



West Haven Public School Newsletter - April 2022

PRINCIPAL'S MESSAGE

Spring is in the air. This last week has been wonderful with the sun heating up melting the snow at a very quick rate. Another wonderful Spring addition has been the return of hot lunch and the ability to have parents in the building again. We just concluded our first parent/teacher interviews with the option of being in-person in over two years. What a wonderful opportunity to reconnect with many of you. We also understand that many people are still taking a cautious approach to returning to the school environment; we respect all choices and hope to see you in the future.

We are now preparing for next year, as we do every year. Enrollment numbers appear to be going up yet again for next year. Students who do not fall within our designated boundaries will receive a form to request a school of choice to establish the availability of room and resources. Mrs. Musteca will be sending home a confirmation of your plans for attendance next year. We greatly appreciate your help completing the form so we can plan accordingly for next year.

Professional development has been at the forefront of our thoughts and activities as we start planning for the new curriculum in grades K-3. Our staff used our last PD Day and will be working hard moving forward to prepare for the new curriculum in ELA (will be ELA+Literature), Math, and PE/Health (will be Physical Education and Wellness).

I hope you all had a wonderful Spring Break.

325 West Haven Drive, Leduc, Alberta T9E1B6

Phone: (780) 986-5991 Email: whps@blackgold.ca

Principal: Mr. Raymond Cabl Assistant Principal: Mr. Rob Froland Assistant Principal: Mr. Isaac Schnell





Counsellor's Corner

Mrs. Christou

April, 2022

We are in the homestretch of the school year. With the recent global events, we have noticed an increase in students needing some additional mental health support. Supporting your children with a check-in to see how they are doing can be done by going for a walk, bikeride, or even a ride in the car.

Should your child be in need of some mental health support, there are many ways to help them out. The first thing to do, is simply to listen, without judgement, and reassure them that you will support them. Sometimes, that is enough. Sometimes, more support is needed, and I've compiled a list of suggestions here:

- For anxiety, there are a few of free apps that I like, Finch, Rootd, and CalmHarm, all free and worth checking out.
- For depression and grief, Leduc Mental Health offers free support to youth. The intake number is: 780-986-2660.
- The Centre Hope has free, Walk-In Wednesday counselling sessions every Wednesday from 12:30-4:00.
- For urgent mental health matters, The Rutherford Children's Health Clinic offers walk-in support. The phone number is 780-342-6850.
- Parental support can be found through the Caregiver Series, now available virtually, and covers a variety of topics, such as parenting a child with ADHD, or dealing with technology, peer relationships, and anxiety. You can access these resources here: [Caregiver Series](#)

As a staff, we care deeply about the well-being of our students, and we are here to support them and their families throughout whatever life may bring.

For any assistance with these resources, or if you would like to reach out, please contact me at cindy.christou@blackgold.ca . I would be happy to lend a listening ear, and point you in the right direction for further supports.



Take care,

Mrs. Christou

Wolverine Dates to Remember

Apr 1	Spring Break - No School
Apr 4:	School resumes - World Autism Awareness Day
Apr 6:	Early Dismissal; No Kindergarten Classes
April 8:	Twin/Triplet day. Hot Lunch (Dairy Queen)
April 12:	Kinder Grad photo day
April 12-14	Support Ukraine Bottle Drive
Apr 15:	Good Friday - No School
Apr 18:	Easter Monday - No School
April 20:	Wacky Wednesday dress up day
April 20:	Junior High open house 5:30-6:30 PM
April 27:	World Earth Day
Apr 29:	PD Day - No School
May 4:	Early Dismissal; No Kinder Classes
May 6:	Hot Lunch - Boston Pizza
May 9:	Mother's Day
May 19/20:	PD Day - No School
May 23:	Victoria Day - No School
May 27:	Hot Lunch - Subway
Jun 1:	Early Dismissal; No Kinder Classes
June 3:	Hot Lunch - Dairy Queen
June 10:	Hot Lunch - Panago Pizza
Jun 21:	National Indigenous Peoples Day; Last Day of Kindergarten Classes
Jun 28:	Last day of school! Have a safe and relaxing summer holiday!

