



# WEST HAVEN

## PUBLIC SCHOOL

We have been gifted a beautiful fall this year. My family has enjoyed a lot more outdoor time, and that includes our pup. Below is a picture my daughter took. That said, winter is right around the corner. I'm very proud of our students for collecting socks to donate to the Leduc Hub. Socks are one of the most commonly requested items and we collected a great many! The colder temperatures also mean a need for coats. Keep your ears peeled for a coat swap where you will be able to donate coats in good shape or come and find one that fits. It always amazes me how quickly children grow out of their clothes. Yet, that favourite pair of socks never seems to go away and stays in use well past the first, second, and third hole.

Parent/Teacher conferences start in the first week of November. You can sign-up now to book a slot. Interviews are in-person this year. If you can't make it in-person, please contact your child's teacher to make other arrangements to connect. Report Cards will be coming out in about a month as Term 1 comes to a close. It is always a good idea to go onto PowerSchool to check on your child's progress. This allows you to see their progress, see individual assignment comments, or even see if an assignment wasn't turned in. In our household, we check PowerSchool regularly in order to have educated conversations with our children. This also helps us know when it's beneficial to contact a teacher.

### Great Things Are Happening at WHPS!

- A giant shout out to our cross-country and volleyball teams who are wrapping up their seasons. The students, along with the coaches, put in a lot of hours participating in practices, meets, games, and tournaments.
- Christmas Concert preparations are in full swing now. You can be sure that the students are already getting excited.
- On Friday, November 4th, right before the November break, we will honour Remembrance Day. Families are invited to join our ceremonies. If you are a family member of the WHPS community, and are a past or present member of the Canadian Military, we would like to invite you to join our ceremonies, in uniform, if possible. If you are a member of police, fire, or emergency services and would like to attend in uniform, that would be appreciated, as well. **Kindergarten to grade 6** will begin at **9:00am** and end around **9:30am**. Grades 7-9 will begin at **10:30am** and go until approximately **11:00am**.



325 West Haven Drive, Leduc, Alberta T9E1B6

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

Principal: Mr. Raymond Cable Assistant Principal: Mr. Isaac Schnell Assistant Principal: Ms. Rachel Djordjevic



# DAYS TO REMEMBER

**November 1 - PD Day - No School**

November 4 - Wear Red to Remember

**November 7-10 - Midterm Break - No School**

November 11 - Remembrance Day

November 16 - Shelter In Place Drill

November 18 - Twin/Triplet Day

November 21-24 - Warm up Wolverines - winter coat exchange

November 24 - Lock Down Drill

November 28 - Grade 5 & 9 Immunization

December 1 - School Council Meeting - 6:30pm

**December 5- PD Day - No School**

December 8-19 Twelve days of Christmas Fitness

December 23- PJ and Stuffie Day

**December 26-30 - Christmas Break - No School**

**January 2-6 - Christmas Break - No School**

**January 30 - PD Day - No School**

February 2 - School Council Meeting - 6:30pm

February 9-10 Teachers Convention - No Students

**February 20 - Family Day - No School**

**February 21 - PD Day - No School**

**March 13 - PD Day - No School**

**March 27-31 - Spring Break - No School**

April 6 - School Council Meeting - 6:30pm

June 1 - School Council Meeting - 6:30pm

## Student Pick-Up

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

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

## Bus Loop Safety/Use of the Crosswalks



WHPS has a loop for buses only. Parents have a kiss'n'go area on the street. To prevent injury to members of our school family, vehicle traffic will not be permitted in the bus loop between 8:00 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.

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: 8:30 am - 3:15 pm

ECS School Hours:

Entry Bell: 8:30 am

AM Class 8:35am - 11:18 am

Classes Start : 8:40 am

PM Class 12:32 pm - 3:15 pm

Recess :Staggered Lunch (Grades 1-9) 12:00-12:56pm

Dismissal: 3:15 pm

\*Supervisors are out side at 8:15am

## **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 out side of school hours on the voicemail system from 4:00 pm t o 8:00 am, or you can send an e-mail to [paula.breitkreuz@blackgold.ca](mailto:paula.breitkreuz@blackgold.ca) and/or [sandy.musteca@blackgold.ca](mailto:sandy.musteca@blackgold.ca).



