

WOLFPACK HOWLER



Principal's Message

Hello everyone. It is now two months into the school year and we are finally settling into the renovated portion of our building. Parent teacher interviews are done, and we are a month away from report cards and a new term. Here are the important messages to share with you for the month of November.

School Outbreak Status 10+ Cases

Yet again, I need to start my memo with the latest COVID update as it pertains to our school. On the morning of Oct. 12th, the first day Alberta Health Services resumed contact tracing, I received a call informing me that the school had been moved to Outbreak 10+ status meaning that within the previous five days AHS had identified over ten cases within the school community. For schools that have crossed this threshold, outbreak status is revisited within a fourteen day window. Unfortunately, I received a call from AHS on Oct. 25th letting me know that our identified cases continue to be above the 10+ threshold and we will remain on outbreak status until Nov. 5th. While frustrating, it is important to focus on what we can control, rather than what we can't.

Though I acknowledge that I sound like a broken record, I

need to ask that you go through the COVID-19 checklist with your child(ren) each and every morning before school. Few things have a greater impact on our case numbers than making this part of your family's daily routine. Unlike many of the intangibles we have faced over the past 19 months or so, this practice is well within our control. You can find the updated checklist on pg. 14-15 of this newsletter. And if by chance your child is exhibiting any symptoms, please refer to the PSD Stay at Home guide on pg. 13 of this newsletter. Lastly, we are still going through a considerable number of disposable masks throughout the day. While it is understandable that on occasion a mask will be forgotten or lost on the way to school or throughout the day, the number of disposable masks we are finding throughout the parking lot and playground is both a health hazard and wasteful. While we will always have a spare mask for your child, if we could enlist your help to ensure that you send your

child to school with a mask, it would be appreciated.

(Non-COVID) Immunizations

You may have noticed from previous newsletters that non-COVID immunizations typically administered to grade six and nine students were put on hold last year. AHS has informed us that these immunizations for grade sixes will occur at the school on November 5th. If your child missed their immunizations last year, on page six of this newsletter you will find an update from AHS outlining the non-COVID immunization schedule for the upcoming year. That said, I cannot stress enough that under no circumstances will any vaccines be administered without the written consent of a parent or legal guardian; period. If you have any questions or concerns I ask that you call me at the school. In my experience, a quick call goes far to alleviate any concerns or anxiety for you, or your child.

Grab N' Go/Breakfast Program

As in previous years, the Woodhaven Middle School Parent Council and Parents Association have solicited support from community businesses to provide nutritious snacks and beverages for students. Although many believe that breakfast programs are directed towards students who come from homes with food insecurity, (con't on pg. 2)

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Key Dates:

Gr. 6 Immunizations	Nov. 5th
Remembrance Day Ceremony (Virtual)	Nov. 5th
Fall Break	Nov. 8th.- 12th
Staff Development Day	Nov. 15th
Parent Council Meeting	Nov. 17th

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

there are many reasons beyond poverty as to why students do not eat breakfast. Some students endure long bus rides, rushed morning routines, even morning extracurricular programs that interfere with breakfast. Some students lack healthy choices at home, and unfortunately, there are family emergencies that prevent students from having a healthy breakfast. Fortunately, this year we are grateful for the continued support of Medeiros Construction and new sponsor Save-On-Foods for their contributions to our Grab N' Go program. Once again we are fortunate to have the support of the President's Choice Children's Charity Grant to support this excellent program. In other exciting news, through the hard work of PSD Wellness and Community Development Coordinator Felicia Ochs, in conjunction with the Breakfast Club of Canada, in November we will be introducing healthy breakfast options to students each morning. This initiative would not be possible without the many contributions of, in my very humble opinion, our parent council/association volunteers. They are persistent in finding opportunities to support our students and tireless in their work providing food safely in a COVID restricted environment. If you would like to volunteer your time for this very worthy cause, please contact me at the office.

