools and the school division are doing little to address problems.

Most significantly, he presented research that teaching students how to behave civilly, or what they should do rather than what they should not do, is infinitely more effective than most anti-bullying campaigns.

In his principal's report, Mr. Shaw shared the current state of COVID protocols and reiterated how proud he was of the efforts of students and staff to be safe. He also described the process of moving the entire school to the new addition over fall break. While there were hiccups, he shared the positive reactions from students and staff regarding occupying the new building.

Council of School Council President (see previous

page) Lei Gryshik shared details regarding the school division's 'Building Futures' construction program as well as numbers relating to Option One (In-class) and Option Two (Online enrollments).

In Parent Association News, after a lengthy discussion it was decided that considering the current and dramatic increase in COVID numbers throughout the Greater Edmonton Area, it would be best to forego the Hot Lunch Program for now. It was decided to revisit the program at the January Council Meeting.

Although COVID has put a damper on the WMSPA fundraising efforts, there still is money earmarked for assistive technology for this school year. Unfortunately, the absence of key board members at the Nov. meeting left those present uncomfortable with proceeding with a vote to purchase the equipment. As a result, the WMSPC and WMSPA will hold a brief, impromptu meeting to release the funds. If you require more information, please contact Mr. Shaw at the school.

*Our January Meeting will be on Weds. The 20th the at 6:00 pm.*

*We will be holding an unscheduled School Council Meeting on Weds. Dec 9th to vote on a motion introduced at the last meeting regarding allocating funds for assistive technology*

## NEW ADDITION AND MODERNIZATION UPDATE— Move It On Over—Welcome to Your New School

On Monday, November 16th, after nearly three years of patiently waiting, Woodhaven students and staff finally got the opportunity to enjoy what, by all accounts, is a very impressive and welcoming school.

### ***Move It on Over***

In anticipation of occupancy, the week prior to fall break found staff packing resources and belonging into boxes. Desks were cleaned, shelves were emptied, technology was unplugged and packed away, and the posters and student work on the walls was gingerly pulled down and stored away for transport.

The occupancy certificate, ensuring that the building was safe and sound, was issued in the latter half of Fall Break, leaving little time for the actual move. On Friday, Nov. 12th, workers from PSD Facilities descended on Woodhaven with carts and boxes. Everything, from student desks and chairs to books and technology was carted from the existing building to the new addition. Though a monumental task, not

having to load everything into vehicles to a separate site made the job go much smoother than it otherwise might have.

### ***Welcome to Your New School!***

Monday the 16th saw students eagerly anticipating their chance to see the new school. With COVID protocols, signs directed students to the appropriate entrances and classrooms. Like August, floor stickers directed traffic flow and allowed for students to physical distance. While the two new common areas as well as the plaza entrance were and are aesthetically pleasing and inviting, COVID restrictions mean that these areas are currently off limits to students.

Regardless, the new spaces, the gyms and new classrooms received a resounding stamp of approval from students and staff alike. Other than classrooms being hotter than we would have liked, some spotty Wifi issues early in the week, and the some minor troubles with the phone system, it was a relatively seamless move from the existing

building to the new addition.

### ***Modernization of the Existing Building.***

Before the move even started, the beginning of fall break saw our construction partner 'demobilize' their offices, equipment and building materials from the north west corner of the school yard to the south portion of the building. Over Fall Break, workers removed the vast majority of ceiling tiles and removed the vast majority of cabinetry and built in shelves. The bleachers have been pulled from the walls of the old gym and the gym floor has been covered with thick plywood to protect it from renovations. The drywall on the temporary walls, which divided the old multi-purpose room into four separate classrooms, has been removed exposing the soon to be removed steel studs. Eventually the 'multi-purpose room will be reconfigured into an all new, spacious library/learning commons. For photos of the new addition, please go to pg. 25.

***One Last Time: Other than the snow, little has changed on the outside between October 31st (left) and November 30th (right).***



## Taming the Lizard Brain—Mrs. Stankov

Last month we explored what is going on in the brain when we experience anxiety. Young, old, male, female - we all get it. Anxiety is a part of life, and in some ways, it is important that we have anxiety. So rather than try to 'get rid of' anxiety, it's better that we learn how to make friends with the anxiety, or at least - put a leash on it and teach it some new tricks. You can talk to a child about how our anxiety is trying to keep us safe - it is our system going into 'high alert', but sometimes situations aren't as dangerous as our anxiety makes it appear.

### Listen to your Heart Guts

When we experience anxiety, it is our bodies and minds telling us that something is *off or not right*. Without anxiety, we would not have those 'stop and think' moments that are necessary for our survival. So how do we talk to the anxiety? What is its language? First, we need to recognize what stage we are in.

Our three stages that emerge are fight, flight, and freeze, and each is asking for something different. Remember that each is a response to a perceived threat. The important part here is that the child is perceiving or understanding the situation as threatening to the point when it has made them dysregulated - they are potentially beyond the point of logical thinking, and asking them to 'calm down' may not work or be helpful. (As a former anxious kid, please don't tell them to calm down.) Instead say 'you're okay. I need you to breathe'. Dysregulated means that they are not able to think through their emotional experience (remember the amygdala from last month? It has stomped on the gas at this point).

### Ways to Engage a Child/Youth in Each Stage

#### Fight: Develop and use our chill out tools

Recall some of the signs of fight: glaring, raising our voice, stomping and kicking, or swearing or insulting others.

Fighting is a reaction to face a threat head-on and just take care of it. While this works when we're 21 on Whyte Ave on a Friday night, this is typically an inappropriate reaction in school, at home, and in the community.

