



West Haven Public School Newsletter - November 2020



PRINCIPAL'S MESSAGE

Check out the new:

[WHPS Online Absence Reporting Form](#)

November is a time to remember. This summer I kept my down-time fairly low-key. I couldn't travel anywhere exotic but I took some local trips on my motorcycle and generally spent my time with my family. Normally, I would visit my grandparents, a visit I would look forward to. Unfortunately, they have now passed on over the last two years.

My grandparents made it to their nineties. I loved them dearly and am thankful for all their support over the years. What I enjoyed the most, was listening to their stories. Our elders have so many fascinating stories and I hope everyone can find the time to listen and ask questions of the ones in your life. A few years ago, I got to ask them about how they met.

My grandparents met during the Second World War. My grandfather was fighting overseas for Canada when he met my grandmother in a little area around Epsom, just outside of London. Shortly after, they got married and celebrated with a rock hard cake. This was a real treat at the time because of the rationing. They had to wait quite a while before moving to Canada. Between the demobilization at the end of the war and then having the opportunity for civilians to travel, this took quite a while.

My grandmother eventually crossed the Atlantic Ocean in a liner called the Aquitania. She had a tiny bunk that she had to roll into with cots hanging 3 or 4 high. She then took a train that seemed to go on and on. She still had to travel by truck for hours just to get to Saskatchewan where they set up shop and the job hunt began.

There were many other fascinating details to their history and I enjoyed hearing every minute of it. Through the ugly face of war, a silver lining was found in my family history. Though the stories relating directly to combat are scarce, I still find the time to remember on November 11th, every year. The more stories and history I hear, the more meaningful the date becomes. I hope all of you can find the time to learn about your family history and why Remembrance is important to you, regardless of direct participation in the wars.

Please take time on November 11th, at 11:00 am, to remember the contributions of the many.

325 West Haven Drive, Leduc, Alberta T9E1B6

Phone: (780) 986-5991 Email: whps@blackgold.ca

Principal: Mr. Raymond Cable

Assistant Principal: Mr. Rob Froland



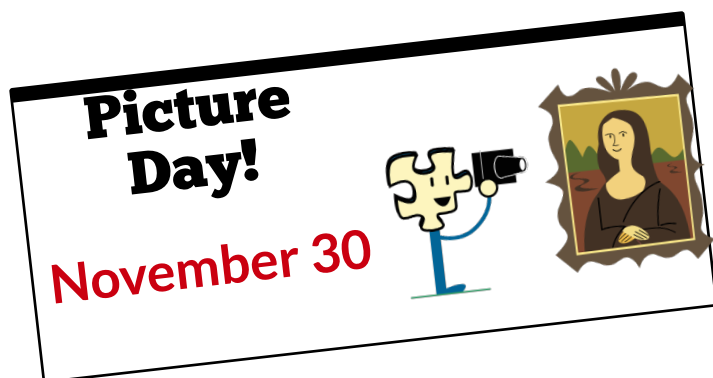
Wolverine Dates to Remember

November:

- 1:** Daylight Savings Ends - fall back 1 hour
- 4:** Early Dismissal – 2:30 pm; No Kinder Classes
- 10:** Remembrance Day Ceremony (In Class)
- 11:** Remembrance Day - No School
- 12-13:** Midterm Break - No School
- 25:** Term 1 Ends
- 26:** Term 2 Starts
- 30:** Picture Day (Distance Learning Students by appt - more info to follow)

Early Dismissal

Just a reminder that early dismissal is the first Wednesday of each month (except September). Classes dismiss at 2:30 PM. No Kinder Classes.



SHOUT OUT!!!

For donations of books to the library:

Justin Coates & Family
Luc Perry & Family

COVID-19 INFORMATION

WEAR A MASK

Follow the rules for masks in your school



alberta.ca/returntoschool

Alberta

Staff Planning & Development Days

BGSD's staff planning & development program and the Alberta Teachers' Association's Institute days for all staff will continue again this year. These include:

December 4
January 29
February 4-5 (Teachers' Convention)
March 12
April 30
May 20-21

Students do **not attend** classes on the above dates.

The **West Haven Wolverine Staff** showed their support for the **Leduc Food Bank** this week by donating money in exchange for wearing jeans to work. Together, we raised about \$300 to help feed families in our community.



