May 2022

WOLFPACK HOWLER

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Kev Dates:

Grade 4-5-6 Track Day

May 12th

Grade 7-8-9 Track Day

May 13th

Grade 9 Part A PATs

May 16th

Grade 6 Part A PATs

May 18th

Parent Council Meeting

May 18th

PD Day/Victoria Day

May 20th-23rd

Principal's Message

Hey everyone. After an April that at times looked more winter than spring, it is good to see both longer and warmer days on the horizon. Even better, you will find this month's Howler full of pictures of all of the activities and events that are happening in the school. I invite you to scroll to the end of this month's newsletter to see all that is going on in our wonderful school. Last week I was walking through the hallways after school. Around 4:30, it felt just like a class change in the middle of the day; the badminton players finishing practice; the grade fours, fives, and sixes coming out from the gym from Spring League Basketball; the drama performers leaving rehearsal; and the kids finishing soccer tryouts, all converged in the hallways at the same time. It was a moment that made me realize that things are indeed retuning back to the way things were prior to COVID 19. And on that note, I turn to another sign that things are returning to our pre-pandemic world.

Provincial Achievement Exams Return

After a two year absence, Provincial Achievement



OLFPACK

exams will be administered this year. Provincial Achievement Tests (PATs) are administered annually to all Alberta students in grades 6 and 9. The exams are the same for all students across the province. As such, these standardized tests reflect the essentials that all Alberta students are expected to achieve, regardless of where they are in the prov-

ince. PATs serve many purposes. For one, they determine if students are learning what they are expected to learn. They also show stakeholders how well students have achieved provincial standards at the grade six and grade nine levels. For teachers, schools, and school divisions, they help in monitoring and improving student learning by comparing current exam results with those from previous years. This year, the exams are even more crucial as they will provide important post-pandemic

data on what students have, and perhaps, have not learned since March of 2020.

The exam is broken into two parts. Part A is the Language Arts written portion of the exam. Students may either hand write or use technology to complete this portion of the exam. Grade nines write their Part A on Monday. May 16th from 9:00 am to 11:00 am. The grade sixes write their Part Aon Wednesday, May 18th, running 9:00 am to 11:00 am as well. The Part B multiple choice portions of the exams will be administered between June 13th and June 24th. Part B exams are written for Language Arts, Social Studies, Math, and Science. I will provide specific dates in the June newsletter. Now, coming out of two vears of what can safely be called very atypical learning, it is understandable that both students, as well as parents/guardians, will have some concerns or stress over the exams. While these are standardized exams, they are not 'high stakes' exams like, say, the diploma exams. However, they do provide students with the opportunity to practice exam taking skills as they move towards high school and beyond. Most significantly, (con't on pg. 2)

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

the exams are invaluable in identifying areas for both students and the school to improve on. Coming out from the grey clouds of COVID-19, this data will go far to improving outcomes for all students.

While too much stress is clearly a bad thing, a bit of 'adaptive stress' builds confidence and resilience. To support your child in their comfort and success on the exams, I need to ask for your help. First of all, please take the time to have a discussion with your grade six or nine child, sharing with them that the PATs are an important milestone in their education. Please ensure that the night prior to the exam they get a good night's sleep, and on the morning of the test, they eat a healthy breakfast and are at the school on time. Lastly, please check out the PATs Parent guides that I have included at the bottom of this page. If you have any questions, please contact your child's teacher or contact me through the office.

May Parent Council Association Meeting

At the April Council meeting, we were joined by S.G.C.H.S.'s school resource officer Cst. Gord Marshall, who shared his insights on transitions as well as the latest trends in social media affecting students. Our last School

Council/Parent Association meeting for the year will occur on Wednesday, May 18th. I hope to see you there.

New Library Commons Furniture/TV Monitors

While we have spent the last ten months in the newly renovated portion of our school, the modernization is not completely over. For the last week of April we welcomed our new furniture to the Library Commons. The space allows for up to three classes to work in the space simultaneously and also includes our literacy learning and resource space, as well as a breakout room for students. You will be able to check it out at our May Council Meeting on the 18th. As well, our TV monitors have been installed throughout the building. Shortly they will be used to displayannouncements and upcoming events.

