

# WOLFPACK HOWLER

## Principal's Message

Hello everyone. It would appear that we are going to end the 2021-2022 by welcoming parents and guardians back into to the school for a series of in-person events. This June, we will have an MCP Joint Chapel with Brookwood on June 14th, our awards ceremony on the morning of the 29th, and in the afternoon of the 29th we will hold our Grade Nine Farewell Ceremony. As well, end of the year field trips will be returning for the first time in a very long time. However, before I provide the details on these events, I would like to update you on the PATs for grade sixes and nines. We have a lot to discuss for the upcoming month, so let's get to it.

### Provincial Achievement Tests (PATs)

Last month I shared details on the written Part A portion of the grade six and grade nine PATs for



Language Arts. This month, the grade sixes and nines will write four Part B (multiple choice) exams for Language Arts, Social Studies, Math, and Science. The grade sixes will write four exams over the course of the week of June 13th, and the grade nines will write four exams the following week (*please see the schedule for June at the bottom of this page*). Exams begin at 9:00 am. I will once again ask that you ensure your child gets a good night's sleep the night before the exam, they eat a healthy breakfast the morning of the exam, and are at the school on at the school by 8:22 am as teachers take time to calm and prepare

their students before beginning the exam. I will also ask your help in making your child feel relaxed and comfortable in writing the tests. Please consider that your child's thoughts and feelings about any exams, including PATs, are influenced by what you say about the test. Your words encouraging them to relax and do their best carry more weight that you can imagine. For more information, please check out the PAT Parent Guides that I have included at the bottom of page two. If you have any questions, please contact your child's teacher or contact Ms. Enders or me through the office.

### Parent Council/Association Annual General Meeting

To all parents and guardians who joined me at Parent Council/Parents Association meetings this past year I would like to offer my gratitude for your contributions. Your insights have been invaluable in providing direction and (*con't on pg. 2*)

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## Key Dates:

- Grade 6 Part B PATs  
June 13th-17th
- MCP (In-Person) Joint Chapel @ Woodhaven  
June 14th 9:00am
- Grade 9 Part B PATs  
June 20th-24th
- National Indigenous Peoples' Day  
June 21st
- Awards/Gr. Nine Farewell/ Last Day of Classes/Report Cards  
June 29th

## Grade Six and Nine June Part B PAT Exam Schedule

<b>13</b> Grade 6 ELA Part B PAT Exam	<b>14</b>	<b>15</b> Gr 6 Math PAT Exam Part A & B	<b>16</b> Gr 6 Science PAT Exam	<b>17</b> Gr 6 Social PAT Exam
<b>20</b> Gr 9 ELA Part B PAT Exam	<b>21</b> National Indigenous Peoples Day	<b>22</b> Gr 9 Math PAT Exam Part A & B	<b>23</b> Gr 9 Science PAT Exam	<b>24</b> Gr 9 Social PAT Exam

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

**2022-2023  
School Year Reg-  
istration must be  
done ASAP!  
Please visit:  
[https://  
powerschool.  
psd.ca](https://powerschool.psd.ca)**

planning for our school. Further, your contributions beyond the meeting have made our school thus far, a much better place. Our first meeting of the 2022-2023 school year will occur on Wednesday, September 21st at 6:00pm. The meeting will also serve as our Annual General Meeting. All executive positions are open to be contested. However, you are always welcome to attend regardless of whether you have a position on council/association or not; your insights and ideas will always be appreciated.

### **A Final Registration Reminder**

One last time, I'd like to remind you that registration for next year is currently open online. It is imperative that you complete your child's registration for the 2022-23 school year ASAP. Please log into your Parent Portal at <https://powerschool.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](mailto:woodhaven@psd.ca), or call the school at (780) 962-2626.

### **Stronger Together Newsletter**

The focus for the Parkland School Division's Learning Services team's *Stronger Together* Newsletter is caring, kindness, and compassion. As well, you can

also find information on camps, sessions and activities for your self and your children for the summer. You can download a PDF copy of the document using the link found at the bottom of this page.

### **Awards Ceremony In-person**

We will be holding our Awards Ceremony in the large gym on Wednesday June 29th, at 10:30 am. Students receiving an award(s) will be provided a letter stating that they are an award recipient. However, the letter will not reveal which award(s) they will be receiving. Those letters will be provided to recipients on, or before Friday, June 24th. Parents and guardians of students receiving awards are invited to attend.