- Give them a safe space - nothing is worse than the loss of dignity if they do end up having a total meltdown and people watch
- Engage the physical side or need to move
- Rip up cardboard (physically intensive and burns off that energy or need to move)
- Go for a mindful walk and notice what is going on outside
- Squeeze a stress ball
- Use a [calm down bottle](#) - shake it up and watch it settle
- When they are regulated, discuss what happened and how to do better next time. Make a plan for the next time they feel that way and what everyone will do - make it predictable and routine.

#### Flight: Find Our Safe Space

Flight can look a lot like *fight*, especially if we are trying to escape a situation and have been denied that opportunity (tell a dysregulated kid that they cannot go to the bathroom and you'll see). We all have spaces where we feel safe, and unfortunately, our anxiety often doesn't care enough to let us have a meltdown in that safe space. What do we do?

- Change the space - move to a space you know they are comfortable in, or at least familiar with
- Offer a break or alternative working space
- Go for a walk/get a drink
- Make hot chocolate together
- Make a blanket fort
- Do breathing exercises
- Use a Fitbit (they have the 2 min/5 min breathing routine)
- Have them smell the flowers (breathe in slowly through the nose) and blow out the candles (breathe out slowly through the mouth). It is better to sit on the floor to do this. You can also raise and lower your arms as you breathe in and out respectively to engage more of the body
- Mindfulness/grounding exercises:
- 5-4-3-2-1 - have them identify 5 things they can see, 4 they can touch or feel, 3 they can hear, 2 they can smell, and 1 they can taste

#### Freeze: Engage the Logical Side of the Brain

Freeze can be helpful because it is giving us time to assess a situation and come up with an appropriate reaction. However, if we get 'stuck' on freeze, we can engage the logical/factual side of our brain to counter the emotional side:

- Do basic math facts (times tables)
- Ask them to recall a past lesson in their favourite subject and tell you about it
- Have them recall a happy memory or story (Use the 5W's to engage the facts - who, what, where, when, why)
- Ground using mindfulness (see 5-4-3-2-1 under flight exercises)

## Grab 'N GO Breakfast Needs Your Help

As the old adage states, many hands make light work. We are asking for parent/guardian volunteers to help us with 30 minutes of time a couple of times a month on Tuesdays or Thursdays. As a **volunteer** to you would help distribute our Grab and Go breakfast items. The time commitment is on your terms. You



will need to arrive at the school by 8:00 am to set out food items for the students, and stay until 8:30 am. It's fun, it's easy, and it is a great way to help support our school. Please contact Lei at 780-915 2142 or [Leigvys@gmail.com](mailto:Leigvys@gmail.com) for more details.

This year, the **Woodhaven Middle School Parent Association** is fortunate to have not one, but two sponsors for our morning food program. Grab 'N Go is a breakfast program that provides a snack for students who may come to school hungry. On behalf of our entire



Woodhaven school community we would once again like express our gratitude to **Freson Bros. Fresh Market** for once again being our Grab and Go Breakfast sponsor for the second consecutive year. As well, we would like to welcome **Medeiros Concrete and Construction** for their contributions this year.

*If you are interested in having your child participate our have any further questions please contact the main office at (780) 962-2626.*



Despite the mid-month Fall Break, once again **Rainbows** has started lunch hour meetings on Thursdays. Mrs. Kinnee and Mrs. Stankov, both trained **Rainbows** facilitators are supporting Woodhaven students who are grieving or have experienced a loss.

**Rainbows** is an International Organization celebrating over 25 years of experience with grieving youth and adults. Over 3 million satisfied participants, from preschool through adulthood have accessed support through **Rainbows**. **Rainbows'** programs are volunteer driven engaging 800-1000 volunteers annually with participation at no cost to youth participants or their families.

**Rainbows** partners with communities to offer peer support programs for children, teens and adults who have experienced a separation, divorce, death or other painful transitions within their family. The mission of **Rainbows** is to assist participants in sorting through their pain and confusion, build self-esteem, and learn positive coping strategies to deal with their loss. This process takes place through channels of peer support with volunteer adult facilitators in a safe and nurturing environment.

**Rainbows For All Children Canada** is a national not-for-profit charitable organization that fosters resilience and emotional healing among children grieving a

loss from a life-altering event. By partnering with schools, hospitals and social service agencies **Rainbows** provides support to children when they need it, where they need it, right in their communities. **Rainbows for All Children Canada** fosters awareness and support that youth require to heal. **Rainbows** programs build confidence and self-esteem, improve communications, prevent destructive behaviours, and improve academic performance.

Parents and guardians are required to provide written permission for their children to participate. If you are interested in having your child participate or have any further questions please contact the main office at (780) 962-2626. For more information visit the **Rainbows** website at: <https://www.rainbows.ca>



## WOLFPACK ATHLETICS- Volleyball - PE Notes for November—Clothing Sale

### Volleyball

November saw our grade 6/7 and grade 8/9 volleyball cohorts wrap-up. Each group had over 40 students and staff participate. We transitioned from our volleyball cohorts to our junior and senior volleyball teams that hosted a small number of practices, before team sports were paused by the government. With the current restrictions surrounding team sports we have had to officially end the volleyball season. A big THANKS goes out to all students and staff that participated this season. All students did an amazing job developing their volleyball skills! We look forward to being

able to play team sports, hopefully, in the new year!

### PE Notes

November saw our PE classes move into the NEW GYMNASIUM and we are LOVING IT!!! The new gym features 2 dividers that create 3 large teaching spaces for our PE classes. With this new space students have been participating in Basketball, Cooperative Games, and Handball units so far. A big thanks goes out to all students who have been very diligent about wearing clean indoor non-marking shoes on the new shiny gym floor! Online PE - All students in grade 7,8, and 9 that are shifting to online classes

for the next few weeks should have signed up for their PE Google Classroom. PE Teachers have shared class codes for all students to sign-up. The Google Classroom will have the link to our daily Google Meetings, class materials, and assignments. If you have any questions please contact your PE teacher.

