



West Haven Public School Newsletter - December 2021



PRINCIPAL'S MESSAGE

December is upon us and dreams of Christmas morning are already flashing through the minds of children and adults alike. The yule log continues to burn on the fireplace channel and Christmas music has already started 24/7 on 96.3 The Breeze.

It won't be long before we release the elementary two part Christmas concerts. Our adorable and festive children have many fun presentations to share, so be sure to stay tuned for those emails from our music department. If last year is any indication, they will once again rock the night away using our online release right before we go off on Christmas break.

Along with the concerts, we will be having fun throughout the last three weeks with theme days sure to be fun for all grades. Last year, we also played music for the students as they entered the school in the morning. It was a hit! We will keep it going this year and maybe even have a little fun with some music contests along the way.

From our Wolverine family to yours, we wish you all a very merry Christmas and a happy New Year! No matter how you celebrate this break, we wish you a happy and safe break spent with family. As the famous Lou Lou Who stated in the Grinch Who Stole Christmas, "I don't need anything more for Christmas than this right here. My family." For me, that's my wife and kids and of course my greater Wolverine family.

Pictured below: secretaries and librarian in red, LSTs and counsellor as happy elves, and administration in blue.



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

Leduc Santa's Helpers
Donations Accepted until Dec 9th at WHPS

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

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

- | | | |
|--|-----------------|-----------------|
| • Pajamas/Onsies/Clothes/Blankets | • Teething Toys | • Stacking Toys |
| • Learning Toys: Vtech, LeapFrog, Fisher-Price | | • 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.

Wolverine Dates to Remember

Dec 1: Early Dismissal – 2:30 pm; No Kinder Classes

Dec 3: PD Day - No School

Dec 10: Christmas Spirit day

Dec 16: Online Christmas concert 6:00 pm

Dec 17: Pajama day

Dec 20-31 Christmas break

Jan 3: In-person classes resume

Jan 5 :Early Dismissal - 2:30 pm; No Kinder Classes

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:

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.

COVID-19 INFORMATION

WEAR A MASK

Follow the rules for masks in your school



alberta.ca/returntoschool

Alberta

Student Pick-Up

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

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

Bus Loop Safety/Use of the Crosswalks

WHPS has a loop for buses only. Parents have a kiss'n'go area on the street. To prevent injury to members of our school family, vehicle traffic will not be permitted in the bus loop between 8:00 a.m. and 4:00 p.m. This time represents the highest potential risk to students.

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



Supervision

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

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

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

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

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

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

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

Reminders:

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

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

ECS School Hours:

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



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

Student Absences

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

For your convenience, we now have an [Online Absence Reporting Form](#) you can complete on our website you may leave a message concerning absences outside of school hours on the voicemail system from 4:00 pm to 8:00 am, or you can send an e-mail to 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)

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



Counsellor's Corner

Mrs. Christou

December, 2021

The Holiday season is upon us! My family celebrates Christmas, and I decorated early this year. I am looking forward to another quiet holiday season, with hopes of maybe next year being the time to gather the whole crew.

I know that Christmas can also be a difficult time for some. With the global pandemic still in play, we may have more financial difficulties than what we have had in the past. We might be missing out on visits with people we love and activities we used to do. It can also be a time to explore new ways to enjoy the season, and be grateful for those who bring us joy.

If you and your family are in need of help this Christmas season, please reach out so we can connect you with the support available in the community. If you know of anyone who would benefit from some support, please let them know that we are here to help!

On another note, our school GSA is up and running! This group will be meeting Tuesdays and Thursdays at lunchtime for junior high students who enjoy a safe and caring space to talk about ways to make the world a better place. This past month, I attended the Provincial GSA conference for teachers and students. There was a lot of learning on my part, and I know that I still have a lot to learn with supporting our diverse group of 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.



Happy Holidays,

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 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.**



The Winter City Guide will be available

<https://www.leduc.ca/cityguide>

starting November 30, 2021

LRC Member Registration Dec 7 at 5 p.m.