**Just a reminder that School Fees for Junior High Options, ECS and Technology are now due. Payment can be made on your Parent Powerschool Portal account or cheque/exact cash can be brought to the office.**

# 2022- 2023 SCHOOL FEES

**Kindergarten:** \$100.00

**Technology Fee:** Grade 1 - 3 \$20.00

**Technology Fee:** Grade 4 - 6 \$50.00 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 child's PowerSchool account. If you have any questions please contact the office.

## **Division Technology Fee**

*The BGRD technology access fee will cover 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.*

## **Transferring Credits**

If you have a credit in your PowerSchool account, you now have the ability to transfer that credit to a new school or the upcoming year. For example, if your child is moving from Junior High to a high school in Black Gold, you can ensure that your child's credit moves with them. Credits can also be applied to transportation, summer school and division technology fees.

In order to transfer the credit, follow the steps below:

1. Access your PowerSchool account <http://powerschool.blackgold.ca/public/>
2. Select the "Student Fees and forms" in your PowerSchool account
3. Select the "Menu" option on the top right of the screen
4. Select the Transfer money option which will generate a pop-up menu
5. Choose to move your credit from the current school to the desired Black Gold location. This credit will now be available for future use at the selected locations.

# 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](http://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. Teachers will refrain from responding during teaching time.

## 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](http://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.

Grade	Morning Recess	Lunch Recess	Eating Period
Grades 1 -3	10:00-10:15am	12:00-12:25pm	12:25-12:55pm
Grades 4-6	10:15-10:30am	12:25-12:55pm	12:00-12:25pm
Grades 7-9	10:15-10:25am Locker Break	12:00-12:55pm	12:00-12:55pm

### **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 withdrawal 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, ect.) 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 solutions.

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.

### **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.

### **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 picked 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, ect are not to be allowed on the busses. Articles cannot be transported that are more than 13" x 13" x 23". This applies to busses that regularly transport students, as well as buses that take students on field trips.





# Counsellor's Corner

Mrs. Christou

November, 2022

One of the most common conversations in my office is about trying to cope with being frustrated over things beyond our control. This is my best advice:

This is the circle of control:  
When we spend too much time thinking about things in the outer circle, the things we can't control, we lose sight of what we can do to make ourselves happy.

Being upset with how other people talk, act, or think only causes us to be more upset. It does not actually change the way that others behave. Instead, if we focus on the positive choices we make in our words and actions, we are more likely to feel better about our day.

Our actions and attitudes are within our control. Practicing gratitude for the gifts in our lives has shown to reduce stress, increase mood, and improve our overall physical health. If you'd like more information on practicing gratitude, [click on this!](#)

Today, I am grateful for this amazing school community, the supportive staff, and incredibly resilient students.

If you would like to reach out, please contact me at [cindy.christou@blackgold.ca](mailto: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



# Parent Night

## Cyberworld: What Happens When Youth Press Send?

Dec. 7, 2022 - 6:30-8:30

Sponsored by Parent Council

*A presentation for parents and caregivers on practicing Internet safety with youths and responding to online child sexual exploitation.*

The first half of the presentation is on Internet safety, beginning with tips on making screen time safe. We go through tips for making YouTube and Google safe as well as sharing some kid-friendly alternatives. We discuss the impacts of social media, review parts of the terms and conditions, and then go through popular apps – like TikTok, Instagram, and Snapchat – and safe practices for them. We move on to talking about online gaming and some best practices for it, as well as discussing Discord as a communication platform and the emerging popularity of livestreaming. We then discuss pornography and its impact on young people while providing some tips on approaching this conversation in a shame-free way. Following this, we discuss sexting, its consequences and legal implications, and the dangers of apps used to hide photos. We share some resources for further learning and some communication tips before moving on to the second part, which is all about responding to online child sexual exploitation. This section begins with a discussion on the rise of this crime in Canada since the start of the Covid-19 pandemic and works to define the issue and review the Criminal Code of Canada. We discuss the effects of online exploitation, different techniques for stranger- and peer-perpetrated exploitation and work through an example conversation. We share some signs of exploitation and ways to communicate with youths on this topic. We end with some tips for intervention and a practice scenario to work through as a group. The presentation contains videos on the effects of social media, approaching the conversation about pornography, and the online child sexual exploitation process.

