

WOLFPACK HOWLER



Principal's Message

Hello again everyone and welcome to the third, and final term of the 2021-2022 school year. As I mentioned in last month's Howler, spring is the season where we begin planning towards the 2022-23 school year. Before I begin this month's newsletter, I'd like to remind you that registration for next year is currently open online. To complete your registration I ask that you 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.

With Spring Break, March was once again a short month, however, there is still much to talk about in this month's Howler. On that note, I'd like to turn to a discussion that we have been having at the school over the past few months. **Woodhaven Gay/Straight Alliance** Woodhaven has always prided itself on being an environment that is inclusive of all learners. We are a school that truly celebrates the diversity of all students and staff. Recently, I was approached

by several students and staff about the possibility of starting a Gay/Straight Alliance (GSA) at Woodhaven. And my reply has been, "...it's about time". Listening to the thoughts and wishes of these students and staff has allowed the opportunity for me to ask the thoughts and opinions of students, staff, as well as parents and guardians. For those not familiar, we'd like to take the opportunity to share the aims and goals of an extracurricular gathering like this. It's pretty simple...a Gay/Straight Alliance is exactly that: an alliance of students and staff, gay and straight, working together as allies, to promote a safe and caring environment for all students. As with all of our groups and clubs, I look forward to working with our GSA to promote inclusivity and provide a sense of community for all members of the Woodhaven Middle School Community.

Considering the diversity of our school population, what all of our extracurricular activities have in common is the importance of providing a place where students can have and promote a sense of belonging; to find a sense of community within our school. Some students may find this in their math class, others through school sports. Some find their place through leadership and mentorship, some on the stage or in music class. Some, particularly those in our Maranatha Christian Program (MCP), find their community through prayer, service to others, and worship. All of these activities are intended to honour the dignity and respect of all our students, regardless of their abilities, gifts, needs and interests. However, for our gender and sexual minority students, this opportunity has not presented itself at our school. If we are truly going to call ourselves an inclusive learning environment, this needs to change. A colleague of mine reminded me that regardless of one's beliefs surrounding GSAs, there is always room, even a need, for the voice of a compassionate God at the table. I'll hope you'll join me in welcoming our newest group to our (con't on pg. 2)

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Key Dates:

- Parent Teacher Interviews/
Library Book Fair
Apr. 12th & 13th
- MCP (Virtual) Easter Joint
Chapel
Apr. 12th
- Good Friday/Easter
Monday (No School)
Apr. 15th & 18th
- Parent Council Meeting
Apr. 20th

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

school community. For more information or to get involved please feel free to contact me via the office or by using my email address which can be found at the end of this message.

April Parent Council Meeting

The March 16th Parent Council meeting was the first time in over two years that we were able to have parents and guardians into the school. The in person meeting was invaluable as we discussed many topics, including the aforementioned GSA. The insights on this topic, and many others, from parents and guardians was invaluable. I consider all of us fortunate to have such a dedicated group of parents and guardians working at our school. Unfortunately, due to a scheduling conflict, Cst. Gord Marshall, S.G.C.H.S.'s school resource officer, was unable to join us. Fortunately, we have rescheduled Cst. Marshall for our **Wednesday, April 20th meeting at 6:00 pm**. Once again, this will be an in person meeting. Gord will be sharing his perspectives on the transitions from Jr. high to high school. He will also be available to answer any questions you may have. I hope you'll join us and come in to see the new school.

Parent Teacher Interviews

The final Parent/Teacher Interviews are scheduled for Tuesday April 12th, 4:00pm until 7:00pm and Wednesday April 13th from 4:30pm until 7:30 pm.

Based on overwhelming feedback from parents, guardians, and teachers, this term we will be offering, virtual, phone, and in person meetings. While virtual and phone meetings will be available on both the 12th and 13th, in person meetings will be prioritized on Tuesday the 12th. In person meetings will not be available on Wednesday April 13th. Whether virtual, phone, or in person, parents and guardians will be able to book their ten minute time slots online beginning Monday April 5th at 9:00 am until midnight on Sunday 10th. Please contact the office for more information.

Drama's Back!

