



West Haven Public School Newsletter - February

PRINCIPAL'S MESSAGE

I recently had the opportunity to read some of Aesop's Fables. I'm sure we all know the story of the tortoise and the hare or even the ant and the Grasshopper. A slightly less known fable that resonates with me is the Lion and the Mouse. You may have even seen the National Film Board's vignette about this fable, you can check it out here (https://www.nfb.ca/film/north_wind_and_sun_fable_by_aesop/) for a short 4:00 video. The lesson teaches us that no act of kindness is ever wasted. We may not always see the effects of those kind gestures, but each and every gesture is important to somebody.

February is often marked as the month of love and tied to Valentine's Day. It's unfortunate that February is the shortest month as focusing on love and kindness is one of the most important things we can all do, and it doesn't have to cost a thing. Kindness, filling people's buckets as we like to use in elementary school, demonstrating empathy, or love, each one is so important for all of us. Love is one of our 7 Grandfather Teachings and is exemplified by the eagle that represents love- Zaagidwin in Anishinabe.

It's within all of us to share love and kindness, to care for others. It's also important to have self-love. This term is starting to be used much more these days. It means that we understand ourselves, know our strengths and limits and strive to find balance. We must also look after our mental, physical, spiritual, and emotional health, as is described by saulttribe.com.

So, to wrap up, permit me to show my love and appreciation for all the students who come to school or are working from home. You make school a great place for each other and a big thank you to all the students who pass me in the hall and share a smile, hello, pictures, and some fun stories. Thank you to all the teachers and support staff who have truly stepped up to the plate helping each other out while we are short-handed and stretched thin at school. Thank you to the parents and guardians who love their children unconditionally every day and support them through school. We have an amazing team at West Haven Public School. Thank you for all of your love and kindness which make this a great place to learn and thrive.

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

Feb 2 - Early Dismissal - 2:30 pm; No Kinder Classes

Feb 7 - Ski Club cancelled

Feb 10-11 Teachers Convention - No Classes

Feb 21 - Family Day - No School

Staff Planning & Development Days

• BGSD's staff planning & development program and the Alberta Teachers' Association's Institute days for all staff will continue again this year. **Students do not attend classes on these dates.**

February 11-12

March 11 April 29

May 19-20

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

February, 2022

February is the month of kindness, family, and love!

Pink shirt day is celebrated on February 23rd. We wear pink shirts to show that we will not tolerate bullying to anyone, from anyone. I love this day not only because of what it stands for, but because it started with a couple of Canadian high school students. Two grade 12 boys from Nova Scotia wanted to make a difference in their community, and it has become an international movement. It shows that we stand up together, greatness can happen. For more information on Pink Shirt Day, check out this site: <http://www.pinktshirtday.ca/>

Family Day is on February 21st. I know that with the pandemic, we have probably had more family time in the last year than we have ever had. I personally, am so grateful for the extra time that I have been able to spend with my children, and they are grateful for all the new kinds of bread I have learned to bake. This Family Day, I challenge you to do something different with your family, like going sledding, skating, or hiking a new trail. If you are more of an indoor family, maybe a new board game or movie to bring you together. Practicing gratitude for this time together might help to take the sting out of the pandemic restrictions.

Valentine's Day is February 14th. While current health regulations prevent us from sharing food and treats at school, please check with your child's teacher regarding classroom protocol for distributing Valentines to our friends at school.

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

February Health and Wellness News

This year West Haven Public has continued to promote school goals aimed at ensuring a culture of inclusivity for everyone. In a month when we typically focus on the challenges of bullying, the need for inclusivity and mutual respect is that much more important. When we speak of



inclusivity we are speaking of ensuring equal access to opportunities and resources for people who might otherwise be excluded or marginalized, such as those having physical or mental disabilities or belonging to other minority groups.