Public Registration Dec 9 at 5 p.m.

Online at [Live.Leduc.ca](https://www.leduc.ca) | By phone 780-980-7120

To register online, we advise that you login to your [Live Leduc](https://www.leduc.ca) online account prior to the registration dates to ensure that you remember your password and all family members are listed.

Family Leduc Recreation Centre Passes

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

Winter Day Camps – Ages 6 - 12

The LRC offers full day programs for children in Ages 6-12. These themed day camps are sure to be fun and exciting for everyone! Each day will include games, crafts, and activities that involve the theme of the day and swimming in the afternoon. We offer two age groups for all registrants --- Ages 6-7* and Ages 8-12. The same great day awaits all participants, as grade groupings are due to supervision requirements in the programs and in the Aquatics Centre. Clean indoor shoes, swim suit, bagged lunch, water bottle and weather appropriate clothing are required.

Date	Ages	Day	#	Time	Cost	Code
Dec 29	6 - 7	Wed	1	9 a.m. - 4 p.m.	\$50	11281
Dec 29	8 - 12	Wed	1	9 a.m. - 4 p.m.	\$50	11282
Dec 30	6 - 7	Thurs	1	9 a.m. - 4 p.m.	\$50	11283
Dec 30	8 - 12	Thurs	1	9 a.m. - 4 p.m.	\$50	11284
Dec 31	6 - 7	Fri	1	9 a.m. - 4 p.m.	\$50	11285
Dec 31	8 - 12	Fri	1	9 a.m. - 4 p.m.	\$50	11286

Drop-in Series

December 2021



The Support, Education, and Engagement Drop-In Sessions (SEEDS) 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.

SEEDS Growing Parenting Skills

Effective Consequences

In this final session of our SEEDS series, 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, December 1, 2021

Time: 6:00 – 7:30 pm

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

*Caregiver who have not attended previous sessions in this series are welcome to register for this session.

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 really amazing. I love that you (in a very gentle way) had parents focus on their reactions to their children's behaviour and how this can help or hurt the situation."

"The presenters again are so personable and seem very genuine and empathetic."

"Today is the first time I joined with this valuable lesson and it was really helpful me. I'll keep these ideas to work with my kids. Thank you so much!"



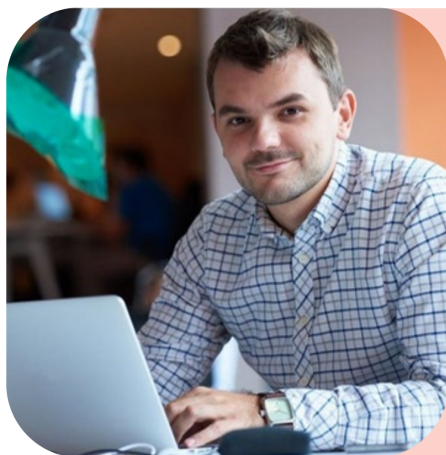
Mental Health Foundation

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

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

December 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 over two sessions, participants can attend one or both sessions.

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

These sessions will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and ways that ADHD impacts academic achievement, self-worth, and relationships. We will look at strategies for supporting success in children and youth with ADHD.

Part 1: Wednesday, December 1, 2021

Time: 12:00 – 1:00 pm

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

Part 2: Wednesday, December 8, 2021

Time: 12:00 – 1:00 pm

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

Building Executive Functioning Skills

Promoting Success in Learning

Take a peek inside the developing brain of a child to learn about the processes that enable children to engage in problem solving and goal directed behaviours. Learn how these skills impact learning, behaviour, emotions, and social interactions. Review and discuss strategies to assist a child's executive functioning skills such as working memory, inhibition, and mental flexibility.

Part 1: Tuesday, December 7, 2021

Time: 12:00 – 1:00 pm

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

Part 2: Tuesday, December, 14, 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:

"I am really thankful for your seminars, they give me really good ideas and help me keep on growing as mom and grandma."

"The presenters were highly prepared for the session, it was a pleasure to listen to them. Thank you!!"

