

# WOLFPACK HOWLER

## Principal's Message

Happy New Year everyone. And while 2022 provides optimism that the new year will bring better things, sadly, I am once again providing an update on yet another wave associated with the pandemic. There is much to share as we head into the new year.

**Back to School: Masks and Rapid Tests**  
 At their Wednesday, Jan. 4th press conference, Alberta Education Minister Adrianna LaGrange, along with the provincial Chief Medical Officer of Health (CMOH) Dr. Deena Hinshaw, confirmed a return to in person learning for students on Monday, January 10th. Minister LaGrange offered that rapid tests and surgical grade masks would be in schools by weeks end on or around Jan. 14th. The medical-grade masks have been tested and meet international standards. Masks remain mandatory for all Woodhaven students as well as all Grade 4 - 12 students in PSD. While it is recommended that students and staff to wear their masks **at all times**, when students are engaged in physical activity, are outdoors for recess, or are eating/drinking in their classroom lunch co-



hort, masks will not be required. As well, staff will be providing students staggered 'masks breaks' to ensure they aren't wearing their masks for an extended period of time. Each box consists of five at-home rapid test kits and will provide enough supply for each student and staff member to test twice per week for two-and-a-half weeks. These rapid tests are intended for at-home use; they are not to be used at or by the school. If your child is displaying symptoms, PCR testing remains available at AHS assessment centres (the nearest center is in the Tri-Leisure parking lot beside the Fuhr Sports Park/Football Field). These tests can be booked online at <https://www.alberta.ca/covid-19-testing-in-alberta.aspx#testing>. However, asymptomatic PCR testing is no longer recommended, and this includes testing for close contacts of positive cases.

## Reporting Positive Test Results

At the press conference, Minister LaGrange and Dr. Hinshaw also announced that AHS would no longer be able to provide notification to schools of positive cases. As a result, it would be greatly appreciated if you could contact the school if your child(ren) receives a positive COVID test result, whether it is derived from an at-home rapid test, or a PCR test. This information will be invaluable in helping us make informed decisions in keeping students and staff safe. Regardless of a positive or negative test result, all **Albertans are legally required to self-isolate should they experience core symptoms of any strain of COVID-19.**  
**AHS Daily Checklist**  
 While there remains much uncertainty surrounding the Omicron Variant, both the minister and the CMOH suggested that the benefits of having students return to class outweighed the risks associated with another round on remote/online learning. Understandably, this uncertainty can lead to anxiety and a feeling that much of what we are all enduring is beyond our control. Though I understand that I sound like a broken record, what is well within our control is that each and

## What's Inside

|                       |           |
|-----------------------|-----------|
| COVID Daily Checklist | PG. 3 & 4 |
| Maranatha             | PG. 6     |
| School Council        | PG. 7     |
| Counselor's Corner    | PG. 8     |
| Class Action          | PG. 11    |
| Community Resources   | PG. 16    |
| December Photos       | PG. 22    |

## Key Dates:

|  |           |
|--|-----------|
| Virtual Parent Council Meeting           | Jan. 19th |
| Bell Let's Talk Day                      | Jan 26th  |
| Family Literacy Day                      | Jan 27th  |
| Professional Development Day (No School) | Jan. 31st |

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

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Woodhaven Middle School



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@woodhavenMS

every day we go through the recently updated Alberta Health Daily Checklist, found on pages 3 & 4 of this newsletter, with each of your children. Our goal has been, and always will be, to keep our classes and school open for in-person learning as long as it is safe to do so. However, we all need to be aware that there may be an operational requirement to shift a class, grade, or the entire school to at-home learning. If this should happen, we will do our best to provide as much notice to you and your families as possible. The school division will work with Alberta Education and Alberta Health Services to determine when and if such a step is required. The one step we can all take to ensure this does not happen is to complete the checklist daily before school. For the sake of everyone connected to the Woodhaven community, if your child has any symptoms or answers 'yes' to any of the screening questions on the checklist, please, please keep them at home and contact the school immediately.

### Upgraded Ventilation

Now for a bit of positive news. Almost anyone who has been a member of the Woodhaven community for more than a year has a story about the inconveniences connected with our recently completed addition and modernization. Whether it was learning in a temporary classroom or navigating a partially closed parking lot, many of us have reason to be grateful that the project is finished. That said, who

could have guessed how important upgrading the ventilation system would be? A significant portion of the addition and modernization was devoted to the installation of an entirely new system. While there has been considerable discussion on this topic, as a school we are incredibly fortunate to have a state-of-the-art ventilation system as we continue to face challenges associated with the pandemic.

Further, at our school and throughout the division, all air handling/ventilation equipment has been adjusted to maximize the number of air exchanges within the schools. Prior to the pandemic, air was exchanged roughly 3 times per hour. The air exchanges are now operating at maximum capacity and exchanging air 4.5 to 7.5 times per hour. To increase air quality, run times for mechanical systems have been extended by four hours during school days to go beyond the regular school day. As well, the frequency of air filter changes in our ventilation systems has been increased and the division is in the process of upgrading all air handling filters to the highest possible standards.

