

WOLFPACK HOWLER

Principal's Message

While I truly hoped that I would be devoting much of my October message to student activities and school events, once again COVID restrictions have thwarted my plans. My apologies in advance for the long message this month.

New COVID Restrictions
On Sept. 15th the Provincial Government once again brought in masking requirements for Alberta. While masking remains mandatory for students riding on school buses, the order requires that students wear masks in all common areas and hallways. Outdoors during recess, and in Phys. Ed classes when students are participating in activities, masking is not required. However, within classrooms, masking requirements depend on the activity that students are engaging in. For example, when students are working together or with a staff member in close proximity of each other, or moving about the classroom, students are required to wear a mask. When students are facing forward, working quietly at their desk or table then masks are not required. It is an unfortunate reality that the stu-



dents have become well versed in masking protocols. However, students and staff slipped into these routines almost effortlessly. We will continue with enhanced cleaning measures that have been in place since the beginning of the school year.

School Outbreak Status
Earlier in the day on Sept. 15th, Alberta Health Services placed Woodhaven on Respiratory Illness Outbreak: No Infectious Agent Identified. I would like to break down in simple terms what this means. There are three levels of outbreak status. The first is 'under investigation'. Schools are placed under investigation when illness related absences reach 10% of the school population. Even pre-COVID we as a school have always been required to report to AHS when overall school absences climb over 10%. Within this 10% we exclude students excused as being away for vacations, dentist appointments, or other non-illness related

absences (this is just one of the many reasons we appreciate when parents and guardians call or email the school to report an absence). When illness related absences climb over 10% AHS investigates in an effort to identify the source of the absences. The next level of outbreak status is Respiratory Illness Outbreak, No infectious Agent Identified. In Woodhaven's case, there was no identifiable cause for the absences. Hence the 'no infectious agent identified' status. The last level is Outbreak: COVID 19 identified. Fortunately, this status did not apply to us.

Identifying COVID Cases in Classes

Unlike last year, when there is an identified COVID case in a classroom, the entire class is NOT required to isolate. As a result, schools are not notified by AHS when a positive case is identified in the school. However, when a parent or guardian informs the school that their child has tested positive we ask for their written permission to disclose that a case has been confirmed in a classroom. When we receive this permission, we send notice by email to the parents and guardians of students from that specific class. Rest assured, that *(con't on the next page)*

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Key Dates:

| | |
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| Woodhaven Cross Country Run | Oct. 7th |
| Staff Planning Day (No School) | Oct. 8th 30th |
| Thanksgiving Day (No School) | Oct. 11th |
| Parent Teacher Interviews | Oct. 19th & 21st |
| Parent Council Meeting | Oct. 20th |
| Sr. Volleyball Tournament | Oct. 22nd & 23rd |

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

<https://www.alberta.ca/fr-CA/assets/documents/ed-pat-general-information-bulletin.pdf>



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[@woodhavenMS](https://twitter.com/woodhavenMS)

(con't from the previous page) in order to protect personal health information, an individual is never identified when we inform of a positive case. If you have any questions or concerns, I encourage you to contact the school.

COVID Checklists and Masks

Once again, I need to ask that you go through the COVID-19 checklist with your child(ren) each and every morning before school. Doing this daily is one of the most important habits you can do to help keep COVID out of our classrooms. You can find the updated checklist on pg. 14 of this newsletter. If your child is exhibiting any symptoms, please refer to the PSD Stay at Home guide on pg. 13 of this newsletter. As well, I need to ask that you ensure your child leaves home with a mask in the morning. Thank you in advance for your cooperation in this matter.

Provincial Achievement Exams (PATS)

After a two year absence due to COVID -19 Alberta Education has announced that Provincial Achievement exams will return for the 2021-2022 school year. Currently, our grade six and nine students are slated to write both the multiple choice and written exams in May and June. For more information and updates please see the link in the box on the left.

Trustee Elections

On Oct. 18th PSD Trustee

Elections will take place. Trustees play an integral role in the governance of school divisions across the province. The Greater Parkland Chamber of Commerce is scheduled to hold a VIRTUAL forum for trustees candidates on Oct. 5th from 6:00 pm to 8:00 pm. For more information on the forum and the election please visit the links located at the bottom of this page. And please, get out and vote on the 18th.

Return to Athletics

On the good news front, we held our very first inter-school athletic competition in the new gym on Tuesday Sept. 14th. Despite the 'COVID chaos', it is good to see competition return to the school. This year we are fielding six volleyball teams. As well, the Cross Country team is holding it's own, currently ranking second in the county standings. We host our Woodhaven Cross Country run on Thursday Oct. 7th (across the street at Brookwood). Please feel free to join us after school on the 7th. For more on Athletics, please turn to page 7.

School Fees Update

As we begin this school year, some decisions have been made that affect how and when all school fees will be added to student PowerSchool accounts. There is still some apprehension and uncertainty surrounding how, when, and if many activities will still be able to happen. For example, it has been con-

firmed that the Woodhaven School Drama production that is usually a \$6 charge on student accounts will not be happening this year.