After what has been too long an absence, it is my absolute pleasure to announce that this June Woodhaven Performing Arts will be presenting the world premiere of the 50's themed musical, *Shake, Rattle 'N Roll*. Auditions were held in mid-March and we are looking forward to hosting the event right here at the school in our newly renovated drama room and gymnasium. Tickets will go on sale in May. For more details. Please turn to page five of this newsletter.

Basketball Season Concludes

The 2022 Parkland County Athletic Association (PCAA) Basketball season concluded over the first two weeks of March. I would like to congratulate all of

our athletes on their efforts this year. I had the opportunity to watch all of our teams at various points throughout the season and the improvement on individual and team skills was truly impressive. This year, Woodhaven hosted both the Junior and Senior Basketball Championships in our new gymnasium. Congratulations go out to a very youthful Jr. Girls Basketball Team for a decisive victory in their final. Well done ladies. Lastly, I would like to give thanks to all of our coaches for their countless volunteer hours in making all of our athletic programs one that we can all be proud of.

Stronger Together Newsletter

This month's Stronger Together Newsletter, compiled by Parkland School Division's Learning Services team, includes features on anxiety: why we need it, when it is too much, and what we can do when it becomes overwhelming. You can download a PDF copy of the document using the link found at the bottom of the page.

Final Thoughts

With all things old being new again, whether it be retro jerseys on sports teams, the return of music on vinyl, or even the return of 90's 'mom' jeans, we feel it is important to connect with our students on a more 'visceral' level.

Like Us on Facebook:



Woodhaven Middle School

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

Farewell and Welcome!

It is with mixed feelings that we say farewell to two members of our WolfPack Family: excited for their future endeavors, sad that they are leaving. To begin, we would like to say



goodbye to Mrs. Kelly-Dawn Aulenbach. Mrs. Aulenbach is our counseling practicum student who's been working with our students since the beginning of the school year and was an important member our Student Collaborative Support Team. Kelly has now completed the her required hours for her Masters in Counseling Pro-

gram and will be completing the final capstone paper for her degree. Kelly, we appreciate all that you have done for our school and our students and we wish the very best in your future endeavors. Thank you.

We are also bidding farewell to our grade five teacher extraordinaire and



school Literacy Lead, Mrs. Lyons. Mrs. Lyons and her husband Brenden are expecting their first child in the upcoming weeks. While we are sad to see her leave, know she will soon be returning to the school. And in the meantime, we look forward to

many visits from mom and baby. In her absence, Mrs. Joy will be stepping into the role of Literacy Lead to continue the important work of bringing our struggling readers to grade level.

Replacing Mrs. Lyons, we are happy to welcome Ms. Kara Farris into the Wolfpack family. Ms. Farris has



recently completed a stint at Parkland Village School teaching grade three. In addition to taking over Mrs. Lyon's grade 5A class, she will also be covering the grade 5MRink, 5MJoy, and 6M music classes. Welcome Ms. Farris, it's great to have you in the pack!

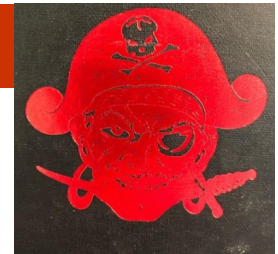
Principal's Message (con't from page 2)

(con't on pg. 3)

After a contentious staff and school council meetings, I am proud to announce that for the 2022-2023 school year

Woodhaven will be returning to its retro name, the Raiders. While the WolfPack embodies all of the school's values surrounding teamwork and inclusion, well, let's just say I want to capitalize on the retro craze before the school misses the boat. After all, with the renovations we have a 'new' old

school. Doesn't it make sense to have a new 'old' logo? Further, we will changing the school's colours to orange and powder blue: I feel that these colours truly embody the essence of the current retro craze sweeping through our community. While I understand that this change is a bit of a shock, and many will long for the old Wolfpack moniker, I feel with time students will truly come to love the old/new Raider name: like so



