

WOLFPACK HOWLER

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Key Dates:

Remembrance Day Ceremony	Nov. 6th
Fall Break (No School)	Nov. 9th—13th
Option Two School Re-Entry	Nov. 16th
Parent Council (Virtual)	Nov. 18th
Picture Re-Takes	Nov. 19th
Gr. 6 Immunization Consent Due	Nov. 23rd

Principal's Message

Mark your calendars! November 16th, the Monday after Fall Break, is the day that has been over two and-a-half years in the making. Finally, barring any unforeseen circumstances, we be occupying the new addition. The grade seven, eight, and nine classes that currently occupy the existing building will be moving into the new addition. After the 16th, access to the modular doors will be restricted. While this entrance will remain open for students coming to school via the west field and as a fire exit, our grade five and six students will now be entering and exiting the school through the main plaza entrance at the east side of the school. Our current main entrance will be closed for renovations.

Screening Questionnaire
As the number of COVID cases rise in Spruce Grove, it becomes increasingly important that all members of the Woodhaven Community remain vigilant in stopping the spread. While, sanitizing, disinfecting, physical distancing and mask wearing protocols are important, now more than ever it is imperative that students com-



plete the COVID 19 screening questionnaire before coming to school. And if a student is exhibiting any symptoms, it is important that you follow the instructions at the bottom of the questionnaire. I cannot stress how important your cooperation is in keeping our students and staff safe.

Option 2/Online Student Re-Entry Mon, Nov. 16th. Parents and guardians of students currently enrolled in the teacher supported (online) Option Two program are reminded that the next re-entry date for in-class in-person learning is Monday, Nov. 16th. Unfortunately, after this date the next opportunity to return to in-person learning will not occur until January 6th. If your child is having difficulty with online learning or you are experiencing challenges with your child completing school work and/or participating in their online classes, PSD is offering three online 20 minute parent sessions to

discuss regulation and related strategies as they pertain to online learning. You can choose the session that is most convenient for you. Please visit <https://psd70parentsessions.sched.com/> for details.

COVID and Winter Weather

The unseasonable cold October has reminded all of us that that it is time to dress for our ever changing prairie weather. With students not being permitted into the school until 8:15 am and all students outside for recess, it is imperative that students dress for inclement weather. Please consider establishing a routine that will allow for students to arrive at school as the doors open. That said, if the weather turns bitterly cold or with heavy rains, due to COVID restrictions students will remain in their respective classes for recess and lunch.

Power Outage

On Tuesday October 20th, we experienced a first in my 25 year teaching career, a power outage that knocked the heat off in our building. Earlier that morning with the road turning icy, a car slid into the power transformer just north of the playground. While power to the rest of the neighborhood was rerouted, this could not be

Principal's Message (con't)

accommodated with our school. I would like to thank all of our Woodhaven families for their patience and understanding; as a staff we too shared your frustration. Fortis restored the power, and subsequently the heat, around 4:00pm later that day.

Parent Teacher Interviews

Many thanks for your active participation for our

virtual PTIs on the 20th and 22nd. If you experienced a technical error and were unable to connect with your child's teacher, please contact the teacher directly or via the office at (780)962-2626.

Final Thoughts

It was our hope that we could welcome parents and guardians into the new addition. Unfortu-

nately, that will need to wait until another day. I look forward to sharing pictures of the interior of the building in next month's newsletter. 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, Take care

-Mr. Shaw

Maranatha Christian Program (MCP) Highlights



Our first **Virtual Woodhaven Chapel** of the 2020-2021 school year saw all 6 classes gather for our first time together via Google Meets. Teachers took time to introduce themselves and make connections with the grade 5's, and other new students in our MCP community. Following our brief introductions, Mrs. Cresswell shared a video created by Art Arys the leader of the A team of Marvel and DC artists who crafted a moving and beautiful digital sequential description of God's breathtaking story of redemption. This story is perfect for sharing with your unchurched friends. *The Story* covers the story of mankind from Creation to Christ.