### Community Supports/ Caregiver Education

As we come out of a bitterly cold winter break and head into the uncertainty of yet another wave of the pandemic, the anxiety and uncertainty can weigh heavily on students as well as parents and guardians. If you are concerned that your child is struggling, or if you are feeling over-

whelmed, it is imperative that you ask and seek help. A good place to start is the listing of community supports starting on page 16 of this newsletter. We can also connect you to these resources through the school. As you have read in previous newsletters, this year we are fortunate to have assembled a collaborative student support team to address the health and wellness of students. A key member of the team is our school counselor, Mrs. Scheidl whom we have welcomed back to the school after a two-year absence. Mrs. Scheidl's regular 'Counselor's Corner' feature, found on page 8, includes educational links, websites supporting mental health and wellness, and resources for parents and guardians. Additionally, she has also provided information on AHS Caregiver Sessions on topics ranging from test anxiety, to autism, even parenting teens in the 21st century. I encourage you to have a look and please contact the school if you require any additional information...or support.

### Final Thoughts

No doubt, you have many questions and concerns as we head into the new year. Ms. Enders and I will answer your questions and address your concerns as best we can. More than any other time, communication between home and school is essential in keeping everyone safe. I invite you to contact me or my Assistant Principal Ms. Enders (or both) at 780-962-2626 or at [chris.shaw@psd.ca](mailto:chris.shaw@psd.ca) or [marcie.enders@psd.ca](mailto:marcie.enders@psd.ca)

# UPDATED 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. International travellers who become a case of COVID-19 after arrival in Alberta should follow isolation requirements outlined by the Government of Canada

If your child has received a message from Public Health indicating that they are a case<sup>4</sup> of COVID-19 or if your child has tested positive on a [rapid test](#), they are required to isolate as per [Public Health instructions](#). For more information on isolation requirements after a positive rapid test, refer to the [Rapid Testing at Home website](#).

#### Screening Questions for Children under 18:

|   |   |     |    |
|---|---|-----|----|
| 1.  | <b>Has your child been a household contact of a case<sup>4</sup> of COVID-19 in the last 14 days?</b><br><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, someone who slept over, attended a birthday party or someone who was a play date with a case.</i> | YES | NO |
| <p>If child answered "YES" AND they are NOT fully immunized<sup>5</sup>:</p> <ul style="list-style-type: none"> <li>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</li> </ul> <p>If child answered "YES" and they are fully immunized<sup>5</sup> proceed to question 2:<br/>If child answered "NO" to question 1, proceed to question 2</p>  |   |     |    |
| 2.  | <b>Does the child have any new onset (or worsening) of the following core symptoms:</b>   |     |    |
|   | <b>Fever</b><br>Temperature of 38 degrees Celsius or higher   | YES | NO |
|   | <b>Cough</b><br>Continuous, more than usual, not related to other known causes or conditions such as asthma   | YES | NO |
|   | <b>Shortness of breath</b><br>Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma  | YES | NO |
|   | <b>Loss of sense of smell or taste</b><br>Not related to other known causes or conditions like allergies or neurological disorders  | YES | NO |
| <p>If the child answered "YES" to any symptom in question 2:</p> <ul style="list-style-type: none"> <li>If the child is fully immunized<sup>5</sup> they are required to isolate for 5 days from onset of symptoms or until symptoms resolve<sup>3</sup> whichever is longer. They must wear a mask for up to 5 days after their isolation period if you are outside of the home in a public place or otherwise in the company of other persons out of your household (no exceptions permitted) <b>OR</b></li> <li>If they are NOT fully immunized<sup>5</sup>, they must isolate for 10 days from the onset of symptoms or until they resolve<sup>3</sup> whichever is longer <b>OR</b></li> <li>Until symptoms resolve<sup>3</sup> if they receive a negative PCR COVID-19 test <b>OR</b></li> <li>Until symptoms resolve<sup>3</sup> if they receive two negative rapid antigen tests, with at least 24 hours between tests</li> </ul> |   |     |    |

<sup>3</sup> Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication

<sup>4</sup> A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

<sup>5</sup> A child 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)

- They can use an [at-home rapid test if available](#) or the [AHS Online Assessment Tool](#) or call Health Link 811 to arrange for testing and to receive additional information on isolation.

**If the child answered “NO” to all of the symptoms in question 2, proceed to question 3.**

| 3. Does the child have any new onset (or worsening) of the following other symptoms: |  |     |    |
|--|--|-----|----|
| <b>Chills</b>  | Without fever, not related to being outside in cold weather  | YES | NO |
| <b>Sore throat/painful swallowing</b>  | Not related to other known causes/conditions, such as seasonal allergies or reflux   | YES | NO |
| <b>Runny nose/congestion</b>   | Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather  | YES | NO |
| <b>Feeling unwell/fatigued</b>   | Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury | YES | NO |
| <b>Nausea, vomiting and/or diarrhea</b>  | Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome  | YES | NO |
| <b>Unexplained loss of appetite</b>  | Not related to other known causes/conditions, such as anxiety or medication  | YES | NO |
| <b>Muscle/joint aches</b>  | Not related to other known causes/conditions, such as arthritis or injury  | YES | NO |
| <b>Headache</b>  | Not related to other known causes/conditions, such as tension-type headaches or chronic migraines  | YES | NO |
| <b>Conjunctivitis (commonly known as pink eye)</b>                                   |  | YES | NO |

**If the child answered “YES” to ONE symptom in question 3:**

- Keep your child home and monitor for 24 hours and consider giving child an [at-home rapid test](#). If the test is positive or negative see below for further instructions.
- If [at-home rapid testing](#) is not done and the symptom is improving after 24 hours, your child can return to school and activities when they feel well enough to go.
- If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use an [at-home rapid test](#) if available or the [AHS Online Assessment Tool](#) or call Health Link 811 to check if testing is recommended.

