

WOLFPACK HOWLER

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Key Dates:

Gr. 8/9 (Non-COVID) Immunizations	Feb. 3rd
Teachers' Convention (No School)	Feb. 10th/11th
Virtual Parent Council Meeting	Feb. 16th
Professional Development Day (No School)	Feb. 18th
Family Day (No School)	Feb. 21st

Principal's Message

While it has only been three short weeks since the last newsletter, there is still much to talk about. But before I begin, I would like to express to you my gratitude for your prompt responses when we call you to ask for a pick up when your child is feeling unwell. It is beyond an inconvenience to drop what you were doing at home or at work and come to the school to pick up your sick child. Your cooperation and understanding make us feel supported and appreciated. Again, for this, I thank you. Now, as we head into February, this is what I would like to share with you:

Woodhaven Masks and Rapid Tests

On Thursday Jan. 13th, Woodhaven received its first shipment of rapid test kits and surgical grade masks from the provincial government. By all accounts, we were fortunate as there are still schools who have yet to receive these items. Our goal was to get these items into the backpacks of students, whose parents/guardians completed the survey, before the end of the day on the 14th, and with the contributions of staff, we did it! With roughly 430 students in the school,



each receiving 20 masks each, we managed to count out and sort 8600 masks in less than half a day. With the five rapid tests students received, it was anticipated that students would be able to test twice a week for two-and-a-half weeks. However, with the aforementioned backlogs that have been attributed to supply chain issues, there's a strong possibility that we may not receive the next 'wave' of tests as soon as we would have hoped. Rapid test and masks are only distributed to families who requested these items on the Google Form sent out in early April. If you did not get the opportunity to fill out the rapid test/mask request Google Form and would like to receive these items, please contact the office and we will be happy to help out. If you completed the form and received your items, you do not need to complete the form again; the masks and rapid tests will be sent home with your child when the next shipment arrives.

School Based Reported COVID Case Counts

As you have likely heard, due to the omicron surge, the provincial government is only offering PCR testing to individuals considered to be high risk. As a result, AHS is no longer reporting positive cases to schools and school divisions. However, in an effort to keep parents and guardians updated, PSD schools are providing weekly updates on the latest self-reported absences related to COVID 19. These numbers are updated on Fridays and offer a week by week comparison of total cases broken down by grade. You can find the link to this data on the school home page, <https://woodhaven.psd.ca>.

AHS Daily Checklist/PSD

For your convenience, I have included the latest COVID-19 AHS Daily checklist on pages three and four of this newsletter. Often, children, particularly those in the lower grades, do not always tell parents or guardians if they are experiencing COVID symptoms before heading to school. By having your child(ren) complete this checklist every morning does much to ensure the safety of Woodhaven students and staff, as well as minimizing the hassle of having to come to the school to pick up a child who is experiencing symp-

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

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Woodhaven Middle School

toms. As well, the PSD Stay at Home Guide is a valuable resource to help understand the often confusing requirements when your child is feeling symptoms or has a positive rapid test result. You can find the guide on page five of this newsletter.

To help make informed decisions about students and classes, we ask that you please let the office know if your child has been a close contact of a positive case, has symptoms, or has received a positive rapid test result. Not only will this will help us in keeping our case count results as accurate as we can under the circumstances, it will also let our office staff clarify any further steps that may need to be taken.

PowerSchool Lock-down/Report Cards

With Winter Break running a full week into January and an already shortened February, second term report cards will quickly be upon us. Like laws and sausage, with report cards, and in particular, report card comments, it is better not to see them being made. As a result, we will be locking down PowerSchool to parents and students a little earlier this term. The web portal will be unavailable from Feb. 17th until report cards are issued online on March 18th. However, if you have any questions about assignments or grades, you can always check on your child's Google Classroom or contact the teachers directly with any concerns you may have.

