

WOLFPACK HOWLER

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Key Dates:

PD Day (Staff only, No Students)	Mar. 5th
School Council Meeting (Virtual)	Mar. 17th
Spring Break (No School)	Mar. 26th—Apr. 5th
PD Day (Staff only, No Students)	Apr. 6th
Final Option One/Two Transfer Date for 2020-21	Apr. 7th

Principal's Message

Hello again everyone. My apologies for the long message (and long newsletter!), however we have a lot to share with you as we head into spring.

Admin Procedure 750: Severe Weather

On Tuesday Feb. 9th Superintendent Shauna Boyce signed the revision to PSD Administrative Procedure 750 which reversed the restriction on teachers teaching new material when buses are cancelled. Previously, when buses were cancelled teachers were limited to helping students catch up on missed assignments/exams, review, or providing enrichment activities. In part, the intention of this approach was to ensure that students who were unable to attend school due to bus cancellations would not fall behind in their learning as a result of circumstances that were beyond their control.

No doubt, the shift to online learning resulted in the division re-examining this procedure. A highlight of the revision is to allow those who best know where students are in their learning, namely the teachers, rely on their professional judgement to make



decisions on where and how to proceed with new learning.

Does this mean that students who are unable to attend due to cancelled buses will be unduly 'punished?' Not at all. Whether teachers proceed with new learning will very much depend on context; the decision to proceed with new learning will be very different if there are three students in class vs. twenty-three. As well, teachers will need to consider where they are in a particular unit or area of study. The decision to proceed will be very different at the beginning of a unit vs. the end of a unit. Lastly, losing a day here or there is one thing; never good, but certainly manageable. However losing consecutive days, like we did early last month, will likely require new material be introduced. Thankfully, we as a school and a division have gotten much better at providing remote learning. The revision al-

lows teachers to better balance the needs of students who can't attend due to buses being cancelled with the needs of those students who do make it school.

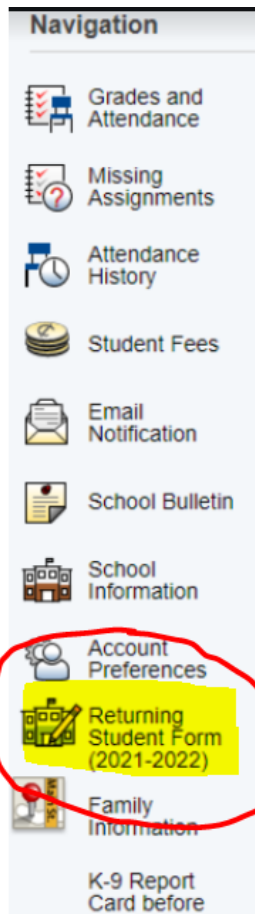
Final Option One/Two Transition Date Weds. April 7th.

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

2021-2022 Online Registration Open

Parkland School Division's annual online registration/verification process is now open via the Power-Registration portal. All parents and guardians of returning students will be required to complete this online process for the 2021-2022 school year. In February, parents and guardians of returning students received an email or letter with further instructions on how to verify and/or update their exist- (con't on page 2)

Principal's Message (con't)



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ing information (if you have not received this information please contact the office). You can log into your Powerschool Parent Portal at <https://powerschool.psd70.ab.ca/>. You will find an icon on the left side of your screen that says "Returning Student Form (2021-2022)" (see left). It is vital that if any of your demographic information has changed, you update it via the portal. I also need to ask that you complete your child's registration by **4:30pm on March 25, 2021**. While March may seem a bit early, this deadline allows the school division to determine the eligibility of bus pass applicants, the routing of buses, bus pass production and data verification before the summer break.

And as quick reminder, please note that the 2020-2021 *New Student Registration* form is still open and accepting registrations for the current school year. Please do not use the 2020-2021 form when registering for 2021-2022. Again, if you have any questions or concerns please contact the office.

Knowledge & Employability (K & E) Programming Gr. 8/9 When you do go to register, you may notice that there is the option to register students for the *Knowledge and Employability* program. I had the opportunity to be involved teaching K & E during my time at the Comp and it is a remarkable program. K&E courses are for students who learn best in situations that integrate essential and employability skills in occupational contexts. It is available

to students in Grades 8-12 who meet Alberta Education criteria. While students who complete the K&E program courses earn a Certificate of High School Achievement (rather than a High School Diploma), they may transition successfully from K&E to other high school courses, allowing them to work towards their High School Diploma: all within the same three years as a 'regular' diploma program.

PSD is determining if there is a need for a 'stand alone' program for grade eight and nine students. We are in the process identifying current grade seven and eight students who may benefit from such a program and will be contacting the parents and guardians of candidates shortly.

Term Two Report Cards: PowerSchool 'Lock Down'

In the January Newsletter I was please to report that we were going 'live' with PowerSchool. With a PowerSchool account parents and guardians are able to access up to the minute information regarding marks, attendance, even upcoming assignments. There is even a phone app. Term Two Report Cards will be available through the portal for students, parents, and guardians on Thursday, March 25th, the day before Spring Break. However, in order to accommodate updating the gradebook and allowing teachers to input report card comments we will need to shut down access for comments through the browser (online) from Fri. March 5th until the 25th. Unfortunately, we will need to shut down the app en-

tirely during this time. Please contact your child's teacher if you have any questions arising from the shut down during these dates.

Wellness: Resources For Parents & Guardians

I was fortunate to be able to host parents from other schools at the PSD Stakeholder Engagement Evening on Feb. 11th. A common theme across all participants was regarding the mental health and wellness for students in light of the pandemic. If your child is struggling, I invite you to look at the many resources available within our own community. Starting on page 14 of this newsletter you will find contact information for Alberta Health Services, Family and Community Services (FCSS), Solution Focused Wellness (SFW) Counseling, the recently introduced Alberta COVID-19 Youth Mental Health Resource Hub (jack.org), the Help for Hard Times Tri-Region Support Guide, and the CHANGE Health Community Program. I strongly recommended that if a member of your household is struggling you make the call to support your loved ones. If you have any questions, please contact Ms. Enders or myself here at the school.

Return to Play

Last month the Chief Medical Officer of Health announced new guidelines about school sports and extracurricular activities. You can find more information on this in our athletics section on pg. 8.