**If the child answered “YES” to TWO OR MORE symptoms in question 3:**

- Keep your child home
- Use an [at-home rapid test](#) if available or use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.

**For at-home rapid testing result instructions for those without symptoms:**

- If an [at-home rapid test](#) is done and is negative, they can return to school and activities as long as they remain asymptomatic.
- If [at-home rapid](#) test is positive, the child is required to isolate as outlined above for **question 2**.

**If the child answered “NO” to all questions:**

- 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 PCR COVID-19 test result or two negative rapid test results at least 24 hours apart **and** feel better.

## 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](https://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.

## Maranatha Christian Program (MCP) December Highlights

The Christmas Joint (Virtual) Chapel with Brookwood MCP on Dec. 21st was well attended as we were joined by PSD Board Chair Lorraine Stewart, Vice-Chair Anne Montgomery, Spruce Grove Trustee Eric Cameron, Superintendent Shauna Boyce, and Deputy Superintendent Mark Francis. During Chapel, Brookwood's Mrs. Borkofsky's, Mrs. Vanetten's, Mrs. Carlson's, and Mrs. Simmons-Kulak's classes provided performances of 'Twas the Night Before Jesus's Birth', 'Noel', and 'Go Tell it on the Mountain'. They were joined by performances by Mr. Rink's, Mrs. Joy's, and Mrs. Woitas's classes. 8M's Elise Mykula (accompanied by 'dad' on the piano) sang moving renditions of 'Light of the World' and 'Lean Back'. A very special treat was the Christmas Message from Rev. Brett Esslinger, Lead Pastor for the West Edmonton Christian Assembly (WECA). For Screen shots of the event please turn to page 23 of this newsletter. Once again, we express our hopes that we will be able to welcome MCP parents and guardians to the school when we can once again host in-person joint chapels. Until then... Looking forward to the New Year, and in , **weekly, in-class chapel/ devotionals:**

**Mr. Rink's 5MR** - In chapel this month, we were truly blessed to hear from missionary friends who do God's work in Laos. The kids were full of great questions for them about

what it's like in a very different culture. We also loved being all together (virtually) for Christmas joint chapel. It always elevates the sense of MCP family and re-focuses us on Christ. In our own class chapels, one of the main themes was on the patience of Christ - first characteristic of love Jesus names in 1 Corinthians 13! We are working on practicing and showing patience in our daily lives. A blessed New Year to all of you!

**Mrs. Joy's Gr. 5MJ** - In morning devotions, we continue to work through Case for Christ for Kids. A favorite topic this month was a devotional on why we pray. We've also had meaningful discussions around the meaning of Christmas and how, as Christians, we can impact our community during the holiday season. In chapel, we are wrapping up our Bible Unearthed series, but have also worked very hard in our MCP music classes to prepare songs that share the message of Christmas for showcase in our Digital Christmas Gallery.

**Mrs. Woitas' 6M** - For devotions in the New Year we will be reading "The Case for Christ" by Lee Strobel. We will be looking into the evidence of Jesus' life, death and resurrection. In Chapel the students will be focusing more on prayer and the ways we can pray for others.

**Mr. Bock's 7M**—With Christmas and advent, the month was spent reflecting

on the Old Testament and the coming of Jesus; the prophecies throughout the OT about the coming Messiah. We also read 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 Bartholomew'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 end 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** In December, students were confronted with the question: are you living by faith? The classes are currently participating in Dr. Tony Evans' six-session series, looking at the people in the Bible's Hall of Faith: Old Testament heroes, such as Abraham, Noah, and Moses, who let God lead their lives. Students are examining how their journeys can help understand what it means to walk in faith. Each of us must daily choose between giving in to the world's pressure to trust in ourselves or yielding control of our lives to God. While following God's directions when we don't see immediate results can be difficult, the payoff will always be tremendous.

For more information please visit our web-

site:

[https://  
woodhaven.psd  
70.ab.ca/  
MCP.php](https://woodhaven.psd70.ab.ca/MCP.php)

## A Few Questions For Parent Association Chair Lisa Hindle

To start, tell us about your child(ren) at the school?  
**I have one son and he is in grade 7 at Woodhaven.**

Why are you involved in the Parent Association and why do you feel it's important for parents and guardians to be involved with council and the Association?

**I became involved with the Parent Association as a way to give back to the school and community and to learn more about what is happening in my child's school. It's important for parents and guardians to be involved so that our kids will also step up and volunteer for their school or community in the future. Kids also need to know that they can have a voice in school matters, so that is why we have appreciated having students participate in our meetings whenever possible.**

Last year you served as Parent Association Secretary as well as helping out with Grab N' Go purchasing. This year you are moved into the role of Parent Association Chair. What prompted you to want to move into the Chair's position and what do you see as your role with the Association?  
**There was a vacancy for the Chair position and I**



**thought it was a vital role to have filled, so I stepped in to fill it. I see my new role with the Association as more of a leadership one, to lead things like fundraising initiatives and support all members of the Association.**

***The next School Council Meeting will be held Virtually on Wed. Jan. 19th, 2022 at 6:00pm. Please contact the school office if you wish to attend.***

What is the difference between the Parent Council and the Parent Association? What is the function or purpose of the Parent's Association in the Woodhaven school community?

