

WOLFPACK HOWLER

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Key Dates:

Gr. 6/7 (Non-COVID) Immunizations	Mar. 3rd
Parent Council Meeting	Mar. 16th
Report Cards Available Online	Mar. 18th
Spring Break (No School)	Mar. 21st–25th
Professional Development Day (No School)	Mar. 28th

Principal's Message

Hello everyone. As the days get longer and the weather (hopefully) begins to improve, thoughts of spring give way to preparation and planning for the 2022-2023 school year. As such, we have much to talk about in this month's Howler:

Woodhaven Masks and Rapid Tests (Round II)

The second round of Alberta Government provided masks and rapid tests were distributed to Woodhaven students over the last two weeks of February. If you had previously requested these items and did not receive them, I invite you to contact the office. It is anticipated that we will receive a third and final round of tests and masks sometime in March.

School Based Reported COVID Case Count Update

I am happy to let you know that our self-reported COVID case counts continue to trend downwards. While it is important to keep in mind that these are self-reported case counts, the numbers are down considerably from the numbers we experienced in mid-January. You can find the link to this data on the school home page, <https://woodhaven.psd.ca>.

AHS Daily Checklist/PSD Stay at Home Guide

And on the previous note I need to ask that you continue to complete the COVID-19 AHS Daily checklist with your child(ren) located on pages 12-13 of this newsletter. While things are definitely looking up, we still need to be vigilant when it comes to any symptoms your child may have. Thank you again for your consideration and cooperation.

Attendance Area Review

With enrollments increasing within PSD, the board of trustees has initiated an area attendance review. At a recent meeting, trustees voted which recommendations they will continue to explore and which recommendations they will not be exploring at this time. While the review makes recommendations for schools across the division, for Woodhaven specifically, the recommendations trustees voted to pursue allow for the MCP programs to remain at their current locations at Brookwood and

Woodhaven. Prior to the administration's final recommendations, the next steps call for extensive community engagement. Parents and Guardians will receive further information and ways you can contribute your feedback to any recommendations that have a direct impact on Woodhaven.

Open For Spectators

With the lifting of COVID restrictions in mid-February we have been able to welcome spectators back to the school just in time for basketball tournaments and playoffs. The return of spectators has been a long time coming. I have had the opportunity to welcome many of you back into the building and it has been wonderful to connect with so many of you face to face.

Grade 9 Transitions

On Feb. 23rd, our grade nine students were paid a visit from Spruce Grove Composite's Mr. Mark Rose, Assistant Principal and 2022-23 grade 10 coordinator, and school counselor Mrs. Marie Porter. In this initial visit, Mrs. Porter and Mr. Rose explained the in's and out's of the registration process, course selections, graduation requirements, and the importance of getting involved in school activities. Next on the agenda is the S.G.C.H.S. open house currently slated for Thurs-

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

day, March 17th. After Spring Break, students will be selecting their courses, based on their current teachers' recommendations during Mr. Rose and Mrs. Porter's second visit in April. If you have any questions or concerns regarding the recommendation process or any inquiries about high school transitions in general, please feel free to call or email Ms. Enders or me.

2022-2203 Registration

As of Monday, February 14, the 2022-23 registration has opened up. To access this, you will need to log into your PowerSchool account (Parent Portal) and click on RSVP on the far left side. If you have any questions or require assistance, please email woodhaven@psd.ca, or call the school at 780.962.2626.

March School Council

As I mentioned at the beginning of this message, March is the time of year that we begin our planning for the next school year. Because of this, we have scheduled Cst. Gord Marshall, S.G.C.H.S.'s school resource officer (SRO), to join us at our meeting on the 16th. Cst. Marshall will be sharing his perspectives on the transitions from Jr. high to high school, as well as other insights as the SRO for both the Comp as well as M.C.H.S. He will also be available to answer any questions you may have. Invitations will go out in the second week of March.

I hope you'll join us.

PowerSchool Lockdown/ Report Cards

As I mentioned in last month's newsletter we have locked down the PowerSchool Portal until March 18th as teachers work on preparing grades and comments. Term II report cards will be available online through PowerSchool at the end of the day on Friday March 18th. In the meantime, I recommend that, if you have any questions about assignments or grades, you can always check on your child's Google Classroom or contact the teachers directly.