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.

April 29

May 19,20

Bus Loop Safety/Use of the Crosswalks



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

Supervision

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

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

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

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

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

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

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

Reminders:

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

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

ECS School Hours:

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



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

Student Absences

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

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

Visitors to our School

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

Early Dismissal (1st Wednesday of each month)

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

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 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.

Ongoing Communication

We encourage and value parental involvement in education. Please maintain regular communication with your child's teacher by reading agendas nightly, providing your email address and contact information to the teacher via email. Emails are found on the website at whps.blackgold.ca under the '**About**' - '**Staff Contacts**'. You may also call the school at 780-986-5991 to speak to staff members. Staff respond to emails between 7:00 am & 7:00 pm when not in front of students.



Need to Reach Us?

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

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

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



School Newsletter/Updated Webpage

Our newsletters and school webpage are two of the best ways of communicating all pertinent information about the school. We are continuing to be **GREEN!** All newsletters are posted to the school webpage. Generally, this will occur on the last day of the month. You can find these at whps.blackgold.ca

Safety Drills

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

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

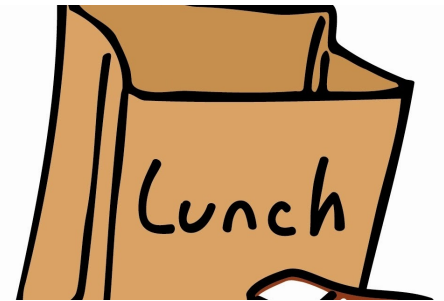


Lunch Hour Protocol

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

At West Haven Public School, elementary students will have staggered recess with classroom cohorts. We only use staff to supervise during the lunch hour. Our students are supervised by teachers during eating periods. Students go outside, weather permitting and there is always a staff member 'on call' in the office to deal with issues/injuries which may occur. Each grade level cohort will be assigned a designated area and be supervised by a staff member. For the most part, our students are well behaved during the lunch hour. In the event of problems during the lunch hour, the teacher on duty will deal with the issue. In the event of repeated issues with a particular student, we will contact the parents to advise them and to seek a resolution. We appreciate your support.

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

HEALTH AND WELLNESS NEWS

April has arrived and with it hopefully...Spring! Spring gives everyone the chance to wake themselves up from the self-imposed hibernation that often accompanies the colder weather and dreary days.

As one of our identified student wellness goals, increased physical activity provides long-term health benefits and puts students on a path to better physical and mental health. This month, as we highlight the positive benefits of physical activity, we also focus on physical literacy and the mastering of basic fundamental movement skills that allow a child to move confidently and with control. Some of these fundamental skills include throwing, jumping, landing, catching, kicking, running and even walking. Increased physical activity not only gets you active, but it can also get you feeling and living better.

Regular physical activity is a natural mood lifter and can help to relieve stress, anxiety, depression, and anger. So think of it as your daily dose of happiness that just happens to tie in nicely with enhancing your mental health, increasing muscle strength, and reducing your chances of developing serious illnesses such as cardiovascular disease. Have fun being more active this month!



Some Video links:

The Benefits of Physical Activity -

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

Active Kids, Active Minds (Ted Talk) -

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

Physical Activity: Be a Role Model -

<https://www.youtube.com/watch?v=95ZkY9EbF7k>

- MR. HENDERSON

C.R.E.W.!

In addition to Spring and nicer weather, April also signals the long awaited return of the West Haven C.R.E.W., our student empowerment team.

C.R.E.W. stands for Caring Responsible Empowered Wolverines, and is chock full of student leaders in grades 4 through 9. Our C.R.E.W. team will again be tasked with actively participating in various events within our school including organizing school spirit theme days, planning charity community service events, assisting with school programs, and also helping with assembly presentations.