**My understanding is that the Parent Council is more directly linked to the school and the Parent Association is one step removed. The Parent Council brings ideas forward and votes on them and the Association brings the ideas to life like Grab and Go and fundraising and hot lunch.**

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

What kinds of things do you hope to do with the remainder of the school year.

**We hope to do some fundraising activities this year such as 50/50 draws, foodie fundraisers, and perhaps other ones like a school supplies fundraiser.**

This is your second year on the Association Board and second year with a child at Woodhaven. Is there anything you would like Woodhaven parents and guardians to know about the school that they may not already know?  
**I would like Woodhaven parents and guardians to know that all school staff and administration are very supportive, and if there is an issue to discuss, they are very responsive and want to help.**

### 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

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

**Due to the Winter Break, there was no Council Meeting in December**

## Counselor's Corner—Mrs. Scheidl



January is a month dedicated to new starts, goals, resolutions and organization for many of our students. This month is a great time to focus on helping our kiddos with building executive functioning skills such as organization, time management, prioritizing and setting goals.

1. **Goal setting:** Teach them the 3 step process for goal achievement: set a SMART goal (specific, measurable, achievable, relevant, timely). Create an action plan of how to achieve this goal in certain time periods and finally check in and evaluate how the progress is going. Here is a [link about goal setting](#).

2. **Organization** is one of the most important keys to



success. But where does a student start? Here are some tips:

a) It often starts with the morning: having clothes set out for the week, keeping uniforms, sports gear and some snacks/extra water bottle separate in one spot for a quick grab before heading out the door.

b) Forgotten lunch: Ask your child to keep some extra non perishable snacks in their locker at school for that one time lunch is forgotten or ruined. (Granola bars, juice box, fruit cups and crackers will all work.

c) Forgot supplies/notes at school - it helps if kiddos have a study buddy or friend to call to review some information. Com-

pleting homework right after school can help because if your child has forgotten something -check to see if the school is still open as sports teams are practicing and staff are still around. Check out [this link about organization tips for middle schoolers](#). 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'd love to help.

### Counselor Links



***Bell Let's Talk  
Day January  
26th***



***Family Literacy  
Day - January  
27th***

#### 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](http://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](http://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](http://www.sprucegrovefcss.ca) - Family School Liaison Program (FCSS) is a family centered 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](http://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.



## Test Anxiety

### Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

**Date: Monday, January 10, 2022** Time: 6:00 – 7:30 pm

Notes: For caregivers and teens (grades 7-12) to attend

[https://albertahealthservices.zoom.us/webinar/register/WN\\_C5YkOMrXSdyIxzE1LURYswg](https://albertahealthservices.zoom.us/webinar/register/WN_C5YkOMrXSdyIxzE1LURYswg)

## Mindfulness

### Benefits for the Whole Family

This session will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in children, teens, and parents.

**Date: Monday, January 17, 2022** Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

[https://albertahealthservices.zoom.us/webinar/register/WN\\_kbnXlm-ETwmoEt5eScWagg](https://albertahealthservices.zoom.us/webinar/register/WN_kbnXlm-ETwmoEt5eScWagg)

## Substance Use

### A Harm Reduction Approach

The experience of substance use is different for each person. Learn about some common substances used by youth, the spectrum of use, and the science behind addiction. Discover the basic principles of harm reduction and why it is beneficial for those who use substances. Learn strategies to support youth who may be using substances through courageous conversations and harm reduction strategies.

**Date: Wednesday, January 19, 2022** Time: 6:00 – 7:30 pm

Notes: For caregivers of youth grades 7-12; for adults only.

[https://albertahealthservices.zoom.us/webinar/register/WN\\_Zw7DjhmRXeGc2RSfjgciQ](https://albertahealthservices.zoom.us/webinar/register/WN_Zw7DjhmRXeGc2RSfjgciQ)

## Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD), participants will learn how ASD affects the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

**Date: Monday, January 24, 2022**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12 for adults only.

[https://albertahealthservices.zoom.us/webinar/register/WN\\_BTiHqWETUmWoeFvcn6qbQ](https://albertahealthservices.zoom.us/webinar/register/WN_BTiHqWETUmWoeFvcn6qbQ)

## Parenting Teens in the 21<sup>st</sup> Century

### Respectful Limit Setting with Adolescents

In these sessions, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

**Date: Monday, January 31, 2022** Time: 6:00 – 7:30 pm

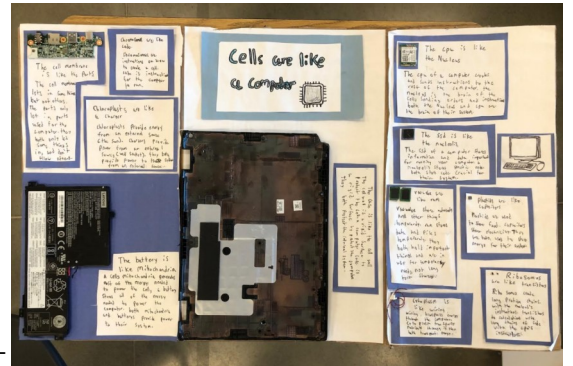
Note: For caregivers of children grades 7-12; for adults only.