### **Grade Nine Farewell**

Following the Awards Ceremony, we will be hosting our Grade Nine Farewell event on the 29th (last day of classes), from 1:00 pm to 3:00 pm in our small gym. The event is free for grade nine students. Tickets for parents and guardians are \$5 and will be available for purchase shortly. Coffee, soft drinks, and cupcakes will be available following the event.

Students may don formal attire if they wish to do so. A photo wall will be available based on the theme the grade nine classes chose for the farewell

event. Finally, we ask that students send in ONE baby picture and ONE current picture to Mrs. Glegloff for our slideshow at [kim.glegloff@psd.ca](mailto:kim.glegloff@psd.ca). We look forward to seeing our grade nine families on the 29th.

### **Shake Rattle and Roll Drama Production**

After a three year absence, our drama production of *Shake, Rattle 'N Roll*, written by our very own Mrs. Refugia, is set for the stage early in June. Over 45 students have been working since March on bringing this show to life, and are so excited for the community to see it. Overall, there will be eight performances: six matinees for Woodhaven staff and students, as well as visiting schools; and two evening shows on Wednesday, June 8 and Tuesday, June 14th. Tickets are on sale beginning Wednesday (today!) June 1st at 8am. Prices are \$10 for adults and \$5 students/ seniors. Available in the office or in Power-School.

### **Track Meets**

Typically, events such as track meets are better highlighted in the athletic portion of the newsletter rather than in my message. However, after such a long absence, it was wonderful to attend my first ever Woodhaven track meet(s). On May 12th, we welcomed Brookwood's (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>

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

Like Us on Facebook:



Woodhaven Middle  
School

grade four students at our grade four/five/six track meet and the next day we held our grade seven/eight/nine meet. Despite being three years removed from the last event, the staff dusted off the playbook and held not one, but two class 'A' events. On the 19th and 27th respectively, top Woodhaven qualifiers attended the East Zone and Parkland County Athletic Association Division meets. Division Champions will participate in the Zone 5 Meet in Sherwood Park on Friday June 3rd. June 1st the is final division meet for grade four, five, and six students. A huge thank you goes out to staff for organizing these events and congratulations to all athletes for participating.

### Try-Me Ty-Athlon-June 3rd

The Try-Me Try-Athlon will make its long-awaited return this June. The 6th incarnation of this popular event will call back to its roots as an all-outdoor race set in Stony Plain. The event takes place at the Stony Plain Central and Stony Plain Outdoor Pool. The distances are much shorter than those in adult triathlons and change as participants mature. For more information, please click the link at the bottom of this page.

### Final Thoughts

This is my last Principal's Message as a member of the WolfPack. If you are not aware, I have accepted the principal position at Prescott Learning Cen-

tre beginning in the next school year. I know that while the phrase "...it is with mixed feelings..." has become a cliché, it pretty much sums up how I feel about leaving after three wonderful years here at Woodhaven. A new challenge is always welcomed, however my time here at Woodhaven has exceeded all my expectations.

The school has changed so much since I started my very first principalship here in 2019. Quite literally, we have both built and renovated a school with students still inside, in the middle of an ongoing pandemic, with a rookie principal. While we all have reason to be proud of this, I am even more proud of what we have accomplished beyond the construction. I am so grateful to have lead a staff dedicated to making the school a better place for their students and their families. They were, and continue to be, committed to keeping students safe while teaching in a construction zone, through the ever-changing procedures and protocols of COVID 19, and in their classrooms as students transition from children to teenagers; no small feat. Truly, the staff at Woodhaven are top shelf; I will miss them dearly. Perhaps most of all, I am grateful for your trust in the school, our staff, and myself; thank you.

While I am sad to be leaving, I take solace in knowing that there is little that this staff can't handle or won't do in order to im-

prove outcomes for their students. I am also excited (and a little envious) to welcome Mrs. Nealle Dickson to the WolfPack. Mrs. Dickson has been the principal at Forest Green in Stony for the past three years and has junior high experience as an assistant principal at both Prescott Learning Centre and Ecole Meridian Heights School. I consider myself fortunate to have been able to call Nealle a friend for over ten years. She is an excellent educator and outstanding administrator with a skill set that will enable our school to continue to grow and develop into an even better place for learners. I could not imagine a better fit for Woodhaven. Her and Ms. Enders, along with the rest of the school staff, are going to make a dynamite team. I know she will not disappoint.

