



West Haven Public School Newsletter - March 2022

PRINCIPAL'S MESSAGE

As we enter March, we welcome St. Patrick's Day and Spring Break. Both of these get the students very excited. For me, the prospect of Spring right around the corner has me excited for the end of the bitterly cold days and only the odd snowstorm.

We have much more ahead of us that's exciting! I'm happy to share that we've been working with our Junior High students to make plans for moving forward and how we can collaboratively build up the school experience. One such event was to update our dress code to permit hats. This was asked for by the students (who even put limits themselves on this), supported by school staff, and received unanimous support from our School Council. We are also able to add theme rooms over the lunch hour so that those students can have somewhere fun to go while the elementary students play on the playground. Thank you to our Student Engagement Team (SET) for being active in their education and school life. The SET team is heard and is making a difference!

Substitute Teacher Week is March 14-18. This year has really highlighted how important their work is. We are always thankful for the hard work they put into every single day they come in. They have a challenging job in that they come into a busy classroom, often not knowing any of the children or their needs. Yet, they dutifully come in and give the students their best. So, to all of our 'guest' teachers, I send you a giant thank you for all of your hard work and for helping make school a great place for our students.

In honour of St. Patrick's Day, please humour me this limerick.

We have a sub teacher here
Who came in without a fear
She gave me a smile
Said she'd stay for awhile
Smelled my socks now won't come near



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





Counsellor's Corner

Mrs. Christou

March, 2022

Spring is right around the corner! I can feel it! I know there is still a really big chance that more snow and cold weather will come our way before winter gives up completely, but for now, I am grateful.

Practicing gratitude is an easy way to lift our spirits and raise our overall happiness level. We can practice gratitude by writing in a journal, or simply taking a few minutes each day to think about the wonderful things in our lives. I am grateful for my family, my dog, and my school community. I am also thankful for mountains and rivers, the forest behind my house, and wide open spaces to play. When I think about these very simple things, I am practicing gratitude.

Another way to lift your spirits is to share kindness. When we help others, we are also helping ourselves. It might be a smile, a compliment, or a good deed. All of these are ways to show kindness, and all acts of kindness, no matter how small make a difference.

Being aware of our own gifts and abilities, and using them on a daily basis is another way to raise our confidence and happiness level. Make a list of things you are good at; ask your friends if you need some reminders. Then, each day make a point of using your gifts and abilities, and pay attention to how this affects your happiness level, as well as those around you. Too often we get caught up in what we need to improve, instead of what we already do well.

There are many resources for families who may be struggling with a variety of issues, available online here: [Caregiver Education Series](#). You can find information on eating disorders, anxiety, importance of sleep, ADHD, general mental health, and many other topics.

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



Wolverine Dates to Remember

Mar 2:	Early Dismissal; No Kindergarten Classes
Mar 11:	PD Day - No School
Mar 13:	Daylight Savings Begins - Clocks "spring" forward 1 hour
Mar 28 -Apr 3:	Spring Break - No School
Apr 6:	Early Dismissal; No Kindergarten Classes
Apr 15:	Good Friday - No School
Apr 18:	Easter Monday - No School
Apr 29:	PD Day - No School

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.***

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.**

March 11

April 29

May 19-20

Lost and Found

Please remember to put your child's name in their belongings.

The lost and found boxes have been moved back out into the hallways.

Please take one last look at the lost and found items that are posted on the website and claim anything that belongs to your child(ren),

(whps.blackgold.ca/parents/lost-found/). We will be removing this link next week. Students are now able to check the lost and found themselves.

West Haven Health and Wellness News

As parents, we want our children to be healthy, free from sickness, and certainly thriving. Having an understanding of good nutrition and what that means will definitely help in this regard. This month, as it is national nutrition month, our monthly health and wellness focus at West Haven Public is to encourage everyone to eat healthier by reinforcing good food choices and healthy eating habits.

So why is good nutrition important for kids?

Well without proper nutrition, studies have found that children may have difficulty learning in school, exhibit poor behavior, have limited energy, - or on the opposite end be hyperactive. They may struggle with obesity, or be malnourished and fail to thrive. Poor nutrition can affect their sleep patterns, their social development, and their ability to focus and understand what is expected of them.

As we head towards Spring and spring break, here is some further information to help guide your food and eating choices...

Healthy Eating Resource/Video links:

- **Canadian Food Guide** - <https://food-guide.canada.ca/en/>
- **Healthy Eating Recommendations** - <https://food-guide.canada.ca/en/healthy-eating-recommendations/>
- **How to Read a Nutrition Facts Label** - <https://tinyurl.com/j582xzp>
- **5 Nutritional Facts** - <https://tinyurl.com/ydyrkd2b>
- **Our Supersized Kids** - <https://tinyurl.com/ybl5b3hj>
- **Inactivity and Obesity in Children** - <https://tinyurl.com/ya3txnac>
- **Canadian Obesity Rates Continue to Climb** - <https://tinyurl.com/y7tvv9ft>
- **Childhood Obesity** - <https://www.canada.ca/en/public-health/se>

Have a great March filled with healthy eating!

