



West Haven Public School Newsletter - May 2022

PRINCIPAL'S MESSAGE

May is here and the signs are all around us. We are getting our rain with questions of will it bring a last dump of snow. I fired up my motorcycle, gave it a good cleaning, and am getting it ready for rides with my wife. Students are back in full force riding their bikes, longboards, and scooters; this is wonderful to see!

With all of the increased activity outside and the snow finally melting, you will see our students outside a lot more. They are returning to walking field trips in the community, walking home at lunch, and giving back to the community by helping keep our community clean and planting trees. We strive to be good neighbours and have our students set a good example. If you have other ideas or concerns, I welcome all conversations.

As adults, we also have a responsibility to be good neighbours. I had a request from the local bylaw to address parking and driving issues which have increased lately. They would rather educate before ticketing...which I support. Here are the key issues they are watching for and would like us to be diligent about.

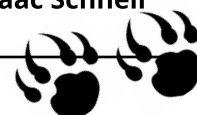
- Fire hydrants: Marked on the curb or not, do not stop or park in front of these.
- Alleyways: There is no parking or stopping in these areas allowed.
- Personal Houses: Do not park in or in front of the driveways nor use to u-turn.
- Intersections: No parking within 5 meters of the corner.
- Crosswalks: No parking or stopping within 5 meters of the nearest side on approach.
- Pick-ups and drop-offs: A vehicle must be parked for passengers to get in/out. Please reinforce that 'on the fly' is dangerous and could result in a ticket.

I appreciate everything that both you and I can do to make our community a better place. I live in this community too and am proud to call it home. Thank you to everyone seen and unseen who also helps out!

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

May, 2022

The first week of May is **Mental Health Week!** We have many activities and lessons planned to learn about and take care of our mental health.

There are many resources out there to help us understand mental health, but these two are a couple of my favourites:

<https://mentalhealthliteracy.org/>

<https://www.anxietycanada.com/>

For many of us, the pandemic, as well as a cold winter, has caused a decrease in physical activity, which is not great for our mental health. A quick way to improve a down day is to get some activity outdoors. The combination of sunshine, fresh air, and physical activity can add an instant boost to our day. Leduc has some pretty great green spaces to experience, whether you venture out alone or with your family and friends.

Another way to increase our physical as well as mental health is through practicing yoga. There are many types of yoga, depending on personal preference, and it can be free! [Down Dog](#) is a free app for students and teachers, and is completely customizable. [Yoga with Adrienne](#) is a Youtube channel with a wide range of yoga practices to try.

Community Education offers many different sessions for parents regarding mental health and a variety of other parenting issues. These sessions are all virtual and free! [Community Education Service](#)

I have also included information for the Caregiver Series, offered by Alberta Health Services. These workshops include a variety of topics from parenting in a pandemic, to technology, ADHD, autism, and anxiety. Given Covid protocols, these sessions are all held virtually, which make them very accessible for any and all caregivers. Be sure to check out the short videos as well! [Caregiver Series](#)

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 support.

Take care,
Mrs. Christou

Wolverine Dates to Remember

May 4:	Early Dismissal; No Kinder Classes
May 6:	Hot Lunch - Boston Pizza
May 8:	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

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.

May 19,20

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.***

Parking Lot Safety

Please note that to ensure a safe environment the parking lot at West Haven is designated for staff, community members with restricted access and Black Gold School Division staff. Students drop off and pick up can be done in the kiss-and-go area directly in front of the school. Please follow all traffic bylaws within the community to provide safe access for all of our students at WHPS.

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*****

2021- 2022 SCHOOL FEES

Kindergarten: For Sep 8/20 - Jan 31/21 - \$50.00 payable September
For Feb 1/21 - 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.

IMPORTANT SCHOOL FEE INFORMATION

School fees are past due. Please ensure to check your child's Powerschool Parent portal for fees that may have been added that need to be paid. Fees should be paid ASAP. Outstanding fees may be sent to collections in May.

Bus Reminders

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

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.

