



West Haven Public School Newsletter - February 2021

PRINCIPAL'S MESSAGE

Today is **#BellLetsTalk** day. When that hashtag is used or this video is watched, Bell donates five cents with each instance. It may seem like a small amount, but it can add up quickly in support of one of our biggest challenges we are facing as we head into February. Mental health supports are critical for people of all ages. These cases of isolation, quarantine, and a multitude of restrictions make it very hard to find connections in the same ways we are used to.

Simply reaching out to family and friends can make a world of difference to someone in need or even ourselves. Dr. Jody Carrington is a fantastic speaker and expert on relationships. She advocates for the importance of connection and relationships. Here is an excerpt from her website explaining what she is about:

This is the heart of it all for me. I can talk about this for an hour or for an entire day. No matter what stage or what relationship we're talking, it all comes down to this: connection. It is in these connections with others that the most important question on the planet is answered: "Am I worth it?"

The biggest challenge facing each of us these days is that we've never been more disconnected, making it harder than ever to determine if we really, truly matter in this world. By exploring the most recent research on attachment and emotional regulation, I share what's most critical in, first, helping our children learn how to manage emotions and, later, what that looks like in our friendships, marriages, and most importantly, in ourselves.

- Dr. Jody Carrington; http://www.drjodycarrington.com/what_i_talk_about/

As we approach Pink Shirt Day, Valentine's Day, and really every day, let's be mindful of maintaining connections with the people in our lives. Let's reach out and check on our friends. Let's put caring at the forefront of our conversations and action.

These are truly tough times, but it is in the darkness that even one person's light can shine brightest. I will leave you with one of my favorite quotes:

"The Ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

- Martin Luther King Jr.

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

- Feb 3:** Gr 2F & 2J - Boats and Buoyancy - In-School Field Trip;
Early Dismissal; No Kindergarten Classes; Throwback/Retro Day - Get Funky!
- Feb 4-5:** Teachers' Convention - No School
- Feb 12:** School Picture Day (In-school Learners during the day/Distance Learners after school by booking)
- Feb 15:** Family Day - No School
- Feb 24:** Say NO to Bullying (Pink Shirt Day)
- Feb 26:** Character Ed Assembly - HONESTY
- Mar 3:** Early Dismissal; No Kindergarten Classes
- Mar 10:** Last Day of Term 2
- Mar 11:** First Day of Term 3
- Mar 12:** PD Day - No School
- Mar 14:** Daylight Savings Begins - Clocks "spring" forward 1 hour
- Mar 19:** Term 2 Report Cards Emailed Home;
World Down Syndrome Awareness Day - Crazy Sock Day
- Mar 26:** Gr 4H - Ukrainian Pioneer Easter - In-School Field Trip;
Character Ed Assembly - HUMILITY; Spirit Day - Beach/Hawaiian Day
- Mar 29**
- Apr 4:** Spring Break - No School
- Apr 5:** Easter Monday - No School

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. **Students do not attend classes on these dates.**

February 4-5

March 12

April 30

May 20-21

COVID-19 INFORMATION

WEAR A MASK

Follow the rules for masks in your school



alberta.ca/returntoschool

Alberta

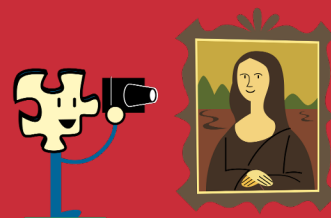
Student Pick-Up

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.***

Picture Day

Feb 12/21



#tryliketerry



We are proud to announce that West Haven Public School's Terry Fox School Run collected \$711.95 for cancer research! The Terry Fox Foundation extends their heartfelt thanks for your generosity and support in this very challenging year. Terry's message of hope lives on and remains strong! If you didn't get a chance to donate, our school donation link is still open: <http://www.terryfox.ca/WestHavenPublicSchool#tryliketerry>

LOST & FOUND

In an effort to reduce contact, we have relocated the lost and found to the office. If any of these items are yours or you'd like to check and see, please send an email to tobey.morris@blackgold.ca or call the office at 780-986-5991. One of us will be happy to assist you. Please note: students and parents are unable to go through the lost and found themselves. These items will be displayed on this website for two to three weeks and then they will be bagged to donate.

