

Woodhaven Middle School Newsletter

January, 2023

Leadership Message

WELCOME BACK and HAPPY NEW YEAR! We hope that you all thoroughly enjoyed your break and that the students are well rested and ready to continue their learning journey as they return to school. As much as we have all appreciated the time to relax and be with our families, coming back after the winter break is always exciting for us as well. It's amazing how much kids seem to change in just 2 short weeks.

We will be continuing to be focusing on Literacy and Numeracy and implementing small group differentiated instruction in our classrooms. Just as students are all on a learning journey, staff are as well, so the small group instruction will look different from classroom to classroom depending on teacher comfort and expertise in this area. We are so lucky to have Mrs. Joy leading in literacy and Mrs. Woitas and Mr. Teliani leading in numeracy.

We are also fortunate to have student teachers in grade 8 and 9 joining us this term as well as 2 Child and Youth Care students completing their practicums at Woodhaven this term.

Just a couple of reminders with regards to student safety and expectations at Woodhaven:

- 1. 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.
- 2. 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:

- January 11 - Grade 9 Immunization
- January 18th - School Council Meeting at Woodhaven - 6:00pm
- January 19-21 - Woodhaven Junior A Basketball Tournament
- January 26- 27- Woodhaven Junior B Basketball Tournament
- January 30 -PD Day -**NO STUDENTS ATTEND**

Please do not hesitate to reach out should you have any questions or concerns.

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 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

Basketball - Our Woodhaven basketball season has started. We are proud to announce we once again have six teams: Sr Boys, Sr Girls, Jr A Boys, Jr A Girls, Jr B Boys, & Jr B Girls. Our Senior and Junior A teams will participate in the Parkland County Athletic Association (PCAA). Our Junior B teams will play a number of exhibition games. Our teams will be coached this season by a mix of Woodhaven staff and parent volunteers. All of our teams will host a tournament this year as well. Here are the dates for our tournaments we will host at Woodhaven:

Junior A tournament - Woodhaven Junior Jam - Jan. 19-21

Junior B tournament - Woodhaven Winter Invitational - Jan. 26-27

Senior tournament - Woodhaven Hoops Classic - Feb. 23-25

Indoor Games Running Team -Our indoor games running teams are in the process of finalizing their rosters. We will have both an Elementary Team (grade 5-6) and a Junior High Team (grade 7-8-9). If anyone is interested in getting more information please talk to Mr. Bock.

Social Dance- January is our social dance month in our Physical Education classes. Students in all grades will be participating in a variety of social mixers and line dances throughout the month.

Instagram - Follow us on our Athletics Instagram Account@WoodhavenAthletics

<http://www.instagram.com/woodhavenathletics/>

Fine Arts

After months of rehearsal, "**Charlie and the Chocolate Factory**" took to the stage during the month of December. Students involved in the production performed 10 shows including 3 SOLD OUT evening shows and 7 matinees where audiences were filled with students from Woodhaven and other schools in Parkland School Division.

Mrs. Refugia (director) would like to give a huge shoutout and thank you to the 60 students in grades 7-9 that appeared on stage and behind the scenes, and who dedicated their time to bringing this show to life! She'd also like to thank Ms. Farris and the grade 5/6 Junior Choir for joining us on stage and for sharing their beautiful voices with the audience! Close to 100 students were involved in making this production happen, and it would not have been the success it was without all of their dedication!



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

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)

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



January is a month dedicated to new starts, goals, resolutions and organization for many of our students. This month is a

great time to focus on helping our kiddos with building executive functioning skills such as organization, time management, prioritizing and setting goals.

1. Goal setting: Teach them the 3 step process for goal achievement: set a SMART goal (specific, measurable, achievable, relevant, timely). Create an action plan of how to achieve this goal in certain time periods and finally check in and evaluate how the progress is going. Here is a [link about goal setting](#).
2. Organization is one of the most important keys to success. But where does a child start? Here are some tips:
 - a) It often starts with the morning: having clothes set out for the week, keeping uniforms, sports gear and some snacks/extra water bottle separate in one spot for a quick grab before heading out the door.
 - b) Forgotten lunch: Ask your child to keep some extra non perishable snacks in their locker at school for that one time lunch is forgotten or ruined. (Granola bars, juice box, fruit cups and crackers will all work.
 - c) Forgot supplies/notes at school - it helps if kiddos have a study buddy or friend to call to review some information. Completing homework right after school can help because if your child has forgotten something -check to see if the school is still open as sports teams are practicing and staff are still around. Check out [this link about organization tips for middle schoolers](#).

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.

[Bell Let's Talk Day](#) January 25th
[Family Literacy Day](#) - January 27th



Parent Learning Opportunities

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

Sleep and Your Family's Mental Health

Part 1: *The Importance of Good Sleep Hygiene* Wednesday, January 18 12:00 – 1:00 pm

Part 2: *Setting the Stage for Good Sleep* - Wednesday, January 25 12:00 – 1:00 pm

Body Image and Eating Disorders

Wednesday, January 25 6:00 – 7:30 pm

Understanding Anxiety Series

(for adults supporting their own wellness or supporting the wellness of children and youth)

Part 1: *An Introduction*- Tuesday, January 17 12:00 – 1:00 pm

Part 2: *Calming our Bodies*-Tuesday, January 24 12:00 – 1:00 pm

Part 3: *Settling our Minds* - Tuesday, January 31 12:00 – 1:00 pm