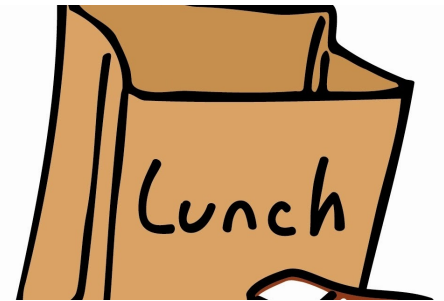


Lunch Hour Protocol

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.



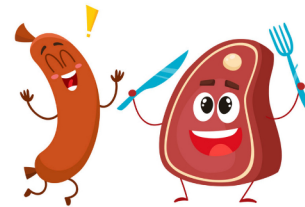
Jr High Students - Leaving School Grounds at Lunchtime

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.

School Council / Fundraising **Society News**

A final reminder for the hot lunch credit

FINAL REMINDER- If you have a March/April 2020 hot lunch credit and would like a refund please contact whps.chair@gmail.com. All unclaimed credits will be donated back to the Fundraising Society as of June 2, 2022.



Local Meats thank you

Thank you to everyone who order Local Meats fundraiser! Order pickup is May 11, 2022!
It's going to be a tasty summer!!!

Meeting reminder

Last School Council/Fundraising Society meetings for this school year will be held in person on June 2, 2022 in the staff room @ WHPS. All are welcome to join!

The Jr High Boys and Girls Floor hockey teams came out as Champions at the Father Leduc Tournament in April!



Kind book donation to the library from the Blake Family and the Cyre Family.



Class Selection

The staff, you, and I all feel the placement of children in classes for next year is a decision of great importance – one that affects your child's life at West Haven Public School for ten months. When making these important decisions, we want to consider all possible, relevant information so that placements will be made which will ensure the greatest possible learning for each child.

The following is the criteria:

- Special needs children benefitting from in/out of class programming are often placed in the same
- class to facilitate scheduling.
- Consideration is given to students who should be separated for various reasons.
- Consideration is given to students who work well together.
- Student personalities are considered in who works well with a particular teacher's style.
- We try to balance the number of boys and girls between classes at a grade level.
- We try to keep an even number of students in each grade of a combined class.
- Parental request may be considered if none of the above conditions apply and space is available.

Unfortunately, some parents make requests for their children or some request changes for their children after the lists have been finalized, and often it is very difficult for us to accommodate these requests without throwing off the sometimes delicate balance that has been created. Please talk with your child's teacher to discuss an placement requests prior to **Friday May 13th**. Your child's present teacher has a year's worth of current, rich information and insight concerning the conditions under which your child learns best and most.

Making a request does not guarantee a placement.

HEALTH AND WELLNESS NEWS - MAY 2022

Most everyone understands how to keep physically healthy through diet, exercise, and good sleep habits. In much the same way people are also aware of their social health and recognizing how they feel when their relationships are satisfying or not, or when they are having interpersonal challenges at home or work.

CMHA Mental Health Week

#GetReal

May 2-8
2022

But what about our mental health, how many of us take care of our mental health on a regular basis? According to the Canadian Mental Health Association, one in five Canadians will personally experience a mental health illness in their lifetime. So ideally, we should be taking equally as good of care of our mental health as we do our physical and social health because our mental health affects both.



Much like our physical health, our state of mental wellness does not necessarily stay the same. It changes throughout our lives. Tougher times in our lives can affect our mental health and make it difficult to cope with the challenges of day to day life. On the flip side, when our mental health is good, we feel energized and can enjoy the joys of day-to-day life. Such is the case for our students as well.

This month West Haven Public will be focusing even more intently on the promotion of positive mental health through the raising of awareness and active participation in mental health initiatives such as *Hats on for Mental Health* on

May 4th, and events throughout Mental Health Awareness Week taking place May 2nd through 8th.

- Mr. Henderson

C.R.E.W. NEWS - MAY 2022

In C.R.E.W. news we would like to start with a huge thank you to all those students and families who helped contribute to the Ukrainian Charity bottle drive held in April. From initial observations it was a huge success and we will be able to make a meaningful donation to assist both the *Voices for Children* and *Save the Children* charities in their work with children and adolescents affected by the impacts of war.