For the month of April, the C.R.E.W. team has planned the following events for everyone to take part in:

Monday, April 4th - World Autism Awareness Day (actually the 2nd): Wear Blue Day. In support of our students diagnosed on the Autism spectrum, everyone is encouraged to *wear something BLUE today*.

Friday, April 8th - Twin/Triplet Day - Friends unite. Send out the memos and get those matching outfits all coordinated and ready to go!

Tuesday, April 12-14th Support for Ukraine Bottle Drive - Bring in your bottle donations to help support a couple Ukrainian relief agencies:

Voices of Children <https://voices.org.ua/en/> and **Save the Children** https://support.savethechildren.org/site/Donation2?df_id=5751&mfc_pref=T&5751.donation=form1

Wednesday, April 20th Wacky Wednesday - It's no holds barred wackiness today - find your wackiest outfit, shoes, socks and hair. The wackier the look, the better!

Friday, April 22nd World Earth Day/Pitch In Neighbourhood Clean Up - In celebration of World Earth Day, WHPS students will be participating in the Leduc Environmental Board's "Spring Pitch-in Clean Up" event.

- MR. HENDERSON AND THE CREW TEAM

The Open house on Wednesday April 20th from 5:30-6:30 pm is for **incoming grade 7 students** and their families.

You are welcome to come and see the school, meet the staff and ask any questions you may have.

If you know anybody who lives in our attendance area that is or may be attending our school that has not registered yet, please feel free to share this information with them.



WHPS FUNDRAISING SOCIETY

Spring has sprung and you know what that means?

BBQ SEASON...and we've got your covered!

The Fundraising Society is teaming back up with Local Meats to bring you a new BBQ inspired menu just in time for outdoor and camping season! Steaks, burgers, chicken breasts, pepperoni, and more.

Ordering opens April 11, 2022 and will close April 28, 2022. Please be on the lookout for information and ordering sheets in the coming weeks.



Our next School Council & Fundraising Society meetings will be held on April 7, 2022 beginning at 6:30 p.m. We will be discussing year end plans, events, and budgets. All are welcome to join!

Bottle Drive for Ukraine

This month the West Haven CREW team, as part of their community service efforts, is holding a bottle drive in support of Ukrainian children's charities. All collected donations are being given to the *Voices of Children* and *Save the Children* charities who are working directly with youth relief efforts in Ukraine.

The bottle drive runs **Tuesday, April 12th through until Thursday, April 14th.**

To make donations, please bring all of your recyclable beverage containers to the drop off point located in the staff parking lot anytime between 8:00AM and 8:30AM each morning. Families are encouraged to load up their vehicles and use the handy drop-off lane located in the staff parking lot to bring in bigger donations - simply follow the signs.



Caregiver Education Team Newsletter

April 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.

Lunch & Learns 12:00 – 1:00 pm

Understanding Anxiety Series

Part 4: Overcoming Avoidance

Wednesday, April 6

Part 1: An Introduction

Wednesday, April 13

Part 2: Calming Our Bodies

Wednesday, April 20

Part 3: Settling Our Minds

Wednesday, April 27

Sleep and Your Family's Mental Health

Part 1: Tuesday, April 5

Part 2: Tuesday, April 12

Building Executive Functioning Skills

Part 1: Tuesday, April 19

Part 2: Tuesday, April 26

Sessions at a Glance

Caregiver Education Sessions

6:00 – 7:30 pm

Technology and the Teenage Brain

Digital Wellness for Families

Wednesday, April 6

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

Wednesday, April 27

Resilience in Parenting

Caring for the Caregiver

Thursday, April 28

Drop-In Series 6:00 – 7:30 pm

SEEDS Parenting Series

Managing Meltdowns and Shutdowns

Thursday, April 7

Helping Our Kids Figure Things Out

Thursday, April 14

Effective Consequences

Thursday, April 21



Mental Health Foundation

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

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

April 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.

