

WOLFPACK HOWLER

Principal's Message

Happy New Year, and good riddance to 2020! We have a lot to look forward to in 2021. This is the year that we can expect the completion of our modernization/new addition construction. The much anticipated vaccines have arrived and will continue to be administered throughout the year. Perhaps most significantly, 2021 gives hope that we will be able to return to a life that resembles what it was like pre-COVID 19. I look forward to sharing information about drama productions, music concerts, and athletic events rather than information regarding screening protocols and contact tracing. On a personal note, I very much look forward to inviting parents and guardians into our wonderful new facility; it is a sight to behold. However, while we are turning the corner, we are still not out of the woods. And while there is hope, we still need to be vigilant in keeping everyone safe. So, in acknowledging that I am beginning to sound like a broken record, here are the important notices for the January Newsletter:

All Students Move to Online Learning Jan. 4-8



As I mentioned in last month's newsletter, on Nov. 24th, Premier Kenney announced sweeping changes regarding schooling for the remainder of 2020 and into January 2021 as well. All K-12 students in the province, including our Woodhaven Grade five and six students will join our grade seven, eight and nine students in moving to online learning for the week of January 4th-8th, 2021. Students are still scheduled to return to in person learning on January 11th. Students who are currently enrolled in the Option Two Online learning will continue with their 'virtual' teachers until the 11th. If you have any concerns regarding access to technology, please contact your child's teacher or call the office.

Online Format

Unlike last spring where there were limits on the hours students were expected to engage in learning, online learning for the week of Jan. 4-8 will follow

each student's current in class timetable as much as possible. For example, if a class begins Tuesday mornings with Phys. Ed, their online learning will follow the same schedule. Unlike last spring, attendance will be taken by teachers and parents and guardians will be notified when their child has not engaged in learning. Some schoolwork and assessments assigned by teachers will contribute towards a student's grades or the school year. That said, it is unrealistic to expect that students, particularly those in the lower grades, will be engaged in virtual learning, tied to a computer, for six hours a day. What parents and guardians can expect is that while teachers will be available online during their regularly scheduled classes, not unlike an in person classroom where teachers instruct for a portion of the block and students work independently for the remainder, students will be permitted to log off to work independently after instruction is completed. If they require help, they will be able to return to the GMeet where the teacher will be available. All of us here at the school understand that this approach differs significantly from

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Key Dates:

- Online Classes for All Students
Jan. 4th-8th
- Option Two Parent Guardian Survey
Jan 4th
- Return to In Class Learning
Jan. 11th
- Option Two Re-Entry Date
Jan. 11th
- (Virtual) School Council Meeting
Jan. 20th

Principal's Message (con't)

last spring. We also appreciate that for some students this format will pose a unique set of problems. If you are having difficulties with your child engaging then I need to ask that you contact your teacher directly. While home to school communication is an important factor for student success, now, more than ever it is vital that you contact your child's teacher to address any concerns you are seeing at home. We would be more than happy to work with you to find solutions. And on that note, if you are finding that your child is struggling with their emotional or mental wellness, please consider reaching out to the resources we have included in this newsletter. Information regarding community based supports can be found on pages 12-15 in this newsletter. As always, if you have any questions regarding these supports, please contact the office.

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

In light of the Premier's announcement of the move to online schooling for January 4-8, 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. For parents and

guardians whose child(ren) is/are currently enrolled in Option Two/online learning, you can expect a survey during the first week of January to let us know about your intentions. If your child is currently enrolled in in-person learning and you are considering moving online, I need to ask that you contact the school to let us know your intentions. Unfortunately, after January 11th, the next scheduled opportunity to return to in-person learning will not occur until February 16th. Barring any other unforeseen circumstances, the final opportunity to transfer back to in person learning is Tuesday April 6th.

Grades and Attendance Go Live in PowerSchool

Great news for parents and guardians. As of Monday, Jan. 4th PowerSchool is live for users. What this means is that with your PowerSchool account you now have access to teacher's online grade books. Parents and guardians now have access to real time mark updates, upcoming assignments, even missing or late assignments. Even better, you can now program email alerts which will let you know when your child is late or absent, when an assignment has not been handed in, as well as creating a 'grades threshold' which will send you an alert if an assignment mark is below what you'd expect. Having worked with the program in my

high school administrator days I can attest to what a powerful communication tool it is. However, we do ask your patience as we work through the inevitable bugs of going live. Please check future newsletters for instructions on how to access these features. Visit the PSD web site and search 'PowerSchool' for details or check out the link at the bottom of this page.