**Nov 10
In Class
Ceremony**

**Wear
Red to
school
this day**

Bus Loop Safety/Use of the Crosswalks

WHPS has a loop for buses only. Parents have a kiss'n'go area on the street. To prevent injury to members of our school family, vehicle traffic will not be permitted in the bus loop between 8:00 a.m. and 3:30 p.m. This time represents the highest potential risk to students.



Thank you for your continued cooperation in this very important matter.

Supervision

The safety and well-being of our students is one of our greatest concerns. In order to assist us in ensuring that we maintain adequate supervision of students, please note the following supervision times and related requests

Supervision AM (before school)– Our entry bell is at 8:30 AM. Beginning at 8:15 AM, we have staff on supervision. If your child attends a daycare or day home that transports your child to our school, please confirm that they are not dropping him/her off prior to this time. We do not want children unsupervised.

Recesses – These times are fully supervised by our own dedicated staff.

After School Supervision– Staff members are outside from 3:15 PM until 3:30 PM.

Please note there will be **NO ACCESS** to the playground before or after school.

Parents, please assist us with ensuring optimal supervision in doing the following:

- If you are riding your bike to school to pick-up your child, we would ask that you model appropriate safety rules by walking your bike on school property and walking across marked crosswalks.
- If you have your dog with you when you pick up your child, we would ask that you wait by the fence which follows the street with your pet. Sometimes we have children afraid of animals or we have children who tend to excite the pet and we would be saddened if an injury occurred to a person or student or an animal to be placed in a situation where they are over excited.

Reminders:

Grade 1 - 9 School Hours: 8:35 am - 3:15 pm

Entry Bell:	8:30 am
Classes Start:	8:40 am
Recess & Lunch	Staggered
Dismissal:	3:15 pm



****Supervisors are outside at 8:15 am***

ECS School Hours:

AM Class	8:30 am - 11:28 am
PM Class	12:22 pm - 3:15 pm

Student Absences

For the safety of our students, it is extremely important to notify the school if your child will be late or absent. If the school is not notified, we are obligated to phone your home or office, or, if needed, your emergency contacts to confirm the absence.

For your convenience, you may leave a message concerning absences outside of school hours on the voicemail system from 4:00 pm to 8:00 am, or you can send an e-mail to

tobey.morris@blackgold.ca and/or

sandy.musteca@blackgold.ca

Visitors to our School

At this time, visitors/volunteers are not permitted in the school. We will inform you if/when this changes.

Early Dismissal (1st Wednesday of each month)

November 4th, 2020 @ 2:30 pm

October 7th, 2020 @ 2:30 pm

*****No kindergarten on Early Dismissal days*****

Student Pick-Up

We are unable to release students to anyone besides their parents or legal guardians. If someone other than yourselves will be picking up a student, we need notification from you by either a phone call or a note to the classroom teacher or the office. Thank you for your help in this matter.

*****If there is a legal custody order that pertains to your child, please be advised that in order to enforce this, we must have a copy at the school.***



Counsellor's Corner

Mrs. Christou

November, 2020

By now, students and families are finding ways to adjust to living during a pandemic. One of the most common conversations in my office lately, is coping with being frustrated over things beyond our control. This chart provides my best advice.

This is the circle of control:

When we spend too much time thinking about things in the outer circle, the things we can't control, we lose sight of what we can do to make ourselves happy.

Being upset with how other people talk, act, or think only causes us to be more upset. It does not actually change the way that others behave. Instead, if we focus on the positive choices we make in our words and actions, we are more likely to feel better about our day.

Our actions and attitudes are within our control. Practicing gratitude for the gifts in our lives has shown to reduce stress, increase mood, and improve our overall physical health. If you'd like more information on practicing gratitude, [click on this!](#)



Today, I am grateful for this amazing school community, the wonderful staff, and incredibly resilient students.



If you would like to reach out, please contact me at cindy.christou@blackgold.ca. I would be happy to lend a listening ear, and point you in the right direction for further supports.

Take care,
Mrs. Christou

2020- 2021 SCHOOL FEES

Kindergarten: For Sep 8 /20 - Jan 31/21 - \$50.00 payable September
For Feb 1/21 - Jun 21/21 - \$50.00 payable February

Technology Fee: Grade 1 - 3 - \$10.00

Technology Fee: Grade 4 - 6 - \$20.00

Replacement Agenda: \$7.50

Junior High Option Classes: fees vary, please check our website for detailed information

Method of Payment: We are now asking that all fees are paid on-line. Payment can be made on your Parent PowerSchool account. If you have any questions please contact the office.

