

WOLFPACK HOWLER

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Key Dates:

Spring Break (No School)	Mar. 26th—Apr. 5th
PD Day (Staff only, No Students)	Apr. 6th
Final Option One/Two Student Transition Date for 2020-21	Apr. 7th
Parent/Teacher Interviews (Virtual)	Apr. 13-14
School Council Meeting (Virtual)	Apr. 21st

Principal's Message

Hello everyone. Mid-March marked the unfortunate anniversary of COVID's impact on our world. And while much has changed, the one constant is our focus on student learning. Things may be very different from a year ago, but our work in supporting students will continue.

More COVID Cases In late February, Alberta Health informed the school of two additional cases here at Woodhaven. A third related case emerged soon after, however there is no evidence of in school transmission. As a result, two class cohorts, as well as their teachers and educational assistants were required to isolate from school for two weeks. As there were over two confirmed cases, Alberta Health Services (AHS) arrived at the school in early March to perform a site inspection. I am happy to report, that because of the diligence of students and staff, AHS had very few recommendations for us to improve on, and the recommendations that were suggested were easy to implement. While any cases are a cause for concern, as a result of the school's response, along with the



inspection from AHS, I feel even more confident that as a school community we continue to do an excellent job of ensuring the safety of students and staff. Just for your information, when a case is reported to the school we quickly identify who is, and isn't, a close contact. My Assistant Principal Ms. Enders and I team up and individually call the parent or guardian of each and every close contact. Typically, the entire class cohort, including teachers and educational assistants (EA), are required to self-isolate. As well, we check our records to ensure we have not overlooked any teachers who may have been teaching a complementary/option course or perhaps a substitute teacher or EA who may have been present when the case was physically in the classroom space. Despite the considerable effort required, this highlights the importance of record keeping on a daily

basis. All close contacts are encouraged to get tested. Regardless of whether or not they test negative, all close contacts are required to self-isolate for 14 days.

Screening Questionnaire And on that note, I need to once again re-iterate the importance of having your son or daughter complete the COVID 19 screening questionnaire before coming to school. Let's face it, we are all tired of this pandemic. However, as we saw again last month, the choices each and every one of us make are important, they matter, and keep all of us safe. If your child is exhibiting any symptoms, it is important that you follow the instructions at the bottom of the questionnaire. You can find the link to the questionnaire at the end of my message on pg. 2.

Foods Lab Open for Term Three On a more positive note, our Foods Lab is completed and ready to go for grade seven, eight, and nine term three complementary/option courses. As we continue to provide option courses within class cohorts, an actual three month Foods course is not possible at this time. However, all grade seven, eight, and nine students will have the opportunity to (con't on pg. 2)

Principal's Message (con't)

partake in a 'mini' Foods course within their cohort at some point during the term. To facilitate costs that go along with the shortened course, students will be charged a \$10 fee. Please let me know if you have any questions concerning Foods classes for term three.

Virtual Parent Teacher Interviews

Once again, Parent/Teacher Interviews which will be held virtually, are scheduled for after school on **Tues., April 13th and Weds. April 14th**. Parents will receive an email with the link to our School Appointments Online Portal prior to Spring Break, where you can book your appointments with your child's teachers. The GMeet links to your scheduled appointments will be sent out by email on **Monday, April 12th**. There is a three-hour window for meetings either between 4:00pm to 7:00pm or 5:00pm to 8:00pm. To avoid disappointment I need to ask that you are online and ready for the meeting at your scheduled time and that you limit your meet to ten minutes. If, due to technical issues, you are unable to connect via GMeets please contact your child's teacher directly to arrange for a telephone call instead. The feedback we received from the October meetings from both parents/guardians and teachers using the virtual format was overwhelmingly positive. positive. (please see pg. 8 for more information).



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Final Option One/Two Transition Date Weds. April 7th.

The fifth and final transition date for students to move between online and in class learning is Wednesday April 7th, the first day back after spring break. As I mentioned last month, we are combined with four other schools in providing online learning. Moving a student after the transition date is very difficult to accommodate. Once again, I need to ask that if you are considering a transition or have any questions please contact the office.

Term Two Report Cards

Report were posted to the PowerSchool web portal on Thurs. March 25th. If you are having difficulty accessing the report card, or if you are having any problems with PowerSchool in general, please contact the office for help.

Return to Play

Last month the Chief Medical Officer of Health announced new guidelines about school sports and extracurricular activities. As a result, we have had the opportunity to welcome extracurricular sports to our new gym for the first time. While strict limits on what we can, and can't do remain in place, it is so good to see students participating in organized activities again.

Alberta Education Assurance (AEA) Survey

The AEA Survey has replaced the Accountability Pillar survey that was a staple in previous years. The AEA Survey is administered during school hours

to both in-person and online grade four, seven and ten students across the province. Parents and guardians will receive a package from Alberta Education which will include a random access code to complete the survey online. However, there is a provision for paper copies of the survey to be administered. All responses are confidential. The information we receive as a school and as a division is essential in terms of our planning and school development/educational planning. Unfortunately, the number of parental responses has not been great. I know...another survey. However, the responses we did receive, in conjunction with the feedback we received from Parent Council, directly influenced for our Development/Education Plan based on Care, Respect and Safety. We rely on your perspectives to ensure we do the best job in educating your children we possibly can. If you are able, I invite you to provide your valuable feedback.

Final Thoughts

Well, it is beginning to feel like spring. The days are getting longer and recess is feeling warmer with each passing day. As always, if you have any questions or concerns please feel free to contact me via email at cshaw@psd70.ab.ca or call the school. Thank you again for continued support and trust

-Mr. Shaw

Maranatha Christian Program (MCP) Highlights

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

On March 23rd, with PSD Board Chair Dr. Lorraine Stewart, Spruce Grove Trustees Anne Montgomery and Darlene Clarke, as well as Associate Superintendent Dr. Dianne McConnell in attendance, we once again joined our MCP friends across the road at Brookwood for our Easter Joint Chapel. Although held virtually once again, it was wonderful to be together in worship and community. The program included Mrs. Kulak's Grade 1A class's version of *Jesus is Alive*. Mrs. Eidick and Mrs. Carozzo's classes performed their rendition of *I Will Rise*. Mrs. Joy's 5/6M students Ella K. read her paragraph on the importance of Easter, Eva C. remotely presented her Easter reflections, and Deacon L. Introduced a video created by all the Grade Five and Six M Classes on one word Easter Stories. Chris Banas (see below) from Spruce Grove Community Church, who also runs the *Heroes* program, which he helped start 14 years ago, shared his insights on truth, honesty, regret, forgiveness and how Jesus died for all of



our sins. He reminded us not just to remember Easter, but to call on everyone to spread

the 'Good News', the Gospel of Jesus.