Stronger Together Newsletter

Each month, Parkland School Division's Learning Services team compiles a newsletter for parents and guardians of students. Inside you will find information, opportunities and strategies to help you and your family connect with us on your child's educational journey. Each month they provide information about mental health and ways to support your family. This month the newsletter includes features on parenting teenagers with a focus on teenage brain development. You can download a PDF copy of the document using the link found at the bottom of the page.

Non-COVID Immunization Reminder

On Mar. 3rd, our current grade seven students who did not complete their grade six vaccinations due to the pandemic will be

receiving their shots for such diseases as Hepatitis B, Human Papilloma Virus, Diphtheria-Tetanus-Pertussis and Meningitis.

A reminder that these are NOT COVID-19 vaccines or booster shots. All vaccines administered at the school by AHS require signed parental consent. For more information please turn to **page 16** of this newsletter. As always, if you have any questions, please contact Ms. Enders or me at the school.

Farewell Mrs. Smith

I'd like to offer a farewell and express our gratitude to our educational assistant, Tanya Smith. Mrs. Smith joined us from Brookwood at the beginning of the year and has been a welcome addition to our already strong EA team. We wish her well as she moves on to another exciting opportunity in the private sector.

Gr. Seven Parents and Guardians Assurance Survey

Gr. Seven parents and guardians will be receiving a link to complete the Alberta Education Assurance Survey. Like all gr. Four, seven, and grade ten parents across the province, the survey invites stakeholders to share their opinions on how our school is doing in relation to quality of education. Your input directly affects how and what we do at the school, particularly with regards to our yearly development and improvement plans. Unfortunately, parent and guardian participation

Like Us on Facebook:



Woodhaven Middle School

<https://www.psd.ca/division/wellness-initiative/stronger-together-newsletter>

Maranatha Christian Program (MCP) Jan-Feb Highlights

We have tentatively set our date for our Easter Joint Chapel with Brookwood MCP for after Spring Break. Please see the April Newsletter for more details. A reminder that registration for MCP is open for the 2022-2023 school year. For those not already enrolled, please help us spread the word about our wonderful program. **In weekly in-class chapel/devotionals:**

Mr. Rink's 5MR - This month in 5R chapel, we have been digging into the practice of seeking the Holy Spirit in every small moment. What is God saying to us through our experiences with others, in what we see, hear, and read? As we still our busy minds and open the eyes of our hearts, I continue to be amazed at how God speaks to the kids' immediate cares and questions in the scriptures, devotions, and songs that we share, newly and freshly, no matter how many times we might have shared them.

Mrs. Joy's Gr. 5MJ - 5J has continued our daily morn-

ing devotional series, "Case for Christ, For Kids," where we have been hearing real life stories and illustrations that bring Scripture alive and help make it applicable to our lives. In our weekly chapel, we are concluding with the final installment of our video series "Bible Unearthed" this week.

Mrs. Woitas' 6M - 6M has been focusing our chapel time on prayer. We have studied the power and meaning in "The Lord's Prayer" and talked about the privilege we have in going before the Most High God and submitting our requests and praises to Him. The students have been intentional in praying for others' needs by petition and intercession, giving thanks, and praising God for who He is. I am so proud of their hearts to bring the needs of those around them and in our school community to our Lord Jesus.

Mr. Bock's 7M—In grade 7 we have just finished a complete study of the Gospel of Mark, reading it in its

entirety, and watching a video series that goes through the book from the actual locations in Israel - it has been very interesting and challenging! We have also been doing a future project, and been learning about financial wisdom. As part of this we have been working through many scriptures of the Bible to examine wisdom, stewardship, giving and generosity!

Mrs. Cresswell, Ms. Merkus, and Mr. Schock's 8M and 9M In both 8M and 9M we have been working through the Origins series. Origins aims to provide a learning environment that empowers young people to engage with Christianity. The series will consist of eight episodes looking at the nature of God and our identity, the meaning of Jesus's death, prayer, the Scriptures and a closer look at those who encountered Jesus. We have called it Origins because of the cultural fascination with superheroes origins stories. We love to find out the back story of people's lives.

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

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

rates have traditionally been quite low here at the school. I invite you to add your input on how we can improve our school. Your participation is appreciated.

Spring Break

I'd like to offer a quick reminder that Spring Break runs from March 21st to the 25th. As well, there is a professional develop-

ment day on the 28th, the Monday after Spring Break. There is no school during these dates. Students return to classes on Tuesday March 29th.

