

# WOLFPACK HOWLER

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## Key Dates:

Gaga Ball Pit Bottle Drive	May. 11th, 12th, 13th
School Council Meeting (Virtual)	May. 19th
PD Day (Staff only, No Students)	May 21st
Victoria Day (No School)	May 24th

## Principal's Message

### Latest COVID Case

In the later half of April the school reported two more COVID cases, sending one class cohort into isolation. The cases were unrelated and there is no evidence of in class transmission. I am proud of the efforts of students and staff to keep everyone safe. With cases rising in our community and throughout the province I need to ask once again that you continue to complete the COVID-19 AHS Daily Checklist with your children each and every morning. You can find the checklist on pg. 14-15 of this newsletter.

### May is Mental Health Awareness Month

With May being Mental Health Awareness Month it provides yet one more opportunity to remind you of the many resources available in our community. If you, or a member of your family, is struggling with mental health issues, then I invite you to have a look at the information found on pages 16- 21 of this newsletter. If you require any other information, please feel free to contact Ms. Enders or myself at the school.

### Final School Council Meeting of the Year

While COVID all but shut



down many of the things done by council during a typical school year, I would like to thank council and their fundraising arm, the parent's association, for their incredible work with our Grab N' Go breakfast program. Not only did they manage to keep the program running, they even expanded the program to include an extra day a week and added a greater variety of food offerings. So to council, and the parent's association, as well as our sponsors, Freson Bros. Stony Plain and Medeiros Construction, thanks for all you have done this year. The final School council meeting of the year will be held virtually on Wednesday May 19th. You can expect an invitation to be emailed out to you during the week of May 10th. And while we're on the topic, kudos to the President's Choice School Nutrition Grant for their continued support of our Nutrition Nook.

### Piloting the New Alberta Curriculum

On April 15 Parkland School Division Superintendent Shauna Boyce announced that the school division would not participate in the piloting of the new Kindergarten to Grade Six Curriculum. Now, there is no denying the elephant in the room surrounding the implementation of the new curriculum. However, the decision isn't as it appears to be. Politics aside, introducing a new curriculum takes considerable time and resources. Typically, both within, and throughout the division, teachers collaborate to identify and develop new resources, create new units and assignments and to plan the order in which the new curriculum will be laid out. In her message home to parents and guardians, Ms. Boyce commented that the challenges posed by COVID over the past 13 months has resulted in considerable uncertainty and anxiety for students, parents, guardians, and teachers. Although, we as a division have hope for the 2021-22 school year, with the increase in variants, this uncertainty and anxiety may continue moving into the next school year. As a result, the timing of piloting a new curriculum is a difficult challenge to overcome. What is certain is that moving forward we will

## Principal's Message (con't)

work with colleagues within and outside of the school division to review, prepare, and provide feedback in anticipation of the finalized K-6 curriculum launch planned for 2022-23 school year.

### **PSD Cancels Provincial Achievement Exams**

Early in April, Associate Superintendent Scott Johnston sent a letter home to parents and guardians informing you that Parkland School Division will be joining many other school divisions across the province in opting out of administering the Provincial Achievement Tests (PATs) for this school year. Initially, PSD hoped to administer the PATs in Language Arts and Math. However, with the announcement, this has changed. What this means is that Woodhaven's grade six and grade nine students will not be completing any PATs for this school year. Just a bit of background: not only do PATs provide a frame of reference for where a student is at in her or his learning in comparison with the rest of the province, the tests are also invaluable in providing feedback for teachers. Individually, and collectively, we pour over PAT results to identify strengths and weaknesses in terms of what and how to teach. The yearly ritual of going over the data is invaluable. That said, the feedback received from parents and guardians suggested that while students are doing their best to be resilient, there remains considerable stress on our children. It is hoped that by opting out of the exams for this year this

will alleviate some of the anxiety our students and their families may be experiencing. Under the circumstances, we also need to weigh whether the validity of the data is worth the stress and anxiety it would cause our students. The good news is that the PATs are only a small snapshot of how our students are progressing. We will continue to share student progress with you through the rich assessments we do on a daily basis.

### **Guest Riders on the Bus**

Having grown up north of Stony, one of the highlights of rural life was having a 'townie' friend ride the bus home with me on a Friday night for movies and video games (Beta and Atari...yes, I am that old). Unfortunately, like my hair colour, times have changed and guest bus riders are no longer allowed. Having students scan their bus passes has made the task of contact tracing manageable. Riders without bus passes could not be contacted if students on a particular route were required to isolate. Inversely, while guest riders may have passes for other routes, they are still outside of the bus cohort which would put others at risk. PSD Transportation greatly appreciates your understanding and cooperation.