In weekly, in-class chapel, Mr. Rink's 5M For March chapels 5M has been connecting with a series of devotional stories about choices and relationships centered around kids in their family and school lives. Much of the discussion has been on how to be aware of the gifts God gives and how to choose to use them everyday to show the love of Christ, rather than thinking only of oneself, choosing to pursue the ways of the world, rather than bringing others down with our words and actions. They always look to see how the story connects with the words of Jesus, and to spend time in prayer and worship based on what's been learned and discussed.

Mrs. Joy's Gr. 5/6M - In their weekly classroom chapel, 5/6M recently finished their study of the *Book of 1 Peter*. Students have also been preparing an artistic reflection of the song *Lead Me to the Cross*, for the Easter Joint Chapel on March 23rd.

Mrs. Woitas' Gr. 6M— The Grade 6M class has finished the series on "How to Read the Bible" and now have recently started "The Case for Christ". They will be digging deeper into the evidence of Jesus' life, his miracles, his death and resurrection.

Mr. Bock's 7M—The students have been working through the Book of Exodus and making the connection between Moses delivering the people from slavery into the promised land, and Jesus delivering the people from the slavery of sin into

the eternal promised land. Specifically, the class is looking at how Easter is the story of the greatest Passover; Jesus' sacrifice that delivers all from death.

Mrs. Cresswell and Mr. Schock's 7/8M and 9M's - The classes are continuing with their work related to Jonathan Evan's series called "Different". Today's world tells teens to walk around life with a mirror in front of their face. They question their looks, persona, and acceptance, nonstop, thinking that one more post on social media might gain attention from others. Money and possessions become badges of wealth and worth that teenagers fight to wear. This obsession with self can even take a dark turn, spiraling into depression or suicide. Living with eyes glued on yourself will only lead to one thing: death.

God offers an alternative to the mirror. When God rules over our lives, he flips everything upside down. His kingdom looks nothing like the ways of the world—everything orients around loving him and serving others. Storing up possessions becomes obsolete and money has different value in God's economy. Recognizing God as king changes the entirety of our lives. In this series, Jonathan Evans walks students through the parables in Luke to teach what it looks like for God to rule our lives. Though a life sold out for Christ might look backwards to everyone else, it actually points us back to how God intended our lives to be when he first created us. When God is king, he reverses the curse and flips everything we know on its head. We simply have to choose to follow his lead.

School Council Notes from the March. 17th. (Virtual) Meeting

Woodhaven Middle School Parent Council 2020-2021

Chair: Dan Dowson

Vice Chair: Lauren Lyle

Secretary:

Dawn Lutomsky

Volunteer Coordinator:

Lei Gryshik

COOSC 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

At the March 17th Parent Council Meeting we were once again joined by Spruce Grove Trustee and PSD Board Vice Chair Eric Cameron. Highlights of Mr. Cameron's **Trustee Report** included the final calendar approval for 2021-22, He commented that the board endorsed the vaccination of all staff and contractors, including bus drivers. Mr. Cameron reported that the proposal in the Capital Plan to modernize S.G.C.H.S. was not picked up by Alberta Infrastructure, a priority for the school division. Also on the school division's wish list is a modernization of Tomahawk School, (particularly the gymnasium), a modernization of Brookwood and Forest Green, as well as a replacement or modernization to increase student capacity at Parkland Village School. PSD board's recently developed advocacy plan is focused on the provincial education's funding model, improvements to support services funding for PUF (early childhood Per Unit Funding), promoting board autonomy and responding to the local context by including trustees in provincial announcements and decisions, improving the value of public education, and continuing to advocate for public education as a strong provider of choice (such as our very own Maranatha Christian Program).

Trustee Cameron also provided details on the special board meeting on March 11, where the board approved the motion for to charge fees for ineli-

gible riders (riders who are not funded by the provincial government). PSD receives no funding for transporting these students. With the average cost of around \$1000 per rider across the division, the board is moving towards having PSD Transportation department covering its costs rather than pulling millions of dollars out of instruction funding. **Student Ambassadors**, Xavier M., Isaac B., Aram A., and Max C. from 6M explained their plan to raise roughly \$1800 dollars towards the creation of a 'Gaga Ball' pit for students during recess. Included in the report was a description of the rules and why they were making the effort to fundraise. They are hoping to have a bottle drop off drive over the next month or so to help offset the cost of the roughly \$1800 project, in front of the school. In the **Principal's Report**, student teacher Ms. Schimdt asked council for, and received, \$400 for prizes for April's Wellness Month. Each week of the month (Environmental, Social/Emotional, Intellectual, and Physical) students will demonstrate their participation by uploading photos of them participating in the activities. Participant's names will be entered for a draw at the end of each week. (see pages 14-15 for more information) Mr. Shaw then updated council on future traffic disruptions in the parking lot due to construction. On the topic of construction he also gave an update on the progress of the renovation of the existing building.

He indicated that he had made inquiries regarding the viability of adding crossing guards to the unmarked cross walk between Brookwood and Woodhaven. However, he also expressed his concerns that with traffic all but stopped on King Street during peak times, that cross guards may not be the best option to keep children safe. Mr. Shaw also indicated that he would be presenting the updated Fee Schedule for the 2021-2022 school year to council at the April Meeting. The bulk of the meeting was devoted to sorting through the list of Advocacy Resolutions for the Alberta Council of School Councils' (ASCA) Annual General Meeting in April. Parent Association President and PSD Council of School Councils Chair Lei Gryshik lead participants though the resolutions which included topics regarding the restoration of PUF (Per Unit Funding) of early childhood interventions pre-school students with developmental challenges, maximum times in which students are on buses to and from school, barriers to student centered education, resolutions regarding charter schools, and redirecting resources directed towards funding private schools back into public education. After a month of reflection and analysis, council will revisit and vote on the resolutions at the April 21st Parent Council Meeting Prior to the ASCA Online AGM on April 23rd, 24th, and 25th.