Mr. Henderson

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.



Bus Loop Safety/Use of the Crosswalks



WHPS has a loop for buses only. Parents have a kiss'n'go area on the street. To prevent injury to members of our school family, vehicle traffic will not be permitted in the bus loop between 8:00 am and 4:00 pm. This time represents the highest potential risk to students. Thank you for your continued cooperation in this very important matter.

Supervision

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

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

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

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

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

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

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

Reminders:

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

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

ECS School Hours:

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

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

Student Absences

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

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

HOT LUNCH UPDATE

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 who attends WHPS. Once your child(ren) has been registered, click on "Orders". Proceed to order hot lunch for your child(ren). This program will open for April ordering March 1, 2022, and close on March 15th. Please have orders complete and paid for by the 15th as the program will automatically kick out any unfinished orders.

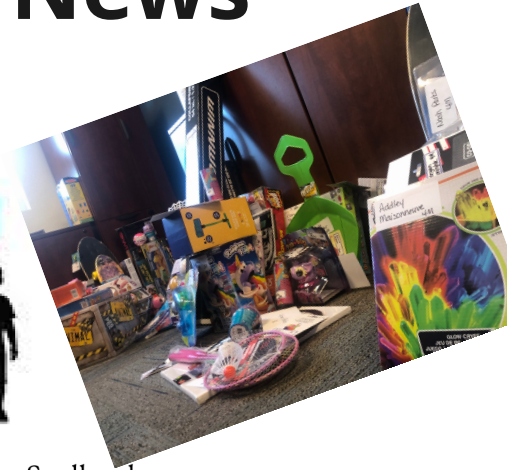
We are also looking for volunteers to help out with the Hot Lunch Program. If you are able to help out on Fridays between 11:00 and 1:00, please contact the office at 780-986-5991.

Library News

Thank you to the Blake family for a book donation to the library



WHPS School Council & Fundraising Society News



Sooooo much for the overwhelming support we received on our first Spell-a-thon fundraiser! It was our school's most successful fundraiser to date! We will without a doubt be able to plan some exciting things for the students to celebrate overcoming another tough and unusual school year. We would like to send a special shoutout to Mr. Hadfield, who not only created the online platform for testing but also worked closely with the staff and Fundraising Society board to make this happen!

With the generosity of our parents and the community businesses listed below we gave out over \$2,300 in prizes! All 168 students who collected a pledge received a prize. Safe to say we had some very excited children! Thank you to everyone for helping make this such a huge success!

Dragon Industries

Leduc Cinemas

Days with Gray

Rock Bottom Digging

Booster Juice

Jordan Hill Farms

Ryan's Drive In

The McDonald Family

Playing for Keeps

Dairy Queen

Kingdom Cats

Canadian Tire

Grizzly Cubs Den

Rabbit Hill

CO-OP

REFUND CHEQUES

*March 2020 hot lunch refund
cheques have been mailed out.*

*If you did not receive yours or
would like to request a refund
please contact us at*

whps.chair@gmail.com

NEXT MEETING

*Our next Fundraising Society
& School Council meetings*

*will be held Thursday, April 7th
@ 6:30pm. All are welcome to
attend.*

West Haven Public School

February 28 to March 25, 2022

ELECTRONICS ROUNDUP

HELP DIVERT E-WASTE FROM

LANDFILLS AND RAISE \$\$\$

Black Gold School Division



SCREENS LARGER THAN 36"	SCREENS SMALLER THAN 36"	FAXES, PRINTERS	
LARGE TVS + COMPUTERS	SMALL TVS + COMPUTERS	SMALL OFFICE EQUIPMENT	LAPTOPS + TABLET COMPUTERS
\$18/ITEM	\$4/ITEM	\$4/ITEM	\$1/ITEM



PLUS GENERATE **\$300** PER TON ON
ELIGIBLE E-PILOT MATERIAL COLLECTED



REDUCING OUR FOOTPRINT, BIT BY BIT, SHARED COMPUTER RECYCLING IS AN AUDITED AND APPROVED RECYCLER WITH THE ALBERTA RECYCLING MANAGEMENT AUTHORITY. WE RECEIVE FINANCIAL INCENTIVES FROM THE ALBERTA GOVERNMENT-RUN PROGRAM THAT ASSIST US IN RECOVERING AND RECYCLING THESE ELECTRONICS.

Alberta recycling
MANAGEMENT AUTHORITY



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 class 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. 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	12:33-1:00 pm	12:00-12:33 pm



Lunch Hour Rules

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

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



Jr High Students - Leaving School Grounds at Lunchtime

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



COMMUNITY INCOME TAX PROGRAM

The Community Volunteer Income Tax Program is now completing 2021 income taxes free-of-charge for people with low to modest income and a simple tax situation.