Non-COVID Immunizations Through February and

March, Alberta Health Services will be setting up in the school to provide immunizations to our grade nine students on Feb. 3rd, and to our grade six students on Mar. 3rd. In addition to these immunizations scheduled in grades six and nine, current grade seven and eight students who did not complete their grade six vaccinations due to the pandemic will receive these doses as well. Grade eight students will receive their shots on Feb. 3rd, grade seven students will receive theirs on Mar. 3rd. I feel it is important to stress that **these are NOT COVID-19 vaccine or booster shots.** Rather, these are inoculations that are administered to students for such diseases as Hepatitis B, Human Papilloma Virus, Diphtheria-Tetanus-Pertussis and Meningitis. **All vaccines administered at the school by AHS require signed parental consent.** For more information please turn to pg. 16 of this newsletter. If you have any questions, then by all means please contact Ms. Enders or me at the school.

Teacher's Convention/PD Day/Family Day

If February wasn't short enough, I need to draw your attention to some key dates this month. Students will be off from school on Feb. 10th & 11th for Teachers' Convention, Feb. 18th for staff professional development day and on Family Day, Feb. 21st. And a reminder, Spring Break runs from March 21st to the 25th.

Basketball Season

With six basketball teams, the extra space provided

by the new gymnasium has been a welcome addition. All of our teams have been participating in both league play and tournaments. We have also had the opportunity to run our usual schedule of basketball tournaments at the school. However, this is the first year we have been able to run two courts here at the school; it has been nothing short of amazing. While it is fantastic to have students participating in extracurricular activities, unfortunately at this time we are unable to permit spectators. That said, we are live streaming games for those who would like to watch through the YouTube platform. For the link, please contact your child's coach. Since the pandemic started, we have had painfully few opportunities to invite you into our new and renovated spaces. Here's hoping that sooner than later, 2022 will finally give us the opportunity to share our wonderful new school with ALL members of the Woodhaven community.

Final Thoughts

February marks the mid point of the school year. It is the time when we begin the process of preparing for 2022-2023. Soon, we will be moving towards transitioning our grade nines to high school and welcoming the grade four students to Woodhaven. On this topic, or any other, 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.

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 case⁴ 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.	Has your child been a household contact of a case⁴ 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, 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 immunized⁵:</p> <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 <p>If child answered "YES" and they are fully immunized⁵ proceed to question 2: If child answered "NO" to question 1, proceed to question 2</p>			
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
<p>If the child answered "YES" to any symptom in question 2:</p> <ul style="list-style-type: none"> If the child is fully immunized⁵ they are required to isolate for 5 days from onset of symptoms or until symptoms resolve³ 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) OR If they are NOT fully immunized⁵, they must isolate for 10 days from the onset of symptoms or until they resolve³ whichever is longer OR Until symptoms resolve³ if they receive a negative PCR COVID-19 test OR Until symptoms resolve³ if they receive two negative rapid antigen tests, with at least 24 hours between tests 			

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

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

⁵ 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:			
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

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



PARKLAND
SCHOOL DIVISION

Monitor your child's symptom(s)

- If your child is sick, he/she should stay home until they feel better.
- Refer to the [Alberta Health Daily Checklist](#) for complete instructions.

Core symptoms:

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

You are legally required to self-isolate your child if he/she exhibits any of the core symptoms of COVID-19.

Other symptoms:

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

1 symptom: Stay home for 24 hours, get tested if symptoms don't improve.

2+ symptoms: Get tested and stay home until well or test is negative.

At-Home Rapid Testing

Albertans who do not meet the high-risk exceptions are not required to book a PCR test if they get a positive result from a rapid antigen test. Please follow the [Alberta COVID-19 Rapid Testing Guidelines](#).

+ POSITIVE WITH SYMPTOMS +

- **Isolate immediately**
Fully vaccinated: 5 days or until symptoms resolve, whichever is longer, plus 5 days of wearing a mask at all times when around others outside of home.
Not fully vaccinated: 10 days or until symptoms resolve, whichever is longer.
- **Do not continue rapid testing.**
- **Book a PCR test, if eligible.**

+ POSITIVE NO SYMPTOMS +

- **Isolate immediately**
- **Take second rapid test in 24 hours:**
 - If **negative**, isolation can end unless you develop symptoms.
 - If **positive**, continue isolating and book a PCR test, if eligible.