Afterschool Directed Learning Room (DLR)

If you haven't heard, new for this year is our after school Directed Learning Room. DLR is modeled on the after school work space at both Memorial Composite and Spruce Grove Composite and is supervised by

Woodhaven teachers and admin. Parents and guardians are always contacted prior to a student being assigned to DLR. While it is never pleasant to get a phone call from the teacher letting you know that your son or daughter is behind in school work or is struggling to follow class and school guidelines, I would like to thank you for your cooperation and support as we work to continue to provide opportunities for kids to help hold themselves accountable for their respective learning. DLR runs after school on Tues. and Thurs. from 3:15 to 4:30

Gaga Ball Pit Fundraiser

For those who have been following along in the newsletter, (and c'mon, who hasn't?) last year you learned about four intrepid grade six (now grade seven) students who began a fundraising drive to raise \$1800 required for the construction of a Gaga Ball pit for the school. You'll recall that Gaga Ball is almost like dodgeball played in a hexagonal enclosure where players try to hit their opponent with a foam ball below the knees. You'll also recall the many challenges these young men faced trying to fundraise with COVID procedures and constraints. Despite this, their perseverance resulted in the boys raising \$1200 of the \$1800 required for the construction of the pit. With this in mind, at the October Parent Council meeting, the council and its fundraising arm, the Woodhaven Middle School Parents Association, voted to contribute the remaining funds required for the completion of the project. Firstly, on behalf of the Woodhaven School community I would like to thank the council and the association for their

generous donation. Secondly, I would like to acknowledge the efforts of these young men in envisioning and realizing a goal that will benefit the school for years to come. To Xavier M., Max C., Aram A., and Isaac B., thank you for all you have done. Your hard work embodies what it means to be a member of the WolfPack.

Return to Athletics

On Oct. 7th I was fortunate to join a group of enthusiastic Woodhaven Staff Members as the school hosted our annual cross country run, held at Brookwood School. We were proud to host over 940 runners: a county record breaking number of athletes. The overwhelming number of participants and spectators is a good sign of how much we are all looking for a return to normal. I would like to offer thanks to Brookwood administration, Mrs. Stride-Goudie and Mrs. McIntyre, for their support, the custodian's for being so accommodating, and Mr. McKay for his support and presence at the event. As well, I was equally fortunate to join staff members as a coach of one our six volleyball teams this year. While we missed the cheering spectators, it was a pleasure to join my colleagues in working with student athletes after what was clearly, too long of an absence. Next up? Fall(volley) ball for grades five, six, and, new for this year, grade seven students as well as basketball season.

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. I always appreciate the opportunity to connect with you. Take Care.



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October Parent Council Notes

The next School Council Meeting will be held virtually on Wednesday Nov. 17th, 2021 at 6:00pm.

Woodhaven Middle School Parent Council 2021-2022

Chair: Lauren Lyle
Vice Chair: Lei Gryshik
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: Ashley Southworth
Secretary: Vacant
Treasurer: Arizona Dyck
Casino Coordinator: Dawn Lutomsky
Hot Lunch Coordinator: Vacant

With the election occurring two days prior, there were no school board trustees present at the October Parent Council meeting. For the Principal's Report, Mr. Shaw reviewed the School's student code of conduct, highlighting the importance of procedural fairness with a restorative, rather than punitive, approach with a focus on education over punishment. Specifically, Mr. Shaw indicated that the code of conduct would be amended to include legislation within the education act that states bullying behaviors will not be tolerated "...whether or not it occurs within the school building, during the school day or by electronic means." He continued his report indicating that the school had undergone a scheduled routine inspection the day before the council meeting from Alberta Occupational Health and Safety. The report indicated no emergent safety concerns for staff and students other than the OH & S officer stating the importance that school staff be vaccinated. He also mentioned that Alberta Health Services would be undertaking an inspection the day after the council meeting.

