West Haven Public School Newsletter - November 2021

PRINCIPAL'S MESSAGE

No rain, snow or sleet!!! The weather last night was the best it has been for a night of trick or treating in recent memory. However, in true Canadian fashion I woke up this morning to -17 with the wind chill. How the weather can change quickly in Alberta?!! This is a good time to check those boot sizes to keep those little feet warm and ensure that we are now packing toques, gloves, and warm jackets for our little ones.

This is also a good time to remember other important things such as Early Dismissal on Wednesday, no school due to the mid-term break next week, and that Remembrance Day is next Thursday.

Being that Remembrance Day is during the week off, we will take time to remember what those who have gone before us did so we can have our freedoms today. Every class will take some time to address Remembrance Day at an age-appropriate level in their individual class. Then, at 11 am, the whole school will observe a minute of silence. You may also want to check out the City of Leduc's website to see what they have planned for activities. Maybe I will see you at the cenotaph?

Here are a couple of quotes that speak to me in one of the most important celebrations.

"They shall not grow old, as we that are left grow old. Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, we will remember them."

- Laurence Binyon

"I'll wear a poppy as red as can be, to show that I remember those who fought for me."

- Unknown

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

Wolverine Dates to Remember

November:

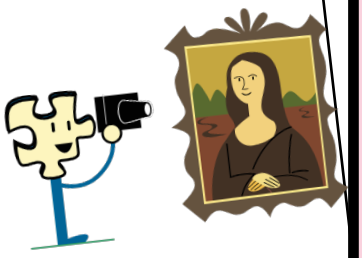
3: Early Dismissal – 2:30 pm - No Kinder Classes
5: In class Remembrance day celebration - Wear Red
7: Daylight Savings Ends - Fall back 1 hour
11: Remembrance Day - No School
8-12: Midterm Break - No School
29: Term 1 Ends
30: Term 2 Starts

Early Dismissal

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

Picture Day!

RETAKES
November 4th

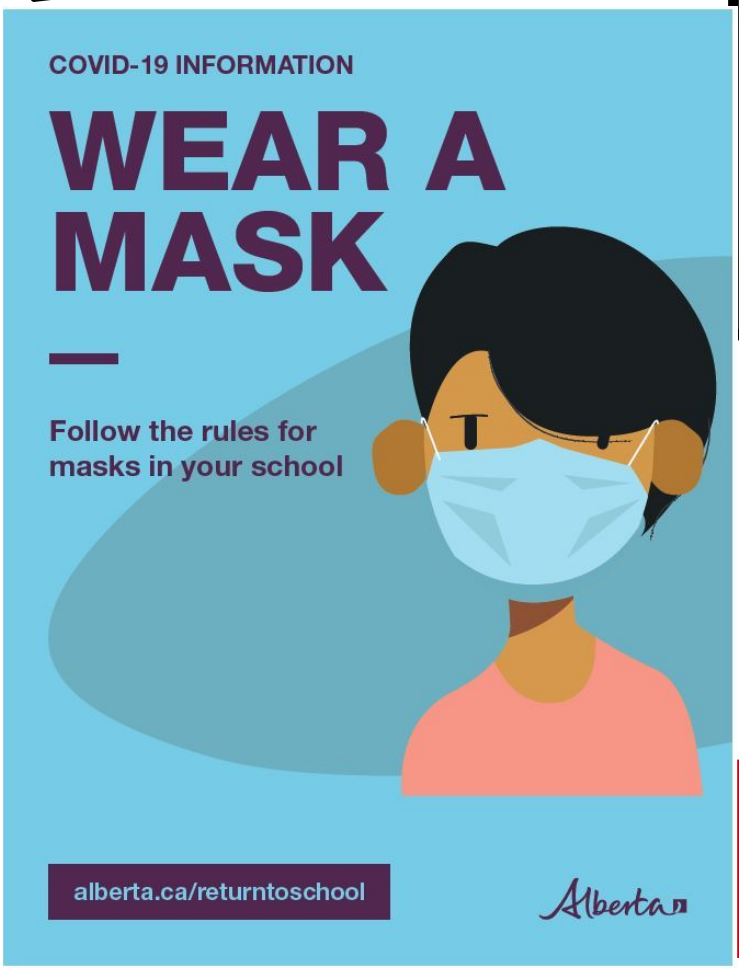


Staff Planning & Development Days

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

October 12
December 3
January 31
February 10 & 11 (Teachers' Convention)
March 11
April 29
May 19-20