So, once again, thank you. Pandemic aside, working with the students and staff, and getting to know you, the parents and guardians, has been one of the highlights of my professional career. I know it will bring on nothing but fond memories every time I drive past the school we all built together. Until then, we still have a busy month ahead of us with much work to do. 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](mailto:chris.shaw@psd.ca) or [marcie.enders@psd.ca](mailto:marcie.enders@psd.ca) with your questions or concerns. Take Care WolfPack, you will always have a special place in my heart.— Chris.

<https://www.psd.ca/division/news/post/6th-annual-try-me-try-athlon>

## Maranatha Christian Program (MCP) Update

For more information please visit our website:

<https://psd.ca/programs/programs-of-choice/maranatha-christian-program-christian-education>

We are happy to announce that our final **Joint Chapel** for the 2021-2022 school year will be in-person and open to any and all Brookwood and Woodhaven MCP parents and guardians. Please join us in the Woodhaven Main Gym on **Tuesday, June 14th at 9:00 am** for prayer, fellowship, and community. As well, for the Farmer's Day Parade in Stony Plain, our MCP parents have created and organized a float to spread the word

about the program. The Parade is this Saturday, June 4th, at 10:00 am. Please come out and support this event.

Lastly, PSD is asking for your input as the division considers a rebranding of the Maranatha Christian Program (MCP) in order to more clearly/directly convey to potential parents and guardians the existence of our Christian program, as well as align with other Parkland School Division (PSD) programs-of-choice. If approved, the

program would be renamed the Parkland School Division Christian Program beginning August 30, 2022. It's important to note that the program's values and delivery will remain the same. We would like to thank those of you who have already provided your input on the potential name change. If you haven't already done so, any thoughts or feedback will be welcome at the school via email on or before Wednesday June 1, 2022.



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

## May School Council Meeting Highlights

***The Woodhaven Middle School Council and Parent's Association Annual General Meeting will occur on Wed. Sept. 21st. 2022 at 6:00pm. All positions are available to be contested. Please attend if you are able.***

Once again Council welcomed first term PSD Trustee **Jill Osborne** to the May 18th meeting. As the May board meeting occurred after the council meeting, Trustee Osborne relayed that the board would be finalizing and approving the recommendations of the budget and education plan at their meeting on May 24th. The board was notified in late March by Alberta Education that the division was getting 3.15% which is the cap on reserves or roughly \$4 million dollars leaving little wiggle room on a nearly \$137 million in overall revenues. As a result, the board was looking at covering a \$2.3 million deficit out of reserves. Alberta Education was also imposing new restrictions on justifying where reserve money will be spent making it more difficult for the division to access their reserve funds. In his **Principal's Report**, Mr. Shaw shared that well there were still self-reported cases of COVID, the number is significantly lower than it was in the fall and winter. He also

shared details about the upcoming Provincial Achievement Tests for grade six and nine students and explained how the school used the test results to identify and address potential gaps in student learning and instruction. For the 2022-2023 school year, he expressed that school would likely have a small surplus. Mr. Shaw presented the current fee schedule and expressed that fees would be increased to the maximum 5% permitted by the division. He explained that the increase was intended to consider increasing inflation, in particular fuel prices as they relate to field trips. However, he explained the school follows the practice of charging fees throughout the year rather than in September to avoid overcharging and having to issue credits. He also requested that Council pass a motion authorizing the Parent's Association to cover the Fees associated with the 'Pack Pride' initiative which recognizes good deeds done by Woodhaven students. At the end of

each week a random draw is for each grade and prizes are handed out. Association president, Lisa Hindle provided details on fundraising activities such as the track meet concessions, the Little Caesars, and Mother's Day Fundraisers. A motion was passed to authorize spending \$625 to fund the GOZEN online student wellness program. Acting Chair Lei Gryshik finalized plans for the Sept. 21st Annual General Meeting, including how to publicize calls for executive Council and Association positions. Alberta School Council Association (ASCA) representative Ashley Southworth lead a discussion on how to spend \$500 school council funding provided by the Provincial Government. She also provided an update on resolutions made at the ASCA AGM in April. At the conclusion of the meeting Trustee Osborne and meeting attendees were shown the newly installed Gaga Ball Pit, as well as the last of the soft seating furniture which had recently arrived for the new Library Com-

***Below:*** Members of School and Parent Council work the BBQ and concession for the grade four/five/six and grade seven/eight/nine track meets held at the school on May 12th/13th.