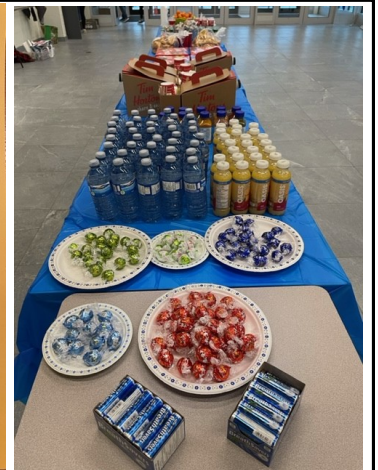
many of their parents and grandparents did in the seventies and eighties. And on that note I would like to wish everyone a very happy April Fools Day. As always, please feel free to contact me or my Assistant Principal Ms. Enders (or both) at 780-962-2626 or at chris.shaw@psd.ca or marcie.enders@psd.ca with your questions or concerns. (Go Raiders!) Take Care—

March School Council Meeting Highlights



Thank you to all the teachers and staff who influence our kids every day!

 You are truly appreciated!



The next School Council Meeting will be held on Wed. Apr. 20th. 2022 at 6:00pm. Invitations will be sent out on the week of Apr. 11th.

At the March council meeting, Spruce Grove **Trustee Eric Cameron** shared that PSD board members directed administration to further explore selected recommendations regarding the PSD Attendance Area Review and report back to a future Board meeting. Stakeholder consultation processes and dates have not been established yet, but there will be ample opportunity for robust stakeholder input. He also shared details on a report that stated 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. Trustee Cameron also highlighted the key points from the Transportation Services Dept., offering that PSD operates one of the largest regional transportation systems in the province, providing safe, effective and efficient transportation services to PSD and other jurisdiction students. The system trav-

els 18 630 kms daily for 6 887 students using 155 busses and 6 cabs (160 drivers and 16 contractors); has 7 office staff and 12 Transfer Site Bus Monitors. Unfortunately, due to a scheduling conflict, Cst. Gord Marshall, S.G.C.H.S. & M.C.H.S School Resource officer, was unable to attend the March meeting. However he has been re-scheduled for the April meeting on the 20th. In his **Principal's Report**, after updating the falling COVID numbers at the school, Mr. Shaw engaged council in a lengthy discussion surrounding the issue of a Gay/Straight Alliance (GSA) at the school. He laid out the steps that would be taken to start the extra curricular club at the school and highlighted his conversations with others about the goals and aims of GSAs in general. During the meeting he asked council for their thoughts, concerns, and advice regarding the implementation of a GSA at the school moving forward. There was a general con-

sensus that the introduction of a GSA would positively contribute to the school community. For the April meeting, council will consider advocacy resolutions that will be addressed at the upcoming Alberta School Council Association (virtual) AGM on the weekend of April 22nd-24th. In its report, the Parents Association discussed its upcoming logo contest for students. Lastly, in junction with the Parents Association, council proposed that for the March 28th PD Day a grab and go breakfast be provided for Woodhaven Staff. On the morning of the 28th, members of council and the association arrived at the school to provide a variety of breakfast items (*photos at top*) as staff settled in for a full day of PD. Staff were both appreciative and felt appreciated by this kind gesture from the council and the association. A big thank you to Lei, Ashley, Michelle, and council for their efforts in making the 28th a great day.

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

Maranatha Christian Program (MCP) Update

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

We will be holding our Easter Joint Chapel with Brookwood MCP On Tuesday, April 12th at 9:00 am. The chapel will once again (and hopefully for the last time) be held virtually.

Here's another 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.

Drama's Back! Woodhaven Performing Arts Presents: Shake, Rattle N' Roll

After two long years, Woodhaven Performing Arts is hitting the stage with a full-scale production of "Shake, Rattle 'N Roll" to be performed this June! "Shake, Rattle 'N Roll" tells the story of Louise, a typical teenage girl in the 1950's, working at the family diner, looking forward to the school sock hop all while desperately in love with the cool new guy at school.

Auditions for students in grades 7-9 happened before the break, and re-



hearsals are already in full swing! 36 students will be performing on stage, as well as 6 students behind

the scenes in technical roles on our Stage Crew. This will also be Woodhaven's first production in our brand new performance area off the small gym! Woodhaven students will get the opportunity to see the show during matinee performances, and the larger school community is invited to attend our two evening performances in mid-June. Stay tuned for show dates and ticket details! (for rehearsal photos please turn to pg. 28)

It's Book Fair time!