With May being mental health awareness month and research showing that positive mental wellness goes hand-in-hand with physical health, the C.R.E.W. team will be out and about the school and playground in the coming weeks looking for students being physically active to enter into a monthly draw for an array of physical activity prizes. By staying active your emotional and mental health improve, in addition to your self-esteem, mental function, and your ability to deal with stress. So this month let's boost our mental health, stay active, and perhaps even win some great prizes too!



- Mr. Henderson



REDS FLASHING... NO PASSING!

**IT IS ILLEGAL TO PASS A
SCHOOL BUS WHEN THE
RED LIGHTS ARE FLASHING.**

**\$567 Fine +
6 Demerit Points!**

**School bus safety...
It's everyone's responsibility!**



www.staa.ab.ca



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
at [Live.Leduc.ca](https://live.leduc.ca)
code12394
or call Guest Services

May FCSS Newsletter Content

Virtual Family Fun Night! May 18th 6:00-7:00pm

(In partnership with the Leduc Public Library)

Gather the family and join us on zoom for some fun Random Acts of Kindness activities. Families can pick up a kit in advance (kits contain all of the supplies needed to participate).

Register at www.leduclibrary.ca or Email frn@leduc.ca for more information.

Play Learn Grow to Go Kits

(In partnership with the Leduc Public Library)

Do you have preschool age children? Is so check out our Play Learn Grow to Go Kits. Kits are designed to spark curiosity, creativity and support fine motor development!

Kits are FREE and pick up is the first Monday of the month at the Leduc Public Library.

Questions? Email frn@leduc.ca

ADDICTIONS DON'T DISCRIMINATE

Through the power of storytelling, this exhibit offers a glimpse into the complex world of addiction, uncovering the human experience that lies beneath the statistics and stigma.

Shared stories, shown in connection to one another, push us to look beyond someone's substance use and into the lived experience of each individual with empathy and compassion, to help us understand that *Addictions Don't Discriminate*.

Bring Your Own
Device &
Headphones
Required for
QR Codes

Free Public Viewing

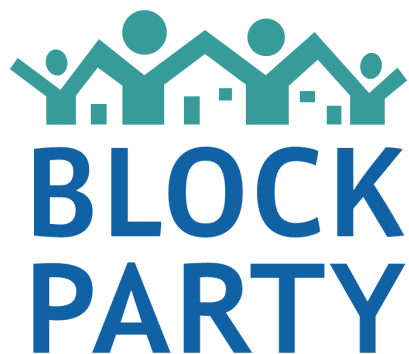
- Wednesday, June 15 - 2:00pm - 7:00 pm
- Thursday, June 16 - 2:00pm - 7:00 pm
- Friday, June 17 - 2:00pm - 7:00 pm
- Saturday, June 18 - 10:00am - 3:00 pm
- Sunday, June 19 - 10:00am - 3:00 pm

Leduc Recreation Centre – Curling Pad

Contact: ajohnson@leduc.ca

LEDUC
COMMUNITY
DRUG ACTION
COMMITTEE

CITY OF
Leduc



'Tis the season!

Great news, Leduc.

We're accepting Block Party registrations for 2022!

Block Parties are a great way to help neighbours reconnect, enjoy the nice weather and introduce newcomers to your area. These events are great for 10 to 20 households in your residential area, and once you register, the city will help you with planning ideas and you will receive a \$50 gift card to a local business to help with expenses (while supplies last).

Register your event today!

[Leduc.ca/block-party](https://leduc.ca/block-party)

Program details and criteria can be found on our website.