### **Gaga Ball Pit Fundraiser**

A group of industrious young lads in grade six are holding a bottle drive with the proceeds going towards the construction of Gaga Ball pit. Gaga Ball is a form of dodgeball played in something that looks like a large octagonal, raised flower bed. The

boys hope to raise the \$1800 required to construct the pit through a bottle drive/drop off at the school on the mornings of Tuesday, May 11th and Wednesday, May 12th, and after school on Thursday May 13th. There is also a 'skip the depot' option. The boys are to be commended for their initiative to create another opportunity for physical activity. For more details, please turn to pg. 9.

### **Visual Arts Festival**

The PSD Visual Arts Celebration showcases the art work of early years, middle years, and senior high students for the enjoyment of students, parents, and community members of Parkland School Division. While in the past PSD schools have taken turns hosting the event, for this year, the festival will move online. Each school will have their own Google Slide Deck on the Division public website. Please visit [www.psd70.ab.ca](http://www.psd70.ab.ca) during the week of May 3-7, 2021 to check out the original artworks.

### **Foods Lab Update**

I am happy to share with you that our long awaited foods lab is up and running for our Jr. High students. Students are clearly enjoying the opportunity to expand their culinary horizons as we offer a food class again for the first time in nearly two years. For a closer look, please turn to pg. 25 -26.

### **Final Thoughts**

I appreciate any feedback you would be willing to provide. Please email me at [cshaw@psd70.ab.ca](mailto:cshaw@psd70.ab.ca) or call the school, (780)962-2626. Take care...

-Mr. Shaw



*Follow us on*

*Twitter:*

*@woodhavenMS*

## Maranatha Christian Program (MCP) Highlights

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

*The kids have enjoyed choosing worship songs that reinforce our discussions, and they continue to be prayer warriors on behalf of those who need God's healing and comfort.*  
 -Mr. Rink's 5M

Sophia O and Luke O from the 7/8M class attended the (virtual) School Council meeting as student ambassadors on April 21st to discuss and share their insights and experiences on the MCP program. Having been in the program since grade two, Sophie and Luke shared their transition from Broxton Park, a grade four year at Brookwood, and their last four years in the program here at Woodhaven. They provided council with the details about what occurs during daily devotionals, weekly Chapels in the school, as well as the quarterly joint Chapels with Brookwood. They also included details on how COVID had moved Chapel to a virtual format. When asked about their interactions with students pre-COVID, they offered that all students participated together in extracurricular activities such as drama, choir and sports. In previous years, they also had the opportunity to share complementary (option) courses with students in other classes. However, with current COVID restrictions, all students, MCP included, attend complementary courses within their respective class cohorts. When asked about the differences between mainstream classes and MCP, Sophie and Luke explained how the Spirit of Christ is infused throughout the curriculum, particularly in Language Arts and Social Studies. What is the difference between an MCP class assignment and assignments from other classes? As they complete grade eight, Sophie and Luke were asked what they would miss about MCP when they leave Woodhaven at the end of grade nine. Both students

remarked that there is an amazing sense of community in MCP. Many students have been together in the program since kindergarten and grade one. The sense of faith and fellowship is evident throughout the program. Both stated that what they will miss the most when they move on to high school is the wonderful sense of community they have experienced in the program. Overall, both Sophie and Luke did an amazing job in representing the program and the school to council. Those in attendance remarked how much they appreciated the students presenting to council.

### **In weekly, in-class devotionals and chapel:**

**Mr. Rink's 5M**—The central theme of April chapels could be expressed by the words from Zach Williams' worship song: "a little more like Jesus, a little less like me." Through devotional stories, the class has discussed how God has made so many different people who have such different personalities, perspectives, and values. The kids have recognized how hard it can be to resist judgement in the face of disagreement and to do what Jesus would do - nurture the good in everyone by truly listening and showing that each person matters to us and to God, no matter our differences.

**Mrs. Joy's Gr. 5/6M** - The students are participating in the daily morning devotional series "Together" which expresses the importance of being united, but also about embracing our differences as individuals.

For weekly chapel, the class has just started a new vid-

eo series called "The Bible Unearthed." From an interactive studio of artifacts and models, it explores the impact of archeology and historical discoveries that help make the bible come alive.

**Mrs. Woitas' Gr. 6M**—6M has been going through Lee Stroble's book "The Case for Christ - Student Edition". As a class, they have been learning about why Jesus claimed he was God and how he expressed this, as he didn't always come right out and say "I am God". Also, they have been looking at what that would have meant for a person to boldly claim that they were God.

**Mr. Bock's 7M**—The students have been working through Joshua and Judges, learning both the faithfulness and hardness of the Israelites as they enter the promised land and struggle to trust God in everything. As well, through a video series called "Different" students have been reminded that it is what is in their respective hearts that motivates and changes them as individuals. It is a heart that yields to the ways of God that brings about a transformed life.

