



West Haven Public School Newsletter - May 2021

PRINCIPAL'S MESSAGE

Rarely in the almost 25 years I've been working in education have I witnessed a time remotely close to being as challenging as the ones we are currently experiencing. The worries, exhaustion, and mental fatigue are at an all-time high for everyone. I am also subject to very different points of view on what should and should not be done on a daily basis. Thankfully, I am lucky to work in an amazing community that pulls together for the greater good.

My favourite quote of all-time is one that I have referred to many times lately and I'd like to share it with you.

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.

This is that time of challenge and controversy. Our test of character is right now and how we handle this. Yes, as Dr. Kevin Cameron would say, we are entitled to our meltdowns. As we kick-off Mental Health Week, let's collectively work together to support, to show compassion, to offer kind words, and sometimes just listen to others. Despite the on-going challenges, I appreciate just how much everyone is banding together for our kids. Together, we've got this! I'm proud to say I'm a Wolverine and glad you are also one alongside me.



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

May, 2021

The first week of May is **Mental Health Week!** We have many activities and lessons planned to learn about and take care of our mental health.

These are some of the school-wide events planned:

- **Monday, May 2nd** - Local artist Willie Wong will be joining us virtually to guide students through a watercolor painting lesson.
- **Tuesday, May 3rd** - Everactive Schools will be leading us through a fun run.
- **Wednesday, May 4th** - Tracy Lockwood will be joining us virtually to lead us through some fun choreographies to current pop songs.
- **Friday, May 7th - Hats ON! for Mental Health Day.** All artwork created on Monday will be on display for students to participate in an "Art Walk".
- **Friday, May 7th at 1:00** - District-Wide Dance Event: Many classes throughout Black Gold Schools will be joining us for a Zoom Dance Party! We will be showing the moves learned for Rachel Platten's "Fight Song". A compilation video will be posted on our website after this event for all to see.

Along with these fun activities, we will also be learning about mental health, and how it affects all of us. If you would like to learn along with us, some great resources can be found here:

<https://mentalhealthliteracy.org/>

<https://www.anxietycanada.com/>

I have also included information for the Caregiver Series, offered by Alberta Health Services. These workshops include a variety of topics from parenting in a pandemic, to technology, ADHD, autism, and anxiety. Given Covid protocols, these sessions are all held virtually this year, which make them very accessible for any and all caregivers. [Caregiver Series](#)

For any assistance with these resources, or 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

DANCEPL3Y



Wolverine Dates to Remember

May 5:	Early Dismissal; No Kinder Classes
May 7:	Hats on for Mental Health
May 9:	Mother's Day
May 10:	Gr 9 PAT - ELA Part A
May 12:	Gr 6 PAT - ELA Part A
May 20/21:	PD Day - No School
May 24:	Victoria Day - No School
May 28:	Character Ed Assemble - Truth; Western Day

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



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



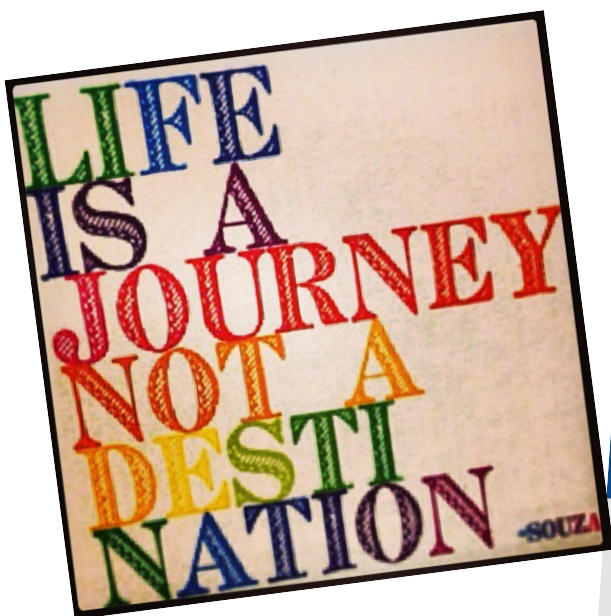
Parking Lot Safety

Please note that to ensure a safe environment the parking lot at West Haven is designated for staff, community members with restricted access and Black Gold School Division staff. Students drop off and pick up can be done in the kiss-and-go area directly in front of the school. Please follow all traffic bylaws within the community to provide safe access for all of our students at WHPS.

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.**

May 20-21



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

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.



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.

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 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.**

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.

