

November 2018

Elk Island Public Schools

THE WESTBORO REPORT



PRINCIPAL'S MESSAGE

November is a month when we take a special day to remember those individuals who have given everything so we may live in a country with freedoms. Autumn is upon us, the Christmas season is around the corner, our first round of parent-teacher conferences has occurred, and despite all these activities, November is a time to reflect, not only about school, but about the world around us.

With Remembrance Day we are given the wonderful opportunity to take time to be thankful for our safe, prosperous, and peaceful country. We extend our gratitude to those people who sacrifice to keep it that way.



THANK YOU!

SHOP TIL YA DROP

Thank you to everyone who supported us at our annual Shop Til Ya Drop that was held on October 20. Without our vendors, shoppers, volunteers, and voluntolds we would not have been able to see the success we do. THANK YOU!!

I'm excited to announce our **Spring Shop Til Ya Drop, April 6, 2019!** SAVE THE DATE, hope to see you all there.



NOVEMBER

- 7 Early Out
- 9 Remembrance Day Ceremony 10:30AM
- 9 Newsletter
- 9 Remembrance Day
- 10 - 18 Fall Break
- 19 - 23 Anti-Bully Awareness Week
- 22 Logos Chapel 1:00PM
- 23 Hot Lunch
- 30 Report Cards

DECEMBER

- 5 Early Out
- 6 Parent Council Meeting 6:30 PM
- 7 Newsletter
- 10 Hot Lunch

HEADS UP: Christmas Concert
December 11th

PRINCIPAL
Mike Lastiwka

ASSISTANT PRINCIPAL
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PARKING / STUDENT DROP OFF

Thank you to those parents who have been working with us at the school to help keep our students safe!

Thank you to the many parents who honour the posted parking signs, are mindful of the speed zone in front of the school, and park away from the crosswalks. Again, our students safety is priority to us at Westboro, and our school zone is a very busy place before and after school. We have included a map from Strathcona County that outlines parking around the school in this edition.

Once again, please remember to respect the posted signs, and laws for parking around our school!

As a gesture of goodwill, the owner of the strip mall across the school generously allows parents to use the back half of their parking lot for student drop off and pick up. In order to maintain this privilege, parents are asked to refrain from parking anywhere along the front of the businesses (whether they are open for business or not) and to ensure that accesses to the lot are not blocked.