**Mrs. Cresswell and Mr. Schock's 7/8M and 9M's** - In *Bold*, a 4-part video Bible study series, pastor Joby Martin uses Scripture to teach that desires to be bold are not without a purpose. They were created to play a part in God's redemptive work in the world and live courageously for the cause of God's Kingdom. God has empowered his followers to live a life of boldness—in their faith, with their words, to share the truth, and through prayer. Because our God is so powerful, adolescents who follow Christ can—and must—live boldly in the world.

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

Joining the Council for the meeting was Spruce Grove Board trustee Mrs. Darlene Clarke. In the **Trustee Report** Mrs. Clarke offered that the Board approved a recommendation to send a letter to Parkland County, requesting reconsideration of Parkland County's decision to discontinue partnership with Parkland School Division, the Town of Stony Plain and City of Spruce Grove in the School Resource Officer Program. The Board approved the Second Quarterly Financial Report forecasting an operating surplus of \$3.2M is currently forecast for the year ended August 31, 2021. Trustee Clarke shared an Executive Summary of a recent virtual Student Engagement involving students from six schools. Students were asked to talk about their learning environment, learning experiences and student wellness. Students attended these meetings with their own school and each meeting was held separately at their respective schools.

The Board received information regarding Graminia School Utilization and Capacity Information. Mrs. Clarke also shared with council the addition of Dr. Meghan Miskolzie as a new member of PSD's executive team. Dr. Miskolzie has been hired for the role as Associate Superintendent - Student Supports and Services. The position is becoming available as Dr. Dianne McConnell transitions into her retirement at the end of this school year. Trustee Clarke mentioned PSD's decision to not administer Provincial

Achievement Tests to our grade 6 and 9 students. Lastly, Mrs. Clarke commented on how Superintendent Shauna Boyce has responded to numerous concerns and comments from parents in our division regarding the draft curriculum and PSD's considerations regarding piloting. This, along with a variety of other influences has led the division's decision to opt out of piloting the new K-6 Curriculum next year.

**Student Ambassadors**  
Our student ambassadors for this meeting, Sophia O. and Luke O. provided council with their insights on what it is like to be enrolled in the school's Maranatha Christian program (MCP). After highlighting their journey through Broxton, to Brookwood, and now at Woodhaven, Sophia and Luke addressed questions regarding the differences between a typical school day in MCP vs. the school's other classes, how assignments reflect Christian values, the differences between Chapel and devotionals, how COVID has affected weekly Chapels, and how MCP students are integrated in the rest of the school community through complementary (option) courses and extra-curricular activities. For a detailed description of Sophia and Luke's presentation, please see page three of this newsletter.

### Parent's Association Fundraising Update

As a carry over from April's meeting discussion on the gaga pit fundraiser Bottle Drive, council decided to move forward with a hybrid model bottle drive; parents

and guardians would be able to drop bottles off at the school during the mornings of Tuesday, May 11th, Wednesday, May 12th, and after school on Thursday, May 13th as well as access the 'Skip the Depot' option. Skip the Depot is a service in which parents and guardians are able to download an app, and have the service pick up bottles from the sidewalk. Other concerns that were discussed include storage for the bottles and the availability of volunteers. The cost of the Gaga Ball pit is around \$1800 dollars and council hopes to have construction commence in the fall of next year. For details of the fundraiser, please turn to pg. 9.

**Alberta Council of School Councils (ASCA) Report**  
After an exhaustive review of the Alberta School Councils' Association's (ASCA) advocacy resolutions for the Annual General Meeting (which was held on the weekend of April 23rd-25th) Woodhaven School Council revisited and voted on the updated motions. Ashley Southworth represented Woodhaven at the ASCA AGM.

### Principal's Report

Mr. Shaw provided an abridged report in light of the time it took for voting on ASCA resolutions. He highlighted how council's donation of funds for prizes had contributed to high student engagement and excitement for the April Wellness month initiative. On the construction front, Mr. Shaw reported that the *(con't on the bottom of the next page)*

### 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 WMSPA Secretary Lisa Hindle

*Lisa Hindle is the secretary for the Woodhaven Middle School Parent's Association which is the fundraising division of the parent council. She is also a purchaser for our Grab N' Go breakfast program. This is her first year working with the association.*

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

I have one son and he is in grade 6 at Woodhaven this year. We live close to the school so my son has been able to walk to school this year, which he enjoys.

### **Your son is new to the school this year, what are the things you notice most about the school, the school council, and parent's association?**

Although we haven't been able to visit the school as new parents, we have appreciated the classroom and teacher pictures at the beginning of the school year, and the photos of the progression of the school construction.

