



# West Haven Public School Newsletter - June 2021

## PRINCIPAL'S MESSAGE

During this first week of June, West Haven Public School along with all Black Gold School Division schools, lowered our flags to half mast. We do so in recognition of the 215 residential school children found buried in Kamloops from a residential school there. The atrocities discovered there are important to recognize as part of our history and as part of the Truth and Reconciliation process.

As hard as it might be to recognize that these events happened, it is also important to recognize that racism continues to exist today. This is evident all over the world including our own country, province, and community. It has been close to one year since the murder of George Floyd sparked global outrage. Sadly, we experience a similar outrage as we see this in a local and horrifying context.

It is upon each and all of us to work together to stamp this out. Teachers will continue to have age appropriate conversations such as we do for Orange Shirt day. This week, I have also encouraged our staff to make our support visible by wearing their orange shirts. So, whether you see your child's teacher or me wearing orange today or next Friday, know that we all stand in solidarity against racism and cultural injustice. At West Haven, every child matters. June 21st is National Indigenous Peoples Day. We will not be holding any exams that day and will instead be celebrating Indigenous culture. More information about events that day will be coming out from the office or your child's teacher.



325 West Haven Drive, Leduc, Alberta T9E1B6  
Phone: (780) 986-5991 Email: [whps@blackgold.ca](mailto:whps@blackgold.ca)

Principal: Mr. Raymond Cable

Assistant Principal: Mr. Rob Froland





# Counsellor's Corner

Mrs. Christou

June, 2021

Welcome Back! Our at-home schooling brought out a lot of thoughts and feelings for students, parents, and school staff. We missed seeing everyone, but it was wonderful to see full faces on the screen, and not the masked faces we have become accustomed to. I do have to admit that I did enjoy the mute button on occasion. Nevertheless, I am so happy to see everyone back and hear the laughter in the hallways.

I came across this quote by LR Knost which could sum up the ups and downs of not only this year, but of life in general:

Life is amazing. And then it's awful.  
And then it's amazing again.  
And in between the amazing and the awful  
It's ordinary and mundane and routine.  
Breathe in the amazing  
Hold on through the awful,  
And relax and exhale during the ordinary.  
That's just living -  
Heartbreaking, soul-healing, amazing, awful,  
Ordinary life.  
And it's breathtakingly beautiful.



During our last month of the school year, I encourage you to take the time to reflect, not only on the hardships of this past year, but on the silver linings, the learning, and the connections we have made as we navigated through this experience together.

As always, I am including some resources to assist you with supporting your children's mental health.

<https://mentalhealthliteracy.org/> [https://www.anxietycanada.com/ Caregiver Series](https://www.anxietycanada.com/Caregiver-Series)

For any assistance with these resources, or if you would like to reach out, please contact me at [cindy.christou@blackgold.ca](mailto:cindy.christou@blackgold.ca) . I would be happy to lend a listening ear, and point you in the right direction for further support.

Take care,

Mrs. Christou

# 2021-2022 Grade Configurations

Below is our teaching line-up for the next school year.

