

WOLFPACK HOWLER

Principal's Message

Hello again everyone and welcome to a very busy and eventful December. Although there is just over three weeks of classes in the winter break shortened month, there is still much to share as we head into the last month of 2021.

School Outbreak Status Ended

On Nov. 5th, the Friday before Fall Break, I received a welcomed call from Alberta Health Services informing me that the number of positive COVID cases within the school had dropped below ten. Because of this Woodhaven had been taken off COVID Outbreak Status. You'll recall that when the province resumed contact tracing in schools on Oct. 12th, I received notice that there were at least ten active cases at Woodhaven. As the number of cases fell throughout the province in October and November, so too did the number of cases at the school. While we are all hopeful that this will be the final outbreak at the school, it is important that all members of the Woodhaven School Community be vigilant in wearing our masks, sanitizing our hands, and if any symptoms are present,



remain at home until a negative test result is received. You can find the PSD Stay at home guide, as well as the Alberta Health Services Daily COVID 19 Checklist on pg. 14 of this newsletter.

Vaccine Disclosure and Attestation

As of Nov. 15, 2021, all PSD employees, contractors, and school volunteers are required to disclose their vaccination status and sign an attestation form. Each will be required to show proof of vaccination through the government issued QR code or proof of a negative COVID-19 Rapid Antigen Test within the prior 72hrs (to the satisfaction of the Division). However, for visitors briefly stopping by the school to drop off or pick up students or items the disclosure and attestation is not required. We do ask that if you are coming to the school you call the main office at 780-962-2626 before entering the building. It is important that you are aware that

there are no current or future plans for mandatory student vaccinations. If you have any questions or concerns regarding the disclosure and attestation please contact me at the school.

Term One Report Cards

The last day for Term One is Friday Dec. 3rd. Barring any glitches, report cards will be available through PowerSchool at 4:00pm. If you experience any difficulties accessing the report card or would prefer a paper copy, please contact the main office.

Term Two begins on Monday, Dec. 6th. For our grade five and six students, very little will change. For our grade seven, eight, and nine students this means that they will have new option/complementary courses. As a reminder, the third and final term will begin on Tues. Mar. 28th.

Safe, Care & Respect: Woodhaven Middle School Development Plan

For the second year in a row, Woodhaven will maintain a continued focus on providing a safe, caring and respectful learning environment for students and staff. Our 2021-2022 development plan is based on input from the PSD Thought Stream Survey, the Provincial Assurance Measures Result Report, (Cpn't on the next page)

What's Inside

Maranatha	PG. 3
School Council	PG. 4
Counselor's Corner	PG. 6
Class Action	PG. 8
Athletics	PG. 9
COVID Daily Checklist	PG. 14
November Photos	PG. 23

Key Dates:

Report Cards Available Online

Dec. 3rd

Term Two Begins

Dec. 6th

MCP Joint Chapel

Dec. 21st

Winter Break

Dec. 24th-
Jan. 7th

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

Like Us on Facebook:



Woodhaven Middle School



Follow us on
Twitter:

@woodhavenMS

our own Safe, Care, and Respect Survey completed by students, staff, and parent Council, as well as office referral and school suspension data. Areas identified by stakeholders included a greater emphasis on student mental health and wellness, supports for socio-emotional developmental skills. In response, our improvement plan includes initiatives such as the return of a school counselor (Mrs. Scheidl), an in-school student Collaborative Support Team, and student support groups focusing on grief and loss (Rainbows, Spectrum), improving social skills (Stress Busters, Forever Friends), and improving academic skills (Study Buddies).

At the October Parent Council Meeting I presented results from this year's School Baseline Report which highlighted a dramatic decrease in instances of exclusionary discipline (out of school suspensions) in 2020-2021 from 2019-2020. At the November Parent Council Meeting I shared results from the various stakeholder surveys which highlighted areas of focus for the forthcoming School Improvement plan. At the January meeting (Jan 29th, 2022) I will be sharing with council the ten initiatives we have and will soon be implementing at the school. If you are interested, I invite you to attend the meeting. Invitations will be sent out in the second week of January. You can expect that these reports will be posted on the school webpage in the near future. On this note,

I would like to thank all of you, students, parents/guardians, and staff for the ideas, insights, and concerns you have expressed in what seems like an endless stream of surveys and questionnaires. Although they take considerable time and effort on your part, please know that your input has a direct influence on what we do for children here at the school. I would also like to single out the amazing staff at the school for their time, energy and ideas for making Woodhaven a more safe, caring, and respectful school for students.