To find out if you are eligible for this program, or to make an appointment, please visit **Leduc.ca/taxprogram** or contact your local Family and Community Support Services (FCSS) office:

- *City of Leduc:* 780-980-7109
- *Leduc County:* 780-979-2385
- *New Sarepta:* 780-941-2382
- *Thorsby:* 780-619-9824
- *Calmar:* 780-985-3191
- *Warburg:* 780-848-2828



LEDUC.CA/TAXPROGRAM

City of Leduc FCSS

**Family
Resource
Network**
is here to
support
your family



To learn more about our workshops:

<https://www.leduc.ca/community-events/webinars-workshops-information-sessions>

To learn more about the FRN and other family supports offered:

<https://www.leduc.ca/frn> OR contact: FRN@leduc.ca

March Newsletter Information from FCSS

Workshop	Date/Time	Details
Teen Self Care Format: Online (Zoom)	May 6 th 7:00-8:00 pm <i>Registration Deadline: April 21st</i>	The Teen Self-care Workshop is FREE and designed for youth, Grades 7 to 12, to explore different strategies to take care of their well-being and to help manage everyday stressors. Materials to create a self-care kit will be provided and available for pick-up the week of May 2. Register by Email to frn@leduc.ca

Caregiver Education Team Newsletter

March 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.

Caregiver Education Sessions 6:00 – 7:30 pm

Understanding Autism
Monday, March 7

Substance Use: A Harm Reduction Approach
Wednesday, March 9

Test Anxiety: Strategies for Success
Monday, March 14

More than Just a Bad Day: Understanding Depression and Self-Injury
Wednesday, March 16

Mindfulness: Benefits for the Whole Family
Monday, March 21

Lunch & Learns 12:00 – 1:00 pm

Understanding Anxiety Series

Part 4: Overcoming Avoidance
Wednesday, March 2

Part 1: An Introduction
Wednesday, March 9

Part 2: Calming Our Bodies
Wednesday, March 16

Part 3: Settling Our Minds
Wednesday, March 23

Parenting Strategies that Promote Positive Mental Health

Part 1: Tuesday, March 1
Part 2: Tuesday, March 8

Parenting Teens in the 21st Century

Part 1: Tuesday, March 15
Part 2: Tuesday, March 22

Sessions at a Glance

Drop-In Series 6:00 – 7:30 pm

SEEDS Parenting Series
Creating Positive Experiences Through Play
Thursday, March 3

Supporting Emotional Growth in Children
Thursday, March 10

Motivating Your Child Through Praise and Rewards
Thursday, March 17

Supporting Your Child with Structure and Routine
Thursday, March 24



Mental Health Foundation



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.

March 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

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, March 14, 2022

Time: 6:00 – 7:30 pm

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

More than Just a Bad Day

Understanding Depression and Self-Injury

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and/or non-suicidal self-injury. Strategies for support will be discussed.

Date: Wednesday, March 16, 2022

Time: 6:00 – 7:30 pm

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

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: Monday, March 21, 2022

Time: 6:00 – 7:30 pm

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

Parent Feedback:

"I enjoyed the session and both speakers were very well spoken and I enjoyed listening to them."

"I thought the presentation was very positive and overall loved how [the topic] was spoken about."

"Very insightful and helpful. I am leaving with new tools for success in my classroom."



Mental Health Foundation



Children, Youth &
Families Addiction
& Mental Health

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Caregiver Education Sessions

March 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.

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: Monday, March 7, 2022

Time: 6:00 – 7:30 pm

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

Substance Use

A Harm Reduction Approach

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

Date: Wednesday, March 9, 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:

"The format you provided honoured adult learners need to be active participants as well as people's privacy...Great job presenters!"

"This was well done, good information, relevant strategies and nice delivery."

"Excellent session, well organized, interactive and informative...fabulous!"



Mental Health Foundation



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, March 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, March 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, March 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, March 23, 2022

Time: 12:00 – 1:00 pm

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

March 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:

"I appreciate the ease of it all. Even if I am 'too busy' to sit, I can listen in and participate when I can."

"Timing was perfect as the one hour was easy to do without distractions. Able to absorb and maintain more information with the breakdown. Thank you for keeping it useful and interesting!"



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.

Creating Positive Experiences Through Play

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

Date: Thursday, March 3, 2022

Time: 6:00 – 7:30 pm

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

Supporting Emotional Growth in Children

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

Date: Thursday, March 10, 2022

Time: 6:00 – 7:30 pm

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

March 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

"Thanks for the extra time you answered our questions."

"This session was interactive and focused on the intended objectives. Given examples and suggestions were very relevant. The length of the session was appropriate."

"Thank you for an accessible and informative webinar."




Mental Health Foundation



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

For more information, visit www.cyfcaregivereducation.ca

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				

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Spring Break - No School	2
3	4 Day 1	5 Day 2	6 Day 3 2:30 pm Early Dismissal No Kinder Classes	7 Day 4 International Earth day Grade 9 orientation at LCHS	8 Day 5	9
10	11 Day 1	12 Day 2	13 Day 3	14 Day 4	15 Good Friday - No School	16
17 	18 Easter Monday No School	19 Day 5	20 Day 1	21 Day 2 International Earth Day	22 Day 3	23
24	25 Day 4	26 Day 5	27 Day 1	28 Day 2	29 PD Day No School	30