Next, Mr. Shaw reiterated the Safe, Care and Respect goals within the school's Development Plan. This is the school's second year of the plan in which measures for improvement include input from the Assurance

Measures Report, Thought Stream Survey Results, school suspension data, and the school's Safe, Care, and Respect survey administered to students, parents and guardians, and staff. He indicated that the survey would be sent out within the next few weeks. He also indicated that while there are many variables to consider due to COVID, suspensions were down considerably last year from the previous year.

Lastly, he provided an update on Woodhaven's outbreak status from AHS based on 10 plus cases in the school. Mr. Shaw shared that prior to Oct. 12th, the school relied on parents and guardians informing the school when their child had tested positive. Since the 12th, it is anticipated that AHS will inform the school when a positive case has been identified.

Grade six student Carter Dyck was welcomed as this month's Student Ambassador. Carter shared with council his ideas to promote WolfPack Wellness, throughout the school. Carter suggested the school move to create welcome packages for incoming grade five students and farewell packages for departing grade nine students. He provided council with a list of wish list items which included WolfPack merchandise such as hats, stress balls, books, pencils, even credits for the vending machine. After some discussion, it was

determined that Council will do the work of finding a vendor to explore potential merchandising options. It was mentioned that while quotes can come from the Council, it is the Association who is responsible for examining budget and determining what the final number's available for Carter's initiative will be.

Parent association president Lisa Hindle mentioned that the 'COVID friendly' Grab N' Go breakfast snack program was once again up and running out of the school's new canteen/kitchen. Council discussed expanding the program beyond its current schedule of Tuesdays and Thursdays and looked towards finding more sponsors. On a separate note, after students had raised over \$1200 of the required \$1800 needed to fund a Gaga Ball Pit under very difficult COVID conditions, council voted for providing the remaining funds for students. Construction will begin in the spring. Council also voted to continue funding both the Criterion Movie license as well as the Rainbow's lunch and recess program which supports students with grief and loss. Finally, Lei Gryshik stepped away from her role as association president to assume the vice-chair role of parent council. Ashley Southworth also stepped into the vice-chair role for the Parent's Association. The Association secretary position remains vacant.

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

WMS Collaborative (Student) Support Team

The 2021-2022 year has provided Woodhaven the opportunity to create a collaborative support team for students and their families. The team works with school staff to identify students in need, provide in school supports, as well as locating resources in the community to help families



Mrs. Scheidl

when it is appropriate to do so. The team consists of Mrs. Scheidl, the school counsellor, a community connector, Ms. Prab Gill, Ms. Kelly-Dawn Aulenbach, our school's counselling practicum student, Mr.



Mrs. Aulenbach

Riley Bates, who is completing a practicum for his degree in social work, and Woodhaven Administrators Ms. Marcie Enders and Mr. Chris Shaw. The group meets weekly to discuss students who require additional support beyond the classroom. The way the teams works is when a student is brought to the attention of the group by a



Ms. Gill

staff member, a parent or guardian, a community member, or by the group themselves, the team discusses what challenges the student is facing and determines a course of action that will best support the student in addressing these difficulties. The challenges brought to the attention of the team are as diverse and varied as the students we work with. Some challenges relate to learning, some to behavior or attendance, and some to issues with the dynamics at home such as grief, loss and divorce, or within the greater community. Written parental consent is required for students to meet with counselors or to participate in programs. In some instances, team members work one on one with individual students. Other times, students are invited to join small groups such as Rainbows, Spectrum, and other social-emotional skill building groups, or even the after school Directed Learning Room (DLR) to catch up on



Mr. Bates

missed work or assignments. The team also participates in whole class learning and instruction on topics ranging from mental wellness, study skills, substance abuse, and informing students



Ms. Enders

about supports and activities that are available in the school and community. The group does work with teachers in helping to support individual students in class. While all members of the team reach out to resources both within and beyond the school division, in situ-



Mr. Shaw

ations where students or families require supports outside the division, Community Connector Prab Gill and social work practicum student Riley Bates reach out to resources throughout Spruce Grove and beyond. Often, in these circumstances, the team will connect families with supports as well. All in all, the team is yet another resource to support the health and wellness of Woodhaven students and their families.

