



West Haven Public School Newsletter - March 2021

PRINCIPAL'S MESSAGE

March is here! The days are getting longer and the promise of Spring doesn't feel all that far away. After the frigid temperatures felt all the way from prairies through to Texas, even the -20 degree days are feeling like a bit of a reprieve. St. Patrick's Day is only about two and a half weeks away, and with a little bit of the luck of the Irish, we will start to see a good melt by then.

Student report cards will be emailed home on the 19th and teachers will coordinate with their homeroom classes on how to book virtual interviews. Interviews will be run between March 22nd and 26th. Unfortunately, we will not be running the ever-famous book fair this go-around. We have been finding more success with individual classroom orders.

To kick-off the last day of classes before we all take a much-needed break, March 26th will be a beach theme. I hope we get to see our students wearing their beach outfits. I know I'm ready for the warmer weather and will definitely try to encourage it with my shades and best Tommy Bahama shirt.

May Spring Break offer you plenty of rest and relaxation!



325 West Haven Drive, Leduc, Alberta T9E1B6
Phone: (780) 986-5991 Email: whps@blackgold.ca
Principal: Mr. Raymond Cable Assistant Principal: Mr. Rob Froland





Counsellor's Corner

Mrs. Christou

March, 2021

Spring is right around the corner! The snow is melting and the sun is shining as I write this. I know there is still a really big chance that more snow and cold weather will come our way before winter gives up completely, but for now, I am grateful.

Practicing gratitude is an easy way to lift our spirits and raise our overall happiness level. We can practice gratitude by writing in a journal, or simply taking a few minutes each day to think about the wonderful things in our lives. I am grateful for my family, my dog, and my school community. I am also thankful for mountains and rivers, the forest behind my house, and wide open spaces to play. When I think about these very simple things, I am practicing gratitude.

Another way to lift your spirits is to share kindness. When we help others, we are also helping ourselves. It might be a smile, a compliment, or a good deed. All of these are ways to show kindness, and all acts of kindness, no matter how small make a difference.

Being aware of our own gifts and abilities, and using them on a daily basis is another way to raise our confidence and happiness level. Make a list of things you are good at; ask your friends if you need some reminders. Then, each day make a point of using your gifts and abilities, and pay attention to how this affects your happiness level, as well as those around you. Too often we get caught up in what we need to improve, instead of what we already do well.

This has been a very unique school year, and we have come together as a school community to support each other through some difficult circumstances. With four months left, I encourage you to look for the silver linings in all we have experienced this year. Our children will have stories to tell their grandchildren about how the world changed and we learned to adapt and pivot quickly. Although we are still in the midst of this pandemic, I can see the light at the end of this tunnel and look forward to reaching it with all of you in the near future.

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



Wolverine Dates to Remember

- 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
Gr 3A - Ukrainian Pioneer Easter - In-School Field Trip
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
Apr 6: World Autism Day - Wear Blue Day!
Apr 7: Early Dismissal; No Kindergarten Classes
Apr 8: WHPS SC & FC Meeting - 6:30 pm
Apr 22: International Earth Day
Apr 28: Character Ed Assembly - WISDOM
Apr 30: PD Day - No School

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.***

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.**

March 12

April 30

May 20-21



Do you have a pre-school age child who struggles with communication, following directions, has separation anxiety or other developmental issues? Consider having a screening and find out if they would qualify for free pre-kindergarten with Black Gold School Division.

For more information, please contact ECS Coordinator Niki Gill at niki.gill@blackgold.ca.

BLACK GOLD SCHOOL DIVISION
www.blackgold.ca



Report Card Attendance Information

COVID-19 has required everyone to adapt and learn both in and out of school, which has affected many children's attendance. When a class or an individual student was required to isolate or quarantine for COVID-19 reasons, we were required to identify this in the attendance system. On the report card, these COVID related absences will show as an absence as they were not learning from school. In these situations, the school is fully aware of the reasons for the reported increase in 'absences' and is not concerned.

