# Woodhaven Middle School Newsletter

December, 2023

## Leadership Message

As we say farewell to 2023, I am beyond proud to say that we have had an incredibly strong start to the academic year. The dedication and hard work of our students, teachers, and staff have set a positive tone for the months ahead. Our recent results indicate significant strides in closing the learning gap in both literacy and numeracy. These achievements reflect not only the commitment of our educators but also the resilience and eagerness to learn demonstrated by our students. It is truly heartening to witness the progress we are making together in providing a robust and inclusive education.

In the realm of extracurricular activities, our students are showcasing their talents and creativity in the spectacular production of "The Little Mermaid Jr.." The cast will be performing 10 shows to students, staff and community members. The dedication displayed by the cast and crew is a testament to the vibrant arts culture within our school. Simultaneously, our sports enthusiasts have kicked off a tremendous year. Cross Country Running and Volleyball have wrapped up, Basketball is just starting to amp up. They are promising not only thrilling competitions but also opportunities for teamwork, discipline, and personal growth.

Our Wolf Pack Pride continues to shine through various initiatives, including Den Days, where students come together to celebrate our school spirit and unity. It is heartening to witness our students actively engaging in efforts to make our school a better place, demonstrating the values of leadership and community responsibility. As we look ahead, let us continue this journey of excellence, collaboration, and growth, ensuring that Woodhaven Middle School remains a beacon of quality education and community pride.

Wishing you all a joyful holiday season and a happy New 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

#### Key dates this month:

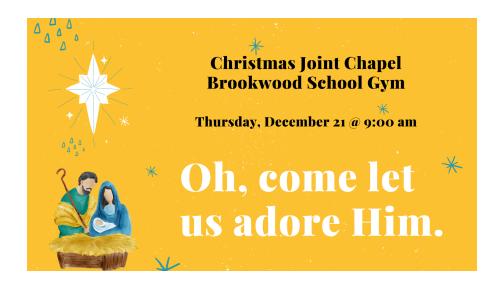
December 12 - Immunization Learning Session Grade 9

December 13, 15, 19, 20 - The Little Mermaid Jr - Evening Performances

December 22 - PD Day

December 25-January 7 - Winter Break

January 8 - Classes Resume



# 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 <a href="woodhaven@psd.ca">woodhaven@psd.ca</a> 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. 2023-2024 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 <a href="COVID-19">COVID-19</a>, 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.

## 2023-2024 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	
8:23am	Warning Bell	
8:30-9:10 am	Block 1	
9:10 -9:50 am	Block 2	
9:50 - 10:05 am	Recess	
10:05-1045 am	Block 3	
10:45-11:25 am	Block 4	
11:25 - 12:05 pm	Block 5	
12:05 - 12:35 pm	Lunch Recess	

Lunch Eating Time	
Block 6	
Block 7	
Block 8	

## Athletics

**Volleyball** - Our Woodhaven volleyball season is now all wrapped up! Our 4 teams had a fantastic season, capped with some awesome playoff games. A huge THANKS goes out to all of our coaches for making the season a success. A special congratulations goes out to Ava W, Saber S, Kaitlin H, Kaiden R, Jericho M, and Max C who were all named PCAA Volleyball All-Stars. These six 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 almost 50 grade 5 & 6 students sign up to play, along with many grade 7, 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 our staff for their time and efforts supporting our Fall Ball students and coaches.

**Basketball** - Our Woodhaven basketball teams are starting to take shape as we have been having tryouts in late November and early December. This year we are going to be fielding senior boys, senior girls, junior A girls, junior A boys, and a junior B boys team who all play in the PCAA league. We are also excited to announce we will be having a co-ed junior B rec academy for our grade 5 and 6 students who will focus on skill development and participate in scrimmage and mini games here at Woodhaven. Our basketball teams will play a number of games and tournaments throughout December to the beginning of 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 and Mr. Rink. Information about signing up will be on the school announcements in January. 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

**The Little Mermaid Jr.** rehearsals are wrapping up as we prepare for our shows! Under the direction of Mrs. Refugia, 60 students in grades 6-9 will be taking to the Woodhaven stage from **December 13 - 20th, performing 10 SHOWS!** We are so excited to see this Disney classic be brought to life in our very own school!

All Woodhaven students will attend a matinee performance with their class between December 14 - 19. Tickets are on sale now on a first come first served basis for our 4 evening performances on Dec 13, 15, 19 and 20. \$10 General admission, \$5 Students/seniors.

If you would like to attend an evening performance you can purchase tickets on <a href="https://www.ticketscene.ca/series/1162/">https://www.ticketscene.ca/series/1162/</a>

**Choir** students in grades 5/6 have been working hard with Ms. Farris, as they will be performing before Tuesday, Dec 19th's evening performance of "The Little Mermaid."!

## 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 <u>calendar on our website</u> 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: <u>woodhaven.scchair@partner.psd.ca</u> 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 <u>woodhaven.scchair@partner.psd.ca</u> 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

#### 2<sup>nd</sup> 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!

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 <a href="www.rafflebox.ca/raffle/wmspa/">www.rafflebox.ca/raffle/wmspa/</a> for all the information and to get your tickets!

The Raffle is open and will run to December 21, 2023 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 17th, 2024 @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

# <u>COUNSELLOT'S COTNET- MTS. SCHEIDL</u>



December is a bouncy sleigh ride of emotions for our students as they finish up their first term studies, 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.



#### Winter Break Camps

- 1. Deck the Stalls Winter Kids Horse Camp To register call 780.721.8142 Under the Mane
- 2. City of Spruce Grove School Break Camp Winter session Jan 2-5
- 3. Ultimate Winter Camp Tri Leisure Centre

# 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

## Parenting Strategies for Positive Mental Health-click here to register

Part 1: Increasing Wellness Deposits - Wednesday, December 6 12:00 – 1:00 pm

Part 2: Reducing Wellness Withdrawals - Wednesday, December 13 12:00 – 1:00 pm

# More than Just a Bad Day - Understanding Depression- click here to register

Wednesday, December 20 12:00 – 1:00 pm

Check out December events in the Stronger Together Newsletter from Parkland School Division such as:

## Strong Families: Bedtime Yoga

6-7:30pm Click this link to register Tuesday, December 12

**Need assistance this Christmas?** Applications can be submitted online or over the phone for toys for children 12 and under. Register by phone 780-414-7695

**Now Accepting New Referrals** Have you been putting off your mental health needs due to financial considerations? If you are looking for support in your mental health journey, now is the time, and we are your place. City University Counselling Clinics offer free counselling services in a convenient format, click on the <u>link to register online</u>.