

WOLFPACK HOWLER

What's Inside

COVID Re-Entry	PG. 3
Athletics	PG. 4
New Faces	PG. 5
School Council	PG. 5
Construction	PG. 6
COVID Daily Checklist	PG. 10
Community Resources	PG. 12

Key Dates:

Office Opens	Aug. 19th
Students' First Day	Aug 30th
Virtual Meet the Staff Evening	Sept. 9th
Parent Council Meeting	Sept. 15th
School Picture Day	Sept. 20th
Orange Shirt Day	Sept. 30th

Principal's Message

We are Open!

Welcome back to a new year and a new school! The four and a half year journey of our new addition and modernization is rapidly coming to an end. While the modernization of the 'old' school will not be entirely completed by August 30th, full occupancy will not be too far in the future. Between construction coming to a close and a more promising outlook on COVID 19, 2021-2022 looks to be a great year at Woodhaven. Once again, to all students, parents, guardians, and staff, welcome back to the 'Pack.

COVID 19 Update

While COVID 19 procedures have eased since this time last year, for the foreseeable future there are still procedures and protocols we will be following. That said, I would like to address the two most common questions we have been receiving. Masks for all staff and students are strongly recommended but not required in schools. Students are required to have access to masks for situations where physical distancing guidelines cannot be adhered to (for example, group work in a foods lab, dissections in Science, working one on



one with a student or staff member). They are, however, required on buses, as per AHS direction. The other question surrounds vaccinations. Though Education Minister Adriana LaGrange announced that COVID vaccines will be administered in schools this school year, administering vaccines requires parent/guardian consent. A student under the age of 18 years cannot provide their own consent to be vaccinated. We will also continue with enhanced cleaning measures from last year, including hand sanitizing, from last year. We are also asking that you have your child complete the **COVID 19 Alberta Health Daily Checklist** each day before school. You can find the updated checklist on pg. 10 of this newsletter. For a more detailed breakdown of these measures please turn to pg. 3. Although these guidelines may change if we receive new directives from the Chief Medical Officer of

Health, we will always provide direct communication to parents via email with updates. You will also always be able to find updated Covid 19 information on the PSD website at psd.ca/schools/covid-19-info

August 30th/First Day For Student Re-Entry Procedure

Over the next few days you will receive a message from child's homeroom teacher outlining details of where and when they should be upon arrival at school. Unlike last year's staggered entry, the first day of school for all students will be Monday Aug. 30th. It is very important that students arrive no sooner than 8:15 am. Students will begin entering the building at 8:20 am. It is highly recommended that all students wear their masks as they enter the building. While grade, seven, eight, and nine students should assemble in the north field by the playground, grade five and six students are to assemble in the field east of the parking lot (cenotaph). When you arrive at the school you will notice staff holding colour coded signs indicating where students should assemble. Students will be encouraged to social distance in these assembly areas. Please keep your eye out for:

Principal's Message (con't from page 1)

Grade 5: Yellow
 Grade 6: Blue
 Grade 7: Purple
 Grade 8: Orange
 Grade 9: Green

While you are welcome to accompany your child to the assembly area outside, unfortunately, parents and guardians will not be permitted to accompany their children into the school. Because of this, for the first three days of school, Mon, Aug. 30th, Tues, Aug. 31st, and Weds, Sept. 1st, grade five and six homeroom teachers will be at the front of the school with a sign and will be escorting their classes into the building. While we recognize that this may lead to anxiety for some students, we know from experience that last year's first day(s) resulted in a relatively seamless entry for students (as well as parents and guardians).

Staggered Lunch and Recess

Like last year we will have staggered recess and lunch breaks for students. We will also be rotating students through areas outside (playground, back field, etc.) on a bi-weekly basis. Unfortunately, there is the chance that siblings may not have the same recesses and lunches. If you have an older sibling bringing a younger sister or brother to school, please establish a meeting point for dismissal away from the entrances/ exits in order to respect physical distancing. Unless directed by a staff member, all students will be participating in outdoor recess (weather permitting).

No Microwave Ovens for

Students

Once again, we are unable to provide microwaves for students to heat up lunches. Please ensure you pack a lunch that does not require re/heating.

Virtual Meet the Staff Evening Sept. 9th

While we have been forced to cancel the meet the staff BBQ, we will be hosting a virtual meet the teacher evening at 6:00pm on Thursday Sept. 9th. We will be gathering virtually via GMeets. Please watch for an invitation from your child's homeroom teacher during the week of Sept. 6th.