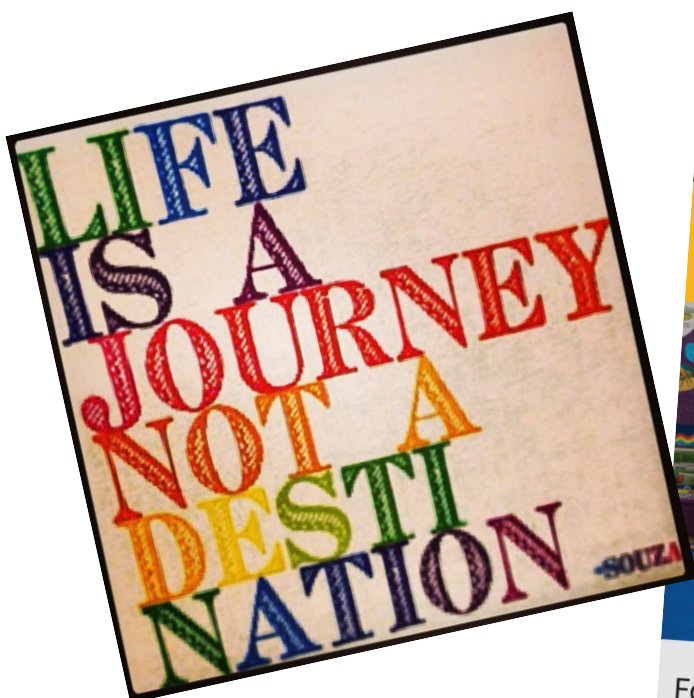
While students worked from home, in December for Junior High and the first week of January for all students, attendance was done as normal.

LOST & FOUND

whps.blackgold.ca/parents/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.

Keep an
eye on the
VIRTUAL lost
& found on our
website



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.

25th Anniversary
1995 - 2020

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 am and 4:00 pm. 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

Morning Supervision (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*****

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.

WHPS School Council & Fundraising Society News

Hello Parents!

As spring approaches, keep an eye open for new Fundraisers for our Grade 9 Farewell and the School.

The next School Council and Fundraising meeting will be Thursday, April 8th at 6:30pm.

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.

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 before the student arrives at school.



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

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.



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.

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.

Teen Programs

FREE

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

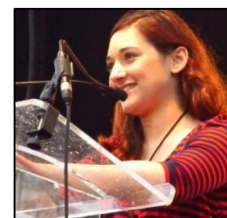
Available soon. Check our website
and social media for updates,
info and availability.

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



Caregiver Education Team Newsletter

March 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

Keeping Scattered Kids on Track: Understanding ADHD

Part 1 - Monday, March 1
12:00 – 1:00 pm

Part 2 - Monday, March 8
12:00 – 1:00 pm

Mindfulness: Benefits for the Whole Family

Part 1 - Tuesday, March 2
12:00 – 1:00 pm

Part 2 - Tuesday, March 9
12:00 – 1:00 pm

Building Executive Functioning Skills

Part 1 - Monday, March 15
12:00 – 1:00 pm

Part 2 - Monday, March 22
12:00 – 1:00 pm

Parenting Strategies That Promote Positive Mental Health

Part 1 - Tuesday, March 16
12:00 – 1:00 pm

Part 2 - Tuesday, March 23
12:00 – 1:00 pm

Sessions at a Glance

Caregiver Education Sessions

Sleep and Your Family's Mental Health
Wednesday, March 3
6:00 – 7:30 pm

Parenting Teens in the 21st Century: Respectful Limit Setting With Adolescents
Wednesday, March 10
6:00 – 7:30 pm

Supporting Self-Regulation in Elementary School Children
Wednesday, March 17
6:00 – 7:30 pm

Technology and the Teenage Brain
Digital Wellness for Families
Wednesday, March 24
6:00 – 7:30 pm

Drop-In Series

Anxiety Part 1: An Introduction
Thursday, March 4
6:00 – 7:30 pm

Anxiety Part 2: Calming Our Bodies
Thursday, March 11
6:00 – 7:30 pm

Anxiety Part 3: Settling Our Minds
Thursday, March 18
6:00 – 7:30 pm

Anxiety Part 4: Overcoming Avoidance
Thursday, March 25
6:00 – 7:30 pm



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

March 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.

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

Sleep and Your Family's Mental Health

Develop an understanding on how sleep can impact mental and physical health. Review common sleep concerns and strategies to promote healthier sleep habits for your whole family.

Date: Wednesday, March 3, 2021

Time: 6:00 – 7:30 pm

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

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

In this session, you will explore the challenges of being a teenager, parenting a teenager, and tips for setting healthy boundaries.