## Elementary Teaching Staff

## Grade

## Junior High Teaching Staff

Mrs. Amy Brennais  
Mrs. Cayley Stewart

KB AM & PM  
KS AM & PM

Mrs. Jennifer Carberry  
Ms. Kirby Fecho  
Ms. Natatsha Yanitski

1C  
1F  
1Y

Mrs. Heather Ferguson  
Mrs. Tamara Jabs  
Ms. Tailor Pedersen

2F  
2J  
2P

Mrs. Kayla Anderson  
Mr. Neil Latter

3A  
3L

TBA  
Mrs. Kelsey Loose  
Ms. Amanda Maver

4  
4L  
4M

Mrs. Sheena Edgington  
Mrs. Aida Mehdmedbegovic-Susa

5E  
5M

Mr. Ed Childs  
Mr. Trevor Henderson  
Ms. Kiersten Rasmusson

6C  
6H  
6R

## **Grade 7**

Mr. Rhys Hadfield  
Mr. Kyle Porter  
Mr. Travis Hunt  
TBA

## **Grade 8**

Mrs. Melissa Ellsworth  
Mr. Dave Froland  
Mr. Adam Hay

## **Grade 9**

Ms. Christina Kruse  
Mrs. Megan Pezderic  
TBA

## **Distance Learning Staff**

Mrs. Kathryn Lavoie

## **Other Teaching Staff**

Mrs. Sherri Greene	Music-Div 1
Mr. Jo Johnson	Music-Div 2
Mr. Noel Rinsky	Physical Education
Mrs. Cindy Christou	Counsellor
Mr. Jake Hendrickson	Learning Support
Mrs. Deb Schmidt	Learning Support

## **Administration**

Mr. Isaac Schnell	Assistant Principal
Mr. Rob Froland	Assistant Principal
Mr. Raymond Cable	Principal



## New Student Registrations 2021 - 2022

Registration for the Black Gold School Division is an online process. If you know of a family who is moving, or have moved into the area and intend on registering at West Haven, encourage them to go to the Black Gold Website at [www.blackgold.ca/parents/registration](http://www.blackgold.ca/parents/registration) where they can submit their registration information.

Our school office will reopen on August 23rd - 25th from 9:00 am until 12:00 pm, and 1:00 pm to 3:00 pm. We will be open August 26 & 27th from 8:00 am to 4:00 pm. Staggered entry for Grades 1, 3, 5, 7, & 9 will be on August 30th & Staggered entry for Grades 2, 4, 6, & 8 will be on August 31st. The first day of regular classes for our students will be Wednesday, September 1st. Please watch for more information regarding school start up, including the staggered entry schedule, as September draws nearer.

## Transportation Registrations



Parents can register their children for the bus using their **Parent Portal**.

Registration will open up on **June 1<sup>st</sup>** for the following school year.

They will find the application under **Student Fees and Forms**. If they are unable to see the icon then please then have them call our office.

Our website has information for parents that can answer questions on designated schools and if they are eligible for transportation here:

<https://www.blackgold.ca/schools/transportation/bus-planner/>

## 2021-2022 School Supplies



Order your back to school supplies online at [schoolstart.ca](http://schoolstart.ca)

Call Centre is Available  
Call 1-800-380-1268 to order over the phone or  
if you need assistance with online orders.

West Haven Public School will be offering parents the opportunity to purchase your school supplies online again this year. This process will save you both time and money.

We will be utilizing the services of both School Start and Staples School Tools.

The information for both programs is located on our website at

<https://whps.blackgold.ca/parents/supply-lists/>

Copies of the supply lists will also be emailed out by the end of June.





# Wolverine Dates to Remember

<b>June 2:</b>	Early Dismissal; No Kinder Classes
<b>June 11:</b>	Tacky Tourist Day
<b>June 18:</b>	Last day of Complementary Courses
<b>June 20:</b>	Father's Day
<b>June 21:</b>	National Indigenous Peoples Day; Last Day of Kindergarten Classes
<b>June 22:</b>	Gr 6 PAT - ELA Part B; Gr 7 & 8 ELA Finals; Gr 9 PAT - ELA Part B
<b>June 23:</b>	Gr 6 PAT - Math Part A & B; Gr 7 & 8 Math Finals; Gr 9 PAT - Math Part A & B
<b>June 24:</b>	Gr 7 & 8 Social Finals; Gr 9 PAT - Social
<b>June 25:</b>	Gr 7 & 8 Science Finals; Gr 9 PAT - Science; Last day of school! Have a safe and relaxing summer holiday!
<b>July-August</b>	<b>Summer Break</b>
<b>Aug 30 &amp; 31:</b>	Staggered Entry for Gr 1-12
<b>Sept 1:</b>	School Starts - All Grades
<b>Sept 6:</b>	Labour Day - No School
<b>Sept 9:</b>	WHPSSC & FC AGM's
<b>Sept 17:</b>	PD Day - No School

## LOST & FOUND

[whps.blackgold.ca/parents/lost-found/](https://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](mailto: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.