Stronger Together Newsletter

This month's Stronger Together Newsletter, compiled by Parkland School Division's Learning Services team, has a focus all about co-parenting. There are great strategies and tips inside - HOWEVER, even if you are not in a coparenting situation you will find other great information about sessions and activities for your children, if and when things become a little overwhelming. You

can download a PDF copy of the document using the link found at the bottom of this page.

Grade Six (Non-COVID) Immunizations

For parents and guardians of grade six students, the final non-COVID immunizations of the year will take place on Tuesday March 31st. All students require the signed consent of parents/guardians. Please turn to pg. 16 for more information.

Registration Reminder Once again, I'd like to remind you that registration for next year is currently open online. To assist Woodhaven Administration in planning for the next school year's enrollment and staffing, it is imperative that you complete your child's registration for the 2022-23 school year ASAP. If you have not yet done so, I urge you to log into your Parent Portal at https://power school.psd.ca. (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.

Shake Rattle and Roll Drama Production

There is a buzz around the school at the prospect of our first drama production (con't on pg. 3)

Provincial Achievement Exam Parent Information

Gr 6 - https://www.alberta.ca/assets/documents/edc-grade-6-parent-guide.pdf Gr 9 - https://www.alberta.ca/assets/documents/edc-grade-9-parent-guide.pdf

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

2022-2023
School Year Registration must be done ASAP!
Please visit:
https://
powerschool.

<u>psd.ca</u>



June 8-14, 2022
Woodhaven Middle School
BRAND NEW Performance Venue

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

in over three years coming this June. Shake, Rattle 'N Roll, written by our very own Mrs. Refugia, is set for the stage early in June. The cast and crew are set to perform out of our newly renovated drama space off of the old gym. We hope to see you there.

Student/Staff Hockey Game

In yet another sign that things are getting back to the way they were, last Friday the school held our annual student – teacher hockey game at the Agrena. The stands were packed with loud, cheering students. Prizes were awarded, and in a 'real' defensive battle the staff defeated the students 13-8. More importantly, this activity was another event to provide a sense of community, enthusiasm, and pride in our school and our students. It was a great

afternoon. **Final Thoughts**

As mentioned at the onset, April was a busy month, and May promises to be even busier. 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.

Like Us on Facebook:



Woodhaven Middle School

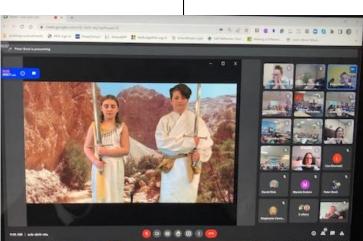
Maranatha Christian Program (MCP) Update

For more information please visit our website:

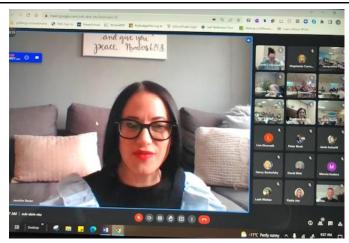
https://psd.ca/ programs/ programs-ofchoice/ maranathachristianprogramchristianeducation

On the morning of Tuesday, June 12th, in conjunction with our Maranatha Christian Program brothers and sisters from across the road at Brookwood, we held our Joint Easter Chapel. Although the event was once again held virtually, there was no shortage of faith and fellowship as students joined in from their respective classrooms. The Chapel was presided over by Mrs. Cresswell. The morning began with the Treaty Six Land Acknowledgement read by 8M's Kingston Hoy. After greetings from Brookwood Principal Mrs. Stride-Goudie and Woodhaven Principal Mr. Shaw, students and staff were treated to a video provided by Mr. Bock's 7M class. As there are quite a few 7M students enrolled in the Film Creation option/complementary





class, the students created a video based on Holy Week after the resurrection using a combination of costumes and 'green screen' technology. The results were very impres-



sive. Next, Mrs. Fitzgerald's Brookwood kindergarten and grade one class sang and danced to Jesus is Alive. From there, the Brookwood 4C class recited the poem Easter Joy. Mrs. Shuranik's grade two students chimed in by performing We Believe: a simple Easter song with a big message. They even performed it using sign language! After this, the grade ones sang a song based on the verse of John 3:16; For God so Loved. For an encore, Gr. 3V also performed their rendition of We Believe.