A Few Questions with WMSPA Treasurer Arizona Dyck

Arizona Dyck serves as the Treasurer for the Woodhaven Middle School Parent's Association which is the fundraising division of the parent council. She has been involved with council and the association since 2016.

Can you tell us about your child(ren) at Woodhaven this year (and any children from past years)?

I currently have one special needs kid new to Woodhaven in Grade 5 and I've had two other children go through Woodhaven and are now at the Comp. My kids have led me into many facets of the school - volleyball, basketball, badminton, drama, choir, snowboarding, for a few. During my time with the school I have gotten to know a number of the staff, watched some go and some new faces come in, and I appreciate the staff in many, many ways and have developed good working relationships. This year in particular, as my son has a physical disability requiring some aid, which the previous school indicated he didn't need, I was able to work with the school to give them a better idea of what challenges he presents. They willingly worked with the resources they had to give him a good opportunity to thrive at Woodhaven. There have been challenges as they learn who he is but it has been a good year for him compared to others.

What made you want to be part of the association?

I joined the association, one because they needed



warm bodies doing something and two, we were new to the area and I needed a way to connect with other people and get out of the house. Council and association meetings and fundraising events have introduced me to new people where I've made friends and I'm informed in the goings on of the school. Overall, I have felt connected to the community that is Woodhaven.

What are the things you miss most about the association in light of COVID restrictions?

In the midst of COVID, I miss the fundraising events and the in person meetings - so much more gets talked about in person, relationships are built there. I've also missed interacting at the school. I don't have much to do with the kids generally but it's always fun when we've brought in a fundraiser they like and they wonder why they didn't order anything (after an item has been distributed).

Fundraising has pretty

much ground to a halt with COVID, what challenges and opportunities do you foresee for the association in the future?

I think there will be some challenges in starting things up again. If this keeps going on longer than we all want, then it will be a struggle to make choices for fundraising that are respectful for our community and still provide benefits for the school. When this is done, I'm hopeful many people will be itching to get out and get involved perhaps as much and maybe we won't struggle to find help when needed in the future. I'm also looking forward to maintaining some version of the virtual meetings and seeing where that leads. And of course, I'm excited to use our new mini kitchen for all kinds of fundraising activities, including hot lunch and movie nights with popcorn!

Why do you feel parent/guardian involvement in the association and council is so important?

Simply, without parent involvement, nothing happens. Without volunteers, events can't run. If parents aren't involved with the fundraising, even with just showing them to family and friends, we don't make any money. Without the money, we can't buy things like new gym mats, or additional chrome books, or chair carts, etc. Without input from different members of the Woodhaven community, decisions are hard to make. Parent involvement is required, especially for a successful Parent Council.

Our March (Virtual) Meeting will be on Weds. The 21st at 6:00 pm. Please check your email for an invitation during the week of April 12-16.

Class Action: Grade 5 - Electricity Unit

For this month's edition of Class Action, we pop in on Mrs. Lyon's, Mr. Thibault's and Mr. Rink's in person grade five classes, as well as Mrs. Aberle's online grade five class as they work through their electricity unit. The grade fives have spent the last couple of months learning about electricity in Science class. They learned how electricity works in our homes and devices and have also ex-



lowed along to the pre-recorded videos and constructed their very own electric car with a custom made kit that had been shipped in advance. For a



design of their shoebox rooms, the correct wiring of their circuits, how well their home made switches worked, and a paragraph explaining their project which included details on any challenges they faced or changes they would make.

few days in March the classrooms, the hallways, and even outdoors was inundated with battery powered cars racing everywhere. By all accounts, the students' learning was only matched by the fun



plored different types of circuits. Mr. Thibault and Mr. Rink's classes made some simple circuits in the form of a matching game using brass brads and wires. Mrs. Lyons' class made some series circuits and created their own rooms out of shoeboxes. Students were assessed on the quality of the blueprints they created themselves, the overall

To wrap up the unit, Mrs. Aberle's online class joined in the fun and all of the grade 5 students participated in a Telus World of Science in-school (or at home), field trip. The kids put together and tested their very own electric car with materials and videos provided by Telus! Students were led through the basics of electricity and the components of a simple circuit. Then, they fol-



they had building and racing the cars. We would like to thank the Telus World of Science for all of their work and effort in providing our kids with this unique opportunity! Overall, the electricity project was a shocking success! (Sorry, we couldn't resist).

For more March student photos please turn to [pg. 24](#)



What We're Reading This Month: *The School Discipline Fix: Changing Behavior Using the Collaborative Problem Solving Approach*

J. STUART ABLON & ALISHA R. POLLASTRI

THE SCHOOL DISCIPLINE FIX



CHANGING BEHAVIOR USING THE
COLLABORATIVE PROBLEM SOLVING
APPROACH

In *The School Discipline Fix*, J. Stuart Ablon, PhD, and associate professor at Harvard Medical School, along with co-author Alisha R. Pollastri, PhD, clinical psychologist, researcher, and faculty member at Harvard Medical School argue that traditional school discipline, with its heavy reliance on punishments and motivational procedures aimed at incentivizing proper behavior, is not only ineffective, it is often damaging to dysregulated students. As the founder and director of Massachusetts General Hospital's Think:Kids, Dr. Ablon, along with Think:Kids director of research and evaluation, Dr. Pollastri, have been working throughout the world with schools to develop and refine the Collabora-

tive Problem-Solving (CPS) approach to student discipline. They provide a step-by-step program for educators based on research in neuroscience suggesting that challenging classroom behaviors are due to student deficits rather than the choice to misbehave. Specifically, Drs. Ablon and Pollastri convincingly argue that problematic behaviors are a consequence of a lack of skill, not will. The goal of CPS is to identify skill deficits related to language and communication, attention and working memory, emotion and self-regulation, cognitive flexibility and social thinking skills. When students find themselves in situations where they lack one or more of these skills

needed to cope, the result is often poor behavior. Rather than punish (Plan A for adult approach) or ignore the behaviors (Plan C or child approach), methods that offer only short term solutions, CPS takes a middle of the road Plan B (for BOTH the child and the adult) approach which involves students in the process of addressing skill deficits and offers long lasting, if not permanent, solutions to misbehavior. Having previously worked with Dr. Bruce Perry (*The Boy Who Was Raised as A Dog*) and Dr. Ross Greene (*Lost at School*), Dr. Ablon along with Dr. Pollastri, say *The School Discipline Fix* offers a better way to improve student discipline and regulation.