Due to COVID individual MCP class cohorts classes have been participating their own chapels on a weekly basis.

For example:

Mr. Rink's 5M students have been participating in daily devotional, spending time with one another discussing and

digging into the meaning of what Christ is doing in their lives and praying for each other.

Mrs. Joy's Gr. 5/6M has been doing a daily devotional series called *Goals* - it is aimed at middle school students and explores the purpose and goals of faith. Once a month, they have a longer chapel block in order to build upon their devotionals using a video series by Bob Goff, called *Reckless Love*. These first months have been a time of looking at what faith looks like when it is lived out in practical ways every day. **Mrs. Woitas' Gr. 6M** started the year by exploring a series by Tim Tebow from Right Now Media focusing on making the most of each day and using it for God's glory. Since then, they have been reading a variety of stories from a devotional called "Jesus Freaks". They incorporate our devotional with a daily prayer as well. For chapel, students have worship time with a couple songs where students can privately connect with the Lord. This has been fol-

lowed by videos from "I am Second". There has been valuable discussion time, ending chapel in prayer.

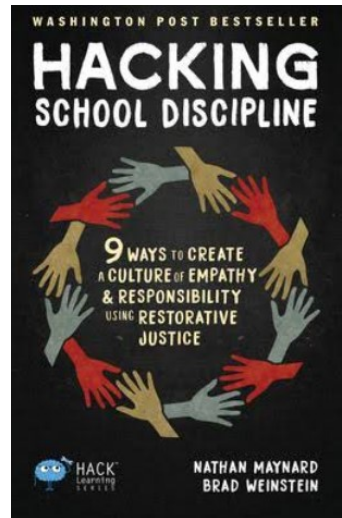
Mr. Bock's 7M is working through a video series on Rightnow media challenging youth as to what life is really about and to live for Jesus. In their devotional times they are also working through the Old Testament and seeing the stories as a unified story that each point to the coming of Christ.

Mrs. Cresswell and Mr. Schock's 7/8M and 9Ms have been working their way through a Roadmap Series on Right Now Media. They had the opportunity to explore Francis Chan's series, *Finding Truth*. Like the 6M's, the students are currently in the middle of Tim Tebow's *Shaken Life* Application series. Tebow talks about what he's learned along the way, building confidence in his identity in God, not the world. This moving series features practical wisdom from Scripture and insights gained from others who have impacted Tebow in life-changing ways.

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

What We're Reading This Month: Hacking School Discipline

At the end of the 2019-2020 school year staff members of Woodhaven received the summer reading gift of *Hacking School Discipline: Nine Ways to Create a Culture of Empathy and Responsibility Using Restorative Justice*. In this *Washington Post* best-seller authors and school leaders Nathan Maynard and Brad Weinstein outline steps schools can take to focus less on punishment for student misbehavior and focus more on building a "...culture of responsible student and independent learners." The book out-



lines approaches to reduce repeated negative behav-

iors, instill self-regulation and build empathy, focus on the true cause of negative behaviors, and use restorative circles to reflect on behaviors and discuss impactful change.

With Woodhaven's school goals of care, safety, and respect, in conjunction with our goal of indigenous ways of knowing, this restorative, rather than punitive, approach to behaviors and school culture promises to serve our entire community in a productive manner.



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. **Rainbows** will begin at Woodhaven after Fall Break and will run on Thursdays during lunch hour. This year our trained facilitator Mrs. Kinnee will be joined by Mrs. Stankov who recently completed her training. 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>

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

School Council Notes from the Oct. 21st (Virtual Meeting)

The next School Council meeting will be held virtually via Google Meet on Weds, Nov. 18th at 6:00pm.