In working to generate this culture within our school we are working to consistently do the following things:

1. Consistently utilizing mindful communication by listening more, and carefully communicating with others. This may include asking people which pronoun they prefer to be called. Asking is a sign of care for the person you are talking to and a way to give them the space to feel comfortable with their identity.
2. Challenging stereotypes and recognizing that unconscious biases, prejudices, lack of information, influence of the media, and teachings coming from our cultural and social beliefs may all impact the way that we interact with others.
3. Avoiding assumptions and understanding how these may influence our interactions with others.
4. Raising awareness and discovery by asking ourselves and others the right questions that will make your intentions known, and respect the boundaries of others.

5. Being proactive in educating others on topics of importance and not waiting for the people affected by the problem to show you how to be better. Everyone is responsible for improving their own reality, everyone has the power to change things and learn how to make the world

Now as part of our inclusivity efforts and in the hopes of further educating others on topics of importance, February continues to be Anti-bullying month. The term bullying is often incorrectly used to describe any and all forms of aggressive or unwanted behaviour, which unfortunately can make it hard for schools, parents, and students to consistently identify and deal with when it happens.



To be considered bullying, a truer definition would state that bullying features 4 elements: it is deliberate, harmful, involves a power imbalance, and involves the repetition of the aggressive or unwanted behaviour over a period of time.

Within Canada, the four most common types of bullying are physical, verbal, social and cyber. Some examples of behaviours that are NOT considered bullying, although they may still cause great distress, but could be better defined as rudeness, a lack of communication or interpersonal skills, or a disagreement in opinions/values include:

- single episodes of social rejection or dislike
- single acts of nastiness or spite
- random acts of aggression or intimidation
- mutual arguments, disagreements or fights

At West Haven Public School we work hard to provide a climate of acceptance and one in which everyone feels safe. We discuss with all

students about how we are a family and need to take care of each other and show mutual respect. In promoting an accepting climate, we work to educate everyone on the topic of bullying and raise awareness of the serious consequences.

On **Wednesday, February 23rd** our school will again be participating in **Pink Shirt Day**.

On this day, we encourage everyone to practice kindness and wear something pink to symbolize that we do not tolerate bullying.



Below are some video resource links to provide further information on the topic of bullying and bullying prevention.

Speak Up: Stop Bullying -

https://www.youtube.com/watch?v=bokjYnPeSuA&list=PL3ZPpW9bkw_st2_kAmO_foPITkIt6RKpr&index=2

Listen to Do the Right Thing -

https://www.youtube.com/watch?v=QfYdShEdUTA&index=4&list=PL3ZPpW9bkw_st2_kAmO_foPITkIt6RKpr

Getting Along with Classmates -

https://www.youtube.com/watch?v=bhPPVPUJaB4&index=3&list=PL3ZPpW9bkw_st2_kAmO_foPITkIt6RKpr

Words have Consequences -

<https://www.youtube.com/watch?v=69MroyhnEVc>

Thank you and have a great month!

Mr. Henderson

FCSS Information

Family and Community Support Services (FCSS) is available to residents of the City of Leduc, Monday to Friday between 8:30 a.m. and 4:30 p.m. We offer support to Individuals, families, youth, and seniors. If you are facing a challenging situation and not sure who to call, FCSS at 780-980-7109. Some of the supports we provide are:

Child and Youth Support

The Youth Outreach Worker is a free resource providing services for youth (ages 12-19) who live in Leduc by engaging them in healthy activities and working one-on-one with them to increase their assets and connection to the community. To reduce barriers wherever possible, times and locations are flexible when meeting with youth. Resources are offered at no cost.

Family Supports

Client support worker can assist with many different life situations; some of the reasons to call the Family Support Worker;

You're interested in finding affordable counselling or mental health resources

You're feeling stressed/overwhelmed

You have a child between the ages of 6-18 and you're looking for support/resources

You need assistance with completing government forms or applying for programs

You are going through divorce/separation, and/or are having difficulties co-parenting

You have questions about what services are available in the City of Leduc

You or someone you know is experiencing family violence.