The teachers and administration staff have all been very enthusiastic and wonderfully supportive.

The parents of the school council and parents' association have been quite helpful and meetings are run very smoothly with occasional joking.



### **This year you are the Parent's Association secretary and are also involved in the purchasing for the Grab N' Go Breakfast program. What are your duties with the association and what made you want to be part of the association?**

I take the minutes for the parents' association meetings and submit them to the school after the meeting. Once a week, I visit Freson Bros. Market in Stony Plain and purchase \$50 worth of food for the Grab and Go Program from a weekly donation from Freson Bros.

Then, I drop off the food and beverages at the school; in the past this was a bit easier I am told, but due to COVID, we can't purchase non packaged

items like fruit and I have to call the secretaries when I am dropping off Grab and Go items and then one of them comes to take them into the school.

### **What value do you see in grab and go and why do you find it so enjoyable?**

It makes sure that Woodhaven students have the chance to get something to eat before school in case they might not have enough at home, or they might be growing a lot and just be really hungry all the time. It is a nice program because the community is also reaching out to help fill a need which might be higher with COVID.

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

Challenges for future fundraising: less money available for families to spend on fundraising activities with tighter budgets.

### **What do you see as potential opportunities for fundraising in the future? I**

would like to see students brainstorming and assisting with fundraising activities - kids have wonderful ideas that sometimes adults wouldn't even consider.

*The Final School Council Meeting of the Year will be on Weds. May 19th. Please check your email for an invitation during the week of May 10-14.*

## School Council Notes from the March. April 21st. (Virtual) Meeting

(con't from pg.4)  
school has become a hive of activity. He hasn't seen this many workers on site since last November during the push to have the new addition open right after fall break. He also mentioned that the staff

participated in an after school information session on the workings and capabilities of the school's photovoltaic (solar panel) system on April, 21st. Lastly, Mr. Shaw included the proposed fee schedule for the 2021-2022 school

year as a link in the agenda. He asked members of council to review the fee schedule proposal before the May meeting on the 19th, which will be the last council meeting of the year.

## Class Action: Grade 7 - Tallest, Free Standing Structure

For this month's edition of **Class Action**, we take a look into Mrs. Schaber's **Grade Seven A and Seven B Science** classes as they competed to see who could build the 'tallest structure' under pressure.

In this project student teams were given a thirty minute time limit to construct a tower as high as possible using fettuccine and marshmallows. Only 50 pieces of fettuccine and 10 large marshmallows, were provided. While students were limited to these materials and these materials only, they were permitted to break the fettuccine noodles into desired lengths. When the time expired, the team with the tallest free standing structure was the winner. As good planning and design are essential to building a successful tower, students were encouraged to make sketches of any good ideas they may have and to carefully plan for the steps necessary for construction. Students were also asked to take into consideration the importance of uniform length when 'custom fitting' their fettuccine noodles, using



shorter pieces at the base and as braces to improve structural strength, and even to consider how far the fettuccine should go into, or even through the marshmallow.

As students progressed through the project they



worked on skills related to group work and collaboration including how they offered, accepted, and included suggestions from their classmates and the teacher, their ability to calmly and confidently persevere and problem solve despite the challenges, and perhaps most important of all, to think critically both in terms of planning, and on the fly and during the thirty minute construction window. As the pictures reveal, there were a variety of approaches; from the uniform and calculating structure method, to the hurry up and get building method, to several methods in between.

After having done this project for a number of years Mrs. Schaber remarked that the assignment is always one of the hardest to do, as some students are used to projects coming "easily" to them. This is NOT an easy task. Every year there is



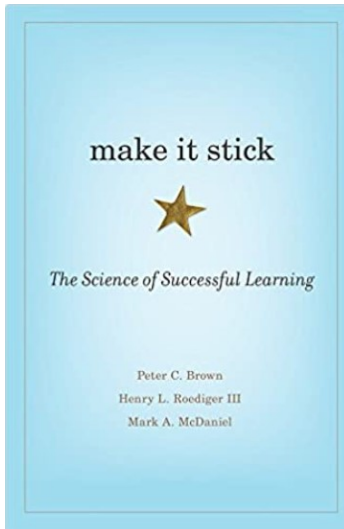
always at least one group who struggles with problem solving and are forced to make changes to their structure on the fly. At times, students get frustrated with not being instantly successful as gravity takes its toll on



weaker structures. However, when all is said and done, the vast majority of students who participated thoroughly enjoyed this fun learning activity and the collaborative, critical thinking, and processing skills that accompany the activity are invaluable. As well, the Tallest Free Standing Competition is a great experience for learning how to work under pressure.

