

# Woodhaven Middle School Newsletter

**November, 2022**

## **Leadership Message**

It is so hard to believe that it is already November! Our students are continuing to learn, grow and make us proud! We know that a hungry student is not a learning student, and we believe it is essential that our students have what they need so they can learn. We will NEVER turn a student away who requires more nutrition. We are so blessed to have community and volunteer support for the following programs at Woodhaven.

### **Forgotten Lunch & Breakfast Program**

We are very fortunate to be able to continue to have both a Breakfast Program, supported by the Breakfast Club of Canada as well as President's Choice & a Forgotten Lunch Program, supported by . The purpose of these programs is to ensure all students are able to access a breakfast or lunch should they NEED one. We have very dedicated volunteers who come in EACH morning to ensure our students do not start the day off hungry. If you are able to volunteer, please reach out to the school and we will connect you with our Parent Association.

We are also needing volunteers to support our Hot Lunch Program...without parent volunteers this program cannot run. If you are able to help, please reach out to the school.

### **Key dates this month:**

- Nov. 2nd - Gr. 9 Take Your Kids to Work Day
- Nov. 4th - Grade 6 Immunizations
- Nov. 7th - Picture Retake Day
- Nov. 8th - Gr. 9 Immunization TEACHING Day
- Nov. 10th - Remembrance Day Ceremony 10:45am
- Nov. 11 - 18th - FALL BREAK - No School
- Nov. 23 - School Council Meeting @6pm followed by Parent Association AGM



Please do not hesitate to reach out should you have any questions or concerns. We wish you all a fabulous break!

Take care,  
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# General Information

## Parent Handbook

Please click [here](#) to view our Parent Handbook for the 2022/2023 School Year

## Reporting Absences

To report an absence for your child, please email [woodhaven@psd.ca](mailto:woodhaven@psd.ca) or call and leave a message at the school office (780-962-2626). Please include the student's name, teacher (or grade), and reason for the absence in your message.

## Drop-Off & Pick-UP

Our doors open to students at 8:15am when outside supervision begins. If students arrived prior to 8:15, there is no outside supervision. After school supervision is from 3:06 to 3:10pm. Please give the buses the right of way when entering and exiting the parking lot.

Also, just a quick note that one of our buses needs to use the parent pick up lane at the end of the day as the bus has to leave earlier than the rest. When the bus pulls up, please pull out of the way. Your cooperation is greatly appreciated!

## Visiting Woodhaven

We are happy to welcome you to our beautiful new school. When you arrive at the school, please check in at the office.

## Picture Retake Day

Lifetouch will be coming to our school on **November 7th**, for Pictures. After Picture Day, order pictures on [mylifetouch.ca](http://mylifetouch.ca) using your portrait ID and Access Code which can be found on your Picture Day order form.

## School Fees

Please login to the Parent Portal to view and pay your child's school fees. If you have questions or need assistance, please do not hesitate to contact our school office.

## COVID

Woodhaven and Parkland School Division are excited that the World is Opening Back Up. 2022-2023 should finally start to feel like what a school year is supposed to feel like. While the pandemic is officially over, our new reality is that COVID-19 is here to stay.

With that being said, there are many measures that were previously implemented that just make sense to continue. Above all, we encourage anyone who is feeling ill to stay home from school. If you are exhibiting any of the key symptoms known for [COVID-19](#), we encourage you to access one of the many test kits that are also available at the school. Meanwhile, PSD will continue the following:

- Hand sanitizer will still be readily available at all schools,
- Students will continue to be reminded of the importance of thorough hand-washing hygiene,
- School staff will ensure that appropriate cleaning of high touch areas will continue,
- The frequency at which air filters are changed in PSD has also been increased and air handling/ventilation equipment in all schools has been adjusted to maximize the number of air exchanges within the schools. All schools will operate filtration systems that meet or exceed the Minimum Efficiency Reporting Values (MERV) 13 air filtration rate, and
- Where practical, entrances and exits can be used to efficiently reduce crowding during high traffic times of the day.

Thank you in advance for your attention to this matter. We look forward to a healthy and happy school year.

## 2022-2023 Bell Schedule

Our attendance calls go out automatically at 9:10am. If your child will be late or absent, please let their classroom teacher or the office know.

Bell Times	Breaks and Periods
8:20am	Warning Bell
8:23-9:11am	Block 1
9:14-10am	Block 2
10-10:15 am or 10:15-10:30 am	Recess
10:18-11:04 am	Block 3
11:07-11:54 am	Block 4
11:54 am-12:16 pm	Lunch Break First Half
12:16-12:38pm	Lunch Break Second Half
12:38-12:41 pm	Warning Bell
12:41-1:28pm	Block 5
1:31-2:17pm	Block 6
2:22-3:06pm	Block 7

## Athletics

**X-Country Running** -Our cross country team is off to a fantastic start to the season. September has been a great month for the team. We have had many runners participate and even finish in the top 10 of their age category! On Sept. 15th we even hosted our own race in the Brookwood field that saw over 900 runners attend! Thank you to all the runners, staff, and volunteers that made our run a success!