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

## WOLFPACK ATHLETICS— Track & Field—Soccer—Badminton



### PE Update

May was filled with track & field practice and preparation for our upcoming track meets. Our students explored all of the different events both on the track and in the field. Looking into our next month in June, our students will be taking on our last big unit: Softball/Baseball. If possible, we ask our students to bring a baseball/softball glove to school for PE class. We do have many gloves students can borrow on a class by class basis, but if anyone has their own it is always a welcome addition to our class.

### Track and Field

May has been filled with multiple track meets. It has been a few years since we were able to run a meet, so it felt great to give our students that opportunity once again. We were fortunate enough to host two track meets at our school this year. First, we were able to host our grade 4-5-6 track meet on May 11th. Grade 4's from Brookwood even joined us for the events! The very next day, May 12th, we hosted our 7-8-9 track meet. All of our Woodhaven students were fantastic on both of these dates. Our grade 7-8-9 students then moved on to the East Zone track meet

at Spruce Comp on May 19th. We had over 120 students participate at this meet! The East Zone track meet was a chilly and wet day, but our students were once again fantastic. From there, we had just over 40 students in grade 7-8-9 qualify for the PCAA division track meet on May 27th in Stony Plain. Once again our kids rocked it. We had 12 students qualify for the Zone 5 meet coming up on June 2nd in Sherwood Park. Our grade 5-6's will compete in their PSD elementary track meet on June 1st in Stony Plain.

### CO-Ed Soccer's

The PCAA soccer season is wrapping up. Our Woodhaven co-ed soccer team is getting stronger with each game they play. Finishing the season with a

1-2 record, our team had a tough quarter final match vs a much higher ranked STA and they overcame adversity and won! The soccer team now advances to the semi-finals on June 1st. A big thanks goes out to our coaches Mrs. Stavreski and Ms. Farris for their time and efforts to make the soccer season a success!

### Badminton

Congratulations to our Senior Badminton Team for taking the PCAA banner in overall team score. The team was crowned overall champions at the finals held at Memorial Comp on May 5th, 6th, and 7th. Well done WolfPack!

*(please see pg. 29 for more PE/Athletics pictures).*

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



## Class Action: Leveled Literacy Intervention (LLI)

*(This Month's Class Action was provided by Woodhaven's Leveled Literacy Teacher, Mrs. Joy)*

One of the concerns expressed by parents and guardians is the learning loss incurred by students over the course of the pandemic. However, even prior to COVID-19, students have struggled to stay at grade level for reading and writing. To address this, for 2021-2022, the school has purchased resources and created space in the timetable for a teacher/reading specialist to work with small groups of students to bring students closer to their respective grade appropriate reading level. This approach is known as Leveled Literacy Intervention (LLI).

LLI is intensive literacy support, where lessons focus on building literacy skills such as reading fluency, comprehension, phonics, and writing in a positive, small group environment. Its goal is to quickly progress a student's reading level over a short period of time, giving them strategies to become a more confident reader and writer across all subject areas. The LLI lesson is given in addition to the regular reading instruction that students receive in the classroom, and occurs daily over the course of approximately five weeks. Great candidates for LLI are students who have gaps in their reading fluency or comprehension, (for any of the variety of reasons that gaps occur), who enjoy working in smaller groups, and who desire the additional support to pro-



gress their skills.

When students gather for LLI, they participate in a variety of activities that build literacy skills. Using resources from Fountas & Pinnell reading benchmark assessment program, students study words according to spelling patterns and vowel sounds. Along with the reading specialist, students practice fluency using a variety of tools and techniques, discuss genres of literature, and look for clues to gain better understanding of a text. Whether it is sorting magnetic words on the board, scribbling ideas and lists on the whiteboard table, posting "facts of the day" on cue cards, or learning how to "sandwich summarize," students are actively engaged in their own literacy development every day. The new literacy room at Woodhaven, located in the newly renovated Library Commons, is an incredible space with resources that the school has only begun to tap into. The hundreds

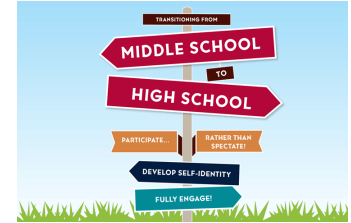
of LLI lessons that are available for intervention, brand new guided reading resources for classroom use, the high interest low level readers for students to check out to continue their practice at home, all the way down to the whiteboard table and reading guide strips and the location of the room are all part of what makes the space a dream.