"I liked the interactive format of the session and participating in the discussions."



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

December 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.

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. We will explore factors that contribute to depression and potential motivations behind self-injurious behavior. Caregivers will learn about treatment options for depression as well as strategies to help support youth who may be engaging in self-injury.

Date: Thursday, December 9, 2021

Time: 6:00 – 7:30 pm

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

Resilience in Parenting

Caring for the Caregiver

Being a parent or caregiver is both fulfilling and stressful. Our time, energy, and resources are spent ensuring that our children and youth are taken care of, but who takes care of the caregiver? In this session, we will learn more about parental stress and burnout, explore resilient parenting, and discuss why parental self-compassion and self-care are essential to your family's well-being. Strategies such as mindfulness and positive coping skills will be discussed.

Date: Monday, December 13, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children and youth 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:

"I so appreciate the availability of sessions and that I can just watch and listen and notes and resources are sent after."

"The topic and session time were perfect. The presentation was interactive and quite helpful. Look forward to attending other sessions."

"Loved the talk. Timing was just right and convenient with working parents. The two speakers were very calming and supportive."



Mental Health Foundation



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

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

December 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.

Technology and the Teenage Brain Digital Wellness for Families

Technology is a huge part of our children's lives. Social media, video gaming, internet use, and cell phones may already be topics of debate within your family. Come together to discuss how modern technology can impact the developing teenage brain. As we review some of the risks and benefits of technology use, parents and teens will reflect on ways to stay safer and more balanced in their use of technology to better support positive mental health.

Date: Thursday, December 2, 2021

Time: 6:00 – 7:30 pm

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

Sleep and Your Family's Mental Health

This session 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.

Date: Monday, December 6, 2021

Time: 6:00 – 7:30 pm

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

Supporting Self-Regulation in Elementary School Children

Do you wish you could help children handle strong emotional experiences? This session will define self-regulation and how it supports success in our child's day-to-day activities and interactions. It will provide a helpful review regarding the development of self-regulation in children and adolescents as well as how caregivers can support the growth of these essential skills.

Date: Wednesday, December 8, 2021

Time: 6:00 – 7:30 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:

"Thank you! There were a lot of takeaways from this session and I look forward to incorporating them into my family routine."

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

"Virtual delivery is appreciated."



Mental Health Foundation



Children, Youth &
Families Addiction
& Mental Health

For more information, visit www.cyfcaregivereducation.ca

WHPS School Council & Fundraising Society News

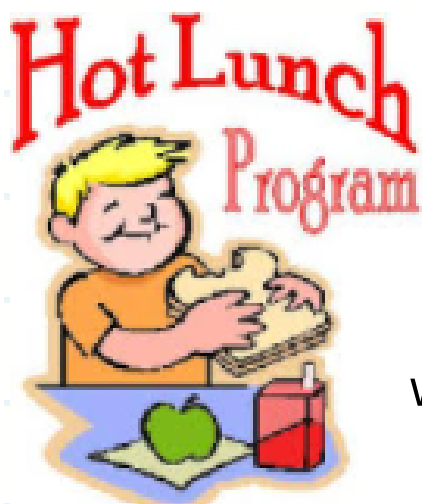
I want to start off by taking this opportunity to thank the WHPS families for your support throughout this year. Even with the continued struggle that comes with the pandemic, we have been able to do some truly amazing things to support the school and our children. The Art Cards by Kids fundraiser sold over 2,000 cards! The Local Meats fundraiser closes this Friday, December 3rd. If you haven't done so already please take a little time to look it over and place an order. Every order, big or small, helps!

The money raised from these fundraisers will help us provide the school with things off their wishlist and also go towards exciting events coming in the new year. Just in the last few months we purchased ukuleles and tuners for the music program, assisted in ordering new jerseys for our boys JR High basketball team and were able to spoil the amazing staff with some well deserved treats!

Our next school council and fundraising society meetings will be held on December 2 @ 6:30 via Google Meet. We will be providing updates and discussing fun and exciting things that will be coming up in the new year. Everyone is welcome to join. If you have any questions or concerns please feel free to contact me at whps.chair@gmail.com.