"You may have heard that the 2021 Census is underway. It has been a challenging year for families, and the census might seem like another thing on your busy to-do list. However, I would like to encourage you to complete your census, if you haven't already done so. Census data helps governments at all levels plan for schools, transportation, community centres, libraries and recreational activities. Data from the 2021 Census will be even more crucial, because it will help to evaluate the impact of the pandemic and to better plan for the future. You can quickly and easily complete your census questionnaire at [www.census.gc.ca](https://www.census.gc.ca) using the access code you received in the mail. If you need assistance, or would like to have a paper (or alternate format) questionnaire, please call the Census Help Line at 1-855-340-2021. Thank you for doing your part to help plan for a better future for all Canadians."



## RETURNING LIBRARY & TEXT BOOKS

This is a reminder that all Library books will be due back by June 14th (prior to inventory). Textbooks will be due back on final exam days. Any books/textbooks not returned will be charged to student accounts. Thank you and have a wonderful summer!

## WHPS School Council & Fundraising Society News

As another school year comes to an end, we are grateful for the continued support from everyone at West Haven Public School. We would like to thank all the Parents, Students and Staff for a successful fundraiser to help say farewell to our graduating Grade 9 class. We look forward to the next school year and the possibilities it may bring.

Have a safe and fun SUMMER!

Charlene Little

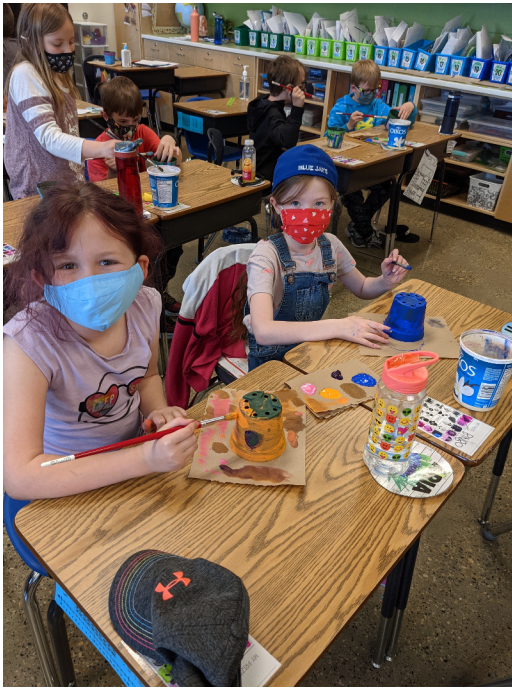
Secretary for WHPSFS and WHPSC

## Fundraising Society

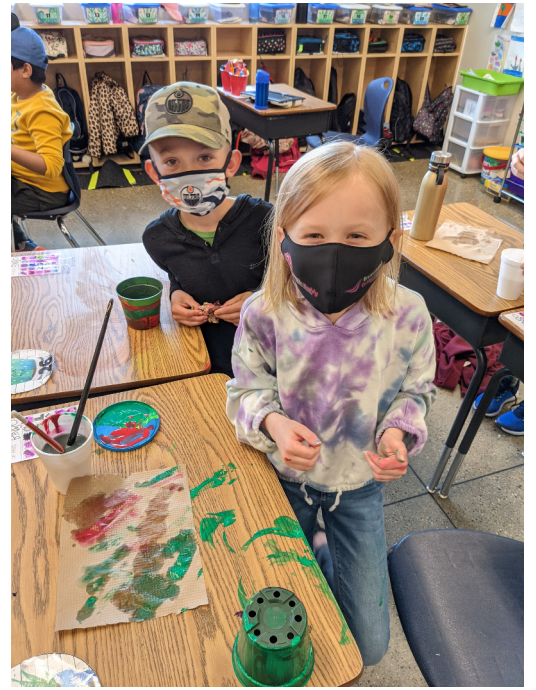
You can support the Fundraising Society by eating at Boston Pizza. Send your BP receipts to the school office so the fundraising society can receive 5% back. Thanks for your support!