**Topics Covered:** safe screen time tips, safety tips for different platforms (YouTube and Google), social media safety tips and terms and conditions (TikTok, Instagram, Snapchat), online gaming safety tips, Discord, livestreaming, pornography, sexting, communication, helpful tools, online child sexual exploitation and its forms [content warning provided], online grooming techniques, peer sexual exploitation, signs of online child sexual exploitation, tips for intervention

**Audience:** Parents and Caregivers

Please RSVP by filling out this form:



# November news from the

## LEARNING SUPPORT TEAM

Mrs. D. Kirton

[danielle.kirton@blackgold.ca](mailto:danielle.kirton@blackgold.ca)

Mr. J. Hendrickson

[jake.hendrickson@blackgold.ca](mailto:jake.hendrickson@blackgold.ca)

Throughout the year the Learning Support Team provides support in a variety of classrooms and works with a range of students and teaching teams. A friendly reminder that your first point of contact is always the classroom teacher.

Our October newsletter focused on different activities to help your child solve unknown words.

### The following suggested activities can be used at home to support Phonological and Phonemic Awareness:

(Adapted from Orchestrating Success In Reading by Dawn (Elthaug):

- ❖ Play telephone at the dinner table.
- ❖ Say a word and make the sound of each letter. Encourage your child to do the same, or to say another word that starts or ends with the same letters.
- ❖ Use beads and string: Say a word, then have your child string one bead for each sound they hear in the word.
- ❖ "I spy with my little eye, something that has the sound \_\_\_ in it!".
- ❖ "I spy with my little eye, something that starts with\_\_\_".
- ❖ Read nursery rhymes and rhyming books (e.g., Dr. Seuss).
- ❖ Complete the last word of a rhyming pair (e.g., Ten cats have ten hats).



### SPEECH-LANGUAGE PATHOLOGY & OCCUPATIONAL THERAPY SUPPORTS

Did you know Black Gold School Division speech-language pathologists and occupational therapists have created an amazing resource hub you can access? The purpose of the website is to gather information on development, strategies, and activity ideas to help support your child's speech-language and occupational therapy goals. The website will be updated regularly with new ideas and activity resources, so be sure to check back often!

Please check out this link for more information ➡

<https://sites.google.com/gshare.blackgold.ca/black-gold-otslp-supports/home?authuser=0>



# **Save the Dates!!!**

This year, our Elementary Christmas concerts will be back to being in person! Division 2 (grades 4-6) will have their concerts on Tuesday, December 20th, 2022 at 1pm and 6pm. Division 1 (grades k-3) will be performing on Thursday, December 22nd, 2022 at 1pm and 6pm. Both concerts will be held in the gymnasium. All elementary students participate in these concerts and can't wait to share their talents with you!

## **Remembrance Day Performance for Choir**

Our grade 2-6 Choir Students have been invited to perform for the Remembrance Day Ceremony at the Edmonton International Airport on Friday, November 11th. Permission forms have been posted on Powerschool for those students involved. Please contact Mrs. Greene ([sherri.greene@blackgold.ca](mailto:sherri.greene@blackgold.ca)) if you have any questions. We are honoured to be a part of this important ceremony.

# LIBRARY/LEARNING COMMONS NEWS

## BOOK FAIR

The Scholastic Book Fair will be visiting our school from Oct. 27/22 – Nov.3/22. Students will be able to visit the Book Fair during their scheduled library times as well as morning recess and lunchtime on designated day.