Community Volunteer Income Tax Program

Did you know FCSS offers a free service for lower income families to file their income tax return for free? The 2022 program opens March 01st – call us at 780-980-7109 to see if you qualify and access this free program (program eligibility requirements apply).

WHPS School Council & Fundraising Society News

Have you heard about the WHPS Spell-a-thon?

The Fundraising Society is teaming up with the WHPS Staff to host a brand new fundraiser this month! All students should have come home with an info sheet, pledge form and a word list. For every \$10 pledged to your child they will be entered into a draw for a chance to win prizes! We have many exciting prizes, like gift cards, sports equipment, movie passes and more!

Our next meeting will be held on February 3, 2022 via Google Meet

@ 6:30pm. All are welcome.

WHPS Fundraising Society

HOT LUNCH UPDATE

The WHPS Hot Lunch program will be starting up again in March! Hot Lunch days will run two Fridays a month. Ordering/payment is done online.

Here's how to get started...

Go to www.westhaven.hotlunches.net

Click on "Click Here to Register"

Enter Access Code **HL2022**

Complete the rest of the registration form. (Including your email address will ensure you receive reminder emails about hot lunch order deadlines, and your child's hot lunch order for the upcoming week)

Click "Register Now"

Follow the instructions to add each child in your family who attends West Haven Public School.

Once your child(ren) has been registered, click on "Orders"

Proceed to order October's hot lunch for your child(ren)

This program will open for March ordering February 1, 2022, and close on February 15th. Please have orders complete and paid for by the 15th as the program will automatically kick out any unfinished orders.

We are also looking for volunteers to help out with the Hot Lunch Program. If you are able to help out on Fridays between 11:00 and 1:00, please contact the office at 780-986-5991.

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.

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

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.



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	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.



2021- 2022 SCHOOL FEES

Kindergarten: For Sep 8 /2021- 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 manage that access, provide increased bandwidth for BYOED and improve protection for students accessing the internet.

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

Lost and Found

<https://whps.blackgold.ca/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 / articles / belongings.**



"be kind"

Pink Shirt Day gear is available to purchase. Deadline to order is February 15th and will be delivered to the school

<https://pink-shirt-day.myshopify.com/collections/all>



**Leduc and Area Violence and Threat Risk
Assessment and Intervention Committee**

SAVE THE DATE | Virtual AGM

March 10, 2022 @ 9 a.m.

meeting link: <https://bit.ly/3HWPwL6>

MARK YOUR CALENDARS!

The Leduc and Area Violence and Threat Risk Assessment and Intervention Committee is hosting its virtual Annual General Meeting on March 10, 2022, at 9 a.m. to sign their updated protocol, and to recommit to a unified response to violence prevention in our schools and communities.

Attendance is free and you don't have to register. Join the meeting via <https://bit.ly/3HWPwL6>.

The Leduc and Area Community VTRA protocol is based upon the North American Center for Threat Assessment and Trauma Response (NACTATR) model of Violence Threat Risk Assessment (VTRA). Learn more at <https://nactatr.com/news/index.html>

Caregiver Education Team Newsletter

February 2022



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 6:00 – 7:30 pm

SEEDS Growing Together

Supporting Your Child with Structure and Routine

Thursday, February 3, 2022

Managing Meltdowns and Shutdowns

Thursday, February 10

Helping Our Kids Figure Things Out

Thursday, February 17

Effective Consequences

Thursday February 24

Mental Health and Resiliency

Strengthening Connections with Ourselves, Our Kids, Our Communities

Wednesday, February 9

Positive Communication that Promotes Growth

Wednesday, February 23

Lunch & Learns 12:00 – 1:00 pm

Understanding Anxiety Series

Part 4: Overcoming Avoidance

Wednesday, February 2

Part 1: An Introduction

Wednesday, February 9

Part 2: Calming Our Bodies

Wednesday, February 16

Part 3: Settling Our Minds

Wednesday, February 23

Keeping Scattered Kids on Track: Supporting ADHD

Part 1: Tuesday, February 1

Part 2: Tuesday, February 8

Mindfulness for the Family

Part 1: Tuesday, February 15

Part 2: Tuesday, February 22

More than Just a Bad Day Understanding Depression in Adolescents

Thursday, February 24

Sessions at a Glance

Caregiver Education Sessions

6:00 – 7:30 pm

Resilience in Parenting

Wednesday, February 2

Technology and the Teenage Brain

Monday, February 7

Body Image and Eating Disorders

Tuesday, February 15

Sleep and Your Family's Mental Health

Monday, February 28



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

February 2022



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.