Caregiver Education Team Newsletter

May 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

Creating Positive Experiences
Through Presence & Play
Wednesday, May 5
6:00 – 7:30 pm

Supporting Emotional Growth in
Children
Wednesday, May 12
6:00 – 7:30 pm

Motivating Your Child Through
Praise and Rewards
Wednesday, May 19
6:00 – 7:30 pm

Supporting Your Child With
Structure and Routine
Wednesday, May 26
6:00 – 7:30 pm

Mental Health and Resiliency

Calming our Bodies and our Minds
Thursday, May 6
6:00 – 7:30 pm

Resilient Mindsets
Thursday, May 13
6:00 – 7:30 pm

Collaborative Problem Solving
Thursday, May 20
6:00 – 7:30 pm

Sessions at a Glance

Lunch & Learn Webinars

Building Executive
Functioning Skills

Part 1: Monday, May 3
12:00 – 1:00 pm

Part 2: Monday, May 10
12:00 – 1:00 pm

Keeping Scattered Kids on
Track: Supporting ADHD

Part 1: Wednesday, May 5
12:00 – 1:00 pm

Part 2: Wednesday, May 12
12:00 – 1:00 pm

More than Just a Bad Day:
Understanding Depression
Monday, May 17
12:00 – 1:00 pm

Parenting Strategies for
Positive Mental Health

Part 1: Wednesday, May 19
12:00 – 1:00 pm

Part 2: Wednesday, May 26
12:00 – 1:00 pm

Caregiver Education Sessions

Parenting Strategies that
Promote Positive Mental
Health
Tuesday, May 4
6:00 – 7:30 pm

Test Anxiety:
Strategies for Success
Tuesday, May 11
6:00 – 7:30 pm

Substance Use:
A Harm Reduction Approach
Tuesday, May 18
6:00 – 7:30 pm

Sleep and Your Family's
Mental Health
Tuesday, May 25
6:00 – 7:30 pm

Junior-High Jitters:
Transitioning to the Teenage
Years
Thursday, May 27
6:00 – 7:30 pm



Mental Health Foundation



Children, Youth &
Families Addiction
& Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

May 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: Tuesday, May 4, 2021

Time: 6:00 – 7:30 pm

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

Test Anxiety

Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

Date: Tuesday, May 11, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers and teens (grades 7-12) to attend together.

(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 love that these sessions are available virtually...what a great option this is for busy families."

"Very well presented. Great material."

"I enjoy the facilitators, they all do a fantastic job and I feel like a lot of people/parents can benefit from these sessions as I do!"



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

May 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.

Substance Use

A Harm Reduction Approach

The experience of substance use is different for each person. Learn about some common substances used by youth, the spectrum of use, and the science behind addiction. Discover the basic principles of harm reduction and why it is beneficial for those who use substances. Learn strategies to support youth who may be using substances through courageous conversations and harm reduction strategies.

Date: Tuesday, May 18, 2021

Time: 6:00 – 7:30 pm

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

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: Tuesday, May 25, 2021

Time: 6:00 – 7:30 pm

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

Junior-High Jitters

Transitioning to the Teenage Years

Is your child going into grade 7 and feeling nervous about it? This session will provide information about developmental changes teens experience, as well as the challenges they may face in this school transition. Strategies for managing these changes and boosting wellness will be discussed.

Date: Thursday, May 27, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers and pre-teens (grades 6-8) to 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:

"Clear and well thought out."

"I found this session very informative and looking forward to using strategies."

"This is a wonderful resource for all people in our communities. Thank you for offering it for free to the general public."



Mental Health Foundation



For more information, visit www.cvfcaregivereducation.ca

Lunch & Learn Webinars

May 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. When topics are 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

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, May 3, 2021

Time: 12:00 – 1:00 pm

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

Part 2: Monday, May 10, 2021

Time: 12:00 – 1:00 pm

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

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: Wednesday, May 5, 2021

Time: 12:00 – 1:00 pm

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

Part 2: Wednesday, May 12, 2021

Time: 12:00 – 1:00 pm

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

(Continued on next page...)

Parent Feedback:

"I really love the virtual delivery format – it's so much more accessible for me."

"Your series are full of info and also entertaining. The [facilitators] are always so friendly and knowledgeable."

"Thank you so much for the presentation. Both presenters were excellent and explained the content in a nice way that is easy to follow."



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

May 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 attend single sessions or the full series.

More than Just a Bad Day: Understanding Depression in Adolescents

This session will help caregivers increase awareness about adolescents who might be experiencing sadness and depression. Strategies for support will be discussed.

Date: Monday, May 17, 2021

Time: 12:00 – 1:00 pm

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

Parenting Strategies that Promote Positive Mental Health

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

Part 1: Wednesday, May 19, 2021

Time: 12:00 – 1:00 pm

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

Part 2: Wednesday, May 26, 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:

"The presenters were excellent! Very informative and easy to understand and relate to. Thank you."

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

"Very engaging and straight forward."