They will be able to purchase books/posters and all kinds of learning tools (pens, pencils, erasers, bookmarks, etc.) if they wish. We will also be open during parent/teacher interview evenings. The Book Fair will be open on the following days and times:

Thursday, Oct. 27/22 Recess (Grade 1 and 2 Only)

Lunch Recess (Grade 1 and 2 Only)

Friday, Oct. 28/22 Recess (Grade 3 and 4 Only)

Lunch Recess (Grade 3 and 4 Only)

Monday, Oct. 31/22 Recess (Grade 5 and 6 Only)

Lunch Recess (Grade 5 and 6 Only)

Wednesday, Nov. 2/22 Recess (Grade 7 Only)

Lunch Recess (Grade 7 Only)

After School (3:15 – 8:00)

Thursday, Nov. 3/22 Recess (Grade 8 and 9 Only)

Lunch Recess (Grade 8 and 9 Only)

After School (3:15 – 6:00)

For parents, friends and family that can not join us in the school, be sure to join us online with our Virtual Book Fair Extension. The online shop will be open on the first day of the Book Fair and you can view the selection of books here:

<https://virtualbookfairs.scholastic.ca/pages/5194199>

Hope to see you at the Book Fair!

Sheila Ankerstein – Library/Learning Commons

## November 2022, West Haven Wellness News

In quickly reviewing West Haven Public School's comprehensive health efforts in October, our focus on the mental health benefits of community service definitely shone through as we held two very successful community events!

Our ***We Scare Hunger Food Drive*** was another great success! Through our efforts, our school community was able to make a substantial, and much needed, 828lb food donation to the Leduc Food bank (the largest so far by any school in Leduc). Likewise, our school's renewed participation in **Socktober** was again a huge success, as with the return of the event our donation efforts managed to collect 1478 pairs of socks for those less fortunate living in our community!



Looking to November, as more and more people are recognizing the benefits of positive mental health, we too continue as a school to focus on *Comprehensive Health and Wellness* and its impact on our students' overall personal wellness - including their emotional, psychological, and social well-being.



This month in an effort to further foster everyone's positive mental health we offer **9 Daily Activities** to assist in building or maintaining your own personal mental health. These simple activities can help to improve your overall well-being:

- **Get plenty of sleep.** Try to get as close to 8 hours of sleep per night as you can - kids need more. Although everyone's body differs, sleep is essential for learning and remaining productive.
- **Stop to enjoy small aspects of the day.** Enjoying the small things is important to personal contentment. So take a walk and appreciate the beauty in nature.
- **Exercise.** Exercise, in addition to improving cardiovascular and physical health, also leads to better emotional stability and reduced anxiety.
- **Eat breakfast.** A lack of nutrition can lead to foginess in brain function. A daily breakfast has been shown to reduce the symptoms of depression and other mental disorders.



- **Deep breathing exercises.** Deep breathing exercises can help to lower your heart rate, blood pressure, and breathing rate thereby allowing your body and mind the opportunity to recharge.!
- **Perform a random act of kindness.** Helping others through volunteering or simply doing one random act of kindness can improve self-esteem and mental wellness by increasing social connectivity and lessening loneliness and depression.
- **Yoga.** Yoga is a fantastic tool for reducing anxiety and depression. By reducing perceived stress and anxiety, yoga can help to modulate stress response systems.
- **Pet a dog.** Dogs provide emotional support by providing companionship to individuals. Simply petting a dog every day can improve one's mental health.
- **Use a stress ball or some other stress reliever.** The way we handle stress directly affects our health. So try a stress ball and squeeze the frustrations away.



Now in terms of upcoming activities for the month of November, the community service oriented actions of our CREW team will be in full swing once more. In addition to **Wear Red in Remembrance** on **November 4<sup>th</sup>**, the CREW team will be working hard to organize the return of the ever popular **West Haven Winter Wear Swap** on **November 24<sup>th</sup>**, which just happens to follow *World Kindness Day*. With the weather soon to change, having a well fitted jacket and warm clothes is definitely important. With the Winter Wear Swap we are hoping to keep everyone warm and outfitted for winter!



### ***“What is a Winter Wear Swap?”***

Well if you happen to have clean, extra jackets, jackets no one wears, or jackets that no longer fit – kids and/or adults tend to grow over the year – and they are in good condition (ie. no holes, good zippers/buttons, no stains) you simply send them in to the school for collection. **As a school we will be gathering donations of both adult and youth sized jackets and winter wear (ie. ski pants, gloves, toques etc.) for our swap throughout the week from Monday, November 21st through until Thursday, November 24<sup>th</sup>.** Families are encouraged to send in their donated winter wear items to their child's teacher.