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: Wednesday, February 2, 2022

Time: 6:00 – 7:30 pm

For caregivers of children/youth grades K-12; for adults only.

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 have an impact on 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: Monday, February 7, 2022

Time: 6:00 – 7:30 pm

For caregivers and youth grades 7-12 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.cyfcaregivereducation.ca

Parent Feedback:

"Well done! In these troubling times for both parents and children, we definitely need more of this! Thank you so much!"

"The presenters are very professional and very engaging."

"The session time is long enough. Perfect."



Mental Health Foundation



Children, Youth &
Families Addiction
& Mental Health

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February 2022

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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.

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www.cyfcaregivereducation.ca

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: Tuesday, February 15, 2022

Time: 6:00 – 7:30 pm

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

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, February 28, 2022

Time: 6:00 – 7:30 pm

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

Parent Feedback:

"Thank you so much for your thorough presentation. It is also a huge blessing that it is free."

"I find the overall delivery very clear, concise and the information very informative! Thank you!"

"Thanks for the extra time you took to answer our questions."



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

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.

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.

This month, we conclude our previous series with Part 4 on Overcoming Avoidance and begin the series again with Part 1, our introduction to anxiety in children and youth.

Part 4: Overcoming Avoidance

Date: Wednesday, February 2, 2022

Time: 12:00 – 1:00 pm

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

Part 1: An Introduction

Date: Wednesday, February 9, 2022

Time: 12:00 – 1:00 pm

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

Part 2: Calming Our Bodies

Date: Wednesday, February 16, 2022

Time: 12:00 – 1:00 pm

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

Part 3: Settling Our Minds

Date: Wednesday, February 23, 2022

Time: 12:00 – 1:00 pm

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

February 2022

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:

"Virtual delivery ran smoothly, pleasant to listen to presenters, a reasonable length of time to invest."

"Information was great, and I have several new tools to help my kids..."

"Content was a good reminder to remember the stresses felt from the perspective of teens."



Mental Health Foundation



Children, Youth &
Families Addiction
& Mental Health

For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

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

Learn how household structures and routines support our child's daily transitions and promote healthy child development.

Date: Thursday, February 3, 2022

Time: 6:00 – 7:30 pm

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

Managing Meltdowns and Shutdowns

This session will help parents better understand meltdowns and shutdowns, and provide strategies to help children regulate.

Date: Thursday, February 10, 2022

Time: 6:00 – 7:30 pm

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

Helping Our Kids Figure Things Out

This session looks at some simple steps for helping children reduce frustrations and find solutions using problem solving skills.

Date: Thursday, February 17, 2022

Time: 6:00 – 7:30 pm

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

Effective Consequences

In this session, we will discuss different ways to address your child's challenging behaviours and how consequences can be a learning tool when offered compassionately and consistently.

Thursday, February 24, 2022

Time: 6:00 – 7:30 pm

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

February 2022

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

"Today's session was very helpful. There was a lot of information that I didn't know."

"I thought it was an excellent session, presented very professionally, and packed full of information!"