Technology and the Teenage Brain

Digital Wellness for Families

Technology is a huge part of our children's lives. 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: Wednesday, April 6, 2022

Time: 6:00 – 7:30 pm

For caregivers and youth (Grades 7-12) to attend together.

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

Come and learn about the signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD), and ways that ADHD impacts academic achievement, self-worth, and relationships. Strategies for supporting success in children and adolescents with ADHD will be shared.

Date: Wednesday, April 27, 2022

Time: 6:00 – 7:30 pm

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

Resilience in Parenting

Caring for the Caregiver

In parenting, 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: Thursday, April 28, 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:

"Virtual delivery was good, topic was well presented and very useful strategies were given."

"I really enjoyed this session, it was well presented. I like the video and the hosts knew and had knowledge of what they were talking about."

"The amount of time was great, the flow was easy to follow and even a bit entertaining! Thank you!"



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, April 6, 2022

Time: 12:00 – 1:00 pm

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

Part 1: An Introduction

Date: Wednesday, April 13, 2022

Time: 12:00 – 1:00 pm

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

Part 2: Calming Our Bodies

Date: Wednesday, April 20, 2022

Time: 12:00 – 1:00 pm

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

Part 3: Settling Our Minds

Date: Wednesday, April 27, 2022

Time: 12:00 – 1:00 pm

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

April 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:

"Thank you for sharing your knowledge. It's an awesome webinar and very helpful to me as a parent."

"Really enjoyed the lunch and learn time line. Great resources to share with our team."

"I attended all 4 sessions in this series and they were so helpful. Good information but also actionable strategies and tools...Thank you so much!"



Mental Health Foundation



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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.

Sleep and Your Family's Mental Health

These sessions 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.

Part 1: Tuesday, April 5, 2022

Time: 12:00 – 1:00 pm

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

Part 2: Tuesday, April 12, 2022

Time: 12:00 – 1:00 pm

For caregivers of children and youth 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 kids to engage in problem solving and goal directed behaviors. Learn about these skills and how they impact learning, behavior, emotions, and social interactions. Caregivers will be provided with strategies to assist their children in building their executive functioning skills, including inhibition, working memory and mental flexibility.

Part 1: Tuesday, April 19, 2022

Time: 12:00 – 1:00 pm

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

Part 2: Tuesday, April 26, 2022

Time: 12:00 – 1:00 pm

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

April 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:

"Awesome speaker, on time and very interactive you won't feel bored."

"Session Time was flexible. Was joining in from practicum on my lunch. The delivery was engaging and easy to follow."

"The session was presented well and the information was clear and understandable."



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.

Managing Meltdowns and Shutdowns

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

Date: Thursday, April 7, 2022

Time: 6:00 – 7:30 pm

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

Helping Our Kids Figure Things Out

Do you find that your child struggles to find solutions when problems arise? This session will show you some simple steps for breaking down problems and finding solutions with your children.

Date: Thursday, April 14, 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 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: Thursday, April 21, 2022

Time: 6:00 – 7:30 pm

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

April 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

"Presenters were very clear and held my interest. Good use of examples. Thank you!"

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

"I am so thankful that this incredibly useful and invaluable resource is available to me and my family."



Mental Health Foundation



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Families Addiction
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Naloxone Kit Training

Thursday, April 28, 2022

- DATE: April 28, 2022
- TIME: 6:30 to 8:30 p.m.
- FORMAT: Virtual session through Zoom
- [Registration](#) deadline is April 14. [Click HERE](#) to register
- For more information visit leduc.ca/naloxone-kit-training

In partnership with Dylan's Hope Foundation, the virtual naloxone training will provide information on:

- What is an opioid
- Their uses and impacts
- The current trend of the opioid crisis
- Signs of an overdose/opioid poisoning
- What is harm reduction
- What is naloxone and how to administer it

Naloxone kits will be provided to each registrant. Details of naloxone kit pick-up are noted on the registration confirmation.