Screening Questionnaire

Once again, and likely not for the last time, I need to ask for your assistance in keep our students and staff safe by completing the COVID-19 ALBERTA HEALTH DAILY CHECKLIST screening questionnaire with your child(ren) each and every morning. In addition to checking a child's symptoms, the document also provides direction of what to do if any symptoms are present. I have included the link at the bottom of this page.

Final Thoughts

I hope everyone had a restful holiday with many a virtual meeting with friends and family. Like many of you I am hoping for a happy and healthy 2021 for all members of the Woodhaven Community. 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 or at the school, (780) 962-2626. Take care,

-Mr. Shaw



Follow us on
Twitter:

@woodhavenMS

<https://www.psd70.ab.ca/documents/general/covid-19-information-alberta-health-daily-checklist.pdf>

<https://www.psd70.ab.ca/PowerSchool.php>

Maranatha Christian Program (MCP) Highlights (Con't)

At our Woodhaven-Brookwood online Chapel held on Dec. 15th we were joined by PSD Board Chair Dr. Lorraine Stewart, Vice Chair Mr. Eric Cameron, Spruce Grove Trustee Mrs. Darlene Clarke and Associate Superintendent Dr. Dianne McConnell. After an opening prayer and treaty acknowledgement by Mrs. Cresswell, we were entertained by Mrs. Kulak's class rendition of Go Tell it on the Mountain live from the Brookwood music room. After messages from Brookwood Principal Mrs. Karen Stride-Goudie and Mr. Shaw, Elise Mykula (see below) sang Dancing on

spired 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 their experiences and challenges, praying for one another, worshipping, and giving thanks to God together.

Mrs. Joy's Gr. 5/6M— Please see the 'Class Action' section of this Newsletter.

Mrs. Woitas' Gr. 6M—As a carry over from last month, the grade sixes finished watching a video series called "Fire and Faithfulness" through Right Now Media. They have been looking in the book of Daniel to see how his faithfulness has changed a nation. They also talked about how they could be strong like Daniel and stand strong for God even when others don't or when pressured to act in a way that doesn't honour God. The class will be starting a new chapel series in the first week of January.

Mr. Bock's 7M—Currently, we are learning about some of the Old Testament connections to Jesus - the prophecies throughout the OT about the coming Messiah and the parallels in the

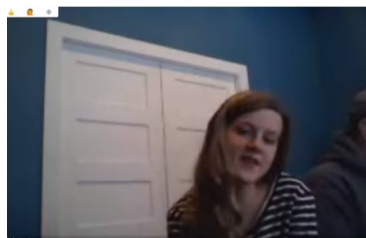
story of the deliver Moses and the true deliverer in Jesus. We have also been reading through an advent historical fiction devotional story called *Bartholomew's Passage*. *Bartholomew's Passage is an engaging story that guides families through the Advent Season. Young Bartholomew's adventures start 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 - True faith produces fruit. A faith without action and without life change is ultimately a dead faith. **The Book of James** series speaks to the realities of a living faith in Jesus—the kind of roll-up-your-sleeves and get-your-hands-dirty discipleship that is borne out of an authentic relationship with the risen Lord. James writes to believers who know suffering, who've faced trials, and who ultimately desire a deep relationship with God. Over the next twelve weeks Francis Chan will help us unpack the dense truth contained in the book of

James. Francis will guide us through James verse-by-verse, challenging followers of Christ to move beyond a private, intellectual knowledge of God and His Word, to a vibrant faith that impacts every square inch of life.

For more information please visit our website:

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



the Waves (We The Kingdom) the first of two songs (with dad accompanying on the piano).

Miss Calado's Class was up next with a rousing version of Joy to the World followed by Mrs. Carozza's class Retelling of the Christmas Story. Mrs. Cresswell followed up with her messaging discussing the difference of beholding vs. seeing based on John I 29-34. In closing, Elise ended with Jeremy Camp's Behold. It was wonderful to end the year in worship together.