Division Technology Fee

The BGSD technology access fee covers a variety of new software tools for students. The first such tool is assistive technology software, this will help students by reading text on the screen from websites they visit and documents they create, listening to your work read back to you helps catch writing errors and having text read from other content helps with understanding. The program also provides word prediction for struggling writers, standard and visual dictionaries, highlighting and organization tools and speech to text abilities. A second new software application will be a self assessment tool that uses machine learning to provide writing feedback for the student to help improve spelling, grammar, sentence structure and provide suggestions for improvement. Lastly we will be providing creative publishing and charting tool to enable students to increase creativity and capability beyond a standard document or drawing.

Another use of the technology fee is for internet access. Our internet costs are increasing and a new contract by Alberta Infrastructure is greatly increasing the cost to school divisions. The funds will help manage that access, provide increased bandwidth for BYOED and improve protection for students accessing the internet.

Bus Reminders

- If your child rides the BGSD yellow school bus, they must have their bus pass with them. The pass needs to be scanned daily. Please encourage your child to be on time for the bus pick up and departure time to and from the school.
- Parents of students who are riding the bus this year are reminded that items such as hockey sticks, curling brooms, skateboards, etc. are not be allowed on buses. Articles cannot be transported that are more than 13" x 13" x 23". This applies to buses that regularly transport students, as well as buses that take students on field trips, once field trips resume.

At this time, the following programs will not be running at WHPS:

- ▶ Microwave Program
- ▶ Milk Program
- ▶ Hot Lunch Program
- ▶ Bake Sales

We apologize for the inconvenience and will let you know as soon as we can resume these activities.

Lost and Found

Each year, we see the large amounts of clothing and other articles that are lost and never reclaimed. The main reason is that most of the articles are not labeled, and we have no way of knowing to whom they belong. We are asking parents to go on a HUGE labeling blitz. **Please....take the time to mark all of your child's MASKS / clothing / articles / belongings.**

Leduc Santa's Helpers



Drive Thru Toy Drive

Nov 21 - 10:00am - 3:00pm

Chamber of Commerce Parking Lot

We are looking for NEW/Unused items to include with our Christmas hampers. Toys, Pajamas, Socks, Games, Mitt/Toque sets, etc.

All donations are greatly appreciated! If it is popular with your children it is likely to be on the wishlist of others.

Items that are generally in short supply include:

- | | | | |
|----------------------|-------------------|----------------|----------------------------------|
| • Pajamas | • Headphones | • Art Kits | • Power Banks |
| • Socks | • Make-up Kits | • Craft Kits | • Phone Acces. |
| • Books | • Curling Irons | • Watches | • Blankets |
| • Games | • Blow Dryers | • Wallets | • Hoodies/Sweatshirts |
| • Lego Kits | • Electric Shaver | • Model Kits | • Coloring Books |
| • Drones | • RC Vehicles | • Gift Cards | • Personal Care Kits |
| • Bluetooth Speakers | | • Sports Items | (Basketballs, Soccer Balls, etc) |

Items for 0 - 2 year olds that are generally in short supply include:

- | | | |
|--|-----------------|-----------------|
| • Pajamas/Onsies/Clothes/Blankets | • Teething Toys | • Stacking Toys |
| • Learning Toys: Vtech, LeapFrog, Fisher-Price | | • Play Mats |

**Donations accepted at WHPS - November 17 - December 8
Hamper will be located in the front entrance**

Thank you for supporting Leduc Santa's Helpers and helping those less fortunate this holiday season.



Leduc Recreation Centre Active 8's & 9's

This is a **FREE** Membership to the LRC and Alexandra Outdoor Pool for **Grade 8 and Grade 9 students** that live or go to school in the City of Leduc and Leduc County only. The membership has to be renewed each school year and is valid October to August for those that are eligible so we are asking those students that will be in Grade 8 and Grade 9 in this upcoming school year to come in to Guest Services and register for the coming year starting September 1 so you can get moving October 1.

Please note: It is applicable only to residents who pay municipal taxes to the City of Leduc and Leduc County.



WOLVERINES SPIRIT WEAR

Get your school gear here and be part of the team.