- NEGATIVE WITH SYMPTOMS -

- **Isolate for 24 hours**
- **Take second rapid test in 24 hours:**
 - If **negative**, continue isolating until symptoms resolve before cautiously resuming normal activities.
 - If **positive**, continue isolating:
Fully vaccinated: 5 days or until symptoms resolve, whichever is longer, plus 5 days of wearing a mask at all times when around others outside of home.
Not fully vaccinated: 10 days or until symptoms resolve, whichever is longer.

- NEGATIVE NO SYMPTOMS -

- **A negative result does not rule out infection.** Isolation is not required but continue monitoring symptoms and following all public health guidelines.



REMEMBER:

It is a parent's responsibility to screen their child for symptoms each day before school. Refer to the [Alberta Health Daily Checklist](#) for instructions.



STAY INFORMED

Visit psd.ca for current COVID-19 information from the Division.

Scan this code for
Alberta's symptoms
and testing info.



January School Council Meeting Highlights

Spruce Grove **Trustee Anne Montgomery** joined council for the second consecutive meeting. She noted that there had been three board meetings since the last parent council in November. Since then, the board approved the audited financial statements within the division budget of about \$1.30M. Trustee Montgomery highlighted that PSD has a surplus of about \$3.6M from last year. This year PSD has a \$2M deficit due to additional COVID funding. She also discussed how the provincial government's learning recovery grants were being utilized to create Literacy Facilitators in schools. She also stressed how the one thing she has control over is that she can read books with her kids.

The board has also directed senior executive to look at the utilization of schools. For example, while Woodhaven now has the capacity to take on more students, Copperhaven and Prescott are on the edges of town and are full. To address this, the first step is to have an independent third party look at the situation and provide numerous scenarios. The report was presented to the board and is available on the PSD website. While the report provides a laundry list of options, the next step is to have a detailed look at all the suggestions and remove the options that the board does not want to delve into further. Trustee Montgomery asked parents and guardians to email trustees with preliminary thoughts. Before any deci-

sions are to be made, there will be opportunities for detailed stakeholder engagement. This decision will hopefully be made for the 2023 start.

Next, Mrs. Kelly Aulenbach, a Masters student in counseling psychology from City University in Seattle and social work practicum student Mr. Riley Bates, provided council with their insights on their roles, responsibilities, and impressions on their time at the school so far. Mrs. Aulenbach is currently working with individual students, building self-esteem, building groups within a child friendly and child centered approach. She will have completed her required practicum hours at end of March/early April and will have completed her degree by the fall. Mr. Bates related that a regular day at the school includes hanging out with kids and building relationships. While he does not do counseling work, he does help with homework, regulation, and supporting kids in returning to class when they are struggling. He promotes communication and socialization skills at lunch for a group of students (Recess Club) and even provides guitar lessons to a student at lunch. He is at the school Tuesdays and Thursdays and should complete his practicum at the end of March.

In his **Principal's Report**, Mr. Shaw provided a COVID update indicating that the school received its government supplied masks and rapid tests the previous Thursday. He offered that the rapid tests provide the school with

more accurate information regarding probable COVID numbers in the school. He also let council know that the school's weekly COVID numbers would now be posted on the school website and updated on Fridays. He added that despite staff absences, there were enough subs in the school to cover classes. After being asked at what point do classes go online, Mr. Shaw said that while there is no clearly defined number, if a class moves to remote learning, it will likely not be because of student COVID cases, rather it will depend on operational numbers; basically, does the school have enough adults to cover classes? Moving an entire school online requires the approval of Alberta Education. Council was presented with two options regarding next year's school division schedule, expressing their preference for having Fall Break occur after Remembrance day rather than before. Council also asked for more information regarding funding the online GoZen! programs which helps kids thrive by transforming their worry and other tough emotions into skills of resilience. They will revisit this at the February Meeting. Council was presented with the current state of fundraising in the **Association Report**, including an update on the Christmas online 50/50 draw. Lastly, council decided that due to COVID restrictions, combined with ample food available to students at the school, the Hot Lunch program would continue to be suspended in 2022.

The next School Council Meeting will be held Virtually on Wed. Feb. 16th, 2022 at 6:00pm. Invitations will be sent out on the week of Feb. 7th.

A Few Questions For Parent Council Vice-Chair Lei Gryshik



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

To start, tell us about your child(ren) at the school?

I have 2 boys at Woodhaven. One in grade 6 and one in grade 9.