Maranatha Christian Program (MCP) October Highlights

Although we were hopeful that this year would allow for socially distanced, in-person chapel, COVID protocols have once again infringed on our plans. Despite the challenges, there is still much going on in the individual MCP class cohorts. Although we had to adjust, the students are still very active in daily worship and Christian learning. Here's what has been happening for September and October **weekly, in-class chapel/devotionals**:

Mr. Rink's 5MR -

Perhaps the most important theme for 5MR chapel has been learning to pay attention to what God is telling students in their day-to-day lives. The class has been sharing devotional messages from "**Kids Say the Best Things About Life**". Mr. Rink has commented that it is wonderful to hear his students sharing their experiences, values, thoughts on relationships and life, and figuring out how God is acting in their lives to guide them and draw them close. He has been letting the kids choose their worship songs. They get to describe what God is saying to them through each song!

Mrs. Joy's Gr. 5MJ -

For morning devotions, the students started the year with a short series on loving our neighbours. This was a great way to tie what it means to be a member of the Pack and how students can be kind at school. In October, the class moved into "**Case for Christ for Kids**". This has led to some rich discus-

sions about really knowing who God is. In keeping with this theme, in Chapel 5MJoy are doing the Right Now Media series, "**Bible Unearthed**," and are discovering how archaeological finds proffso many of the stories from scripture, and furthermore, how faith and science work together



and can encourage everyone in their faith. One of the favorite chapel songs this month was **House of the Lord** by Phil Wickham .

Mrs. Woitas' Gr. 6M—

6M is just wrapping up their Chapels on 'Jesus Freaks' this month. They have been learning about those who have gone before them, in faith, and stood boldly for the Lord, no matter what the consequences. The students have learned about Stephen (The first Jesus Freak), William Tyndale, John Bunyan, Richard Wumbrand, Samuel Morris and others. The class discussions have been around how their faith and boldness have impacts on their Christian journey today, and what Christians can do in their own lives to be a Jesus Freak.

Mr. Bock's 7M—

The students have been working through a video series on **Right Now Media** challenging youth as to what life is re-

ally about and to live for Jesus. In their devotional times the class is also working through the Old Testament and recently completed the Book of Genesis. Students are looking at the Old Testament seeing God's faithfulness and love to mankind, as He continues to rescue them despite their rebellion. The class is also looking at these stories through the lens of them being a unified story that point to the coming of Jesus.

Mrs. Cresswell, Ms. Merkus, and Mr. Schock's 8M and 9M

The class has been working through American teacher, author, and preacher **Francis Chan's Doctrine** which asks what are the essential beliefs of Christianity and how should a healthy understanding of doctrinal issues, such as The Trinity, the Church, sin and salvation, impact the way Christians live and act toward God and others? Individuals will all face times where their faith will be challenged either by other people or by difficult circumstances. That's why it's critical that Christians have a foundational knowledge of the core beliefs of Christianity and a willing heart to obey God. In a series of seven dynamic sessions, students share real-life stories about their own struggles to live out the essentials of their faith on a daily basis. Without question, Francis Chan provides powerful teaching from Scripture to help teens understand the core of their Christian faith.

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

AHS Immunization Information for Parents

Many parents have had questions regarding school immunizations this year. Here are the highlights for this year.

Current Grade 6 students should have had an information and consent package sent home for Hepatitis B and Human Papilloma Virus vaccines. These are scheduled with the school in October or November. Second doses will be scheduled 6 months later.

Current Grade 9 students will be receiving consent/information packages home in later November or December for dTap (Diphtheria-Tetanus-Pertussis) and Meningococcal Vaccines. These are to be scheduled at the school in the New Year.