Check
out our new
VIRTUAL lost
and found on
our website

whps.blackgold.ca/parents/lost-found/

Transitioning Distance Learning Students

Please ensure any students that are transitioning to Distance Learning return all textbooks/novel studies/library books to the school by February 8th. Any materials not returned by that date will be marked as lost and entered into student accounts. Thank you for your cooperation.

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 4:00 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, during entry or dismissal.

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

ECS School Hours:

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

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



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, we now have an [Online Absence Reporting Form](#) you can complete on our website 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)

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



Counsellor's Corner

Mrs. Christou

February, 2021

February is the month of kindness, family, and love!

Pink shirt day is celebrated on February 24th. We wear pink shirts to show that we will not tolerate bullying to anyone, from anyone.

I love this day not only because of what it stands for, but because it started with a couple of Canadian high school students. Two grade 12 boys from Nova Scotia wanted to make a difference in their community, and it has become an international movement. It shows that we stand up together, greatness can happen. For more information on Pink Shirt Day, check out this site: <http://www.pinktshirtday.ca/>

Family Day is on February 15th. I know that with the pandemic, we have probably had more family time in the last year than we have ever had. I personally, am so grateful for the extra time that I have been able to spend with my children, although I am missing our hockey families like many of you. This Family Day, I challenge you to do something different with your family, like going sledding, skating, or hiking a new trail. If you are more of an indoor family, maybe a new board game or movie to bring you together. Practicing gratitude for this time together might help to take the sting out of the pandemic restrictions.

Valentine's Day is February 14th. While current health regulations prevent us from distributing Valentines to our friends at school, there are many ways we can show that we care:

- Make eye contact and say, "Hello!"
- Give a compliment
- Play a game
- Colour a picture
- Tell stories
- Create a craft



Although the physical cards may be missing from this year's celebration, we can still show our friends that we care in many ways.

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.

To Parents of Kindergarten Children:

In the Spring, the Board set the Kindergarten Enhanced Fee at \$100, to cover the cost of enhanced, in-school activities and field trip expenses for Kindergarten children. In September, with the uncertainty surrounding the 2020-2021 school year, the Division decided to charge the Kindergarten Enhanced Fee in two installments. The first installment of \$50.00 was charged in September to all Kindergarten children. Our school has completed a reassessment, reviewing both the expenses to-date as well as the activities planned for the remainder of the school year. We will be charging an additional \$50.00 on February 1, to continue to provide resources and support activities to enhance Kindergarten education.

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, WHPS will not have the following programs:

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

Lost and Found

whps.blackgold.ca/parents/lost-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 / belongings.**



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 are in Grade 8 and Grade 9 this school year to come in to Guest Services and register.

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



Family Leduc Recreation Centre Passes

West Haven Public School is excited to continue a pilot project with Ever Active Schools, in collaboration with the Leduc Recreation Centre (LRC) and Healthy Hearts. We have one family pass for admission to the LRC that our families are welcome to borrow for a week at a time. Note: Due to Covid 19, the use of the LRC amenities must be booked. This can be done through downloading the app at <https://www.leduc.ca/liveleducmobileapp>, by contacting our Guest Services at 780-980-7129, or booking in person at the LRC. To book these passes, please contact either Sheila Ankerstein (sheila.ankerstein@blackgold.ca) or Sandy Musteca (sandy.musteca@blackgold.ca) to book the passes.



**BE A SPECIAL PERSON IN SOMEONE'S LIFE -
BE A SCHOOL BUS OPERATOR!**

- No daycare costs, take your child with you!
- Summers off, work only school days!

For more information, contact us today:
780-955-6034

WHPS School Council & Fundraising Society News

Hello Parents!