AHS Update: School Immunizations Postponed



Alberta Health
Services

As we go into a new year, the fight against COVID-19 continues. Alberta Health has informed schools that it has received direction that all school health nursing staff will be reassigned to assist with the rollout of the Covid-19 immunization program. Subsequently, **effective as of January 04th 2021, all school immunization rounds will be postponed until further notice.**

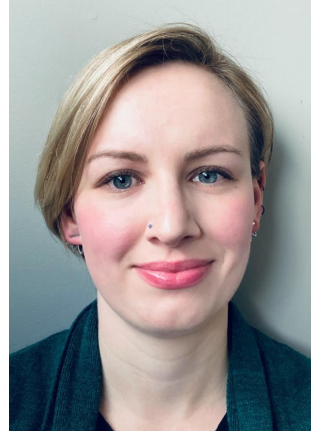
Public Health is working on a plan to address deferred immunizations by the end of this school year. If you have any questions please contact the school for more information.

For more information on this and any other questions related to immunizations please visit: immunizealberta.ca

Farewell Mrs. Stankov—Counselling Practicum

After completing her practicum hours for her Masters Degree in Counselling and Psychology from Athabasca University here at Woodhaven, we are sad to bid farewell to Mrs. Stankov. After spring break she will return full time to her permanent position as a junior high humanities and fine arts teacher at Wabamun School.

Under the supervision of a local registered psychologist, Mrs. Stankov has been working and learning at the school on Thursdays and Fridays. She has been working regularly with a number of students to improve mental health, prob-



lem solving, resilience, and conflict resolution skills, which are her areas of interest. Mrs. Stankov, has also worked with staff members including 'guest' teaching health classes, supporting literacy devel-

opment by training staff in academic testing such as the Fountas and Pinnell Benchmark Assessment System, educational psychological assessments, as well as referrals to Alberta Health Services and the local Primary Care Network.

Mrs. Stankov has been a valuable part of our school during a difficult year helping both students and staff improve the health and wellness for all; we have been fortunate to have her at our school. We wish you well in your future endeavours and we know you will make valuable contributions to health and wellness wherever you are.

SchoolAppointments.com
Scheduling Parent Teacher Appointments
Can be Easy for Everyone!

Appointment Date : Monday November 10th, 2008

1:30 pm
1:45 pm
1:55 pm
2:05 pm
2:15 pm

School Appointments - Parent Instructions

1. Register for an account by clicking the "**REGISTER**" menu tab and filling in the on-line form. Choose a user id and password for yourself and then click the "**Register Now**" button.
2. Add your children into the system by clicking the "**Add a Student**" button. Click "**Insert New**" button to add more children.
3. Click the "**date**" icon beside each child's name to schedule appointments.
4. Select the staff you wish to book appointments with. Use the "**Ctrl**" or "**Command**" key to select multiple staff to view at the same time.
5. Select Virtual Meeting to be held.
6. Then click the "**View Calendars**" button.
7. Click on available time slots to book your appointments to make your bookings.



Appointments Will Be: Virtual Meeting
 By Phone

<https://woodhavenmiddleschool.schoolappointments.com>

WOODHAVEN WELCOMES STUDENT TEACHERS



Woodhaven is pleased to welcome three student teachers for the term: Ms. Schmidt, Ms. Labonté, and Mr. Davis.

Ms. Julia Schmidt currently enrolled at the University of Alberta, is completing her nine week Advanced Field Placement with Mrs. Denet's and Mr. Peet's grade eight Social Studies and Health classes. Ms. Schmidt is pursuing a Major in Social Studies and a Minor in Health Education, Her interest Health Education in has lead her to spearhead, along with Mrs. Cresswell, April's Wellness Month (see pg. 13-14) where each week students will participate in events related to environmental, social/emotional, intellectual, and physical wellness. Students will demonstrate their participation by uploading photos of themselves involved in the activities. All participants will be entered for a draw for fabulous prizes at the end of each week. In her spare time Ms. Schmidt enjoys the great outdoors, particularly the mountains. Ms. Hannah Labonté, is currently in her third year of her education degree at the University of Alberta and is joining us for

her five week Introductory Field Placement (IFX). Ms. Labonté is pursuing a Major in Social Studies and a Minor in English as a Second Language. She is joining Mrs. Glegloff's grade nine S.S. classes. Some of her greatest passions include history, traveling and art. She has played rugby in the

past. She also has a love for languages being fluent in Spanish and is currently challenging herself to learn even another language. She is super excited to be at Woodhaven and looks



forward to making connections and learning from everyone here.

Mr. Zach Davis also currently in his third year of his education degree at the University of Alberta and is joining us for his five week Introductory Field Placement (IFX). Mr. Davis is working towards a Major in Chemistry and a Minor in Biological Science. He is joining Mrs. Schaber's grade seven students in their Math and Science classes. His hobbies include playing sports like badminton, volley-

ball, basketball, hockey (and of course the Montreal Canadians). He also enjoys spending time and competing with his younger brother. He is currently helping out with Woodhaven's Badminton teams. Outside of sports, what he loves most of all is chemistry: specifically organic chemistry. He says that so far his time at Woodhaven Middle School has been phenomenal, from the environment, to the staff, from the administration all the way to the front office secretaries always having a smile on their face to Mr. Stapley

always stopping him in the hallway to say Hello. During the short time he has been at the school, he stated that his favourite parts have been working with his mentor teacher, Mrs. Schaber, as well as Mr. Chan and Mr. McLachlan for being so friendly and including him in the WolfPack culture: allowing him to play badminton with them and always giving him a hard time and great advice on how to become a better teacher. So, to Ms. Schmidt, Ms. Labonté, and Mr. Davis, welcome to the WolfPack, we feel fortunate to have you.