Following this, Mrs. Cresswell took a moment to lead Chapel in prayer. Next was a message of hope from MCP Alumni Parent Jennifer Banas, who brought a message based on the Easter Story of Jesus. Before she began, Mrs. Banas cautioned students that her message may be interrupted by one of her two cats, Fat Henry and Hurricane Luna, who had a habit of walking across her screen when she was presenting. Mrs. Banas' talk was based on John 3:16; "For God so loved the world, that He gave His

only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life" a timely and oft repeated theme throughout the morning Chapel. As a counselor, Mrs. Banas commented that she often encounters people who are anxious and scared about not being loved, even not being special enough to be loved. She presented a video Entitled Does God Really Love You? The message conveyed the idea that Jesus sacrificed his life for us even when we were his enemies. Overall, it was a profound and thought provoking message for everyone. Chapel concluded with a virtual presentation by Elise Mykula from 8M. accompanied by herfather on piano, singing a lovely rendition of Firm Foundation. All in all, it was a wonderful moming. The only downside was that we all couldn't be together in person with our parents and guardians. However, for the Year End Chapel, we are hopeful we will be in person, together again.

April School Council Meeting Highlights

For the April meeting, Council welcomed first term PSD Trustee Jill Osborne. Trustee Osborne shared details regarding the April 12th board meeting which included discussions surrounding the Duel Credit Program at the high schools, how charter school applications are communicated to affected boards, and concerns regarding the upcoming curriculum roll out and the long overdue modernization/replacement of Spruce Grove Comp. She also updated the progress related to the upcoming attendance boundary changes for the 2023-2024 school year.

ence, so much of students' mental health is dependent on their use, or misuse, of social media. His advice? Tell them young, and tell them often what the consequences are for misuse and that parents can, and will take phones away. In terms of grade nine to ten transitions, he stressed that for students who may have struggled in Jr. High, high school can be a source of hope; the larger population allows for kids to find a great sense of belonging with a like peer group. Because of the larger population and the ability for kids

concern was the influence

and effect of social media

on students. In his experi-

to find a peer group, to have a group, to have a group. for him, there are very few kids who will feel 100% isolated in high school. In his **Principal's Report**, Mr. Shaw shared that the return of activities such as badminton, Spring League Basketball, including

grade four students from Brookwood, the upcoming Shake Rattle and Roll drama production, and soccer tryouts are all positive signs that the school is emerging from pandemic restrictions. In terms of the modernization, he announced that the new furniture for the Library Commons would be arriving by the end of the week and that students and staff were quite excited. He also identified where the

Gaga Ball Pit, built through student fundraising efforts (with a little help from Council) would be located. Lastly, he shared that enrollments for next year would likely increase by roughly 30 students; a nearly 10% increase from the current school year. In her report, Parents Association President Lisa Hindle said that the number of entries in the Association Logo Contest was so overwhelming that second and third place awards were added. In third place from 9m, was Logan Ritzma, Second place went to 5A's Emily Andrews. The 1st place winner was Callen Shackleton from 5C. She



The next School
Council Meeting will
be held in person on
Wed. May 18th. 2022
at 6:00pm. Virtual
invitations will be
sent out on the week
of May 9th.

Next, R.C.M.P. Cst. Gord Marshall (above, left) described his roles and responsibilities as the School Resource Officer at (SRO) Spruce Grove Composite and Memorial Composite. Cst. Marshall expressed how his focus was education over enforcement. stressing that the latter made up about 0.5% of his time. One of his biggest objectives is to humanize policing and police officers. He explained how as a 'mini-society, high school is a reflection of the community in which it serves. He explained that his biggest



added that the Association had run two concessions this year and were preparing for the Mother's Day Cake Affair Fundraiser. The Association also outlined preparations for one of its major fundraisers, the casino slated for July 24th and 25th. The Association is also asking for Grab N' Go Breakfast Volunteers. If you are able to help out, please contact the school.

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

Counselor's Corner—Mrs. Scheidl

AHH...May is here. Time to enjoy the outdoors more often and get in some great mindfulness challenges!!!! Here are some more challenges you and your family/students may enjoy.