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



Mental Health Foundation




Children, Youth &
Families Addiction
& Mental Health

For more information, visit www.cyfcaregivereducation.ca

February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Day 1	2 Day 2 2:30pm Early Dismissal No Kinder Classes	3 Day 3	4 Day 4	5
6	7 Day 5	8 Day 1	9 Day 2	10 Teachers Convention No School		11
12						
13	14 Day 3 Happy VALENTINE'S 30 DAY	15 Day 4	16 Day 5	17 Day 1	18 Day 2	19
20	21 FAMILY DAY NO SCHOOL	22 Day 3	23 Day 4	24 Day 5	25 Day 1	26
27	28 Day 2					

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Day 3	2 Day 4 2:30pm Early Dismissal No Kinder Classes	3 Day 5	4 Day 1	5
6	7 Day 2	8 Day 3	9 Day 4	10 Day 5	11 PD Day No School	12
13 Daylight Savings Begins 	14 Day 1	15 Day 2 Term 2 Ends	16 Day 3 Term 3 Starts	17 Day 4	18 Day 5	19
20	21 Day 1	22 Day 2	23 Day 3	24 Day 4	25 Day 5	26
27	28	29	30	31		
		Spring Break - No School				



SPELL-A-THON 2022

The West Haven Public School (WHPS) Fundraising Society and the WHPS staff are working together to hold a Spell-a-thon fundraiser. Funds raised from your generosity will allow us to provide financial support for field trips, presenters, classroom activities, club support, and a variety of other activities to benefit all our children.

The Spell-a-thon will work this way:

- Kindergarten students will be given 10 grade appropriate words and 10 letter sounds, and tested on them all.
- Grades 1-3 will be given 25 grade appropriate words and tested on them all.
- Grades 4-6 will be given 30 grade appropriate words and tested on them all.
- Grades 7-9 will be given 40 grade appropriate words and tested on them all

Testing will take place on: Wednesday February 9, 2022

Attached to this letter is a pledge form. Pledges are to be made at a flat rate and not per/word right. We are encouraging all students to set a challenging goal for words spelt correctly. And as incentive to attain this goal we have included the opportunity for pledgers to double their pledge should the student achieve their goal. Double pledging is optional. Your child is encouraged to seek sponsorship from FAMILY and FRIENDS; door to door canvassing is discouraged.

* Pledge forms are due back at the school by **TEST DAY February 9, 2022**

* Spell-a-thon tests will be scored and returned for pledge collection by **February 14, 2022**

* All pledge forms and money collected are due back to the school **February 18, 2022**. Forms received after this deadline will not be eligible for the prizes.

PRIZES

One prize per student. Should there be a tie for the cash prizes, those names will be placed in a draw, and one name drawn. **All prizes to be awarded February 25, 2022!**

- **The student who raises the most money in the whole school - \$100 CASH**
- **The student from ECS & DIV I, DIV II, DIV III who raises the most money - \$50 CASH (3 students)**
- **Every student who raises more than \$10 is entered into a draw. The student's name will be entered into the draw for every additional \$10 raised as well. Prizes include sports equipment, toys, gift cards for the LRC, the movies, iTunes, and more**

We thank you in advance for your support in this event.

West Haven Public School Fundraising Society



WEST HAVEN

PUBLIC SCHOOL

2022 SPELL-A-THON PLEDGE FORM

Name: _____ Teacher: _____ Class: _____

Dear Friends and Family: Please sponsor me in the West Haven Public School **Spell-a-thon**. We are raising money to support classroom activities like guest presenters and field trips, extra-curricular clubs and special events for the whole school. I will be taking the spelling test on February 9, 2022. Would you consider doubling your pledge if I meet my goal? I have set my goal at _____ / _____. Your support is greatly appreciated, and pledges can be made in the form of cash or cheques made out to West Haven Public School Fundraising Society. Please reference the students name on any cheques. **Thank you!**

Name and Phone Number	Flat Rate Amount	Double Pledge		Total Pledged	Paid
	\$	Yes	No		
	\$	Yes	No		
	\$	Yes	No		
	\$	Yes	No		
	\$	Yes	No		
	\$	Yes	No		
	\$	Yes	No		
	\$	Yes	No		
	\$	Yes	No		
	\$	Yes	No		
	\$	Yes	No		
	\$	Yes	No		
	\$	Yes	No		
	\$	Yes	No		
	\$	Yes	No		

Total \$ Collected