[https://albertahealthservices.zoom.us/webinar/register/WN\\_a4DUan5qSb2afNwgcwXV1A](https://albertahealthservices.zoom.us/webinar/register/WN_a4DUan5qSb2afNwgcwXV1A)

## Class Action: Gr. 8A & 8B Science Cell City Assignment

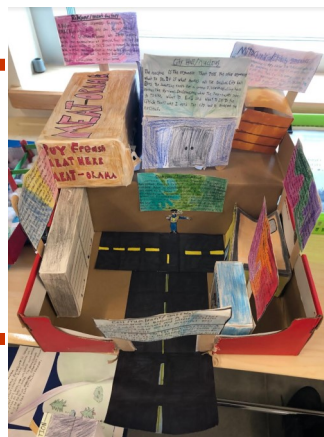
For this month's edition of 'Class Action' we focus on Gr. 8A and 8B's Cell City Science Assignment. For many learners, it is often easier to remember information if it can be related to something that students are familiar with. Based on this idea, in an effort to better understand the structure of the cell, students were asked to create and construct a city building or structure that could be used to represent an organelle within the cell. To start, students were

worksheet. Before beginning the project, the entire class went through an example together to ensure an understanding of the project requirements and expectations. After this, students were free to create their projects according to the project criteria. And while students were permitted to create a city on their own, as the pictures reveal, students were encouraged to explore and expand on other items or ideas that worked as analogies for cell structures. To successfully complete the project, students needed to meet the following criteria; they needed to draw and label a part of a city that represented a minimum of ten cell organelles; they needed to write a short description that described how the city structure related to the organelles; the city cell needed to be presented neatly with both images

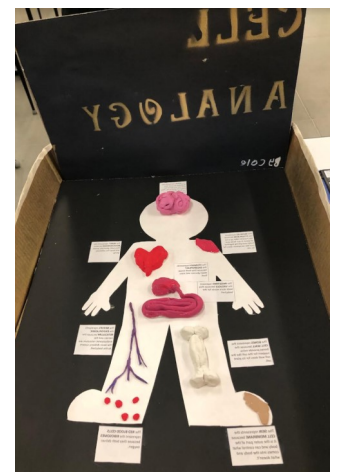


and descriptions; and the city needed to be created with paper or cardboard, or in a digital format. Using a rubric that was provided at the beginning of the pro-

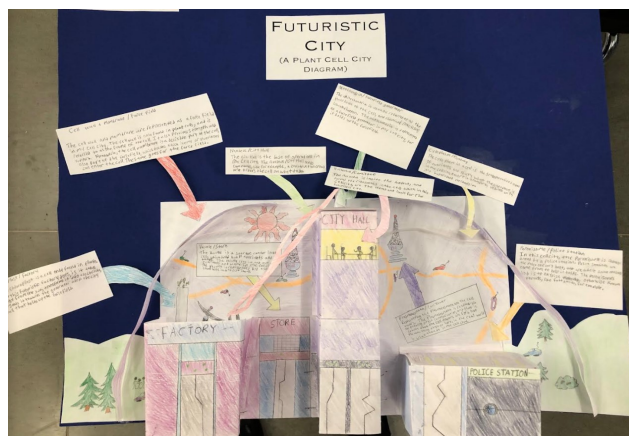
*For more student pictures visit page 22 of this newsletter.*



asked to read the description of the city building or structure and write in the organelle that seems most similar in function on a



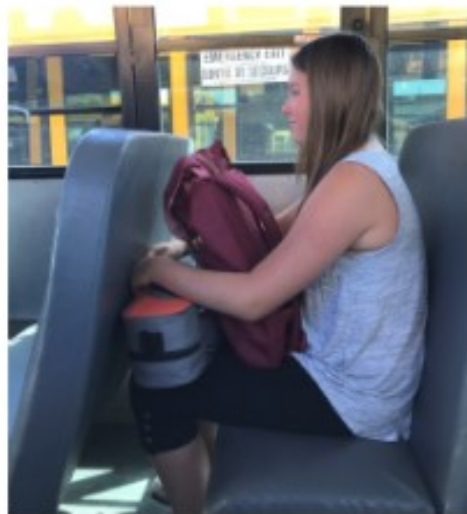
ject, the students were evaluated on the relevance of their respective graphics, the clarity of their labels, the accuracy of the content they provided, and finally, on the overall presentation of the project. While there were no shortage of city and city structure analogies, as the pictures reveal, many students went beyond buildings and neighborhoods and came up with some very clever ways to express their understanding of cell structures. Well done grade eights!



## 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

## 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/*

## 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 31<sup>st</sup> 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](https://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**

## 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 first date for immunization was 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 31<sup>st</sup> 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](https://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.





## Welcome to the Journey

*The future is completely open, and we are writing  
it moment to moment.*

### Offering Free Professional Counselling Sessions Remotely

The **City University in Canada, Virtual Counselling Clinic** offers no cost professional counselling sessions remotely to clients living across Alberta via a secured video conferencing platform. Services are provided by Master of Counselling Internship Students in the final year of their graduate degree, and are under the direction of a Registered Psychologist.

**Hours of Operation:** Appointments are available October 1 – March 31, Monday through Saturday, 8:00 a.m. – 8:00 p.m.

**Cost to Clients:** Counselling Sessions are free

**Clients Served:** Adults, Youth, Children (6+), Couples, and Families

**Problems Addressed:** Mood (i.e. depression) and anxiety disorders, simple trauma, grief and loss, behavioral challenges, parenting issues, relationship/attachment issues, addictions, or education/career related concerns.

**Intervention Modalities:** The Intern Counsellors are trained to help clients through the use of many different types of intervention. Some of the interventions that may be used include: cognitive behavior therapy, interpersonal therapy, narrative therapy, solution focused therapy, acceptance and commitment therapy, psychodynamic approaches, psychoeducation, motivational interviewing, exposure based therapies, and trauma informed practices. Couples and family systems therapy may also be provided.