Thought Exchange

As parents and Guardians, I invite and encourage you (con't on page 3)

Maranatha Christian Program (MCP) Highlights

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

Once again, we look forward to joining our fellow Brookwood MCP students and colleagues for our annual Easter Chapel on Tuesday, March 23rd at 9:00 am. The Chapel will be held virtually. While we would like to be able to extend an invitation to parents and guardians to join us, unfortunately due technology limitations, we are unable to do so at this time. That said, we very much miss having parents and guardians join us for Chapel and look forward to hosting everyone in our newly renovated school when it is again safe to do so.

In weekly, in-class chapel, Mr. Rink's 5M February chapels have focused on the reckless love which God has for each of us. Thoughts were shared about how to be courageous in practicing love for one another in the midst of whatever we might be experiencing or feeling. Mr. Rink has commented how he is continually impressed by the ability of the kids to open up about their feelings, as well as their heart for prayer!

Mrs. Joy's Gr. 5/6M - 5/6M has finished our morning devotional series called "Rooted," which truly challenged our thinking about how we manage the circumstances of our lives. For

classroom chapel we have recently begun a video series to work through the book of 1 Peter.

Mrs. Woitas' Gr. 6M— The class is continuing to work through a study on how to read the Bible. They remain focused on looking at various books of the Bible, the literary style of various books, characters, plot, setting etc. Overall, it has been a great study for the entire class.

Mr. Bock's 7M—In grade 7 we are doing a future project which includes learning about financial wisdom. As part of this we have been working through many scriptures of the Bible to examine wisdom, stewardship, giving and generosity.

Mrs. Cresswell and Mr. Schock's 7/8M and 9M's - As we mentioned last week, both classes are two weeks away from completing their work with *The Book of James* which speaks to the realities of a living faith in Jesus. Later in March they will examine Johnathon Evan's series entitled *Different*. As 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 so-

cial media might gain people's attention. 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 a different value in God's economy. Recognizing God as king changes the entirety of our lives.

In the *Different* series, Jonathan Evans will walk our 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.

Principal's Message (con't)

to provide your input on the annual Thought Exchange Survey, Your responses from last year were invaluable are reflected in this year's Woodhaven Middle School Development/Education Plan based on Care, Respect and Safety. By telling us what we

as a school and as a division are doing well and where we can improve, you will be contributing to the future success and well being of all of our students. You can find the Thought Exchange link at the bottom of this page.

Final Thoughts

As always, if you have any questions or concerns please feel free to contact me via email at cshaw@psd70.ab.ca or call me or Ms. Enders at the school at 780-962-2626, Take care, thank you again for continued support and trust

-Mr. Shaw

<https://my.thoughtexchange.com/#832136758/hub>

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

Woodhaven School Council was joined by **PSD Board Vice Chair and Spruce Grove Trustee Mr. Eric Cameron** for the Feb. 17th Meeting. In his report, Trustee Cameron shared his appreciation for the report Mr. McLachlan and Mr. Chan provided at the PSD Board of Trustee meeting on Feb. 2nd on what it is like to teach physical education during a pandemic. Further, Mr. Cameron discussed the ongoing process of seeking input, including the considerable input from parents and guardians, regarding the 2021-2022 School Year calendar. A recent COVID 19 audit of three schools revealed no significant deficiencies or issues in the PSD response. Trustee Cameron also conveyed how hard the PSD Inclusive Education Team is working under trying circumstances due to the provincial cuts for students with exceptional needs. He also highlighted PSD's efforts to support student and staff wellness throughout the division. Regarding the PSD Parent Engagement Evening on Feb. 11th, Mr. Cameron remarked on its success despite being virtual. He mentioned a reoccurring concern that emerged from many parents is the wellness of their children and how they are going to fair coming out of the pandemic: especially in the social realm. The pandemic has resulted in parents and guardians trying to get refunds on bussing as some students moved to Option Two/online learning. Unfortunately, with contracts with busing pro-

viders being signed in the fall, there is a likelihood that the division will lose money on transportation. He stated any lost money will come out of reserves. Lastly, Mr. Cameron relayed his motion to the board that PSD write a letter to the Provincial Government recommending that education staff, including bus drivers, are on the priority list for COVID vaccinations.

Grade Nine Student Ambassadors Tori L. and Emilie S shared their reflections on what's it like to be in Grade 9 in a COVID world. Both Tori and Emilie have attended Woodhaven since grade 5, both have participated in a variety of after school activities including volleyball and choir. They expressed that the most difficult part of COVID in school has been staying motivated to get good grades before entering high school next year. They also stated how they miss not getting to do as much group work and be as close to friends in class. Even when they get the opportunity to interact with friends, they have difficulty communicating because of masking requirements.

With teachers moving from class to class rather than students, both said they missed having the change of scenery. For them, switching classes is better because having to stare at the "...same walls all day..." makes it harder to focus. Both Tori and Emilie feel like there is less opportunity for breaks due to not being able to move around the halls. Also, as there are fewer people

around, many students are struggling to stay motivated to try their hardest or do their best.

What they miss the most are the opportunities to be involved in sports teams, other school clubs, Sun run, ski club, Jasper trips, being close to people and not be in masks, being able to take breaks, and for the grade seven, eight, and nine students, having to go outside for recess (even when it's cold out). The few silver linings? Tori offered how she found a love for long distance running and learned to do more self care. Emilie reiterated the notion of self care and taking time for herself. COVID also forced her to improve her skills regarding technology. Lastly, Tori and Emilie expressed their thoughts on the new building stating how much they really like the classrooms. They feel that the bright blue and green colours really boost their mood coming into the classroom as their old classroom was so dark. As it had no windows, students had to fight to stay awake. Overall they feel that the new addition is great and the open spaces/ common areas will be very nice for the younger kids. Mr. Shaw started his **Principal's Report** by following up on the previous council meeting's discussion surrounding the crosswalk between Brookwood and Woodhaven. He outlined his communication with other schools, the AMA and PSD central office. He asked council for their suggestions on how to pro- (con't on page 5)

Woodhaven Middle School Parent Council 2020-2021

Chair: Dan Dowson

Vice Chair: Lauren Lyle

Secretary:

Dawn Lutomsky

Volunteer Coordinator:

Lei Gryshik

COSEC 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

A Few Questions with WMSPC Vice-Chair Lauren Lyle

Can you tell us about your child(ren) at Woodhaven this year?