### Online Clothing Sale

In the next few weeks we will be having an online clothing sale. Look forward to a link being sent home that you will be able to view and purchase some Woodhaven clothing online. Both youth and adult sizing will be available.

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

For November's Athletes of the Month please see pg. 22

## Class Action: Mothers Against Drunk Driving Presentation

### Ski and Snowboard Club

We were hoping we would be able to run a modified ski and snowboard season. Snow Valley has informed us that school lessons/clubs will not be able to run for the foreseeable future. We do not expect that there will be a Ski and Snowboard Club season in this school year. However, everything is booked and organized for the 2021-2022

Unlike in previous years where students assembled in the gym for a speaker and video, this year's Mothers Against Drunk Driving (M.A.D.D.) Presentation, on Nov. 19th and 20th saw grade seven, eight, and nine students remaining in their classroom cohorts for virtual presentations.

It began with an interactive "choose your own adventure" approach wherein students were provided with

a scenario and they had to vote on what choices they would make if they ever found themselves in a similar situation. As well, students had the opportunity



to view this year's video entitled *The Wish*. After watching the feature film students participated in a discussion that was facilitated by a speaker representing M.A.D.D.



While both powerful and at times disturbing, the presentations provided opportunity for students to understand the consequences of driving impaired, whether it be drugs or alcohol, as a driver or passenger. It also provided participants with the opportunity to reflect on an appropriate course of action to take if and when they encounter scenarios as depicted in the presentation.



## Reporting Absences

For the safety and success of our students it is important that parents/guardians inform the school when your child is, or will be, absent from school. To report your child's absence, please email [woodhaven@psd70.ab.ca](mailto:woodhaven@psd70.ab.ca) or call the school at (780)962-2626. When advising us of the absence, please include the reason for the absence. If it is due to sickness, please also include the symptoms your child is experiencing. If you call outside of office hours please leave a voicemail. Thank you.

### AHS (Oct. 29th) COVID INFORMATION FOR STUDENTS: HOW LONG TO STAY HOME FROM SCHOOL

The amount of time a student needs to stay home from school depends on the type of symptoms.

#### If a student has these symptoms

#### What to do

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Fever</li> <li>• Cough</li> <li>• Shortness of breath or difficulty breathing</li> <li>• Loss of sense of smell or taste</li> </ul> | <ul style="list-style-type: none"> <li>• Isolate at home for a minimum of 10 days from when symptoms started or until symptoms resolve, whichever is longer.</li> <li>• COVID-19 testing is recommended.</li> <li>• Can return to school before 10 days only if a COVID-19 test is negative, symptoms are gone, and the student was not a close contact of someone with COVID-19.</li> <li>• Do not enter any long-term care settings for 10 days and until symptoms have resolved.</li> <li>• If test results are positive, isolate at home for at least 10 days and follow instructions received from Alberta Health Services</li> </ul> |
|--|--|

#### One of the following symptoms:

- Chills
- Sore throat/painful swallowing
- Runny nose/congestion
- Headache
- Muscle or joint aches
- Feeling unwell/fatigued
- Nausea, vomiting or diarrhea
- Unexplained loss of appetite
- Muscle/joint aches
- Headache
- Pink eye (conjunctivitis)

- Stay home from school and monitor for 24 hours. If after 24 hours your symptoms improve, you may return to school when you are feeling better.
- A COVID-19 test is not required but is available.
- Do not enter any long-term care settings for 10 days and until symptoms have resolved.

If a child has any two of these symptoms, or after 24 hours, their condition gets worse or they develop a second symptom:

- COVID-19 test recommended.
- May return to school after symptoms are gone, even without a COVID-19 test or results.
- Do not enter any long-term care settings for 10 days and until symptoms have resolved.
- If test results are positive, isolate at home for at least 10 days and follow instructions received from Alberta Health Services.

*You can find great resources about COVID and schooling via PSD 70*  
<https://www.psd70.ab.ca/COVID19.php>

## Parent Notification of COVID 19 at School

As COVID-19 case numbers rise across the province, our communities and schools are experiencing a corresponding increase. Parkland School Division has been working very closely with Alberta Health Services' COVID response teams regarding cases that may be connected to schools.

As positive case numbers rise due to community spread, there can be confusion as to whether or not a school should notify families. There will be scenarios that arise where contact tracing and case investigations have determined that individuals were either deemed non-infectious while they attended school **OR** their infectious period with the virus came at a time when they were not in attendance at school. (Example, over a 48-hour period during a weekend, on Fall Break, etc.) In both of those scenarios, Parkland School Division, following communication protocols from AHS, will determine that classrooms and school communities **will not** be notified of the positive case due to the fact that there was no connection or risk to the students/staff, and to respect the privacy of the individual involved.

There will be situations in which an individual has tested positive for COVID-19 and the school community finds out through other individuals, organizations, event organizers or social media. In some of these cases, the school may not notify families because the individual has been determined to be NOT infectious while at school. To be clear, Parkland School Division will **directly** communicate with the family of any student who has been determined to be a close contact to an infectious individual while at school. The AHS case investigation will always determine whether or not a case has been infectious while at school regardless of where the initial exposure to the virus occurred.

