

# Woodhaven Middle School Newsletter

October, 2023

## Leadership Message

As we step into the month of October, we're excited to share the latest updates and highlights from Woodhaven Middle School. The past month has been a whirlwind of activity, with literacy and numeracy screens coming to a close, and our vibrant school culture taking center stage.

One of the most exhilarating events in September was our Wolfpack Week, a celebration of our school culture and community spirit. We are thrilled to announce that Denali emerged as the winners of this spirited competition, showcasing the incredible unity and camaraderie that defines our school. The strong school spirit demonstrated during Wolfpack Week serves as a testament to our collective effort in making Woodhaven Middle School a safe, supportive, and welcoming environment for all students.

We also want to extend our gratitude to the parents and guardians who have been a vital part of our community. Your involvement with our School Council and Fundraising Association is invaluable. **We invite you to join us for our meetings, held on the third Wednesday of each month at 6:00 PM in the library.** Your presence at these meetings is essential, as it **ensures that we can continue to offer essential programs like our grab-and-go breakfast and plan for the return of our hot lunch program.** Your support makes a significant difference in the lives of our students.

We also want to make you aware that in keeping with Parkland School Division's commitment to student success and well-being, we are once again working to promote healthy eating and create a positive food environment for all students.

We would like to acknowledge the President's Choice Children's Charity *Power Full Kids* program in providing support for food security at Woodhaven Middle School for the 2023 - 2024 school year.

Students in grades 6 and 9 will be writing Provincial Achievement Tests in English Language Arts, Mathematics, Social Studies, and Science in May and June 2024. More information from the Alberta Government for parents can be found here - [grade 6 parents](#) - [grade 9 parents](#). More details will be sent out as we get closer to test dates.

As well, in an effort to move to real time reporting, where parents and students can access their grades at any time, we are encouraging parents to download the Powerschool app and to check powerschool for their child's most recent grades, assessments and attendance records. Teachers will talk more about this at Parent Teacher Interviews this month. Formal report cards will be available in January and June in Powerschool as well. Teachers will be including comments on major assignments posted in Powerschool throughout the year for you to access. Please reach out should you need support accessing your powerschool account.

Lastly, we want to stress the significance of student attendance in achieving success. Regular school attendance is a fundamental factor in academic excellence and personal growth. We kindly request parents to prioritize sending their children to school every day unless they are unwell. Together, we can provide our students with the best opportunities for learning and achievement. Please do not hesitate to reach out for support.

Thank you for being an essential part of the Woodhaven Middle School community!

Sincerely,  
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780-962-2626 or [woodhaven@psd.ca](mailto:woodhaven@psd.ca).

**Key dates this month:**

- October 5 Woodhaven Cross Country Run
- October 6 PD Day
- October 9 Thanksgiving Day (No School)
- October 12 Picture Day
- October 16-20 School Bus Safety Week
- October 18 School Council Meeting
- October 19-21 Woodhaven Howler Sr Volleyball Tournament
- October 24, 25 Book Fair
- **October 24 and 26 Parent Teacher Interviews**
- October 27 and 28 Woodhaven Jr B Volleyball Tournament

## General Information

### Parent Handbook

Please click [here](#) to view our Parent Handbook for the 2023/2024 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 3:15pm. **Please give the buses the right of way when entering and exiting the parking lot.** 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 Day

Lifetouch will be coming to our school on October 12th, 2023 for Pictures. When you receive your child's proofs you can 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.

## 2022-2023 Bell Schedule

Our attendance calls go out automatically at 9:35am. If your child will be late or absent, please let their classroom teacher or the office know.

Bell Times	Breaks and Periods
8:15 - 8:23	Student Arrival
8:25	Students arriving after 8:25 require a late slip
8:30-9:10 am	Block 1
9:10-9:50 am	Block 2
9:50-10:05 am	Recess
10:05-10:45 am	Block 3
10:45-11:25 am	Block 4
11:25-12:05 pm	Block 5
12:05-12:35pm	Lunch Recess

12:35-1:05 pm	Lunch
1:05-1:45 pm	Block 6
1:45-2:25 pm	Block 7
2:25-3:05 pm	Block 8
3:05 pm	Dismissal

## 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 Oct. 5th we will be hosting our own race in the Brookwood field. We anticipate a very large turn out of runners and spectators. Oct. 5th will be a great day! Come out and cheer on the Wolfpack!

**Volleyball** - Our Woodhaven volleyball teams have had an awesome start to the season. We had large numbers of students tryout for all of our teams. Our Senior teams have already participated in the Greystone tournament. Our Junior A teams successfully hosted the "Woodhaven Welcome Back" Junior tournament in September and both teams had a great weekend of volleyball. 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. Our Senior team is hosting their tournament "Woodhaven Howler" on Oct. 19-20-21st. Unfortunately this year we are not able to offer Junior B teams but our younger students will still have the opportunity to participate in our Fall Ball League (grade 5-6 volleyball league at Woodhaven). Information for Fall Ball will be coming out later in the upcoming month.