Lastly, and most importantly, I want to wish everyone a very Happy Holiday Season!

Mary-Kate Boychuk



If any parents are
interested in
volunteering for the hot
lunch program please
email

whps.hotlunch@gmail.com



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.

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 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. 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. Access these at whps.blackgold.ca

Jr High Students - Leaving School Grounds at Lunchtime

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

Safety Drills

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

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



Virtual Book Fairs

Thank You!

Our **Scholastic Virtual Book Fair** was a success! Thank you to all families, teachers, and students who participated, supporting our school while enhancing home libraries.

Your investment in your reader helped our school to earn valuable **Rewards** that can be redeemed for new books for our school and classroom libraries, as well as supplies and Education Resources to benefit our students.

We can't wait to hear all about the new stories you have added to your home libraries!

Thank you for participating in our **Scholastic Virtual Book Fair!**

Happy reading



CHRISTMAS CONCERT NEWS

Mark your calendars for the LIVE release of the West Haven Kindergarten-Grade 2 Virtual Christmas Concert, *Journey to the North Pole*, on Thursday, December 16th at 6pm.

This year again, our Kindergarten-Grade 2 Christmas Concert will be a Virtual event. Our students (and staff!) have already been working hard to prepare wonderful performances for you! Even though we can't come together to share in this holiday season, we do hope that your family can set aside some time to enjoy this concert from the comfort of your home, with your family.

Our Concert will be hosted through **Google Live** which is accessed only through students' **Blackgold accounts**. It will also be posted with a private link after this. More information about logging in to this exciting event (and a contest!) will be coming soon.

Please message Mrs. Greene if you have questions

sherri.greene@blackgold.ca

Musically yours,

Mrs. Greene



SAVE THE DATE!

All applicable Black Gold schools will open for 2022-2023 Kindergarten registration on Wednesday, January 19, 2022.

Each designated school may offer different program times (i.e. morning, afternoon, Monday/Wednesday, or Tuesday/Thursday), and all children will have a place at their designated school.

If you have a strong preference for a particular time, please register early to avoid disappointment as program times will be filled on a first-come, first-served basis .



For more info, visit www.blackgold.ca/kindergarten

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	11:30-11:55am	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	12:00-12:33

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

Inside the school, we have directional arrows and 'Stand Here' stickers on the ground helping everyone maintain the required two meters distance. Classes will be 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.

WEST HAVEN WELLNESS NEWSLETTER

In keeping with our school's comprehensive health goal of maintaining healthy and happy students, the month of December will feature a variety of student and school spirit activities aimed at building social wellness and improving physical fitness. These activities will revolve around the theme of the *12 Days of Christmas* and will feature daily opportunities for Fun and Fitness.

Over the next 12 days the staff and students of West Haven will be following our calendar of spirit day activities. These activities include art projects, games, and of course some dressing up. Check out the calendar below for all of the month's fun!

DECEMBER 2021						
SUN	MON	TUE	WED	THU	FRI	SAT
Here is the calendar break down of this month's Christmas "fun and fitness" spirit activities.		12 Days of Xmas Fitness kicks off!	1 Community Xmas Cards for Lifestyle Seniors Home	2 Snowflake Art	3 PD Day: No School	4
5 Xmas Class Door decorating contest Judging Dec 6-7	6 Holiday Hats! Wear your Christmas hats, antlers, bows etc.	7 Dress like a Christmas Carol	8 Wintry Wednesday White, Blue, and Sparkly Wardrobe	9 Grinch Day Wear Green!	10 Festively Physical! Outdoor games	11
12	13 Santa Day Wear Red!	14 Comfy or Christmas? Socks today	15 Candy Canes! All About the Stripes today!	16 Naughty or Nice? Christmas Sweater Day	17 Tweak the day before Christmas Break - PJ Day!	18 Winter break starts
19	20	21	22	23	24 Christmas Eve	25 Christmas Day
26	27	28	29	30	31 New Year's Eve	

In addition to our spirit activities, this month everyone will once again have the opportunity to get "festively" active as

West Haven kicks off the annual **12 Days of Christmas Fitness** – i.e. think of the song but substitute exercise moves in place of turtle doves and swans a swimming.