Fall (Volley)Ball

The conclusion of the regular volleyball season at the end of October brought on Fall Ball throughout November. Typically, Fall Ball, is an after-school program involving our grade five and six students who are coached by our grade eight and nine students. However, with the absence of athletics last year, and with the added space of the new gym, this year's edition was expanded to include our grade seven students as well. I was fortunate to help out and can say that the excitement and enthusiasm of the players and coaches was infectious. I would like to thank both our student coaches as well as Mr. McLachlan, Mr. Chan, and Mr. Bradshaw for their efforts in making this year's event a great success. I would like to personally thank our junior and senior volleyball coaches, Ms. Merkus, Ms. Perras, Mr. Bradshaw, Mrs. Joy, Ms. Blishen, Mr. Chan,

Mr. McLachlan, Mr. Hamilton. and my assistant coach on the Jr. A Boys team, Mrs. Nicole Martineau for being so giving of their time and effort in making our return to athletics so meaningful for our students,

Basketball Season Begins

And with the conclusion of volleyball season and Fall Ball, tryouts for our Jr. and Sr. Basketball season are well underway. For the foreseeable future it looks like spectators will, unfortunately, not be permitted into the gym. However, we are in the process of streaming games for parents and guardians.

Please contact your child's coach or check the Woodhaven Athletics Instagram page for details on how to access these games online.

Winter Break

A reminder that Winter Break runs a little later this year. Unlike many other school divisions around the Edmonton area who are off on Dec. 20th, Parkland students will attend school up to, and including, Thurs. Dec. 23rd. There will be no school on Christmas Eve, Friday, Dec. 24th. Classes resume on Mon. Jan. 10th.

Final Thoughts

As we head into the winter break season I would like to wish you and your family Happy Holidays, a Merry Christmas, and a happy, and more hopeful, New Year. I invite you to contact me or my Assistant Principal Ms. Enders (or both) at 780-962-2626 or at chris.shaw@psd.ca or marcie.enders@psd.ca with your questions or concerns. Take Care, Chris.

Maranatha Christian Program (MCP) November Highlights

For more information please visit our website:

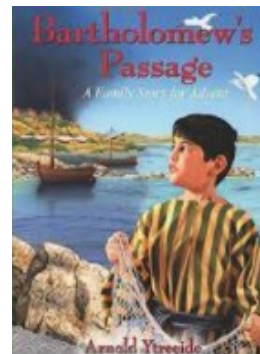
<https://woodhaven.psd70.ab.ca/MCP.php>

Once again, we are happy to announce that we will be joining our Brookwood MCP students and colleagues for our annual (virtual) Christmas Joint Chapel. The chapel will occur on Dec. 21st at 9:00 am. We are excited to announce that Rev. Brett Esslinger, Lead Pastor West Edmonton Christian Assembly (WECA) is scheduled to speak to the students and staff. Unfortunately, due to technology/GMeet limitations, we are unable to open this event up to parents and guardians. We are hopeful that in the New Year we will be able to once again resume in person joint chapels with MCP parents and guardians included. In November **weekly, in-class chapel/ devotionals:** **Mr. Rink's 5MR** - In 5MR chapel this month, we have continued to share messages, conversations, thoughts, and prayers prompted by the devotional collection *Kids Say the Best Things About Life*. Under God's direction, the main focus of our discussions has been on how we can practice seeing others as Jesus would see them, and making the kinds of choices that Jesus would make. I continue to enjoy seeing how the kids choose worship songs that are meaningful for them in the moment.

Mrs. Joy's Gr. 5MJ - The class is continuing to work using the Case for Christ for Kids in morning devotions. In classroom chapel, we are nearing the end of the "Bible Unearthed" series from Right Now Media and are continuing to dis-

cover how archaeological finds proof in so many of the stories from scripture, and furthermore, how faith and science work together and can encourage everyone in their faith. On another note, our MCP music classes, we are excited to get back to singing and incorporating both Christmas and worship music in December. **Mrs. Woitas' 6M** - For the month of December, 6M will be focusing on Advent for Chapel. As we prepare to celebrate the birth of Jesus, the grade 6's will learn more about the virtues of hope, love, joy, and peace.