Parkland School Division Renamed (Sort of)

Due to a mandate from the provincial government, numbers previously attached to school jurisdiction names (e.g. PSD'70') are no longer valid. As a result, PSD70 is now 'The Parkland School Division (PSD).' As a result, the division has taken the opportunity to rebrand it's website. The new link is: <https://www.psd.ca/> Woodhaven has a new address as well:

<https://woodhaven.psd.ca/> Lastly, email addresses have changed for staff members (for example, cshaw@psd70.ab.ca has been changed to chris.shaw@psd.ca). You can find all staff emails at: <https://woodhaven.psd.ca/about/staff-directory>

Fortunately, the old staff emails will continue to work for the next six months.

New Bell Schedule

To accommodate more professional development

time for literacy and numeracy, we have added four minutes to the length of the school day. School will now start at 8:23 am rather than the previous 8:25 am. Lunch hour will be reduced by two minutes with block five starting one minute earlier at 12:41 pm. The end of the school day remains at 3:06 pm. You can find the full bell schedule breakdown on pg. 4.

Peanut Free Zone

Due to Woodhaven students with peanut allergies, our school strives to be a nut-aware building. Please note that any nut products are not permitted at school. While we recognize that this is inconvenient, even the possibility of a fatal reaction is simply not worth the risk. Thank you for your cooperation.

Parent Council Meeting Wed. Sept. 15th, 6:00 pm

The first Parent Council Meeting of the year will also serve as our Annual General Meeting. In addition to board elections, we will also be reviewing the student code of conduct. Having worked closely with the council and it's fundraising arm the parents' association, I am proud to include myself in this cohesive group. From our breakfast program to the Gaga Ball Pit fundraiser (during a pandemic!) this group of parents/guardians continue to provide an invaluable contribution to our school. That said, volunteering or fundraising is not a requirement to attend meetings. Parent council is first and foremost your opportunity to have a say in the day to day operations of

Like Us on Facebook:



Woodhaven Middle School

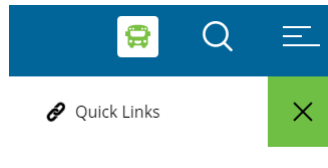
Principal's Message (con't from page 2)

Woodhaven. It is also a great source of information on how and why we do things the way we do. I strongly encourage you to attend when you can. For more information, please contact me at the school.

Counselor—Welcome Back Mrs. Scheidl

We are excited to welcome back Mrs. Janie Scheidl as our school counselor. Mrs. Scheidl returns to her counseling role after stops

at Memorial and Grey-



stone. She will be at Woodhaven half time this year splitting her time between us and Greystone. We are also please to introduce Ms. Merkus and Ms. Perras. For details,

please turn to pg. 5.

Bus Tracking App

At the upper right corner on the psd.ca home page you can now find an icon for the 'Bus Status' tracking app. The app allows you to track your child's bus by route or school.

Final Thoughts

As always, please feel free to contact me at chris.shaw@psd.ca or call the school, (780)962-2626 with any questions you may have—Mr. Shaw

2021-2022 COVID 19 Re-Entry

You can find more COVID 19 information on the PSD website at:

<https://www.psd.ca/schools/covid-19-info>

Students, families and school staff should continue to screen daily for symptoms using the [Alberta Health Daily Checklist](#) and [get tested](#) if they are symptomatic.

- The Guidance for Respiratory Illness Prevention and Management in Schools builds on public health practices used to reduce the spread of respiratory viruses, such as COVID-19, influenza and other infections in school settings.
- Best practices to reduce the risk of transmission of COVID-19 and other respiratory illnesses will continue, including:
 - Students and staff who have any new signs of illness should stay home and not attend school until they are feeling well.
 - If a student or staff member has any of the following core COVID-19 symptoms (new, or worsen-

ing and not related to other known causes), they are required to isolate for 10 days from onset of symptoms, or until they receive a negative COVID-19 test result, as per provincial guidelines:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Loss of sense of smell or taste
- Sore throat (adults only)
- Runny nose (adults only)
- Cleaning and disinfecting high touch surfaces.
- Promoting frequent hand hygiene and good respiratory etiquette.
- Schools are encouraged to have a plan for students and staff who

develop symptoms to wait in a separate area until they can go home.

