

January 2019

Elk Island Public Schools

# THE WESTORO REPORT

## PRINCIPAL'S MESSAGE



Happy New Year to all Westboro families! We welcome a whole brand new year of learning, friendship, sharing and all the opportunities that this provides.

We look to January as a time in schools when teachers and students can settle in to teaching and learning and all the excitement this brings. We are looking forward to our Penny Carnival and other special events as the month unfolds. Happy New Year!

## 2018-19 WESTBORO FAMILY CHRISTMAS CONCERT

Many thanks to all who attended our beautiful Christmas concert that took place at Park Church on December 11, 2018. Due to the generosity of parents who purchased tickets for our Princess Parking and Front Row Seating Draw, we managed to raise over \$485.00 to put towards the costs of this concert. Thank you!

Thank you to the staff, and especially Mrs. Richard, for all their hard work in preparing for this event! It was well worth it!

Given the success of this event, it is our intention to continue with a Christmas Concert for the 2019 school year. The wonderful venue, which provides ample seating, parking and a warm and inviting atmosphere, makes the creation of a school Christmas concert easy to facilitate. Also, given the positive feedback we have received from parents and families, we believe that this event would be highly supported for an additional year. As soon as we are able we will confirm the date for next year's performance - not to be missed!!

Thank you for your ongoing support!



## JANUARY

- 11 Newsletter
- 17 Parent Council  
6:30 pm
- 18 Hot Lunch
- 18 Crazy Bread & Hair Day
- 24 Logos Chapel 1 pm
- 25 Alberta Opera  
1:30 p.m.

## FEBRUARY

- 1 ECS online registration opens
- 1 Penny Carnival
- 6 Early Dismissal
- 6 Newsletter
- 7 & 8 Teachers' Convention - No school

Please note that **ALL** students are to remain **OUTSIDE** until the first bell rings at 8:32 a.m.

PRINCIPAL  
Mike Lastiwka

ASSISTANT PRINCIPAL  
Chantel Werner

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@WBOelementary

## SCHOOL NEWS

### KUDOS !!!



A huge THANK YOU to all of the students and parents for your generous donations to our Mitten Tree and many other compassionate activities that took place around the school. Your kindness makes a difference to many families.

THANK YOU very much to all parents who volunteered to provide a delicious pancake breakfast for the entire school!

THANK YOU to the parents of School Council and Logos Society for organizing a festive Staff Appreciation Luncheon! Your thoughtfulness is sincerely appreciated!



### CHRISTMAS CONCERT FEEDBACK

We know how busy the month of December is and want to make our Westboro concert the best it can be for students and families. Now is your chance to give constructive feedback if there is anything you noticed that we can work to improve for next year's Christmas concert. Thank you to all families who were able to attend! Please email Mrs. Richard at [courtney.richard@eips.ca](mailto:courtney.richard@eips.ca) with any constructive comments or suggestions and we will take them under advisement. We value your feedback.

### HANDBELLS

Over the years I have had many parents express how much they enjoy listening to handbells and a few have commented on fond memories they have of playing handbells in years gone by. I would like to offer to run a parent handbells group on Tuesday mornings from 8:00-8:20. If you are interested in taking part, please email Mrs. Richard at [courtney.richard@eips.ca](mailto:courtney.richard@eips.ca) as soon as possible. This group will only run if we have enough parents interested. Students are welcome to stay in the music room with a quiet activity during this time.



## 2019-20 KINDERGARTEN SCHEDULE

### SCHEDULE CHANGES

With the district implementing full-day kindergarten, the schedule has been standardized district wide. Logos kindergarten will now be on Mondays, Wednesdays & select Fridays. Community (regular) kindergarten will now be on Tuesdays, Thursdays and select Fridays. The calendar is located on the following page.

## KINDERGARTEN REGISTRATION STARTS SOON

Is your child turning five on or before Dec. 31, 2019? If so, it's time to register for kindergarten.

Kindergarten registration opens for the 2019-20 school year on **Feb. 1, 2019**. To register, simply complete the online registration form at [www.eips.ca/kindergarten](http://www.eips.ca/kindergarten).