Have some fun celebrating these National events this month:

May 2-8 - Canada Mental Health Week

May 4 - Hats on for Mental Health Day



- a great way for parents to learn more about relevant issues in a virtual setting. LINK for more information, registration and sessions

May4 - Body Image and Eating Disorders

May 12 - Collaborative Problem Solving

May 18 - Test Anxiety - Strategies for Success

May 26 - Building Resilience in Children and Youth

Lunch & Learns 12:00 - 1:00 pm - Link for Registration

Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

Part 1: Thursday, May 5 Part 2: Thursday, May 19

More than Just a Bad Day Understanding Depression in Adolescents **Monday, May 9**Parenting Strategies that Promote Positive Mental Health

Part 1: Tuesday, May 17 Part 2: Tuesday, May 24

Understanding Self-Injury Tuesday, May 31

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.pdfYou'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://guestaplus.alberta.ca
- http://www.sophia.org/tutorials/learning-strategies-a-test-taking-survivalguide - 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)

- <u>AlbertaQuits.ca</u> Quit Smoking: AlbertaQuits Services include helpline, online and group counselling 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.
- <u>www.the-family-centre.com</u> 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
- <u>www.ok2bblue.com</u> 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.cvfcaregivereducation.ca

Class Action: Gr. 7A & 7B Food Truck Frenzy



Truck. Students created a menu, budgeted for cost, and created a model of the truck. In order to successfully complete the project, all groups were required to research and analyze the growing trend of mobile food trucks, develop and plan out a business concept for their own respective food trucks, set out a menu and budget for daily operations, and finally set out a plan for purchasing food truck items and provide a design layout for the truck and signage. When it was time to 'sell their wares' the grade sevens



For more student pictures visit page 24 of this newsletter.

For this month's class action we are turning our attention to the Grade 7A & 7B's Critical Inquiry Project: Food Truck Frenzy. The students were challenged with outcomes from the Language Arts, Social Studies, and Math curricula. In an exercise in capitalism, students learned first hand what it was like to start and run their own businesses. After being divided into groups, students were directed to create a Food Truck business with the end goal being a final culminating activity in the plaza.

After analyzing Food Truck trends, students came up with a concept and menu for a unique mobile Food set up shop in the plaza.

Food truck specialties included Sweet Treat Pastries, Bake N' Take, Wheel Greens, Candyland, 'Yukihira' Japanese Eatery, Supreme Ice Cream, Taco Tornado, Gamer Grub, and many others. Mrs. Woitas's grade six class, and Mr. Teliani's grade nine class attended the Food Truck Frenzy where they made "purchases" from students. The grade sevens then analyzed the activity at their truck during the frenzy in-

cluding which items were most (and least) popular and developed conclusions on why they believed their truck either did or did not succeed. Students were assessed on how well they demonstrated critical and creative thinking skills, cooperation and conflict resolution, oral, written and visual literacy, and how well they communicated in a clear, persuasive, and engaging manner. Although students didn't actually sell food products, overall it was an engaging activity, and much was learned by all involved. They all just wished that the food was real; so did we!





WOLFPACK ATHLETICS-Track & Field—Badminton—Spring League Bball- Soccer



Follow us on our Athletics Instagram Account @Woodhaven Athletics https://www.instagram.com/woodhaven athletics/

PE Update

April was another great month in our PE classes. We were extremely happy to bring back the wrestling unit after a few years due to COVID restrictions. Many of our students had not previously experienced many of the games and activities we engaged in during the wrestling unit and it was a huge success! The energy level in each class was high and our wrestling knowledge and skills improved substantiallv. We were even able to crown a few wrestling champions after many mini-games and activities. As we approach May, our classes have been working on their track and field events in preparation for our Woodhaven track meets coming up in a few weeks.