Once again we were joined by PSD Trustee Mrs. Darlene Clarke who shared the school division's numbers as they relate to overall enrollments as well as student participation in the various in-person and online school options for students. Mrs. Clarke described the school division's quick and efficient handling of the recent COVID cases in PSD schools. In his Principal's Report, Mr. Shaw discussed how Woodhaven students and staff have settled into a routine relating to COVID procedures and protocols. With the recent number of cases in Spruce Grove and surrounding area he reiterated how staff are working to

avoid complacency and ensure kids remain vigilant with hand washing, sanitizing and disinfecting, mask wearing, and physical distancing. Mr. Shaw shared his excitement for the move to the new addition on Nov. 16th. Construction crews are currently working on the finishing touches and are at the point where they are starting to clean up the classrooms and hallways. In terms of this year's education plan, he discussed how the school's goals of care, safety, and respect aligned with school council's discussion surrounding school culture from last years meetings. Concerns regarding the lim-

ited numbers of fundraising opportunities due to COVID were brought up during the Parents Association Report. The council voted to have the Hot Lunch program move from cost recovery model to one that would result in a slight profit towards fundraising measure. Council of School Councils Rep. Lei Gryshik shared the highlights of resolutions that passed and those that did not at the last provincial Alberta School Councils Association. Also discussed was ways in which those parents whose students are participating in Option Two/Online learning could be better represented at future council meetings.

A Few Questions with Returning WMSPC Chair Dan Dowson

This is your second year as Council Chair. If you could go back in time and tell yourself one thing about this position what would you say? That this position requires a great deal of creativity, patience and tact, all of these things are challenging skills to learn, but they'll bring you great value. It will bring you closer to your community, and allow you to make great friends throughout the school.

Looking back, what are you most proud of from last year and what do you look forward to for the upcoming year? I am most proud of being part of a team that helps raise and educate our future generations, they taught me more than I could have ever imagined, and they keep me engaged by allowing me to be a part of the team that supports our kids' education. I'm most looking forward to helping our students move



into a newly modernized building, and finding creative solutions to help students, parents and educators alike navigate the challenges of the pandemic.

Although it is still early in the year, how do you think COVID has affected how and what School Council does within the school? I think that COVID has made engaging with our educators and our parent councils more challenging, but it's allowed us all to be flexible in our creative

thinking in order to create and maintain our school community. It's presented us with an opportunity to engage people into council via digital means, which has increased our attendance, and brought new blood to the council. It's something that I would like to see continue even once we return to normal. I'd strongly encourage any parent that finds this time challenging, to join us at parent council and learn about how we can support our school, our students, our educators, and our community.

What are you most looking forward to in the new addition? I'm looking forward to seeing the excitement on the faces of the students and the staff on the first day that the new addition is open, I foresee nothing but joy on the faces of all those who will get to use the space for the very first time!

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

You can now access all School Council and Parent Assoc. meeting minutes online at <https://woodhaven.psd70.ab.ca/Parent%20Council.php>

NEW ADDITION AND MODERNIZATION UPDATE— Just Two Weeks and Counting

Since the Government of Alberta’s funding announcement for the addition and modernization in March 2017, the students and staff have been eagerly anticipating the date in which we move into our new building. And on November 16th, the first Monday back from Fall Break, the wait will be over.

The Plaza and Classrooms Students will enter the building via the ‘plaza’: a multipurpose two story space capped with windows that will allow for natural light. The plaza will feature a confectionary that will temporarily serve as the office for our secretaries. In the coming weeks we will begin the process of moving the grade sevens, eights, and nines into their new classrooms. Grade five and six students will remain in their respective modular classrooms that were moved from the site of new additions after being extensively renovated in the summer of 2019. In light of current COVID guidelines, where students remain in their classrooms while teachers move back and forth, teachers who

share similar grade level cohorts have been located in close proximity of each other.

Like the plaza, the move will provide an abundance of natural light: in the classrooms and even in the hallways. The floors are a contemporary polished concrete with classrooms painted in various shades of green and blue.

Washrooms The move also means that the washrooms in the old gymnasium will be temporarily closed. However, a bright new washroom, located just north of the grade five/six classrooms will be much more convenient for students.

Common Areas Just south of this washroom is an open common area which can be used both as a learning space during class time and as a lunch space (when COVID restrictions are lifted).