To help families prepare, Elk Island Public Schools has put together an online toolkit - available at [www.eips.ca/kindergarten](http://www.eips.ca/kindergarten) - to make the transition as smooth as possible. The kit includes information on registration, important dates, programming options, what to expect, eligibility, how to find your designated school, transportation and more.

Additional information regarding Kindergarten can be found on our school website at [www.westboroelementary.ca](http://www.westboroelementary.ca).

## PERSONAL ELECTRONIC DEVICE POLICY

1. Student use of personal electronic devices at lunch and recess is **not allowed**.
2. Students are allowed to have personal electronic devices with them in school, but they need to be kept out of sight (in a pocket, backpack, etc.).
3. Students are allowed to use personal electronic devices during indoor recess to view school-appropriate content.
4. Students can use personal electronic devices in the classroom when the classroom teacher says it's ok.
5. Students with devices that have cameras and/or video cameras should not use them to take photos or video of other students or staff during school hours or during school activities. Also, students should not post school photos or videos online or to social media.
6. When a personally owned electronic device is brought to school, students and their families accept that school authorities may inspect the device and what's on it to ensure that EIPS policies and guidelines, including the Student Acceptable Use of Technology Agreement are followed.
7. When a student brings a personally owned electronic device to school, students and their families accept that the student is responsible for the device and its care, and agree that the school is not responsible for damage, loss or theft of the device.



# EIPS KINDERGARTEN CALENDAR 2019-20

Regular School Day

Early Dismissal for Students

No School for Students

No School - Statutory Holiday

No School for All Students and Staff

- Professional Learning/Operational Day

**SCHEDULE A - indicated in green**  
Mondays, Wednesdays and  
select Fridays **LOGOS**

**SCHEDULE B - indicated in blue**  
Tuesdays, Thursdays and  
select Fridays **REGULAR**

## AUGUST 2019

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## SEPTEMBER 2019

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## Important Dates

- Aug 29 Professional Learning Day
- Aug 30 Operational Day
- Sept 2 Labour Day - Stat.
- Oct 11 Professional Learning Day
- Oct 14 Thanksgiving Day - Stat.
- Nov 1 - 8 Diploma Exams
- Nov 11 Remembrance Day - Stat.
- Nov 11 - 15 November Break
- Nov 15 Day-in-Lieu: Parent Teacher Interviews
- Nov 29 Professional Learning Day
- Dec 23 - Jan 3 Christmas Break
- Dec 25 Christmas Day - Stat.
- Dec 26 Boxing Day - Holiday
- Dec 27 Christmas Floater Day - Holiday
- Jan 1 New Year's Day - Stat.
- Jan 6 Classes Resume for Students
- Jan 13 - 30 PAT/Diploma Exams
- Feb 6 & 7 North Central Teachers' Convention
- Feb 14 School Closure Day
- Feb 17 Family Day - Stat.
- Mar 6 Professional Learning Day
- Mar 27 Day-in-Lieu: Parent Teacher Interviews
- Mar 30 - Apr 3 Spring Break
- Apr 6 Classes Resume
- Apr 1 - 9 Diploma Exams
- Apr 10 Good Friday - Stat.
- Apr 13 Easter Monday - Holiday
- May 15 Professional Learning Day
- May 18 Victoria Day - Stat.
- Jun 10 - 26 PAT/Diploma Exams
- Jun 21 National Indigenous Peoples Day - no exams
- Jun 29 Last Operational Day

## OCTOBER 2019

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## NOVEMBER 2019

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## DECEMBER 2019

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## JANUARY 2020

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## FEBRUARY 2020

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## MARCH 2020

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## April 2020

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## MAY 2020

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## JUNE 2020

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## JULY 2020

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## RETURNING STUDENT REGISTRATION FOR 2019-20

Elk Island Public Schools (EIPS) will once again conduct an online returning student registration process to confirm student registrations for the 2019-20 school year. Families of all returning students will need to complete this process to confirm the school their children will attend for the 2019-20 school year, and to request to attend a non-designated school, if applicable. Returning student registration will take place at the same time as all registrations for the 2019-20 school year: **Feb. 1-28, 2019.**

Access to the Returning Student Registration Form is provided through the PowerSchool Parent Portal. If you don't have a PowerSchool Parent Portal account, you will need to set one up **before Feb. 1, 2019.**

To create a PowerSchool Parent Portal account:

1. Go to <https://powerschool.eips.ca/public/>.
2. Click the button labelled, "Create Account."
3. Enter the parent or guardian information. Each account must have a unique email address and username—only one parent account is required regardless of the number of children you have attending EIPS schools.
4. Create a username and password of your choice—you'll need both the username and password to log in to your PowerSchool Parent Portal.
5. You must have an Access ID and Access Password for each student that is added to your account. **Contact your child's school to obtain this information.**
6. Press "Enter."