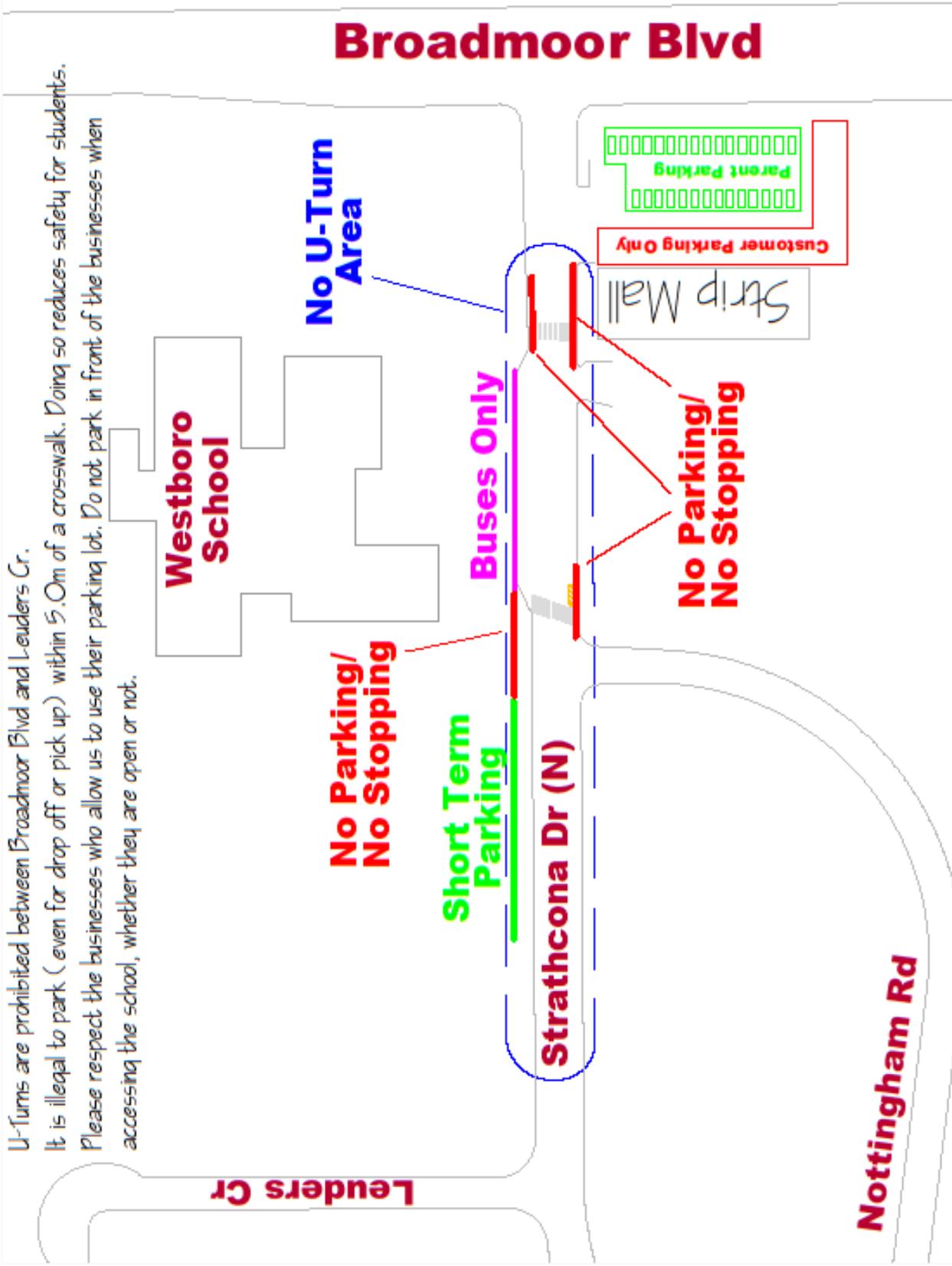
Also, please note that there is absolutely

NO PARKING OR DROPPING OFF

allowed in the **Staff Parking lots** (east and west sides of the school) or the condo parking lot across the street.

Thank you.

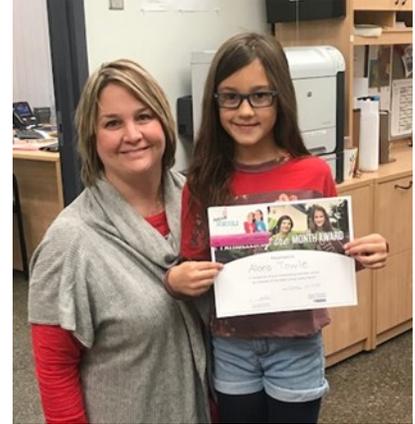
U-Turns are prohibited between Broadmoor Blvd and Leuders Cr.
It is illegal to park (even for drop off or pick up) within 5.0m of a crosswalk. Doing so reduces safety for students.
Please respect the businesses who allow us to use their parking lot. Do not park in front of the businesses when accessing the school, whether they are open or not.



AMA SAFETY PATROLLER OF THE MONTH

Our school patrols have been doing an incredible job keeping our students safe. As a thank you to them we hold a monthly celebration. This month, the students had extra time in the gym, participating in the activities they enjoy.

Thank you also to the parents and students of Westboro for the respect shown to our patrollers.



Congratulations to our

AMA Safety Patroller of the Month: Alora

COMPASSION

Compassion literally means “to suffer together” and it is defined as the feeling that you have when you see another’s suffering and feel you need to help relieve them.

What is Compassion?

- Compassion is understanding how another person feels.
- Compassion is caring about others.
- Compassion is showing concern through kind thoughts, words and actions.
- Compassion is helping and giving.
- Compassion is listening and being patient.