**Technology Requirements:** Clients will need access to a private (passworded) and reliable internet connection and a laptop/smart phone/tablet that can facilitate video calls (like FaceTime or Skype, only more secure).

**How to Request an Appointment:** Self-referral. Clients are asked to please go to the Clinic website [www.cityuclinic.ca](http://www.cityuclinic.ca) and click on the “request an appointment” button. Your request will be reviewed within 72 hours. The Clinical Director or your Intern Counsellor will contact you to review your request and/or book an appointment.



#### Clinic Contact Information:

**Website:** [www.cityuclinic.ca](http://www.cityuclinic.ca)

**Email:** [EdmontonVirtualClinic@cityu.edu](mailto:EdmontonVirtualClinic@cityu.edu)

**Phone:** 780 918 8290



# 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

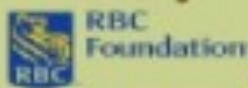
and ongoing skill development for overall wellness

## 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 |
|----------------------------------|-----|

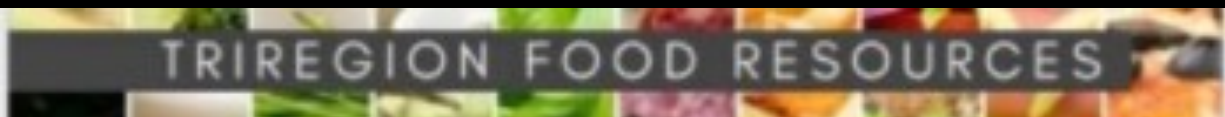
### WHERE CAN I FIND FOOD?

|                                      |              |
|--------------------------------------|--------------|
| 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](mailto:helps@sprucegrove.church)

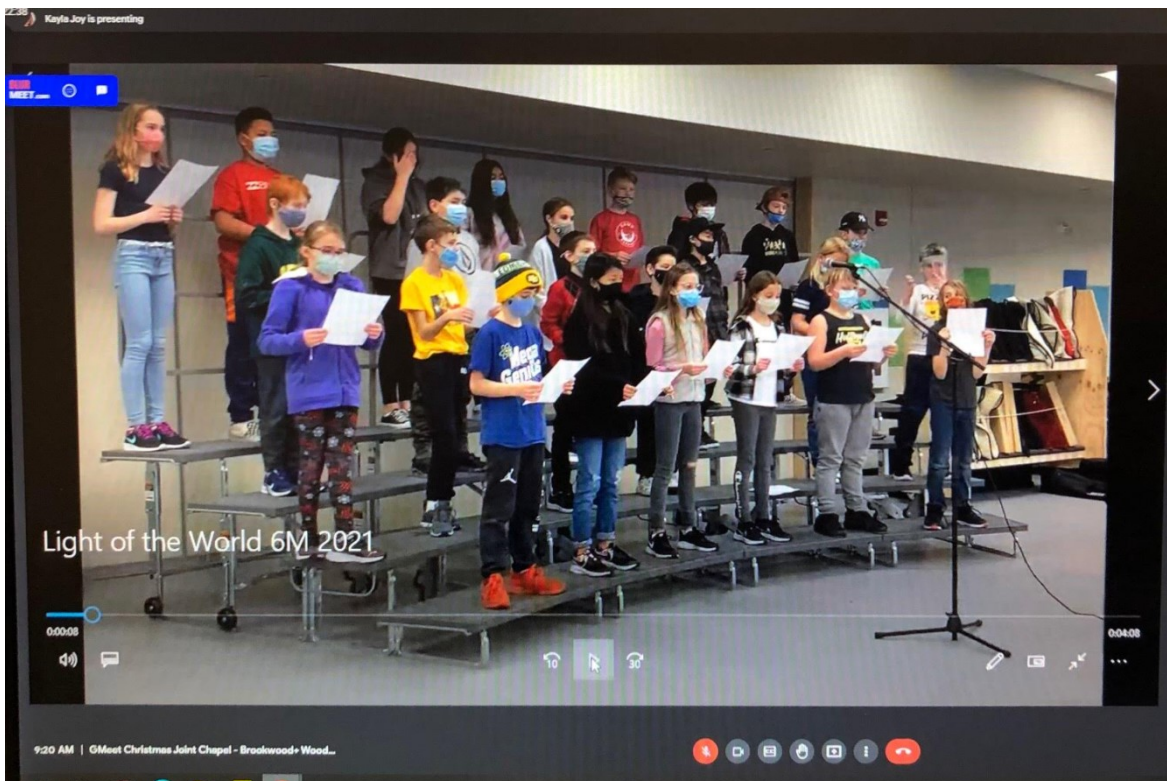
**NEIGHBOURLINK PARKLAND**

By appointment 780-960-9669

## December Photo Gallery



**Top:** Rev. Brett Esslinger, Lead Pastor West Edmonton Christian Assembly shares a Christmas message during Joint Chapel with Brookwood MCP on Dec. 21st.  
**Bottom:** 6M preforms via video for Christmas Joint Chapel.