More information:



[Leduc.ca/block-party](https://leduc.ca/block-party)



fcss@leduc.ca



780-980-7109



Caregiver Education Team Newsletter

May 2022



AHS, in collaboration with [The Mental Health Foundation](#), is proud to offer **FREE** online programming for parents and caregivers of school-age 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

Parenting Teens in the 21st Century

Respectful Limit Setting with Adolescents

Part 1: Tuesday, May 3

Part 2: Tuesday, May 10

Understanding Anxiety Series

Part 4: Overcoming Avoidance

Wednesday, May 4

Part 1: An Introduction

Wednesday, May 11

Part 2: Calming Our Bodies

Wednesday, May 18

Part 3: Settling Our Minds

Wednesday, May 25

Sessions at a Glance

Lunch & Learns 12:00 – 1:00 pm

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

Part 1: Thursday, May 5

Part 2: Thursday, May 19

More than Just a Bad Day

Understanding Depression in Adolescents

Monday, May 9

Parenting Strategies that Promote Positive Mental Health

Part 1: Tuesday, May 17

Part 2: Tuesday, May 24

Understanding Self-Injury

Tuesday, May 31

Caregiver Education Sessions

6:00 – 7:30 pm

Body Image and Eating Disorders

Wednesday, May 4

Collaborative Problem Solving

Helping our Kids Navigate Challenging Situations

Thursday, May 12

Test Anxiety

Strategies for Success

Wednesday, May 18

I HAVE, I AM, I CAN

Building Resilience in Children and Youth

Thursday, May 26



Mental Health Foundation



Children, Youth &
Families Addiction
& Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

May 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.

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: Wednesday, May 4, 2022

Time: 6:00 – 7:30 pm

For caregivers of youth grades 7-12 for adults only

Collaborative Problem Solving

Helping our Kids Navigate Challenging Situations

In this session from our 'Mental Health and Resiliency' Series, we will explore ways that parents can foster effective problem solving in their child through empathy, clear communication, and collaboration in a way that reduce struggles when challenges arise.

Date: Thursday, May 12, 2022

Time: 6:00 – 7:30 pm

For caregivers of children and youth grades K-9; for adults only.

Registration

Sessions are offered online through the Zoom conferencing application.

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

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"Really enjoyed the session today. The speakers are very engaging and knowledgeable and allowed us to provide feedback and stay connected within the discussion."

"I am grateful that you provided the opportunity for this learning."

"This was my first webinar with you, but it won't be my last. Excellent information."



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

May 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.

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: Wednesday, May 18, 2022

Time: 6:00 – 7:30 pm

For caregivers and teens grades 7-12 to attend together.

I HAVE, I AM, I CAN

Building Resilience in Children and Youth

In today's world, our children need to feel supported, resourceful, and equipped so that they can foster resilience and 'bounce back' from life's challenges more effectively. In this session, we will look at foundational strategies that help children and youth to engage with supportive relationships and communities ("I have!"), identify their internal strengths and abilities ("I am!"), and access practical skills ("I can!") to help them cope through daily stressors and work towards positive goals.

Date: Thursday, May 26, 2022

Time: 6:00 – 7:30 pm

For caregivers of children and youth grades K-9; for adults only.

Registration

Sessions are offered online through the Zoom conferencing application.

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

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"The session was delivered very well, and my teen enjoyed the interactive aspects of it a lot."

"I enjoyed this. I hope to join more of these."

"This session was so helpful - the presenters were relatable and gave practical advice."

"Virtual delivery is so convenient. The presenters did a wonderful job, and were very knowledgeable. Thank you!"



Mental Health Foundation



Children, Youth &
Families Addiction
& Mental Health

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

May 2022



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, 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, May 4, 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, May 11, 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, May 18, 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, May 25, 2022

Time: 12:00 – 1:00 pm

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

Registration:

Sessions are offered online through the Zoom conferencing application.

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

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"Thank you for hosting these sessions. Having them on zoom has made it possible to attend the series. Very helpful to have this knowledge."

"I enjoyed the 'polls' and interactive questions. Time and length was good."

"I would like to thank you for the amazing presentation and information."



Mental Health Foundation



Children, Youth &
Families Addiction
& Mental Health

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

May 2022



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, participants can attend one or both sessions.