Over the months of November and December we will be talking about compassion in our school. Through participation in activities for Anti-bullying Week as well as activities for Christmas, we hope to explore this virtue in greater detail.

LIBRARY NEWS

Thank you to everyone who came out and purchased items from the book fair. Thanks to your generosity it looks like another great year. Way to go Westboro! There will be many new books arriving soon to the library for the students to enjoy.

Congratulations goes out to the following students who won \$20 each in book fair merchandise for our Get Caught Reading contest: Olivia 5R, Fatima 4R and Hannah 4R. Also congratulations to Zoey in 6R who is the Scholastic \$25 prize draw winner. Zoey also won \$25 in books for her classroom.

We would also like to thank Glen and Marlene Giebelhaus from Living Books for coming out and running the Christian Book Fair. A big Thank You to the students in the Library Club. These students helped out with book talks and at recesses to set up and take down of the fair. Great job! I really appreciate all of the help. Thank you also goes out to Lauren and Danielle White for helping with the Book Fair at Shop Til Ya Drop.



PARENT COUNCIL FUNDRAISING!

STAWNICHY'S

It's that time of year again to order Stawnichy's!

Orders can be placed in two different ways 1) at westboro.hotlunches.net from **October 31 to November 8**, If you haven't registered your child please follow the instructions on the home page. 2) A paper form came home, October 30, with each child. Please make cheques payable to Westboro Parents Group. And be sure to include your email address on the form.

ALL ORDERS ARE EXPECTED TO BE DELIVERED AT THE END OF NOVEMBER, please watch your emails for the exact date.

Feel free to contact me, Amy Churchill at westboroshoptillyadrop@gmail.com with any questions or concerns.

SCHOOL COUNCIL INFORMATION

First of all, thank you to all the volunteers that have been coming to help us with hot lunch! We've now gotten through our first round of hot lunches and it's that time again.

November and December hot lunch will be **open** from **October 31 - November 9**. Please go to www.westboro.hotlunches.net to place your order. There will be no late orders accepted. If you have any questions please contact westborohotlunches@gmail.com.

Our annual Shop Til Ya Drop event was held in October and a huge thank you goes out to Amy Churchill, Karry Biri and team for all the time and effort put into the event, the vendors and the shoppers for coming out to make it a success! This is one of our main fundraisers in lieu of selling student union packs, cookie dough or wrapping paper.

Our October/November meeting was held on November 6 in the library, thank you for all that came out. One of the things our trustee shared was she had attended a Cannabis 101 workshop and there are some great references on the Government of Alberta website on how to discuss cannabis with our children. A great reference is drugfreekidscanada.org

Our next meeting is Thursday, December 6 at 6:30 PM in the library. If you cannot attend a meeting but would like your opinion on a topic heard or question asked please feel free to contact the executives at westboroparents@gmail.com.

WEE READ



Westboro is pleased to be implementing an exciting new program called **wee read**. This eight-week program was designed by Alberta Reads (www.albertareadsnetwork.com) to help Kindergarten and Grade One children strengthen the foundations for reading and school success, and help children develop a love for books.

We would like to thank all our wee read volunteers that are currently reading with our students. Thank you for bringing the joy of reading to our young students! You are such a benefit to the teachers and students and we are thankful for you and the time you devote to this wonderful program. After this 8 week round of wee read, Westboro will be offering another volunteer training session in the New Year. If you are interested in being part of this fun and meaningful opportunity, please stay tuned for more information.

LOGOS SOCIETY NEWS

Hello Logos families. Thank-you to all the parents that helped make the students' trips to Allstars Indoor Playland and the Kinsmen Leisure Centre such a success!

The Westboro Trustee, Annette Hubick, went to the presentation called Cannabis 101. Among the topics discussed was a particularly helpful website the federal government has set up.

<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources.html?parents>.

This site has information for parents and educators who want to speak to their children and students about this topic.

On Friday, November 30, we will be hosting the Christmas staff appreciation lunch. Look for the form going home to parents after fall break!