If an individual has been determined to be infectious **while at school**, Parkland School Division adheres to Alberta Government's sector guidance for School Re-Entry. Close contacts of the positive case will receive a direct notification with self-isolation requirements. A separate all-school notification will be sent to the entire school population via email for the first positive case at a school. This is followed by additional updates via school website news items for subsequent cases. Should AHS declare an outbreak at a school (2 - 4 cases at a school), Parkland School Division will issue an outbreak notification and that school will be included in the provinces reporting\*, which can be found at:

<https://www.alberta.ca/schools/covid-19-school-status-map.htm>

In some cases, there are delays before any notification may happen. These delays may be attributed to the following:

When the positive case showed symptoms  
 When the COVID-19 test was administered  
 How long it took for results to come back to the positive case  
 There's a 48-hour window that AHS deals with involving the Early Detection and Response Teams, the Communicable Disease Control teams and finally when an investigator gets assigned to the case  
 Sometimes, when schools haven't been contacted within this timeline, it could mean one of three things:  
 AHS has been unable to contact the case/parent/guardian;  
 the person does not have confirmed COVID-19; or  
 the individual was not at school while infectious.  
 For more information, check out the news item on PSD's website [COVID-19 In Schools](#).

*For more information,  
 check out the news  
 item on PSD's  
 website [COVID-19 In  
 Schools](#).*

## What's Happening in Diverse Learning—Ms. Enders, Assistant Principal/Inclusive Education Lead

Inclusive education in November was focused on finalizing the Individual Education Plans (IEPs), including IPPs, behavior, and safety plans with teachers. Additionally, with report cards around the corner, as the Inclusive Education Lead (IEL), I am reviewing the term one comments submitted by staff and then working together on developing any strategy changes that may need to be implemented in term two. IPPs will come home with students on December 4th.

We would ask that after you take the opportunity to review the IPP. Please retain the IPP for future reference. However, we would ask that you remove, sign, and return the signature page to the school with your child. As always, if you have any questions of concerns please feel free to contact via at:

[menders@psd70.ab.ca](mailto:menders@psd70.ab.ca)

or by calling the school at (780) 962-2626.



### Kinette Club of Spruce Grove

### Christmas Hampers

**THANK YOU** for your continued support, generosity and kindness towards local deserving families that need a helping hand this holiday season. For the 47th year, the Spruce Grove Kinette volunteers are working to make Christmas brighter for local families struggling with a limited income. Our goal is to support families in need with food and gifts for the holidays and last year, with your help, we assisted 606 families in our area, and supported close to 1900 residents!

Planning for the 2020

season is well underway. Due to the COVID-19 pandemic and restrictions, there will be major changes to the Christmas Hamper program this year. In light of these changes, we strongly **encourage gift cards and monetary donations** this year.

We rely on our community and surrounding area to donate to this important, local cause. We are a 100% volunteer-based non-profit group, and can only assist those in need in our community with your help. This year provides us with an added challenge, and

our primary goal is to have donations meet the need in our area at Christmas. We will all need to get creative with ways to encourage donations to support our local families this year! You can donate by bringing cash or gift cards into the office or you can donate online through your PowerSchool account. **Gift Card Donations will be accepted at school until Dec. 9th. Monetary donation made be made through PowerSchool Until Dec. 14th.** For more information please contact the office. **THANK YOU** for your incredible support!

*For more information on Kinette Christmas Hampers please visit:*

<https://www.sgkinettes.ca/default.cfm>

## REMEMBRANCE DAY CEREMONIES NOV. 6

On Friday, November 6th, Woodhaven held a very different Remembrance Day Ceremony. Students in all classes and all grades joined in remembering in their respective classes. We were fortunate to be joined virtually by PSD Spruce Grove Trustees Mr. Eric Cameron (Board of Trustees Vice-Chair) and Trustee Mrs. Darlene Clarke.

Our MC, Mrs. Cresswell started the proceedings by introducing Ms. TJ Skalski, PSD Indigenous Education Facilitator who read the Treaty Six Acknowledgment. This was followed by students standing for our national anthem. Next, students were briefly addressed by Mr. Shaw (next page, top right) as he discussed the sacrifices by so many Canadian women and men in conflicts around the world. Grade 9 Marantha Christian Program Student Abby Breitreuz (opposite

page, centre) shared 'A Prayer for Remembrance Day'.

After this, our grade six students joined in the ceremony. After providing a brief history of the First World War, Valencia Naranjo-Rodriguez introduced Teylin Olsen's rendition of Lieutenant Colonel John McCrae's poem "In Flanders Field" (next page, centre right). followed by a video of Dr. Lena Russell reciting the same poem in Blackfoot. Next, Aram Al-mousa explained the significance of Reveille and the Last Post and invited students and staff to join in a moment of silence.

As the last notes of the Last Post trailed off, students watched a video presentation based on the life and death of WWI Private Henry Louis Norwest; a Métis marksman and one of the most famous Canadian snipers in the First World

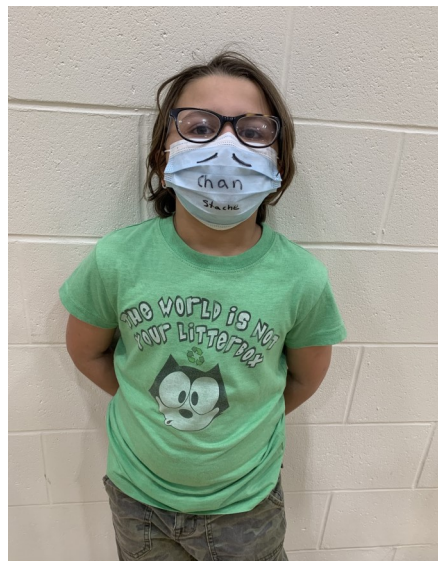
War. Born in Fort Saskatchewan, of French-Cree ancestry, Norwest recorded a record of 115 fatal shots which also included him being awarded the Military Medal in 1917 for his efforts at Vimy Ridge.

A big thanks to both Mrs. Waitas and Mrs. Cresswell for their efforts in this most unusual of all Remembrance Day activities and to all students for wearing their various uniforms in honour of our fallen and veteran Canadian soldiers.