Final Thoughts

Typically spring is a season of new beginnings. With the lifting of COVID restrictions announced by the Premier on the 26th, it is my sincere hope that we

are safely moving towards a new normal. Specifically, I look forward to finally welcoming parents and guardians into the school. As always, please feel free 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.

February School Council Meeting Highlights

In his **Trustee Report** Spruce Grove board Member Mr. Eric Cameron began by highlighting the rapidly increasing costs of bussing. In addition to increasing fuel costs and the carbon tax, the exponential rise in insurance costs are adding to the expense of student bussing across the entire province. He further explained that the Parkland School Division operates one of the largest regional transportation systems in the province to provide safe, effective and efficient transportation services to PSD and other jurisdiction students. He also stated that registration for the 2022-2023 school year opened on February 14. After reviewing the Parkland School Division Student Attendance Area Study completed by Edmonton Public Schools, Trustees directed administration to further explore the selected recommendations and report back at a future Board meeting. He added that there will be ample opportunity for robust stakeholder input. Trustee Cameron next discussed how upgrading to MERV 13 filters in all schools should be complete before the end of February. Mr. Cameron then highlighted the various ways in which the Student Services Team supports schools to provide an all-inclusive, safe, supportive, academic learning environment that serves the needs of a diverse population of students from K-12. A new Inclusive Education Parent and Community Advisory Panel will soon be calling

for applicants for a 2 year term to help the Division to strengthen our inclusive education system.

Lastly, Trustee Cameron commented on the Government of Alberta's announcement regarding New COVID Protocol Changes. Starting Feb. 14, masking on school busses and in schools would no longer be mandated, nor could students be denied access to schools or bussing whether masked or not and cannot be denied access based on personal vaccination status. All adults will be required to still mask until that protocol is rescinded. All other requirements of enhanced sanitizing and cohorting remain in effect.

Next, **Literacy Lead** (and Gr. Five Teacher) Mrs. Kayla Lyons as well Woodhaven's Assistant Principal Ms. Enders described the literacy materials that the school had recently purchased including guided reading books as well as leveled literacy intervention kits. With many opportunities for daily reading, the focus is to have struggling students reading closer to grade level more quickly than if they did not have these interventions. With other teachers becoming increasingly familiar with the materials, Mrs. Lyons commented that the school is seeing a huge growth in confidence with it not being uncommon to see students going up five reading levels within five weeks.

In his **Principal's Report**, Mr. Shaw conveyed the schools excitement of having spectators back in the school for extracurricular

activities. Though all adults are still required to wear masks and venues are limited to 1/3 capacity, the response from parents and guardians was fantastic. He also provided feedback on Council's questions regarding the online GoZen Anxiety program. While staff expressed interest, because GoZen is not an approved curricular resource, it could not be used in school health classes. It could however, with prior parental consent, be utilized in lunch and recess groups and possibly at home. Council motioned that the association consider options to fund the program on a trial basis. He next mentioned that the Assurance Survey would soon be open to gr. Seven students as well as their parents and guardians. Lastly, he announced that PSD School Resource Officer, Gord Marshall, would be at the next meeting discussing the SRO program as well as high school transitions. Association Vice-Chair Ashely Southworth provided and update on the Little Caesar's Pizza Fundraiser. Lastly, council Vice-Chair Lei Gryshik touched on the main topics of discussion at the recent PSD Council of School Council Meeting including recent hikes in insurance for the school division, the evergreening process of technology across PSD, as well as the latest updates surrounding COVID-19 procedures. The meeting concluded with conversation surrounding the upcoming virtual Alberta School Councils Association's upcoming virtual AGM on April 22-24.

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

A Few Questions For Parent Association Vice-Chair Ashley Southworth

To start, you currently have two children at Woodhaven, what can you tell us about them and what can you tell us about their experiences here at Woodhaven.

I have children currently enrolled in Grade 9 and one in Grade 7. They really enjoy Woodhaven. Both are active with sports within the school and enjoy taking part in WolfPack activities, and of course they love the new modernization. They spent most of last year on Virtual Learning; being back in the classroom this year with their peers and teachers, has been fantastic for them.

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 really enjoy supporting the school wherever I can. I have always been very involved in school Councils/Associations There is so much a person can learn and be a part of. As a association we support the school and Council by raising funds through various fundraising activities like Little Caesars Pizza, casinos, etc. We use these funds to help support programs like literacy, well-

ness programs, Chromebooks.... the lists goes on. This is why it's important for parents to be involved, so the Association can continue.