SPIRIT WEAR - NOW AVAILABLE

Order by Nov 18



Use the following link to order

<https://west-haven-school.myshopify.com/>

**To inspire success and lifelong learning
for all students.**

Welcome to the 2020-2021. school year! Please see the catalog for your Wolverines school gear.



**Orders will be delivered to the school in
early December, just in time for
Christmas**

WHPS School Council & Fundraising Society News

We would like to thank Brenda Farry for her devotion as President of West Haven Public School Fundraising Society and School Council over the past 4 years. Your passion and hard work for the school has been greatly appreciated. As her term has ended, we welcome Mary-Kate Boychuk moving up from Vice President to the President role. Also, we like to welcome Bobbi Baumhour to the WHPSSC and WHPSFC as she has been elected as our new Vice President.

We are still in need of a few more classroom representatives. If this interests you, please contact the school office for more information.

The next West Haven Public School School Council and Fundraising Society Meeting will take place on Thursday, December 3, 2020 at 6:30pm.

Any questions please email whpsfs@gmail.com or contact the school office.

Charlene Little

Secretary for WHPSFS and WHPSSC

School Newsletter/Updated Webpage

Our newsletters and school webpage are two of the best ways of communicating all pertinent information about the school. We are continuing to be **GREEN!** All newsletters are posted to the school webpage. Generally, this will occur on the last day of the month. Access these at whps.blackgold.ca

Jr High Students - Leaving School Grounds at Lunchtime

In order for junior high students to leave the school grounds at lunchtime, parents/guardians must fill out the permission form on the Parent PowerSchool account. This form along with more details can be found under Fees/Forms.

Fundraising Society

You can support the Fundraising Society by eating at Boston Pizza (in Leduc). Send your BP receipts to the school office so the fundraising society can receive 5% back. Thanks for your support!

Leduc Coop—Whenever people get gas, liquor or groceries, or supplies from the building centre they can give our Coop number and the school will get a small portion back every year. Every little bit helps! Our Coop number is 34666.

Safety Drills

BGSD has a comprehensive emergency response plan. The safety of our students and staff is important to us. WHPS will be practicing various safety drills. These include fire drills and school lock down procedures. Discussions with students will precede our drills to increase the awareness of safety procedures and decrease possible anxiety.

In the event of an **actual** school lock down, parents will be advised by text or email (after the event) of the necessity for the lock down. If alternate arrangements for pick up are necessary, we will contact parents.



Ongoing Communication

We encourage and value parent's involvement in education. Please maintain regular communication with your child's teacher by reading agendas nightly, providing your email address and contact information to the teacher and via email. Emails are found on the website at whps.blackgold.ca under the '**About**' -'**Staff Contacts**' You may also call the school at 780-986-5991 to speak to staff members.

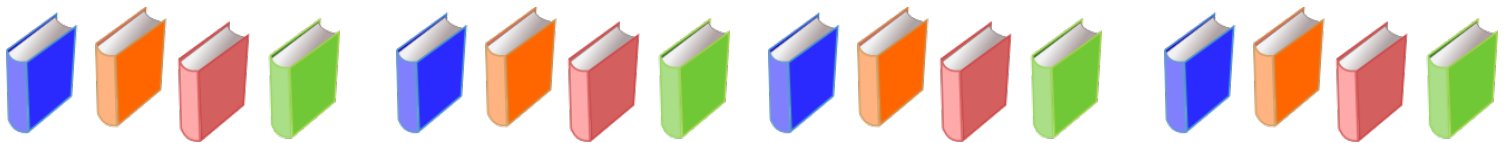


Need to Reach Us?

Our school office is open daily between 8:00 AM and 4:00 PM if parents wish to call a staff member. If the staff member is unavailable to take your call, you may ask to leave a voice message and the staff member will return your call. It is often difficult for a teacher to take a call immediately preceding the warning bell in the morning or right after school in the afternoon, so we would ask parents to call at times other than these very busy times.

To ensure effective and timely communication, if you have an e-mail address, please provide it to your child's teacher. This will enable staff to communicate with you electronically. Staff may be emailed at the school by the following format: **first name.last name@blackgold.ca**

From time to time it may be necessary for the school to relay a message from you to your child. Again, the times immediately preceding dismissal are extremely busy in the office. We would ask that parents use the student agendas to remind their children of plans for after school and only ask the school to relay a message if it is of an emergent nature. We are sometimes asked to remind students to go for a haircut or to walk with someone. These types of messages should be passed on to your child verbally and if necessary, placed in the agenda. Students are not allowed to use the office phone to make play dates with other students. These arrangements need to be made before the student arrives at school.