In light of this, all fees will be added to your child's PowerSchool account as they come up and the activity is indeed confirmed. If you have any questions regarding this, please contact Ms. Golinowski at 780.962.2626 or email crystal.golinowski@psd.ca.

TikTok Challenge Vandalism

If you have yet to hear, the latest viral sensation is the TikTok Challenge where students are encouraged to film and post themselves either vandalizing or stealing items from the school. To quote a recent media post, "As partners in your child's education, we want to make you aware of a current trend on social media that is causing problems for schools. The trend is called 'Devious Licks.' It began on TikTok and has now spread to other social media platforms like Facebook and Twitter, as well. When you say you caught a 'lick' on TikTok, it means that you successfully stole something. It appears that the trend began with a single post on TikTok in which a student pulled a bottle of hand sanitizer out of his backpack (some accounts say it was a box of masks) and said, "a month into school absolutely devious lick." In essence, this person was

<https://business.gprchamber.ca/events/details/parkland-school-division-trustee-forum-4876>

<https://www.psd.ca/board/election-2021>

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

The next School Council Meeting will be held virtually on Wednesday Oct. 20th, 2021 at 6:00pm.

Woodhaven Middle School Parent Council 2021-2022

Chair: Lauren Lyle
Vice Chair: Vacant
Secretary: Dawn Lutomsky
Volunteer Coordinator: Lei Gryshik
COSC Rep: Lei Gryshik
Grab 'n Go Coordinator: Lei Gryshik

Woodhaven Middle School Parent Association Council

Chair: Lisa Hindle
Vice Chair: Vacant
Secretary: Vacant
Treasurer: Arizona Dyck
Casino Coordinator: Dawn Lutomsky
Hot Lunch Coordinator: Vacant

bragging on social media about a successful theft. Though TikTok removed the video, there are copy-cat versions and misspelled hashtags that still lead viewers to the content. The videos encourage others to steal and vandalize school property..." While the logic and reason for participating and videoing such activities escapes my aged brain, we have noticed a slight increase in vandalism. What is reassuring is how many students have come forward to report these instances. I would ask that you be alert to your child's social media accounts and please let the office know if you come across anything online. While we have been fortunate at that these instances have occurred infrequently at the school, the cost and time it takes for repairs has the potential to add up. More importantly, we're sure you'll agree that

Mr. Stapley's valuable time is better served keeping our school clean and safe during the pandemic.

Peanut Free Zone

One last reminder that 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.

Welcome New Staff and Practicum Students

We would like to welcome Mrs. Jessica Jespersen to our educational assistant team. Mrs. Jespersen started in mid-September and is currently working in the 7M class. We would also like to welcome two new practicum students to the school, however, where they will be placed is not what you would typically imagine. Mrs. Kelly Aulen-

bach is completing her final year for her Master's in counseling degree. She will be on site on Tuesdays until March. Mr. Riley Bates is in his first year of his Bachelors of Social Work degree and will be at the school Tuesdays and Thursdays until March as well, along with Mrs. Scheidl, Ms. Enders and myself, they will join in the school support team for students and families. Please turn to pg. 5 for details.

Parent Teacher Interviews

Just a reminder that PTIs will be held on the 19th and 21st of the month. Please check your emails for teacher GMeet links.

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. Again my apologies for the long message this month—Mr. Shaw

September Parent Council Notes

No board trustees were present at the meeting due to the election on Oct. 18th. Mrs. Janie Scheidl, Counselor described her roles within the school which include working with teachers to support health lessons and health curriculum, small group work and small group sessions surrounding grief and loss, and other group work focused on social skills and self esteem. Mrs. Scheidl has initiated a needs assessment survey which will be administered to stu-

dents in grades five through nine, a survey for parents and guardians, as well as staff and community members in an effort to see what types of programs stakeholders would like to see at Woodhaven. Though Mrs. Scheidl does work one on one with students, these aren't therapy sessions per say. Rather, she connects with kids if they are having a bad day; helps in the moment and then provides guidance and resources and tools so they can find other supports for long term and

success help if needed. Woodhaven Principal, Mr. Shaw began his report to council with a COVID update offering details on the school's outbreak status, how AHS is no longer informing the school of positive cases nor contact tracing anymore. As a result, the school is now relying on parents and guardians to inform the school when their child tests positive for COVID 19. After an enrollment update, he provided an overview of the newly (con't on the next page)

September Parent Council Notes (Continued)

(con't from the previous page) modernized building. Next, Mr. Shaw introduced the Directed Learning Room (DLR) to Council. Modelled off of the program of the same name at S.G.C.H.S., DLR is an after-school space running from 3:15 to 4:30 on Tuesdays and Thursdays. Students who are behind on assignments or who have missed exams may be assigned after a parent has been contacted. Students who are not assigned may drop in for a quiet space to work. He noted at the Oct. meeting that council will be reviewing the school's

student code of conduct. Discussions revealed that the Gaga Ball Pit Fundraiser reached over \$1400 (during a pandemic!) it is still \$400 dollars short of its goal. The fundraising will continue for the beginning of this year. The Board elections were also held at the meeting. As last year's president had stepped down, former Vice-Chair, Lauren Lyle was acclaimed as president. The vice chair position was left vacant and will be contested at the October meeting. Dawn Lutomsky retained her position as Secretary, and the non-

elected volunteer positions retained Lei Gryshik as volunteer coordinator and Council of School Council Representative. Dawn Lutomsky assumed the role of Grab and Go Coordinator.