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



Nov 5th In Class Ceremony

Wear Red to school this day

During the week of October 25th through 29th the students of West Haven Public School put their knowledge of community service and helping others to work by assisting with the school's annual ***We Scare Hunger Food Drive***. As part of the food drive this year, the challenge of attempting to stuff Mr. Cable's office with food donations with the "Can the Principal" challenge was added. The students of Mr. Henderson's class readily accepted the fun job of stuffing the office! A great time was had by everyone - the collectors, the packers, and the stackers!! A huge thank you goes out to all those families who sent in donations, as they will definitely assist those families in need and help to keep the shelves at the Leduc Food Bank stocked for a little while longer.

Bus Loop Safety/Use of the Crosswalks

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

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

Supervision

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

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

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

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

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

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

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

Reminders:

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

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

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

ECS School Hours:

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

Student Absences

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

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

can send an e-mail to

Paula.breitkreuz@blackgold.ca and /or

sandy.musteca@blackgold.ca

Visitors to our School

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

Early Dismissal(1st Wednesday of each month)

November 3rd, 2021 @ 2:30 pm

December 1st 2021

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

Student Pick-Up

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

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

Congratulations to West Haven's junior high cross-country running team, who competed at Peace Hills Park at the very end of September. The whole team ran their best and everyone came in with awesome times! We even had a few runners come back with medals and ribbons! Madisyn Schneider earned a second-place medal, Addison Jory a seventh-place ribbon, and our grade 9 girls team came back with a third-place team ribbon. Congratulations to all WHPS runners on a successful cross-country running season!

Counsellor's Corner

Mrs. Christou

November, 2021

One of the most common conversations in my office is about trying to cope with being frustrated over things beyond our control. This is my best advice:

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

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

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

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

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

Take care,

Mrs. Christou

2021- 2022 SCHOOL FEES

Kindergarten: For Sep 8 /21 - Jan 31/22 - $50.00 payable September
For Feb 1/22 - Jun 21/22 - $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

Bus Reminders

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

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

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

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

Lost and Found

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

Leduc Santa's Helpers

Drive Thru Toy Drive

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

Chamber of Commerce Parking Lot

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

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

Items that are generally in short supply include:

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

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

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

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

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

LEDUC RECREATION CENTRE

Teen Takeover | Nov 6 | 8:30 – 10:30 p.m.

A FREE night for youth aged 12 – 17

Swim • Play Leisure Sports • DJ • Silent Disco • WIFI • Snacks

Hang Out with friends • Mario SMASH Competition • Photo Booth

Bring your friends, join in on the fun and win some prizes!

Things to Remember

- Check-in at 8 p.m. | Enter through the East Entrance (by the DQ/Orange Julius)
- There is no re-entry , doors will lock at 9 p.m.
- Request a ride from City of Leduc Transit to and from the event for FREE (submission accepted until 4 p.m. day of)
- **Submit this form, and have your teen ride City of Leduc Transit to and from the event for FREE**.
- Bring a lock to secure your stuff (leave valuables at home)
- Bring skates, helmet and proper gear to hit the ice in the Arena
- Bring clean indoor shoes
- Bring bathingsuit and towel
- There will be a bag search as you enter
- Quick sign-in sheet to be completed
- There will be staff supervision
- This is a youth focused event that is safe, fun and engaging

The LRC is a restrictions exemption program facility.

Live Leduc Esports | Fortnite Tournament | Nov 12 & 13

$15 Registration until November 10 at 11:59 p.m.