This year you have stepped into an executive position as Vice-Chair of the Parents Association, the fundraising arm of Parent Council. What prompted you to want to move into the Vice-Chair's position and how has your role changed within the association?

I volunteered on Association as Vice Chair as well last year, and it's great, we really work as a team. I wouldn't say my role has changed, we really work as one. I enjoy being involved and volunteering where needed. Fundraising is a fun area to volunteer in. There is so many different options of things to discuss, plan, manage. who wouldn't want to dive in?

What challenges and opportunities do you see for the Parent Association for the last half of the 2021-2022 school year? With COVID restrictions hopefully lifting soon, what are you most looking forward to with the association?



Hopefully we are looking towards a fresh start, without much challenge. We would love to start planning towards our Hot Lunch Program for Fall. With restrictions possibly lifting, we want to provide more fundraising opportunities, volunteer opportunities and just a overall room for growth.

Any words of advice for future Woodhaven parents and guardians?

If you have the extra time, please attend your school council/association meetings (all parents are always invited) or try to volunteer a time or two. I say this only because it's nice to be involved, it's nice to learn new things. Education is so interesting and our children are so important. They count on us.

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>**

Counselor's Corner—Mrs. Scheidl

March 17th, 2022 - Spruce Grove Composite High School Grade 10 Open House -this will be a great opportunity to view your new school, check out where classes will be held, view the various option suites and meet some of your teachers next year.

Virtual Caregiver Education Sessions 6:00 – 7:30 pm - a great way for parents to learn more about relevant issues in a virtual setting.

[LINK for more information, registration and sessions](#)



March 7 - Understanding Autism

March 9 - Substance Use: A Harm Reduction Approach

March 14 - Test Anxiety: Strategies for Success

March 16 - Understanding Depression and Self-Injury

March 21 - Mindfulness: Benefits for the Whole Family

Spring Break is almost here (March 19-28). Spring is also an exciting time to plan for sports, clubs and fun events. Here are just a few links to help your family stay active and healthy:

[-Summer activities in Spruce Grove link](#)

[-FCSS Spring Programs](#)

[-EMSA - Soccer programs](#)

[-Lacrosse](#)

[-Softball/baseball](#)

[-Spring Break Camps at TLC](#)

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. 6A & 6M Numeracy Intervention: Division Principal, Kathy Mann



On February 15th and 17th, Mr. Bradshaw's 6A and Mrs. Woitas's 6M students welcomed Division Principal, Kathy Mann to their classrooms for diagnostic testing and instruction in numeracy, specifically fractions. Last Summer PSD restructured their central office staff removing the Director designation and replacing it with the role of Division Principal. "Each Division Principal portfolio has been filled by a leader who has a specific area of expertise, and who will work collaboratively with our school-based principals to support students..." In total, there are four division principals responsible for student services, literacy and life-long learning, and wellness and community partnerships. Mrs. Mann's portfolio is Division Principal for Indigenous Education and Literacy and her passion is student assessment. Since beginning her career with PSD in 1992, Mrs. Mann has worked as a

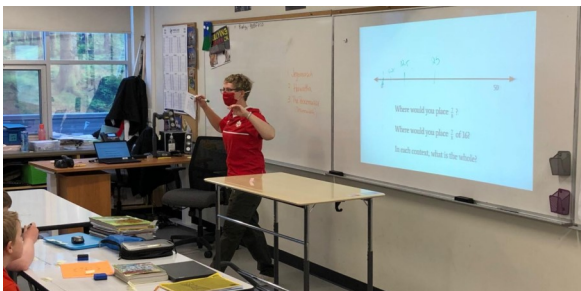
teacher in K-9 schools teaching everything from French to Language Arts. She then moved into administration which included stints as assistant principal at Duffield, Broxton Park, and Spruce Grove Composite. She also spent five years as principal at Tomahawk. In her current role, Mrs. Mann is spending time in all of PSD schools; not only working with students to improve their math skills, but also directly with teachers to work on their numeracy pedagogical abilities. After establishing an area of focus with Mrs. Woitas and Mr. Bradshaw prior to her visit, Mrs. Mann spent a Tuesday morning with each class running a diagnostic test on the students' perceptions of fractions. The diagnostic asked students to identify what fractions would look like on a line graph, how many fractions they could identify from a pie chart, and questions such as which is larger; one-half or one-third. Rather than assess how well or poorly the students completed the tasks, the goal of the diagnostic was to identify potential misconceptions students had about how fractions represent actual numbers. After reviewing the student's responses, Mrs. Mann returned two days later and worked with both the classes and the teachers to remediate these misconceptions. For 6A and 6M this looked like a morning

of instruction from their regular teachers, as well as Mrs. Mann. The students worked with fractions on number lines using different denominators (see photo below).