For the Parents Association elections, Lisa Hindle was acclaimed president while Arizona Dyck retained her position as treasurer. Dawn Lutomsky remained in her role as the Casino Coordinator, while the Secretary position will be contested at the October meeting.

For Parent Council Minutes and Information Please see:
<https://woodhaven.psd.ca/parents/get-involved/school-council>

Welcome Mrs. Jespersen, Mrs. Aulenbach, and Mr. Bates



We would like to welcome Mrs. Jessica Jespersen, Mrs. Kelly-Dawn Aulenbach, and Mr. Riley Bates to the Wolfpack family. Mrs. Jespersen (*top left*) joined the Woodhaven Educational Assistant (EA) team in mid-September and is currently working with students in Mr. Bock's 7M class. Previously she ran a day home and has completed EA work at other schools in the area. Like Mrs. Stankov and Ms. Rubis last year, Mrs. Kelly-Dawn Aulenbach, (*center left*) is joining Woodhaven as a counseling practicum student. Her areas of focus include trauma or collective trauma (she volunteers at the sexual assault Centre and her other practicum is at Saffron Sexual Assault Centre), grief and loss, managing



complex peer dynamics, self esteem issues. She has experience using a game/ strengths based approach to developing strategies for dealing with anxiety and depression and running group sessions. She will be in the school on Tuesdays and will be working with specific students until her practicum ends in March. Last, but certainly not least, we would also like to welcome Mr. Riley Bates (*bottom left*) to the 'Pack for his Social Work Practicum. Mr. Bates is a Spruce Grove resident in his first year at MacEwan University. He has previously worked as a behavioral support worker and supervisor in group homes for youth and adults of the Inuit and First Nations

communities in Canada, and has also worked as a behavioral support worker with youth in Spruce Grove. He is a father of three children who also enjoys music, sports, playing guitar, a good movie, and spending time with family. Mr. Bates will be at the school Tuesdays and Thursdays until he completes his practicum in March.

Both Mrs. Aulenbach and Mr. Bates are joining Mrs. Scheidl, Ms. Enders, and Mr. Shaw as members of the school based support team who help students and their families with a variety of mental health programs and community resources. To Jessica, Kelly and Riley; Welcome to the 'Pack.'



Class Action National Day for Truth and Reconciliation: Orange Shirt Day

As Sept. 30th was declared a school holiday, Woodhaven recognized the National Day for Truth and Reconciliation with Orange Shirt Day on the 29th. There were numerous activities both within and beyond the classroom. In the week and a half leading up to the 29th morning announcements featured a



“Take a Second...” daily reflection which conveyed facts and insights on residential school victims and survivors. As well, the week leading up to the 30th included Indigenous Language Versions of the National Anthem (Mi'kmaq, Algonquin, and Cree x3, and a version featuring Inuktitut, Mi'kmaq, and Cree). The morning of the 29th also featured Mr. Shaw reading the PSD Treaty Six Land Acknowledgement. Students were also greeted in the Plaza with a display featuring a Medicine Wheel carpet, a framed version of Prime Minister Harper's 'Statement of Apology to Former Students of Indian Residential Schools' and the Flags of Canada, the province of Alberta and Treaty Six Territory. The Plaza Display Cases also



featured student projects from the June 2021 Indigenous Peoples Day. Many classes also watched the live stream of the PSD Peace Pipe Ceremony held at Memorial Composite during the morning on the 29th.



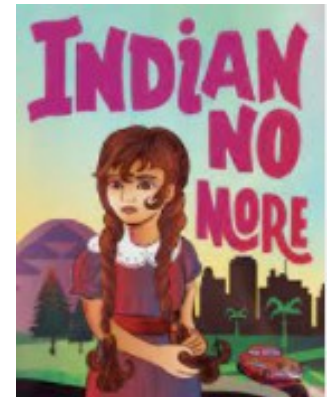
There was a focus on Indigenous texts during weekly literacy/library commons during literacy blocks in the grade five, six, and seven classes leading up to the 30th.