Current Grade 7 and 8 students who did not complete Grade 6 vaccines will be updated at the school between January and April 2022. If your child had a signed consent in Grade 6 it is valid for this second dose.

Please note that there is no longer a spacing recommendation between the above vaccines, influenza vaccine and COVID 19 vaccines.

Students 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>

If you have any immunization related questions or concerns, please contact your School Health Nurses at 780 968 4268 or 780 984 0342.

Grade 6 Hepatitis B and Human Papilloma Virus immunizations will occur at Woodhaven on Friday, Nov. 5th



WOLFPACK ATHLETICS- Cross Country - Volleyball – Gr. 5, 6, & 7 Fall(Volley)Ball

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Account
@Woodhaven
Athletics
<https://www.instagram.com/woodha>

Woodhaven Volleyball

October has been a super busy month of volleyball for our 6 teams. Both our senior teams and our junior teams have been competing in the Parkland County Athletic Association (PCAA). Our junior B teams have been playing a series of different exhibition games. In addition to our league and exhibition games, all of our teams have successfully hosted tournaments this season. A big thanks to our coaches for making the season so successful! Please turn to page 28 for a list of players and coaches.

Woodhaven PE Reminder— Indoor Shoes

As the cold weather is getting closer we would like to remind all students they should have a clean indoor pair of shoes...especially for PE class! If we all do our part we can keep our floors clean.

Woodhaven FallBall

We are pleased to announce the launching of the 2021 Fall Volleyball League. The League is kicked off with a skills camp and teaching of the rules on November 3rd. After the first day



the students will be divided into teams/cohorts and will have games throughout the month of November. This year the league is open to Woodhaven students (boys and girls) in grades 5, 6, and 7. Our grade 8 & 9 senior volleyball team members will assist our PE staff in coaching and running the league. All games are played from 3:15 – 4:30pm at Woodhaven. Cost of Fall Ball is \$25/player. If you are interested in signing up, use the link below. We are accepting registrations until Nov. 3rd.

<https://forms.gle/sXktDy1qFfpvNDRaZ>

Woodhaven Cross Country Running

Our Woodhaven Cross Country running team had a very successful season.

This year our team finished 2nd overall in team aggregate score from all the Parkland area schools. Our Woodhaven team also hosted a very successful race on October 7th that saw more than 900 runners participate from a variety of schools. A big thanks goes out to our coaches Mr. Bock, Mr. Rink, and Mme Davis.

Woodhaven Movember

November November is here! It is time to grow that Mustache...if you can! In November, also known as No Shave November, or Movember Madness, men everywhere in the world are growing out their mustaches and facial hair in order to bring awareness and raise funds for men's health issues. Look forward to different "Movember" events throughout the coming month!

Athletes of the Month Sept. & Oct.

We are proud to announce our Athlete of the Month recognition program is back this year. To start the year off here are our September and October athletes of the month.

September -

Tyson S, Luke B,
Anna R, Isabelle R

October -

Jude M, Liam L, Taryn B,
Anna G-W

You can see pictures of our athletes of the month, and other athletics photos starting on pg. 29.

Instagram Account

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



Counselor's Corner—Mrs. Scheidl



Needs Assessment Survey

Thank you for completing the **Needs Assessment survey**. Your feedback is important to establishing and supporting programs that help nurture the Social Emotional Learning of our students. Programming for the Fall/Winter terms has begun. Students, parents and staff have identified needs and importance in the following areas:

- self esteem, confidence and resilience building skills
- communication and assertiveness skills
- conflict resolution and peer relationship communication
- managing emotions and

group dynamics in friendships
-acknowledging and accepting diversity in groups

November is an exciting time of year for our grade 9's as they start thinking about work opportunities and take part in **TAKE OUR KIDS TO WORK DAY** on November 3rd. This important job shadow experiences helps our students create goals for their future, develop action plans and pathways in high school to achieve these goals.