# MOVEMBER®

Movember has been another huge success! Even though it has looked different this year, we were still able to raise awareness and funds for Men's Health issues. Both students and staff wore moustache masks and moustache related shirts. Each day we heard a "Movember Fact of the Day" on our morning announcements. Even a few brave male staff members grew out their faci-



al hair to resemble their best version of a moustache or beard. On Monday, Movember 30, we held Movember Day.

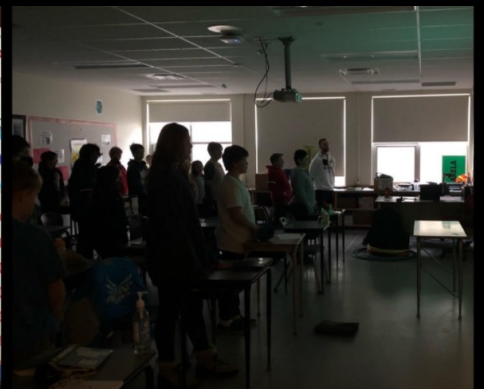
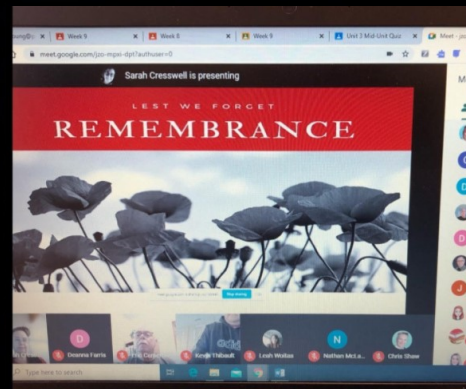
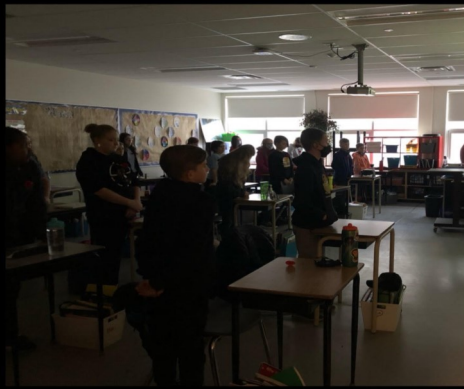
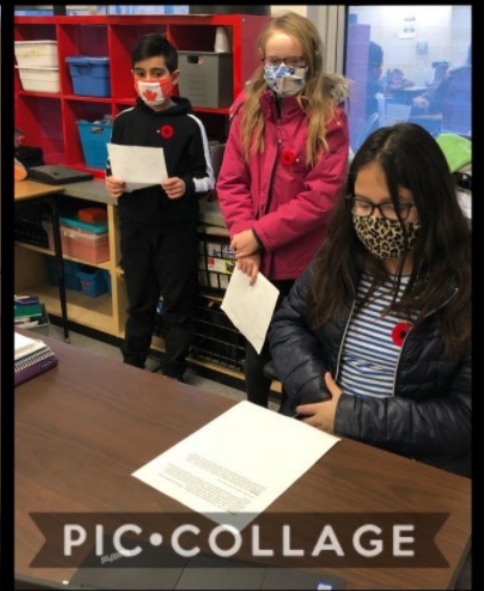
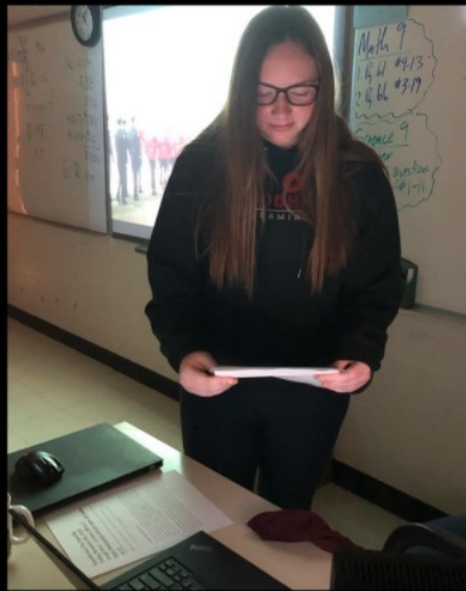
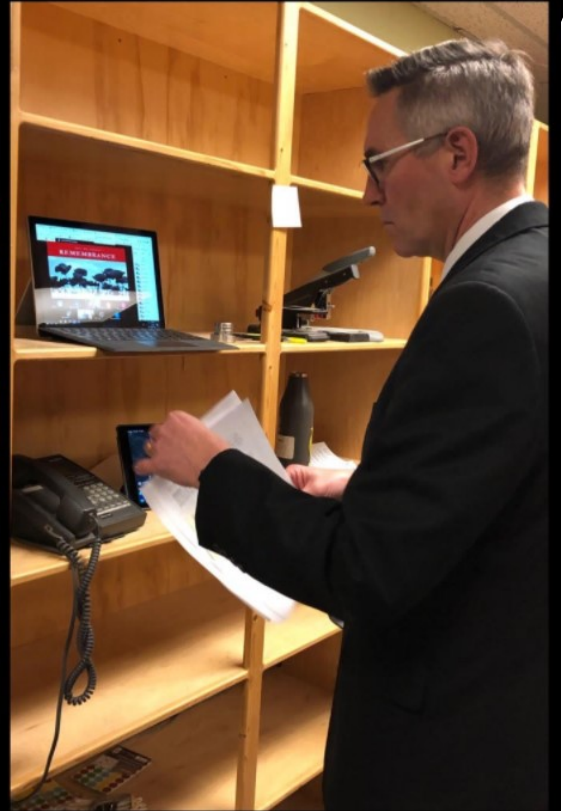
Students dressed up in their Movember t-shirts and wore their customizable Movember masks. While COVID prevented us from doing many of the activities, such as face painting, that we had done in the past, it was still great to see kids out in force doing their best to support men's health.