In this type of environment, where students are intentionally working on literacy skills for a devoted amount of time every day, in a small group setting that is supported by a beautiful, functional, and highly resourced physical space, we have witnessed some amazing successes. Frequently, students advance their skills by two and three whole grade levels. But further to this kind of measured success is how special it is to watch a student's confidence soar to new heights when they realize what they are capable of.

**For more student pictures visit page 24 of this newsletter.**



AHH... June is here. It can be a super busy month with focus on finishing up the year and summer holidays right around the corner. Sometimes we forget that endings and transitions can be a challenging time for our youth. Self advocacy is a helpful skill that will encourage your child to reach out for help when they need it. [Here is a great article](#) for parents that shares some tips to help kids make successful transitions to their next grade or school. I have also included a little teaser of the first tip. Have a great summer!!



### 1. ENCOURAGE SELF-ADVOCACY.

Self-advocacy is one of the most important skills your teen will learn over the next few years. Speaking up for himself or herself and knowing how to ask for what they need is a critical, lifelong skill. Your teen can only learn it if you make an intentional effort to back away and let him or her step up to the plate.



***Have some fun celebrating these National events this month:***

June 4 - [National Health and Fitness Day](#)

June 10 - [Action Anxiety Day](#)

June 21 - [National Indigenous Peoples Day](#)

June 27 - [PTSD Awareness 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

June 1- *Substance Use: A Harm Reduction Approach*

June 9 - *Understanding Autism*

June 15- *Junior High Jitters - Transitioning to the Teenage Years*

### **Lunch & Learns 12:00 – 1:00 pm - [Link for Registration](#)**

June 2- *Mindfulness: Benefits for the Whole Family- Part 1*

June 6 - *Mindfulness: Benefits for the Whole Family -Part 2*

June 8 - *Sleep and your Family's Mental Health - Part 1*

June 15- *Sleep and your Family's Mental Health - Part 2*



## 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.
- [AlbertaQuits.ca](http://AlbertaQuits.ca) - 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.
- [www.the-family-centre.com](http://www.the-family-centre.com) - The Family Centre offers a wide range of programs and services to individuals and families including counselling for individuals, couples, families and groups.
- <https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder-> Seasonal Affective Disorder (Sad)
- [www.sprucegrovefcss.ca](http://www.sprucegrovefcss.ca) - Family School Liaison Program (FCSS) is a family centered resource that provides support, counselling and liaison services to individuals and families whose children may be experiencing difficulties either at home or at school.
- <https://www.parklandtps.ca/> Family Violence; Parkland Turning Points Society
- [www.ok2bblue.com](http://www.ok2bblue.com) - Mental Health site for Youth Seeking Support.
- <http://wellnessnetworkedmonton.com/wellness-dimensions> - Supports for health and wellness

## Counselor Links (con't from pg. 7)

### 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.

**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.**

**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.



## Counselor Links (con't from pg. 8)

## TRI REGION FOOD RESOURCES

## 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.sgconline.breezechms.com/form/communitytable

or 780-962-5611

Are you a youth in the Spruce Grove community Looking for ways to gain valuable work experience and mentorship? Volunteer as a **Leader in Training** to meet friends and challenge your leadership skills in a fun and exciting atmosphere. As a volunteer, you will be partnered with Summer in the City leaders to run various summer programs, such as Adventure Camps, Art Explorer Camps and the Pop-Up Playground. After all is said and done you will receive a certificate of completion along with new friendships and skills that will last a lifetime. Registration starts June 1<sup>st</sup> on the city of Spruce Grove's website.