- Is a survival game that pits players against each other in player-versus-player combat. The last team, duo or squad standing is the winner. It's fast paced, action packed game where strategic thinking is a must in order to survive.
- Prizes for the top 3 teams.
- Rated T - Teen, violence. Youth 12 - 17 years of age.
- Registration is FREE for youth aged 12 - 17 - City of Leduc and Leduc County residents only. Contact**leisureservices@leduc.ca**to see if you are eligible.
- Players will need to set up a discord account athttps://discord.com/.
- Please see General FAQ for more informationhttps://www.leduc.ca/liveleducesports

WEST HAVEN SCHOOL APPAREL

ADDITIONAL COLOURS & SIZING AVAILABLE!
ONLINE ORDERING CLOSING NOV 5/21

SHOW YOUR SCHOOL SPIRIT & WEAR YOUR GEAR WITH PRIDE

USE THIS QR CODE & HEAD TO OUR WEBSITE TODAY

WEST-HAVEN-SCHOOL.MYSHOPIFY.COM/COLLECTIONS/ALL

FUNDRAISING SOCIETY NEWS

We have two very exciting fundraisers launching this month!

First is a brand new fundraiser, just in time for the holidays. Art Cards by Kids is an amazing company that takes your child's artwork and turns it into a greeting card. Each student, from kindergarten to grade 6, has worked hard this month to create beautiful drawings that you can order to share with your family and friends this holiday season. Sample cards will be coming home mid month so please keep an eye out for those. All orders are scheduled to arrive first week of December.

Second, and back by popular demand, is our Local Meats fundraiser! With a new and improved selection to choose from there is something for everyone to enjoy. Ordering begins November 1st and will run until December 3rd. Pickup is scheduled for December 15th, just in time for all the holiday get-togethers! You can order online or with the order forms that will be coming home this week.

We are so excited to be back to work fundraising for WHPS. Without many of our programs, like hot lunch and bake sales, bringing money in to help the school with their wishlist for our kids has been nearly impossible. These fundraisers are more important now than they ever have been. We want to thank you in advance for helping make these fundraisers a success and please remember, every order, no matter how big or small, helps!

Should you have any questions please feel free to contact us at whps.chair@gmail.com. Our next meetings will be held December 2, 2021 @ 6:30pm via Google Meet. Hope to see you all there!

West Haven Public School Fundraising Society

Fundraising Society

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

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

Jr High Students - Leaving School Grounds at Lunchtime

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

Safety Drills

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

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

West Haven Public School is excited to begin ski club season! The Alberta Physical Education Curriculum states that, "Students must have the opportunity to participate in activities in an alternative environment; e.g., aquatics and outdoor pursuits." This year, due to public health regulations, only grades 7 - 9 are invited to come out to ride and glide at Rabbit Hill on the following Monday nights:

December 13th, 2021
January 17th, 2022
February 7th and 28th, 2022
March 7th and 21st, 2022

2021/2022 Group Rates

Low Season
(Opening Day to Jan 14, 2022)
Monday/Tuesday
Lift Ticket - $17 **Rentals - $19**

Peak Season
(Jan 17 to Mar 23, 2022)
Monday/Tuesday
Lift Ticket - $24 **Rentals - $19**

rabbit hill
snow resort

I look forward to hitting the slopes with you! More information will be sent home following a meeting with all interested junior high students. Please contact me with any questions at cindy.christou@blackgold.ca

Ongoing Communication

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

Need to Reach Us?

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

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

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

LIBRARY NEWS

WHPS will be offering a virtual book fair through Scholastic starting at the end of the month (November 22 - December 5th). This online book fair will be a wonderful fundraiser for our school, providing 20% of net sales back into books for the library. We will be sending out a virtual book fair access link shortly, so watch for more information to follow.

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

LUNCH HOUR PROTOCOL:

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

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

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

Lunch Hour Rules

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

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

Hygiene Protective Measures

Students will be required to sanitize their hands upon entry and exit from the school. This procedure is mandated and will include recesses and coming to and departing the school. All grades 4-9 students will be mandated to wear a mask (surgical style or other form of face covering that covers both the mouth and the nose). K-3 has the choice of wearing a mask but it is still highly recommended. Those wearing masks will wear them at all times unless outside, sitting in rows, or when social distancing is otherwise possible.