For more April student photos please turn to pg. 23

## What We're Reading This Month: *Make It Stick: The Science of Successful Learning*



*Make It Stick* authors Peter C. Brown, Henry L. Roediger III, and Mark A. McDaniel rely on research to challenge many deeply held assumptions about learning and teaching. For example, the authors suggest that many long held studying practices and routines such as underlining and highlighting, re-reading, cramming, and 'single-minded' repetition of new skills (focusing on one topic or skill) may create some gains in learning. However, any gains that are made with these approaches quickly fade. They further argue that these routines and behaviors may actually be counter productive as they create a false sense of confidence in the learner as they instill an "...illusion of mastery." Even more con-

troversially, they strongly argue that there is no empirical evidence that tailoring teaching to the individual learning styles of students is effective in improving outcomes. Simply, the authors argue that "...learning is misunderstood."

Relying on cognitive psychology and how memory is "...encoded, consolidated, and later retrieved..." Brown, Roediger, and McDaniel argue that methods such as spaced repetition (allowing between studying and practicing), self-testing (recognizing what you don't know rather than repetitively practicing what you do), and interleaving (practicing one skill or topic with another) produce better results. They even argue that testing, specifically, testing at

spaced intervals, is an effective approach for learning. However, they caution that essay exams are far more effective than multiple choice exams for understanding what a learner does, and doesn't, know. Overall, the authors structure the book in a manner that not only refutes many long held beliefs related to improving learning, they also offer evidence supported practices that are more effective in helping learners learn. Underlying the book is the idea one's ability to learn is not something one is born with, rather, it is an acquired skill. In stressing that the main responsibility for learning lies with the individual learner, by using techniques they've identified, students will see improved results.

### 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 04<sup>th</sup> 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](http://immunizealberta.ca)

## WOLFPACK ATHLETICS— April Activities—Badminton—Track and Field

**Woodhaven Badminton Teams** The 2021 badminton season is coming to an end, but it is safe to say our teams have still had a great time even though this season has looked different than any other year. Our teams were not able to play any games versus other schools, but our student-athletes still demonstrated the determination and passion to continue to develop their skills in a practice only environment, all the while having fun in the process! A big thanks to our coaches for their time and efforts!



son. Under the current restrictions, it does not look promising that we will be able to run our traditional school track meets. However, students in all grades will still spend some time in the month of May learning and working on many of the different track & field events in their PE classes. We are hopeful



Follow us on our Athletics Instagram Account @WoodhavenAthletics

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

### Senior Team

Cochair - Mr. Huedepohl

- |             |            |
|-------------|------------|
| Anna G-W.   | Avery R.   |
| David F.    | Emillie S. |
| Emma K.     | Grady W.   |
| Graysen M.  | Jacob T.   |
| Linmari W.  | Kailer P.  |
| Maren W.    | Ralph S.   |
| Reese Y.    | Tori L.    |
| Samantha P. | Trace C.   |
| Victoria B. | Yuriy U.   |

- |              |           |
|--------------|-----------|
| Sophia O.    | Brady W.  |
| Damian G.    | Dustin M. |
| Grayson M-Y. | Grant L.  |
| Nathan T.    | Sam H.    |
| Zachary S.   | Todd W.   |

that we will still be able to have some sort of virtual track meet so students who are interested can compete and compare their progress in their favorite events!

### Junior Team

Coaches - Ms. Butler, Ms. Furringer, & Mr. Davis

- |             |           |
|-------------|-----------|
| Alyssa B.   | Feiyth M. |
| Harper M.   | Kaeli M.  |
| Justine F.  | Myah C.   |
| Kiersten E. | Rhyan E.  |

**Track and Field**  
Next up for school athletics is Track & Field sea-

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

Congratulations to...  
Todd W, Justine F,  
Avery R, & Emma K.

(Please see pg. 27 for Athlete of the Month Photos)





## GAGA PIT BOTTLE DRIVE: MAY 11th, 12th, and 13th.

### The Background

The Woodhaven Middle School Parent's Association with the support of the Woodhaven Middle School Parent Council is seeking your help as we support Gr. Six students, Xavier, Max, Aram, and Isaac in their effort to construct a Gaga Ball pit for all to enjoy.

Gaga is a form of fast paced dodgeball played in an octagonal pit. Players dodge, jump, and run while trying to hit opponents with a foam ball below the knees. Like dodgeball, if you get hit with the ball you are out and are required to leave the pit. If you catch an opponent's ball on the fly, they are out and have to leave the pit. Unlike dodgeball, Gaga is played in a tight, enclosed space at a frenetic pace. The last player in the pit is the winner.

After playing the game in camp a few years ago, the boys were hooked. They have spearheaded the fundraising drive which included a presentation at the parent council meeting in March, a follow up at the April council meeting,



as well as creating signage for the fundraiser in the school and online.