This is my daughter's first year at Woodhaven, she's a grade five student and so far she's loving being part of the Wolf Pack!

This is your first year on Parent Council and you are in the position of vice-chair, what do you see as your role on this year's council?

This is not only my first year on the Woodhaven parent council, it's my first time ever being on a council! As vice chair I hope to bring another strong voice to the table and be a great support to our chair. I would of course love to accomplish as much fund-raising as possible through this tough time we're facing. Our kiddos and the school still need our support!



We are nearly halfway through the school year, based on what you have seen so far, what do you feel is the biggest challenge facing our Parent Council?

Our biggest challenge this year is of course COVID and the restrictions it puts on us all. Sadly, COVID has affected how our teachers teach to how our students interact (praise to our teachers, admin and staff, by the way, for all their hard work through this!!!).

These restrictions had an enormous impact on how the parent council fund-raises and finds extra supports for the school (like the BBQ).

Why do you feel parent/guardian involvement is so important?

Like I mentioned above, parent involvement is so so important! We absolutely need it! If you as a parent feels we or the school could be doing something different, then please, please get involved!! We can't make changes if we don't know. Many hands make for less work!

Any other words?

I want to add that I'm so very proud to be part of this council this year! Woodhaven is a world class facility with world class staff.

School Council Notes (Con't from Page 3)

(con't from page 4)
 ceed moving forward and offered to follow up with council during the March meeting. He let council know how other schools in the division were handling hot lunch in light of COVID protocols. Members of Parent Council expressed their reluctance to proceed with hot lunch in light of safety concerns. As promised both Mr. Shaw and Assistant Principal Ms. Enders shared the results of the Care, Respect, and Safety Survey that was completed by members of School Council, Woodhaven staff and over 323 students. The survey was just some of the data collected for the Baseline Report for the

2020-2021 School Development Plan. The plan also included details on parent responses on the Accountability Pillar survey, student suspensions and office referrals, and even the number of Individual Education Plans in the school. And while student and staff responses were overwhelmingly positive, the goal of the development plan is to better serve how students feel about care, respect and safety and Woodhaven. In their reports both **Council and Parent Association Chairs Dan Dowson and Lei Gryshik** expressed how much they appreciated participating in the PSD Stakeholders Engagement

Evening. They enjoyed the conversations, the feedback, as well as the variety of topics that were covered.

The **Woodhaven Parent Association** asked how much milk was being consumed through *Grab N' Go Breakfast* and how to provide more milk for students. Members discussed the feasibility of using the vending machines to deliver milk and charging students for milk as a way to supplement other purchases. Currently, *Grab N' Go* is funded by the generous contributions of Medeiros Construction and Freson Bros. Council will revisit this next meeting.

Our March (Virtual) Meeting will be on Weds. The 17th at 6:00 pm. Please check your email for an invitation during the week of Mar. 8-12.

Class Action: Grade 9 MCP - Podcasting Unit

For this month's edition of **Class Action**, we explore the **9M's Language Arts Podcast Assignment**.

Throughout the last part of January into the start of February, the Grade 9M class explored a new medium through a four week process to plan and prepare their own podcasts for their Language Arts

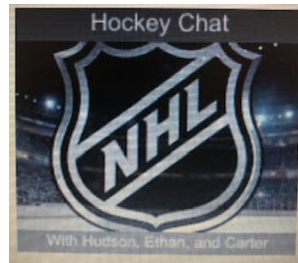
The Reese and Abby show!

class. In previous years, students worked closely together to create their own movies through a film project. However, COVID restrictions made this difficult to complete. Instead, the 9M's were assigned a project to research and create their own podcasts.

The class was asked to creatively and cleverly present information in a unique way. In creating their own podcasts, students were required to establish a clear theme

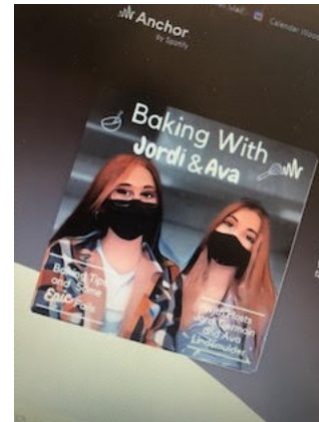


and purpose. They also had to target their scripts to a particular audience or demographic. Other criteria included presentation



aspects such as providing a well-rehearsed recording with a smooth delivery intended to evoke an emotional response.

Part of the Podcast unit required students to listen to, and critique other podcasts. Guest speaker - Jesse Martineau from the



"Me and Jesse Podcast" appeared virtually as a guest speaker to provide insights and ideas. As well, Mr. Shaw served as a guest speaker providing his perspective and encouraging students to explore their own personal interests in developing their own topics and ideas.

Other aspects that students needed to consider was the marketing and promo-

tion of their podcasts, the cooperation and delegation of responsibilities within their group projects, as well the overall production value of their podcasts. As well, students had to incorporate the fin-

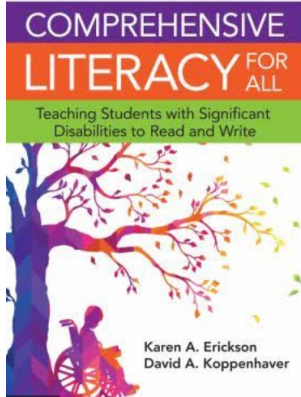


er points of podcast form and structure to develop a production frameworks to include elements such as theme and background music, segments, advertisements, final points, and even closing credits. The results were impressive indeed. Students explored a variety of topics including movies featuring a focus on specific directors, hockey talk, technology, even coffee cup baking. Their favorite part? Despite being tasked with the burden of making sure they followed COVID procedures, many 9M students commented that their favorite part of the project was being able to work together in groups again. We agree.