If you have any problems setting up the PowerSchool Parent Portal account, contact your child's school for further assistance.

## AMA SCHOOL SAFETY PATROLLERS

Once again many thanks to our dedicated team of School Safety Patrollers who are outside monitoring our crosswalks in the morning and after school. This is especially difficult in this cold weather. Thank you for the respect you show them by allowing them to guide you safely across the street.

A special mention goes out to our Patroller of the Month:

**Kole in Grade 5.**

Well done! Keep up the great work!

Thank you also to the Churchill family for donating gloves for all of the patrollers!



## PARENT COUNCIL

Welcome back! I hope everyone had a wonderful and relaxing break. Before the break, we hosted our annual pancake breakfast. We had an amazing show of support from all our volunteers who stepped up, from mixing batter, cooking, serving and cleaning up after. Thank You! Each year the event becomes even better. A huge thank you to Hi Pro Feeds who donated the sausages and to Sobeys who donated the oranges.

In January, the grade sixes will start planning the Penny Carnival. This is a fundraiser for them to help offset the cost of their year-end trip to YoWoChAs and is a long-standing tradition at Westboro. We always need donations of cakes or cupcakes for the calk walk, so watch for that request to come home. We also have Alberta Opera and crazy hair day.

Our next meeting is on Thursday, January 17th at 6:30 p.m. I encourage everyone to come out and be a part of the meet to see what it all about. I promise you will not get signed up or roped into anything you do not want to do. We hope you can join us!



## ABORIGINAL STUDIES: JANUARY

Our Indigenous Studies class is always evolving based on the needs of our students and teachers. For the month of January, Mrs. Richard will be taking students in grade groups (one period per week) to begin working with our new “Under One Sun” literacy resource kits. These kits will provide a means to enhance students learning of First Nations people while at the same time making literacy connections and linking with the Language Arts curriculum. More information about these resources can be found here: <https://school.nelson.com/under-one-sun/>.

Through videos, read alouds, and shared readings, students will first work in these lessons to establish foundational knowledge; these initial teachings will support students as they later explore the guided reading parts of each kit. The lessons and activities are tailored to be age-appropriate for each grade level, building as students progress through the grades. Special care and consideration has been taken in order to best implement these resources in both our regular and Logos programming.

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.”



## LOGOS SOCIETY NEWS



Don't make this a year of maintenance. Make this a year of taking new ground by unleashing God's power through fearless, faithful, and relentless prayer. - Lisa Bevere

Welcome back Logos Families! We hope you had a good Christmas and are enjoying the New Year.

Our first prayer meeting of the year will be at Schnell's on January 21@ 9:00 am. Little ones not yet in school are welcome!

Logos is planning a family night. Save the date, February 22, and look for more information in the February newsletter regarding this family fun night!

In case you missed it Logos is planning another Nitza's Pizza fundraiser in the spring. Look for more information at the end of April.

Janeen Bielby  
Westboro Logos Representative

Forget the former things; do not dwell on the past. See I am doing new thing. ISAIAH 43:18&19

## COUNSELLOR'S CORNER

**Happy New Year Webster Warriors!**

With the dawn of technology, it can be overwhelming to determine where to start when searching for current and valid health information. **Myhealth.alberta.ca** is an excellent site to obtain information for various health topics such as:

- ☒ Developmental Timeline Tool: Stages and milestones for children and teens
- ☒ Health A to Z: Common health topics by age
- ☒ Information regarding medications, disabilities, health by gender; including men and women's health
- ☒ Extensive links to various topics such as: healthy eating, asthma or depression in children and teens, drug information, family violence, Alzheimer's awareness, heart disease, cholesterol, etc.