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

Maintaining 2m Spacing

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 2021-2022 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.

November 2021

West Haven Wellness News

In quickly reviewing West Haven Public's comprehensive health efforts in October, our ***We Scare Hunger Food Drive*** was another great success! Through our volunteer food drive efforts, our school was able to reap the mental health benefits from participating in a volunteer endeavour, AND make a substantial food donation to the Leduc Food bank. Likewise our school spirit day, Jersey Day, on October 15th boosted spirits and was a lot of fun! We definitely had a variety of teams and sports represented throughout the various grade levels.

Our school spirit day for November will be **Formal Day** on **November 5th**. In recognition of our Remembrance Day ceremonies being held this same day, everyone is invited to "dress up" and come in their fanciest clothes for the day (if this wardrobe choice doesn't appeal to you - simply wear something red as an alternative).

This November, we continue to focus on *Comprehensive Health and Wellness*. Mental health is vital to overall personal wellness, and includes our emotional, psychological, and social well-being. This month, we offer **9 Daily Activities** to assist in building or maintaining your positive mental health. These simple activities can help to improve your overall well-being:

- **Get plenty of sleep.** Try to get as close to 8 hours of sleep per night as you can - kids need more. Although everyone's body differs, sleep is essential for learning and remaining productive.
- **Stop to enjoy small aspects of the day.** Enjoying the small things may seem cliché but it is important to personal contentment. So take a walk and appreciate the beauty in nature.

- **Use a stress ball or some other stress reliever**. The way we handle stress directly affects our health. So try a stress ball and squeeze the frustrations away!
- **Perform a random act of kindness.** Helping others through volunteering or simply doing one random act of kindness can improve self-esteem and mental wellness by increasing social connectivity and lessening loneliness and depression.
- **Exercise**. Exercise, in addition to improving cardiovascular and physical health, also leads to better emotional stability and reduced anxiety.
- **Deep breathing exercises.** Deep breathing exercises can help to lower your heart rate, blood pressure, and breathing rate thereby allowing your body and mind the opportunity to recharge.
- **Yoga.** Yoga is a fantastic tool for reducing anxiety and depression. By reducing perceived stress and anxiety, yoga can help to modulate stress response systems.
- **Pet a dog.** Dogs provide emotional support by providing companionship to individuals. Simply petting a dog every day can improve one's mental health.

- **Eat breakfast**. A lack of nutrition can lead to fogginess in brain function. A daily breakfast has been shown to reduce the symptoms of depression and other mental disorders.

Although these activities do not serve as a "cure" for mental disorders, they are helpful for promoting and maintaining good mental health. Stay healthy everyone!

- Mr. Henderson

Caregiver Education Sessions

November 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.

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: Monday, November 1, 2021
Time: 6:00 – 7:30 pm
Notes: For caregivers and teens (grades 7-12) to attend together.

Mindfulness

Benefits for the Whole Family

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

Date: Thursday, November 4, 2021
Time: 6:00 – 7:30 pm
Notes: For caregivers of children grades K-12; for adults only.

Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD) participants will learn how ASD affects the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

Date: Thursday, November 18, 2021
Time: 6:00 – 7:30 pm
Notes: 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:

"This session was interesting and well delivered. The speakers were both great and kept my attention. I liked the interactive nature of the presentation."

"Thank you - this session was so great!"

"The interactive aspect with questions and polls was appreciated."

Mental Health Foundation

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

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Team Newsletter

November 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.