Date: Wednesday, March 10, 2021

Time: 6:00 – 7:30 pm

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

Parent Feedback:

"This presentation was loaded with invaluable information and resources! Thank you for helping parents and kids!"

"I can definitely apply this to my own children and classroom. Hope to be a part of more of these!"

"Extremely helpful, realistic advice and suggestions. Thank you!"

(Continued on next page...)



Mental Health Foundation



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

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

March 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)

Supporting Self-Regulation in Elementary School Children

Do you wish you could help children handle strong emotions? This session will look at the development of self-regulation in children.

Date: Wednesday, March 17, 2021

Time: 6:00 – 7:30 pm

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

Technology and the Teenage Brain Digital Wellness for Families

Take a look at the teen brain and the risks and benefits of technology use. Tips on effective communication and limit setting are also shared.

Date: Wednesday, March 24, 2021

Time: 6:00 – 7:30 pm

Note: Caregivers and youth (Gr. 7-12) can attend together.

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.cvfcaregivereducation.ca

Parent Feedback:

"The information provided was very good and clear to understand."

"The speakers were very knowledgeable and gave lots of information."

"The more sessions I attend, the more I will be able to guide my child."



Mental Health Foundation



Children, Youth &
Families Addiction
& Mental Health

For more information, visit www.cvfcaregivereducation.ca

Lunch & Learn Webinars

March 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.

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

Caregiver Education Sessions

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

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.

Part 1 - Monday, March 1, 2021

Time: 12:00 – 1:00 pm

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

Part 2 - Monday, March 8, 2021

Time: 12:00 – 1:00 pm

Notes: 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.

Part 1 - Tuesday, March 2, 2021

Time: 12:00 – 1:00 pm

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

Part 2 - Tuesday, March 9, 2021

Time: 12:00 – 1:00 pm

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

Parent Feedback:

“The session was really well run and [the presenters] were really great, open, and supportive.”

“It provides really great basic information, tools and strategies to implement and use in everyday life.”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

March 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.

Caregiver Education Sessions

Building Executive Functioning Skills

Promoting Success in Learning

Review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

Part 1 - Monday, March 15, 2021

Time: 12:00 – 1:00 pm

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

Part 2 - Monday, March 22, 2021

Time: 12:00 – 1:00 pm

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

Part 1 - Tuesday, March 16, 2021

Time: 12:00 – 1:00 pm

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

Part 2 - Tuesday, March 23, 2021

Time: 12:00 – 1:00 pm

Notes: 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.

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

www.cyfcaregivereducation.ca

Parent Feedback:

"Enjoyed the session – the length and format was perfect!"

"Helpful tools to assist parents. Thank you!"

"I can't wait to continue joining upcoming sessions."



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

March 2021



These free 90 minute online sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. As part of a 4 session series, you are welcome to attend one session or join us each week.

Anxiety Part 1: 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: Thursday, March 4, 2021

Time: 6:00 – 7:30 pm

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

Anxiety Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers and ways caregivers can help their child to notice and begin to regulate their own stress responses.

Date: Thursday, March 11, 2021

Time: 6:00 – 7:30 pm

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

Anxiety Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thinking and thinking traps that can hold our children back. Strategies for addressing worries and encouraging realistic thinking will be discussed.

Date: Thursday, March 18, 2021

Time: 6:00 – 7:30 pm

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

Anxiety Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our child's stress responses. By encouraging our children to face manageable stressors, caregivers can help their child foster effective coping skills.

Date: Thursday, March 25, 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

"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."





Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Day 2	2 Day 3	3 Day 4 2:30 pm 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 World Down Syndrome Awareness Day Crazy Sock Day Gr 3A - Ukrainian Pioneer Easter In-School Field Trip	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 30 31 Spring Break - No School					

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Spring Break - No School	2 Good Friday	3
4 	5 Easter Monday No School	6 Day 1 World Autism Awareness Day - Wear Blue	7 Day 2 2:30 pm Early Dismissal No Kinder Classes	8 Day 3 WHPS SC & FC Meeting - 6:30 pm	9 Day 4	10
11	12 Day 5	13 Day 1	14 Day 2	15 Day 3	16 Day 4	17
18	19 Day 5	20 Day 1	21 Day 2	22 Day 3 International Earth Day	23 Day 4	24
25	26 Day 5	27 Day 1	28 Day 2 Character Ed - Wisdom	29 Day 3	30 PD Day No School	