April 12th – April 13th Open during Parent/Teacher Interviews

The Virtual Book Fair will open online on April 11th and close on April 15th at 11:59PM EST.

If you would like to volunteer for this event please send an email to Mrs.

Pirie at pamela.pirie@psd.ca.



<https://virtualbookfairs.scholastic.ca/pages/5162029>

Counselor's Corner—Mrs. Scheidl



AHH... Spring is here. Time to enjoy the outdoors more often and get in some great nature therapy!!!! Have some fun celebrating these National events this month:

April 7 - World Health Day

April 22 - Earth Day

FOR PARENTS: 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](#)

April 6 - Technology and the Teenage Brain- Digital Wellness for Families

April 7 - Managing Meltdowns and Shutdowns K-6 students

April 14 - Helping Our Kids Figure Things Out- Solution focused Problem Solving

April 21 - Managing Effective Consequences

April 27 - Keeping Scattered Kids on Track: Supporting Adolescents with ADHD

April 28 - Resilience in Parenting - Caring for the Caregiver

Great resources!

[Anxiety Youth](#)

[Children, Youth & Depression](#)

[Walk In Clinic Information](#)

**NOT SURE WHO TO
CALL?
CALL 211**



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

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. 5 & 6 French Class: French Manie Musicale



This month, students in grade 5 and 6 French classes have been participating in **Manie Musicale** which is an International French language music competition. It happens every year during the season of “March Madness” Basketball because it is modelled after the tournament. Over 3300 schools all around the world are participating this year. Each student tries to predict the winning songs for each round and fills out a “bracket” with their predictions. There are

actions! Next, Madame shows that day's reveal video created by the Manie Musicale organizers. The short reveal videos are full of suspense and include music videos, funny French memes, and French clues to read about the winning song. The French classroom door often needs to be closed during the big reveal because the drum rolls and student cheers are just sometimes too loud! Students then log onto the Manie Musicale website to cast their live vote for the next round. They hope the song that they predicted on their brackets for each round advances in the competition. All of the music artists sing in French and represent many Francophone countries around the world, not just France. There are singers from Belgium, Morocco, Algeria, Mali, the island of Reunion, France, Senegal, and of course Canada too. The classes

have spent time exploring on Google Maps finding where in the world all these countries are located. This year a Canadian has even made it into the semi finals and lots of the students are rooting for him. (Let's go, Corneille!) Students have been reading and hearing the lyrics to the songs in French and have learned a lot of language by comparing French to English. Before Spring Break students



brought an artistic touch to the music and created posters about one Manie song of their choice (see below), including a couple phrases of lyrics. *Et voila!* The students have their own French Music Art Gallery in the hall. Not only are the students honing their French Language skills, they have been having so much fun this month with Manie Musicale 2022.

La Manie est magnifique!!

For more student pictures visit page 23 of this newsletter.



live daily votes that students also take part in and each day they hear the vote results to see which songs have moved further in the tournament and which ones have been eliminated. In a typical French class with Manie, Madame Davis asks the class what they think the results will be from last day's world-wide vote, which song do they think won, and which one eliminated? This often leads to very intense French discussions, opinions, preferences, and re-



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

PE Update

March in PE Land was filled with lots of Badminton. It was a smashing good time! The shuttles were flying in both the small and large gyms. Our students learned the Badminton rules, different types of shots and strategies. In April our focus will be pickleball and one of the more popular units...the wrestling unit (combative games). We are one of few schools in our area with high quality mats! OOOOyaaaahhhh!!

Woodhaven Basketball

Our school basketball season is now all wrapped up! Congratulations to all players and coaches for a successful season. A huge congratulations goes out to our Junior A girls team for winning the championship! This group of girls had an amazing season and won the first ever banner for our new large gym! Congratulations also goes out to Tyler S., Sophia O., and Leanne S. who were selected to play in the PCAA basketball all-star game.



Well done WolfPack!

Badminton

Badminton season is here! Tryouts are now complete. We had well over 100 students tryout for our teams this year! What a fantastic

turnout! Our senior and junior teams will play a series of different games in April and the county championship final tournament at the start of May.