For more February student photos please turn to pg. 21

What We're Reading This Month: *Comprehensive Literacy for All: Teaching Students With Significant Disabilities to Read and Write*



Several members of Woodhaven staff have chosen to participate in a book study that dives into a model for supporting emergent readers. The book, *Comprehensive Literacy for All: Teaching Students With Significant Disabilities to Read and Write* by Karen Erickson and David Koppenhaver, seeks to provide a comprehensive and practical guide for educators on implementing this specific model of literacy instruction for students with significant challenges. The book study format allows participating staff to engage in discussions around how we are supporting literacy programming for students with literacy challenges within our PSD school communities. Mrs. Joy, Mrs. Freund and Ms. Enders are

meeting once a month with another group of secondary teachers from around PSD which is hosted by the Learning Supports team. Additionally, the book study discussions are being facilitated by Kathy Howery, a University of Alberta researcher specializing in supporting students with complex communication needs. Along with numerous other educators in PSD, they have been meeting via GMeet, since the beginning in the new year. *Comprehensive Literacy for All* suggests that literacy improves lives—and with the right instruction and supports, all students can learn to read and write. This is the core belief behind this teacher-friendly handbook, that is a practical guide to providing com-

prehensive, high-quality literacy instruction to students with significant disabilities. The authors present their own innovative model for teaching students with a wide range of significant challenges related to literacy to read and write. Foundational teaching principles blend with concrete strategies, step-by-step guidance, and specific activities, making this book a complete blueprint for helping students acquire critical literacy skills they'll use inside and outside the classroom. *Comprehensive Literacy for All: Teaching Students With Significant Disabilities* will help ensure that all students have the reading and writing skills they need to unlock new opportunities and reach their potential.

AHS Update: School Immunizations Postponed



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

WOLFPACK ATHLETICS— Feb. Activities—Athletes of the Month —Return to Play

Physical Education - Activities This Month

For the past few weeks most PE classes have been rotating between Pickleball, Fitness Activities, and a variety of Team Games. Our students have been learning about the different components of Fitness, improving their hand eye coordination, and what it means to be a “team player”.



January & February PE Work(out) from Home Ath- letes of the Month

Congratulations to the following students for being named the January Athletes of the Month. With no athletics going on right now these students are being recognized for their outstanding participation, cooperation, and leadership in their PE class for the month of January. The cold weather in early February made it tough to hand these out at that point.

Congratulations to...

Jonas T.
Neveah O.
Marcus V-G
Leanne S.

Congratulations to the following students for being named the February Athletes of the Month. Once again these students are being recognized for their outstanding participation, cooperation, and leadership in their PE class for the month of February.

Congratulations to...

Kaitlin H.
Dysen D,
Neo S.
Olivia N.

Return to Play

Last month the Chief Medical Officer of Health announced new protocols regarding extracurricular activities including school sports. The rules allow for the creation of additional cohorts with a maximum of ten people including coaches and trainers. Physical distancing must be maintained at all times between participants with a three metre physical distance between athletes for indoor activities and a two metre physical distancing for outdoor activities. However, coaches or trainers may briefly enter physical

distancing spaces for brief interactions with participants for such things as correcting techniques. While athletes can take off their masks when engaged in physical activity, coaches and trainers are required to wear masks at all times. Unfortunately, games are not permitted at this time. We are hoping that in the future this will change.

Typically at this point in the school year we would be just finishing up our basketball season. Unfortunately, these restrictions would limit basketball to shooting and dribbling drills. As a result, we have made the difficult decision not to run our typical Woodhaven basketball season for this year. On the bright side, badminton better lends itself to the current guidelines. We will be starting badminton in early March for the grade 7,8,9 students. We are hopeful to run a version of our Spring League basketball for the grade 5 and 6 students in the spring. (For Athlete of the Month Photos please see pg. 26).



Follow us on our Athletics Instagram Account
@WoodhavenAthletics

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

NEW ADDITION AND MODERNIZATION UPDATE— Goodbye Demolition, Hello Construction!

For a photo tour of the gymnasium and work out space in the new addition please see page 26.

Milestone

During the second last week of February, the renovation of the existing building reached a milestone as workers moved from the demolition phase to construction mode. While there may be the odd job such as cutting a new window or door into a wall, moving forward, our construction partners will be solely focused on the renovation of the existing building. For the entire Woodhaven community this brings us one step closer to having our project completed.

Drama and Music Rooms

Driving through the parking lot it is hard not to notice the demolition between the Den and the old gymnasium. Workers have removed the exterior wall and are in the process of tearing down the now exposed interior wall in preparation of what will soon be the new drama room. Specifically, the old kitchen, sensory room, and Phys. Ed storage room which lined the south side of the old gym have been gutted and will soon be combined into one space. Further, the old Den will be recon-

structed to include two practice rooms in what will soon be the new music room.

Concrete Pour

As part of the modernization, parts of the concrete floor in the exiting building had to be cut away and the dirt and clay removed (by hand!) to make way for new water and sanitation lines. Slices of the floor were cut away in the old office space as well as the old science labs. However, the cold snap in Mid-February resulted in some workers moving off site (i.e. roofers) or indoors. In fact, the weather was so cold that the scheduled concrete pour had to be cancelled for fear the concrete would freeze inside the trucks.

With the improved weather, the concrete and pumper trucks returned to fill the concrete floors back in. The concrete trucks will be returning throughout March to pour footings and slabs in preparation for floors and walls in the currently gutted Phys. Ed. offices and change rooms. Fortunately, with this being in our third and last year of construction, our construction partners know and will

continue to work around the bell schedules and buses. We ask that you continue to check your email for updates regarding parking lot disruptions.

Library Commons

One of the highlights of the modernization is the conversion of the old multi-purpose room into our expansive new library commons space. If you recall, the space was previously divided into four somewhat smaller sized class rooms in order to allow workers to renovate and move the modular classrooms from the northeast corner of the school to their current location as our grade 5/6 wing in the southwest corner of the school site.

As a treat, workers were able to remove the plywood covering the interior windows looking into the multi-room which allows students to safely sneak a peek into the area as it is being renovated (not unlike the peepholes cut into the plywood fences that surround an outdoor construction site). A quick look reveals the installation of new metal studs along the interior walls.

Left: Workers chip away at the exterior wall between the Den and the gymnasium.
Right: Workers prepare to tear down the exposed interior wall.



