

# Woodhaven Middle School Newsletter

**April, 2023**

## **Leadership Message**

This month is sure to fly...it's already one week into April! I sure hope everyone had the opportunity to rest and enjoy the time spent with family over the March Break!

I would just like to take this opportunity to acknowledge you, our parents who have been working tirelessly to continue to support our school to ensure our students have what they need to learn and grow. Your commitment to our school whether through monthly School Council Meetings, Monthly Association Meetings, volunteering...sometimes daily, or by simply being a supportive voice for our school is so very important to us! We appreciate each and every one of you!

As we are heading into Easter Break, it is our wish that you are able to celebrate with family, friends and loved ones, doing all of the things you enjoy doing...and maybe with this nice weather some yard work as well!

Please do not hesitate to reach out if you have any questions.

Take care,

Nealle

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

**April 7 - Good Friday (No School)**

**April 10 - Easter Monday (No School)**

**April 14-17 - Vancouver Sun Run**

**April 19 - School Council Meeting 6pm**

**April 27 - 28 - One Acts Festival (Edson)**

**April 28 - PD Day (No School)**

## 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 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.

## 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

**Physical Education** - The month of March saw our PE classes participate in badminton. The shuttles were flying in both the large and small gyms. Our students learned the badminton rules, different types of shots and strategies. We would like to say it was a "smashing success". April will be filled with Pickleball, team games, and depending on the weather, preparation and practice for our school track & field meets.

**Indoor Shoes** - As spring has sprung and the snow is melting, all students are reminded to have clean indoor shoes for PE. We would like to keep the gym floors (and any indoor floor) as clean as possible!

**Basketball** - Our school basketball season is now all wrapped up! Congratulations to all players and coaches for a successful season. A huge congratulations goes out to our Junior A boys team for winning the Division 2 championship! Congratulations also goes out to senior basketball players Ben H, Maren M, and Isabel S who were selected to play in the PCAA basketball all-star game. Well done wolfpack!

**Badminton** - Badminton season is here! Tryouts are now complete. We had well over 100 students tryout for our teams this year! Our senior and junior teams will play a series of different games in April and the county championship final tournament at the start of May. Our Woodhaven teams are also hosting a tournament this month as well called the Woodhaven Badminton Challenge. It is great to have 6 courts in our large gym and 3 courts in our small gym!

A big thanks goes out to our badminton coaches Mr. Huedepohl & Ms. Butler (Seniors) and Mr. Nordstrom & Mrs. Lindsay (Juniors) for their time and efforts.

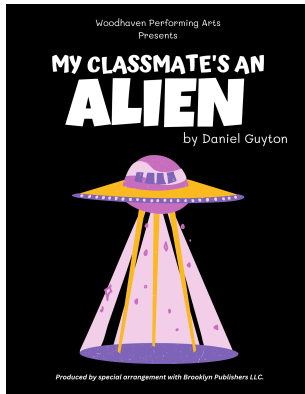
Senior Woodhaven Badminton Challenge Tournament - April 14 & 15th  
Junior Woodhaven Badminton Challenge Tournament - April 21 & 22nd

**Spring League Basketball** - We are excited to start our Spring League basketball league for our grade 4-5-6 students. Registration for the league is all wrapped up now and the skills camp is April 11-12-13th. Games run the month of April in the large gym and wrap up with some playoffs in May. A big thanks to Mr. Chan and the grade 8-9 basketball players for getting the league all ready to go. We look forward to welcoming all the students who signed up to play!

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

# Fine Arts

## “MY CLASSMATE’S AN ALIEN”



This month is all about Woodhaven Performing Arts’ production of “My Classmate’s an Alien!” Students in grades 7-9 have been hard at work preparing for the Zone II West One Act Play Festival in Edson, AB April 27-28.

Woodhaven will be hosting a One Act Showcase on Wednesday, April 19 where Greystone and Gramminia will be joining us for a night of One Act plays! Woodhaven classes will see the show during 6 matinees on April 24 and 25!

# Wolfpack Events

## WOLFPACK WEEK!

Term 2 wrapped up with our 2nd Wolfpack Week! Continuing to work as homerooms in our three Dens, staff and students participated in various events and competitions around the school all vying for the Term 2 Den trophy! In the end, Denali, our black den took the trophy and title of Term 2 Den Champions!





Wolfpack T-Shirts are available all year for \$10 from the office!

### SPRING TALENT SHOW!

Before the break, Woodhaven staff and students attended the annual Spring Talent Show! Participants ranged from grades 5-9 and we saw everything from singing to dancing, magic and jump rope tricks as well as piano playing and acting monologues. Congratulations to all students who participated and a big thank you to Mrs. Denet, Mrs. Glegloff and Mrs. Refugia for their work behind the scenes!



Talent Show Performers



Student MCs Zach and Eli!

### BASKETBALL SKILLS COMPETITION!



### JUNIOR HIGH GLOW DANCE!



## 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](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.

#### 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.

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School Council Meeting & Parent Association Meeting: Wednesday, April 19th @6:00pm at Woodhaven School. Come and meet fellow parents and learn what is going on in our school and Parkland School Division!

## Message from our Counselor



AHH... Spring is here. Time to enjoy the outdoors more often and get in some great nature therapy!!!! Walking in nature is a great co-regulator for stress management. Have some fun celebrating these National events this month:



**April 7 - [World Health Day](#)**

**April 22 - [Earth Day](#), [Toolkit](#)**

Need some Addiction and Mental Health Support Resources? [click here](#)

Help For Hard Times - [click here for support numbers](#)

[Walk In Clinic Information](#)

[Children, Youth & Depression](#)

[Anxiety Youth](#)

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.



## Parent Learning Opportunities

Check out this month's [Newsletter](#) from AHS Caregiver Education Series. Registration Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session. To register, click [HERE](#) or go to: [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

### ***Building Executive Functioning Skills - Promoting Success in Learning***

For caregivers of children in grades K-6; adults only

Part 1: The Impact of Executive Functioning - Wednesday, April 19 12:00 – 1:00 pm

Part 2: Supporting Executive Functioning Development-Tuesday, April 25 12:00 – 1:00 pm

### ***Substance Use - A Harm Reduction Approach***

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

Wednesday, April 5th 6:00-7:30 pm

### ***Understanding Anxiety***

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

Part 3 - Settling Our Minds- Tuesday, April 4th 12:00 – 1:00 pm

Part 4 -Overcoming Avoidance - Tuesday, April 18 12:00 – 1:00 pm

### ***New! Child and Adolescent Addiction & Mental Health Resource Links***

On our website, you will find additional [resource links](#) to a variety of community websites, webinars, handouts, and modules on addiction and mental health topics pertaining to children and youth and sorted by audience (parents and families, youth, health professionals).

## 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.