In weekly, in-class chapel

Mr. Rink's 5M— class again continues to explore God's lessons for their lives, as in-



Class Action: 5/6M Students Star in Music Video

For this month's edition of Class Action, we highlight the unique opportunity Mrs. Joy's 5/6M class had in filming and starring in an upcoming music video from local country music artist Stirling John. In addition to music, he is also a member of the Enoch R.C.M.P. detachment and helicopter tactical flight unit. He enlisted the help of his daughter and her MCP classmates in filming the music video for his upcoming song release, 'Believe'.

After a traumatic call in 2014, Cst. John has been pursuing music on the side which has proven to be a healing place for him during his RCMP career. To help him deal with many of the traumatic scenes he has attended, Cst. John turned to writing and recording songs which are often inspired by many of the people and experiences he has encountered as a member of the R.C.M.P.

Even though he has worked fulltime during the pandemic, he managed to write "The Distance", "For You", "Never Meant to Be", and "Record



Time": four singles he professionally recorded and digitally released in 2020. For these songs Cst. John was been nominated by Country Music Alberta as 2020 "Songwriter of the Year".

As a serving first responder Cst. John couldn't help but notice that 2020 was a year where domestic violence, substance abuse, and many other issues including mental health concerns, increased dramatically. To help address this, he recorded 'Believe', written by David Pederson as a song of hope for everyone, and in particular for our first responders. Despite the restrictions surrounding COVID 19, Cst. John tapped over 30 different

individuals including first responders and indigenous activists from across Canada and the USA to star in the video.

On Dec. 17th, Cst. John spent the lunch hour with several students in 5/6M MCP filming a portion of the video. While honouring social distancing protocols, Cst. John had students, as well as Mrs. Joy, hold up signs of hope and strength during the production. In addition to helping out in front of the camera, students were also allowed a glimpse into the process of what happens behind the camera.

To coincide with the release of 'Believe' Cst. John hopes to have the video ready for early January of this year.

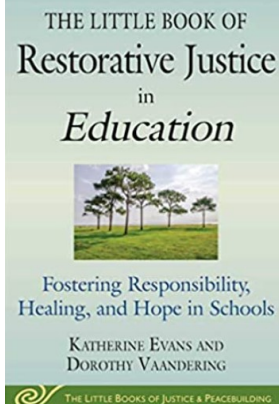
*Carry on with
open eyes
Hope will give
you life another
try,*

*Let go of all
that burdens
you, and
hold on for a
chance of
something new*

-(Chorus From 'Believe')



What We're Reading This Month: *The Little Book of Restorative Justice in Education*



After the punishment, how do we repair the harm? No one has ever questioned the need for there to be consequences for misbehavior in schools. Regardless of it being a quick, corrective conversation for a minor transgression in class, or exclusionary discipline (suspensions) for major infractions, it is important that inappropriate actions be addressed quickly and fairly. However, what happens to those that have been affected by misbehavior? Whether it is the students whose learning has been interrupted by an in class outburst or an individual who has been pushed on a playground, consequences for the indi-

vidual who committed the infractions rarely address concerns of those who have been directly or indirectly affected.

Restorative justice is a process in which the 'offender(s)' and 'victim(s)' attend a mediated discussion in an effort to repair the harm caused by misbehaviors or inappropriate actions. The discussion usually focuses on how an unjust behavior affected stakeholders and offers solutions on how the offender can repair the harm. Not only does restorative justice allow the offender to take responsibility for his or her actions, it also empowers the victims by inviting them to actively be a part of the

restorative process.

"*The Little Book of Restorative Justice in Education* is a reference that practitioners can turn to repeatedly for clarity and consistency as they implement restorative justice in educational settings." The book outlines the origins of restorative justice and provides direction on how to better create just and equitable learning environments, to build and maintain healthy relationships, and to transform conflict into healing. Although consequences for misbehavior will continue to be with us, restorative justice is just another tool to help students grow as members of a learning community.

School Council Notes from (A Very Brief) Dec. 9th. (Virtual) Meeting

Our January (Virtual) Meeting will be on Weds. The 20th the at 6:00 pm. Please check your email for an invitation during the week of Jan. 11-15.

The Parent Council and Parent Association held a very brief meeting on Dec. 9th as a carry over from the Nov. meeting. At issue was the purchase of C-Pens for students who require help with reading. To recap, last year our Inclusive Education Lead Ms. Enders approached the council and association seeking to purchase these remarkable devices. The C-Pen is a hand held scanner that is a "...major technological breakthrough for anyone learning English and is a lifesaver for those who suffer from reading difficulties such as dyslexia. The C-Pen Reader is a portable, pocket-sized device that reads text out aloud with an English, Spanish or French human-like digital voice..."