# Fundraising Society & School Council News

*THANK YOU to everyone who came out to the Halloween Dance! It was amazing to see everyone having fun at a school event again and we can't wait to do it again in the spring!*

Our 2022/2023 school year is shaping up to be an amazing one! During our October meeting we were able to set our budget and schedule of events for the year. Additionally, with your support we were able to provide funding to different areas of the school, including but not limited to the Health & Wellness Program, Families in Need & making a contribution to each classroom for field trips, events or resources. We are always looking for volunteers to help us successfully run our programs and events. If you're interested in getting involved please contact the office or email [whps.chair@gmail.com](mailto:whps.chair@gmail.com)

## **Fundraiser Updates:**

*Art Cards by Kids*– Orders are set to arrive and will be sent home the week of Nov 14th.

*Bear Tracks Ice Melt*– Orders are due Nov 2nd by 6pm. Pickup will be on Nov 15th.

*Thank you for your continued support in our fundraising ventures!*

## **Engagement Opportunities:**

*School Council Purpose Workshop*– Nov 14, 2022 @ 7pm via Zoom (Rescheduled from Oct 24th)

*Effective Engagement in your School Community*– Jan 16, 2023 via Zoom

Meeting registration links will be sent by email. We would like to invite and encourage all parents to attend!

*Classroom Representatives Needed*– KSPM, KBPM, 1C, 2F, 2P and 4M are still looking for a class rep for this year. If you are interested please contact the office.

*Our next meetings will be held on Thursday, December 1, 2022 @ 6:30pm. All are welcome to attend. Our school board trustee will also be joining us. Additionally, in celebration of the holiday season our meeting will include a potluck style dinner.*



Mo Space Link

## Goal

This November WHPS staff are growing moustaches to support men's health. Our school goal is to raise \$500 to support this cause. All donations are being forwarded to the Movember Foundation.

## How to Participate

Each participating staff member will have a jar in the office with their picture on it. Throughout the month of November, you can donate a dollar for a ballot and put it in the staff jar of your choice. At a December assembly, **two names** will be drawn from each jar and the selected students will get to put a pie in the face of that staff member! You can enter as many ballots as you want!

Alternatively, WHPS school community members can donate directly to our Movember Mo Space by scanning the QR code above.

### Example



# Leduc Santa's Helpers



**We are looking for NEW/Unused items to include with our Christmas hampers. Toys, Pajamas, Socks, Games, Mitt/Toque sets, etc.**

**All donations are greatly appreciated! If it is popular with your children it is likely to be on the wishlist of others.**

**Items that are generally in short supply include:**

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

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

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

**Check with your school for donation deadlines**

**Thank you for supporting Leduc Santa's Helpers and helping those less fortunate this holiday season.**

Saturday, November 26, 2022

# NEIGHBOURING SUMMIT REAL TALK

Join us for a powerful presentation aimed to help community members understand and talk about domestic violence. Everyone can learn to become an informal supporter in your neighbourhood.

Noon - 1:30pm  
Civic Centre, Leduc  
FREE LUNCH (SOUP + SANDWICH) & GIFT

Registration Required

Visit [leduc.ca/neighbouring-summit](https://leduc.ca/neighbouring-summit)







NEIGHBOURING SUMMIT

# REAL TALK

NOV. 26, 2022 | NOON – 1:30 P.M.  
LEDUC CIVIC CENTRE (1 ALEXANDRA PARK)

We want to help educate and strengthen the resources available in Leduc to support citizens in their community, recognizing November is National Family Violence Awareness Month, and Nov. 21 to 27 is Addiction Awareness Week. The 3rd annual Neighbouring Summit features Real Talk, a powerful presentation aimed to help community members understand and talk about domestic violence. Everyone can learn to become an informal supporter in your neighbourhood.

FREE, online registration by Nov. 23, 2022. Eventbrite link found at: [Leduc.ca/neighbouring-summit](https://leduc.ca/neighbouring-summit)



\*Lunch provided and each participant will receive a free gift.