A reminder to our West Haven families that the Co-op number is 34666. This can be used at the grocery or liquor store, gas station and hardware store. We are still collecting Boston Pizza receipts as part of the School Earnback program through our local restaurant. A portion of the total is given back to the school. Don't forget to mention our school when buying from our local Cobs Bread store. Our school will receive 5% of the purchase value as a fundraiser.

Just a few ways we can help our school and give back during this pandemic.

Our first School Council and Fundraising meeting of 2021 will be Thursday, February 11 at 6:30 pm. Any questions can be directed to the Fundraising Society at whpsfs@gmail.com.

Fundraising Society

You can support the Fundraising Society by eating at Boston Pizza. 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.

BLACK GOLD SCHOOL DIVISION

SAVE THE DATE! January 20, 2021
2021-2022 Kindergarten Registration begins!



For more info, visit **www.blackgold.ca** or contact Early Childhood Services at (780)955-4534.



Ongoing Communication



We encourage and value parental 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 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. Staff respond to emails between 7:00 am & 7:00 pm when not in front of students.

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. Most 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

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. You can find 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.

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.



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 classroom cohorts. We only use staff to supervise 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.



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

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 are required to sanitize their hands upon entry and exit from the school. This procedure is mandated and includes recesses and coming to and departing the school. All grades 4-9 students are 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 are required to wear them at all times unless outside, sitting in rows, or when social distancing is otherwise possible.

****Please note that students are 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 are 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.

Caregiver Education Team Newsletter

February 2021



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.

Lunch & Learn Webinars

Parenting Teens in the 21st Century – Part 1

Monday, February 1
12:00 – 1:00 pm

Parenting Teens in the 21st Century – Part 2

Monday, February 8
12:00 – 1:00 pm

Mental Health and Resiliency Series

Positive Communication that Promotes Growth

Tuesday, February 2
12:00 – 1:00 pm

Calming Our Bodies and Minds

Tuesday, February 9
12:00 – 1:00 pm

Resilient Mindsets

Tuesday, February 16
12:00 – 1:00 pm

Collaborative Problem Solving

Tuesday, February 23
12:00 – 1:00 pm

Caregiver Education Sessions

Parenting Strategies that Promote Positive Mental Health

Wednesday, February 3
6:00 – 7:30 pm

More Than Just a Bad Day:

Understanding Depression and Self-Injury in Youth
Wednesday, February 10
6:00 – 7:30 pm

Keeping Scattered Kids on Track:

Understanding and Supporting Children and Youth with ADHD
Wednesday, February 17
6:00 – 7:30 pm

Mindfulness:

Benefits for the Whole Family
Wednesday, February 24
6:00 – 7:30 pm

Drop-In Series

Support, Education & Engagement Series (SEEDS)

Supporting Your Child With Structure and Routine

Thursday, February 4
6:00 – 7:30 pm

Managing Meltdowns and Shutdowns

Thursday, February 11
6:00 – 7:30 pm

Helping Our Kids Figure Things Out

Thursday, February 18
6:00 – 7:30 pm

Effective Consequences

Thursday, February 25
6:00 – 7:30 pm



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

February 2021



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

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: Wednesday, February 3, 2021

Time: 6:00 – 7:30 pm

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

More Than Just a Bad Day: Understanding and Supporting Depression and Self-Injury in Youth

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: Wednesday, February 10, 2021

Time: 6:00 – 7:30 pm

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

(Continued on next page...)

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

Parent Feedback:

"I'm very encouraged that sessions like this are available."

"Really enjoyed the interactions with everyone and the videos."

"Content, delivery and duration were 'just right'. Online is nice, I don't have to drive anywhere."

"Instructors went above and beyond to answer individual questions."



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

February 2021



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

(...continued)

Keeping Scattered Kids on Track

Understanding and Supporting ADHD in Children and Youth

This session will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and strategies for supporting success in children and youth with ADHD.