Each morning between **December 1st and 17th** we will be getting the entire school up and active by leading them through some fun fitness activities during the morning announcements. From mountain climbers to burpees we are sure to get heart rates climbing.

Here is a link if you would like to kick off your own 12 days of Fitness fun at home:
[At Home - 12 Days of Fitness Challenge](https://www.youtube.com/watch?v=IXfiEuu0kls)
(<https://www.youtube.com/watch?v=IXfiEuu0kls>)




Finally, beginning in December, some members of the CREW team (socially distanced of course) will be organizing several smaller Christmas themed events throughout the school for students and staff, including the annual **Christmas Door Decorating event** for classrooms, and some special inspirational treats for our students (these are a surprise). It is always fun to see the wonderfully creative doors that our teachers and students create, as they definitely amplify the Christmas spirit within the

school.

It looks to be a fun month ahead. I hope everyone has a very merry month.

Mr. Henderson

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 last day to	10 Day 5 Christmas Spirit Day	11
12	13 Day 1	14 Day 2	15 Day 3	16 Day 4 Virtual Christmas Concert 6:00PM	17 Day 5 Pajama & stuffed animal day	18
19	20	21	22	23	24	25 Christmas Day 
26 Boxing Day	27	28	29	30	31	

Christmas Vacation - No School

Christma Eve

Christmas Vacation - No School

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Happy New years Day
2	3 School Resumes Day 1	4 Day 2	5 Day 3 2:30pm Early Dismissal No Kinder Classes	6 Day 4	7 Day 5	8
9	10 Day 1	11 Day 2	12 Day 3	13 Day 4	14 Day 5	15
16	17 Day 1	18 Day 2	19 Day 3	20 Day 4	21 Day 5	22
23	24 Day 1	25 Day 2	26 Day 3 International Family Literacy Day	27 Day 4 Character Ed Assembly - COURAGE	28 Day 5	29
30	31 PD DAY					

DECEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
Here is the calendar break down of this month's Christmas "fun and fitness" spirit activities.						
		12 Days of Xmas Fitness kicks off!	1 Community Xmas Cards for Lifestyle Seniors Home	2 Snowflake Art	3 PD Day: No School	4
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12	13 Santa Day Wear Red!	14 Comfy or Christmas Socks today	15 Candy Canes! All About the Stripes today!	16 Naughty or Nice? Christmas Sweater Day	17 'Twas the day before Christmas Break - PJ Day!	18 Winter Break Starts
19	20	21	22	23	24 Christmas Eve	25 Christmas Day
26	27	28	29	30	31 New Year's Eve	

Daily breakdown

Dec 1 Day 1 - using the provided paper have your students design and decorate a Christmas Card for the folks over at Lifestyles Senior Home. Once done place into the provided envelope. When finished place the envelope in the office and we'll deliver them on Friday!

Dec 2 Day 2 - Using the provided paper and templates have your class design some snowflakes that we can then use to decorate the hallways.

Dec 6 Day 3 - Dress up: wear your favourite Christmas hat, antlers, bows etc.

Dec 7 Day 4 - Dress up: think of a Christmas carol and dress accordingly.

Dec 8 Day 5 - Dress up: wear something blue, white or sparkly

Dec 9 Day 6 - Dress up: wear something green

Dec 13 Day 7 - Use the provided games ideas/info sheets and spend some time outdoors playing with your class

Dec 13 Day 8 - Dress up: wear something red

Dec 14 Day 9 - Dress up: wear some cozy or Christmasy socks

Dec 15 Day 10 - Dress up: All about wearing stripes today

Dec 16 Day 11 - Dress up: wear your best *Christmas* sweater

Dec 17 Day 12 - Dress up: wear your favourite PJs