Contact Us/Canada's Anti-Spam Legislation

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CASL
Canada's anti-spam legislation



PSD has implemented a new system for newsletter distribution. If a family has approved to receive emails as per the Anti-Spam legislation, they will automatically be emailed this newsletter on a monthly basis. If a family does not approve to receive emails as per CASL, then newsletters will be available on the Woodhaven website for download. The most recent newsletters will be available on the home page. Back issues are available on the newsletter archive page under the 'For Parents' tab.

Visit us online at:

woodhaven.psd70.ab.ca/

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.



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 voicemail. Thank you.

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

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

If a student has these symptoms

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

What to do

- Isolate at home for a minimum of 10 days from when symptoms started or until symptoms resolve, whichever is longer.
- COVID-19 testing is recommended.
- Can return to school before 10 days only if a COVID-19 test is negative, symptoms are gone, and the student was not a close contact of someone with COVID-19.
- Do not enter any long-term care settings for 10 days and until symptoms have resolved.
- If test results are positive, isolate at home for at least 10 days and follow instructions received from Alberta Health Services

One of the following symptoms:

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

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

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

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

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

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



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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

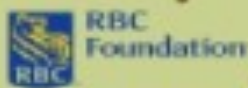
and ongoing skill development for overall wellness

SCHOOL REFERRALS

Teachers, Administrators, Counselors

Fully Funded

Grant Funded Tier 2 Support Program



MINISTER'S YOUTH COUNCIL



If you had a direct line to the minister... What would you say?

Junior and senior high school students...
Passionate about your education? Want to make
a positive impact? Gain valuable experience?

Information and steps on how to apply can be
found on the Alberta Education website.

Completed application packages need to
be submitted by March 24, 2021.



@AlbertaEd | alberta.ca/student-engagement.aspx



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 (2am-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 9am-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

WHERE CAN I FIND FOOD?

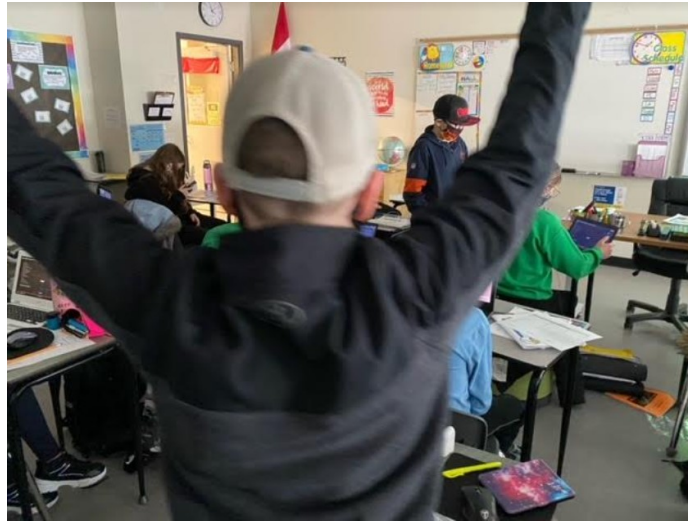
Parkland Food Bank
 105 Madison Cres, Spruce Grove 780-962-4565
 Auggies Café (Tuesday Free Lunch)
 131 Church Rd, Spruce Grove 780-962-5131

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

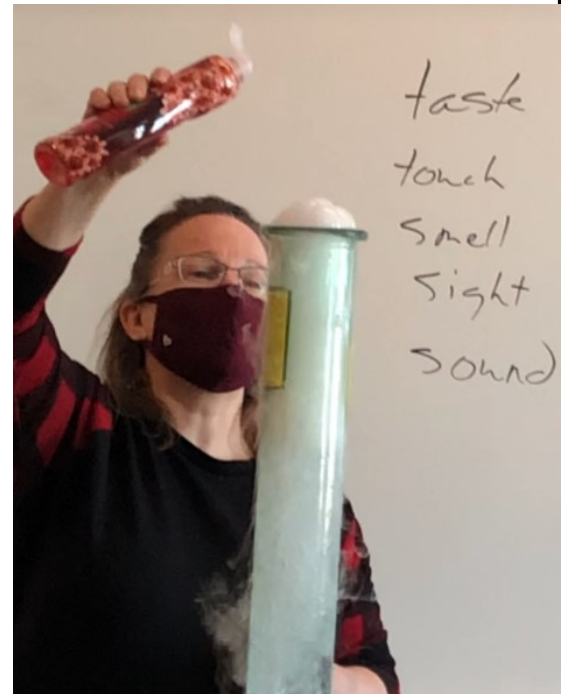


February Photo Gallery



Top Left & Right: Everyone in 6B was SUPER excited to watch the 2020 Mars Perseverance Landing on Feb. 18th. The class had some 'cross curricular' teaching in French class! Tres Bien!!!

Bottom Left & Right: Mrs. Schaber treated the grade seven classes to science experiments involving dry ice. A big thank you to Praxair for their generous donation in supporting our students in their learning.



February Photo Gallery



Top: A window into the construction work going on in the old multi room.