This month also features some special dates to observe and celebrate. Together with our families,

our students will observe and remember the past on **November 11th**. World Kindness Day is celebrated on **November 13th** - It doesn't take much. A smile, a nod, an expression of appreciation or congratulations—these things matter. **November 24th** is Celebrate Your Unique Talent Day. This is a great day to remind our students that they have great strengths and natural abilities. Have a fun month.

Mrs. Scheidl works half time at Greystone Centennial Middle School and half time at Woodhaven. If you have any questions please contact her at 780-962-2626 or janie.scheidl@psd.ca.

Counselor Links

Educational Links:

- 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>
- <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

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.

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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.sprucegrovecfcss.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/Guardians:

- <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.

Rainbows, Spectrum & The Next Chapter (Repeat)



A program for parents rebuilding after divorce.

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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/>

Class Action: Grade 9M Math Trophy Project

Mr. Schock's 9M class took their area measurement skills to the next level with their Trophy Assignment Task. The project asks students to participate in a scenario in which groups of students/partner(s) have been hired to create a trophy and calculate how much gold paint is needed to cover the trophy. The groups were required to create a trophy with three tiers which could



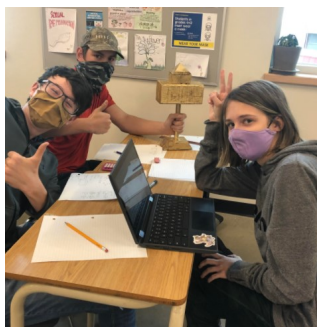
For more pictures visit pages 22-27 of this newsletter.

be any combination of cubes, prisms, and cylinders. Then, the groups were required to create the parts and assemble the trophy using cardboard or pre-constructed three-dimensional shapes. In doing this, the groups had to



measure and write the measurements of each shape directly on the trophy. Next, using a separate piece of paper, students were required to calculate the entire

surface area of your trophy including the base. As well, the groups were asked to draw and label the composite object (i.e. the trophy) including drawing and labeling the faces for each of the 3-D objects including identifying and labeling the overlaps or tabs. Students were able to choose their design which allowed them to add their own personality and creativity. This freedom to choose thoroughly engaged students in the project and encouraged them to take ownership over their projects and their learning. Unsurpris-



ingly, students exceeded all expectations. For assessment, each group was required to show all of their work by labelling each step, a written component that asked to explain how much gold paint was required to cover your trophy, provide three applications students used to calculate the surface area. how the surface area was calculated. Overall, students were assessed on their communication, knowledge and problem-solving skills. Now, while the project called for students to create and measure a 'trophy' per say, the objects the students created extended

far beyond mere trophies: One intrepid group of students took the project to the next level by construct-



ing a near full size, mobile R2D2 model. Other students created more traditional trophy projects. All of the groups did an impressive job with the project.

Beyond the math, construction, and planning skills required for a successful project, students were also required to hone their collaboration skills which was an evident and necessary part of each project. Perhaps most important of all, the entire project, from start to finish made for practical, hands on learning that allowed math to come alive. And above all...the students simply loved it.



Thank you Grab N' Go Sponsors



feeding hungry minds



MEDEIROS
CONCRETE AND CONSTRUCTION

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

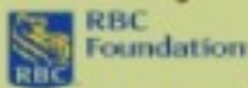
and ongoing skill development for overall wellness

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
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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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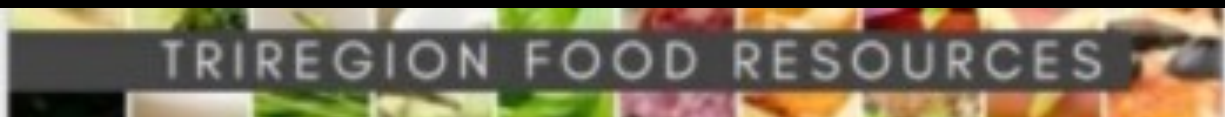
WHERE CAN I FIND FOOD?