Our Woodhaven teams are also hosting a tournament this month as well called the Woodhaven Badminton Challenge. It is great to have 6 courts in our large gym and 3 courts in our small gym! A big thanks to our coaches Mr. Huedepohl (Seniors) Ms. Merkus, Mrs. Lindsay, and Mrs. Straveski (Juniors)

Upcoming Tournaments:

Senior Woodhaven Badminton Challenge Tournament - April 8 & 9th

Junior Woodhaven Badminton Challenge Tournament - April 22 & 23rd

Spring League Basketball

We are excited to start our Spring League basketball league for our grade 4-5-6 students. Registration for the league is almost wrapped up and the skills camp is April 5-6-7th. Games run the month of April and wrap up with some playoffs in May. A big thanks to Mr. Chan and the grade 8-9 basketball players for getting the league all ready to go. We look forward to welcoming



all the students who signed up to play!

February & March Athletes of the Month

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

February:

Luke O.
Ben U.
Kiara W.
Isabel S.

March:

Kingston H.
Brady W.
Chenise L.
Savannah E.



(please see pg. 30 & 34 for more pictures).

Instagram Account

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

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<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.	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:</p> <p>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:

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:

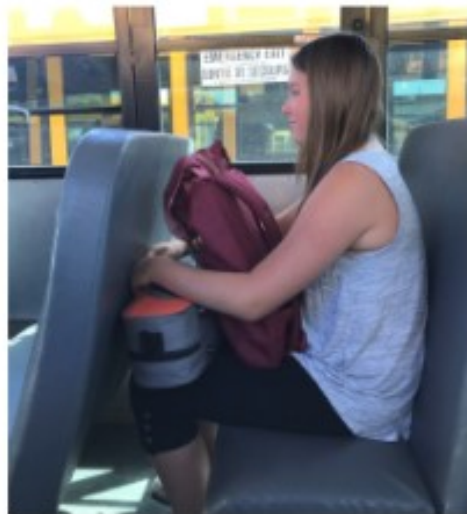
- Your child may attend school, childcare and/or other activities

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/

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

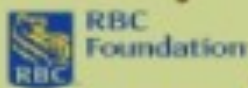
and ongoing skill development for overall wellness

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 (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
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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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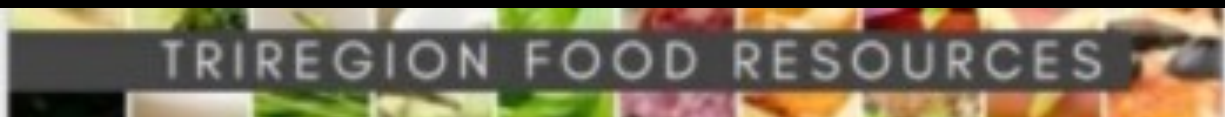
WHERE CAN I FIND FOOD?

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

March Photo Gallery



Top & Right: Mrs. Woitas' 6M class moved to the foods lab on Ash Wednesday (the first day of Lent).

Below: 5MR students show off their geometric origami math projects.



March Photo Gallery



Left: An impressive display of impromptu inukshuk construction using chunks of ice during recess.