Track and Field

Track and field season is almost here! We are excited to be able to host our track meets in the month of May. Students will not only have the opportunity to compete in their favorite events, but also the opportunity to represent our school at a variety of track meets. Information will be sent home with students who qualify from our Woodhaven track meets to the next competitions. **Elementary Track Meets** May 11th - Grade 4-5-6 Track Meet at Woodhaven June 1st - Grade 4-5-6 Division Track Meet at SPC Junior High Track Meets May 12th - Grade 7-8-9 Track Meet at Woodhaven May 19th - East Zone Track Meet at Spruce Comp May 27th - PCAA County

Track Meet at SPC
June 2nd - Zone 5 Track
Meet at Sherwood Park
Badminton

Badminton season is just about wrapped up and our student-athletes have had an awesome season so far. On April 8-9th we hosted our senior badminton tournament. This was the first ever badminton tournament held in our new gvm! We had 9 courts going in total between the large and small gym. On April 22-23rd we hosted our junior badminton tournament. This tournament was even larger than the senior tournament. 7 different schools were represented with well over 100 students participating. Both our senior and junior teams did a fantastic job representing our school. Our Junior and Senior teams will be wrapping up their season in the PCAA badminton county championship May 4-7th. The junior games will be happening at Woodhaven. The senior games will be taking place at Memorial High School in Stony Plain. Good luck Wolfpack!

Soccer's Back!

We are pleased to announce we will once again have a co-ed Woodhaven soccer team! Tryouts for grade 6-9 students have been taking place and games will be starting in early May. A big thanks goes out to Mrs. Stavreski, Ms. Farris, and Mrs. Pirie for coaching the team.

Spring League Basketball

The sounds of basketballs bouncing have filled the gym after school for the past month. The return of our Woodhaven Spring League basketball has been a huge success. This year we also welcomed the grade 4's from Brookwood to join our current grade 5 & 6 students in the league. All in total we have over 120 students participating. The league was kicked off with a skills camp and then the students were split into a variety of different teams for game play. Each day new basketball rules and skills have been introduced. The coaches are current grade 7-8-9 Woodhaven students and the refs are all former Woodhaven students giving back! A huge thanks goes out to Mr. Chan for all of his time and efforts organizing the league.

Student vs. Staff Hockey Game

On April 29th our entire school population walked over to Grant Fuhr arena and we held our Student vs Staff hockey game. This was the first time in over 2 years that this Woodhaven school tradition took place. The entire event was a blast! The crowd was loud and energetic, cheering the entire time. The game was fast paced and highly entertaining. There were even mini-games and prizes awarded during the intermission breaks. The officiating, announcing, scorekeeping, and national anthem was all done by student volunteers. It was also great to welcome back some Woodhaven alumni who helped coach and participate in the game. Thanks to everyone who played a role in making this event a success. Thanks to Mr. Bradshaw for leading the way in organizing the game! (Turn to pg. 30 for pictures).

COVID-19 INFORMATION

STAY AT HOME GUIDE



Monitor your child's symptom(s)

- If your child is sick, he/she should stay home until they feel better.
- Refer to the <u>Alberta Health Daily</u> <u>Checklist</u> 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.

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



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 <u>psd.ca</u> for current COVID-19 information from the Division.

UPDATED COVID-19 ALBERTA HEALTH DAILY CHCHECKLIST

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 <u>Government of Canada Travel, Testing, Quarantine and Borders</u> 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 <u>a rapid test</u>, they are required to isolate as per <u>Public Health instructions</u>. For more information on isolation requirements after a positive rapid test, refer to the <u>Rapid Testing at Home website</u>.

Screening Questions for Children under 18:

_		or our military and the community and the		
	1.	Has your child been a household contact of a case⁴ of COVID-19 in the last 14 days?	YES	NO
		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.		

If child answered "YES" AND they are NOT fully immunized5:

 Child should stay home and NOT attend school, childcare and/or other activities for 14 days from the last day of exposure and monitor for symptoms

If child answered "YES" and they are fully immunized⁵ proceed to question 2:

If child answered "NO" to question 1, proceed to question 2

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

If the child answered "YES" to any symptom in question 2:

- 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

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



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

COVID-19 ALERTA HEALTH DAILY CHECKLIST (con't)

• They can use an <u>at-home rapid test if available</u> or the <u>AHS Online Assessment Tool</u> or call Health Link 811 to arrange for testing and to receive additional information on isolation.