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?

What many people don't realize is that a lot of the extra items in schools that are used to positively impact students are paid for by fundraising associations, and not the school itself. And it is the Council who officially asks for those items to be funded for, not staff.

Schools have a notoriously hard time finding parents to do the fundraising. I helped fill the need in our elementary school, and continued as we moved to Woodhaven. As for school council involvement, that is how parents can learn about the ins and outs of education, and literally have an impact in the direction of the school. Also it has set an example for my children, and it has encouraged them to seek out their own opportunities to be involved.

Last year you served as the chair of the Parents Association, the fundraising arm of Parent Council. This year you are Vice Chair of Parent Council. What prompted you to want to move into the Vice-Chair's position and what do you see as your role on council?

For the fundraising association I saw a need, and so I filled it. However, my heart has always been called to be involved with education

as an ally to both students and staff. Plus, after years of running fundraisers, I needed a break (and fresh eyes bring fresh ideas).

For the past two years you have served as the chair of Parkland School Division's Council of School Councils (COSC). What exactly is COSC and what role does it serve in the school division and in the province?

COSC is a meeting held 4-5 times during the school year, made up of parent representatives of any PSD council who chooses to be involved. It is facilitated by division staff, however it is held at the pleasure of parent councils. There is always an associate superintendent present, a PSD school trustee, often principals from various schools, and presentations from different employees in the division. It is an amazing way to collaborate with other school council parents, share ideas, learn things about the division you don't at a school level, and really make sure your school council voice can be heard at a district level. We are very lucky to have a COSC. It isn't very common in Alberta's school divisions, and the feedback we've gotten is that parents are happy with the cohesiveness it can provide.

What challenges and opportunities do you see for Parent Council for the last half of the 2021-2022 school year?

Challenges. Dare I say it? The "C" word. It's hard not being able to connect with other parents in the school building. We were really working hard on bringing in

events that could include all our Woodhaven families pre-"C", and while we're all tired of it, we are still not able to gather as we would all love to. As soon as we get the word though, movie nights are ON! As far as opportunities, when we gather virtually for school council meetings, it can be easier to join for busy parents who normally wouldn't be able to physically be there. Plus, it's easier to leave a virtual meeting if you have to log off than it is to walk out if it's in person. What advice would you convey to Woodhaven parents and guardians?

My best advice? First, get involved. However you can. It doesn't have to be a full time commitment. Even just a little involvement can make a world of difference in your school (and your child will see that you value their place there). Second, get to know the staff. Not just your child's teachers, but as many people as you can. Teachers, admin, secretaries, custodians, educational assistants... Try to learn their names, their faces. Say "Hi" when you see them. All the staff at our school are there for the same reason, our children. We're all united in the common goal of doing the best we can for our kids. Fostering relationships with the staff at both schools my children have attended has really added value to our lives. Our schools have always felt like an extension of our family, and I feel confident that there is always someone my children can go to who will work with me if a need arises.

Counselor's Corner—Mrs. Scheidl

Let's Talk Mental Health Day was on Wednesday, January 26 and Woodhaven classes joined in to help drive meaningful progress in mental health. Many grades continue to focus their Health class conversations around Mental Health check ins and coping strategies.



Pink Shirt Day is Wednesday, February 23rd! Students and staff will be wearing pink and show acts of kindness. By wearing pink on February 23rd it reminds us to practice kindness, empathy and compassion, and to speak out against bullying!



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 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 - 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.



Caregiver Education Sessions

These 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth. This month's sessions look at:

- **resilience in parenting,**
- **technology and the teenage brain,**
- **body image and eating disorders,**
- **sleep and your family's mental health.**

<https://www.cyfcaregivereducation.ca/newsletter>

Lunch & Learn Webinars

In our 60 minute lunchtime webinars, we will be wrapping up and then restarting our four part series on **understanding anxiety** and managing the feelings, thoughts, and behaviours that can come with it. We are also offering lunch & learn sessions on **ADHD, mindfulness for the whole family, and depression in adolescents.**