The grade fives, seen in the image on the previous column, included in their art classes Indigenous

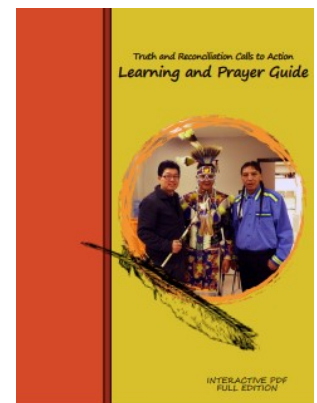


Feather Rock Painting. Both 5M Rink and Joy's classes were involved in activities as well. Online, the student engaged in the Indigenous Ways of Knowing Online Activity, “The Garden” which brought awareness to environmental awareness and stewardship. As well, the students worked through a project based on [Claire and her Grandfather](#): a narrative about

First Nations contributions to Canadian culture and life. Within the project the students coloured illustrations then attempted to put them in order and describe what the contribution was made to Canada.



In Language Arts, the Grade 6A & 6B classes have been reading *Indian No More* by Charlene Willing McManus with Traci Sorell. The Novel is set in the 1950's and describes the journey of a young lady whose tribe has been le-



gally terminated. 6M class worked through the 'Truth and Reconciliation Calls to Action Learning and Prayer Guide'. The interactive guide is based on the belief that the "...pathway to healing (con't on the next page)

Class Action National Day for Truth and Reconciliation: Orange Shirt Day (Con't)

(con't from the previous page) and reconciliation will ultimately depend on faith and hope in action." The grade 7A & 7B classes spent the day working through a variety of arts and crafts from an indige-



nous perspective. There was a special focus on the symbolic significance of totem poles and the portrayal of animals in indigenous art. The grade sev-



ens also made bannock in their foods class (complementary/option course.) The grade 8A & 8B classes participated in a 2.15 km nature walk; 2.15 km in honour of the 215 children who lost their lives at the Kamloops Residential School. Both before and after the walk students engaged in a discussion about the impact residential schools had on both victims and survivors. The class also incorporated a math lesson into the day establishing how far each student walked for each of the 215 students buried in Kamloops. 8M & 9M students took



time to consider the symbolic significance of indigenous Talking Circles. Students worked through a PowerPoint presentation and videos explaining the purpose of circles including their function in restorative justice practices. The 9A & 9B students also participated in Talking Circles Learning Processes.



Both classes also impressed with their artistic abilities creating their own



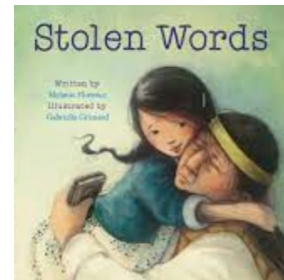
orange shirt designs. As well, the grade eight and nine Foods students also made bannock in class. The gymnasium was a sea of orange as our daily Phys Ed classes engaged in a variety of indigenous games as warm up activities in all classes including



the back push game (see picture above) For La Journée nationale de la vérité et de la réconciliation, the grade 5 and 6 French classes crafted a



variety of orange t-shirt designs (please see page 25). Classes also read Melanie Florence's short story "Stolen Words" A story of a girl and grandfather explaining to his



granddaughter how his Cree language was stolen when attending a residential school as a young boy. The grade five and six music classes devoted classes leading up to the 29th discussing indigenous music and artists and shared in discussions about Native Music in Canada. Students learned about membranophones (drums) and idiophones (noisemakers such as rattles, rasps, and clappers).



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

PE Update

September has been a fantastic month of Physical Education. Our students have participated in a variety of cooperative games both indoors and outdoors. We have also spent a lot of time in our volleyball unit. We have seen substantial growth in our volleyball skills from students in all grade levels! So much fun

Junior A Boys - Mr. Shaw
Junior A Girls - Mrs. Joy & Ms. Blishen

Junior B Boys - Mr. Bradshaw
Junior B Girls - Ms. Merkus & Ms. Perras

Woodhaven FallBall

As the volleyball season progresses we plan to once again run our own in-house Fall Ball volleyball league for our grade 5 & 6 students. Information and



volunteer, please contact the school.

Terry Fox Run

Our school Terry Fox run is scheduled for Friday Oct. 1st. This is an outdoor event where our students and staff will run or walk a 3km loop in support of Terry Fox. Students are invited to bring their 'Toonies for Terry' and drop the money off at the office. Online donations are also accepted through PowerSchool.

Woodhaven Clothing

In the next few weeks we will be announcing a few ways students can purchase some Woodhaven clothing. Look forward to information being sent home. Both youth and adult sizing will be available.

Instagram Account

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



Follow us on our
Athletics
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Account
@Woodhaven
Athletics
<https://www.instagram.com/woodha>

and energy! With construction wrapping up, we are also pleased to report we have started using our old gym once again for physical education class. We are very lucky to not only have our large gym, but also the return of this space. Many of our older students have commented that the old gym looks and feels so much smaller than they remembered it: "How did we fit all of our school in here for assemblies?"