CITY OF  
**Leduc**

LEDUC COMMUNITY  
RECREATION  
COMMITTEE

MORE INFORMATION:  
[FOSS@Leduc.ca](mailto:FOSS@Leduc.ca) | 780-980-7177



LEDUC  
REGIONAL

# Youth Wellness SYMPOSIUM

**NOV. 10, 2022  
3–7:30 P.M.**

**LEDUC RECREATION  
CENTRE**

- Fun breakout sessions
- Engaging speakers
- Talent showcase
- Great food

**LEDUC.CA/YOUTH-SYMPOSIUM**

CITY OF  
**Leduc**

 **LEDUC  
COUNTY**

# Caregiver Education Team Newsletter

## November 2022



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

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

#### **Building Executive Functioning Skills**

*Supporting Success in Learning*

For parents and caregivers of children in grades K-6

##### **Part 1:**

Tuesday, November 8  
12:00 – 1:00 pm

##### **Part 2:**

Tuesday, November 22  
12:00 – 1:00 pm

#### **Understanding Self-Injury**

For parents and caregivers of youth in grades 7-12

Wednesday, November 9  
12:00 – 1:00 pm

#### **Technology and the Teenage Brain**

*Digital Wellness for Families*

For parents and teens in grades 7-12 to attend together

Wednesday, November 16  
6:00 – 7:30 pm

### Adult Education Sessions

#### **More than Just a Bad Day**

*Understanding Depression*

For adults, and for caregivers supporting youth in grades 7-12

Wednesday, November 23  
12:00 – 1:00 pm

#### **Substance Use**

*A Harm Reduction Approach*

For adults, and for caregivers supporting youth in grades 7-12

Wednesday, November 30  
6:00 – 7:30 pm

### Participant Feedback

*"I think the virtual sessions are a fantastic way to reach people and get information out especially now when everyone can use the help."*

*"Was a good session, great reminders of the need for balance and reminded me of things I need to work on as a parent as well as my successes. Thank you."*

## Sessions at a Glance



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)



# Caregiver Education Sessions

November 2022



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

## Building Executive Functioning Skills

### Promoting Success in Learning

In these Lunch & Learn webinars, we will review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

**Part 1: Tuesday, November 8, 2022**

12:00 – 1:00 pm

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

**Part 2: Tuesday, November 22, 2022**

12:00 – 1:00 pm

For caregivers of children in grades K-6: 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: Wednesday, November 9, 2022**

Time: 12:00 – 1:00 pm

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

## 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, November 16, 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](http://www.cyfcaregivereducation.ca)

## Participant Feedback:

*"I thought this was great... so happy I signed up."*

*"I love the lunch time opportunities to learn about how to better help myself and my teen. Thank you!"*

*"I appreciate the presenter's skill level. I enjoy the 1-hour webinars, good use of information in 1 hour."*

*"Thank you so much. Looking forward to the next one."*



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

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# Adult Education Sessions

November 2022



These free adult sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

## More than Just a Bad Day

### Understanding Depression

In this **one-hour Lunch & Learn session**, we will discuss what mental health is, the difference between sadness and depression, and common signs and symptoms of depression. Treatment options and supportive strategies for coping and support will be shared.

**Date: Wednesday, November 23, 2022**

**Time: 12:00 – 1:00 pm**

For adults, and caregivers supporting youth (grades 7-12).

## 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 loved ones who may be using substances through courageous conversations and harm reduction strategies.

**Date: Wednesday, November 30, 2022**

**Time: 6:00 – 7:30 pm**

For adults, and caregivers supporting youth (grades 7-12).