Date: Wednesday, February 17, 2021

Time: 6:00 – 7:30 pm

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

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: Wednesday, February 24, 2021

Time: 6:00 – 7:30 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, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

“Good acknowledgement to ‘real life’ difficulties – very identifiable and relatable. Thank you.”

“Kuddos to everyone making this kind of informative/participative session.”

“I ended up liking the virtual delivery more than I thought. Liked typing in my responses to questions.”

“Great program – would recommend to anyone. Great presenters!”



Mental Health Foundation



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

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

February 2021



These free 60 minute online sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. Each topic is presented over two sessions; participants can attend one or both sessions.

Caregiver Education Sessions

Parenting Teens in the 21st Century – Part 1 Respectful Limit Setting with Adolescents

In this session, we will explore the challenges of being a teenager, parenting a teenager, and the importance of the parent/teen relationship.

Date: Monday, February 1, 2021

Time: 12:00 – 1:00 pm

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

Parenting Teens in the 21st Century – Part 2 Respectful Limit Setting with Adolescents

In this session, we will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Date: Monday, February 8, 2021

Time: 12:00 – 1:00 pm

Note: 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, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

“This helped me to understand more about what is happening with my teenager and some ways to help.”

“I find these are great reminders to be positive when it is so easy to be negative.”

“Fabulous Content! I can't wait to continue joining you for all the upcoming sessions.”



Mental Health Foundation



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

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

February 2021

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.

Mental Health & Resiliency Series

Positive Communication that Promotes Growth

In this session, we will look at how we can use the communication tool of praise to support our child's healthy need for attention, reinforce helpful behaviours, and to encourage our child to engage with others in positive ways that foster resilience.

Date: Tuesday, February 2, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

Calming Our Bodies and Minds

In this online session, we will discuss the ways that our bodies and minds respond to stress and learn strategies for equipping our children to regain a sense of calm and control in the midst of life's stressors.

Date: Tuesday, February 9, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

Resilient Mindsets

In this online session, we will look at specific behaviours and habits that parents can encourage in the home to develop a more positive mindset in their child for reducing stress, increasing empathy, and equipping our child to tackle new challenges.

Date: Tuesday, February 16, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

Collaborative Problem Solving

In this online session, we will explore ways that parents can foster effective problem solving in their child through empathy, clear communication, and collaboration in a way that reduce struggles when challenges arise.

Date: Tuesday, February 23, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; 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, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"The speakers were easy to listen to and understand. The content was relevant, helpful and immediately applicable."

"I thought that the method of engagement was very effective. The presenters immediately read out the messages and tied it to the topics."

"All the strategies given out so far have been very helpful. They are simple, easy steps to accomplish."



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

February 2021

These free **Support, Education & Engagement Drop-In Sessions (SEEDS)** are designed to help caregivers explore parenting strategies that support healthy relationships and child development. As part of a 7 session series, parents are welcome to attend one session or join us each week.

SEEDS: Growing Parenting Skills

Supporting Your Child With Structure and Routine

Providing structure and routine is one of the most effective means of promoting healthy development in our children. Learn how to use these strategies in your home and how to assist your child in daily transitions.

Date: Thursday, February 4, 2021

Time: 6:00 – 7:30 pm

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

Managing Meltdowns and Shutdowns

This session is designed to help parents understand the brain science behind a child's meltdowns and shutdowns and strategies we can use to help regulate our minds and bodies.

Date: Thursday, February 11 2021

Time: 6:00 – 7:30 pm

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

Helping Our Kids Figure Things Out

Do you find that your child struggles to find solutions when problems arise? This session will show you some simple steps for breaking down problems and finding solutions with your children.

Date: Thursday, February 18, 2021

Time: 6:00 – 7:30 pm

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

Effective Consequences

In this session, we will discuss different approaches you can take to address your child's challenging behaviour and how consequences can be a learning tool when offered compassionately and consistently.