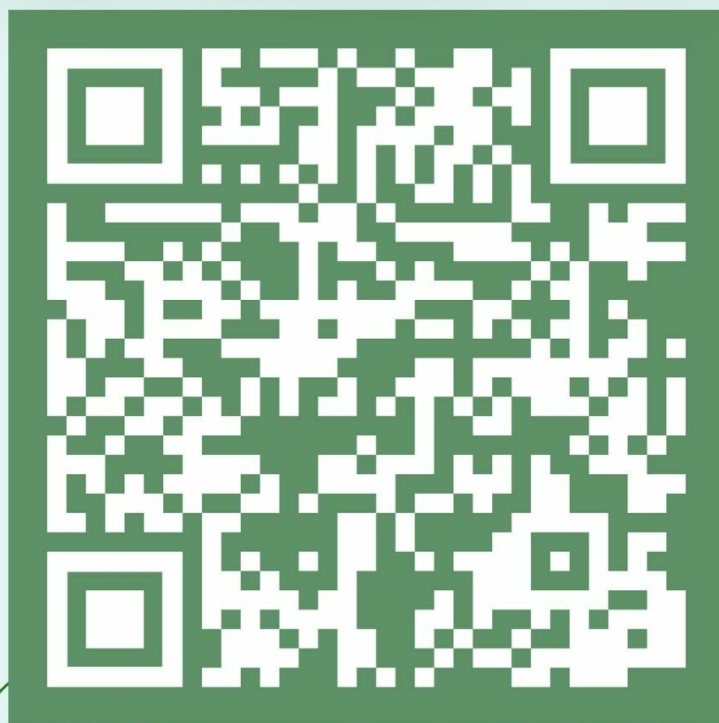
All registrants must supply an orange to practice naloxone administration.

Open to the public, hosted by the City of Leduc, [Leduc Community Drug Action Committee](#), and presented by Dylan's Hope Foundation.



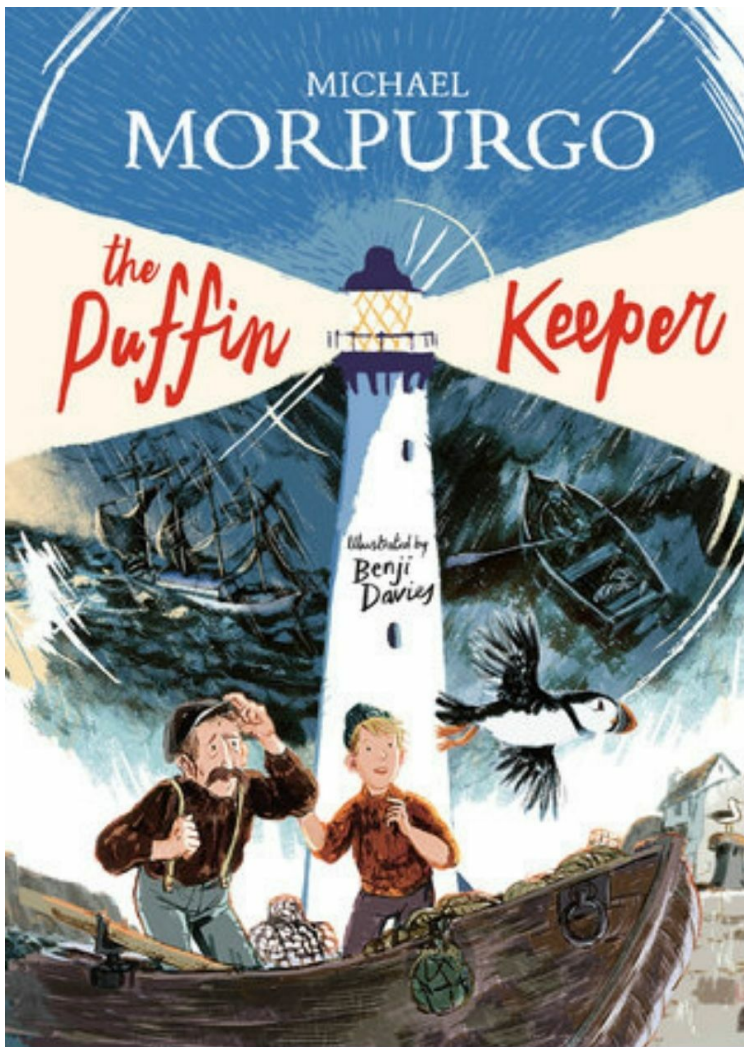
The 7/8 girls junior basketball team went undefeated this season and won the LDAA championship Banner