LIBRARY NEWS

WHPS will be offering a virtual book fair through Scholastic in November. This online book fair will be a wonderful fundraiser for our school, providing 20% of net sales back into books for the library! We will be sending out a virtual book fair access link shortly, so watch for more information to follow.

If you have outstanding balances for lost textbooks/library books from the 2019-2020 school year, they have now been added to your Powerschool account. If you should locate the missing books, please return them to the school as soon as possible and these fees will be refunded.

Should you have any questions, please contact your child's teachers or call the office at 780-986-5991.

LUNCH HOUR PROTOCOL:

Students are welcome to stay for lunch but they must abide by the rules that have been established. We ask for parents’ support in reviewing these expectations with their child. A copy of these expectations are printed below.

At West Haven Public School, elementary students will have staggered recess with grade level cohorts. We **do not** utilize parent supervisors during the lunch hour. Our students are supervised by teachers during eating periods. Students go outside, weather permitting and there is always a staff member ‘on call’ in the office to deal with issues/injuries which may occur. Each grade level cohort will be assigned a designated area and be supervised by a staff member. For the most part, our students are well behaved during the lunch hour. In the event of problems during the lunch hour, the teacher on duty will deal with the issue. In the event of repeated issues with a particular student, we will contact the parents to advise them and to seek a resolution. We appreciate your support.



	Recess	Eating Period
Grades 1 & 4	11:30-11:55am	11:55am-12:22pm
Grades 2 & 5	12:00-12:25pm	12:25-12:52pm
Grade 6	12:30-12:55pm	12:03-12:30pm
Grade 3	1:00-1:25pm	12:33-1:00pm

Lunch Hour Rules

Students are responsible for their behavior and if on-going issues occur and a resolution cannot be reached, the school reserves the right to withdraw the privilege of eating in the class for a period of time or indefinitely.

- All students are expected to be seated while eating lunch. There should be no throwing of food or utensils.
- Students are expected to be in their own classroom during the lunch hour.
- If students need to leave their classroom, for any reason (e.g. bathroom, office, to put things in lockers, etc.) they are to check with the teacher before doing so.
- Students are expected to clean up after themselves. Each classroom has paper towel and cleaning solution.
- When the lunch hour bell rings to go outside for recess, students are to go outside promptly. Supervisors are asked to ensure all students are out of the classroom, turn off lights and close the door.
- If students are to remain inside for any reason, they must be in the class supervised or in the office.
- If a teacher has to speak to a student for misbehavior during the lunch hour, they will monitor the number of times the problem(s) is/are occurring and may contact the parent.



Hygiene Protective Measures

Students will be required to sanitize their hands upon entry and exit from the school. This procedure is mandated and will include recesses and coming to and departing the school.

All grades 4-9 students will be mandated to wear a mask (surgical style or other form of face covering that covers both the mouth and the nose). K-3 has the choice of wearing a mask but it is still highly recommended. Those wearing masks will wear them at all times unless outside, sitting in rows, or when social distancing is otherwise possible.

****Please note that students will not be able to bring in birthday treats or pass around cards to share until further notice.***

Maintaining 2m Spacing

Inside the school, we have directional arrows and 'Stand Here' stickers on the ground helping everyone maintain the required two meters distance. Classes will be arranged in rows as per guidelines based upon the need for 2m spacing.

Please remember that parents picking up and dropping off their child should maintain 2m spacing outside the school, if not waiting in a vehicle.

Limited Contact

To minimize exposure, the school is required to limit the number of people coming into the building. We will gladly welcome parents once the guidelines permit us to do so. This will impact the following until further notice:

Volunteering at WHPS

For the 2020-2021 there will be NO VOLUNTEERING. This, unfortunately, means no Hot Lunch, microwave days, bake sales, parents coming in to read, and parents coming into the school with their children.

No deliveries can be accepted at the school.




Plan ahead!

Please send your child to school with his/her lunch. Items sometimes delivered at the school that should be avoided include lunches, snacks, school work, Skip the Dishes, etc.