Drop-In Series

For those looking for strategies when parenting elementary school-aged children, we are continuing our **SEEDS Growing Together** series every Thursday evening. This month, we will be discussing **supporting structure and routine, managing meltdowns and shutdowns, problem solving skills, and effective consequences.** These evening sessions run for 90 minutes and participants are welcome to register for one, more, or all of the sessions in the series. We are also continuing our **Mental Health and Resiliency series** where we will look at supporting resilience through **strengthening connections and positive communication that promotes growth.**

To register for a session, follow the links found in the attached newsletter or visit:

<https://www.cyfcaregivereducation.ca/virtual-education>

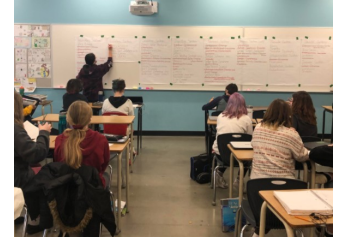
Visit our website for tip sheets, videos, and more! www.cyfcaregivereducation.ca

Class Action: Gr. 8A & 8B Language Arts/Science Body Systems Expository Writing



Taking a page from the old adage of killing two birds with one stone, we once again focus on 8A and 8B and their Body Systems Expository Writing Assignment which relates to their current Science unit on

then moved, for the very first time since the completion of the new addition, into our entrance/Plaza for the next part of the assignment. Because of the sheer size of the plaza, both classes were able to work on the assignment at the same time: all while respecting social distancing rules. Students were broken into large groups to generate the lists of diseases that form the topics for the expository writing. Between them, the groups generated and synthesized the lists to create 82 possible choices of diseases! Because of the open space, the lists were posted throughout the walls in the



area.

Next, to avoid the doubling up of topics, the students returned to the classroom where a random digital spinner was used to allow a fair and equal opportunity for each student to pick a disease to use as the topic for their project. The final step was having the students complete a five paragraph research essay on a disease they had chosen.

For more student pictures visit page 22 of this newsletter.

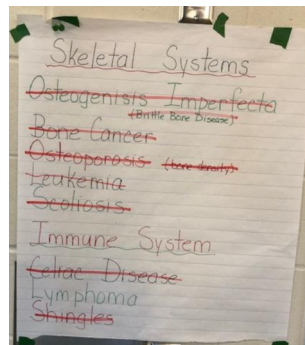


body systems. This is an activity that merges the outcomes from both the Language Arts and Science curricula. In the classes leading up to this activity, Mrs. Denet (the L.A. half of the project) lead the students through writing an expository piece. In their Science classes, Mr. Peet lead the students through five of the major body systems (circulatory, respiratory, digestive, nervous, and excretory systems). Once these steps were completed, the classes

Plaza. The students were also afforded the opportunity to work and the mobile cafeteria tables that are typically located in the grade five/six common



While working in the Plaza for the first time was a highlight for the assignment, as mentioned earlier, what made it unique is how the same assignment was assessed on outcomes from two different subjects. The organization and mechanics (spelling, grammar, syntax) were evaluated from a Language Arts Perspective, while the content and research were assessed from the Science side. The assignment was an excellent example of what cross curricular outcomes look like in action.



WOLFPACK ATHLETICS— —PE Update—Basketball—School Clothing Order

Follow us on our
Athletics Insta-
gram Account
@Woodhaven
Athletics
[https://www.
instagram.com/
woodhavenathlet-
ics/](https://www.instagram.com/woodhavenathletics/)



Woodhaven Junior Jam
- Junior A - Jan. 27/28/29



Woodhaven Winter Invitational
- Junior B - Feb. 3/4



Woodhaven Hoops Classic
- Senior Feb. 24/25/26

PE Update

January was a great month in PE land. Our classes played a variety of cooperative and team games. We also started our dance unit. Our dance unit looked very different once again this year. In years past we mixed a large number of social mixers with line dances, but this year we only did our line dances. We even converted a few social mixers into line dances! Our students even rocked a fun impromptu “dance test”. It was great to see our students work hard, while having fun in the dance unit!



Woodhaven Basketball

Basketball season is in full swing. Once again we are very proud that we have 6 teams. All of our teams are finding success, developing our skills, and having fun! Our Senior Boys and Girls and our Junior A Boys and Girls are all participating in the Parkland County Athletic Association (PCAA) premier league. Our Junior B boys and girls play a number of different exhibition games. County Championship playoffs for the Junior A's and Seniors start at the end of February.