- Masking is not provincially required in school settings for any age group, except on school buses.
- AHS, through a zone Medical Officer of Health or their designate, may recommend masking to manage an outbreak and prevent more widespread transmission of a respiratory illness.
- Zone Medical Officers of Health and their designates may also recommend additional measures if a school experiences a respiratory illness outbreak including screening for symptoms and cohorting.
- School authorities have the ability and the corresponding accountability to put in place local measures, such as physical distancing, cohorting, and masking requirements, that may exceed provincial guidance.

WOLFPACK ATHLETICS- Cross Country - Volleyball - PE Notes for Sept.

Athletics

It is great to be back at school, but it is even better knowing we have been given the green light to once again move ahead with Athletics! First up is our Cross County Running and Volleyball seasons. Sign-ups and tryouts will be starting in the first couple of weeks in September. Please listen to the morning announcements for more information and specific dates. Our cross country running team is available to all students. We are also hopeful to once again

have all 6 volleyball teams and host Fall Ball later in the volleyball season for our younger students!

September Phys. Ed. Notes

As we start the school year we are excited to return to a traditional set-up for our PE classes. Once our change rooms are finished from construction, our grade 7/8/9 students will be asked to change for class. Our grade 5/6 students will not be asked to change until later into the school year. We will also be asking all students to have 2 pairs of shoes, 1



for indoor activities and 1 for outdoor activities.

Terry Fox Run

Our school Terry Fox run is scheduled for Friday Oct. 1st. Let's once again support such a great cause! More information will be given once we get closer to the event date! This is an outdoor event where our students and staff will run or walk a 4km loop in support of Terry Fox.

Instagram Account

Follow us on our Athletics Instagram Account @WoodhavenAthletics <https://www.instagram.com/woodhavenathletics/>



Follow us on

Twitter:

@woodhavenMS



WOODHAVEN BELL SCHEDULE 2021-2022

8:20 am - 8:23 am	Warning Bell
8:23 am - 9:11 am	Block 1
9:14 am - 10:00 am	Block 2
10:00 am - 10:15 am	Recess
10:18 am - 11:04 am	Block 3
11:07 am - 11:54 am	Block 4
11:54 am - 12:16 am (Pt. 1)	Lunch Break
12:16 am - 12:38 pm (Pt. 2)	Lunch Break
12:38 pm - 12:41 pm	Warning Bell
12:41 pm - 1:28 pm	Block 5
1:31 pm - 2:17 pm	Block 6
2:20 pm - 3:06 pm	Block 7
3:12 pm	Bus Departure



Welcome Mrs. Scheidl, Ms. Merkus, and Ms. Perras

The new 2021-2022 school year sees the return of some familiar faces. After a two year absence we are over the moon in welcoming Mrs. Janie Scheidl back to Woodhaven in the counselling role. Mrs. Scheidl has spent the last two years in part at Memorial Composite and Greystone. She returns to Woodhaven working half-time, splitting her time between Woodhaven and Greystone. Welcome back Mrs. Scheidl, it's good to

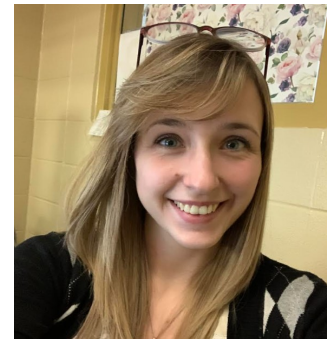


have you home. With Mrs. Cresswell mov-



Speaking of familiar faces, we would also like to welcome back Ms. Danielle Perras. Ms. Perras completed her student teaching at Woodhaven just over two years ago. Since that time she has worked at Greystone both in the classroom and online learning environments. In addition to teaching grade seven Language Arts and Social Studies, she will also assume responsibility

ing to a half-time position to accommodate her role as the local Alberta Teachers Association Parkland Local President, we are pleased to welcome Ms. Michelle Merkus to a half-time humanities position in the grade eight/nine Maranatha Christian Program (MCP). Ms. Merkus completed her final student teaching placement at Woodhaven with Mrs. Woitas in the grade six MCP class just over a year ago. She has been a staple at Woodhaven as a substitute since completing her degree. She will be sharing responsibilities with Mrs. Cresswell for the duration of the 2021-2022 school year.



for the Drama complimentary course offerings. Ms. Perras will be filling in until Mrs. Young's return from maternity leave around the middle of the school year. To Mrs. Scheidl, Ms. Merkus, and Ms. Perras welcome back to the Pack.

School Council/Parents' Association AGM, Weds. Sept. 15th

The first School Council Meeting/Annual General Meeting will occur on Wednesday Sept. 15th, 2021 at 6:00pm.