Currently, PSD facilities has, or is, in the process of building pits at Prescott Learning Center and at Brookwood School. The cost of installation and materials has been pegged at around \$1800.

### Get Involved

Between COVID protocols and PSD policy prohibiting students from participating in door to door canvassing, fundraising has become particularly difficult. Fortunately, you can support this student led initiative in three convenient ways.

The first way is by a direct drop off at the school During morning student drop off on Tuesday, May 11th and Wednesday May 12th. You can bring your emp-

ties directly to the school where parent and staff volunteers will be on hand to help. As well, volunteers will be available after school on Thursday, May 13th. The next way is to contribute via the on line SkipTheDepot option. Just download the app, pick a date, and set your bottles outside. It couldn't be easier (please see the instructions at the bottom of this page). Finally, a direct donation to the Woodhaven Middle School Parent's Association would be greatly appreciated.

### Final Thoughts

Any student led initiative is great. An initiative that encourages kids being active is even better. Thank you in advance for helping out this great cause.

You are also able to contribute to the construction of the Gaga Ball Pit online through PowerSchool.

We've partnered with...

 **SKIPTHEDEPOT**



What is **SkipTheDepot**? A door-to-door bottle collection service that makes refundable recycling and fundraising easier than 1,2,3

1. Download the app and book a pickup using

<https://app.skipthedepot.com/woodhaven>

2. Place your bags outside
3. Receive a refund or donate to us!

## Farewell to Student Teachers: Ms. Schmidt, Ms. Labonte & Mr. Davies:

A big thank you and a fond farewell to our student teachers who completed their practicum here at the school for for the Winter Term. In their third year of a typical four year Bachelors of Education degree (B.Ed.), U of A students participate in a a five week Introductory Field Placement (IFX) and in their final year, a nine week Advanced Field Placement (AFX). Ms. Labonte and Mr. Davies will continue on with their respective studies at the University of Alberta. Ms. Schmidt has completed all of the requirements for her B.Ed. and will soon be entering the teaching profession. Once again, we wish to thank them for their passion, their energy, and their contributions to our students and our school. We wish them well in their future endeavors and we hope to see them all again soon. .



## Please Remember



## To Bring Back Your Library Books

*If you are starting to spring clean, 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.*

*You can find great  
resources about  
COVID and schooling  
via PSD 70*

[https://www.psd70.ab.ca/  
COVID19.php](https://www.psd70.ab.ca/COVID19.php)

## NEW ADDITION AND MODERNIZATION UPDATE— Construction Continues to Ramp Up

### **A Busy Worksite**

The fact that the parking lot at 8:30 am is a testament to how the renovations are progressing on the 'old' side of the school. At the latest count we currently have welders, structural steel workers, heating, ventilation, air conditioning (HVAC) workers, dry wallers, siding, window, and door frame installers, electricians, plumbers, and mechanical workers all on site at the same time.

### **On the Outside**

In early April, the old 'tent' to the west of gym was removed by our construction partners. The roofers, working with the structural steel workers have completely rebuilt the roof and supporting structures over the old change rooms, washrooms and Phys. Ed offices just west of the old gym. The roofers have also finished tearing up the insulation and coverings old roof and have reinsulated and reinstalled the new roofing membrane. They have now shifted their efforts to renovating the roof on the old gym. Looking up, they have also started constructing the new par-

apets around the top edge of the gym. The iron workers, working with the welders, have recently started installing the posts and beams extending the space between the old gym and the Den which will function as an extension for the new drama room. The installation of a removable wall will allow for drama productions to be performed in the old gym.

Lastly, the prep work for future siding has begun.

We can expect the cladding on the old building to match the look and feel of what has been installed on the new addition.

### **On the Inside...**

New windows have been installed and drywall has been hung in the new office. As well, the drywall has been installed in the new library (old multi-room) and the mudding and taping has begun. The mechanical and electrical installation continues throughout the building. The brick has been laid in the last of our three new bathrooms in the same spot as the old Phys. Ed change rooms and washrooms were located.

The old Den space has

been completely gutted. Steel studs, insulation, and drywall will be following shortly. There will also be a removable wall which will allow the gym, the drama room, and the music room to be opened as one large space: ideal for drama productions, band concerts and even Grade Nine Farewell.

### **Photovoltaic Session**



The recently installed photovoltaic monitor in the plaza.

On Weds. April 14th, a representative from our electrical contractor provided select staff with a tour of the photovoltaic (solar panel) system as well as a lesson on the accompanying educational software for teachers and students. The system does not have batteries to store the energy, rather, it is continuously fed into the school's electrical system. As we have mentioned in previous newsletters, the solar panels at peak will be able to provide up to 25% of the school's electrical power. At non-peak times such as summer vacation, this percentage jumps considerably. In mid April a television monitor was installed in the plaza which will soon provide live information regarding the school power use and solar production.