As well, the students moved from using fractions in circles and expanded their understanding to what the same fractions would look like within a square. The feedback from the students was overwhelmingly positive. Both Mrs. Woitas and Mr. Bradshaw commented that it was a great learning experience. By all accounts, it was a great day of learning for everyone. Mrs. Mann even remembered to wear red in honour of Canada Red/Maple Leaf day at Woodhaven.

For more student pictures visit page 24 of this newsletter.



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WOLFPACK ATHLETICS— PE Update—Basketball—Badminton—Spring League Basketball

PE Update

February was a great month of PE. Even though the weeks were short we were able to participate in a variety of cooperative games and activities. February also saw the return of the skating unit! Our PE classes spend significant time this month going to Stu Barnes arena to skate! We are very grateful for the ice time provided by the City of Spruce Grove!

Woodhaven Basketball

Basketball season is coming to an end. This month we welcomed back spectators to our gyms. It is great to see the energy and enthusiasm the spectators have brought back to our gyms! Our Woodhaven teams were also able to host multiple tournaments this month in our beautiful new gym.

Our teams have done fantastic this season. All players have improved their skills and knowledge. All coaches are super proud of everyone's progress through the season! Playoffs are starting early in March.

Badminton

Badminton season is just around the corner. Tryouts

for the Senior and the Junior team will be happening before Spring Break. Listen to announcements and check out the Woodhaven Athletics Instagram page for more information.

Spring League Basketball

Spring League Basketball is back. We are planning



on running the league for grades 4 to 6 this spring. The league kicks off with a skills camp and then students participate in a variety of games. No prior experience is needed! Look for registration information later this month. The skills camp and games will be taking place in April and

will run until the end of May.

February Athletes of the Month

Congratulations to the following student-athletes for being recognized as the February 2022 Athletes of the Month. These student athletes are all valuable members of a Woodhaven basketball team and participate in community sports!

Tyler S.
Sophia O.
Neveah O.
Callen S.
(See pg. 29 for pictures)

Instagram Account

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

Follow us on our
Athletics Insta-
gram Account
@Woodhaven
Athletics
<https://www.instagram.com/woodhavenathletics/>



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.



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.	<p>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></p>	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:</p> <p>If child answered "NO" to question 1, proceed to question 2</p>			
2.	<p>Does the child have any new onset (or worsening) of the following core symptoms:</p>		
	<p>Fever Temperature of 38 degrees Celsius or higher</p>	YES	NO
	<p>Cough Continuous, more than usual, not related to other known causes or conditions such as asthma</p>	YES	NO
	<p>Shortness of breath Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma</p>	YES	NO
	<p>Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders</p>	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:

Symptoms	YES	NO
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:

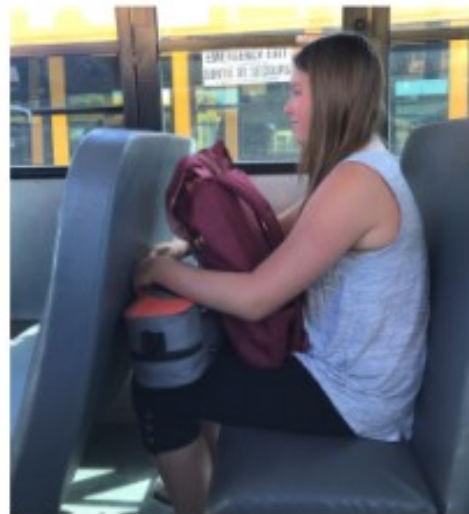
- Your child may attend school, childcare and/or other activities

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.

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.





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 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

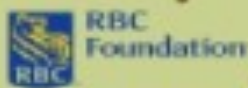
and ongoing skill development for overall wellness

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

I NEED IMMEDIATE HELP Call 911

Emergency Financial Assistance	780-644-5135
Access 24/7 (Adults)	
Addictions & Mental Health	780-424-2424
Westview Health Centre	780-968-3600
Child Intervention Services	780-422-2001
Kids Cottage Crisis Childcare... ..	780-944-2888
Parkland RCMP.....	825-220-2000
Poison Control.....	1-800-332-1414
NeighbourLink Parkland (practical crisis help)	
Monday-Friday 9am-4pm	780-960-9669
Pay Forward Kindness (homeless supports)	
.....	587-286-4663

I DON'T EVEN KNOW WHERE TO START?