Mr. Bock's 7M—In our devotional times, the class is currently working through the Old Testament, and specifically the Book of Exodus. Students are making connections between the story of the deliverer, Moses for the Israelites, and with the true deliverer in Jesus for all Mankind. We have also started



through an advent historical fiction devotional story called *Bartholomew's Passage*. *Bartholomew's Passage* is an engaging story that guides families through the Advent Season. Young Barth

olomew's adventures start when Roman soldiers destroy his village and disperse his family, continue through his enslavement to a tyrannical master and his escape with his new friend Nathan, and ends with a reunion with his family in Bethlehem. Along the way Bartholomew makes a new friend, a young boy named Jotham!

Mrs. Cresswell, Ms. Merkus, and Mr. Schock's 8M and 9M The grade eight and nine students have been exploring the question '...who exactly is Jesus? What kind of God would come to earth as a human?' As Christmas approaches, the season of Advent offers us a chance to reflect on our savior, his purpose, and the surprising ways he invited people near to him. The classes are joining pastor Derwin Gray in this five-session Advent study as he unveils King Jesus—the God-man who defied expectations, the king of all creation who humbled himself to serve and die, friend to sinners who wants to lift us up. Students will also be working through *The Christmas Experience*; a study that examines the Christmas story in detail, helping youth prepare for the Christmas season. Each episode will focus on how God chose each individual in the Christmas story for a specific purpose. Those participating in *The Christmas Experience* study will be able to find themselves in the Christmas story, as they learn that what happened then, changes everything now.

November Parent Council Notes

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

On the heels of the recent elections School Council was joined in November by **Trustee Anne Montgomery**. Trustee Montgomery shared with council that the Board recently held an organizational meeting to decide which trustees will serve on the different committees and the first official meeting in which Dr. Lorraine Stuart was elected to the board chair for a second term with Trustee Montgomery elected vice chair. The meeting was the first for newly elected Trustees, Jill Osborne, Eileen Wagner and Amy Hennig. At the same meeting the Board approved a modular classroom submission request to increase student capacity at Ecole Meridian Heights and Copperhaven School. At future meetings, the board will be looking into attendance boundaries. The shift in attendance areas is required due to the completion of Woodhaven's newly completed addition and modernization. Currently, Copperhaven and Prescott schools are near or at full capacity. The board has completed a study across the division to see where the attendance needs adjusting. This will likely be in Spruce Grove. They will be seeking public input before putting any plans in place. Trustee Montgomery conveyed that the Alberta School Boards Association and the Public School Board Association meetings were taking place in mid-November. The Alberta School Boards Association passed a resolution to ask the provincial government to halt the pilot of the new

curriculum during the pandemic. The PSD Board will also be pushing for this pause. They ask that parents and guardians contact their local MLA to voice their opinions on the new curriculum as this will have an impact on whether the curriculum will be implemented next year. In his **Principal's Report**, Mr. Shaw provided a COVID update in which he related that Woodhaven's Outbreak status ended on November 5th. He reported that prior to the November Council meeting he met virtually with Council Chair Ms. Lyle and Vice-Chair Mrs. Gryshik to discuss issues and topics for future meetings. One issue that was brought up is how far behind students are in terms of learning due to COVID. Mr. Shaw discussed reasons such as children struggling with online learning, losing out on important engaging activities, such as extracurricular activities, and students lacking social connections with the school. One concern he has frequently heard from parents is to retain a student in their current grade in order to catch up on missed learning. However, Mr. Shaw and Assistant Principal Ms. Enders expressed that data suggests failing a grade does not improve a student's long term educational outcomes. In fact, some suggest that retaining a student has the same emotional impact on a child as losing a parent. To address the educational gaps brought on by COVID, PSD has implemented baseline Fountas and Pinnell literacy testing

as well as the Edmonton Public Schools' baseline MiPi numeracy testing. Last year, Woodhaven administered these tests to all the students in the school in order to establish a literacy and numeracy baseline. This data will be kept for the student throughout their school journey. For the 2021-2022 school year, the school is continuing to test students who are currently on an IPP/IEP. All of this data is analyzed by teachers in an effort to differentiate and individualize their teaching practices. For students identified as working below grade level, Woodhaven has recently purchased the Leveled Literacy program to address gaps in reading. Beginning last year the school purchased the Mathletics program for students struggling with numeracy. Further, teacher Kaila Lyons has been designated and provided time in her schedule to serve as the school's Literacy Lead and has created programs to help teachers and students with building the skills needed to be successful in the future. When asked what percentage of students in PSD were behind, Mr. Shaw replied that the number of students who are achieving below grade level required more focused interventions. Principal Shaw next discussed details of the school's Development plan including the school's recently completed Care, Respect, and Safety survey as well as suspension data and (Con't on the bottom of page 5)

A Few Questions For School Council Chair Lauren Lyle



To start, tell us about your child(ren) at the school
I have a daughter in grade 6 at Woodhaven.