There is also another common area with three booths as well as bistro chairs and tables. This common area features five floor to ceiling windows which overlook the new gymnasium. Both common areas feature robust woodgrain vinyl flooring as well as wood-

en slats on the ceilings. Despite having little natural light, both spaces are remarkably bright. The hallways also feature built in benches and provide larger lockers for students. In addition to the new three court gymnasium, students will have new change rooms as well as a new workout room.

Foods Lab Though we lost the use of our industrial arts lab for the year, the new foods lab will feature eight stations for students. Overall, we will be gaining more classrooms than we will be losing meaning that the library will temporarily move from it’s current auxiliary space into a classroom.

Modernization of the Existing Building. While we have been focused on the new addition, it is important to note that once we move, it will be time for our construction partners to begin the modernization of the existing building. For all intents and purposes, the old Woodhaven as we know it will almost be entirely gutted. We are slated to return to the fully renovated existing building in August 2021.



Follow us on Twitter:
[@woodhavenMS](https://twitter.com/woodhavenMS)

September 30th (Left) to Oct. 30th, we are ready to go!



What is Anxiety? (The Good, the Bad, and the Lizard Brain)

Yes, we have all experienced anxiety. You may even be experiencing it right now. Anxiety is a daily burden that we all carry with us throughout life. However, it is important to dispel some of the more pop-psychology ideas around anxiety and how we can deal with it. The insta-influencers will tell you to calm down, breathe, and think positive (and then buy their sponsored calming lip gloss). However, there are some things about anxiety we need to know before we buy the lip gloss/essential oil/cute socks. First, situations that cause anxiety are not all bad, and we all deal with stress differently. Second, it is important to know how anxiety and stress affect the brain.

The Good:

Experiencing some anxiety is actually important to life and developing healthy coping skills. In one way, it keeps us vigilant and aware of our environment. It's good to have anxiety when you see a hungry bear or a mob of rabid forest creatures lumbering towards you - feeling afraid and running away is an acceptable response to a threat! During other times, anxiety can be that gut feeling telling us that something is not right. When we see a friend doing something risky, we may feel that tension in our 'gut' that says it's not right. Anxiety, in this way, is our self-preservation in action. It is our physical response to something in our world that, in some way, is off.

Kids may worry about the future - that tells us that they care about what is to come and that things matter to them. It is healthy for kids to experience small doses of anxiety, so they can learn how to regulate themselves. Someone who has never experienced anxiety may not be able to independently cope with things like waiting, changes, new experiences, or new expectations; they will require someone or something external to help regulate their emotions. When kids overcome small moments of being anxious, they are learning coping skills that will help them take on bigger challenges later on. In the same way, knowing how to cope with anxiety allows us to enjoy moments or events (imagine flying in an airplane for the first time for a vacation!) that also have some unknown elements to them. For example, if a child has been asked to be a flower girl or ring bearer at a wedding, they may be anxious to have all eyes on them as they walk down the aisle, but excited to be dressed up and part of the process.

The Bad:

However, that good anxiety (protector, motivator) can morph from beneficial to burden when there is too much or we start to worry about things that do not need so much worry. Anxiety and worry can overwhelm us and make us lose perspective. You'll notice that "I" is in the middle of "anxiety" - sometimes we get stuck in it and can't dislodge ourselves from the experience. When this happens, we can lose sight of what is really important. Threats can be real or perceived, but sometimes we cannot differentiate between these in the heat of the moment (is it really telling you what your heart meant?). Prolonged stress can also cause us to get sick easier (lower our immune system), prevent us from getting quality sleep, and interrupt us when completing tasks - making it take more time and effort than if we gave ourselves the time to regulate and then

The Lizard Brain:

However, the lower parts of our brains (brainstem and the midbrain) that are responsible for things like physical reactions, breathing, attention, and appetite, cannot differentiate between the good anxiety and the bad anxiety. We can call this "the lizard brain" because much like when a lizard or other wild animal is faced with danger, it does not stop to parse the meaning of the danger - it just reacts. During times of great stress, or if we have not had sufficient opportunities throughout life to learn how to regulate ourselves - our lizard brain grabs the reigns and our basic survival (fight/flight/freeze) instincts kick in. The amygdala, which is responsible for our flight/flight/freeze response, essentially romps on the gas, and all of our higher order abilities like decision making, problem solving, and understanding language and cues from others; are shut down and left behind by the lizard brain's desire to simply survive. In kids, survival mode can look like many things. Fight can look like glaring, raising their voices, stomping and kicking, or swearing or insulting others; flight mode can look like saying something that will get them kicked out of class (removed from the situation), running away, being jumpy and fidgety; and freezing up can look like 'spacing out', the 'deer in headlights', feeling like they can't move, or not being able to speak (feeling speechless).

Want to find out how to tame the anxiety? Tune into next month's newsletter for ways to help kids put a leash on their lizard brain! Can't wait for next month's edition to learn more? Resources are below:

<https://www.anxietycanada.com/articles/how-your-body-protects-you/>

<https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-children/>

Fight-Flight-Freeze explained for kids: https://www.youtube.com/watch?v=FfSbWc30_5M&feature=emb_title

Mrs. Jill Stankov is a humanities teacher at Wabamun School. She will be at Woodhaven Thursdays and Fridays this year completing the practicum portion of her Masters Degree in Counselling and Psychology.

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 Leignys@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.



MEDEIROS
CONCRETE AND CONSTRUCTION

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.

The NUTRITION NOOK Has ARRIVED! The Alberta Government School Nutrition Program

Woodhaven students received an early welcoming gift in the form of our new Nutrition Nook fridge. PSD was awarded funding through the Breakfast Clubs of Canada to purchase fridges or breakfast/lunch equipment that will support schools in providing Children and Youth Nutrition Guideline "Choose Most Often" and "Choose Sometimes" food items. Through the support of Alberta Education Nutrition funding we are able to stock our fridge with healthy, COVID-19 sensitive, pre-packaged food items. PSD schools have received funding support for nutritious foods, nutrition education and equipment. Each week the school receives deliveries of snacks such as prepackaged cheese and crackers, celery and ranch dressing, sliced apples, and muffins. Between classes, students are invited to come to the office



for a snack or two to tide them over until the next break. In conjunction with our in-house Grab 'N Go program on Tuesday and Thursday mornings, the Nutrition Nook is one more measure to help families struggling with food insecurity.

The [Alberta Government](#)

[school nutrition program](#) helps approximately 40,000 students in participating schools get a daily nutritious meal that follows the [Alberta Nutrition Guidelines for Children and Youth](#).

The program has provided \$141,000 in funding directly to Parkland School Division to continue to stock our Nutrition Nook Healthy Fridges with the help of our community partners. The program also aims to help participants learn more about:

- The importance of reading food labels
- Choice and preparation of healthy foods
- Accessing Alberta's food resources

You can find more information about the Alberta Government School Nutrition Program at:

<https://www.alberta.ca/school-nutrition-program.aspx>

WOOLFPACK ATHLETICS- Volleyball - Interschool Athletics - PE Notes for October

Volleyball

It has been so great to have Woodhaven volleyball back this month. Students from grade 6 to 9 were busy practicing and developing their skills with after school practices. We developed two different cohort groups that run on different afternoons (grade 6/7 on Tues/Thurs and grade 8/9 on Mon/Wed). We wrapped up the developmental program during the last week of October. We would like to express our gratitude to all of our athletes who joined us this year and a special thank you to Ms. Blishen, Mrs. Joy, Mrs. Lyons, Mrs. Woitas, and Mr. Shaw, for helping out with coaching

and to Mr. Chan and Mr. McLachlan for all of their help in both organizing and coaching so far this year.