Top: Ms. Schmidt

Center: Ms. Labonté

Bottom: Mr. Davis

WOLFPACK ATHLETICS— March Activities—Badminton—March Madness

Physical Education - Activities This Month

It is now spring and the birdies have been flying in our PE classes....that's right, it is Badminton season! All of our PE classes have been participating in our badminton unit and it has been a "smashing" success. Our new gym has been fantastic for this unit because we now have 6 full size courts, compared to our old gym's 3 courts. The increase in space has been a welcome addition! Students have learned the rules of badminton, the court lines, serving techniques, and a variety of different shots. Students have worked on and improved their badminton skills through participation in a mix of modified and regular badminton games.

Woodhaven Badminton Teams It has been a wonderful sight to see our Woodhaven Badminton



been open to our grade 7-8-9 students and we have seen a lot of students try-out for these teams. Currently, with Government of Alberta and Alberta Health Services regulations, our teams are only able to practice. We are hopeful that if restrictions open up, our teams will be able to participate in some game play! A big thanks goes out to our badminton coaches Mr. Huedepohl, Ms. Butler, and Ms. Fuminger for their time and efforts.

This year we were unable to have our students participate on basketball teams or our intramural basketball programs. In lieu of this, we were able to have students participate in a Free Throw Shooting competition during lunch recess. Students were able to social distance and shoot 20 Free Throws for a chance to win some prizes. A big thanks goes out to our student-teachers Ms. LaBonte, Ms. Schultz, and Mr. Davies for their help with this event.

Congratulations to the following students for scoring the highest amount of made free throws in their grade level:

Grade 5 - Brady W. & Neveah O.

Grade 6 - Jacob L. & Joy B.

Grade 7 - Eshadha H. & Maren M.

Grade 8 - Grant L. & Sophia O.

Grade 9 - Hudson H.

January & February PE Work(out) from Home Athletes of the Month

Congratulations to the following students for being named the March Athletes of the Month. These students are being recognized for their outstanding participation, cooperation, and leadership on our badminton teams.

Congratulations to... Reese Y, Samantha P, Ralph S, and Kailer P.

(Please see pg. 28 for Athlete of the Month Photos)

Follow us on our Athletics Instagram Account
@WoodhavenAthletics

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



teams practicing after school this past month. Our Senior and Junior team try-outs have been going on afterschool all month. These try-outs have

March Madness Free Throw Competitions

Traditionally March is a very busy month filled with basketball playoffs and the start of badminton season.

NEW ADDITION AND MODERNIZATION UPDATE— Construction both Inside and Out

*For a photo tour of our
Solar Power System in
the new addition please
see page 31.*

On the Outside...

As we mentioned last month, the build has moved from the demolition stage to the construction stage on the existing building. On the outside, the roofers have been installing the parapets around the top edges of the Den and Industrial Arts (IA) lab. Early March also saw the delivery of the insulating and decking material for the roof in the existing building. As the workers insulate and replace the old roof, the scaffolding and the hoarding (the big white tent beside the old gym) will soon be coming down. As well, angle iron has been installed around the exterior of the old gymnasium in preparation for the cladding/siding. The exterior of the existing building will match the cladding on the new addition.

The Den, which will serve as the school's music room, has an opening cut into the south wall in preparation for new windows allowing natural light into the space. Similarly, openings have been cut into the old IA lab along the south wall for

windows as well as a retractable/garage door opening. In the future, the door will make it easier to bring materials into the lab as well as allow larger projects to be assembled indoors and more easily moved away.

Meanwhile, On the Inside...

Early in March, rebar was installed in the old gym office and change room area in preparation for the concrete slab which was poured on the 9th. With the concrete curing, the bricklayers moved in to install interior walls as well as to block inside windows in preparation for the glass installation. Now that the concrete slab has been poured, workers will begin to remove the scaffolding that had been shoring up the west wall of the old gym and turn their efforts to begin renovations in this space. With the existing building being all but gutted in January and February, the mechanical and electrical (M & E) workers have been busy hanging the pipes for the sprinkler system, installing the new duct work for the heating and airflow system, as well as running the electrical

and data lines.

While all of this is going on, in the new science labs, main office and library commons, the steel studs have been installed in preparation for the dry wallers to do their work. As the studs are installed so are all of the door frames throughout the south side of the school. As we mentioned last month, the windows of the old multi purpose room have been uncovered which allows students and staff a view to how the work is progressing "...on the other side."

Moving Forward...

Unfortunately, with a new foundation required in the space between the Den and old gym, as well as the installation of the cladding on the exterior of the existing building, we can expect further traffic disruptions, including closures of the bus lane, as we move into spring. We can also expect two rubbish bins in the parking lot which will slow traffic flow. Parents and guardians are asked to check their emails and follow our Instagram and twitter feeds for updates on disruptions.

Left: The south side of the Den awaiting windows.

Right: Workers install screw piles between the old gym and the Den.



Contact Us/Canada's Anti-Spam Legislation

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
Twitter: @seedshaw

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/

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 Stony Plain and Medeiros Concrete and Construction for helping us in providing nutritional breakfast snacks for our students.



President's Choice School Nutrition Grant



Food Access President's Choice Children's Charity empowers Canadian Children by providing access to nutritious food everyday

Food Knowledge President's Choice Children's Charity empowers Canadian Children to take charge of their eating habits by growing their food knowledge

School Nutrition Grant

Hunger can limit a child's ability to succeed, so our aim is to remove food as a barrier to learning by increasing food access and food knowledge for Canadian children. President's Choice Children's Charity school grants provide funding to publicly funded schools to deliver nutritious food and food-based education programs across Canada, fueling learning and empowering children and youth to make healthier choices.

WE Eat Well: Healthy Food for Healthy Bodies

Together with WE Charity, President's Choice Children's Charity co-developed the "Healthy Food For Healthy Bodies" nutrition curriculum and the WE Eat Well activation campaign for the WE Schools program to teaching children the importance of healthy choices, available to 7,000 schools and organizations across the country.