Caregiver Education Session

Test Anxiety
Strategies for Success
Monday, November 1
6:00 – 7:30 pm

Mindfulness
Benefits for the Whole Family
Thursday, November 4
6:00 – 7:30 pm

Understanding Autism
Thursday, November 18
6:00 – 7:30 pm

Parenting Strategies that Promote Mental Health
Monday, November 22
6:00 – 7:30 pm

Body Image and Eating Disorders
Thursday, November 25
6:00 – 7:30 pm

Parenting Teens in the 21st Century
Respectful Limit Setting with Adolescents
Monday, November 29
6:00 – 7:30 pm

Lunch & Learns

Understanding Anxiety Series

Part 1: An Introduction
Tuesday, November 2
12:00 – 1:00 pm

Part 2: Calming Our Bodies
Tuesday, November 16
12:00 – 1:00 pm

Part 3: Settling Our Minds
Tuesday, November 23
12:00 – 1:00 pm

Part 4: Overcoming Avoidance
Tuesday, November 30
12:00 – 1:00 pm

More than Just a Bad Day
Understanding Depression in Adolescents
Wednesday, November 3
12:00 – 1:00 pm

Sessions at a Glance

Drop-in Series

SEEDS Growing Together

Supporting Your Child with Structure and Routine
Wednesday, November 3
6:00 – 7:30 pm

Managing Meltdowns and Shutdowns
Wednesday, November 17
6:00 – 7:30 pm

Helping Our Kids Figure Things Out
Wednesday, November 24
6:00 – 7:30 pm

Mental Health Foundation

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

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

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: Monday, November 22, 2021
Time: 6:00 – 7:30 pm
Note: For caregivers of children grades K-6; for adults only.

Body Image and Eating Disorders

Struggles with self- esteem, body image and weight control are a common concern for both girls and boys. This session will explore some of the reasons behind these struggles, provide information on disordered eating and eating disorders, as well as discuss strategies for supporting teens towards healthier perspectives and habits.

Date: Thursday, November 25, 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 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.

Date: Monday, November 29, 2021
Time: 6:00 – 7:30 pm
Note: For caregivers of children grades 7-12; for adults only.

November 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

Parent Feedback:

"Really interesting session presented in a kind and thoughtful way. Thank you!"

"Thank you so much for your time and presenting. This session went way beyond my expectations."

"I attend a lot of these sessions and what I really enjoyed most… is that you didn't just talk about things, you offered practical, easy-to-use techniques."

Mental Health Foundation

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

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

November 2021

These free 60 minute 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 as a series, sessions, participants can attend one or all sessions.

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: Wednesday, November 3, 2021
Time: 12:00 – 1:00 pm
Notes: For caregivers of children grades 7-12; for adults only.

Understanding Anxiety Series

These sessions will help caregivers better understand the difference between their child's normal worries and anxiety that is no longer productive. Signs that a child or adolescent is experiencing problems with anxiety will be discussed and strategies for reducing the body's stress responses, negative thinking traps, and anxious behaviours will be shared.

Part 1: An Introduction

Date: Tuesday, November 2, 2021
Time: 12:00 – 1:00 pm
Notes: For caregivers of children grades K-12; for adults only.

Part 2: Calming Our Bodies

Date: Tuesday, November 16, 2021
Time: 12:00 – 1:00 pm
Notes: For caregivers of children grades K-12; for adults only.

Part 3: Settling Our Minds

Date: Tuesday, November 23, 2021
Time: 12:00 – 1:00 pm
Notes: For caregivers of children grades K-12; for adults only.

Part 4: Overcoming Avoidance

Date: Tuesday, November 30, 2021
Time: 12:00 – 1:00 pm
Notes: 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:

"As a parent, this presentation helps to give me the language to talk about anxiety with my daughter that she can understand. Some of the exercises have proven useful and I feel I have some resources and direction to help navigate her (and my) anxiety."

"The presenters were highly prepared for the session, it was a pleasure to listen to them. The best presentation I attended so far. Thank you!!"

Mental Health Foundation

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

For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

November 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 workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's social and emotional development. Caregivers will receive practical information, share tips, and participate in group discussion.

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, November 3, 2021
Time: 6:00 – 7:30 pm
Note: For caregivers of children grades K-6; for adults only.

Managing Meltdowns and Shutdowns

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

Date: Wednesday, November 17, 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, November 24, 2021
Time: 6:00 – 7:30 pm
Note: For caregivers of children grades K-6; for adults only.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click HERE or go to:

www.cyfcaregivereducation.ca

Parent Feedback

"Thank you very much, I will really like to see this seminar again with my friends…. It was very helpful. Thank you very much!"