How it works is that

a student holds the C-Pen like a regular pen and draws it over the text on a page. The C-Pen displays the text digitally on a tiny screen and also reads it back to the student via text to voice software. However, unlike other text to voice software, students have control over the pace of reading and are required to be engaged with the text. Students are able to sit in class with a set of ear buds and enjoy silent reading with classmates.

Last year, council purchased two c-pens as a pilot project for our inclusive learners. The tool proved so popular that a meeting was added to the December calendar to authorize the purchase of five more units. While it may



seem that seven c-pens are not enough for the school, after having had the opportunity to work with the devices prior to classes being moved online, many parents and guardians purchased the devices for their own children. Helping all students be successful is just one more reason to get involved with School Council.

WOLFPACK ATHLETICS— Online PE—Christmas Cup—Athletes of the Month

Online Physical Education - Grade 7 to 9 **Activity, Wellness, & Health...a comprehensive approach to PE learning from home**

Our grade 7 to 9 students have successfully completed 3 weeks of online PE classes. Even though we have not been able to meet in person, the majority of our students have still done the best they could under the current circumstances. We have met with our classes each day during our regularly scheduled class times for a mix of group fitness activities, wellness topics, and health topics. We have also demonstrated cooperation and collaboration in our Christmas Cup activities. Students have filled out daily log books and documented fitness challenges to provide evidence of their hard work from home! Here is a snapshot of what

we have covered so far...a mix of movement activities and theory!

*Activity - HIIT workouts, Tabata workouts, Ab workouts, & Yoga
Wellness - Nutrition & Canada's Food Guide...SMART Goal Setting (Short & Long term goals)*

Health - Substance Abuse Challenges - Mad Minute Fitness Activities

Christmas Cup - Virtual Style!!!

The tradition of the PE Christmas Cup continued this year! Even though we were not able to meet in person, our grade 7 to 9 students competed virtually in a variety of Christmas related PE activities/challenges and cooperative games to earn points for their home-rooms. Students earned points for participation in a variety of events each day leading into our holiday

break. A big thanks goes out to all grade 7 to 9 students for demonstrating a willingness to participate and demonstrate cooperation and leadership to help their class compete for the Christmas Cup!

The final results can be found at the bottom of the page.

PE Work(out) from Home Athletes of the Month

Congratulations to the following students who have been selected as the PE work(out) from home athletes of the month for December 2020. These students have demonstrated outstanding participation, cooperation, leadership, and a willingness to get involved in our online PE activities, workouts, and Christmas Cup challenges for December.

Luke O, Carson P, Zach S, Sophia O, Ryhan E, Gracy A, and Johanica W. Athlete Photos are on page 10.

Follow us on our Athletics Instagram Account
@WoodhavenAthletics

<https://www.instagram.com/woodhavenathletics/>



Grade 7 Standings

- 1st Place - 7A - 87 Points
- 2nd Place - 7B - 68 Points
- 3rd Place - 7M - 43 Points

Grade 8 Standings

- 1ST PLACE - 7/8M - 87 POINTS
- 2ND PLACE - 8A - 43 POINTS
- 3RD PLACE - 8B - 35 POINTS

Grade 9 standings

- 1ST PLACE - 9A - 54 POINTS
- 2ND PLACE - 9M - 42 POINTS
- 3RD PLACE - 9B - 21 POINTS

Virtual Christmas Cup

GRADE 7 - 9

Final Standings!!!



NEW ADDITION AND MODERNIZATION UPDATE— Settling in to New Routines

While no one is very happy with the move to online learning, the sliver of a silver lining is that the Christmas Break and week that will follow has allowed our construction partners the opportunity to go through the addition and address any discrepancies identified in the brief time since we moved. Not unlike a walk through on a new house build, details such as doors that don't quite close properly, frames on interior windows, and perhaps most importantly temperature controls in the hallways and classrooms are all being addressed. As well, our security contractors have been working diligently over the break to complete the installation of the security cameras in the addition.