Our Partners



On behalf of the entire Woodhaven Community we would like to express our appreciation to for the **President's Choice School Nutrition Grant for both their ongoing support for our of our Nutrition Nook fridge and it's contents as well as the very generous grant they recently provided. Your gift allows us to provide nutritious snacks to hungry students throughout the school day and beyond.**



Wellness Month April

Week 1: April 7-9 Environmental Wellness Week

Spirit Day: Tacky Tourist Day April 9th
Wellness Activity: Clean Up Your Planet
(pick up 10 or more pieces of garbage during recess and submit a photo of the garbage you picked up on the google form)



Week 2: April 12-16 Social Emotional Wellness Week

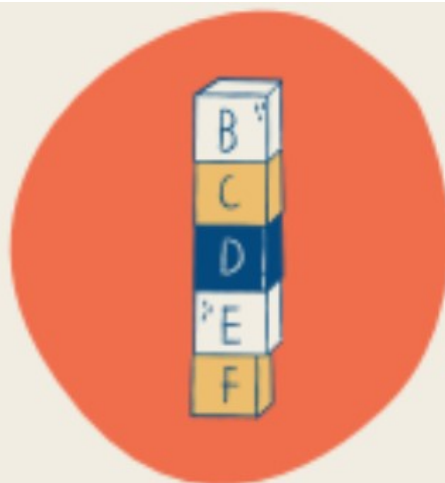
Spirit Day: PJ day April 14th
Wellness Activity: Compliments & Affirmations
(write 5 self affirmations - positive things about yourself- and give out 5 compliment sticky notes to uplift those around you)

Week 3: April 19-23 Intellectual Wellness Week

Spirit Day: School Colours day April 21

Wellness Activity: Fact Checker
(find 3 fun facts about something that interests you and share the facts you found and cite where you found them.

Can you tell what information is reliable?)



Week 4: April 26-30 Physical Wellness Week

Spirit Day: Jersey Day April 28

Wellness Activity: Get a Move on
(Get outside and get active with one or more person by trying a fitness challenge, going for a walk/run or playing a game)

TO SUPPORT YOUR STUDENTS WELLNESS, WE HAVE CREATED A WELLNESS MONTH INITIATIVE TO HELP THEM UNDERSTAND THE MANY DIMENSIONS OF WELLNESS THAT EXIST.

ALL STUDENTS WILL BE ALLOWED TO PARTICIPATE, AND IF THEY DO NOT HAVE A PHONE TO TAKE PHOTOS WITH, THERE WILL BE AN ALTERNATE ENTRY FORM FOR THEM TO ACCESS IN ORDER TO ACCESS THE CHALLENGES.

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](#).*

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 voice mail. Thank you.

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. Thank you for your cooperation.

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>

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](#)

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



CHANGE
ALBERTA

ALBERTA
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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



The Alberta COVID-19 Youth Mental Health Resource Hub

Powered by:



jack.org

Kids Help Phone 

As COVID-19 continues to be a concern in our province, I am pleased to share with you the newly created [Alberta COVID-19 Youth Mental Health Resource Hub](#) on Jack.org. Alberta's government partnered with the Kids Help Phone and Jack.org to create this hub where youth, educators and parents can find easy-to-access tools and supports.

The mental health of youth is top-of-mind and a priority for Alberta's government and for schools. The challenges and pressures brought on by the pandemic has brought have exacerbated feelings of stress, anxiety, fear, sadness and loneliness. I encourage you to share this new resource with the school community.

The youth-focused resources on this hub include:

- **Jack Chapters** – Youth-led, community-driven mental health advocacy clubs at schools or in the community
- **Jack Talks** – Mental health presentations delivered to young people by young people.
- **Jack Summits** – Mental health conferences developed by youth, where young people within a region connect, strategize and learn from one another.
- **Do Something** – Tools to take small, simple steps that make a big difference to youth mental health and the mental health of others.
- **Be There** – Tools to support someone who may be struggling with their mental health.

Thank you for your commitment to promoting positive mental health.

Sincerely,

Adriana LaGrange
Minister of Education

Help For Hard Times: TRI-REGION SUPPORT GUIDE

WHO CAN HELP, WHERE CAN I GO, AND HOW DO I GET SUPPORT?

I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line.....	780-482-4357(HELP)
Addiction Helpline.....	1-866-332-2322
Child Mental Health (8am-11:30pm)	780-427-4491
Kids Help Phone	1-800-668-6868
Bullying Helpline.....	1-888-456-2323
Seniors Abuse Helpline	780-454-8888
Family Violence Info Line	310-1818
Sexual Assault Center (8am-9pm)	780-423-4121
First Nations & Inuit Mental Health	
Hope for Wellness	1-855-242-3310

I NEED IMMEDIATE HELP Call 911

Emergency Financial Assistance	
.....	780-644-5135
Access 24/7 (Adults)	
Addictions & Mental Health	780-424-2424
Westview Health Centre.....	780-968-3600
Child Intervention Services	780-422-2001
Kids Cottage Crisis Childcare... ..	780-944-2888
Parkland RCMP.....	825-220-2000
Poison Control.....	1-800-332-1414
NeighbourLink Parkland (practical crisis help)	
Monday-Friday 8am-4pm	780-960-9669
Pay Forward Kindness (homeless supports)	
.....	587-286-4663

I DON'T EVEN KNOW WHERE TO START?



24-hour information and referral line connecting you to social, health and government services.



or download **HelpSeeker**, onto your phone to find local supports and resources.

WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

George Spady (men, women).....	780-424-8335
Women's Emergency Accommodation Centre.....	780-423-5302
Hope Mission (ages 18+, men, women)	780-422-2018
Youth Empowerment & Support Services (YESS).....	780-468-7186
Salvation Army (Transitional Housing, \$12/day)	
.....	780-429-4274

I NEED A DOMESTIC ABUSE SHELTER

Alberta Council of Women's Shelters	
.....	1-866-331-3933

I NEED DETOX SUPPORT

George Spady	780-424-8335
AHS Detox Centre.....	780-427-4291
Youth Edmonton Detox.....	780-422-7383

I NEED A SAFE CONSUMPTION SITE

Boyle Street Community Serv... ..	780-424-4106
George Spady Centre	780-424-8335
Boyle McCauley Health Centre	780-422-7333

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Addictions and Mental Health (adults).....	780-424-2424
Youth Addiction Services	780-422-7383
Access Open Minds (youth 15-25) ...	780-415-0048
Child and Adolescent Mental Health Services	780-342-2701
Westview PCN Youth	
Mental Health Clinic (ages 11-24) ...	780-960-9533

I NEED HEALTH INFORMATION

Health Link Alberta (24/7)	811
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WHERE CAN I FIND FOOD?