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.





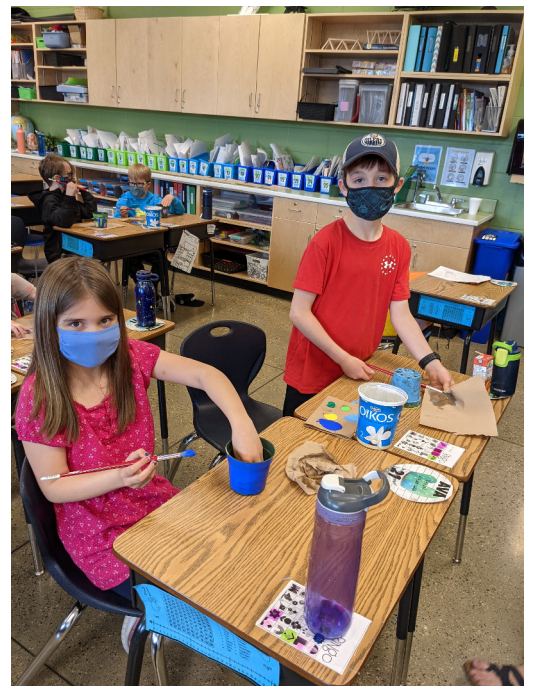
Thank  
you!



**The Grade 3 classes at WHPS would like  
to thank BMR Greenhouses for  
donating plants, pots, and soil to our  
classes for Mother's Day.**

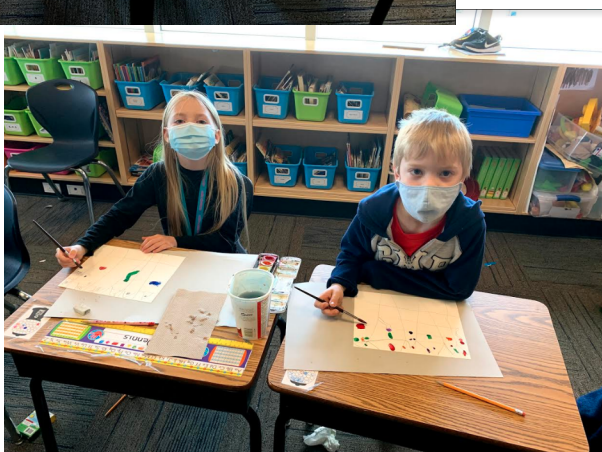
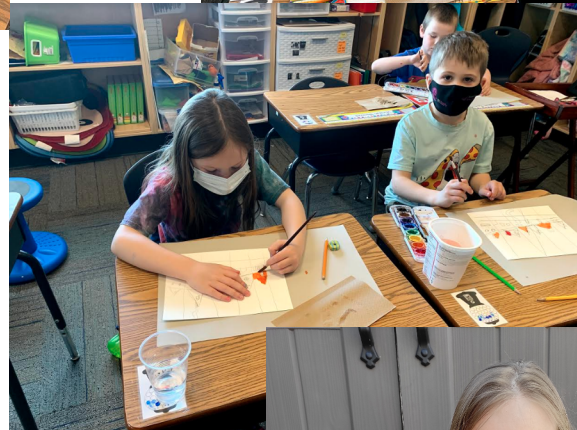
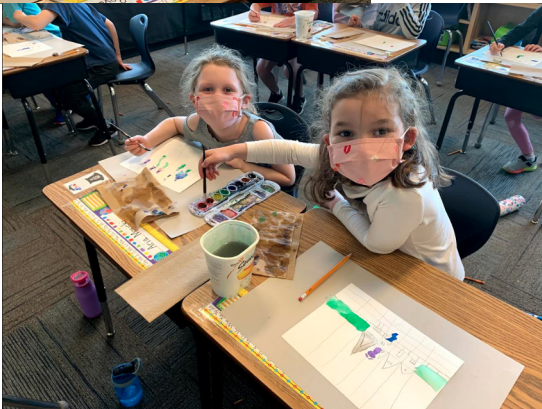


Thank  
You!