A big thanks to everyone for their support.

# Woodhaven Remembers



Remembrance Day 2020



**CONTACT US:**

**WOODHAVEN 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  
Email:  
cshaw@psd70.ab.ca  
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**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.

*Visit us online at*  
[woodhaven.psd70.ab.ca/](http://woodhaven.psd70.ab.ca/)

# LIVE LIFE WELL

with the CHANGE Health Community Program

A FREE six-week online family program rooted in mental and physical health, nutrition, and social connection.



low time commitment, high impact



focused on stress reduction and outdoor activity



connected to supports and services in your community



**LEARN MORE AT [CHANGEHEALTH.CA/PARKLAND](http://CHANGEHEALTH.CA/PARKLAND)**



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## Gr. 6 Immunizations– Tuesday Dec. 1st

Alberta Health Services will be updating immunizations throughout the school year.

This will include last year's grade 6 students (now grade 7), for whom we were unable to complete the immunization series due to school closures. We will also continue with the programs for the current grade 6 and 9 students. Finally, as time allows, we will try to catch up any students in other

grades who missed immunizations somewhere along the way.

**Please note immunization consents provided last year remain valid until immunizations are completed.**

Throughout the school year, other children who are identified as requiring immunization updates will receive a package. This package will contain information about the vaccines

that your child is eligible for, along with a consent form for each vaccine. In order for your child to be immunized, each consent form must be signed and returned to your child's school by the date indicated on the envelope.

If you have any questions or concerns, please contact:

**Westview Public Health School Team at (780)968-3700 and press 3.**

For tips on preparing your child for immunizations, please refer to

[https://  
www.immunize.ca/  
pain-management-  
kids-and-adolescents](https://www.immunize.ca/pain-management-kids-and-adolescents)

## We love Having Visitors...

...however, for the safety of our students, staff, and guests we need to ask that you avoid entering the school. Non-essential visitors will not be allowed into the school, and those needing to meet with teachers, or staff will be required to make an appointment. Parents/guardians can attend the

school if they are required as part of the educational programming needs of the school. Again, an appointment is required.

All visitors will be required to sign in and a record of all visitors will be maintained for contact tracing purposes.

The school will screen all service providers, visitors,

volunteers, and independent contractors using the [Visitor Entry Protocol for PSD Schools and PSD Sites](#) before they enter the school.

Lastly, if you are experiencing any COVID-19 symptoms you are not permitted to enter the school. As always, your cooperation is greatly appreciated.

## Nut-Aware - Medical Danger: Anaphylaxis

The safety of all of our students at Woodhaven is of paramount importance. Unfortunately, some of our students are at high risk to potentially fatal reactions to peanuts and other allergens. To ensure the safety of these students, Woodhaven strives to be a nut-aware environment. However, to accomplish this we need everyone's help. Parents and guardians are asked to check the ingredients of all products in students' lunches/snacks and avoid bring-

ing these foods to school. Further, we must guard against cross-contamination as even residue from a door handle can cause a reaction. For example:

*It takes residue from just 1/50th of one peanut for a child to come in contact with to have an allergic response. Peanut and nut allergies account for over 80% of all food allergies and they are also the most severe with a reaction occurring with even just a*

*trace amount of contact or ingestion.*

While inconvenient, even the possibility of a fatal reaction is simply not worth the risk. As a result, we will always err on the side of caution to ensure students are not put in harm's way. We appreciate your cooperation in contributing to making Woodhaven a nut-aware learning environment. For more information, please contact the Main office at 780-962-2626.





# Stronger Together

**Parkland School Division Family Supports Newsletter** November 19, 2020

## Reach out for support...

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221  
 Community Connector - Michelle Enright - 780-217-4146/Simonne Massner - 780-221-7973 Stony Plain and Prab Gill -  
 Spruce Grove and Greater Parkland area 780-217-8701  
 Youth Mental Health - Northgate Walk In Clinic (AHS - now call in or virtual appointment) 780-342-2700  
 MOBILE/AFTERHOURS CRISIS TEAM: 780-407-1000  
 Mobile Addictions Support - Lisa Kimmerly - 780-868-1895  
 Parenting support (APFA) - Triple P Parenting - Rebecca Plante - 780-963-0549  
 Adult Crisis Response - 780-342-7777  
 Support Network Distress Line - 780-482-4357  
 Adult Mental Health Referral and Treatment - 780-424-2424  
 Parkland School Division - Family Support - Vicky Mamczasz - [vmamczasz@psd70.ab.ca](mailto:vmamczasz@psd70.ab.ca)  
 Sunrise Supports - Dena Davis - [dgdavis@psd70.ab.ca](mailto:dgdavis@psd70.ab.ca)

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## Virtual Programs for Youth

This fall, Spruce Grove FCSS will offer free, virtual programs for youth to support social connection, resiliency and mental well-being. Due to the current situation with COVID-19 and based on guidelines from the Province of Alberta, FCSS Fall Programs will operate a bit differently this year. Virtual Programs will be held through Zoom. A meeting link will be provided by email. Registration is required.

To register, visit [sprucegrove.org/onlinereg](https://sprucegrove.org/onlinereg) or call 780-962-7618. For more information, please email [fcss@sprucegrove.org](mailto:fcss@sprucegrove.org).

### Healthy Relationships (ages 14–18)

Youth will learn about the different relationships they have, what makes for a healthy relationship and strategies for creating positive social connections with others. Focuses include creating boundaries, navigating conflict and effectively communicating. Participants are encouraged to attend all dates because the information covered builds from week to week. Space is limited.