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



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

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

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

I NEED A DOMESTIC ABUSE SHELTER

Alberta Council of Women's Shelters	1-866-331-3933
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I NEED DETOX SUPPORT

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

I NEED A SAFE CONSUMPTION SITE

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

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

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

I NEED HEALTH INFORMATION

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

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

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

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




TRIREGION FOOD RESOURCES
FOOD HAMPERS
PARKLAND FOOD BANK

105 MADISON CRESENT, SPRUCE GROVE

Monthly Food Hampers

By appointment,

780-962-4565 ext. 1

Tuesdays 8:30AM-4:30PM

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

Friday 8:30AM-4:30PM

Saturday 8:30AM-12:30PM

WECAN FOOD BASKET

5600-50 ST, STONY PLAIN

Fresh Nutritious Affordable

Food Basket

780-9xx-xxxx

Order by first Friday, pickup on third Thursday of Month

Monday - Friday, 9AM-4PM

COMMUNITY MEALS
AUGGIE'S CAFE

131 CHURCH RD, SPRUCE GROVE

Drop-in for Bagged Lunch Take Out

Tuesdays 12-1PM

FOOD FOR THE SOUL

49 BOULDER BLVD., STONY PLAIN

Drive by Meal to Go

First and Third Saturday 10AM-1PM

COMMUNITY TABLE

180 CENTURY ROAD, SPRUCE GROVE

Hot Meal to Go for Pick Up

Last Friday of the month, Sign up at

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

BASIC NEEDS HELP
COMMUNITY HELPS TEAM

180 CENTURY ROAD, SPRUCE GROVE

By appointment

780-962-5611 / 789-306-1955

helps@sprucegrove.church

NEIGHBOURLINK PARKLAND

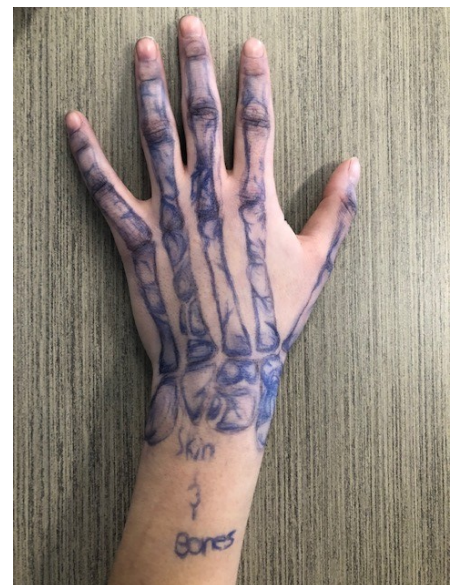
By appointment 780-960-9669

February Photo Gallery



Top: Warm weather allowed students to be vertical on the playground and enjoy a winter walk. It was a February filled with wild swings in the weather.

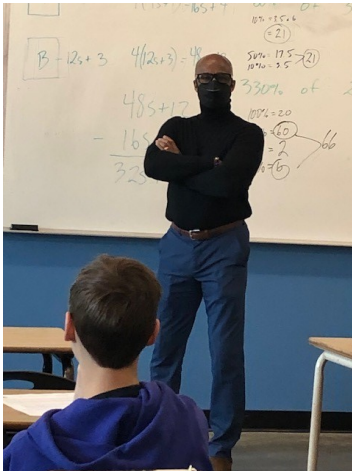
Bottom Left & Right: Chalk drawings in Art class and impromptu drawings in science class.



February Photo Gallery



Left: S.G.C.H.S.'s Mrs. Porter and Mr. Rose visit gr. nine classes for transition meetings.



Right: Just chillin' in the Jr. High wing.

Bottom: Running the gauntlet in gr. nine PE during the 'Asteroids' activity.



February Photo Gallery



Top Left & Right: French 5-7 classes celebrated a fun cultural holiday that takes place in France on Feb 2, La Chandeleur. Like Groundhog Day, on Chandeleur, France makes predictions about the weather and if spring is around the corner. The round golden crepes represent the sun, if you can flip a perfect crepe, that means warmer weather is coming soon!