<https://www.sprucegrove.org/community/programs/summer-in-the-city/leaders-in-training/>



## 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](http://www.cyfcaregivereducation.ca)

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

### Screening Questions for Children under 18:

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

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

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

<sup>5</sup> A child who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

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

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

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

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

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

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

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

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

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

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

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

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

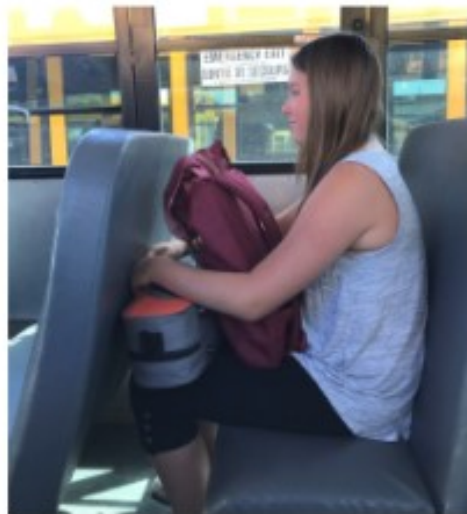
- Your child may attend school, childcare and/or other activities

**Please note:** If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started or until symptoms resolve (whichever is longer), unless they receive a negative PCR COVID-19 test result or two negative rapid test results at least 24 hours apart **and** feel better.

## 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/](http://woodhaven.psd70.ab.ca/)*



## Welcome to the Journey

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

### Offering Free Professional Counselling Sessions Remotely

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

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

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

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

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

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

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

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



#### Clinic Contact Information:

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

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

**Phone:** 780 918 8290

# Solution-Focused Wellness

## For Youth & Families



The Solution-Focused Wellness (SFW) counselling program is designed for youth (5-17) & their families. This school-based program is individualized for each student/family but will generally focus on holistic wellness and person-centered strategies for coping and self-care. Direct therapeutic work will be completed by student interns or MH Clinicians under direct supervision of registered psychologists,

**Larissa Predy (Little Oaks Psychology)**

**& Joel Pukalo (Family Life Psychology)**

**Please Contact the School Regarding this service to discuss this, and the many other supports that are available.**

## VIRTUAL OR IN-PERSON

Youth & Family Sessions for Holistic Wellness

### 3-6 Sessions

Individualized Program Focused on the whole self, including the environment, social, physical, and mental health

## FEEDBACK LOOP

To Ensure Ongoing Support and Understanding

### Team

The school team & family will receive feedback and strategies for support following the program.

## 7 PILLARS OF WELLNESS

Focusing on the pillars of wellness, this program encourages coping

### Solution-Focused

and ongoing skill development for overall wellness

## SCHOOL REFERRALS

Teachers, Administrators, Counselors

### Fully Funded

Grant Funded Tier 2 Support Program



# The Alberta COVID-19 Youth Mental Health Resource Hub

Powered by:



jack.org

Kids Help Phone 

As COVID-19 continues to be a concern in our province, I am pleased to share with you the newly created [Alberta COVID-19 Youth Mental Health Resource Hub](#) on Jack.org. Alberta's government partnered with the Kids Help Phone and Jack.org to create this hub where youth, educators and parents can find easy-to-access tools and supports.

The mental health of youth is top-of-mind and a priority for Alberta's government and for schools. The challenges and pressures brought on by the pandemic has brought have exacerbated feelings of stress, anxiety, fear, sadness and loneliness. I encourage you to share this new resource with the school community.

The youth-focused resources on this hub include:

- **Jack Chapters** – Youth-led, community-driven mental health advocacy clubs at schools or in the community
- **Jack Talks** – Mental health presentations delivered to young people by young people.
- **Jack Summits** – Mental health conferences developed by youth, where young people within a region connect, strategize and learn from one another.
- **Do Something** – Tools to take small, simple steps that make a big difference to youth mental health and the mental health of others.
- **Be There** – Tools to support someone who may be struggling with their mental health.

Thank you for your commitment to promoting positive mental health.

Sincerely,

Adriana LaGrange  
Minister of Education

# Help For Hard Times: TRI-REGION SUPPORT GUIDE

## WHO CAN HELP, WHERE CAN I GO, AND HOW DO I GET SUPPORT?

### I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line.....	780-482-4357(HELP)
Addiction Helpline.....	1-866-332-2322
Child Mental Health (9am-11:30pm)	780-427-4491
Kids Help Phone .....	1-800-668-6868
Bullying Helpline.....	1-888-456-2323
Seniors Abuse Helpline .....	780-454-8888
Family Violence Info Line .....	310-1818
Sexual Assault Center (9am-9pm)	780-423-4121
First Nations & Inuit Mental Health	
Hope for Wellness .....	1-855-242-3310

### I NEED IMMEDIATE HELP Call 911

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

### I DON'T EVEN KNOW WHERE TO START?



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



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

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

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

### I NEED A DOMESTIC ABUSE SHELTER

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

## May Photo Gallery



***Above:*** Students display their finest for *Hats On for Mental Health Day* on May 4th. If you look closely, you may also notice a tribute to *May the Fourth Be With you*.