Woodhaven Volleyball

A big thanks to our coaches this season for making the volleyball season possible:

Senior Boys - Mr. McLachlan
Senior Girls - Mr. Chan

details will be announced towards the end of October. Fall Ball traditionally is a mix of skill development and game play for our younger students, run by our senior volleyball team members and coaches!

Woodhaven Cross Country Running

The Woodhaven Cross Country Team is having a fantastic year. The team currently stands second in the Parkland County Athletic Association standings. The team is holding it's own race after school on Thursday, Oct. 7th at Brookwood. All spectators are welcome, and if you are available to help



Counselor's Corner—Mrs. Scheidl



Hello to everyone:
My name is Janie Scheidl, (M.Ed, PMCC) and I am thrilled to be working here at Woodhaven Middle School as the School Counsellor. I have been fortunate to have held counselling positions in a few divisions for the past 25+ years. I look forward to serving your school community in many helpful ways. Here is some information about accessing counselling services and our programming for this year. The Woodhaven Counselling department offers a variety of information and support regarding academic, personal, social and career related matters. As a part time counsellor at

the school, I work with individuals, small groups, staff and whole classes to deliver programming to meet the educational, personal, social and emotional needs of all students. At WMS, we have a referral policy where students can access counselling on an as-needed basis. Teachers and parents can also refer students, and appointments can be booked in advance. Support is provided for individual and family concerns and referrals to outside agencies can be accessed through the school counsellor. Please contact Janie Scheidl at 780-962-2626 or janie.scheidl@psd.ca.

Needs Assessment Survey
To help assess the social/emotional needs of the students, our school community will be completing a needs assessment online. This survey information is only used to determine programming needs of each grade level. From this data, skill groups, guest speakers, community programming and access to outside resources will be determined. Survey links will be sent out to parents via school email sometime in late September/October. Students, staff and community members who service our school will also be completing the survey. Have a great year.

Counselor Links

Educational Links:

- Tutoring Services: Check out <http://www.su.ualberta.ca/services/infolink/tutor/registry/> Feel free to ask for credentials (degrees) and references.
- Practice Exams: Check out <http://www.exambank.com>
- Exam stress: Check out <https://myhealth.alberta.ca/HealthTopics/youth-addiction-mental-health/Documents/stressed-about-exams.pdf> You'll find practical and helpful tips to get you through the rigors of high school exams. Additional information is available on Student News.
- Sylvan Learning Centre <http://sylvanlearning.com>
- Grade 6 and 9 practice exams <https://questaplus.alberta.ca>

Personal and Mental Health Support:

- <http://www.albertahealthservices.ca/> - Access information regarding substance use, self-harm, or other mental health concerns through this site. Alberta Alcohol and Drug Abuse Commission (AADAC), now part of Alberta Health Services, provides excellent information about resources, prevention and treatment of drug and alcohol abuse.

Like Us on Facebook:



Woodhaven Middle School

Counselor Links (con't)

- AlbertaQuits.ca - Quit Smoking: AlbertaQuits Services include helpline, online and group counselling services designed to support all Albertans who have a desire to quit smoking.
- <http://www.cmha.ca/> - Canadian Mental Health Association offers this site to raise awareness of mental health problems that can affect teen lives and to provide practical tools and suggestions to support high school students.
- www.the-family-centre.com - The Family Centre offers a wide range of programs and services to individuals and families including counselling for individuals, couples, families and groups.
- www.sprucegrovefcss.ca - Family School Liaison Program (FCSS) is a family centred resource that provides support, counselling and liaison services to individuals and families whose children may be experiencing difficulties either at home or at school.
- www.stopabuse.ca - St.Albert SAIF (Stop Abuse In Families) Society provides education, support and advocacy in the prevention of all forms of violence in relationships.
- www.ok2bblue.com - Mental Health site for Youth Seeking Support.
- <http://wellnessnetworkedmonton.com/wellness-dimensions> - Supports for health and wellness

Parents:

- <http://talkingcanhelp.ca/> - Canadian Counselling and Psychotherapy Association
- <http://www.video-game-addiction.org/> - Video Game addiction: below are links for an edition of The Fifth Estate related to Video Game Addiction and on Addiction to "Second Life" style computer activities. Please note, these are general journalism programs, and not evidence based by any means, but they can both be enlightening to watch and to understand the possible scope of the problem.
- <https://www.cybertip.ca/> - This site is Canada's tipline for reporting online sexual exploitation of children. It also provides parents with reliable information about protecting children and families on the Internet.
- <http://www.parentfurther.com/content/about-parentfurther> - This site provides helpful tips to building assets with your children as well as, everyday parenting ideas from building strong families to parenting through crises.
- <http://www.search-institute.org/content/40-developmental-assets-adolescents-ages-12-18> - This wonderful site lists the 40 developmental assets for adolescents and provides examples of ways to 'take action' in supporting our teens.
- <https://www.albertahealthservices.ca/info/Page16023.aspx> What you want to know now: PMMA, Ecstasy, and other Street Drugs? Recent deaths associated with PMMA/Ecstasy have illustrated the tragic reality of street drug use: There is no safe street drug, there is no safe dose, and no one is immune to risk. From education and awareness, to support and treatment, AHS is here to help.
- <http://www.sophia.org/tutorials/learning-strategies-a-test-taking-survival-guide> - Please access this site if you feel your child would benefit from a test taking survival guide presentation

Rainbows, Spectrum & The Next Chapter



A program for parents rebuilding after divorce.

