

Woodhaven Middle School Newsletter

December, 2022

Leadership Message

WOW! Time is absolutely flying by this year and it is hard to believe this is the last newsletter of 2022. December is such a busy month for both schools and families, so we are going to stick to the most important details for this month's message.

Cold Weather

Winter appears to be here to stay. Please ensure kids are bringing jackets, mitts, head coverings etc. to keep them warm during recess. All students are expected to be outside when the temperatures are -22 or warmer (including the windchill).

Bathrooms

With colder weather comes an increased number of students hiding in bathroom stalls. As our stalls are floor to ceiling. To ensure safety, it is expected that only ONE student will be in a stall at a time. Warnings have been given to all junior high students by administration. If students are caught in a stall with another student, a consequence will be administered.

Parking/Drop-Off & Pick UP

With the increase in students being driven to school, it is more important than ever that we use the appropriate drop-off and pick-up lane before and after school. The drop off lane is 2 lanes, the right lane is for stopping to let kids out, the right lane is for leaving. The drop off lanes are not for parking longer than is necessary to let a child in or out. When you are picking up your children, please do NOT park along the north side of the parking lot. The buses need that space to be able to turn into the bus lane and in the winter, buses are at risk of sliding into the cars parked alongside the curb. We are looking into getting better signage for this area. We really do appreciate your attention to these matters to ensure our kids are safe and our buses are able to pull in safely.

*****When you are exiting the parking lot, you MUST turn right until after 3:30 pm. By-law will be monitoring and ticketing those who turn left within the times indicated on the sign.**

Key dates this month:

- December 2nd-Term 1 Report Cards available on Powerschool
- **December 2nd - 20th - Christmas Cash 50/50 Raffle**(See below for more details on how to join) www.rafflebox.ca/raffle/wmspa/
- December 5th - Term 2 Begins
- December 6th - Immunization Catch up
- December 14th - 20th - Charlie and The Chocolate Factory Drama Production
- December 21st - Joint Chapel at Woodhaven
- December 26th - January 6th - Winter Break - See you next year!

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

Take care,
Nealle Dickson, Principal



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 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 arrive prior to 8:15, there is no outside supervision. After school supervision is from 3:06 to 3:10pm. Please give buses the right of way when entering and exiting the parking lot.

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.

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 the 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

Volleyball - Our Woodhaven volleyball season is now all wrapped up! Our 6 teams had a fantastic season, capped with a PCAA silver medal from our Junior A girls team. This year we had over 70 students play on our Woodhaven volleyball teams. A huge THANKS goes out to all of our coaches for making the season a success. A special congratulations goes out to Sam H, Ben H, Abby A, and Kyla G who were all named PCAA Volleyball All-Stars. These four student-athletes proudly represented Woodhaven in the PCAA All-Star game in November.

Fall Ball -Our Woodhaven Fall Ball volleyball league was once again amazing. This year we had 40 grade 5 & 6 students sign up to play, along with 12 grade 8 & 9 students who helped coach and ref. Our student coaches lead our grade 5 & 6's through a series of skill development drills and activities, and we played triple ball games! A special thanks goes out to Mrs. Nicole Martineau for her time and efforts supporting our Fall Ball students and coaches.

Basketball - Our Woodhaven basketball teams are starting to have tryouts in the month of December. This year we are hopeful to have 6 teams once again. Our basketball teams will play a number of games and tournaments throughout December to March.

Indoor Games Running Team -We are very excited to announce that Woodhaven will be once again having an Indoor Running Team lead by Mr. Bock, Mr. Bradshaw, and Mr. Rink. Information about signing up will be on the school announcements in early December. All students in grade 5 to 9 that are interested can try out. Our indoor games running team practices in January and February and wraps up their season with the Running Room Indoor games running competition in Edmonton late in February/early March.