Students won't be using hallway lockers until further notice. Please plan to limit the number of items brought to school in the backpack. That's where they will be asked to store their lunch and any belongings that won't stay in their desk.

November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings Time Ends - Clocks go back 1 hour 	2 Day 5	3 Day 1	4 Day 2 2:30pm Early Dismissal No Kinder Classes	5 Day 3	6 Day 4	7
8	9 Day 5	10 Day 1 Remembrance Day Ceremony (In-Class) Wear Red!	11 Remembrance Day - No School 	12 Mid-Term Break - No School	13 Mid-Term Break - No School	14
15	16 Day 2	17 Day 3	18 Day 4	19 Day 5	20 Day 1	21
22	23 Day 2	24 Day 3	25 Day 4 Term 1 Ends Gr 6 Immunizations	26 Day 5 Term 2 Starts	27 Day 1	28
29	30 Day 2 Picture Day 					

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Day 3	2 Day 4 2:30pm Early Dismissal No Kinder Classes	3 Day 5 Term 1 Report Cards 6:30pm - WHPS SC & FC Meetings (Virtual)	4 PD Day	5
6	7 Day 1	8 Day 2	9 Day 3	10 Day 4	11 Day 5	12
13	14 Day 1	15 Day 2	16 Day 3	17 Day 4	18 Day 5	19
20	21	22	23	24 Christmas Eve	25 Christmas Day 	26 Boxing Day
27	28	29	30	31 New Years Eve		

Christmas Vacation

Christmas Vacation

Caregiver Education Team Newsletter

November 2020



AHS, in collaboration with The Mental Health Foundation, is proud to offer **FREE** online programming for parents and caregivers of children and youth.

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.

Sessions at a Glance:

Caregiver Education Sessions

Breaking the Cycle of Anxiety:

A Step by Step Approach
Tuesday, November 3
6:00 – 7:30 pm

Parenting Strategies that Promote Positive Mental Health

Thursday, November 12 or
Wednesday, November 18
6:00 – 7:30 pm

Mindfulness: Benefits for the Whole Family

Thursday, November 19 or
Wednesday, November 25
6:00 - 7:30 pm

More than Just a Bad Day: Understanding Depression and Self-Injury

Thursday, November 26
6:00 – 7:30 pm

Lunch & Learn Webinars

Sleep and Your Family's Mental Health – Part 1

Monday, November 2
12:00 – 1:00 pm

Sleep and Your Family's Mental Health – Part 2

Monday, November 9
12:00 – 1:00 pm

ADHD: An Introduction

Monday, November 16
12:00 – 1:00 pm

Anxiety: An Introduction

Monday, November 23
12:00 – 1:00 pm

SEEDS Sessions

Managing Meltdowns and Shutdowns

Thursday, November 5
6:00 – 7:30 pm

Resiliency in the Face of Stress and Anxiety

This 6-session group will be offered on

Tuesday evenings from
November 10 –

December 15

from **6:00-8:00 pm**;

participants are expected to attend all six sessions.

** Registrations are limited for this six session group. Register by Friday, November 6.*



Mental Health Foundation

Alberta Health Services
Children, Youth & Families
Addiction & Mental Health

For more information or to register, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

November 2020

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 for a session, click here or visit:
www.cyfcaregivereducation.ca



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding addiction and mental health challenges that can affect children and youth.

Breaking the Cycle of Anxiety: A Step By Step Approach

In this session, review helpful vs. unhelpful anxiety and discuss strategies for identifying and managing anxiety in children and youth.

Date: Tuesday, November 3, 2020

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Date: Thursday, November 12, 2020

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-6; for adults only.

Date: Wednesday, November 18, 2020

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-6; for adults only.

(Continued on next page...)

Parent Feedback:

"Virtual delivery was great, length was great, good information!"

"I felt it was presented very well. Love the information we received after, it was very helpful."

"Enjoyed this session – looking forward to more!"

"I really liked the interactive piece of the session."



Mental Health Foundation



For more information or to register, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

November 2020



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding addiction and mental health challenges that can affect children and youth.

(...continued)

Mindfulness:

Benefits for the Whole Family

This session will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in children, teens, and parents.

Date: Thursday, November 19, 2020

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

Date: Wednesday, November 25, 2020

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

More than Just a Bad Day:

Understanding Depression and Self-Injury

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and/or non-suicidal self-injury. Strategies for support will be discussed.