Like Us on Facebook:



Woodhaven Middle School

Dear Parents and Families: Have you heard of **RAINBOWS/SPECTRUMS**? Perhaps people close to you have benefitted from this wonderful support program when their family experienced divorce/separation/grief/loss. They may have told you their kids have been helped a great deal by participation. Although **RAINBOWS/SPECTRUMS** is not counselling, it is very therapeutic for children and youth to share their feelings in a caring, confidential environment, with others of a similar age, in similar situations. The concept is simple yet very effective; sharing grief helps children hear and cope better with the inevitable changes that accom-

pany death, separation or divorce. Kids are resilient, but only if they get help.

RAINBOWS is offered at Woodhaven School in 45 minute, weekly sessions over 13 weeks during the lunch hour for our grade 5, 6 & 7 students. Our sessions will run from October through January. The last class is a celebration

scheduled for January. **SPECTRUMS** (for grades 8 & 9) will run similar to Rainbows except that the sessions are varied blocks, once a week, for 13 weeks. Through fun games, activities and dis-

cussion, **RAINBOWS/SPECTRUMS** can help children understand and accept the changes they are experiencing, learn communication, problem-solving and positive coping strategies to make their lives better. Parent permission is required. If you would like your son/daughter to be involved in this program, or if you would like more information or have questions, please do not hesitate to call/email me. **RAINBOWS Canada also has a great program to support parents:**

The long-awaited **The Next Chapter: Rebuilding After Divorce** is now available to families. This 8 week psycho-educational support group meets online and covers topics ranging from collaborative parenting, healthy boundaries and communication to children's needs and resiliency.

Parents report feeling more confident in their co-parenting, equipped to support their children through the separation and divorce and many feel a sense of calm and certainty for the first time since their separation be-

Participant Registration is now open for The Next Chapter

gan. Please feel free to access this **FREE resource using the link below. Registration is open to all residents of Alberta.** October 6, 2021, 7:00 pm - 9:00 pm

<https://starfishfamilyresources.org/our-programs/the-next-chapter/>

October is Rett Syndrome Awareness Month

October is Rett Syndrome Awareness Month

Thousands of children and adults suffer from the limitations and challenges of living with Rett syndrome. They need YOU to spread the word about Rett syndrome this month.

As a rare disease, Rett syndrome affects 1 in 10,000 girls and even fewer boys. Countless people across the country still haven't heard of Rett syndrome, which is why October is crucial for awareness, advocacy, and education.

Rett syndrome is a rare genetic neurological and developmental disorder that affects the way the brain develops, causing a progressive inability to use muscles for eye and body movements and speech. It occurs almost exclusively in girls.

What is Rett Syndrome?

Rett syndrome (RTT) is a neurodevelopmental condition characterized by the loss of spoken language and hand use, coupled with the development of distinctive hand stereotypies.

This disorder is seen in infancy and occurs almost exclusively in females. It is usually caused by a mutation of the MECP2 gene on the X chromosome.

Rett Syndrome is found in all racial and ethnic groups throughout the world. It affects one in every ten thousand live female births.

Early developmental milestones appear normal, but between 6-18 months of age, there is a delay or regression in development, particularly affecting speech, hand skills and gait.

A hallmark of Rett syndrome is repetitive hand movements that may become almost constant while awake. Other more common medical issues encountered include

epileptic seizures, muscle stiffness, osteoporosis and scoliosis.

Despite its multiple handicaps, Rett syndrome is not a degenerative disease. Many individuals with Rett syndrome live long into adulthood. There is currently no cure.

This means that up to 1 in 10,000 girls and beyond culture, race and socio economic status can be born with Rett Syndrome. It means that this disorder can steal her ability to talk, walk, and independence. In return it could give them respiratory distress, gastrointestinal complications, seizures, and osteoporosis.

The symptoms vary among each girl. Very much on a spectrum, Rett Syndrome will present differently among people, even with the same mutation, because there is no way to determine if the healthy or mutated X chromosome is active. Since every single cell in a girl's body is effected by the X chromosome, we see how Rett Syndrome can directly impact a many functions.

Those impacted may have severe to moderate gross motor delays (walking, running, jumping), severe to moderate fine motor delays (pencil holding, self feeding with a spoon/fork), severe communication delay (with the exception of the 1% subgroup of Preserved RS), and virtually no self help skills as Apraxia limits the ability to carry out less than desirable tasks.