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

Fine Arts

Charlie and the Chocolate Factory rehearsals are wrapping up as we prepare for our shows! Under the direction of Mrs. Refugia, 49 students in grades 7-9 will be taking to the Woodhaven stage from **December 14 - 20th, performing 10 SHOWS!** We are so excited to see this childhood classic be brought to life in our very own school!

Choir students in grades 5/6 have been working hard with Ms. Farris, as they will be joining this year's production of *Charlie and the Chocolate Factory!*

Ticket Order Forms for "Charlie and the Chocolate Factory" have been sent home and tickets are on sale now on a first come first served basis. The tickets are for our 3 evening performances on December 14, 16, 20th at 7:00pm and they are \$10 each.



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 & Parent Association

WE WANT YOU TO JOIN US!

School Council News

Thank you to the parents and staff that attended our School Council purpose meeting and pizza party on November 8th. The main issues presented were:

- 1) To understand how a school council may fulfill its legislated purpose to the principal, community and the board
- 2) On what items and in which areas, a School Council may make decisions.

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

Woodhaven School Council Secretary – Vacant

• Please email woodhaven.scchair@partner.psd.ca if you are interested in joining our school council committee as our secretary, or if you have any questions.

Parent Association News (Fundraising)

Woodhaven Middle School Parents Association

is excited to announce our

2nd Annual

Christmas 50/50 Cash Raffle!

Woodhaven Middle School Parents Association is the fundraising society governed by Woodhaven Middle School Parents Council. Every year, Woodhaven Middle School presents a Wish List to the Council. This Wish List includes items that aren't included in a regular school budget like additional

ChromeBooks, CPens, risers, chair storage, science equipment– all of which we have successfully fundraised for in the past!

This year's Wish List includes additional replacement ChromeBooks and other equipment.

Through this 50/50 Cash Raffle you could win up to \$5 000 and support Woodhaven Middle School at the same time! Are you interested? Visit www.rafflebox.ca/raffle/wmspa/ for all the information and to get your tickets!

The Raffle will run from December 2 to December 20, 2022 with the prize being awarded on December 21 – just in time for a wonderful Christmas treat! The winner will be contacted to claim their prize.

Please see Raffle Rules for more information.

Next Fundraising Society Meeting & School Council Meeting: Wednesday, January 18th 8th @6:00pm at Woodhaven School followed by The Woodhaven Middle School Parent Association (Fundraising Meeting). Come and meet fellow parents and learn what is going on in our school and Parkland School Division!

Message from our Counselor

COUNSELLOR'S CORNER- MRS. SCHEIDL



December is a bouncy sleigh ride of emotions for our students as they receive their first term report cards, get excited about holidays and think about upcoming family celebrations. This month is a great time to focus on self care and personal wellness so that we do not become overwhelmed by the business of the season and school. Balancing the workload becomes ultra important and managing stress is the key to a joyful holiday season. Here are some ideas to help your kiddos find balance:

1. Teach them to take small movement breaks when they are working hard and long on homework. Here is a [link about movement breaks](#).
2. Sleep and rest are very important tools in keeping emotions stable - form good sleeping habits for the winter months. Check out [this link from Alberta Health Services](#)
3. [Play Bingo](#)- here is a self care bingo card that kids/adults can fill in to make sure they are balancing fun, joy filled activities to help them get through the goals/expectations of the season.

If your child is struggling with their mental health, overwhelmed by expectations or is having a challenging time personally, communicating



with their teachers may be helpful in keeping them safe, balanced and feeling supported. Please reach out to school personnel anytime for extra support or just to inform them your kiddo is going through a rough patch. We would love to help.

[Human Rights Day](#) December 10th.

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

Mindfulness Benefits for the Whole Family

Part 1: Tuesday, December 6 12:00 – 1:00 pm

Part 2: Tuesday, December 13 12:00 – 1:00 pm

Understanding Autism: For parents and caregivers of youth in grades 7-12

Wednesday, December 14 6:00 – 7:30 pm