### 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](http://www.cyfcaregivereducation.ca)

### Participant Feedback:

*"The session today was informative, and I know that I will use some of the techniques discussed today..."*

*"I am so happy this session was available. Many great tools were offered and will be used. Very thankful for the succinct and useful information."*

*"Fantastic session, thank you!"*



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# WHPS BLACK GOLD SCHOOL DIVISION 2022-2023 SCHOOL YEAR CALENDAR

Monthly Calendar								Teacher Days	Student Days	Dates & Details	
AUGUST 2022	SUN	MON	TUES	WED	THUR	FRI	SAT	5	3	<div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div>August 25 &amp; 26 - Teacher Workdays (No Students)</div> <div>August 29 - School Commences for ALL Grades 1 - 12 Students</div>	
		31	1	2	3	4	5				
	6	7	8	9	10	11	12				
	13	14	15	16	17	18	19				
	20	21	22	23	24	25	26				
	27	28	29	30							
SEPTEMBER 2022	SUN	MON	TUES	WED	THUR	FRI	SAT	20	19	<div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div>September 5 - Labour Day (Schools Closed)</div> <div>September 16 - PD/Collaboration Day (No Students): (Morning) Welcome Back &amp; LSA Ceremony (To follow) PD/Collaboration Day</div> <div>September 30 - National Day for Truth &amp; Reconciliation (Schools Closed)</div>	
					1	2	3				
	4	5	6	7	8	9	10				
	11	12	13	14	15	16	17				
	18	19	20	21	22	23	24				
	25	26	27	28	29	30	31				
OCTOBER 2022	SUN	MON	TUES	WED	THUR	FRI	SAT	20	19	<div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div>October 10 - Thanksgiving Day (Schools Closed)</div> <div>October 11 - PD/Collaboration Day (No Students)</div> <div>Diploma Exam</div>	
							1				
	2	3	4	5	6	7	8				
	9	10	11	12	13	14	15				
	16	17	18	19	20	21	22				
	23	24	25	26	27	28	29				
NOVEMBER 2022	SUN	MON	TUES	WED	THUR	FRI	SAT	17	16	<div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div>November 1 - PD/Collaboration Day (No Students)</div> <div>November 7 - 13 - Midterm Break (Schools Closed)</div> <div>November 11 - Remembrance Day (Schools Closed)</div> <div>Diploma Exam</div>	
			1	2	3	4	5				
	6	7	8	9	10	11	12				
	13	14	15	16	17	18	19				
	20	21	22	23	24	25	26				
	27	28	29	30							
DECEMBER 2022	SUN	MON	TUES	WED	THUR	FRI	SAT	17	16	<div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div>December 5 - PD/Collaboration Day (No Students)</div> <div>December 26 - 31 - Christmas Vacation (Schools Closed)</div>	
					1	2	3				
	4	5	6	7	8	9	10				
	11	12	13	14	15	16	17				
	18	19	20	21	22	23	24				
	25	26	27	28	29	30	31				
JANUARY 2023	SUN	MON	TUES	WED	THUR	FRI	SAT	17	16	<div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div>January 2 - 8 - Christmas Vacation (Schools Closed)</div> <div>January 9 - School Resumes</div> <div>January 30 - PD/Collaboration Day (No Students)</div> <div>January 31 - Semester 2 Commences</div> <div>Provincial Achievement Tests (PAT)</div> <div>Diploma Exam</div> <div>Diploma Exam &amp; Provincial Achievement Tests (PAT)</div> <div>Diploma Exam &amp; PAT Administrative Window</div> <div>Semester 2 Commences January 31, 2023</div>	
	1	2	3	4	5	6	7				
	8	9	10	11	12	13	14				
	15	16	17	18	19	20	21				
	22	23	24	25	26	27	28				
FEBRUARY 2023	Semester 1: August 25, 2022 - January 30, 2023								95	83	<div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div>February 9 &amp; 13 - ATA Teachers' Convention (No Students)</div> <div>February 20 - Family Day (Schools Closed)</div> <div>February 21 - PD/Collaboration Day (No Students)</div>
	SUN	MON	TUES	WED	THUR	FRI	SAT				
				1	2	3	4				
	5	6	7	8	9	10	11				
	12	13	14	15	16	17	18				
	19	20	21	22	23	24	25				
MARCH 2023	SUN	MON	TUES	WED	THUR	FRI	SAT	18	17	<div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div>March 13 - PD/Collaboration Day (No Students)</div> <div>March 27 - 31 - Spring Break (Schools Closed)</div>	
				1	2	3	4				
	5	6	7	8	9	10	11				
	12	13	14	15	16	17	18				
	19	20	21	22	23	24	25				
	26	27	28	29	30	31					
APRIL 2023	SUN	MON	TUES	WED	THUR	FRI	SAT	18	17	<div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div>April 3 - School Resumes</div> <div>April 7 - Good Friday (Schools Closed)</div> <div>April 10 - Easter Monday (Schools Closed)</div> <div>April 26 - PD/Collaboration Day (No Students)</div> <div>Diploma Exam</div>	
							1				
	2	3	4	5	6	7	8				
	9	10	11	12	13	14	15				
	16	17	18	19	20	21	22				
	23	24	25	26	27	28	29				
MAY 2023	SUN	MON	TUES	WED	THUR	FRI	SAT	22	21	<div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div>May 19 - PD/Collaboration Day (No Students)</div> <div>May 22 - Victoria Day (Schools Closed)</div> <div>Provincial Achievement Tests (PAT)</div>	
			1	2	3	4	5				
	6	7	8	9	10	11	12				
	13	14	15	16	17	18	19				
	20	21	22	23	24	25	26				
	27	28	29	30	31						
JUNE 2023	SUN	MON	TUES	WED	THUR	FRI	SAT	21	18	<div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div>June 5 - PD/Collaboration Day (No Students)</div> <div>June 21 - National Indigenous Peoples Day (Regular Classes Scheduled)</div> <div>June 27 - Last School Day with Diploma Exam</div> <div>June 28 &amp; 29 - Teacher Workdays (No Students)</div> <div>Diploma Exam &amp; PAT Administrative Window</div> <div>Diploma Exam</div>	
					1	2	3				
	4	5	6	7	8	9	10				
	11	12	13	14	15	16	17				
	18	19	20	21	22	23	24				
	25	26	27	28	29	30					
Semester 2: January 31 - June 29, 2023								99	99		