Interschool Athletics

Recently, the school division has outlined protocols and procedures outlining a return to interschool volleyball competition. The process includes creating new cohorts in the form of teams that will compete with other schools. The developmental program has afforded coaches the unique opportunity to identify players ready for game play. As a result our junior and senior teams have been selected and we are now beginning the process of isolating these new cohorts in preparation for

competition against other schools. We hope to begin competition the week after spring break. Unfortunately, at this time, in order to honour the return to play guidelines spectators will not be permitted in the gymnasiums for games and practices.

Woodhaven Athletes of the Month

Through our developmental volleyball and students' effort and participation PE classes we are excited to honour our Woodhaven Athletes of the Month. You can see their photos on page 19 of the newsletter. As always, we are all proud of how well they've done!

Follow us on our Athletics Instagram Account @WoodhavenAthletics

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

Class Action: Physical Education in the Time of COVID 19



While maintaining student cohorts in the classroom setting is a straight forward, in Phys. Ed. classes maintaining physical distancing requirements has proven to be a little more challenging. Our PE teachers have been working hard to ensure students are safe while enjoying daily physical activity. Despite COVID protocols and procedures, it has been a great month of Physical Education classes for all of our Woodhaven students.

PE Teachers have modified many of the traditional indoor games and moved them outside! Students have participated in a variety of activities such as modified lacrosse, ultimate



frisbee/football, outdoor dodgeball, capture the football/fam, and many more cooperative games adapted to ensure the best possible physical distancing between students in class. Teachers continue

to have students and staff sanitize their hands before and after class, as well as spraying down equipment after each use. With the winter weather on the horizon, the PE department is very much looking forward into moving into the new gymnasium which will offer three separate spaces with drop down curtains which will allow three classes to safely participate in PE indoors, at the same time!



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

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

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.



Immunizations—This year (& Last Year)

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.

What's Happening in Diverse Learning

New IPP Format

We have a new IPP (Individualized Program Plan) for our diverse learners! The new system has slowed down IPP development as we learn the new system but it has also gotten exceptionally positive reviews from teachers. The new system creates the IPP online and will be integrated with PowerSchool, which will streamline the development and reporting processes.

The new system means your child's IPP will also look different. A notable change has been the move away from a goal based document to identifying strategies that a student can use to grow and improve. These strategies will

be reviewed each term as before.

At this time, you should have received a Parent Input Form from your child's homeroom teacher. If you have not yet received this document, please contact your child's teacher. Teachers are currently building the IPP using the new system and will send home a draft for your review by the end of October. The formal review of the strategies for term one will be done with report cards as in the past.

3 Defining Feature of ADHD That Everyone Overlooks is a great read that has been making the

rounds with Woodhaven Staff. "The textbook signs of ADD — inattention, hyperactivity, and impulsivity — fail to reflect several of its most powerful characteristics; the ones that shape your perceptions, emotions, and motivation. Here, Dr. William Dodson explains how to recognize and manage ADHD's true defining features of rejection sensitivity, emotional hyperarousal, and hyperfocus." For parents/guardians of students with attention deficit hyperactivity disorder, or for this with an interest in mental health and wellness this article provides new insights. Please visit the link below

<https://www.additudemag.com/symptoms-of-add-hyperarousal-rejection-sensitivity/>

Additude Magazine is a great resource for information of Attention Deficit Disorder. Visit them at:

<https://www.additudemag.com/>



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. Donations will be accepted until December 9th. For more information please contact the office. **THANK YOU** for your incredible support of local families. Best wishes for a safe, happy and healthy holiday season!

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 will be holding a virtual Remembrance Day Ceremony which will begin at 10:45 am. The program will include GMeets as well as

speeches over the over the public address system. This year we will feature the contributions of indigenous veterans. Specifically, students will view a video on Canadian WWI veteran and decorated sniper Henry Norwest who was born in Ft. Saskatchewan. Students will remain in their classroom cohorts for the duration of the ceremony.

Students who are Cadets, Scouts, or Girl Guides are invited to wear their uniforms.



WE ARE LOOKING FOR A PIANO DONATION!