Janeen Bielby

...let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. EPHESIANS 4:29



STRATHCONA CHRISTMAS BUREAU



Starting November 19th, Westboro will begin accepting donations of non-perishable food items and new unwrapped gifts to support the Strathcona Christmas Bureau. We are also asking students to bring in new mittens, hats or scarfs to put on our Mitten Tree. Your donations are sincerely appreciated.

Deadline for donations is **December 4th, 2018**



COMMUNICATING STUDENT LEARNING OR CSL

We are pleased to be sharing your child's report card with you on November 30th: "Communicating Student Learning", or "CSL" was created by Elk Island teachers, administrators, parents, students, and central office personnel. To digitally access your child's report card, you will need to either log into your PowerSchool Parent Portal, or create your PowerSchool Parent Portal account. Both can be found at: <https://powerschool.eips.ca/public/home.html>

If you require a paper copy of the report card, please contact your child's teacher and we will be happy to print one off for you.

The Parent Portal allows parents the capacity to create a single sign on for all students in one family who are currently registered in elementary, junior high and senior high schools in Elk Island Public Schools. Once the account is created, parents will be able to manage their own account information and to link all of their students to one account. This account will remain in effect for the duration of the student's enrollment in Elk Island Public Schools. If you are currently registered in the Parent Portal with junior and/or senior high students, you will now be able to add the elementary student. There is no need to create a new account. A video demonstrating the steps to creating a PowerSchool parent portal account is found at: <http://www.eips.ca/powerschool>. If you are having difficulty logging into your PowerSchool Parent Portal, please contact us at school.

Once you set up and/or log into your account, click on the "Communicating Student Learning" button. This will take you to the report card.

Click on a scale to view a description of the scale  levels.

Click on the  to expand subjects or comments.

If you wish to print the report card, scroll to the bottom of the page and click on the "print" button. You can either print the condensed or full version.

Please don't hesitate to contact us if you are in need of further information.

Sincerely,

Mike Lastiwka

Principal

CHRISTMAS CONCERT

What is your Christmas wish?

Is it for peace? Is it love? Is it to win the lottery? Whatever it may be, we invite you to join Westboro Elementary for this year's Christmas concert as we explore all the things that one may wish for during the Christmas season.

WHO?

- ♫ Starring *ALL* Westboro students. We are excited to have our Kindergarten students join our whole school program to celebrate Christmas this year. Please note that there will not be a separate Kindergarten concert at the school.

WHEN?

- ♫ Tuesday, December 11th at 6:30 p.m. **Doors to the church will open at 6:00 p.m.** Please ensure that all students are at the church no later than 6:15 p.m. We hope that all students will join us for the evening performance to celebrate the season together .

WHERE?

- ♫ We are incredibly blessed to be able to host our school Christmas concert again this year at Park Church, located at 1 Brower Dr. Sherwood Park.

EXTRA INFORMATION

- ♫ **Please watch for a notice going home with your child the week of the concert. It will provide additional details regarding where to go and what to do once you arrive at the church.**
- ♫ Dress Rehearsal will be in the afternoon on Tuesday, December 11th at Park Church. Please watch for field trip forms coming home for this. We are aiming for the rehearsal to start at 12:45. Families are welcome to attend to view the practice.

♫ HELP NEEDED!!!

- If you are able to help with moving instruments to Park Church at 8:30 a.m. on Tuesday, December 11th please contact Mrs. Richard as soon as possible (courtney.richard@eips.ca). **We will need about 4 volunteers to facilitate this endeavor. Those who help move instruments will be given 2 reserved seats at the concert.**

PRINCESS PARKING AND FRONT ROW SEATS RAFFLE: In order to help cover costs of the Christmas concert, the Parents' Group will be running a lottery at the school. You will have the opportunity to win a Princess Parking stall and 2 front row seats. Four prize packages will be drawn. Please watch for the ticket order form coming to you as we get closer to the concert.