The first Parent Council/Parents' Association meeting of the 2021-2022 school year, which will also serve as the Annual General Meeting, will occur on Wednesday Sept. 15th 2021 at 6:00pm. We hope this will be an in-

person meeting. If this is not possible, then invitations for a virtual meeting will be sent out to parents and guardians during the week of Sept. 6th. Elections for positions on both Parent Council and the Parents' Associa-

tion, Parent Council's fundraising arm, will occur on this evening as well. You are not required to hold any elected positions to attend meetings. All parents and guardians are encouraged to get involved to support our students.

(Perhaps...the Final) Construction/Modernization Update

Since the official announcement by the then Notley Provincial Government in March of 2017, the end of the four-and-a-half year odyssey of Woodhaven Middle School's addition and modernization is finally in sight. After the three year design and construction of the modernization, which we occupied in mid November 2020, it took construction workers a mere nine months to gut and renovate the existing school building.

New and Renovated Spaces

Library/ Learning Commons space. We now have not one, but two, fully renovated state-of-the-art science labs. The entire office area has been reconfigured to accommodate the staff and administration required to run a school of 885 students (nearly double our current student capacity).

The fully renovated industrial arts lab will have all new equipment installed through August and September. A skylight has been added to the updated counselor's room. The former Den is now a beautiful sound proof music room, and the space between the old gym and former Den has been converted into our new drama space. For future events, such as music concerts, drama productions, or Grade Nine Farewell, two moveable walls have been installed which when opened, will allow for the creation of a large open space between these three areas that stretch from the south wall of the music

room to the north wall of the old gym. Speaking of which, the old gym isn't so old anymore. In addition to new heating and ventilation, the space has been renovated with new aesthetic features, and coat of paint for good measure. A new washroom has replaced the former Phys. Ed change rooms. As well, a 'Wrap' office, intended as a designated area for outside agencies to utilize when meeting with students consisting of three separate spaces, one of which that will serve as our sensory room has been constructed in the former change room area. A second, larger, inclusive washroom has been built in the office area which has shower facilities. Finally, the renovated Industrial Arts lab will share a classroom space with the newly constructed Career and Technology Foundations (CTF) lab. The CTF lab is a multi-purpose space larger than a typical classroom that can be utilized for a variety of course offerings from fashion studies to coding and robotics.

Let the Moving Begin

Because purchasing for furniture and equipment began long before COVID, the school has been forced to utilize several classes as storage spaces for items that were delivered in the fall of 2020. Having gained access to portions of the modernized side of the school, our furniture suppliers have been on site since late August assembling tables and desks. Throughout September the furniture will be

moved into the classroom spaces. Unfortunately, due to supply chain issues, the furniture for the renovated main office space is not set to arrive until Aug. 31st. As a result, the current kitchen/confectionary and photocopier room will continue to be occupied by school secretaries and administration, at least for the short term.

Deficiencies

Not unlike any new build or renovation, there are bound to be touch ups after the completion of the project. Our construction partner Stuart Olson will continue to have staff at the school site to ensure any and all deficiencies are addressed. Specifically, as the focus was to have the entire school open for students on Aug. 30, work will likely continue on the exterior of the school throughout September.

Final Thoughts

From start to finish the Woodhaven Addition and Modernization has been a long journey indeed. At times, it was trying, and with a pandemic occurring in the background, completing the projects was that much harder. With the hard work of our construction partners, architects, Alberta Infrastructure, PSD facilities personal, as well as the incredible patience of students, parents and guardians, and school staff, we now have a modern, state of the art facility that will foster learning for decades to come. We look forward to sharing our incredible new building with our entire Woodhaven community, students, staff, parents and guardians.

Please Remember



To Bring Back Your Library Books

As you prepare for the upcoming school year, 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.

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.**

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

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.

Contact Us/Canada's Anti-Spam Legislation

CONTACT US:

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SCHOOL

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Spruce Grove Alberta
T7X 0A4

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Email:
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Principal:

Chris Shaw

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Assistant Principal:

Marcie Enders

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Head Secretary:

Crystal Golinowski

Email:

crystal.golinowski@
psd.ca

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.



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.

If your child has traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments.