***Right:*** Grade seven students ponder the state of affairs in the Library Commons.





## May Photo Gallery

**Left, Below, and Bottom Left:** Ms. Farris's 5C Math class take the learning out side for a geometry lesson. **Bottom Right:** In the middle at the park.





***This Page:*** Finally! Students enjoy the Gaga Ball Pit which was installed by PSD facilities workers on May 18th. Money for the pit was raised by Xavier M., Max C., Aram A., and Isaac B., primarily through bottle drives and donations. The boys managed to raise over \$1200. Not bad during a pandemic! School Council generously topped up the remaining \$600 required for the completion of the project.

## May Photo Gallery



***Above:*** 5A students relax on the recently installed soft seating furniture as they await Mrs. Pirie for their library/literacy block.



***Left:*** Students provide their very differing opinions on the recently concluded Battle of Alberta during recess. Sorry Mrs. Pirie and Mr. Schock, the Oilers took the series four games to one (just in case they hadn't heard yet).

## May Photo Gallery



***This Page:*** Rehearsals are well under way for Woodhaven Performing Arts production of *Shake, Rattle, and Roll*. The show runs from June 8th to June 14th in the Woodhaven Small Gym. Tickets are available on PowerSchool June 1st.



## May Photo Gallery



***This Page:*** Action photos from the Co-Ed Soccer team's playoff victory over St. Thomas Aquinas. The team, consisting of players from grade six to nine, struggled during the regular season, but has stepped it up for the playoffs.

## May Photo Gallery



***Top:*** A team picture of the WolfPack Co-Ed Soccer Team.



***Left:*** A busy day at the track.



***Below:*** A thumbs up for a productive day.





**Above Left and Right:** A view of the 100 meter finish line.

**Left:** An action shot from the (temporary) long jump pit.

**Below Left:** Natalie enjoys her lawn chair after a long day at the track meet.



## May Photo Gallery



**Top:** Lane almost makes it over the bar in the high jump. After a three year absence, track meets finally returned to Woodhaven in the month of May. Judging by the smiles, a great time was had by all.

**Below:** Taryn (left), Isabel, and Sophia (right) show the spoils of a very successful day at the track.





## May Photo Gallery



**Above Left:** A great approach at the high jump pit.

**Above Right:** A group of students line up for the 'shot put' in the ball diamond.

**Right:** London shows how to get it done at during the javelin event.





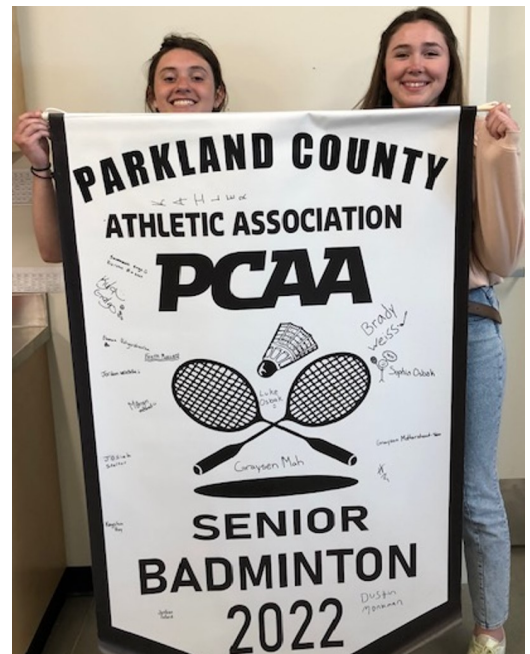
***This Page:*** More photos from the Woodhaven, East Zone, and PCAA Track and Field Meets.



## May Photo Gallery



**Above and Below Left:** It's not 'all work and no play' at track meets.  
**Below Right:** The Champs with the Banner!



## May Photo Gallery



**Top Left:** Mrs. Refugia's grade seven's enjoy a 'story on the step' on a warm and sunny spring day (which was immediately followed by a dust tornado that almost chased them back inside).



**Below Left:** Farewell Wolf-Pack. Thank you for three amazing, wonderful years. I will miss you all very, very much...Mr. Shaw