The parapet takes shape on the gym

*Please see pg. 28-29 for more construction/modernization photos*

## 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/](http://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.**



# COVID-19 ALBERTA HEALTH DAILY CHECKLIST

## COVID-19 INFORMATION

# COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

### Overview

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

### Screening Questions for Children under 18:

1.	Has the child traveled outside Canada in the last 14 days?	YES	NO
<p>If the child answered "YES":</p> <ul style="list-style-type: none"> <li>The child is required to quarantine for 14 days from the last day of exposure.</li> <li>If the child develops any symptoms, use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to determine if testing is recommended.</li> </ul> <p>If the child answered "NO", proceed to question 2.</p>			
2.	Has the child had close contact with a case <sup>1</sup> of COVID-19 in the last 14 days? Face-to-face contact within 2 metres for 15 minutes or longer or direct physical contact such as hugging	YES	NO
<p>If the child answered "YES":</p> <ul style="list-style-type: none"> <li>The child is required to quarantine for 14 days from the last day of exposure.</li> </ul> <p><i>NOTE: Individuals who previously tested positive for COVID-19 in the 90 days before being exposed to another case of COVID-19 are not required to quarantine.</i></p> <p>If the child answered "NO", proceed to question 3.</p>			
3.	Does the child have any new onset (or worsening) of the following core symptoms:		
	<b>Fever</b> Temperature of 38 degrees Celsius or higher	YES	NO
	<b>Cough</b> Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	<b>Shortness of breath</b> Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	<b>Loss of sense of smell or taste</b> Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
<p>If the child answered "YES" to any symptom in question 3:</p> <ul style="list-style-type: none"> <li>The child is to isolate for 10 days from onset of symptoms OR receive a negative COVID-19 test and feel better before returning to activities</li> <li>Use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to arrange for testing and to receive additional information on isolation.</li> </ul> <p>If the child answered "NO" to all of the symptoms in question 3, proceed to question 4.</p>			

## COVID-19 ALERTA HEALTH DAILY CHECKLIST (con't)

<b>4.</b>	<b>Does the child have any new onset (or worsening) of the following other symptoms:</b>	
	<b>Chills</b> Without fever, not related to being outside in cold weather	YES NO
	<b>Sore throat/painful swallowing</b> Not related to other known causes/conditions, such as seasonal allergies or reflux	YES NO
	<b>Runny nose/congestion</b> Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES NO
	<b>Feeling unwell/fatigued</b> Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES NO
	<b>Nausea, vomiting and/or diarrhea</b> Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	YES NO
	<b>Unexplained loss of appetite</b> Not related to other known causes or conditions, such as anxiety or medication	YES NO
	<b>Muscle/joint aches</b> Not related to other known causes or conditions, such as arthritis or injury	YES NO
	<b>Headache</b> Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	YES NO
	<b>Conjunctivitis (commonly known as pink eye)</b>	YES NO
<p><b>If the child answered "YES" to ONE symptom in question 4:</b></p> <ul style="list-style-type: none"> <li>Keep your child home and monitor for 24 hours.</li> <li>If their symptom is <b>improving</b> after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.</li> <li>If the symptom <b>does not improve or worsens</b> after 24 hours (or if additional symptoms emerge), use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to check if testing is recommended.</li> </ul> <p><b>If the child answered "YES" to TWO OR MORE symptoms in question 4:</b></p> <ul style="list-style-type: none"> <li>Keep your child home.</li> <li>Use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to determine if testing is recommended.</li> <li>Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.</li> </ul> <p><b>If the child answered "NO" to all questions:</b></p> <ul style="list-style-type: none"> <li>Your child may attend school, childcare and/or other activities.</li> </ul>		

**Please note:** If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started or until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.

## Reporting Absences

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



### Information for Families with Children in Isolation

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



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

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

has been translated into the following languages:

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



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



### Monthly Newsletters for Families

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

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

## 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](https://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](mailto:fmochs@psd70.ab.ca)



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

# Solution-Focused Wellness

## For Youth & Families



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

**Larissa Predy (Little Oaks Psychology)**

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

**Please Contact the School Regarding this service 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 (9am-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 (9am-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
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### 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
----------------------------------	-----

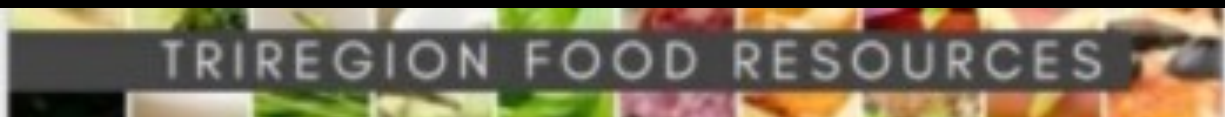
### WHERE CAN I FIND FOOD?