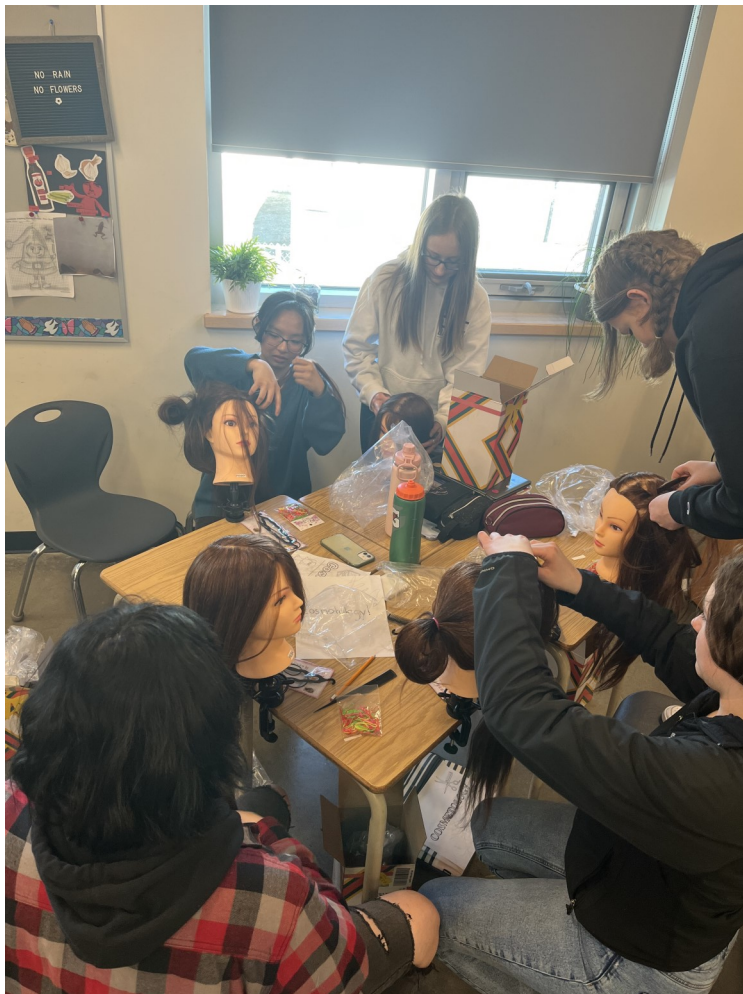
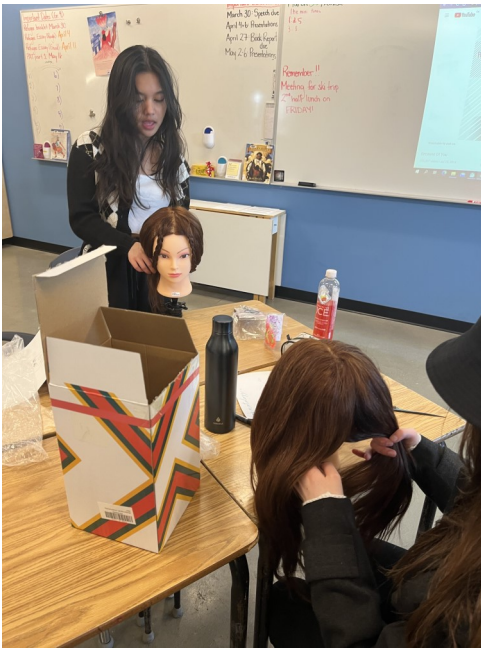
Right: An equally impressive display of skill and balance during recess on a warm March day.

March Photo Gallery

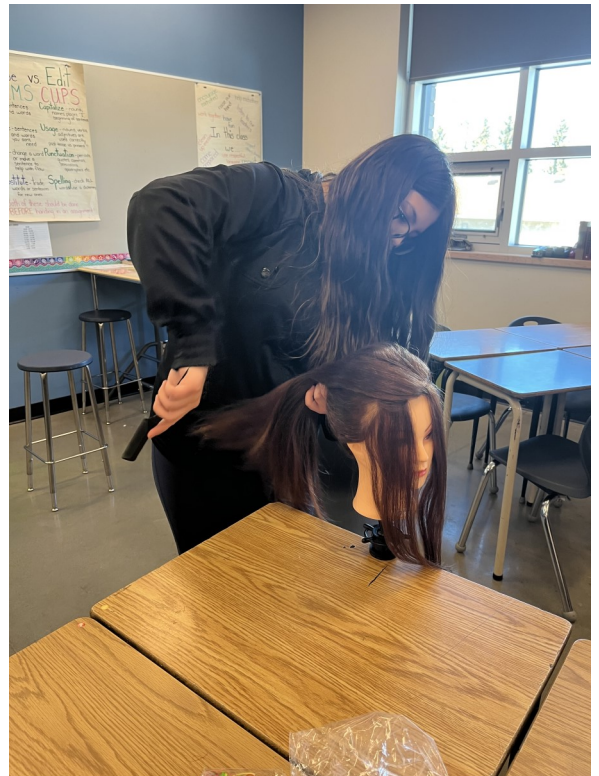


Above Left and Right: Looking sharp in the hallways.