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

3. Does the child have any new onset (or worsening) of the following other symptoms:

Chills	YES	NO
Without fever, not related to being outside in cold weather		
Sore throat/painful swallowing	YES	NO
Not related to other known causes/conditions, such as seasonal allergies or reflux		
Runny nose/congestion	YES	NO
Not related to other known causes/conditions, such as seasonal allergies or being outside in cold		
weather		
Feeling unwell/fatigued	YES	NO
Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as		
depression, insomnia, thyroid dysfunction or sudden injury		
Nausea, vomiting and/or diarrhea	YES	NO
Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome		
Unexplained loss of appetite	YES	NO
Not related to other known causes/conditions, such as anxiety or medication		
Muscle/joint aches	YES	NO
Not related to other known causes/conditions, such as arthritis or injury		
Headache	YES	NO
Not related to other known causes/conditions, such as tension-type headaches or chronic migraines		
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 <u>at-home rapid test</u>. If the test is positive or negative see below for further instructions.
- If <u>at-home rapid testing</u> 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 <u>at-home rapid test</u>
 if available or the <u>AHS Online Assessment Tool</u> 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 <u>at-home rapid test</u> if available or use the <u>AHS Online Assessment Tool</u> or call Health Link 811 to determine if testing is recommended.

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

- If an <u>at-home rapid test</u> is done and is negative, they can return to school and activities as long as they remain asymptomatic.
- If <u>at-home rapid</u> 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 <u>and</u> feel better.



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.



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



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





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

riai Cie Liidei s

Email:

marcie.enders@psd.ca

Head Secretary: Crystal Golinowski

Email:

crystal.golinowski@

psd.ca



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 woodhav en.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, 2021. The second date is Tuesday May 31st,

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 <u>Grade 6</u> 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 <a href="https://doi.org/10.21/20.2

For tips on preparing your child for immunizations, please refer to https://www.immunize.ca/pain-management-children

Please direct any questions or concerns to the Woodhaven main office.







Offering Free Professional Counselling Sessions Remotely

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

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

Cost to Clients: Counselling Sessions are free

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

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

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

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

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



Clinic Contact Information:

Website: www.cityuclinic.ca

Email: EdmontonVirtualClinic@cityu.edu

Phone: 780 918 8290





DISTRESS LINE: 780-482-HELP (4357) 24-hour CRISIS line providing immediate support. Call now if you or someone you know is in crisis: contemplating suicide, feeling overwhelmed, or experiencing abuse.

ONLINE CRISIS CHAT - TEXT 780-482-HELP (4357) When in crisis, sometimes it's easier to chat. This is a safe, 100% confidential, one-on-one conversation with a Support Team member.





FOOD HAMPERS

PARKLAND FOOD BANK

105 MADISON CRESCENT, 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

Fresh Nutritious Affordable Food Basket 587-338-1101 Order by first Friday, pickup on third Thursday of Month Monday - Friday, 9AM-4PM

BASIC NEEDS HELP

COMMUNITY HELPS TEAM NEIGHBOURLINK PARKLAND 180 CENTURY RD,

SPRUCE GROVE

By appointment 780-962-5611 / 789-306-1955 By appointment 780-960-9669 www.neighbourlinkparkland.ca neighbourlink.parkland@telus.net

COMMUNITY MEALS

AUGGIES CAFE

131 CHURCH RD, SPRUCE GROVE

Drop-in for Bagged Lunch Take Out Tuesdays 12-1 PM

FOOD FOR THE SOUL 49 BOULDER BLVD, STONY PLAIN

Drive by Meal to Go First and Third Saturday 10AM - 1PM

GRACE'S TABLE

250 CENTURY RD, SPRUCE GROVE

Meal to Go Second Friday 5PM-6:30PM www.sgac.net/eventregistration or 780-962-4700

COMMUNITY TABLE

180 CENTURY RD, SPRUCE GROVE

Hot Meal to Go Last Friday www.sgcconline.breezechms.com/form/communitytable or 780-962-5611

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

Teachers, Administrators, Counselors

Fully Funded

Crant Funded Tier 2 Support Program



jack.org



As COVID-19 continues to be a concern in our province, I am pleased to share with you the newly created <u>Alberta COVID-19 Youth Mental Health Resource Hub</u> 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?