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




**TRIREGION FOOD RESOURCES**
**FOOD HAMPERS**
**PARKLAND FOOD BANK**

105 MADISON CRESENT, SPRUCE GROVE

Monthly Food Hampers

By appointment,

780-962-4565 ext. 1

Tuesdays 8:30AM-4:30PM

Wednesday 8:30AM-2:00PM + 6:20-8PM

Friday 8:30AM-4:30PM

Saturday 8:30AM-12:30PM

**WECAN FOOD BASKET**

5600-50 ST, STONY PLAIN

Fresh Nutritious Affordable

Food Basket

780-9xx-xxxx

Order by first Friday, pickup on third Thursday of Month

Monday - Friday, 9AM-4PM

**COMMUNITY MEALS**
**AUGGIE'S CAFE**

131 CHURCH RD, SPRUCE GROVE

Drop-in for Bagged Lunch Take Out

Tuesdays 12-1PM

**FOOD FOR THE SOUL**

49 BOULDER BLVD., STONY PLAIN

Drive by Meal to Go

First and Third Saturday 10AM-1PM

**COMMUNITY TABLE**

180 CENTURY ROAD, SPRUCE GROVE

Hot Meal to Go for Pick Up

Last Friday of the month, Sign up at

<https://sgcconline.breezechms.com/form/communitytable>  
or call 780-962-5611

**BASIC NEEDS HELP**
**COMMUNITY HELPS TEAM**

180 CENTURY ROAD, SPRUCE GROVE

By appointment

780-962-5611 / 789-306-1955

[helps@sprucegrove.church](mailto:helps@sprucegrove.church)

**NEIGHBOURLINK PARKLAND**

By appointment 780-960-9669

## April Photo Gallery



**Top and Left:** Look closely and you can see a collection of literal stick men and women.

**Bottom:** Grade fives engage in an intense game of tug-of-war in the new gym



# April Photo Gallery



**Top Left:** Gr. 6M's in Art Class.

**Top Center:** Carley in Matching top and mask.

**Top Right:** Ethan recognizes the Logan Boulet Effect on Green Shirt Day.

**Right:** A collection of artwork with an indigenous motif outside a grade seven classroom.





## April Photo Gallery: Foods Lab



***Top and Left:*** Students busy chopping, cooking and baking in the new lab.



***Bottom Left:*** Hearing that there is good eats, Cst. Gord swings by from the high school for a sample.

***Bottom Right:*** First Dish in the new lab: salsa and chips



## April Photo Gallery: Foods Lab



**Top:** An overview of grade nines working in the new foods lab.

**Bottom Left:** Grade nines hear a presentation from Connections for Learning about the Y(Our) Program, building futures, and Work Experience in preparation for gr. 10.

**Bottom Right:** The weekly meeting of the (Socially Distanced) WolfPack Sr. Badminton Parents' Support Group/Transportation Committee



## April Photo Gallery



**Top Right:** Congratulations to the April Athletes of the Month: Todd W., Justine F., Avery R., and Emma K.

## April Photo Gallery



**Top:** With the new roof installed, the 'tent' has come off the west side of the gymnasium. **Left:** The screw piles are in, the concrete has been poured, and steel structure has been welded and bolted together. The Drama Room extension is beginning to take shape.



## April Photo Gallery



***Top and Below*** Cranes everywhere!

***Left:*** There's construction on the inside as well.



## April Wellness Month: PJ Day



***This Page:*** Highlights from PJ Day, including a fine collection of buffalo plaid during Wellness Month.



# April Wellness Month: Tacky Tourist Day



***This Page and Next:***  
Students totally out-do themselves on Tacky Tourist Day

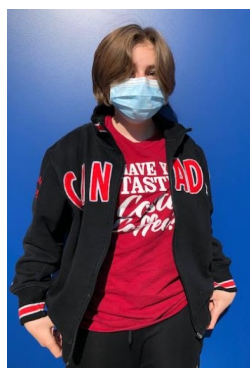


# April Wellness Month: Tacky Tourist Day





# April Wellness Month: School Spirit Day



***This Page:*** Red and black abound as students from all grades dress up in their Wolf-Pack finest for School Spirit Day



## April Wellness Month: **School Spirit Day**



***This Page:*** More shots from School Spirit Day



## April Wellness Month: Jersey Day



**This Page and Next:** Football, baseball, basketball, certainly hockey, and even a rugby uniform: students and staff dress up in their best for Jersey Day.



# April Wellness Month: Jersey Day