Apraxia (dyspraxia), the inability to program the body to perform motor movements, is the most fundamental and severely handicapping aspect of Rett Syndrome. It can interfere with every body movement, including eye gaze and speech, making it difficult for the girl with Rett to do what she wants to do. Due to this apraxia and her inability to speak, it is very difficult to make an accurate assessment of her intelligence. Most traditional testing methods require her to use her hands and/or speech, which may be impossible for the girl. Her mobility may be delayed and she may have difficulty crawling or walking.

While Apraxia is typically present, there are many other difficulties a child with Rett Syndrome may experience include:

- walking aided or unaided
- seizures
- respiratory distress
- grind teeth (bruxism)
- low muscle tone (hypotonia)
- gastrointestinal complications

From a science perspective, the future is bright. There are currently eight trials active in the United States alone. This will not provide a cure overnight, but it will bring the science community one step closer to curing Rett Syndrome in many of our children's lifetime.

(Con't on the next page)

October is Rett Syndrome Awareness Month

(Con't from the previous page). Fortunately, the Rett Community is incredibly supportive and provide newly diagnosed parents with a sense of hope and optimism. When a diagnosis is confirmed, the Rett Commu-

nity inspires and empowers parents to get involved and push the research forward. And despite the many challenges, people with Rett Syndrome participate in diverse activities and lead fulfilling and active lives.

(Written with excerpts from Reverse Rett.org, Rett.ca & Rett Syndrome Alberta)

For more information please refer to the links provided below:

<https://www.rettsyndromealberta.org/>

<https://www.rett.ca/>

<https://www.reverserett.org/>

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@psd.ca

Principal:
Chris Shaw
Email:
chris.shaw@psd.ca
Twitter: @seedshaw

Assistant Principal:
Marcie Enders
Email:
marcie.enders@psd.ca

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/

COVID Checklists

COVID-19 INFORMATION

STAY AT HOME GUIDE

**THE
BOTTOM
LINE**

The amount of time a student needs to stay home from school depends on the type of symptom(s).



PARKLAND
SCHOOL DIVISION

psd.ca

WHICH SYMPTOM DOES YOUR CHILD HAVE?



Does your child have ANY of these new or worsening symptoms?

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

**Yes, that's my child.
Now what?**

- Your child must isolate at home for a minimum of 10 days from when symptoms started **OR** receive a negative COVID-19 test and feel better before returning to activities.
- If your child's test results are positive for COVID-19, isolate at home for at least 10 days and follow instructions received from Alberta Health Services (AHS).



Does your child have ANY of these new or worsening symptoms?

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

**Yes, that's my child.
Now what?**

- **Keep your child home from school and monitor him/her for 24 hours.** If after 24 hours symptoms improve, your child may return to school, if feeling better.
 - ▶ A COVID-19 test is not required.
- **If your child has any two of the above symptoms or after 24 hours his/her condition gets worse or a second symptom develops:**
 - ▶ Use the AHS Online Assessment Tool to see if testing is recommended.
 - ▶ Your child may return to school after symptoms are gone, even without a COVID-19 test or results.
 - ▶ If test results are positive, isolate at home for at least 10 days and follow instructions received from AHS.



REMEMBER

It is the parents' responsibility to screen their child(ren) for symptoms each day before school.

Visit psd.ca and click on the **COVID-19 quick link** to complete the AHS Daily Checklist.

Close Contact:
If your child is deemed a close contact of a positive COVID-19 case, he/she will not be required to isolate unless his/her own symptoms present.

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.

If within the last 10 days, your child has been notified by Public Health that they are a case³ of COVID-19, they are required to isolate as per Public Health instructions.

Screening Questions for Children under 18:

| | | | |
|--|--|-----|----|
| 1. | Has your child been a household contact of a case² of COVID-19 in the last 14 days? <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, siblings, someone who slept over, or someone who provided direct physical care to the child.</i> | YES | NO |
| If the answer is "YES" AND they are NOT fully immunized⁴: <ul style="list-style-type: none"> Child should stay home and NOT attend school, childcare and/or other activities for 14 days from the last day of exposure and monitor for symptoms. If your child has symptoms, proceed to question 2. | | | |
| If the answer is "NO" to question 1, proceed to question 2 | | | |
| 2. | 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 |
| If the answer is "YES" to any symptom in question 2: <ul style="list-style-type: none"> The child is required to isolate for 10 days from onset of symptoms as per the current CMOH Order 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. | | | |
| If the answer is "NO" to all of the symptoms in question 2, proceed to question 3. | | | |

³ A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

⁴ A person who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

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

| | | | |
|---|--|-----|----|
| 3. | 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 answer is “YES” to ONE symptom in question 3:</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 answer is “YES” to TWO OR MORE symptoms in question 3:</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 answer is “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.

Grade Six Immunizations

Health and Education have a long history of working together to ensure that children in Alberta are healthy and protected from vaccine preventable diseases. Immunization saves lives, prevents health complications and is the most cost effective disease prevention program in health care.