Date: Thursday, November 26, 2020

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades 7-12; for adults only.

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 for a session, click here or visit:

www.cyfcaregivereducation.ca

Parent Feedback:

“Nicely organized to cover everything that’s practical and important.”

“These were recommended to me and I am really enjoying them.”

“Session provided good overview of strategies and provided good info.”



Mental Health Foundation

Alberta Health Services
Children, Youth &
Families Addiction
& Mental Health

For more information or to register, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

November 2020



These free 60 minute webinars are for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency and overall family wellness.

Sleep and Your Family's Mental Health – Part 1

This session will look at the importance of sleep for overall health, what influences the quality of our sleep, the amount of sleep our kids need, the factors that interfere with sleep, and sleep scheduling.

Date: Monday, November 2, 2020

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; for adults only.

Sleep and Your Family's Mental Health – Part 2

In this session, we will continue to look at healthy sleep hygiene strategies that can prepare our children for sleep, and we will discuss ways we can set up our child's sleep environment for good quality sleep.

Date: Monday, November 9, 2020

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; for adults only.

ADHD: An Introduction

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Learn about the signs and symptoms of ADHD and how it can impact a child's life.

Date: Monday, November 16, 2020

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; for adults only.

Anxiety: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety.

Date: Monday, November 23, 2020

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; for adults only.

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 for a session, click here or visit:

www.cyfcaregivereducation.ca

Parent Feedback:

"Good examples via the videos and good to see other attendees written input."

"Thank you very much. I look forward to these."

"Thank you for continuing to provide helpful information and education during this different time."

"Fun webinar. Keep it up!"



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information or to register, visit **www.cyfcaregivereducation.ca**

PEAR Group

November 2020



The **P**arent **E**ducation and **R**eflection Groups are free online groups for caregivers looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's healthy social and emotional development.

Resiliency in the Face of Stress and Anxiety

This online group is for parents who want to strengthen their family's ability to 'bounce back' from life's challenges. It consists of a series of 6, 120 minute interactive small group workshops where parents will receive practical information, share parenting tips, practice skills, and participate in group collaboration, reflection, and support. Strategies will be shared that can help you and your children learn to be more resilient in the face of stress and anxiety - a key skill that can support overall family wellness.

Note: Participants are expected to attend all six sessions.

Tuesdays from 6:00 – 8:00 pm

November 10 – I HAVE Resilient Relationships

November 17 – I HAVE Supportive Environments

November 24 – I CAN Regulate my Response to Stress

December 1 – I CAN Solve Problems

December 8 – I AM Optimistic in my Thinking

December 15 – I AM Compassionate, Kind, and Grateful

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.

Please note:

This group is for parents of children **grades 5-8**.

Registration is limited to 25 participants.

Participants are expected to attend all six sessions

To register for a session, click here or visit:

www.cyfcaregivereducation.ca

Parent Feedback:

"Great delivery overall! Virtual delivery is different but this worked really well."

"Just from the first sessions I'm finding myself so much more confident in what I'm doing with my kids and I've really noticed an increase in feelings of connection. I'm so glad I signed up for these!"



Mental Health Foundation

Alberta Health Services
Children, Youth & Families
Addiction & Mental Health

For more information or to register, visit www.cyfcaregivereducation.ca

SEEDS: Growing Parenting Skills

November 2020



These free **Support, Education & Engagement Drop-In Sessions** are designed to help caregivers learn foundational strategies that cultivate healthy relationships, strong child development, and resilient families.

Managing Meltdowns and Tantrums

This sessions is designed to help parents understand the brain science behind meltdowns, shutdowns, and tantrums and strategies we can use to help regulate our minds and bodies. Join us in conversations about co-regulation, triggers, and calm down strategies so you feel more confident in your ability to respond to your child.

Date: Thursday, November 5, 2020

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

“Children do well if they can.
If they can’t, we adults need to figure out
what’s getting in the way, so we can help.”
~ Dr. Ross Greene

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.

Please note:

These sessions are for parents / caregivers of children grades K-6.

To register for a session, click here or visit:

www.cyfcaregivereducation.ca

Parent Feedback

“Thank you for another great session. I am enjoying them so much!”

“Great ideas and interactive discussion today!”

“Thank you for wonderful session, plus your time and dedication to make it informative and helpful.”



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& Mental Health

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