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

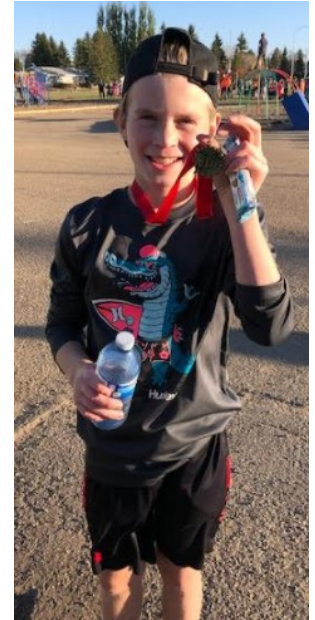
NEIGHBOURLINK PARKLAND

By appointment 780-960-9669

October Photo Gallery



Top Left: Gr. 9's (finally) enjoy working on the built in benches around the School.



Top Right: Ty shows off his medal from the Oct. 7th Woodhaven Cross Country Run hosted by Brookwood.



Left: The autumn leaves form an improvised blanket during recess.



Bottom Left: Parent Council/Association volunteers Mrs. Lutomsky and Mrs. Southworth prepare to provide healthy Grab N' Go/ Breakfast Program snacks for students from the brand new confectionary in the Plaza (formerly the temporary office).

October Photo Gallery

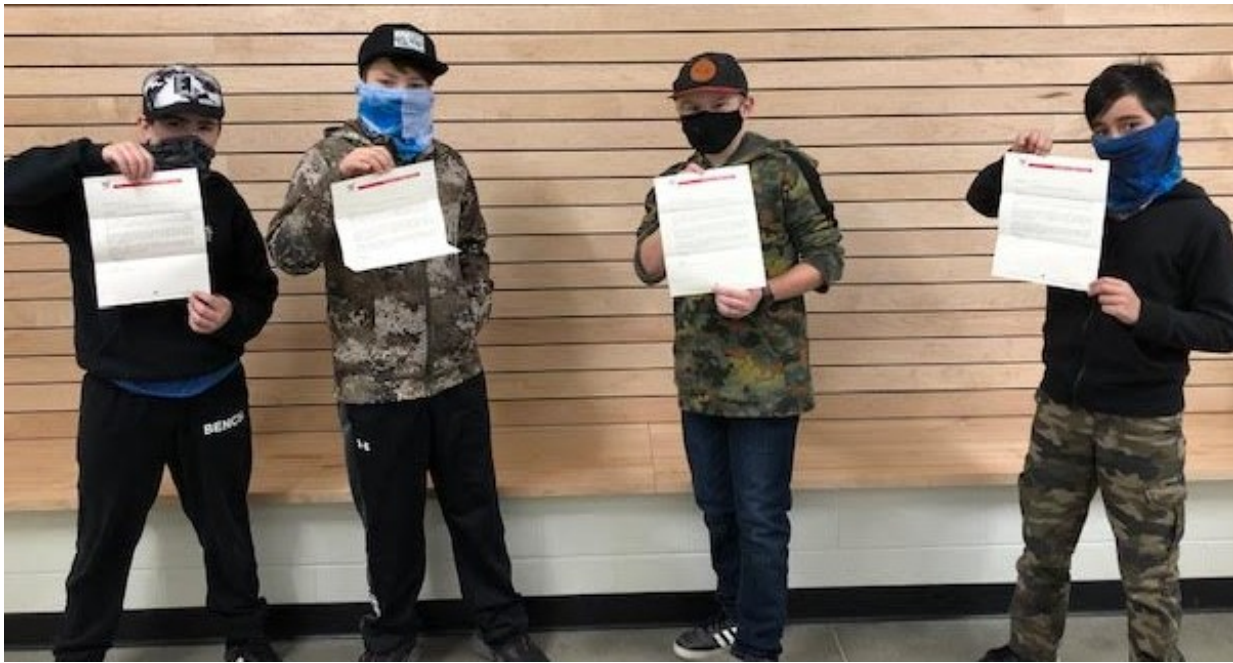


Top: It was a record breaking collection of runners for the Woodhaven Cross Country Race held at Brookwood on October 7th.