Wednesdays: Nov. 25, Dec. 2 and Dec. 9

4:30–6 p.m.

Format: Virtual through Zoom

Facilitated by: Chartered mediator from [Laurier Mediation](#)

**Registration deadline: Nov. 18 at 4 p.m.**  
**Registration deadline: Nov. 18 at 4 p.m.**

### Understanding Stress and Anxiety (ages 12–18)

Stress and anxiety can affect us physically, emotionally and mentally. This program is designed to teach youth the difference between stress and anxiety, and provide healthy ways to cope and handle with stress. Format: Virtual through Zoom. Facilitated by: Registered psychologist from Family Life Psychology. **Tuesday, Nov. 17 4-5:30 pm**

**Registration deadline: Nov. 13 at 4 p.m.** Social Emotional Skills and Strategies for Self-Regulation (ages 12–18) Learn how to express your emotions in a healthy and effective way. Youth will learn practical skills to self-regulate their own emotions and communicate effectively when they are feeling overwhelmed. Tuesday, Dec. 15  
 Format: Virtual through Zoom

Facilitated by: Registered psychologist from [Family Life Psychology](#)

**Registration deadline: Dec. 11 at 4 p.m.**

## Fall into Winter Programming

November 18, 2020 - Parkland School Division is proud to work with amazing community partners across Spruce Grove, Stony Plain and Parkland County. We know that healthy students are better learners. For this reason, we want to ensure that youth are socially, physically and emotionally supported. Please check out the following programs, supports and services and reach out if you have any questions or would like to get involved in the Parkland Area Youth Coalition.

For more information contact:

Felicia Ochs, Wellness Coordinator

Parkland School Division

Email: [fmochs@psd70.ab.ca](mailto:fmochs@psd70.ab.ca)



For Contact Information Regarding these Service Please Visit:  
<http://psd70.ab.ca/> and click on Homepage News

# Solution-Focused Wellness

## For Youth & Families



The Solution-Focused Wellness (SFW) counselling program is designed for youth (5-17) & their families. This school-based program is individualized for each student/family but will generally focus on holistic wellness and person-centered strategies for coping and self-care. Direct therapeutic work will be completed by student interns or MH Clinicians under direct supervision of registered psychologists,

**Larissa Predy (Little Oaks Psychology)**

**& Joel Pukalo (Family Life Psychology)**

**Please Contact the School Regarding this service and to discuss this, and the many other supports that are availa-**

## VIRTUAL OR IN-PERSON

Youth & Family Sessions for Holistic Wellness

### 3-6 Sessions

Individualized Program Focused on the whole self, including the environment, social, physical, and mental health

## FEEDBACK LOOP

To Ensure Ongoing Support and Understanding

### Team

The school team & family will receive feedback and strategies for support following the program.

## 7 PILLARS OF WELLNESS

Focusing on the pillars of wellness, this program encourages coping

### Solution-Focused

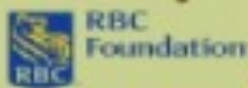
and ongoing skill development for overall wellness

## SCHOOL REFERRALS

Teachers, Administrators, Counselors

### Fully Funded

Grant Funded Tier 2 Support Program



## AHS Resources for Parents



### Information for Families with Children in Isolation

Information for families with children in isolation is now available on this webpage: [ahs.ca/isolation](https://ahs.ca/isolation)



### Guidance for Parents of Children Attending School – Translated versions

- The AHS Guidance for Parents of Children Attending School and/or Childcare found at [ahs.ca/parentcovidguide](https://ahs.ca/parentcovidguide)

has been translated into the following languages:

- Arabic
- Simplified Chinese
- Traditional Chinese
- French
- Punjabi
- Spanish
- Tagalog
- Urdu

There is a link to the translated resources on the webpage.



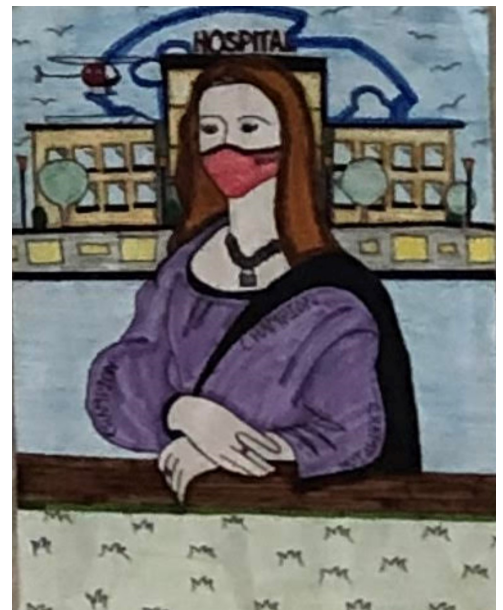
### Monthly Newsletters for Families

The [AHS.ca/COVIDSchool](https://ahs.ca/COVIDSchool) webpage has been updated with the December newsletters for families with Children & families with Teens. Please share with your appropriate school contacts

- **December 2020** - 5 easy ways to cultivate wellness at home:
  - For families with Children [English](#) | [French](#)
  - For families with Teens [English](#) | [French](#)



***Right & Left:*** The Grade 8A & 8B Art Project of the 'Modern Mona Lisa' produces impressive results.



## November Photo Gallery



Congratulations to the following student-athletes for being recognized as November's Athletes of the Month. These student athletes all participated in our volleyball cohorts and teams.

Clockwise from the upper left: Emillie S, Grady W, Anna G-W, and Grant L.



Left: Mr. Bradshaw, Mr. McLachlan and Mr. Chan easily fit three (physically distanced) class cohorts in the new huge gymnasium on the first day in the new addition (just look at the shine from the new floor!).