Parkland Food Bank	
105 Madison Cres, Spruce Grove	780-962-4565
Auggies Café (Tuesday Free Lunch)	
131 Church Rd, Spruce Grove	780-962-5131

Spruce Grove FCSS
#105 - 505 Queen Street, Spruce Grove, AB
780-962-7618

Stony Plain FCSS
#107, 4613 - 52 Avenue, Stony Plain, AB
780-963-8583



March Photo Gallery

Please Remember



To Bring Back Your Library Books

If you are starting to spring clean, 2021. please take a look around your home for textbooks and Library books from last year. There are a few items still missing from last March.

Also if you have books from previous schools, please bring them into us and we will get them back to the original Library.

Below: Top: Feiyth M., Zander O., and Justine F., show off their impressive entries into the Parkland School Division Treaty 6 Land Acknowledgement Poster Contest.



March Photo Gallery

Top: As winter turns into spring, students gather around the rare and majestic beauty of a 'Jacket Tree' in full bloom during recess.



Bottom: No net? No problem! Grade seven's improvise over recess in anticipation of the upcoming badminton season.



March Photo Gallery



Top Left: Students work together to ensure the slide gets a workout over lunch recess.

Below Left and Right: Students find ways to accessorize their emerald green finery for St. Patrick's Day festivities.



March Photo Gallery

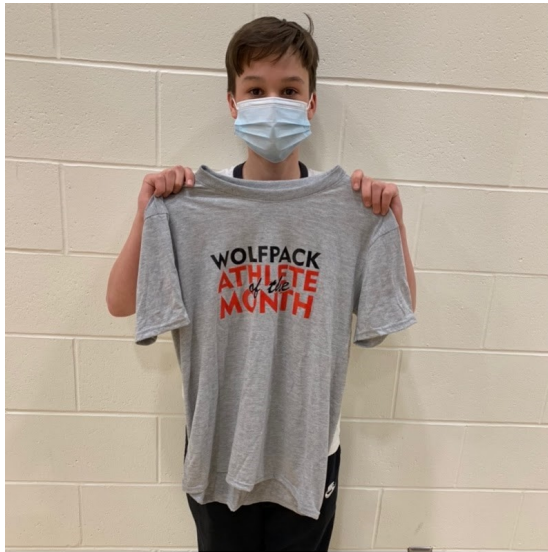


Top and Bottom: Students don their finest emerald green apparel in honour of St. Patrick's Day.

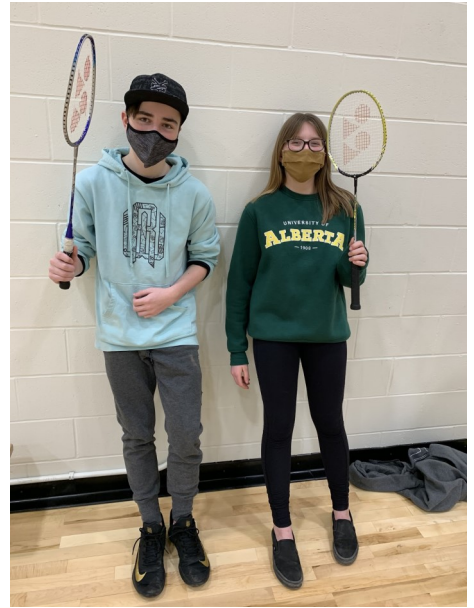
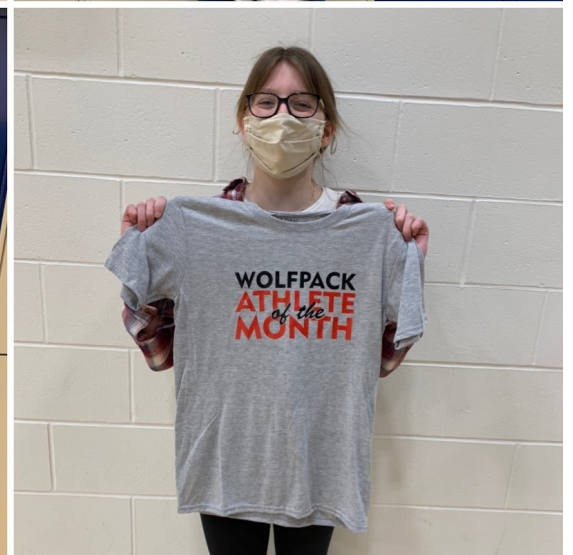
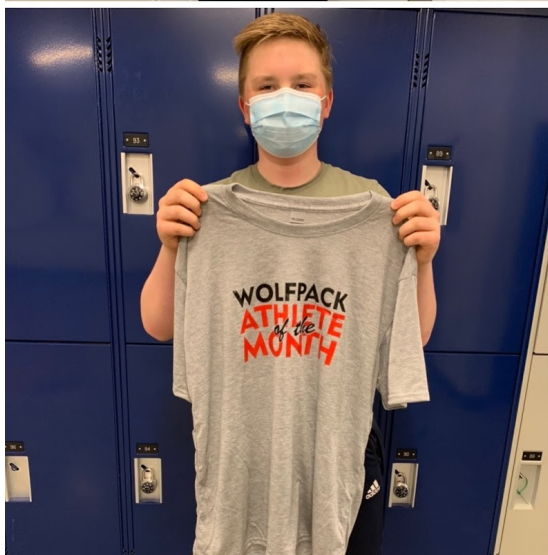


March Photo Gallery

Top Right:
Congratulations to the March Athletes of the Month: Reese Y, Samantha P, Ralph S, and Kailer P.



Bottom Left, Center & Right:
It is so good to have students back in the gym playing badminton in the new gymnasium.



March Photo Gallery



Top Left: Congratulations to our March Madness champions students for scoring the highest amount of made free throws in their grade level:

Grade 5 - Brady W. & Neveah O.

Grade 6 - Jacob L. & Joy B.

Grade 7 - Eshadha H. & Maren M.