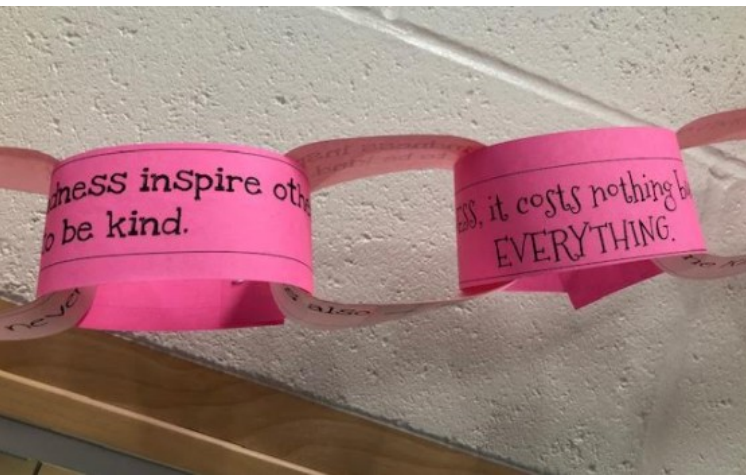
Bottom: Students in their finest for Feb. 23rd's anti-bullying Pink Shirt Day.



February Photo Gallery



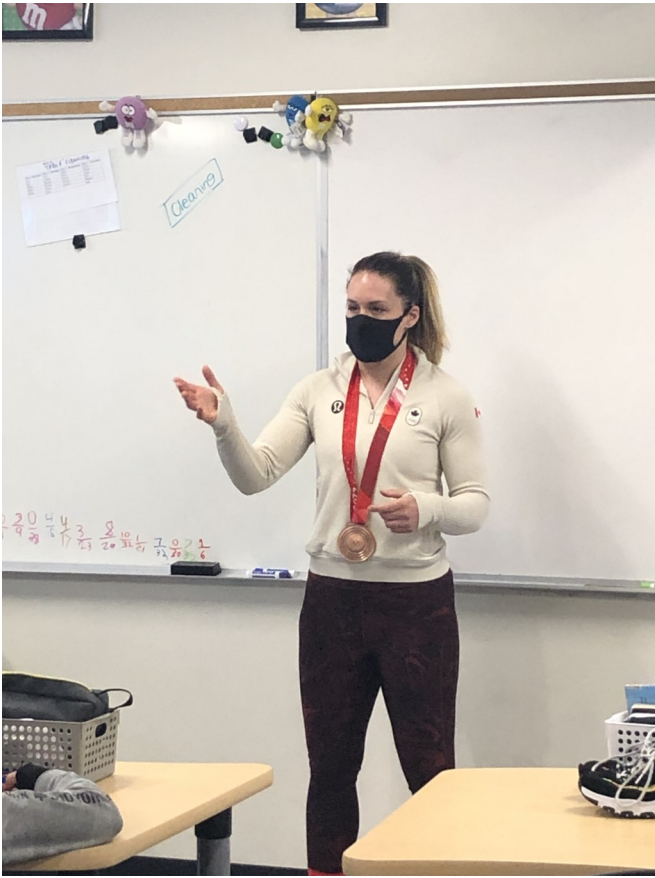
Top Left: More Pink Shirt Day finery.



Middle and Bottom: 458 pink links, each representing a random act of kindness for every student and staff member at Woodhaven, line the Plaza during Pink Shirt Day/Week. Mrs. Refugia's and Mrs. Schaber's Gr. 7A and 7B classes provided students and staff with pink ribbons. When they recognized a student or staff member engaging in a random act of kindness, they were given a ribbon. At the end of each day the gr. seven students collected and strung the ribbons through the plaza.



February Photo Gallery



This Page and Next Page: Stony Plain's Olympic 'Monobob' Bronze medalist Christine de Bruin paid a visit to Mrs. Stavreski's 5B class. Ms. de Bruin chatted with students about her Olympic experience and took the time to pose for pictures.





February Photo Gallery



Top Left: Action from the Woodhaven Jr. B Basketball Tournament.



Bottom Left: In February we were finally permitted to have spectators back in the school. It was great to welcome everyone back!



Above: The Woodhaven WolfPack February Athletes of the month with their respective awards/T-Shirts: Tyler S., Sophia O., Neveah O., and Callen S.

February Photo Gallery



**This Page
and Next:**
More candid pics
from the
PE skating
unit



February Photo Gallery