# Gr 2F - Soapstone Carving & Mental Health Week Activities





## 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](mailto:tobey.morris@blackgold.ca) and/or [sandy.musteca@blackgold.ca](mailto: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/](https://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.**

## 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](http://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](http://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.

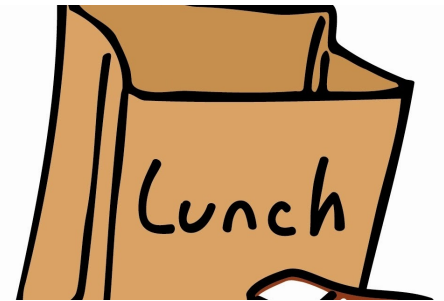


# Lunch Hour Protocol

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.



# Caregiver Education Team Newsletter

June 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.

## Drop-In Series

### **SEEDS: Growing Parenting Skills**

#### **Managing Meltdowns and Shutdowns**

Wednesday, June 2  
6:00 – 7:30 pm

#### **Helping Our Kids Figure Things Out**

Wednesday, June 9  
6:00 – 7:30 pm

**Effective Consequences**  
Wednesday, June 16  
6:00 – 7:30 pm

**Anxiety Part 1: An Introduction**  
Thursday, June 3  
6:00 – 7:30 pm

**Anxiety Part 2: Calming Our Bodies**  
Thursday, June 10  
6:00 – 7:30 pm

**Anxiety Part 3: Settling Our Minds**  
Thursday, June 17  
6:00 – 7:30 pm

**Anxiety Part 4: Overcoming Avoidance**  
Thursday, June 24  
6:00 – 7:30 pm

## Sessions at a Glance

### Lunch & Learn Webinars

#### **Mindfulness: Benefits for the Whole Family**

Part 1 – Monday, May 31  
12:00 – 1:00 pm

Part 2 – Monday, June 7  
12:00 – 1:00 pm

#### **Parenting Teens in the 21<sup>st</sup> Century**

Part 1 - Wednesday, June 2  
12:00 – 1:00 pm

Part 2 – Wednesday, June 9  
12:00 – 1:00 pm

#### **Sleep and Your Family's Mental Health – Part 1**

Part 1 – Monday, June 14  
12:00 – 1:00 pm

Part 2 – Monday, June 21  
12:00 – 1:00 pm

### Caregiver Education Sessions

#### **Supporting Self-Regulation in Elementary School Children**

Tuesday, June 1  
6:00 – 7:30 pm

**Technology and the Teenage Brain**  
*Digital Wellness for Families*  
Tuesday, June 8  
6:00 – 7:30 pm

**More Than Just a Bad Day: Understanding Depression and Self-Injury in Youth**  
Tuesday, June 15  
6:00 – 7:30 pm



Mental Health Foundation



Children, Youth & Families  
Addiction & Mental Health

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)



# Caregiver Education Sessions

June 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.

## 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: Tuesday, June 1, 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: Tuesday, June 8, 2021

Time: 6:00 – 7:30 pm

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

## 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: Tuesday, June 15, 2021

Time: 6:00 – 7:30 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](http://www.cyfcaregivereducation.ca)

## Parent Feedback:

"The time, length, ways of presenting, and speakers all are excellent. Thank you so much."

"It was helpful and beneficial to include attendees for their input throughout the session."

"Love these sessions as a parent and teacher... highly recommended."



Mental Health Foundation



Children, Youth & Families Addition & Mental Health

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Lunch & Learn Webinars

June 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. Participants are welcome to register for single sessions or the full series.