Why are you involved in Parent Council? What do you see as Parent Council's role or purpose in the Woodhaven School community?

I believe that being involved in the Parent Council gives the opportunity for every parent to be on the front lines with teachers in making educational choices for our children that will enable them to grow into adulthood, parents are an important partner in our schools and our communities.

Last year you served as Parent Council Vice-Chair, this year you are moved into the Council Chair role. What prompted you to want to move into the president's position?

I moved into the chairperson position because it was open, and provided me an opportunity to help lead Woodhaven through the next educational year, which I felt was important!

Last year, the Parent Council was hampered from doing many of the things it typically does because of COVID restrictions.

What do you hope Parent Council can accomplish for the upcoming year?

I hope that we can form relationships with our new and returning trustees that ensure our school is heard at the division level, and allows our concerns to be voiced to the government bodies that we deal with every day.

Any advice or information you would like to pass on to Woodhaven Parents/guardians?
Its extremely important to be involved in your local school, it helps your children, and the larger community. I personally invite every parent to sit in on Parent Council meetings, and have their thoughts and voices heard!

November Parent Council Notes (con't)

comparative data from the previous three years. For example, after identifying that a small number of students were responsible for most of these suspensions, the school changed its approach by focusing on these specific children by helping them with their needs. He concluded his report informing council that although student attendance was down 14% in 2020-2021, suspensions were down 41%. Alberta Education Minister's Student Youth Advisory Council member, Damian Gryshik served as the **Student Ambassador** for the November meeting. He is one of two PSD students, and one of 50 students across the province

that meets with members of the community to advise the Minister of Education on the wants and needs of the education system. They have had one meeting so far. During these meetings they participated in presentations pertaining to student mental health, Diploma Exams, literacy in early education, funding for physical education, and improving transportation for rural schools. To serve on the committee, Damian went through an in depth application process including questionnaires and multiple interviews. He will be providing a similar presentation to the PSD Board of Trustees at the Nov. 30th Board meeting. In her report, former Coun-

cil of School Council chair, and current Woodhaven Parent Council Vice-Chair, Lei Gryshik informed that at the November 2nd meeting Brenda Cryer was acclaimed as PSD COSC chair. It was reported that there are currently 11942 students in PSD. Associate Superintendent Scott Johnston highlighted PSD literacy and numeracy baseline measurements and the recent \$400 kindergarten to grade three student grant for early learning. Also highlighted were the school division's efforts to address systemic bias and antiracism and hiring practices inherent in education.

The next School Council Meeting will be held on Wednesday Jan. 19th, 2022 at 6:00pm.

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

Counselor's Corner—Mrs. Scheidl



December is a bouncy sleigh ride of emotions for our students as they receive their first term report cards, get excited about holidays and think about upcoming family celebrations. This month is a great time to focus on self care and personal wellness so that we do not become overwhelmed by the business of the season and school. Balancing the workload becomes ultra important. Here are some ideas to help your kiddos find balance:



1. Teach them to take small movement breaks when they are working hard and long on homework. Here is a [link about movement breaks](#)

2. Sleep and rest are very important tools in keeping emotions stable - form good sleeping habits for the winter months. Check out [this link from Alberta Health Services](#)



3. [Play Bingo](#) - here is a self care bingo card that kids/adults can fill in to make sure they are balancing fun, joy filled activities

to help them get through the goals/expectations of the season. If your child is struggling with their mental health, overwhelmed by expectations or is having a challenging time personally, communicating with their teachers may be helpful in keeping them safe, balanced and feeling supported. Please reach out to school personnel anytime for extra support or just to inform them your kiddo is going through a rough patch. We would love to help.

[Human Rights Day December 10th](#). If you have any questions please contact Mrs. Scheidl at 780-962-2626 or via email at 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.
- Tutoring: 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.