Date: Thursday, February 25, 2021

Time: 6:00 – 7:30 pm

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

Please note:

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

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback

"I learned some great skills and I can't wait to implement them with my kids."

"Fabulous Content! I can't wait to continue joining you for all the upcoming sessions."

"Makes me think of things in a new light. The 'homework' feels like practical application of stuff we discussed."



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Teen Programs

FREE

New
to the library!
**MakerBot Sketch
3D Printer**

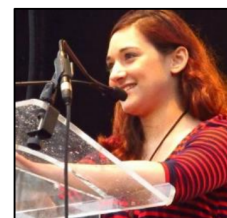
Available soon. Check our website
and social media for updates,
info and availability.

For Teens

Get Creative and Learn a New Skill!

Teen Toastmasters **Virtual via ZOOM** **Grades 8-12**
Thursdays, Feb. 11 - Mar. 25 at 6:30 - 8:00 pm

Conducted by the local Leduc Blackgold Toastmasters, the goal is to help young people build their communication and leadership skills. At the end of 7 weeks, participants will receive a certificate of completion to help build their resume and post secondary applications. [Register at www.leduclibrary.ca](http://www.leduclibrary.ca).



How to Rock your Resume **Pick up in library** **Grades 10-12**
Beginning Mar. 15

Pick up this kit from the library and let us help you, step-by-step, create a professional resume to get you started on the journey to your first job. [No registration required.](#)



Time to Vote - 2021 Young Reader's Choice Awards **Grades 4-12**

It's time to place your vote! Vote on our website or pick your ballot up in the library. There is still time to read titles in your chosen category as the voting remains open until May 21. Find the nominated booklist on the ballot on our website. Winning books will be announced in June. Did you vote for the winner? A \$100 gift card prize will be awarded by random draw of Leduc Library voting ballots once voting closes. [No registration required.](#)

To Go Kits for Teens **Registered** **Grades 7-12**

The following kits contain all the materials and instructions you need. Try out a new creative skill meant to relax and give stress relief. Registration for each kit will close Thursday before the program pick up date. After 2 weeks, unclaimed kits will no longer be held. [Register at www.leduclibrary.ca](http://www.leduclibrary.ca).

<u>Kit</u>	<u>Pick up Dates</u>
Framing Your Colouring Page	Feb. 8 - 20
Creative Coasters	Mar. 1 - 13
Teacup Candles	Mar. 22 - Apr. 3
Book Folding	Apr. 12 - 24

See our program guide or visit www.leduclibrary.ca for more details and other programming for all age groups.



2 Alexandra Park
Leduc, AB T9E 4C4
780-986-2637



www.leduclibrary.ca



February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Day 5	2 Day 1 	3 Day 2 2:30pm Early Dismissal No Kinder Classes Throwback/Retro Day	4 Teachers Convention No School		5
6						
7	8 Day 3	9 Day 4	10 Day 5	11 Day 1	12 Day 2 Picture Day (Distance Learners - 3:45-4:45 pm)	13
14 Happy VALENTINE'S DAY	15 Family Day No School	16 Day 3	17 Day 4	18 Day 5	19 Day 1	20
21	22 Day 2	23 Day 3	24 Day 4 PINK SHIRT DAY	25 Day 5	26 Day 1 Character Ed - HONESTY	27
28						

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Day 2	2 Day 3	3 Day 4 2:30pm Early Dismissal No Kinder Classes	4 Day 5	5 Day 1	6
7	8 Day 2	9 Day 3	10 Day 4 Term 2 Ends	11 Day 5 Term 3 Starts	12 PD Day No School	13
14 Daylight Savings Begins 	15 Day 1	16 Day 2	17 Day 3 	18 Day 4	19 Day 5	20
21	22 Day 1	23 Day 2	24 Day 3	25 Day 4	26 Day 5 Beach/Hawaiian Day Gr 4H - Ukrainian Pioneer Easter In-School Field Trip Character Ed - Humility	27
28	29 Spring Break - No School			31		