BGC'S UPCOMING YOUTH EVENTS

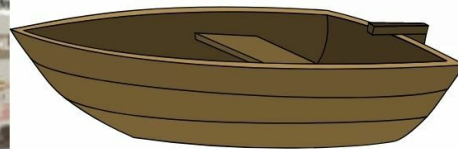
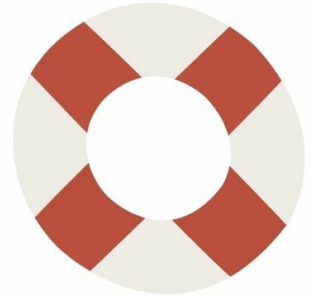


bgc

Leduc



AGE 8-12



Virtual Book Club



Time: Wednesdays at 4:00pm

Dates: April 6, 13, 20, 27 and May 4

Sign up Required!

Scan QR code for sign up Link and more information!

If access to technology is a concern please contact Brittany at seniorprogramlead@bgcleduc.com



Teen Self Care Kit

FRIDAY MAY 6 2022

ZOOM 7-8PM



TAKE TIME FOR YOURSELF



BE KIND



PRACTICE MINDFULNESS



PLAN A HEALTHY DIET

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

Register today: FRN@leduc.ca

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



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

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

Free to attend! Open to youth grades 9-12!

Lunch Provided

Date: Friday April 29th, 2022 from 10-4

Register by April 21st, email FRN@leduc.ca



Leduc Recreation Centre Grade 7&8

This is a FREE Membership to the LRC and Alexandra Outdoor Pool for **Grade 8 and Grade 9 students** that live or go to school in the City of Leduc and Leduc County only. The membership has to be renewed each school year and is valid October to August for those that are eligible so we are asking those students that are in Grade 8 and Grade 9 this school year to come in to Guest Services and register.



Please note: It is applicable only to residents who pay municipal taxes to the City of Leduc and Leduc County.

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



Welcome to LIVE LEDUC E-SPORTS

We are excited to offer a series of eSport tournaments. eSports are a virtual way for participants to compete against other players in a structured tournament format. Prizes will be awarded to the winner!

eSports is a form of sport competition using video games that consists of individuals or teams of people games together while providing social wellness, interacting real time with one another through chat platforms, mics, headsets. There are no physical requirements for eSports other than fast reflex and hand eye coordination.

Join our upcoming tournaments at
Leduc.unifingamers.com

- March 11 & 12 – Rocket League
- April 22 & 23 – Among Us
- May 13 & 14 – Fortnite
- June 24 & 25 – Rocket League

Age, parental consent may be required, for more information please contact Leisure Services at 780-980-8406 or visit Leduc.ca/liveleducesports



eSport *IN PERSON EVENT*

Among Us



April 6 – 5 to 8 p.m.

Ages 8 to 17 – Leduc and Leduc County Residents

Free Course – Must Register

Course Code: 12395

Equipment requirement: Players must bring their own equipment (Laptop, Tablet, Smartphone) with game installed, snacks and drinks will be provided.