Counselor Links (con't)

- AlbertaQuits.ca - Quit Smoking: AlbertaQuits Services include helpline, online and group counseling services designed to support those who 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.
- <https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder-> Seasonal Affective Disorder (Sad)
- 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.
- <https://www.parklandtps.ca/> Family Violence; Parkland Turning Points Society
- www.ok2bbblue.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.

Class Action: Gr. 9A & 9B Short Story Cake Decorating Assignment

The Alberta Language Arts Curriculum is broken into six distinct strands: reading and writing are obvious. Speaking and listening certainly make sense. However, the last two, viewing and representing are a bit more obscure and require a bit of an explanation. Representing requires students to take a work from a literary genre and represent the themes, characters or settings in a different, often visual medium. Most times, you see this take the form of a poster, collage, or



foods lab to create their cakes (and eat them too!). For the assignment, Mrs. Glegloff, who, in her free



a diorama, but in a cake? For their short story unit, students in Mrs. Glegloff's 9A and 9B Language Arts classes were asked to work with a group to bake and decorate a cake to match the setting of one of the stories that they had read this school year. They were required to plan out what their cakes would look like, decide what they needed to decorate their cakes, and then off to the

combined grade eight and nine foods teacher along with Mrs. Denet, required students to first decide which story they wanted to represent and then describe the setting of the story. Next, students were required to decide what decorations they would need to create their cakes. For the basics, they were



provided with buttercream icing, food colouring, and fondant. They could use a mold to create objects. Lastly, they were required to consider what else they might need to bring in order to make their creations.

The students had four short stories to choose from: "Death by Scrabble", Charlie Fish's sto-

ry of a couple who have fallen out of love; Liam O'Flaherty's "The Sniper" set during the early days of the Irish Civil War; "The Monkey's Paw" by W.W. Jacobs tells the tale of three wishes granted to the owner of a monkey's paw; and Edgar Allen Poe's classic "The Tell tale Heart" which tells the tale which describes the narrator's descent into insanity after committing an heinous act. For assessment, students



were evaluated on their pre planning, the execution of the project, their creativity, and finally their ability to work as a group.

By all accounts the students thoroughly enjoyed both the process and production in completing the assignment. Judging by the pictures, the results speak for themselves. The students report that although the project required considerable effort and thought in trying to think outside the box, it was also quite fun and engaging. Not only that, it was one of the more tastier assignments they have done in this, or any other Language Arts class. However, the most rousing endorsement came from Ty in 9A who enthusiastically declared, THE CAKE WAS GOOD! We're glad.



For more student pictures visit page 23 of this newsletter.

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

PE Update

November saw our PE classes wrap up the volleyball unit and get a head start on the basketball unit. We are extremely thankful for our new gym spaces that have allowed us to have a smooth transition from volleyball to basketball. Did you know we have eight baskets in the new gym and six baskets in the small gym? Lots of space to make our basketball unit fantastic! As the month of December rolls along, we will be starting our Christmas Cup competition...always a favorite!

Woodhaven Volleyball

Volleyball season is now all wrapped up! Congratulations to all our student-athletes and coaches for a successful season. Even though we did not put up any banners this year, it was still amazing to have a full season. We are so proud of the determination and dedication of everyone involved in making this season a success!

Woodhaven FallBall

This year we saw 85 plus grade five, six, and seven students participate in our Fall Volleyball league. Not to mention we also had



nearly 20 grade eight and nine students volunteer their time to help coach and ref our games. Well done Wolfpack.

Woodhaven Movember

Movember has been another huge success! Even though it has looked different this year, we were still able to raise awareness for Men's Health issues. Each day we heard a "Movember Fact of the Day" on our morning announcements. Even a few brave male staff members grew out their facial hair to resemble their best version of a moustache or beard. Many students were

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



Woodhaven Basketball

Basketball season is starting. Tryouts for all 6 of our school teams will be happening early in December. Any students interested in making a school team should be showing up to these tryouts!

able to take a picture of themselves with a "virtual" moustache.

November Athletes of the Month

Congratulations to the following student-athletes for being recognized as the November Athletes of the Month. These student athletes all participated on our volleyball teams and Fall Ball league!

London H., Naomi H., Jericho M., and Isaac B.