TOTAL = Operational Days-Teachers / Instructional Days-Students

194

178

Aug-Dec/22: 79-T & 73-S; Jan-June/23: 115-T & 105-S

Approved - January 26, 2022





# November

2022



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		1 <b>PD DAY</b> No Classes	2 DAY 4 Parent teacher conferences School lice check	3 DAY 5 Parent Teacher Conferences Picture Retake Day Outdoor Ed 1B Beaumont	4 DAY 1 Wear red to remember Div 1 & 2 Celebration 9:00am Div 3 Celebration - 1130am	5
6	7	8	9	10	11 <b>Remembrance Day</b> Grade 2-6 Choir - EIA	12
13	14 DAY 2 Outdoor Ed 1B Beaumont orienteering	15 DAY 3	16 DAY 4 Bake Sale Hosted by KSAM/KBAM shelter in place	17 DAY 5 Grade 7 Library Trip	18 DAY 1 Twin/ Triplet Day Outdoor Education 1A orienteering	19
20	21 DAY 2	22 DAY 3	23 DAY 4	24 DAY 5 Character Ed Assembly Lock down drill	25 DAY 1 Outdoor Education 1A Ecosystems	26
27	28 DAY 2 Grade 5&9 Immunization	29 DAY 3 Term 2 begins	30 DAY 4 Bake Sale hosted by 1F			

**MIDTERM BREAK -NO CLASSES**

**Warm Up Wolverines - Winter Coat Exchange**

# December

## 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				1 DAY 5 School Council/ Fundraising Society	2 DAY 1 Term 1 report cards mailed home	3
4	5 <b>PD DAY No Classes</b>	6 DAY 2 School Council/ Fundraising Society	7 DAY 3 Bake Sale Hosted by 2J	8 DAY 4 12 days of Christmas fitness starts Grade 1 - Creating Colour	9 DAY 5 Christmas movie night	10
11	12 DAY 1 Ski Club	13 DAY 2	14 DAY 3	15 DAY 4	16 DAY 5	17
18	19 DAY 1	20 DAY 2 Christmas Concert Grades 4-6 1:00pm and 6:00pm	21 DAY 3	22 DAY 4 Christmas Concert Grades K-3 1:00pm and 6:00pm	23 DAY 5 Character Ed Assembly PJ and Stuffie day	24
25	26	27	28	29	30	31
<b>CHRISTMAS VACATION - NO CLASSES</b>						