Demolition and Reconstruction

With the move to the new addition, our construction partners have had the uninterrupted opportunity to begin work on the existing building. In anticipation of new mechanical and electrical the old cabinets and countertops, flooring, and ceiling tiles

have been removed and discarded. Items that can be re-used, such as the newer industrial arts tools and musical instruments and equipment have been moved into storage for future use. The old Multi-Purpose room, which had been divided into four small classrooms is back to its old wide open self as the walls separating the classrooms have been removed.

Gymnasium Roof Work

Just prior to the break, work began on constructing a structure over the west side of the old gymnasium. As part of the modernization, the existing roof on the gymnasium is to be replaced. To protect workers, as well as the soon to be extensively renovated change rooms and the Phys. Ed office from the elements, a temporary shelter (see below) has been erected.

Demobilization

With the work on the new addition all but completed our construction partners have 'de-mobed' indoors. Gone are the old Atco-trailers that served as the

construction offices on the northwest corner of the school yard. The offices have been relocated to the old sensory room and the Den.

C (Sea?) - Can Removed



Although not as obvious as the roof work, when students return in mid-January, they may notice that the Stuart Olsen C (sea) can, that was located by the former school entrance, has been removed. During construction the c-can provided temporary electrical power for the school. With the completion of the addition, it is no longer required.

Lastly, over the break the new signage for the school was installed. See page 24 for a photo.

For a photo tour of the hallways and classrooms in the new addition please see page 25.

Looking North: The scaffolding and covering as the gym roof, the Phys. Ed Offices, and change rooms prepare for extensive demolition/construction.



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 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

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Loss of sense of smell or taste

What to do

- Isolate at home for a minimum of 10 days from when symptoms started or until symptoms resolve, whichever is longer.
- COVID-19 testing is recommended.
- 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.
- 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

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

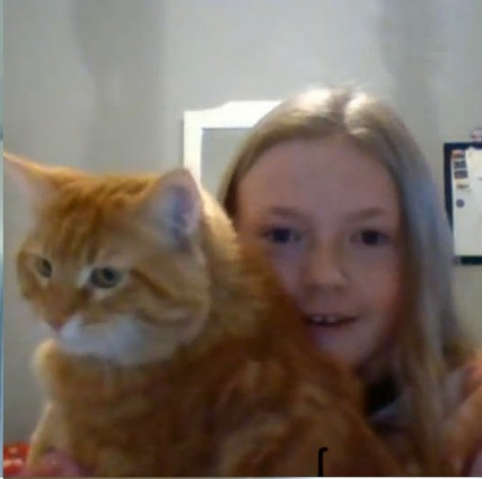
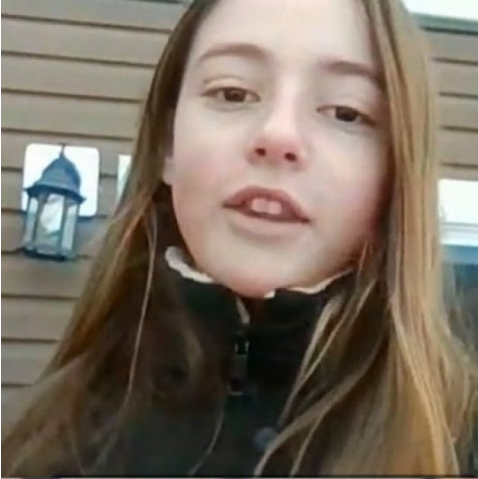
Sometimes, when schools haven't been contacted within this timeline, it could mean one of three things:

- 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](#).

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check out the news
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website [COVID-19 In
Schools](#).*

December's Athletes of the Month



CONTACT US:

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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.

Visit us online at:
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



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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



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 to discuss this, and the many other supports that are available.

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

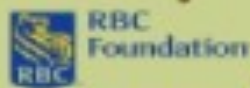
and ongoing skill development for overall wellness

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



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

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](#)