Parenting Teens in the 21st Century Respectful Limit Setting with Adolescents

In these sessions, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Part 1: Tuesday, May 3, 2022

Time: 12:00 – 1:00 pm

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

Part 2: Tuesday, May 10, 2022

Time: 12:00 – 1:00 pm

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

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1: Tuesday, May 17, 2022

Time: 12:00 – 1:00 pm

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

Part 2: Tuesday, May 24, 2022

Time: 12:00 – 1:00 pm

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

Registration:

Sessions are offered online through the Zoom conferencing application.

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

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"Excellent topic, simple, and doable. Good information. Thank you for this information in times like these with so much stress to deal with."

"Great webinar, one of the better ones I have been to."

"I really appreciated the way manner in which both presenters delivered their material."



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More than Just a Bad Day:

Understanding Depression in Adolescents

This session will help caregivers increase awareness about adolescents who might be experiencing sadness and depression. Strategies for support will be discussed.

Date: Monday, May 9, 2022

Time: 12:00 – 1:00 pm

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

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

These sessions will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD), ways that ADHD can affect all areas of life, and strategies for supporting success in children and youth with ADHD.

Part 1: Thursday, May 5, 2022

Time: 12:00 – 1:00 pm

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

Part 2: Thursday, May 19, 2022

Time: 12:00 – 1:00 pm

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

Understanding Self-Injury

In this session, we will explore various motivations in youth who are intentionally harming themselves and factors behind self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

Date: Tuesday, May 31, 2022

Time: 12:00 – 1:00 pm

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

Registration:

Sessions are offered online through the Zoom conferencing application.

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

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"I enjoyed the presentation. Two different speakers broke it up a bit and the videos that were shared we great."

"Was very engaging - well done!"

"The facilitators were great, engaging, used great videos to break up the material, and were very responsive to questions. I got a lot out of this session and I'm excited to make some changes."




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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 Kindergarten orientation 1-2pm	5 Day 1 Outdoor Education - LRC	6 Day 2 Hot Lunch Boston Pizza Girls 3/4 Hockey Tournament Outdoor Education LRC	7 Girls 3/4 Hockey Tournament
8 	9 Day 3	10 Day 4	11 Day 5	12 Day 1 Outdoor Education - Birdwatching/Bike - Telford	13 Day 2 Boys grade 5/6 floor hockey tournament	14 Boys grade 5/6 floor hockey tournament
15	16 Day 3 Grade 9 ELA PAT part A	17 Day 4 Grade 3A - Leduc Gymnastics club	18 Day 5 Grade 6 ELA PAT part A	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 Girls 5/6 floor Hockey Tournament	28
29	30 Day 5 girls grade 5/6 floor hockey tournament	31 Day 1 Outdoor Education - First Aid girls grade 5/6 floor hockey tournament				

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Day 2 2:30 pm Early Dismissal No Kinder Classes Outdoor Education - First Aid	2 Day 3	3 Day 4 Hot Lunch - Dairy Queen	4
5	6 Day 5	7 Day 1 Outdoor Education - Leduc Boat Club	8 Day 2 Outdoor Education - Leduc Boat Club	9 Day 3 Grade 9 Graduation Cenebration	10 Day 4 Hot Lunch Panago Pizza Grade 5 - Telus World of Science Grade 4 - Fort Edmonton Park	11
12	13 Day 5	14 Day 1 Outdoor Education - Devon Hike	15 Day 2 Outdoor Education - Devon Hike	16 Day 3	17 Day 4 Last Day of Complimentary Classes	18
19 	20 Day 5 ECS Grad 10:00 & 1:00	21 Day 1 National Indigenous Peoples Day Last day of Kindergarten	22 Day 2 Grade 6 Science PAT Grade 9 Science PAT	23 Day 3 Grade 6 ELA PAT Grade 9 ELA PAT	24 Day 4 Grade 6 Math PAT Grade 9 Math PAT Grade 6 - Outdoor pool	25
26	27 Day 5 Grade 6 Social PAT Grade 9 Social PAT	28 Day 1 LAST DAY OF SCHOOL Final Report Cards - emailed home	29	30		