**Volleyball** - Our Woodhaven volleyball teams have had an awesome start to the season. Both the Senior and Junior A teams participated in the University of Alberta tournament in Edmonton. The Seniors have also participated in the Greystone/Prescott tournament. Our Junior A teams successfully hosted the “Woodhaven Welcome Back” Junior tournament and both teams came out on top! PCAA league seeding has taken place for the Seniors and Junior A’s and now all of those teams are into their regular season league games. We are happy to report all Senior and Junior A teams are competing in Division 1 this season. Our Junior B volleyball teams continue to practice and start games in October. Information for Fall Ball (our own grade 5-6 volleyball league at Woodhaven) will be coming out later in the upcoming month.

**Terry Fox Run** -This year's Terry Fox school run happened on September 23. It was an excellent afternoon of walking/jogging/running by both our students and staff. We were able to raise some awareness and funds for the Terry Fox Foundation. Great job Wolfpack!

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

## Fine Arts

**Charlie and the Chocolate Factory** rehearsals are underway! Under the direction of Mrs. Refugia, 49 students in grades 7-9 will be taking to the Woodhaven stage this December! We are so excited to see this childhood classic be brought to life in our very own school!

**Choir** has begun for students in grades 5 and 6! Meeting once a week with Ms. Farris, our choir is preparing for Remembrance Day and will be joining this year's production of *Charlie and the Chocolate Factory* in December!

Grade 7-9 Students had the opportunity to attend “Canadiana Musical: Pier 21” Oct 24th. Students



## Calendar

Our School Calendar has changed from last year...and boy is it more user friendly than the previous calendar. As it is no longer a google calendar, all you have to do is go to the [calendar on our website](#) and click on one of:

[Download to iCal](#)   [Add to Google Calendar](#)   [Subscribe to Calendar](#)

located at the top of the calendar on our website. You can then search by grade level, event or topic to find information you are looking for as needed.

## School Council & Association

### WE WANT YOU TO JOIN US!

Please join us for a pizza party as ASCA (Alberta School Councils' Association) presents the purpose of what school council is. **Tuesday, November 8 at 7:00 pm.**

**School Council Purpose:** Understanding the advisory role of school councils through a review of the legislation, exploring rights, responsibilities and choices including which topics/areas are open for discussion helps to guide the school council and its work in the school community. Learning how to identify the work of school councils, how to frame a "personal issue" from a school council perspective and how to broach sensitive topics is essential for new and returning members.

**Pizza: 6:30 pm**

**ASCA presentation: 7:00 - 8:00 pm**

Our next monthly parent council meeting is November 23 at 6:00pm. (Note: There is no meeting in December)

### Woodhaven School Council Secretary – Vacant

- Please email [woodhaven.scchair@partner.psd.ca](mailto:woodhaven.scchair@partner.psd.ca) if you are interested in joining our school council committee as our secretary or if you have any questions.

The Parent Association meets as the need for fundraisers arises. Watch this website's calendar for dates/times.

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**Next Fundraising Society Meeting & School Council Meeting: Wednesday, November 8th  
@6:45pm at Woodhaven School**

## Message from our Counselor



November is an exciting time of year for our grade 9's as they start thinking about work opportunities and take part in **TAKE OUR KIDS TO WORK DAY** on November 2nd. This important job shadow experience helps our students create goals for their future, develop action plans and pathways in high school to achieve these goals.

### [Children's Grief Awareness Day is on November 17th, 2022](#)

**Rainbows for All Children Canada Inc.** and other children's mental health and bereavement groups across Canada will commemorate National Children's Grief Awareness Day on Thursday, November 17, 2022. For a full list of a lighting site near you check out [Children's Grief Awareness Day - Canadian Lighting Tour 2022](#) To learn more <https://www.childrengriefawarenessday.org/>

## Parent Learning Opportunities

Check out this month's [Newsletter from AHS Caregiver Education Series](#). Sessions are virtual and timely - registration is required. See link above for registration information

### **[Building Executive Functioning Skills: Supporting Success in Learning for parents and caregivers of children in grades K-6](#)**

Part 1: Tuesday, November 8 12:00 – 1:00 pm

Part 2: Tuesday, November 22 12:00 – 1:00 pm

### **[Understanding Self-Injury: For parents and caregivers of youth in grades 7-12](#)**

Wednesday, November 9 12:00 – 1:00 pm

### **[Technology and the Teenage Brain: Digital Wellness for Families:](#)**

#### **[For parents and teens in grades 7-12 to attend together](#)**

Wednesday, November 16 6:00 – 7:30 pm

### **[More than Just a Bad Day Understanding Depression For adults, and for caregivers supporting youth in grades 7-12](#)**

Wednesday, November 23 12:00 – 1:00 pm

### **[Substance Use A Harm Reduction Approach For adults, and for caregivers supporting youth in grades 7-12](#)**

Wednesday, November 30 6:00 – 7:30 pm