Below: The Cross Country Race finish line!



October Photo Gallery



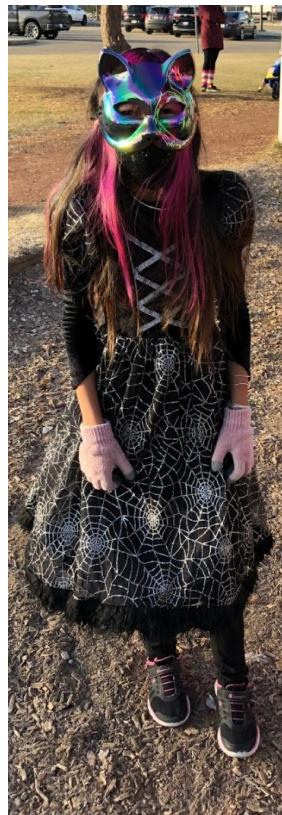
Top: (left to right) Xavier M., Isaac B., Max C., and Aram A., display letters they received informing them that Parent Council had voted to top up the money they had raised from bottle drives towards the completion of the Gaga Ball Pit.

Bottom: Grade 9A and 9B Social Studies students listen to virtual guest speaker Dr. Peter Sankoff, a lawyer and professor in the Faculty of Law at the U of A. He was talking to the classes about the Youth Criminal Justice Act & jury duty.



Halloween Photo Gallery

This Page:
A collection of
Halloween
costume pics
from Friday,
Oct. 29th.



Halloween Photo Gallery



Top Left: Coming in from recess.

Top Right: Woodhaven's very own Jurassic (playground) Park.

Bottom Left & Right: More costumes from the school steps.



Halloween Photo Gallery



Top Left and Right: More amazing costumes.

Bottom: Woodhaven Staff show off their 80's themed Halloween costumes.



2021 WolfPack Volleyball

Senior Boys

Coaches: Mr. McLachlan & Mr. Hamilton

Grant L
 Jude M
 Brady W
 Hunter K
 Juan K
 Kailer P
 Ben H
 Kingston H
 Sam H
 Grayson M-Y

Senior Girls

Coach: Mr. Chan

Leanne S.
 Anna G-W
 Elise M
 Nora L
 Savanna E
 Olivia C
 Kyla G
 Samantha P
 Maddi S

Junior A Boys

Coaches: Mr. Shaw & Mrs. Martineau

Aram A
 Isaac B
 Max C
 Canaan H
 Eshada H
 Liam L
 Jericho M
 Xavier M
 Dustin M
 Josiah S
 Tyson S
 Ethan K-D

Junior A Girls

Coaches: Mrs. Joy & Ms. Blishen

Abby A
 Abigail M
 Ava W
 Katie H
 Kiara W
 Jady S
 Kendra S
 Alyssa V
 Isabella N-R
 Neveah O
 Anna R
 Isabelle R

Junior B Boys

Coach: Mr. Bradshaw

Nolan C
 Kayden R
 Allister K
 Connor W
 Liam H
 Metab S
 Ben U
 Jonas T
 Tyron T
 Jacob L
 Julian S
 Josh T

Junior B Girls

Coaches: Ms. Merkel & Ms. Perras

Faith D
 Ally F
 Megan V
 Ava C
 London H
 Elise T
 Naomi H
 Naleigh V
 Emily Y
 Hailey B
 Jenelle C
 Violet S

September & October Athletes of the Month



Top Left: Athletes of the Month for September-Tyson S, Luke B, Anna R, Isabelle R.

Top Right: Athletes of the Month for October-Jude M, Liam L, Taryn B, Anna G-W.

Bottom: One last look at the finish line for the Oct. 7th Cross Country Run.