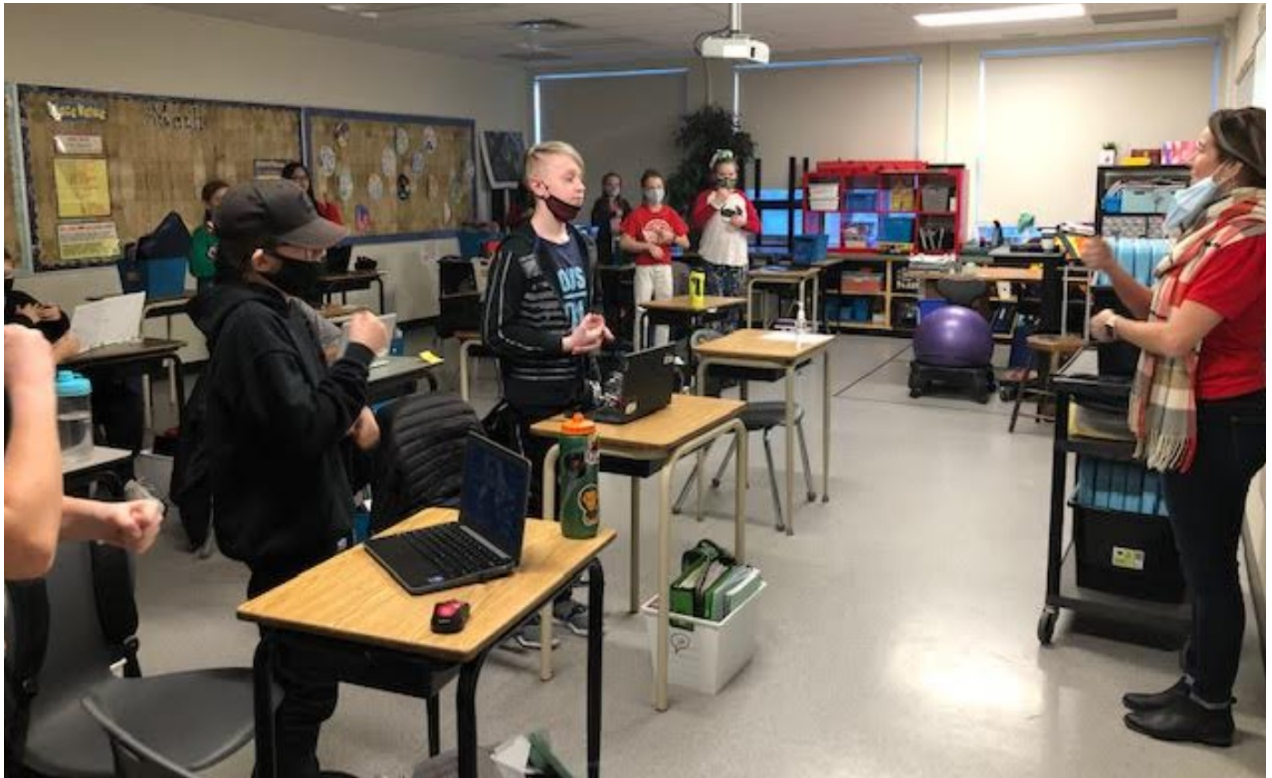
Grab N' Go Breakfast Thank You



Once again, we would like to acknowledge the contributions of our Grab N' Go Partners Freson Brothers Fresh Market and Medeiros Concrete and Construction for helping us in providing nutritional snacks for our students.



December Photo Gallery



Above: With a twist on music class, the 6M's practice "We Wish You a Merry Christmas" using sign language.

Below: Taking lessons from the aerodynamics unit in science to the playground at recess.