With the opening of the new addition we will be occupying not one, but two common spaces for students. To highlight the musical talents of our students we are looking for a **donation of a gently used stand up piano** with an intact sound board. If you are able to help us support the gift of music in our school please contact Mr. Shaw at cshaw@psd70.ab.ca or call the school at (780) 962-2626.



MOVEMBER at WOODHAVEN FOR MEN'S HEALTH

It is that wonderful time of the year...Movember! Movember is an annual event involving the growing of moustaches during the month of November to raise awareness and funds for men's health issues. Woodhaven is once again supporting the cause. This year, due to the concerns surrounding COVID-19 our traditional Movember activities (face painting & mustache cookies) are not possible. Instead, we would like to offer a few options instead to continue our support. Students, staff, and Wolfpack families have the option to purchase Movember

related items items, where the proceeds will go towards the Movember Foundation.

You have the option of purchasing Movember items at <https://foms.gle/amXipXpPV1x9P9wP8>

- Wolfpack Movember Shirt - \$15/shirt
- Movember Mustache Mask - \$5/mask (See right)
- Design your own Mustache Mask - \$2/mask

Items can ordered at: <https://foms.gle/amXipXpPV1x9P9wP8>

Alternatively you can submit a donation directly online:

<https://movember.com/m/Wolfpack888?mc=1>





Top: Recess takes on a whole new meaning when the weather turns, blankets and all.

Top Right & Right: Mackenzie and Kate show how it's done on the playground during recess

Below Left and Right: COVID Means outdoor recess. Students show off the various ways of coping with the cold and snow



October Photo Gallery



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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.

Above: Fingernails are all ready for Halloween

Visit us online at

woodhaven.psd70.ab.ca/

October Photo Gallery



Above : Congratulations to the following students who have been named October 2020 Athletes of the Month: Jericho M, Ava W, Yuriy U, and Maren W.

Right: A perfectly timed pic on Photo Day.



October Photo Gallery



Left: Solar panels on the roof sit ready to be hooked into the school 'grid'.

Below: The landscapers finish installing the sod on the north side of the building just as the snow falls

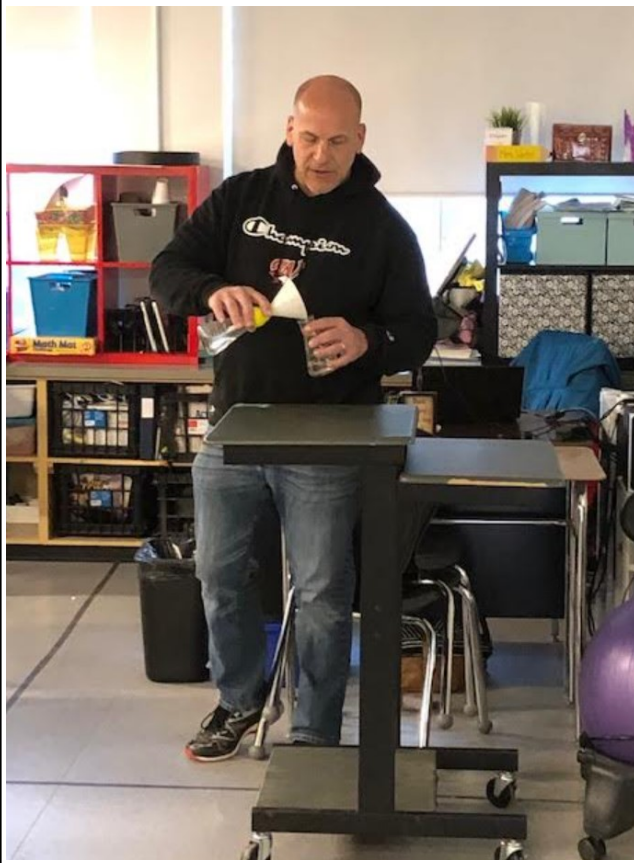


October Photo Gallery



Top Left: The mid month cold snap doesn't deter Jordan from riding his bike to school.

Top Right: Volleyball at recess.