A big thanks goes out to all of our basketball coaches for all of their time and efforts with our student-athletes. This season we are very fortunate to have

a few community coaches and lots of staff help.

Senior Girls - Mr. Chan, Ms. Butler, and Ms. Furminger
Junior A Girls - Robyn & Dave Oldham and Madeline Klack
Junior B Girls - Ms. Butler and Ms. Furminger
Senior Boys - Mr. McLachlan and Mrs. Hudson
Junior A Boys - Rob Killen
Junior B Boys - Mr. Bock, Mrs. Cresswell, and Mrs. Pirie

Basketball Tournaments

Not only do our basketball teams play league and exhibition games, they participate in a variety of tournaments. With our incredible facilities at Woodhaven we are hosting a tournament for each of our teams. Good luck as our teams host and participate in the following tournaments here at Woodhaven. Unfortunately, at this time spectators are still not allowed, but the PE team has been working hard to live stream the games!

School Clothing Order

Our school clothing order has arrived. Students and staff that ordered some Woodhaven gear have received their orders and are looking great! If anyone did not receive their order, please talk to Ms. G in the office. In the coming weeks, we are hopeful to have a “pop up” clothing sale of a few extra items that we ordered.

Skating Unit

The Skating Unit in PE will be starting towards the end of February. We have some ice booked at Grant Fuhr/Stu Barnes Arena that goes into March. Students are asked to bring in



skates and a CSA approved hockey helmet. We will be walking to and from the arena during each PE block. If any students do not have skates or a CSA approved hockey helmet, the school has some they can borrow on a daily basis. If any families have any extra skates or helmets they no longer require, we would gladly accept them as a donation. Students can also bring a hockey stick for the skating unit, but are reminded that they will not be permitted to bring a hockey stick on a school bus as per PSD transportation policies.

December Athletes of the Month

Congratulations to the following student-athletes for being recognized as the December 2021 Athletes of the Month. These student athletes are all valuable members of a Woodhaven basketball team and participate in community sports!

Ally F,
Ben H,
Graysen M,
and Grace K.
(See pg. 29 for pictures)

Instagram Account

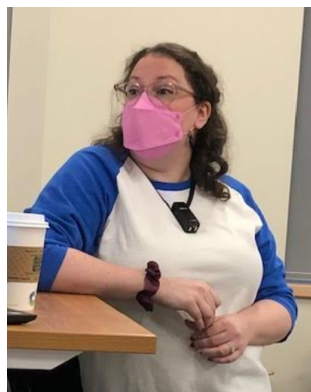
Follow us on our Athletics Instagram Account @WoodhavenAthletics
<https://www.instagram.com/woodhavenathletics/>

Hello, Goodbye, and a Belated Welcome



Follow us on
Twitter:
[@woodhavenMS](https://twitter.com/woodhavenMS)

After spending the last year at home with baby Kohen, we are happy to welcome back Ms. Young. But wait, Ms. Young isn't Ms. Young anymore, now she's Mrs.



Refugia (truth be told, she has been Mrs. Refugia for a few years now). For those new to Woodhaven this year, Mrs. Refugia is our grade seven Social Studies and Language Arts teacher; she will sharing the team teaching role with Mrs. Schaber in 7A and 7B. However, in previous years she has also been the driving force behind our well

respected Drama program and our Drama productions. We are happy to have her back at the school.

However, as one door opens, another one closes. With Mrs. Refugia back it is time to bid farewell to Ms. Perras. Ms. Perras actually started at Woodhaven during her final practicum just under three years ago. She so impressed us that when Mrs. Refugia took her leave, we knew that Ms. Perras was more than ready to step up and step in. We need to thank her for all she done for our school and our students over the course of the last



five months. Farewell Danielle, we wish you best ton your future endeavors.



Lastly, we'd like to offer a belated welcome to Mrs. Pam Pirie who joined our school in mid November filling in for Mrs. Harland in the Library. In addition to working at the Spruce Grove Public Library, Mrs. Pirie was previously working at Copperhaven School. With her passion for reading and the great work she does with our students she has been a welcome addition to or school staff. Once again, welcome Mrs. Pirie.