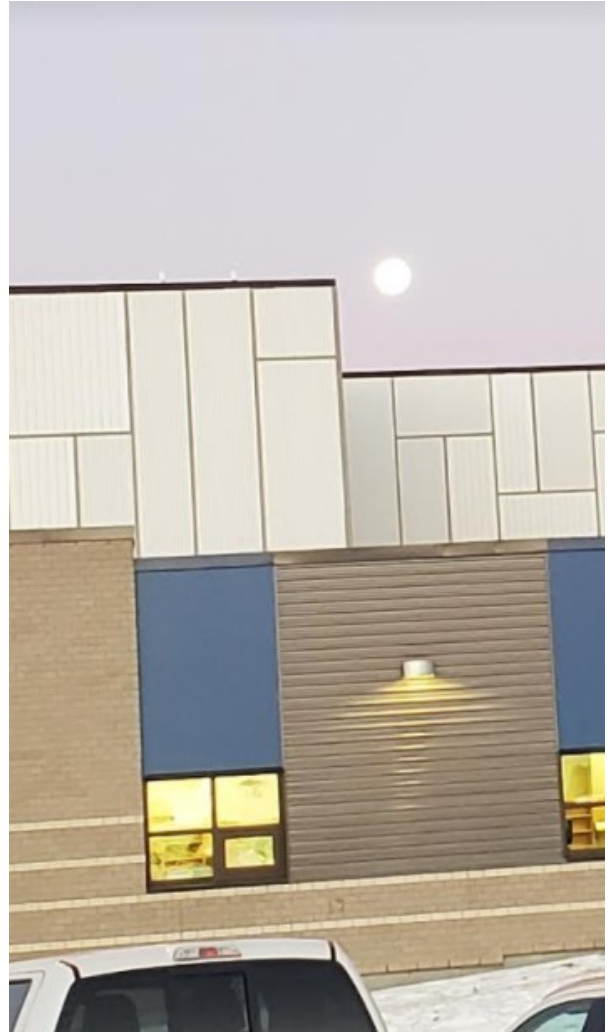
December Photo Gallery



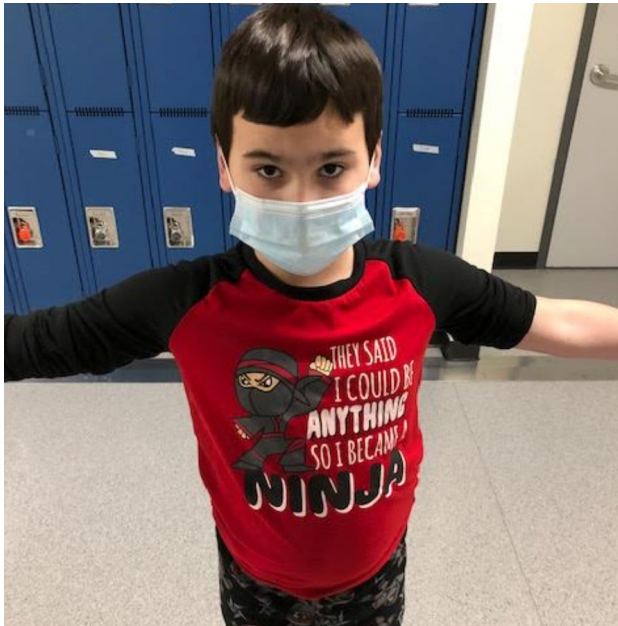
Top Left: Dysen meets his Dyson name-sake in the washroom.

Top Right: A full moon overlooking the new addition in mid-December.

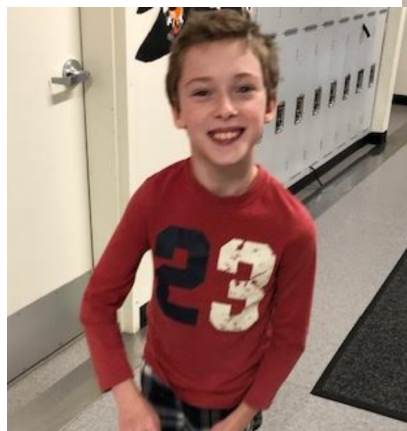
Bottom: Mr. Chan instructs his Phys. Ed class virtually in the new workout room.



December Photo Gallery- Pajama Day



This Page and Next Page: A Collection of Students' attire as the grade five and six students 'dress down' for Christmas pajama Day.



December Photo Gallery- Pajama Day



December Photo Gallery- Christmas Sweater Day



Top: and Bottom A fine collection of Christmas Sweaters!



December Photo Gallery- Christmas Sweater Day



This Page: Christmas sweaters both inside and out.



December Photo Gallery- Christmas Sweater Day

This Page:

A few more photos taken inside and out of Christmas Sweater Day.



December Photo Gallery: Candy Cane Day



This Page:
Students dress up in their finest green, red and white Christmas attire for 'Candy Cane Day'.



December Photo Gallery



Top Right & Left: Christmas tree and ornament in the new plaza.

Above: Justin shows off his 'Tootsie Roll' airplane.

Right: New signage for the new entrance.

New Addition Photo Tour: Classrooms and Hallways



Top Left: The north south hallway just off of the Plaza leads towards the Jr. High classrooms. The Foods Lab entrance is just to the right.

Top Right: Stainless steel tables.

Right: A view of two of the eight the stations (awaiting the sinks and faucets).