## Mindfulness

### Benefits for the Whole Family

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

Part 1 – Monday, May 31, 2021

Time: 12:00 – 1:00 pm

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

Part 2 – Monday, June 7, 2021

Time: 12:00 – 1:00 pm

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

## Parenting Teens in the 21<sup>st</sup> Century

### Respectful Limit Setting with Adolescents

In these sessions, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Part 1 - Wednesday, June 2, 2021

Time: 12:00 – 1:00 pm

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

Part 1 - Wednesday, June 9, 2021

Time: 12:00 – 1:00 pm

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

## Sleep and Your Family's Mental Health

These sessions will look at the importance of good sleep quantity and quality for overall health, the factors that interfere with sleep, and sleep scheduling. We will look at healthy sleep hygiene strategies and sleep environments that can prepare our children for a good night's sleep.

Part 1 - Monday, June 14, 2021

Time: 12:00 – 1:00 pm

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

Part 2 - Monday, June 21, 2021

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

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback:

"I like going online, I appreciated that I was anonymous, not everyone could see us. The team spoke clearly and got to the point. Very good session."

"The duration of the session was perfect, made it easier to attend and everything was covered in a comprehensive manner."

"So grateful for the work you put into these teachings!"



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Children, Youth & Families Addition & Mental Health

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Drop-in Series

The Support, Education, and Engagement Drop-In Sessions (S.E.E.D.S) are 90-minute drop-in online interactive and educational workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's healthy social and emotional development. Caregivers will receive practical information, share parenting tips, and participate in group discussion. Parents are welcome to attend one session or join us each week.

## SEEDS: Growing Parenting Skills

### 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: Wednesday, June 2, 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: Wednesday, June 9, 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: Wednesday, June 16, 2021

Time: 6:00 – 7:30 pm

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

June 2021

## 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](http://www.cyfcaregivereducation.ca)

## Parent Feedback

"This was great! Lots of ideas and will be using these in our family."

"I just wanted to say that I love that these sessions are available virtually. I was speaking with a friend yesterday and we expressed what a great option this is for busy families..."



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# Drop-in Series

June 2021

## Anxiety Series

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. In this four-part series, we will look at the difference between helpful and unhelpful stress and anxiety and discuss strategies for identifying and managing anxiety in children and youth. Participants are welcome to register for single sessions or the full series.

### 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, June 3, 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, June 10, 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, June 17, 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, June 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](http://www.cyfcaregivereducation.ca)

## Parent Feedback

"Well presented, informative, and positive. We can incorporate the strategies right away. Thank you."

"Thanks for facilitating all these webinars ....the skills I am learning and practicing had brought so much peace to our family dynamics."

"It was very nice to learn how to be positive during this pandemic regarding raising children."



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# June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Day 2	2 Day 3 2:30 pm Early Dismissal No Kinder Classes	3 Day 4	4 Day 5	5
6	7 Day 1	8 Day 2	9 Day 3	10 Day 4	11 Day 5 Tacky Tourist Day 	12
13	14 Day 1	15 Day 2	16 Day 3	17 Day 4	18 Day 5 Last Day of Complimentary Classes	19
20 Happy Father's Day! 	21 Day 1 National Indigenous Peoples Day Last Day of Kindergarten	22 Day 2 Gr 6 & 9 - ELA PAT Part B Gr 7 & 8 - ELA Finals	23 Day 3 Gr 6 & 9 - Math PAT Part A & B Gr 7 & 8 - Math Finals	24 Day 4 Gr 6 & 9 - Social PAT Gr 7 & 8 - Social Finals	25 Day 5 Last Day School Gr 6 & 9 - Science PAT Gr 7 & 8 - Science Finals	26 Enjoy your summer break! 
27	28	29 Final Report Cards - emailed home	30			



# September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 29	<b>Aug 30</b>  PD Day No School	<b>Aug 31</b>	1 Day 3	2 Day 4	3 Day 5	4
5	6  Victoria Day No School	7 Day 1	8 Day 2	9 Day 3	10 Day 4	11
12	13 Day 5	14 Day 1	15 Day 2	16 Day 3	17  PD Day No School	18
19	20 Day 4	21 Day 5	22 Day 1	23 Day 2	24 Day 3	25
26	27 Day 4	28 Day 5	29 Day 1	30 Day 2		