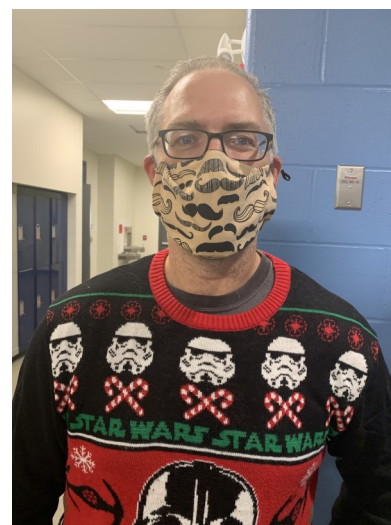
## November Photo Gallery



***Top & Middle Left:*** Students make the most of the new gym

***Top Right:*** The curtains are dropped to divid the gym into three sections.

***Bottom:*** Mr. Stapley (left) and Mr. Huedepohl (right) sport their Movemeber mustache masks.



## November Photo Gallery



***Left:*** Students wait to get into the new addition on Nov. 16th.

***Right:*** No Wifi for the wireless projector? Mr. Bock improvises with a projector 'salvaged' from the existing building.

***Below:*** Baseball? In the snow? At Recess?





## New Addition Photo Tour- The Plaza Entrance



***Top:*** The main entrance to the 'Plaza' looking west. Its two story construction highlights the two x two square foot floor tile, as well as the faux wood-grain plank made of aluminum on the ceiling and north wall.



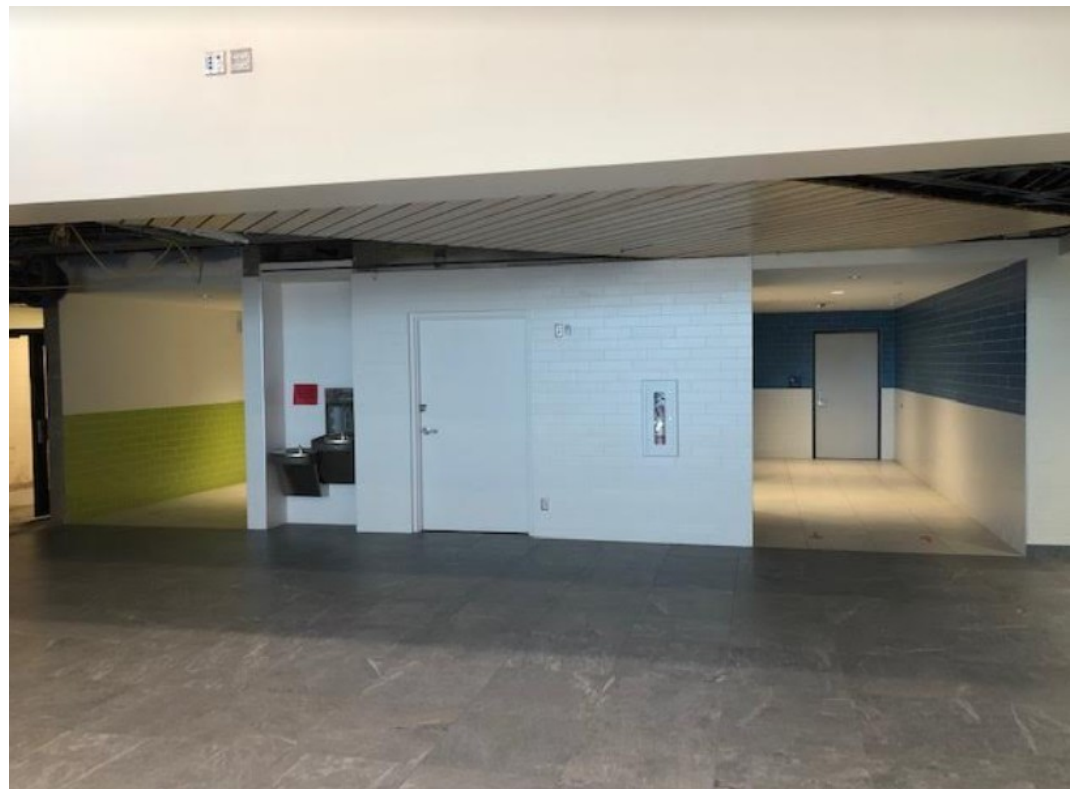
***Bottom:*** The 'Plaza' looking east towards the parking lot features an all glass entrance. On the west wall ceiling are red and black sound dampeners representing our WolfPack school colours.

## New Addition Photo Tour- The Plaza Entrance

***Top:*** The south and west exposures of the Plaza provides for natural light as the space tracks the sun as it moves westward across the southern sky.



***Bottom:*** The far west end of the entrance houses wash-rooms and a fountain with refillable water bottle station (one of three in the new addition). While this washroom has been available to students since last October, the Plaza allows students to enter from their respective sides.



### New Addition Photo Tour: The 'Plaza'



***Top:*** As construction moves to the existing building, WMS office staff members have moved to occupy the new school kitchen which is just on the right side as you enter the building through the main doors.



***Bottom:*** Across the Plaza from the temporary office is the all glass entrance to the future permanent office space. In the course of the modernization, the new office will occupy the old staff room, and new staff room will occupy the old foyer which once lead into the existing gymnasium.

## New Addition Photo Tour: The 'Plaza'

***Top:*** A closer look at north wall features built-in seating areas and the currently glassless (but not for long) trophy cases. The inlays for the trophy cases and seating are natural wood. On top is a detail of the faux aluminum wood paneling and sound dampeners.



***Bottom:*** A look through the west windows provides a glimpse of the solar panels on the upper south face of the new gymnasium.