ABORIGINAL STUDIES

In October, the grade 5 students had the opportunity to participate in the blanket exercise (using a script written for their age level). There has been some interest from parents/guardians about what the blanket exercise is and what it entails. RISE (Reconciliation in Solidarity Edmonton) is offering a blanket exercise for adults on November 20th. If this interests you and you would like to take part, you can sign up using this link: <https://www.eventbrite.ca/e/rise-blanket-exercise-tickets-51362504634>

We are excited to have finalized a list of new resources to purchase for Westboro this month that will help in learning about First Nations, Métis, and Inuit people. Some of these resources will be used in class, but many will be available in our school library for students to sign out and take home. If you have any questions about these additions please contact Mrs. Richard. We are hoping for many of them to arrive by the end of the month.

Starting after the November break, students will be participating in Indigenous Studies lessons with Mrs. Richard on Friday mornings. Students will come as double groups (1L/2L, 3L/4L, 5L/6L, 1R/2R, 3R/4R, 5R/6R) and will take part in an Indigenous themed literacy-focused activity. We hope that this time will help students to grow both in their literacy skills and in their understandings of Indigenous people. During this time, classroom teachers will be able to retain individual or small groups of students for extra practice or enrichment as needed.

Our work with steps 4, 5, 6 of Project of Heart has been delayed as we want to ensure we are honouring the intent of this project and completing the steps to the best of our ability. Though we had slated to continue working on the project this month (as indicated in the October newsletter), it will instead be revisited later in the year.

In every piece of our Indigenous Studies program, we will continue to strive to:

“Grow together as learners to develop understandings that help us view others in a way that promotes kindness, respect and trust amongst all people in our community.”

HELP WANTED

Do you have one hour to spare? We are currently seeking lunch hour supervisors and substitutes. If you or someone you know would like to find out more about this paid hour position please contact Mrs. Werner at the office.



Saffron Cyber Second

In Partnership with EIPS Committee of School Councils

Who Can See Where My Child Goes?



Mona had just gotten her first job at Save-On-Foods. She was so incredibly excited. She could just taste the freedom that she would have with her own money. She felt like a real grown-up. The uniform was not her style but she thought she made it work. During her lunch break, she took a selfie to show all her followers on Instagram that she was now employed. Unfortunately, Mona made the mistake of inserting the location of the Save-On-Foods that she worked at into her post. Her friend commented asking Mona when she was working next, so that she could go and see her at work. Mona gladly replied. On that very day, Mona noticed a group of teenagers walk in. They seemed like they were older than her. They followed her throughout the store, mocked her, laughed at her, and kept calling her to come over to their group. Mona was terrified. She told her boss and he had said that they would keep a good eye out for them. Mona was worried that they would show up after her shift and follow her home. She saw them again a few days later. Mona ended up quitting her job because she was afraid that they would show up again.



Turn Off Location Settings!

Encourage your children and youth to turn off their location settings for every app and to avoid embedding locations into posts. Once embedded, they usually lead to maps that show exactly where that location is.

For Apple (left), go to settings > privacy > location services.

For Android, go to settings > apps and notifications > app permissions > location.

COUNSELLOR'S CORNER

It has been a pleasure learning about our Webster Warrior and interacting with our amazing students. My role as the School Counsellor is to collaborate with school staff, parents/guardians, and community agencies (as needed) to assist students with their academic, social, and emotional development. I provide short-term counselling for self-confidence, motivation, decision-making, goal setting, conflict resolution skills, studying and test preparation skills, anxieties, depression, anti-bullying, or bereavement and grief. Should your child be struggling in any way, please do not hesitate to contact me as there are options available to help your child gain success and overcome difficulties. Examples of possible difficulties may be: reading comprehension, transforming thoughts into written sentences/essays, math, limited attention span, hyper-activity, accepting responsibilities, emotional regulations, anger management, social skills, generalized anxiety or test anxiety. Please call or email me if your child is displaying any of these concerns and it is interfering with their success. Students cannot be expected to succeed if there is some type of hidden issue that may be interfering with their concentration or social development. No student should feel that he or she needs to handle a situation alone.

Students can reach me by: 1). Referral from a teacher/parent/friend; 2). Come to my office on Tuesdays or Thursday when I am at WBO; or 3). Slip an "Appointment" Request card under my office door.

Last, my door is always open so please do not hesitate to stop by. My monthly newsletter will include current information regarding various child development topics. November's topic focuses on strategies for helping children with anxieties. Take care.