Left: The grade nines give the new bike racks a very synchronized workout.



This Page: Term III means a new round of complementary Career Foundations courses. Here are some candid's from Cosmetology.



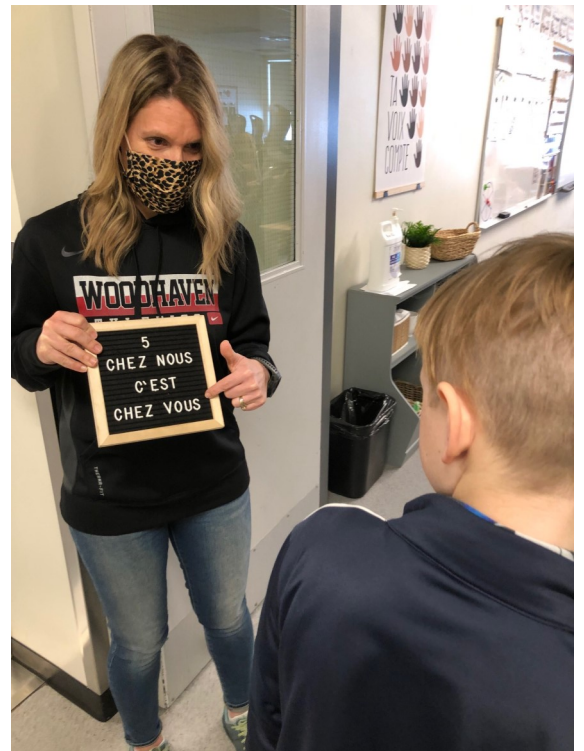


Top: Speaking of bike racks, out with the old (bike racks) in with the new.

Right: Madam Davis greets her grade five students entering French class.

Bottom Right: A full moon over the school entrance on a brisk March morning.

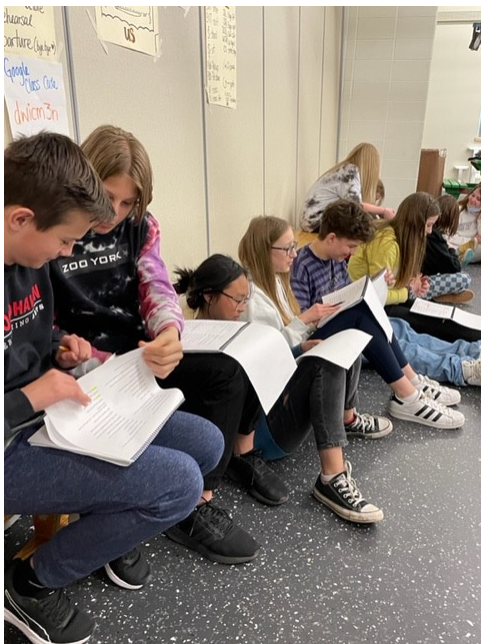
Bottom: Grade 5C's work on remembering as many numbers as they can on Pi Day, March 14th (3.1415926535 8979323846 2643383279 5028841971 6939937510 5820974944).



March Photo Gallery



This Page: Grade seven, eight, and nine cast members run lines during rehearsals for the Woodhaven Performing Arts Production of *Shake, Rattle, 'N Roll*.



March Photo Gallery



This Page: Students wear green on March 17th to show that everyone's a little bit Irish on St. Patrick's Day.



March Photo Gallery



This Page:
Even in Phys Ed
class it's
St. Paddy's Day!



March Photo Gallery



Above: The Woodhaven WolfPack February Athletes of the month with their respective awards/T-Shirts: Luke O., Ben U., Kiara W., and Isobel S.



Above: The Woodhaven WolfPack March Athletes of the month with their respective awards/T-Shirts: Kingston H., Brady W., Chenise L., and Savannah E.

March Photo Gallery



Top: A huge turnout for badminton tryouts in the large gym.

Bottom: Action from the Jr. Girls Basketball Championship Final.



March Photo Gallery



2022 PCAA Jr. Girls Premier Basketball Champions!