## December Photo Gallery



**Top:** A couple of candid pictures from the playground.

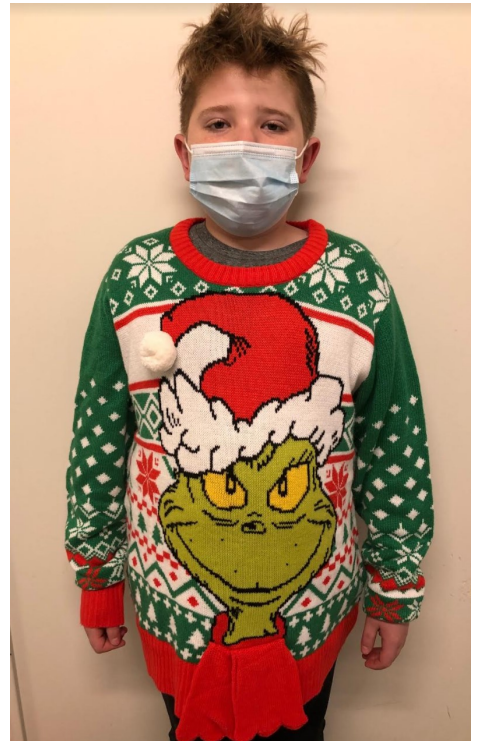
**Left & Bottom:** Kids in their finest Christmas regalia.



## December Photo Gallery

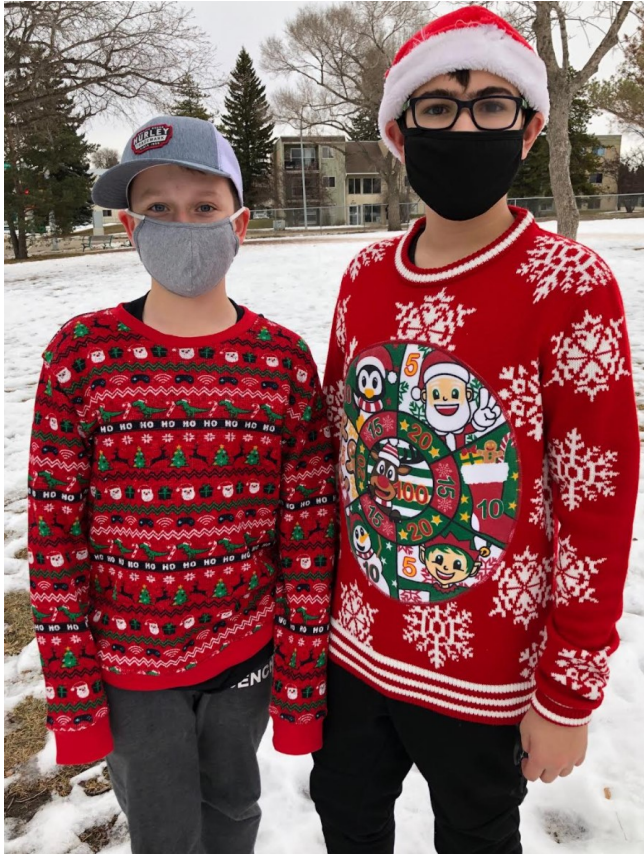


**This Page and Next:** Students and staff step it up for Ugly Christmas Sweater Day.





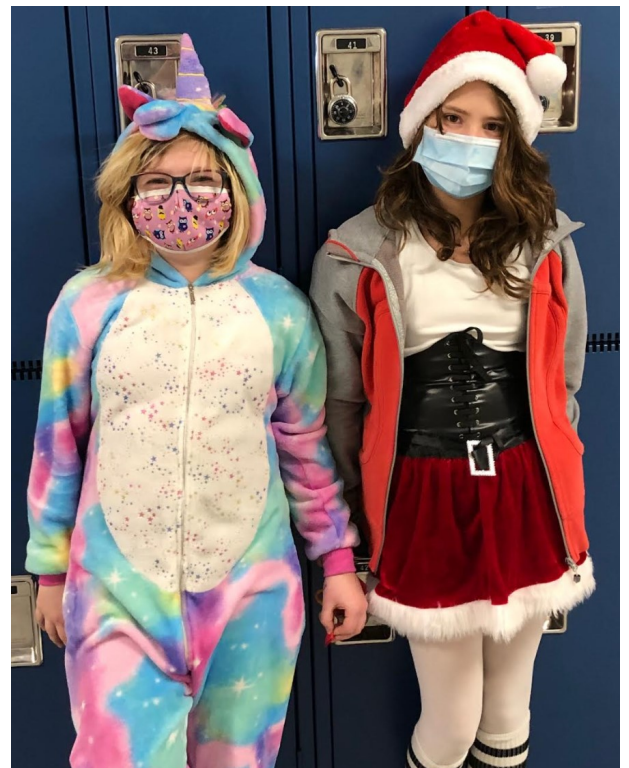
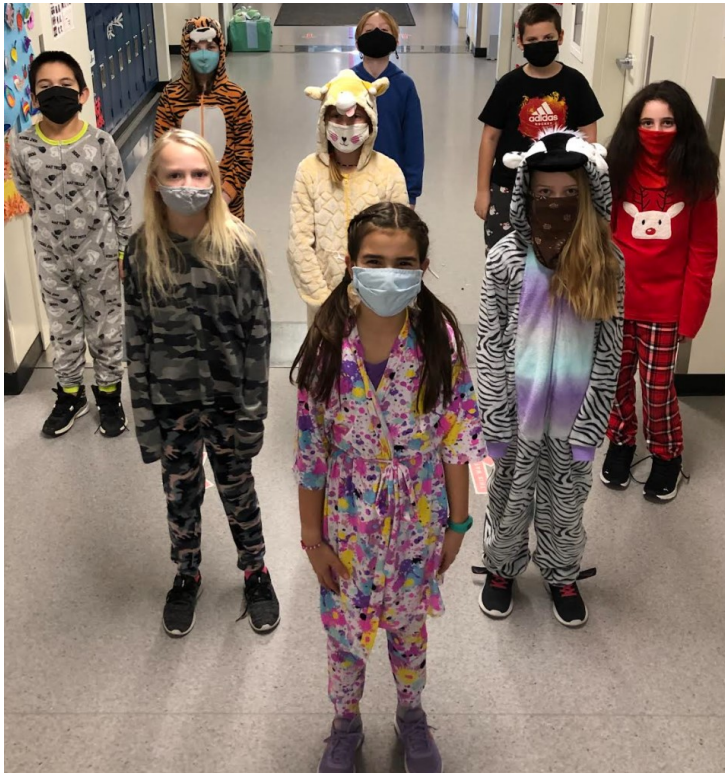
# December Photo Gallery