Dianna Graziano, M.Ed.

Westboro Elementary School, EXT 8603

Dianna.graziano@eips.ca

COUNSELLOR'S CORNER CONT'D

What Does Anxiety Look like in a Child's Mind?

Symptoms of Anxiety can look like:

- Constant worry
- Clinging, crying or tantrums when separate from a caregiver
- Excessive shyness, avoiding social situations
- Avoiding situations or places because of fears
- Complaints of frequent stomachaches or headaches
- Experiencing sudden and frequent panic attacks.

Anxiety is a common mental health concern that affects up to 20% of children and adolescents. Anxious children may be disruptive, act out, labeled as having attention deficit disorder, or viewed as being a "bad" kid. If left untreated, anxiety can lead to depression, deficits in social relationships, increased substance use, and interference in one's quality of life. When anxiety is very intense or frequent, professional help should be obtained by first going to your family physician. This is especially important if your efforts to help have not reduced the child's anxiety to the extent necessary.

Make sure that you and your spouse/partner handle your child's need in a very consistent manner. While mothers and father may play somewhat different roles, they must complement one another.

Provide regular outlets for the release of energy. Give active children time to play and engage in physical exercise. Plan daily activities such as running, a sporting activity, or long walks.

To help reduce anxiety, encourage self-understanding as well as understand the needs of others. Spend regular one-on-one time with the child. Go out for walks together or make visits to the library. Encourage the child to talk about their feelings regarding their friendships, family, and school. Children need to hear themselves talk. An understanding adult who doesn't try and jump in with too much advice can be very helpful to provide the opportunity for the child to become more comfortable to discuss personal feelings.

Encourage the child to identify the problem, discuss solutions, and review whether these solutions have been previously successful. Ask the child, "What's the problem? What will you do? Will this plan work?" For children too young to articulate fears, have them draw a picture of what they fear.

Avoid making quick judgments of the situation. It's best not to do this because it can cause your child to feel embarrassed and to hide their feelings from you in the future. Listen to what they are saying and look at it from within their world, then base your response around that viewpoint.

Prepare the child for transitions from one activity to another and changes to daily routine. Let the child know what your expectations of appropriate behavior are in the new situation. You can say, "We are leaving in 10 minutes for school. You need to put your coat on and have your backpack ready by the door."

COUNSELLOR'S CORNER CONT'D

Try to desensitize the child to situations that produce anxiety by breaking the activity into smaller parts. Have the child participate in these smaller activities in a modified way if necessary. Slowly increase your expectations for participation. Provide reinforcement and reassurance. For example, if the child is very anxiety about being in large groups of people, expose them to such situations for a very brief period of time, such as 2 – 3 minutes and then gradually increase the amount of time as they feel comfortable.

Avoid criticism. Intense criticism from adults or friends leads to tension and worry. Children begin to anticipate rejection and doubt their ability to do anything capably, whether it be learning a new skill or practicing an old one.

Do not expect perfection or set your standards too high. Such expectations directly lead to anxious reactions in children.

Avoid arguing with the child. Be sensitive and show that you care. You may feel helpless, but do not underestimate the power of a firm but calm presence.

Teach children how to measure their feelings. Have them start by rating their level of anxiety or worry on a 1 – 10 scale, where 1 is feeling no anxiety/worry and being very relaxed to 10 as feeling extremely anxious or on the verge of a panic attack. Modeling to the child how to pick a number helps to decrease the anxiety by giving the child a sense of control over their situation. It also acts as a measurement to the level of anxiety in different conditions.

Teach the child to fantasize. Imaginary scenes that capture a child's sense of fantasy can reduce anxious feelings. Fantasies that foster feelings of being in control successfully fight fear and anxiety.

Support and reinforce children who try to behave confidently and in control in anxiety producing situations. In a group situation, point out the child's positive coping strategies.