	Call 911
I NEED IMMEDIATE HELP	
I DECEMBER OF THE FOR	707 508 111 507 11 11

Emergency Financial Assistance		
780	-644-5135	
Access 24/7 (Adults)		
Addictions & Mental Health 780)-424-2424	
Westview Health Centre780)-968-3600	
Child Intervention Services 780)-422-2001	
Kids Cottage Crisis Childcare 780)-944-2888	
Parkland RCMP 825	5-220-2000	
Poison Control1-800	0-332-1414	
NeighbourLink Parkland (practical crists)		
Monday-Friday Sam-4pm)-960-9669	
Pay Forward Kindness (homeless support	tx)	
587	7-286-4663	

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

	EPAINIGHT	
	rge Spady (men, women)	
Wor	men's Emergency ommodation Centre	
Acc	ommodation Centre	. 780-423-5302
		780-422-2018
You	th Empowerment &	
Sup	port Services (YESS)	
Salv	ation Army (Transitional Housing, \$1	(2/day)
		780-429-4274

I NEED A DOMESTIC ABUSE SHELTER

Alberta Council of Women's Shelters1-866-331-3933

I NEED DETOX SUPPORT

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

I NEED A SAFE CONSUMPTION SITE

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

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Addictions and	
Mental Health (soluta)	. 780-424-2424
Youth Addiction Services	. 780-422-7383
Access Open Minds (youth 16-25)	. 780-415-0048
Child and Adolescent	
Mental Health Services	. 780-342-2701
Westview PCN Youth	
Mental Health Clinic (ages 11-24)	. 780-960-9533

I NEED HEALTH INFORMATION

Health Link Alberta (24/7)811

WHERE CAN I FIND FOOD?

Parklan	id Fo	ood E	Bank
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Parkiano 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 Story Plain FCSS #107, 4613 - 52 Avenue, Slory 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 8:50AM-4:30PM

Wednesday 8:50AM-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-IPM

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

helpsesprucegrove.church

NEIGHBOURLINK PARKLAND

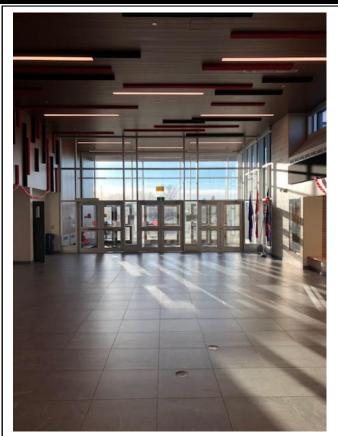
By appointment 780-960-9669



This Page: What a lovely winter we're having this spring! When nature gives you snow on April 20th, take five minutes to build a snow man!









<u>Above:</u> Elise M., accompanied by her father, performs *Firm Foundation* for Easter Joint Chapel.

<u>Left:</u> Early Morning sunshine bathes the Plaza in light.

Right: Students take a moment to check out the new video monitors in the Plaza. **Currently there** are four monitors spread throughout the hallways, as well as monitors installed in the conference room and the library. The monitors will have the time, the weather, student photos, as well as a listing of upcoming events.





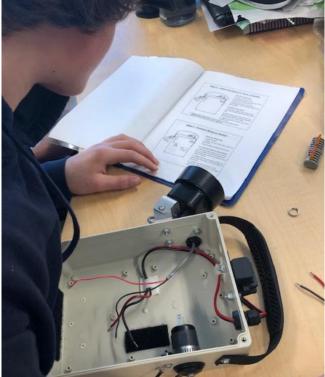
Above Left and Right: S.G.C.H.S. Grade 10 Counselor Mrs. Marie Porter, and Assistant Principal/Grade 10 Coordinator Mr. Mark Rose, visit grade nine classes to help with course selections for next year.

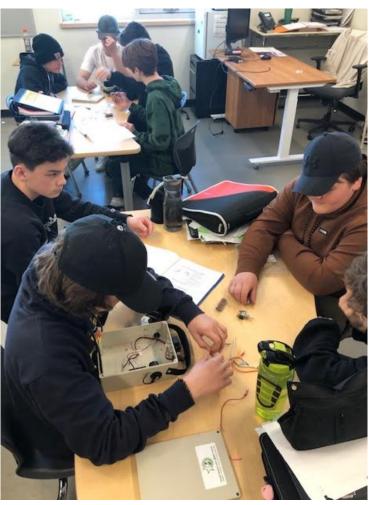
Below: Mrs. Porter and Mr. Rose will follow this this current grade nine cohort through to graduation.