"I thought the topic was a great one and the presentation was completed in a manner that was engaging and easy to understand."

"Thank you for all your amazing seminars, that help me a lot and my family."

Mental Health Foundation

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

For more information, visit www.cyfcaregivereducation.ca

Leduc Santa's Helpers

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

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

Items that are generally in short supply include:

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

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

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

Check with your school for donation deadlines

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

NEED A VISIT FROM SANTA?

CALL 825-995-1008

www.LeducSantasHelpers.ca

Helping families in Leduc for 38 years

Phoneline is open November 1 - December 10

Monday, Tuesday, Thursday Friday

11am - 4pm

Wednesday

1pm - 6pm

Program Criteria:

- **Must be a resident of the City of Leduc**
- **Must have children in the household under the age of 18**
- **Must meet the income guidelines:**

Family Size	Maximum Income
Two Persons	up to $45,000
Three Persons	up to $47,500
Four Persons	up to $50,000
Five Persons	up to $52,500
Six Persons	up to $55,000
More than Six People	up to $57,500

UPCOMING EVENTS

At the Boys & Girls Club

COOKING CLASS

Partnering with the Leduc Food Bank to provide youth a safe space to cook and explore new foods.

FINANCIAL COURSE

With the help of two financial experts, youth with learn how to spend, save, earn, and talk about money

Stay tuned to our website for dates and info
https://www.bgcleduc.com/

bgc Leduc

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Day 2	2 Day 3	3 Day 4 2:30pm Early Dismissal No Kinder Classes	4 Day 5 Photo Retake day 	5 Day 1 Remeberance Day celebration Please wear red	6
7 Daylight Savings Time Ends - Clocks go back 1 hour 	8 Mid-Term Break - No School	9 Mid-Term Break - No School	10 Mid-Term Break- No School	11 Mid-Term Break - No School Rememberance Day 	12 Mid-Term Break - No School	13
14	15 Day 2	16 Day 3	17 Day 4	18 Day 5	19 Day 1	20
21	22 Day 2	23 Day 3	24 Day 4	25 Day 5	26 Day 1	27
28	29 Day 2 Term 1 ends	30 Day 3 Term 2 begins				

December

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

West Haven Public School Winter Fundraiser

Student Name: _____
Phone: _____
Class: _____

Order Deadline: December 3, 2021
Order Pickup: December 15, 2021

	Name	7lb Boneless Ham	15-17lb Free Range Turkey	5lb Prime Rib Roast	Ground Beef Pkg	New York Striploin Pkg	6-8lb Roasting Chicken	3-4lb Lamb Leg	7lb Shepard's Pie	7lb Lasagna	Ham Garlic Sausage	Bison Garlic Sausage	Qty Total	Total $
		$35	$55	$75	$27	$55	$20	$35	$25	$25	$11	$16		
1														
2														
3														
4														
5														
6														
7														
8														
9														
10														
11														
12														
		TOTAL UNITS												

Cash or Cheques Payable to:
West Haven Public School

West Haven Public School Winter Fundraiser

WEST HAVEN
PUBLIC SCHOOL

LOCAL MEATS.

Order Deadline **December 3, 2021**
Order Pickup **December 15, 2021**

ORDER OPTIONS

7lb Boneless Ham	**$35**
15-17lb Free Range Turkey	**$55**
5lb Prime Rib Roast	**$75**

Ground Beef Package:	**$27**
4 x 1.5lb package	
New York Striploin Package:	**$55**
8 x 8oz New York Striploin Steaks	
4 packages (2 steaks per pkg)	
Ham Garlic Sausage	**$11**
Bison Garlic Sausage	**$16**

6-8lb Roasting Chicken	**$20**
3-4lb Lamb Leg	**$35**

Ready Made Meals

7lb Baked Lasagna	**$25**
7lb Shepard's Pie	**$25**

***comes frozen/made in-house*