## December Photo Gallery



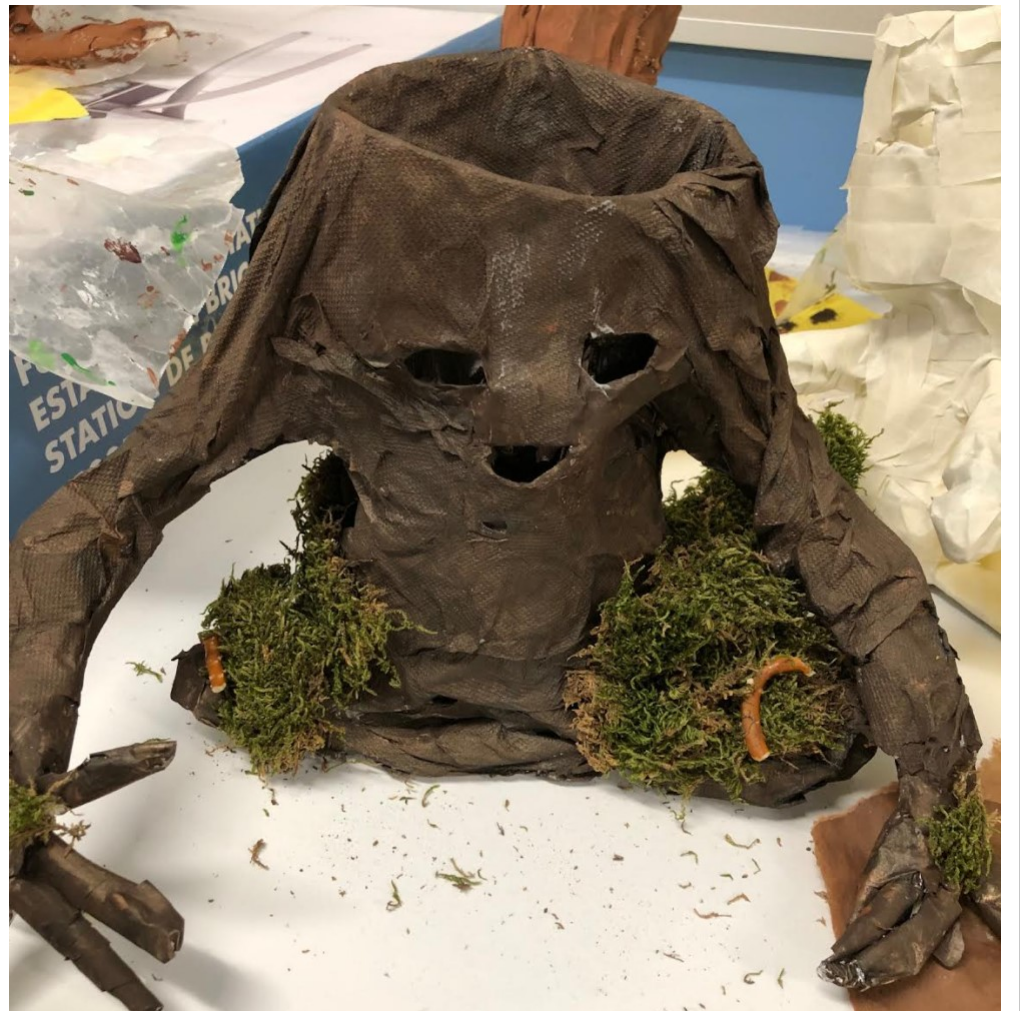
***This Page:*** Chipmunks, tigers, elves, and the odd Pikachu or two, (with some antlers and horns thrown in for good measure), students pose in their slumber finery for Christmas Pajama Day.



## December Photo Gallery



**Top & Right:** The grade six Art Class's paper mâché scary tree stumps on full display



## December Photo Gallery

**Right:**  
Gingerbread houses in Foods class.

**Below & Next Page:**  
Results from the annual door decorating contest.



# December Photo Gallery



## December Photo Gallery



**Top:** New signage in the school's workout space.

**Bottom:** Students receive instructions from Mr. Chan in Physical Education Class.



## December Photo Gallery



**Top:** Gr. Seven Industrial Arts students show off their handiwork from Term One.



**Bottom:** Cruel and unusual punishment from Mr. Bock after his students suffer the consequences of a not so friendly wager from an Oilers' loss in December.

December Photo Gallery

*Happy New Year from all of us at  
Woodhaven Middle School!*