Alberta Health (AH) provides overarching guidelines to Alberta Health Services (AHS) for the school immunization program through the Alberta Immunization Policy.

As per current direction from Alberta Health we are focusing on delivering the Grade 6 immunization program with round one beginning in mid-October.

The following immunizations are recommended for Grade 6 students:

- 2 doses of Hepatitis B vaccine (HBV) separated by minimum of 6 months.
- 2 doses of Human Papilloma Virus vaccine (HPV) separated by minimum of 6 months.
- Any routine childhood vaccines the student may have missed

We will be dropping off consent packages at the school for all Grade 6 students prior to the immunization day. Parents are requested to return the consents as soon as possible to the school indicating if they wish us to proceed with immunization at school or not. We will pick these up for review.

Your school's date for immunization is November 5. The second date is still to be determined for Spring 2022.

An immunization consent package from Alberta Health Services will soon be sent home with your child. Please check your child's school bag for this package which contains information about the vaccines that your child is eligible for in the Grade 6 school-based immunization program, along with a consent form for each vaccine. In order for your child to be immunized, each consent form must be signed and returned to your child's school by the date indicated on the envelope.

Students in Grade 6 who are 12 years of age (or turning 12 years of age by December 31st of 2021) are eligible for COVID-19 vaccinations. Bookings for first and second doses are available province wide. Albertans can book appointments through AHS online at ahs.ca/covidvaccine, by calling 811 or through [participating pharmacies](#). First and second dose walk-in clinics are also available at multiple locations. Please refer to the following link for information on routine and seasonal immunization information: [Routine and seasonal immunization during COVID-19 frequently asked questions \(FAQ\) \(alberta.ca\)](#)

For tips on preparing your child for immunizations, please refer to <https://www.immunize.ca/pain-management-children>

Please direct any questions or concerns to the Woodhaven main office.



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

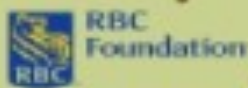
and ongoing skill development for overall wellness

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 |

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

NEIGHBOURLINK PARKLAND

By appointment 780-960-
9669

September Photo Gallery



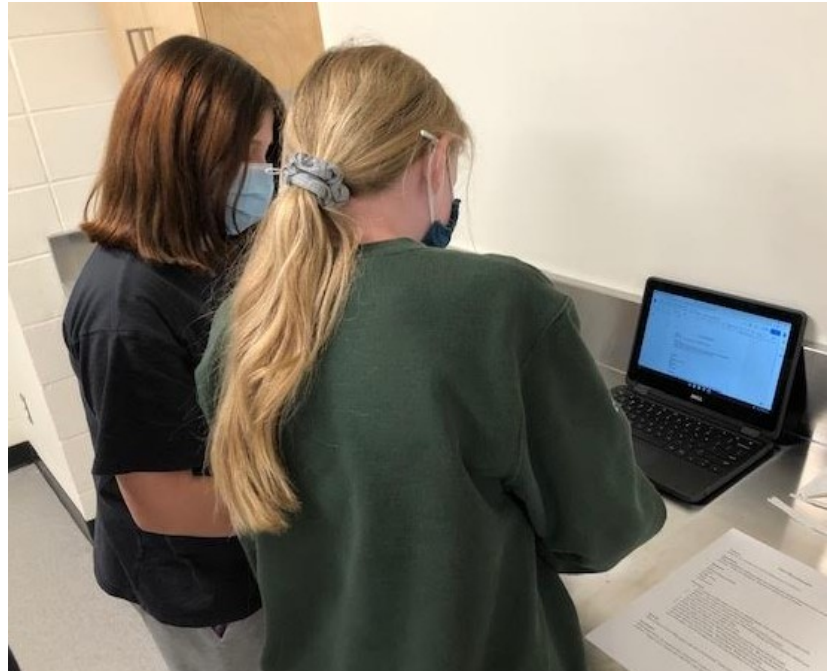
Top Left: The new communication sign on the playground.

Top Right: Brady, Luke, and Ty show off their cross country medals.



Left: Mrs. Woitas's 6M class engage in a lesson in the Gr. 5/6 Common Area

September Photo Gallery



Top: Mr. Peet and Mrs. Denet's Gr. 8A & 8B take a lesson in the newly renovated Science Lab. The students were working on a chromatography lab in which they separated ink into its respective pigment colours.

Below: An overview of 8A & 8B working on their chromatography lab assignment.



September Photo Gallery



Top: The Sr. Boys and Girls Volleyball team play the first ever interschool athletic competition in the new gym on Tuesday Sept. 14th.

Bottom: An early morning shot of the fully completed school.



September Photo Gallery



Top: Grade sevens making bannock in the Foods Lab

Bottom Left: Mme. Davis's French students recognize Orange Shirt Day

Bottom Right: Truth and Reconciliation Display in the Plaza



September Photo Gallery



Top Left: Owen decked out for Orange Shirt Day.

Top Right and Bottom: Cross Country Candid's.