Bottom Left: Mr. Rink leads the 5M class in a science experiment.

Below : Ms. Golinowski welcomes students with a morning Grab 'N Go snack.



October Photo Gallery Blackout Page



Top Left: The transformer box off of its mount on Oct. 20th

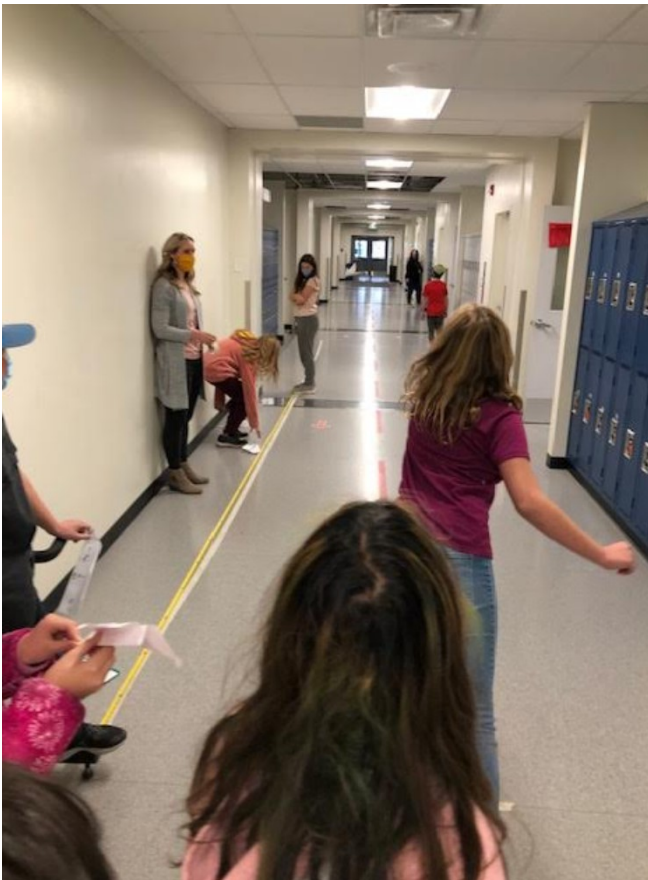
Top Right: No lights? No problem. Mrs. Schaber adjusts and adapts

Bottom: Teachers pack up the science room with portable lights in anticipation of the move into the new addition

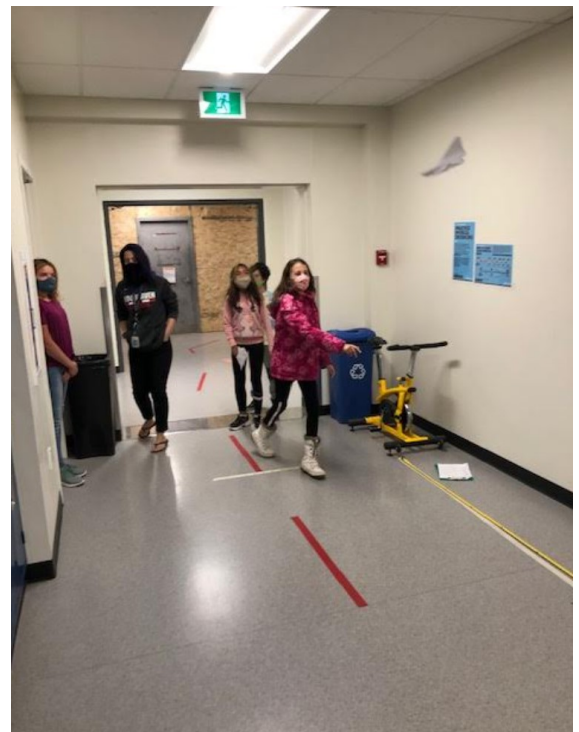




Top Left and Right: It's good to have volleyball back in the gym.



Below Left & Right: Ms. Butler's gr. six Science class takes their experiment on aerodynamics into the hallway.



Halloween Photo Gallery