Instagram Account

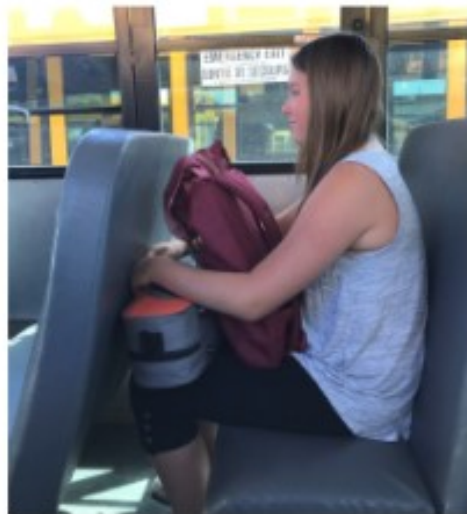
Follow us on our Athletics Instagram Account @WoodhavenAthletics
<https://www.instagram.com/woodhavenathletics/>



PSD TRANSPORTATION CARRY ON ITEM INFORMATION

CARRY-ON ITEMS

Carry-on items are permitted on school buses; however, space is at a premium and safety is top priority. The maximum allowable dimensions for approved carry-on items is 33 x 33 x 59 centimetres (13x13x23 inches) and items must be able to fit on the lap of the student. All loose items must be in a sealed bag/case. Items blocking aisles or emergency exits on a school bus are in violation of Alberta Transportation regulations and are not permitted.



Larger items that cannot be adequately secured and stored are considered to be hazardous, as they could seriously harm someone in the event of sudden acceleration or a collision.

According to Alberta Transportation and the National Safety Code Standard 10, large unsecured items are not permitted and must be transported in a separate vehicle.

Yes!

Carry-on items that are allowed on the bus

- Skates (skate guards on, inside a sealed bag which meets the above allowable dimensions)
- Small musical instrument (meets allowable dimensions—flute, clarinet, alto sax, trumpet)
- A certified and registered guide animal

No!

Carry-on items that are not allowed on the bus

- Hockey or ringette sticks, golf clubs, snowboards, toboggans, scooters, longboard skateboards, or any other large item that may interfere with the safety and comfort of any student on the school bus
- Large musical instrument (tuba, tenor saxophone, guitar, drums, French horn or trombone)
- Any kind of animals other than a certified and registered guide animal

AHS Immunization Information for Parents (Updated)

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.



Grade 9 Teaching and Consent drop off – 08 December 2021 in the pm

Grade 9 Immunizations – 03 February 2022

Grade 8 Immunizations – 03 February 2022

Grade 7 Immunizations – 03 March 2022

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 8 and 9 Non-COVID immunizations will occur at Woodhaven on Thursday, Feb. 3rd

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
---	----------------

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
----------------------------------	-----

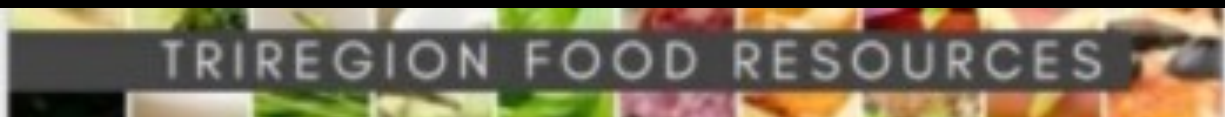
WHERE CAN I FIND FOOD?

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

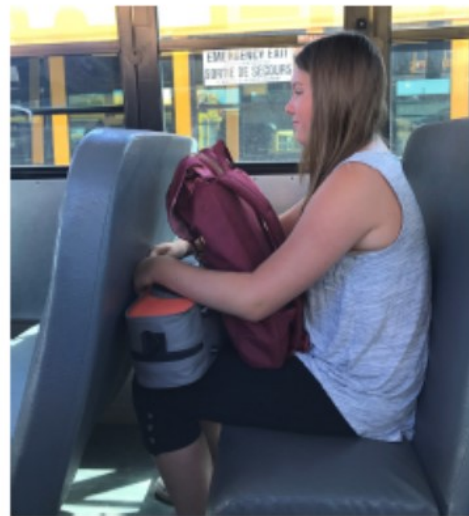
helps@sprucegrove.church

NEIGHBOURLINK PARKLAND

By appointment 780-960-9669

CARRY-ON ITEMS

Carry-on items are permitted on school buses; however, space is at a premium and safety is top priority. The maximum allowable dimensions for approved carry-on items is 33 x 33 x 59 centimetres (13x13x23 inches) and items must be able to fit on the lap of the student. All loose items must be in a sealed bag/case. Items blocking aisles or emergency exits on a school bus are in violation of Alberta Transportation regulations and are not permitted.