Screening Questions for Children under 18:

1.	Does the child have any new onset (or worsening) of the following core symptoms:		
	Fever Temperature of 38 degrees Celsius or higher	YES	NO
	Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	Shortness of breath Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	Loss of sense of smell or taste 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 1:</p> <ul style="list-style-type: none"> The child is required to isolate for 10 days from onset of symptoms as per CMOH Order 39-2021 OR receive a negative COVID-19 test and feel better before returning to activities Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. <p>If the child answered "NO" to all of the symptoms in question 1, proceed to question 2.</p>			

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

2.	Does the child have any new onset (or worsening) of the following other symptoms:	
	Chills Without fever, not related to being outside in cold weather	YES NO
	Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES NO
	Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES NO
	Feeling unwell/fatigued 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
	Nausea, vomiting and/or diarrhea Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	YES NO
	Unexplained loss of appetite Not related to other known causes/conditions, such as anxiety or medication	YES NO
	Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	YES NO
	Headache Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES NO
	Conjunctivitis (commonly known as pink eye)	YES NO
<p>If the child answered "YES" to ONE symptom in question 2:</p> <ul style="list-style-type: none"> Keep your child home and monitor for 24 hours. If their symptom is improving after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary. If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use the AHS Online Assessment Tool or call Health Link 811 to check if testing is recommended. <p>If the child answered "YES" to TWO OR MORE symptoms in question 2:</p> <ul style="list-style-type: none"> Keep your child home. Use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. 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. <p>If the child answered "NO" to all questions:</p> <ul style="list-style-type: none"> Your child may attend school, childcare and/or other activities. 		

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.

AHS Resources for Parents



Information for Families with Children in Isolation

Information for families with children in isolation is now available on this webpage: ahs.ca/isolation



Guidance for Parents of Children Attending School – Translated versions

- The AHS Guidance for Parents of Children Attending School and/or Childcare found at ahs.ca/parentcovidguide

has been translated into the following languages:

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



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



Monthly Newsletters for Families

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

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

LIVE LIFE WELL

with the CHANGE Health Community Program

A FREE six-week online family program
rooted in mental and physical health,
nutrition, and social connection.



low time commitment, high impact



focused on stress reduction and
outdoor activity



connected to supports and services
in your community



LEARN MORE AT CHANGEHEALTH.CA/PARKLAND



CHANGE
ALBERTA

ALBERTA
BLUE CROSS

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Solution-Focused Wellness

For Youth & Families



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

Larissa Predy (Little Oaks Psychology)

& Joel Pukalo (Family Life Psychology)

Please Contact the School Regarding this service to discuss this, and the many other supports that are available.

VIRTUAL OR IN-PERSON

Youth & Family Sessions for Holistic Wellness

3-6 Sessions

Individualized Program Focused on the whole self, including the environment, social, physical, and mental health

FEEDBACK LOOP

To Ensure Ongoing Support and Understanding

Team

The school team & family will receive feedback and strategies for support following the program.

7 PILLARS OF WELLNESS

Focusing on the pillars of wellness, this program encourages coping

Solution-Focused

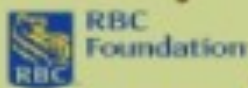
and ongoing skill development for overall wellness

SCHOOL REFERRALS

Teachers, Administrators, Counselors

Fully Funded

Grant Funded Tier 2 Support Program



The Alberta COVID-19 Youth Mental Health Resource Hub

Powered by:



jack.org

Kids Help Phone 

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

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

The youth-focused resources on this hub include:

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

Thank you for your commitment to promoting positive mental health.

Sincerely,

Adriana LaGrange
Minister of Education

Help For Hard Times: TRI-REGION SUPPORT GUIDE

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

I NEED TO TALK TO SOMEONE NOW (24H)

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

I NEED IMMEDIATE HELP Call 911

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

I DON'T EVEN KNOW WHERE TO START?



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



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

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

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

I NEED A DOMESTIC ABUSE SHELTER

Alberta Council of Women's Shelters	1-866-331-3933
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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
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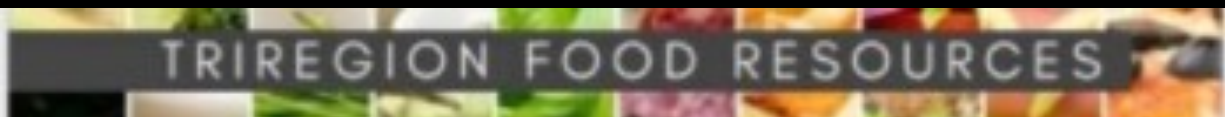
WHERE CAN I FIND FOOD?

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

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

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




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

NEIGHBOURLINK PARKLAND

By appointment 780-960-9669