**Terry Fox Run** -This year's Terry Fox school run happened on September 26th. 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

Woodhaven Performing Arts is hard at work rehearsing for this year's school musical, "Disney's The Little Mermaid JR."



*The Little Mermaid Jr.* is a stage musical, based on the animated 1989 Disney film and the classic story by Hans Christian Andersen about a mermaid who dreams of the world above the sea and gives up her voice to find love.

Under the direction of Mrs. Refugia and Mrs. Lyons, 45 students in grades 6-9 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!

Follow us on our Performing Arts Instagram Account @WoodhavenFine Arts  
<https://www.instagram.com/woodhavenfinearts/>

## 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!**

**The School Council AGM will be held on October 18th, 2023. WE NEED YOU THERE!**

Woodhaven Middle School Parents Association AGM meeting has been delayed due to lack of quorum for the original start date on Sept 20, 2023.

The AGM will now be held on October 18th, 2023

**The positions that are available for School Council are:**

Chair, Vice Chair, Secretary (Currently Vacant), Volunteer Coordinator, COSC Rep  
which are all mandatory elected positions.

**The positions available for Parent Association are:**

Chair, Vice Chair, Secretary, Treasurer, Hot Lunch Coordinator, Casino Coordinator  
which are volunteer positions."

### What We Do

- We run a Grab 'N' Go program in the mornings which is offered to students who may not have had time to have breakfast before school.
- We run concessions during track meets.
- We provide volunteers for fundraising and school initiatives.

Please click [here](#) to view minutes and agendas for our meetings. The minutes will be posted AFTER approval at the next month's council meeting.

### When We Meet

The Parent Council meets the 3rd Wednesday of every month (with the exception of December). We meet in the school library at 6pm.

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

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**Next Fundraising Society Meeting & School Council Meeting: Wednesday, October 18th  
@6:00pm in the Library**

## Message from our Counselor



At WMS, we have a referral policy where students can access brief counseling support on an as-need basis. Services are also provided for individual and family concerns.



### Rainbows© Support Group Information

Have you heard of RAINBOWS©? Perhaps you know someone who has benefitted from this wonderful support program when their family experienced divorce/separation/grief/loss. They may have told you their kids have been helped a great deal by participation. Although RAINBOWS© is not counseling, it is very helpful for children and youth to share their feelings in a caring, confidential environment, with others of a similar age, in similar situations. The concept is simple yet very effective; sharing grief helps children hear and cope better with the inevitable changes that accompany death, separation or divorce. Kids are resilient, but only if they get help.

RAINBOWS© is offered at Woodhaven Middle School in 45 minute, weekly sessions over 13 weeks during the lunch hour for our grade 5 & 6 students. Our sessions will run from October through January and again from February -May based on need. The last class is a celebration. SPECTRUMS (for grades 7-9) will run similar to Rainbows except that the sessions are varied blocks during the day, once a week, for 13 weeks. Through fun games, activities and discussion, RAINBOWS can help children understand and accept the changes they are experiencing, learn communication, problem-solving and positive coping strategies to make their lives better. **Parent permission is required. If you would like your son/daughter to be involved in this program, or if you would like more information or have questions, please do not hesitate to email your child's teacher or the School Counselor, Janie Scheidl at [janie.scheidl@psd.ca](mailto:janie.scheidl@psd.ca).**

## Parent Learning Opportunities

**[Stronger Together Newsletter](#)** - please check out this newsletter from Parkland School Division's Student Services team to access information to help you and your family navigate your child's educational journey. Highlights include:

- Sept 27-Nov 8** - S.E.L.fie - Social Emotional Learning Program - 780-962-7618
- October 10** - Supporting Children Through Grief Group - see newsletter link above
- October 13** - Hanging with My Super Dad! - Family Connection Centre
- October 14** - Nourishing your ADHD Child's Full Potential - see newsletter link above
- October 19** - What Going on with Our Teens? APFA - 780-963-0549

**[Caregiver Education Team Newsletter](#)** - please check out this newsletter from Alberta Health Services to access free online programming to caregivers. Sessions are offered online through Zoom. To register, [click HERE](#) or go to: [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

- October 4** - Understanding *Anxiety* - Pt 3. Settling Our Minds - 12-1pm Webinar
- October 11**- Understanding *Anxiety* - Pt 4. Overcoming Avoidance - 12-1pm Webinar
- October 18**- Keeping Scattered Kids on Track - Supporting Youth with ADHD - 6-7:30 pm
- October 25**- Understanding *Self Injury* - 12-1 pm Webinar