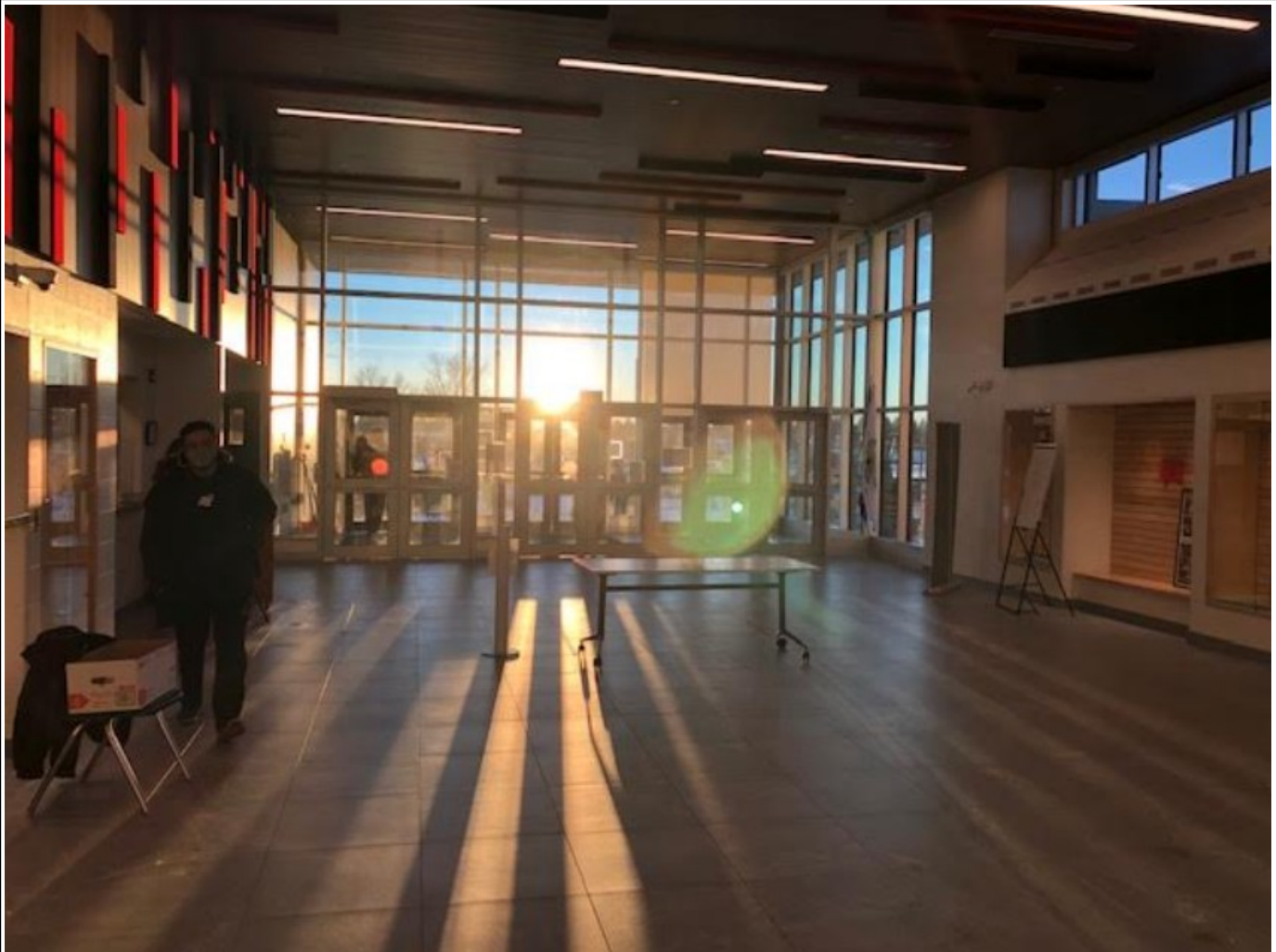
Top Right & Right: The grade nine classes post their 'Hope Tree' containing inspiring quotes in the Jr. High Common Area.



Bottom Left & Right: A cement and pumper truck arrive after the February cold snap to pour the flooring in the old office space and the old Phys. Ed offices and change rooms.



February Photo Gallery



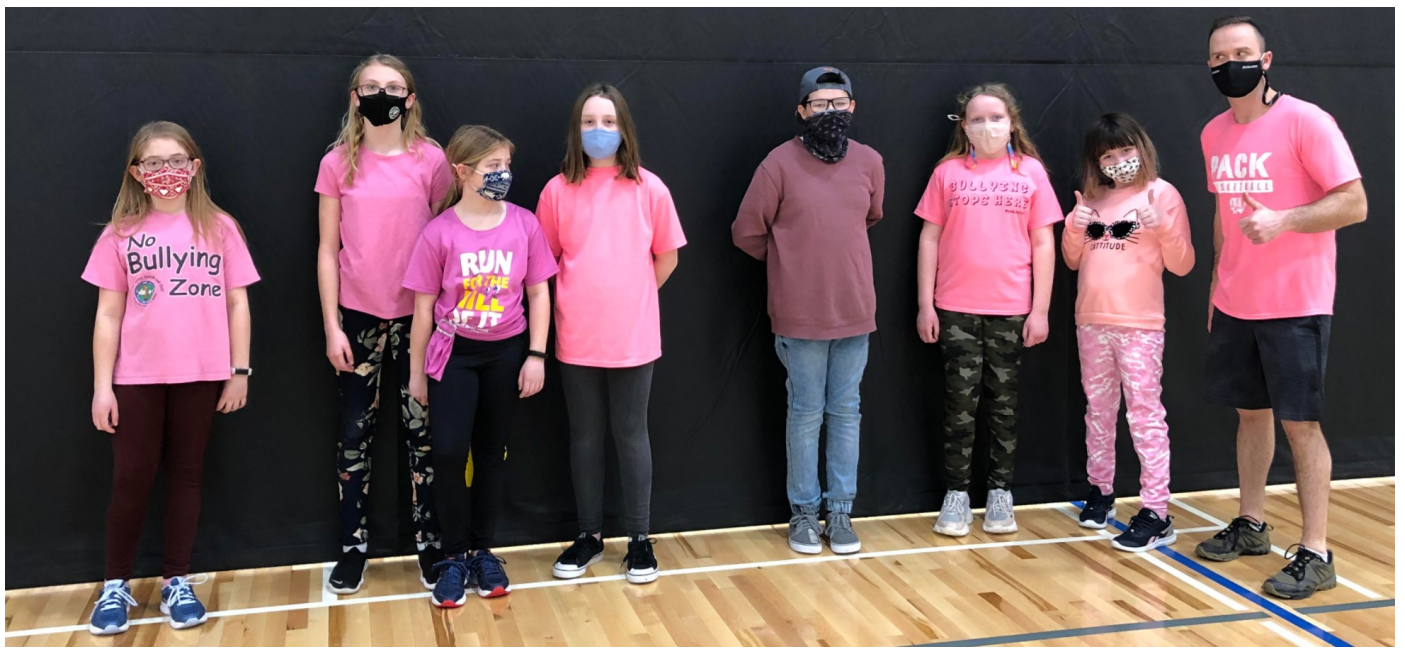
Top: The view we've been waiting for; the sun breaks in the new plaza.

Below Left: Socks and Burkies during morning recess.

Below Right: The break in the February cold snap allows students the opportunity for a very welcome outdoor recess.