"Session provided good overview of strategies and provided good info."



Mental Health Foundation



Children, Youth &
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& Mental Health

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Drop-in Series

May 2021

SEEDS Growing Parenting Skills

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.

Creating Positive Experiences Through Presence & Play

Join us in a session on how we can develop positive relationships with our children. As one of the most foundational parenting strategies, other strategies are more effective when you discover the connection that can be built through child-directed play.

Date: Wednesday, May 5, 2021

Time: 6:00 – 7:30 pm

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

Supporting Emotional Growth in Children

This session is designed to help parents learn ways they can support their child's development and relationships through social and emotional coaching.

Date: Wednesday, May 12, 2021

Time: 6:00 – 7:30 pm

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

Motivating Your Child Through Praise and Rewards

This session will demonstrate how the offering of simple social rewards and tangible incentives can be effective in encouraging children to behave in helpful ways, build essential life skills, and reach goals.

Date: Wednesday, May 19, 2021

Time: 6:00 – 7:30 pm

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

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: Wednesday, May 26, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; 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

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

"I was really happy to learn this session existed. The information was helpful and clear. Thanks!"

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



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

May 2021

Mental Health and Resiliency Series

This FREE parenting program is for parents and caregivers who are looking to strengthen their family's ability to 'bounce back' from life's challenges. In these 90-minute introductory-level information sessions, you will learn strategies that can help you and your children learn to be more resilient in the face of stress and anxiety. As part of a 7 session series, parents are welcome to attend one session or join us each week.

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: Thursday, May 6, 2021

Time: 6:00 -7:30 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: Thursday, May 13, 2021

Time: 6:00 -7:30 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: Thursday, May 20, 2021

Time: 6:00 -7:30 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

"I think that what is provided is absolutely wonderful. I enjoy the sessions so much. Thank you."

"Loved it! Great information. Loved the videos and the activities."

"Liked this session and will keep on watching in the future!"

"You present the material in a way that is easy to understand and unpack."



Mental Health Foundation



Children, Youth &
Families Addiction
& Mental Health

For more information, visit www.cyfcaregivereducation.ca

Teen Self-Care Kit

Friday, May 7, 2021
7 – 8:30 p.m. | Online (Zoom)



TAKE TIME FOR YOURSELF



BE KIND



PRACTICE MINDFULNESS



PLAN A HEALTHY DIET

Set up healthy self-care routines in your day-to-day to take care of yourself so you can handle the challenges that you may face. Learn what gives you energy and how you can care for your mind and body.

Sign up today at: selfcarekits.eventbrite.ca

The event is for Youth (12-17 years old) who reside in the City of Leduc with a max of 25 participants. The materials for the self-care kit will be provided to registrants and are to be picked up at Leduc Civic Centre (1 Alexandra Park).



COMMUNITY helpers

**Do your friends naturally turn to you for support?
If so, this might be the program for you!**

The Community Helpers Program offers training and support to strengthen the natural abilities of young people in their helping role with their peers. Helpers will learn and develop a variety of skills including effective communication, self-care, coping with stress, knowing when to refer peers to professional support services, handling crisis situation and suicide awareness.

The program will also connect helpers to community and professional support services.

Free to attend! Open to youth grades 10-12

Thursdays, May 6, 13, 20, 27, June 3 & 10 | 6-7:30 p.m. | Online

***Please note you must attend all dates to obtain a certificate of completion, registration is required.**

To sign up: communityhelpersleduc.eventbrite.ca

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Day 4	4 Day 5	5 Day 1 2:30 pm Early Dismissal No Kinder Classes	6 Day 2	7 Day 3 Hats On for Mental Health 	8
9 	10 Day 4 Grade 9 PAT - ELA Part A	11 Day 5	12 Day 1 Grade 6 PAT - ELA Part A	13 Day 2	14 Day 3	15
16	17 Day 4	18 Day 5	19 Day 1	20 PD Day No School	21 PD Day No School	22
23	24 Victoria Day No School	25 Day 2	26 Day 3	27 Day 4	28 Day 5 Character Ed Assembly - TRUTH  Western Day	29
30	31 Day 1					

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 9 PAT- ELA Part B Gr 6 PAT- ELA Part B Gr 7 & 8 Finals - ELA	23 Day 3 Gr 9 PAT- Math Part A & B Gr 6 PAT- Math Part A & B Gr 7 & 8 Finals - Math	24 Day 4 Gr 9 PAT- Social Gr 6 PAT- Social Gr 7 & 8 Finals - Social	25 Day 5 Gr 9 PAT- Science Gr 6 PAT- Science Gr 7 & 8 Finals - Science Last Day School Enjoy your summer break!	26 
27	28	29 Final Report Cards - emailed home	30			