This Page: Grade nine Science class features a guest speaker from Enmax Energy as the students learn about 'Electricity in Alberta' with hands on experience with circuits and fuses.







Above: Mr. Rink's grade fives get a lesson on Electromagnetism.



Left: The students from 5C take some time out from class to do a bit of clean up around the school on Earth Day.



<u>Top:</u> While the school is constantly practicing fire drills, lockdown drills, and shelter in place drills, 6B held a very important 'Flood Drill' on April 1st. The students performed quite 'admirably'.

<u>Bottom:</u> The grade eights and nines get a workout in during their option/complementary spin class.







Above Left: The wrestling mats were rolled out for 'combative games' in the small gym.

Above Right: Marcus takes the prize from Mr. Chan in grade nine Phys. Ed. <u>Bottom:</u> Doubles action from the Jr. Badminton Tournament.





Above & Below Left: Members of the Jr. & Sr. Badminton team, along with Coach Merkus, are all smiles. On May 4th, 5th, and 7th, the school will host the Parkland County Athletic Association Jr. Championships. The Sr. Championships will occur the same weekend at Memorial Composite.

<u>Below Right:</u> Phys. Ed. Class wrestling winners proudly display the championship belts!







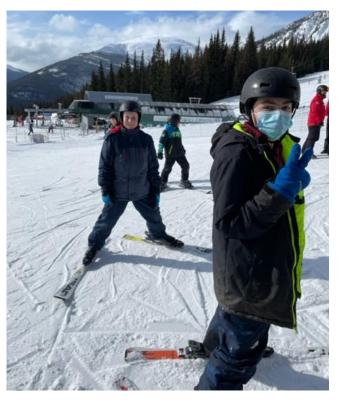
This Page: Spring League Basketball, our recreational tournament including Brookwood grade fours and Woodhaven grade five and sixes, fills the large gym for nearly all of April.





This Page & *Next:* After being turned back at Hinton due to a road closure on April 5th, the students made it to Marmot a week later on the 12th. It was the first time the kids have made it to Jasper in nearly three years. A quick look at the pictures reveals that a good time was had by all.













<u>This Page:</u> In the afternoon on Friday, April 29th, after a long, three year absence, the school gathered at the Agrena for the Student/Staff Hockey Game. Students filled the stands and cheered for their favorite classmates. There were activities for fans between periods and there was some pretty darn good hockey to boot. Despite a great effort, the students fell to the teachers 13-8.





















Above: The best game you can name.

Below: A view from the main entrance of the library commons showcasing the arrival of the new furniture. While most of the furniture arrived and was set up over the last week in April, due to supply chain issues, some of the soft seating furniture will arrive later in May.

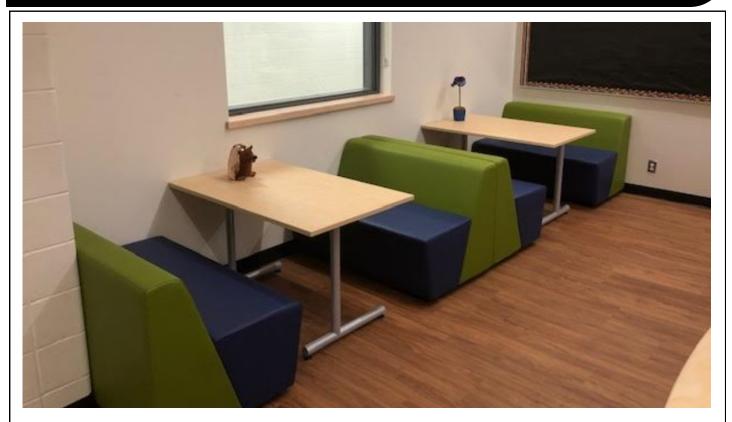




Above: A view from the opposite end of the library commons featuring the mobile shelving, medicine wheel tables (left) and bistro tables (right).

Below: Our two medicine wheel carpets feature into the furniture design.





Above: Teachers and educational assistants are already using the booths as individual and small group instructional spaces.

<u>Below:</u> Even before all of the books were unpacked, Ms. Merkus was already teaching in the maker space section at the back of the library commons.