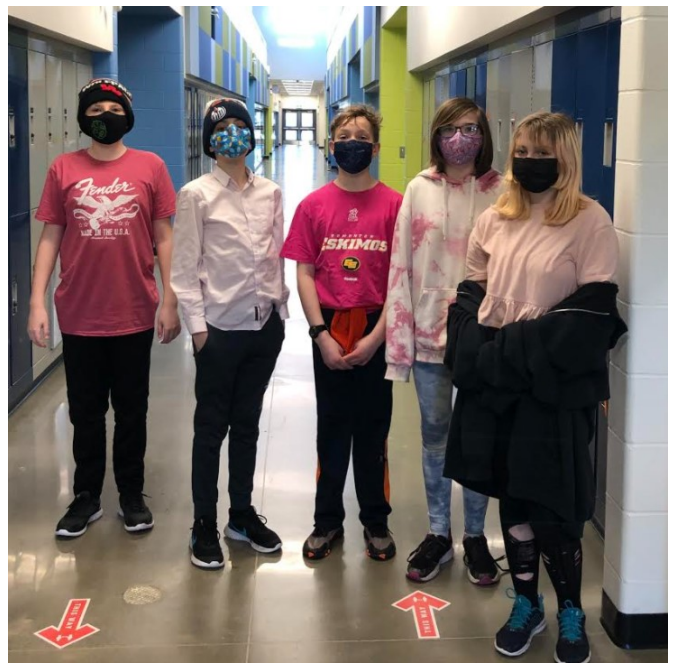
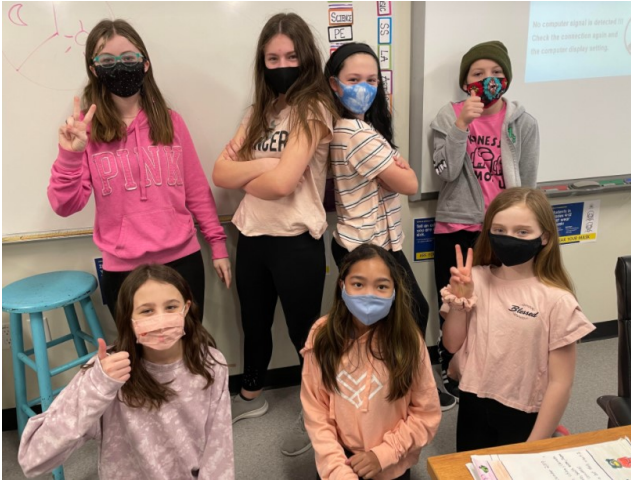
February Photo Gallery



This Page and Next: Pink Shirt Day began in 2007 when a student in Nova Scotia was bullied for wearing a pink shirt to school. It has since been recognized annually worldwide as a day to stand against bullying. Students model their pink attire in the gymnasium (top) and in the hallways and classrooms (bottom and next page).



February Photo Gallery



February Photo Gallery



Top: Pickle ball in the new gymnasium.



Left: January's Athletes of the Month:
Jonas T.,
Neveah O.,
Marcus V-G., and
Leanne S.

Right: February's Athletes of the Month:
Kaitlin H.
Dysen D,
Neo S., and
Olivia N.

Bottom: More Pickle ball!



New Addition Photo Tour: **New Gymnasium**

The New Gymnasium in Four Perspectives.

Top: Looking southwest towards the Phys. Ed office and workout room entrances. The grey sound barriers are visible on the ceiling.



Bottom: Looking east along the north wall towards the Jr. High Common Area windows, and to the right, the entrance to the change rooms.



New Addition Photo Tour: **New Gymnasium**



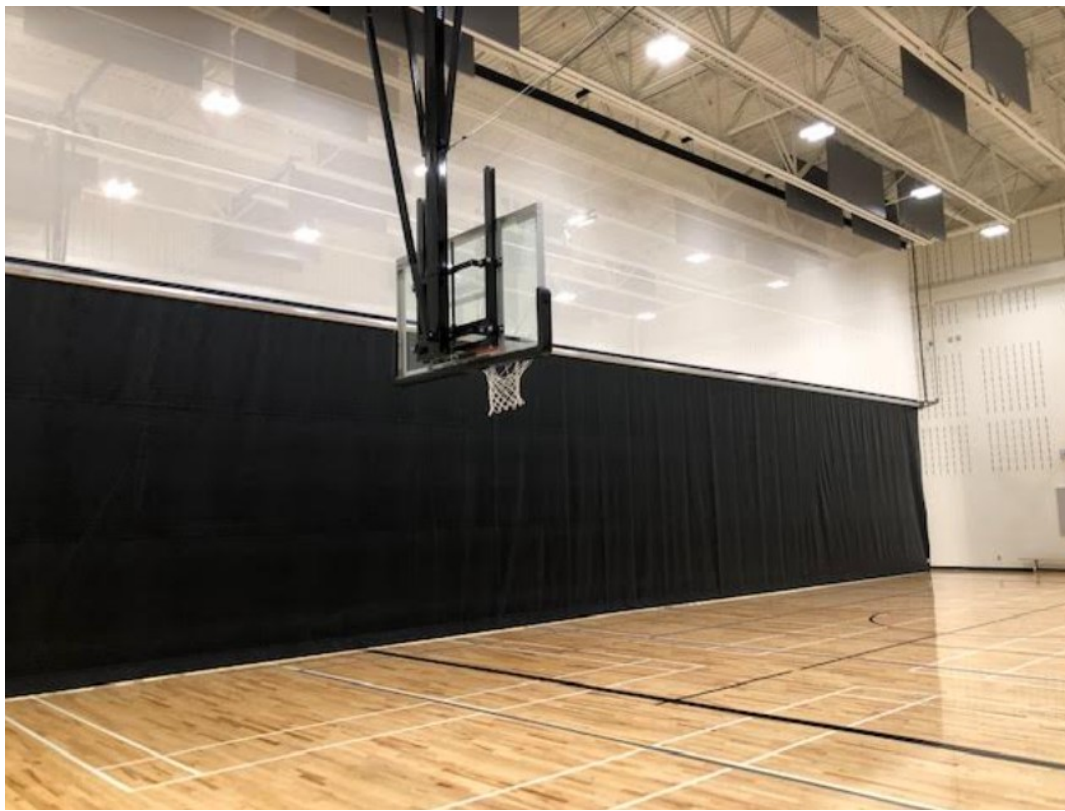
The New Gymnasium in Four Perspectives.