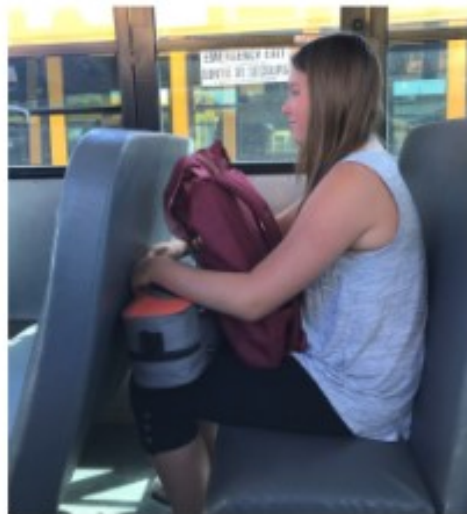
Right: The Jr. A Girls wear smiles behind their masks as they celebrate a first place finish at our very own Woodhaven Jr. A Jam Basketball Tournament.



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 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

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 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.





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 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

Email: 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

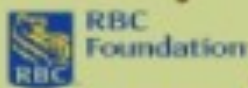
and ongoing skill development for overall wellness

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

I NEED IMMEDIATE HELP Call 911

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

I DON'T EVEN KNOW WHERE TO START?



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



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

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

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

I NEED A DOMESTIC ABUSE SHELTER

Alberta Council of Women's Shelters	
.....	1-866-331-3933

I NEED DETOX SUPPORT

George Spady	780-424-8335
AHS Detox Centre.....	780-427-4291
Youth Edmonton Detox.....	780-422-7383

I NEED A SAFE CONSUMPTION SITE

Boyle Street Community Serv... 780-424-4106	
George Spady Centre	780-424-8335
Boyle McCauley Health Centre	780-422-7333

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Addictions and Mental Health (adults).....	780-424-2424
Youth Addiction Services	780-422-7383
Access Open Minds (youth 15-25) ...	780-415-0048
Child and Adolescent Mental Health Services	780-342-2701
Westview PCN Youth	
Mental Health Clinic (ages 11-24) ...	780-960-9533

I NEED HEALTH INFORMATION

Health Link Alberta (24/7)	811
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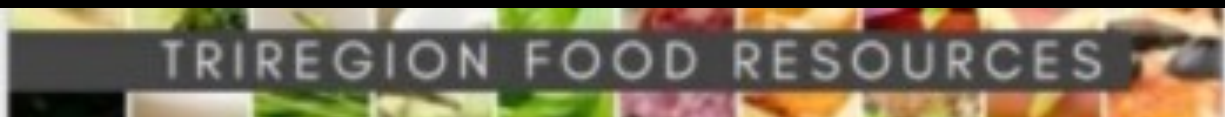
WHERE CAN I FIND FOOD?

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

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

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




TRIREGION FOOD RESOURCES
FOOD HAMPERS
PARKLAND FOOD BANK

105 MADISON CRESENT, SPRUCE GROVE

Monthly Food Hampers

By appointment,

780-962-4565 ext. 1

Tuesdays 8:30AM-4:30PM

Wednesday 8:30AM-2:00PM + 6:20-8PM

Friday 8:30AM-4:30PM

Saturday 8:30AM-12:30PM

WECAN FOOD BASKET

5600-50 ST, STONY PLAIN

Fresh Nutritious Affordable

Food Basket

780-9xx-xxxx

Order by first Friday, pickup on third Thursday of Month

Monday - Friday, 9AM-4PM

COMMUNITY MEALS
AUGGIE'S CAFE

131 CHURCH RD, SPRUCE GROVE

Drop-in for Bagged Lunch Take Out

Tuesdays 12-1PM

FOOD FOR THE SOUL

49 BOULDER BLVD., STONY PLAIN

Drive by Meal to Go

First and Third Saturday 10AM-1PM

COMMUNITY TABLE

180 CENTURY ROAD, SPRUCE GROVE

Hot Meal to Go for Pick Up

Last Friday of the month, Sign up at

<https://sgcconline.breezechms.com/form/communitytable>
or call 780-962-5611

BASIC NEEDS HELP
COMMUNITY HELPS TEAM

180 CENTURY ROAD, SPRUCE GROVE

By appointment

780-962-5611 / 789-306-1955

helps@sprucegrove.church

NEIGHBOURLINK PARKLAND

By appointment 780-960-9669

January Photo Gallery



This Page: It was a January filled with wild swings in the weather. On this page the grade fives and sixes enjoy the unseasonably warm weather at recess.