Last, model by example. Anxious parents frequently have anxious children. Children observe and imitate parents who handle situations with tension or concern. Instead, practice modeling calmness and confidence that things will work out when you are upset or dealing with difficulties. Put your actions into words such as, "I am going to take some deep breaths and relax" or "We can handle this" or "It looks tough now, but if we work together we can get over this." Model how to talk about your feelings, develop a strategy or plan on how to handle the experience in a similar situation, and point out positive things they can do to cope.

For more information, visit **Anxietycanada.com** for additional evidence-based resources. Here are some quick links:

- Anxiety 101: What you (and your child) need to know about anxiety:
www.anxietycanada.com/parenting/anxiety-101
- The ABC's of anxiety: Understanding how anxiety works:
www.anxietycanada.com/parenting/abcs-anxiety
- When anxiety becomes a problem---What's normal and what's not:
www.anxietycanada.com/parenting/when-anxiety-problem

EIPS DIVISION NEWS

INCLEMENT WEATHER

With the winter season already here, we want to remind parents to dress children appropriately for the weather when getting ready for school or the bus. The weather often changes unexpectedly throughout the day, so please select suitable outerwear and ensure your child is prepared for changing conditions.

If inclement weather conditions occur, Elk Island Public Schools (EIPS) advises parents of any bus cancellations using various communications tools—automated-telephone messages, alerts posted on www.eips.ca and school websites, Twitter, Facebook, local radio stations and on Versatrans My Stop. Any morning bus cancellations are posted on www.eips.ca by 6:30 a.m.

Decisions regarding bus cancellations are guided by EIPS administrative procedures that states, “school bus service may be suspended...when Environment Canada reports a temperature of -40 C.” Other reasons for suspending or delaying school bus services include adverse weather and poor road condition.

When school bus services are suspended, schools remain open to students. EIPS believes parents have the right and responsibility to make choices for their children based on their beliefs and perceptions of safety during times of inclement weather.

For more information, contact EIPS Student Transportation at 780-417-8151.

WINTER WEATHER

Winter weather is quickly approaching! Please make sure you send your child to school dressed appropriately for outdoor play - boots, toques and mitts are the order of the day!

A reminder that children enjoy the fresh outdoors three times a day, unless it is pouring rain, or the temperatures drop below -22° Celsius (including wind chill), as cited in our school handbook.

As well, many clothing items are lost by our students. If you are missing coats, sweaters, lunch kits or other items, please do stop by the school and check it out the Lost and Found.



NO CHILD WITHOUT: FREE MEDICAL ALERT FOR STUDENTS

In our ongoing effort to provide safe and caring schools for our students, **Westboro Elementary** is once again participating in the Canadian MedicAlert Foundation's No Child Without program. The program is a national initiative that provides no-cost MedicAlert services to children - between the ages four and 14 - who have chronic health conditions. The goal is twofold: to help children with severe allergies, medical conditions or special needs and to assist schools with medical-emergency plans for students.

Once a child is registered, their school is provided with advice on a medical-emergency plan for that student and given a list of medications, allergies and medical conditions the student has. If your child has a serious medical condition or allergy and could benefit from MedicAlert services, contact the school office at **780-467-7751**. To learn more about the No Child Without program, visit www.nochildwithout.ca.

CAREGIVER EDUCATION SERIES

The Division, in partnership with Strathcona County and Elk Island Catholic Schools, is hosting a series of caregiver information sessions focused on ways to support students' mental health. The free sessions provide parents, caregivers, teachers and community members with information about challenges that can impact children and adolescents. Some of the session topics include: dealing with anxiety, teenagers and technology, cannabis, understanding depression and self-injury, test anxiety, building executive functioning skills, and limit setting.

Visit the [Division calendar](#) to see all scheduled caregiver sessions.

New SchoolMessenger Call-display Number

Effective November 1, all phone calls going out through SchoolMessenger will display one of the following toll-free numbers rather than the school or Division number.

- Messages programmed from Student Transportation: 1-833-298-5234
- Messages programmed from schools and the Division office: 1-833-202-1419

With this change, parents/guardians have the ability to call back to this number to replay all recent phone messages they've received through SchoolMessenger. If you've missed a call or would like to replay a message to confirm you have all the details, simply call back the applicable 1-833 number and follow the prompts to repeat any recent messages.