Top: Another look eastward towards the Phys. Ed. of office and workout room entrances from the plaza/main entrance doors.



Bottom: Looking east from the main/Plaza Entrance towards the Jr. High Common Area windows, and to the right, the entrance to the change rooms. In addition to the main court, the gym can be divided into three separate sections.

New Addition Photo Tour: **New Gymnasium**



Left: A picture of the middle court looking northwest with the curtain down. When all of the curtains are lowered the gym is separated into three separate spaces which allows for three Phys. Ed. classes at a time: ideal for COVID protocols.

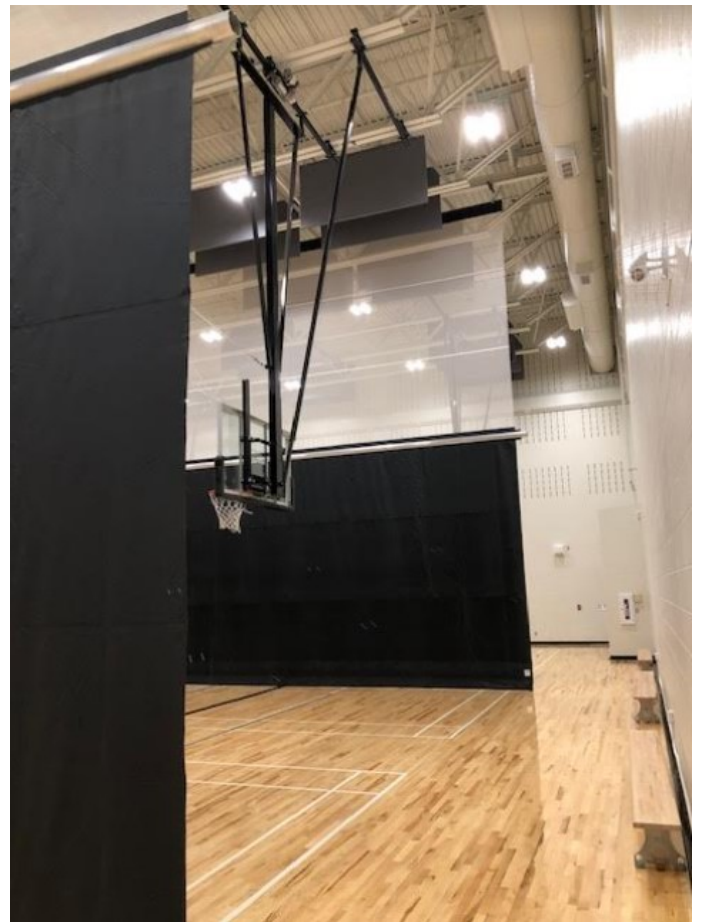
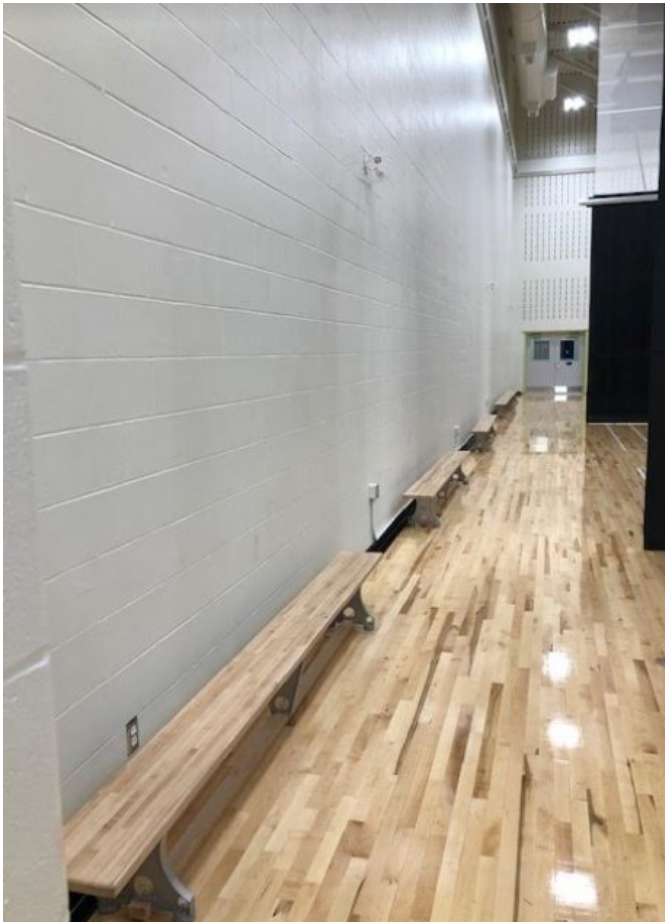
Right: The middle court, with the curtain down facing northeast. At the north end of each court is a both a white board and a bulletin board.



New Addition Photo Tour: **New Gymnasium**

Top: Another look at the gym looking west through the Jr. High Common Area windows: a highlight in the new addition.

Below Left & Right : The south wall, with both sets of curtains lowered, sits empty except for the benches. Over the summer along this wall the new bleachers with seating for over 500 students will be installed.



New Addition Photo Tour: **New Gymnasium**



Top: The workout room facing north. The floor is rubberized tile to lower the impact of outs. The east wall is lined with mirrors and there is millwork at the far end for storage.

Left: Same room, different perspective. At the other end of the room is a window into the PE office. On the left is the exit to the hallway and on the right is the entrance to new gymnasium.

New Addition Photo Tour: **New Gymnasium**

Right: The girls' change room features three individual spaces for privacy (out of sight the left of this the photo is an additional private space for changing).



Bottom: The same room from the opposite direction reveals a polished concrete floor and open cubby holes for clothing. Due to COVID restrictions, the change rooms have yet to be used.



New Addition Photo Tour: **New Gymnasium**



Top Left: A look at the new Phys. Ed office. Like the other classes, they feature adjustable, mobile stand up desks. It is considerably more spacious than the office in the old gymnasium.



Bottom Left: Unlike the old Phys. Ed. Office, the new office is spacious with three windows; to the right is a window to the outside hallway, on the left is the window to the workout room, and on the third wall (not visible in this shot) is a window to the new gymnasium.