TEEN TAKE OVER

May 14 | 8:30-10:30 p.m.

**A FREE night for
youth aged 12 – 17**

Swim • Play Sports • DJ • WIFI • Snacks
• Hang Out with Friends • Video Games •
Inflatable Fun

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

Things to Remember

- Check in at 8 p.m. | Enter through the East Entrance (by the DQ/Orange Julius)
- There is no re-entry, doors will lock at 9 p.m.
- Bring a lock to secure your stuff (leave valuables at home)
- Bring skates, helmet and proper gear to hit the ice in the Arena
- Bring clean indoor shoes
- Bring bathingsuit and towel
- There will be a bag search as you enter (empty water bottles only)
- There will be staff supervision
- This is a youth focused event that is safe, fun and engaging

Pre-register today Live.Leduc.ca code 12394
or call Guest Services



Leduc.ca/youth

#influencers



Do you know a young leader who believes in their community, supports their peers and strives for excellence in themselves and others

Tell us about them! Nominate an outstanding Leduc resident, between the ages of 17 and 21, to help us celebrate and honour their extraordinary efforts in supporting this community. Successful award recipients will receive a \$1,000 bursary (up to 4 awarded).

NOMINATION DEADLINE ► **APRIL 29, 2022 (by noon)**

Nomination packages are accepted:



Online: Leduc.ca/influencers; or



In-person at the Leduc Civic Centre
(1 Alexandra Park)



Leduc.ca/influencers



fcss@leduc.ca



780-980-7177

More info at artsfoundry.ca

Y-DIP

Teen Art Drop-in at
The Leduc Arts Foundry

Tuesdays
4-7pm

Located inside the LRC
4330 Black Gold Drive



 @leducartsfoundry

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Spring Break - No School	2
3	4 Day 1 World Autism Awareness Day	5 Day 2	6 Day 3 2:30 pm Early Dismissal No Kinder Classes	7 Day 4 Grade 9 orientation at LCHS	8 Day 5 Twin/Triplet Day Hot Lunch Dairy Queen	9
10	11 Day 1	12 Day 2 Kinder grad Picture day Support Ukraine Bottle Drive	13 Day 3	14 Day 4	15 Good Friday - No School	16
17 	18 Easter Monday No School	19 Day 5	20 Day 1 Wacky Wednesday Grade 7 Open House	21 Day 2	22 Day 3 International Earth Day Hot Lunch - Panago	23
24	25 Day 4	26 Day 5	27 Day 1	28 Day 2	29 PD Day No School	30

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Day 3	3 Day 4	4 Day 5 2:30 pm Early Dismissal No Kinder Classes	5 Day 1	6 Day 2 Hot Lunch Boston Pizza	7
8 	9 Day 3	10 Day 4	11 Day 5	12 Day 1	13 Day 2	14
15	16 Day 3	17 Day 4	18 Day 5	19 PD Day No School	20 PD Day No School	21
22	23 Victoria Day No School	24 Day 1	25 Day 2	26 Day 3	27 Day 4 Hot Lunch - Subway	28
29	30 Day 5	31 Day 1				

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Day 2 2:30 pm Early Dismissal No Kinder Classes	2 Day 3	3 Day 4 Hot Lunch - Dairy Queen	4
5	6 Day 5	7 Day 1	8 Day 2	9 Day 3	10 Day 4 Hot Lunch Panago Pizza	11
12	13 Day 5	14 Day 1	15 Day 2	16 Day 3	17 Day 4 Last Day of Complimentary Classes	18
19 Happy Father's Day! 	20 Day 5	21 Day 1 National Indigenous Peoples Day Last day of Kindergarten	22 Day 2	23 Day 3	Day 4 Grade 6 Outdoor Pool	25
26	27 Day 5	28 Day 1 LAST DAY OF SCHOOL Final Report Cards - emailed home	29	30		