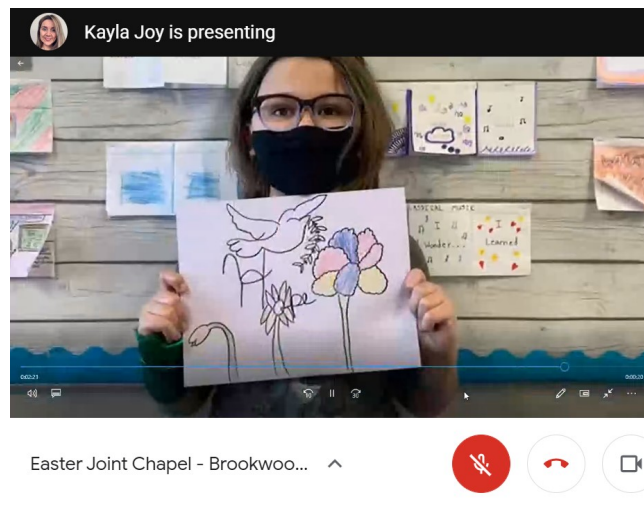
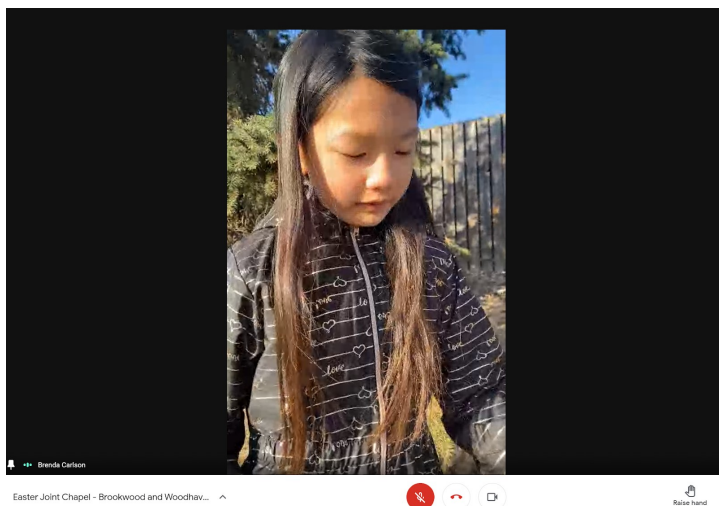
Grade 8 - Grant L. & Sophia O.

Grade 9 - Hudson H.

Bottom Left & Right: Grade Fives racing their electric car kits in class



March Photo Gallery



Top Left & Right: Grade 5/6 M Screen shots from MCP Easter Chapel on March 23rd.

Right: Guest Speaker Paul Eikeland shares his insights during grade 7/8M in-class Chapel.

Bottom Left & Right: Despite COVID, students still find ways and spaces to collaborate in the hallways and common areas.



New Addition Photo Tour: **Solar Power System**

Top & Bottom Right
A look at the horizontal solar panels atop the roof of the new gymnasium. The estimated average amount of electricity produced by the solar panel system is 129,356kWh.



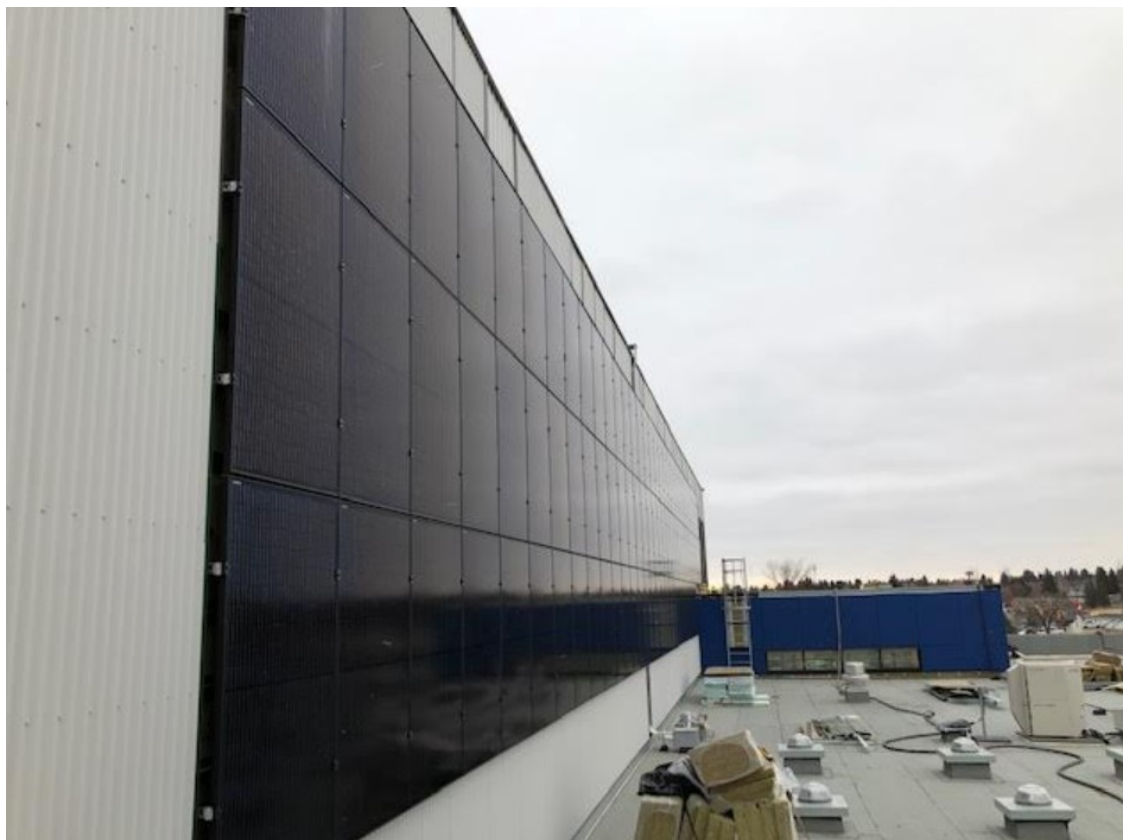
New Addition Photo Tour: Solar Power System



Top & Bottom Left:
A closer look at the solar panels on the gymnasium roof. There are 192 roof-mounted 385 watt panels.

New Addition Photo Tour: **Solar Power System**

Top & Bottom Right: A look at the vertical solar panels on the south side of the new gymnasium. There are 96 vertically-mounted, 315 watt panels.



New Addition Photo Tour: Solar Power System



This Page: A look at the inner workings of the photovoltaic power system. This room is tucked away on the south side of the new gymnasium (directly below the panels on the side of the roof). It is estimated that the on-site renewable photovoltaic power system will provide between 15% to 20% of the school's electrical energy needs.