Larger items that cannot be adequately secured and stored are considered to be hazardous, as they could seriously harm someone in the event of sudden acceleration or a collision.

According to Alberta Transportation and the National Safety Code Standard 10, large unsecured items are not permitted and must be transported in a separate vehicle.

Yes!

Carry-on items that are allowed on the bus

- Skates (skate guards on, inside a sealed bag which meets the above allowable dimensions)
- Small musical instrument (meets allowable dimensions—flute, clarinet, alto sax, trumpet)
- A certified and registered guide animal

No!

Carry-on items that are not allowed on the bus

- Hockey or ringette sticks, golf clubs, snowboards, toboggans, scooters, longboard skateboards, or any other large item that may interfere with the safety and comfort of any student on the school bus
- Large musical instrument (tuba, tenor saxophone, guitar, drums, French horn or trombone)
- Any kind of animals other than a certified and registered guide animal

November Photo Gallery



Top: Working in Mrs. Joy's Class.

Below Left: Snowy Birthday Cake with a candle on top!

Below Right: Uniforms for Remembrance Day.



November Photo Gallery



Top: Mr. Rink's grade five colourful art projects on display in the classroom.

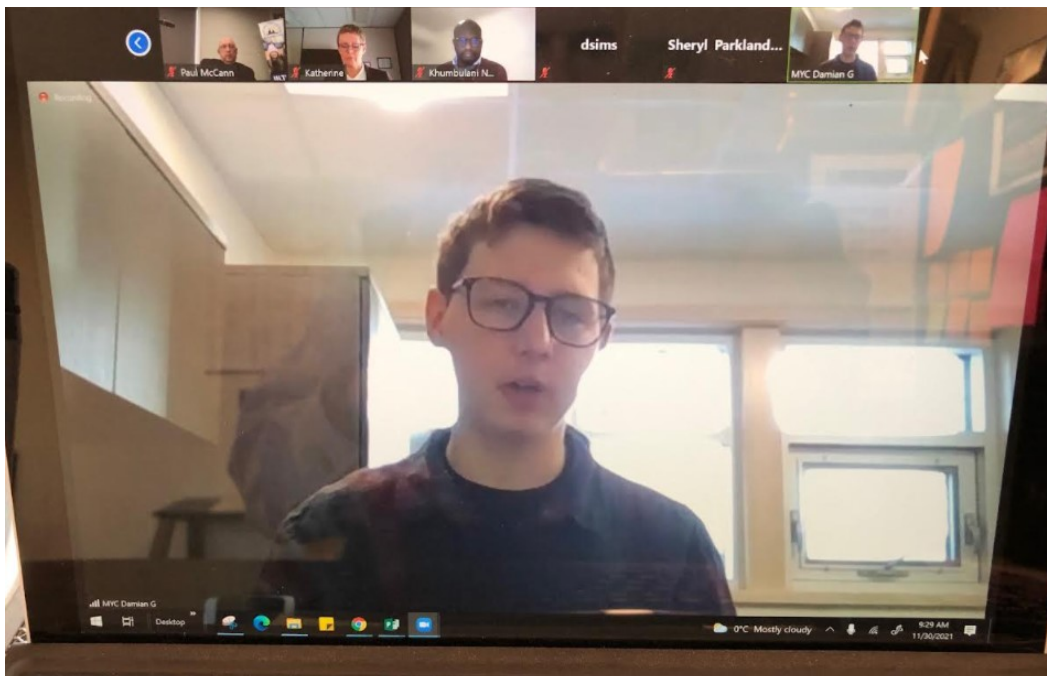
Bottom: A bird's eye view of Fall Ball: Woodhaven's in house after school volleyball program, coached by grade eight and nine Sr. Volleyball team members for grade five, six, and seven students.



November Photo Gallery



Top: The open gym is a prelude to basketball tryouts.



Left: Damian Gryshik, one of 41 students chosen from throughout the province invited to join the Hon. Ariana LaGrange's (Education) Minister's Youth Council, presents to the PSD Board of Trustees Meeting on Nov. 30th.

November Photo Gallery



Top: Mr. Bock's Outdoor Education class partakes in a trip to Chickakoo Lake in late October.

Bottom: Students stretch out and read during their literacy block in the newly renovated library/learning commons.



November!