January Photo Gallery



Top Left & Right: A perfect January day for snow men and snow forts (and even snow forests).

Bottom: Story time with Mrs. Pirie in the Learning Commons.



January Photo Gallery



Top Left: There are few greater pictures of Canadian determination and fortitude than this picture of the bike racks taken on a cold January morning.

Top Right: Working in the plaza.

Bottom Left: Nolan and Allister show off their new 'Friends' themed Woodhaven Swag.

Bottom Right: Phys Ed (ph)lexibility.

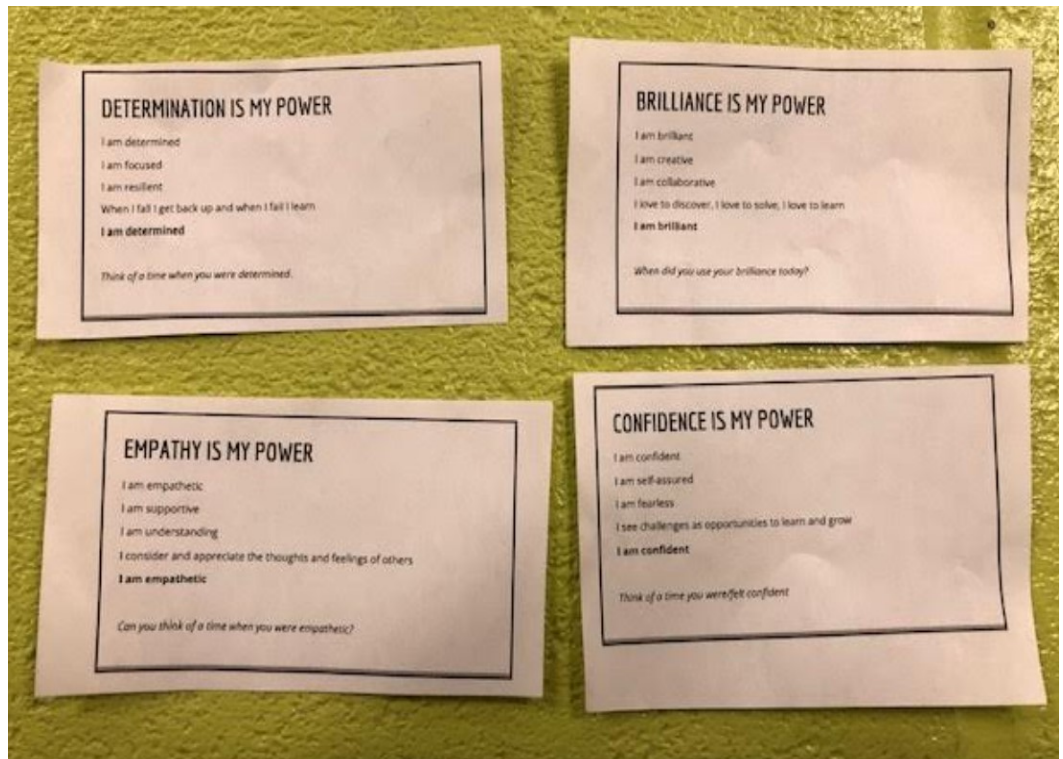


January Photo Gallery



Top: Mrs. Stavreski's grade 5B class works through a 'My Power' wellness exercise in the Gr. 5/6 common area during health class on 'Let's Talk' day, Weds. Jan. 26th.

Right: A sample of the affirmations presented to the 5B class.



January Photo Gallery



Top Left & Right: The Jr. A Boys and Girls both take third place at the St. Thomas Aquinas Tournament.

Bottom: The Jr. A Girls await their first place prizes at the Woodhaven Jr. A Jam Basketball Tournament.





Above: The Woodhaven WolfPack December Athletes of the month with their respective awards/T-Shirts.