Bottom: The lab from a different perspective. The new standup freezer and fridge are in the middle of the photo.

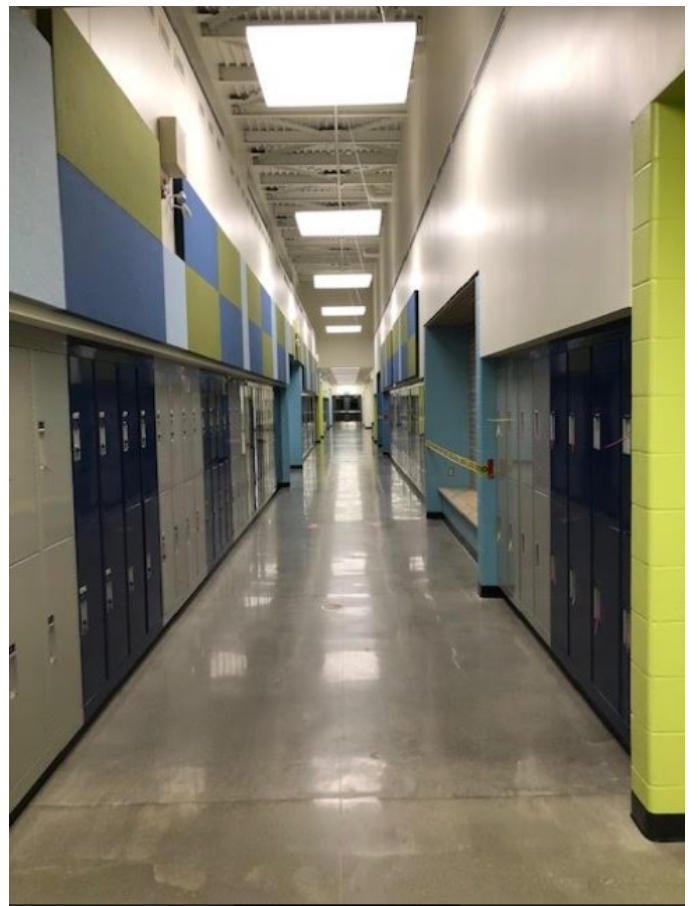


New Addition Photo Tour: **Classrooms and Hallways**

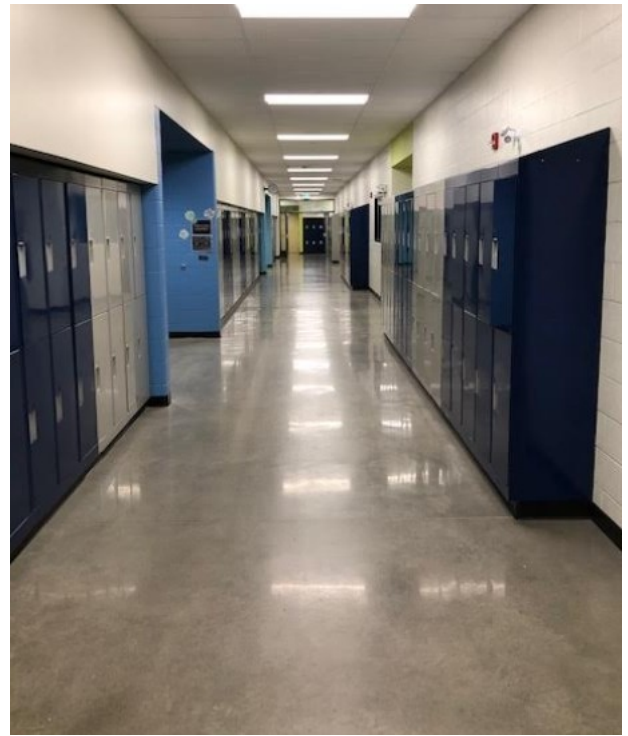


Top: A typical classroom with polished concrete floors, built in millwork, wireless projector, and the dark(er) blue feature wall.

Below: The main east/west hallway from both directions features an extra high ceiling with windows for natural light.



New Addition Photo Tour: **Classrooms and Hallways**



Top Left: One of three built in seating which areas, which, unfortunately, remain closed.

Top Right: The second north/south hallway located on the west side of the gym.

Left: Class with the 'green' feature wall.

Below: The new addition provides two sets of classrooms with removable walls between them. This 'double class' has the 'light blue' feature walls.