For further information, please visit: <https://myhealth.alberta.ca>

Last, I wish everyone at Westboro a wonderful year ahead. Please do not hesitate to call, email, or stop by my office.

*Dianna Graziano*  
School Counsellor

### **Skill Building for Parents – drop in group**

Learn and practice strategies with other parents around various parenting challenges. Build on your strengths and learn new skills to support you, your children and your family and continue to enhance your connections.

Topics offered:

- ☐ Anxiety & stress
- ☐ Boundaries and setting limits
- ☐ Connecting with your child
- ☐ Emotional regulation
- ☐ Healthy Relationships
- ☐ Navigating change

WHEN: Tuesday's starting January 15, 2019

TIME: 6:00 p.m. to 7:30 p.m.

WHERE: Family and Community Services, 200, 501 Festival Avenue, Community Centre

FOR: Parents and caregivers of school aged children

COST: Free

*Drop in and new participants are always welcome.*

### **Parent Information Sessions**

#### **Anxiety**

Create the tomorrow you want and build resiliency by learning new skills, using tools and strategies, and making supportive connections. This session will provide information on various parenting challenges and give opportunities to practice new skills within a group setting.

DATE: Wednesday, January 16, 2019

TIME: 6:00 p.m. to 7:30 p.m.

LOCATION: Family and Community Services, 200, 501 Festival Avenue

FOR: Parents and caregivers of school aged children

COST: Free

#### **Stress**

Create the tomorrow you want and build resiliency by learning new skills, using tools and strategies, and making supportive connections. This session will provide information on various parenting challenges and give opportunities to practice new skills within a group setting.

DATE: Wednesday, February 13, 2019

TIME: 6:00 p.m. to 7:30 p.m.

LOCATION: Family and Community Services, 200, 501 Festival Avenue

FOR: Parents and caregivers of school aged children

COST: Free

### **Moving Through Family Restructuring - Parent Information Session**

Create the tomorrow you want and build resiliency by learning new skills, using tools and strategies, and making supportive connections. This session will provide information on various parenting challenges and give opportunities to practice new skills within a group setting.

DATE: Wednesday, March 20, 2019

TIME: 6:00 p.m. to 7:30 p.m.

LOCATION: Family and Community Services, 200, 501 Festival Avenue

FOR: Parents and caregivers of school aged children

COST: Free

Register at [www.strathcona.ca/parentsupport](http://www.strathcona.ca/parentsupport) or call 780-464-4044



# Healthy Children

January 2019 Parent Newsletter



## Articles

Is Tooth Decay a Disease?

Relaxation and Your Child

## Is Tooth Decay a Disease?

Tooth decay is the most common chronic disease of children. In fact, it is more common than obesity, asthma, and diabetes. The impact of tooth decay can have life-long effects. Tooth decay can cause pain and infection, as well as limit a child's ability to eat, grow, learn, play and attend school.

The good news is that tooth decay is preventable! To help your child prevent tooth decay:

- Brush two times a day with a fluoride toothpaste and floss daily.

- Eat more fruits and vegetables, and limit foods and drinks with added sugars.
- Drink tap water with fluoride, where available.
- Visit a dental professional regularly.
- Ask your dental professional about fluoride treatments and dental sealants to help protect your child's teeth.



**For more information about oral health and oral health services, visit [www.ahs.ca/oralhealth](http://www.ahs.ca/oralhealth). For information about dental care for low income Albertans look under the Related Resources tab.**

Bacteria are becoming more resistant to the drugs we treat the disease with (antibiotics). Vaccination decreases the impact of this by preventing people from becoming infected with those resistant germs. Vaccination also means we don't have to treat people as often with antibiotics. For more information visit

<http://www.who.int/bulletin/volumes/86/2/07-040089/en/>



# Healthy Children

January 2018 Parent Newsletter

## Relaxation and Your Child

Relaxation is a great way to help your child cope with stress. Regular relaxation calms the nervous system, boosts the immune system, sharpens concentration and promotes positive thinking.

**PMR – A Powerful Relaxation Tool.** Progressive Muscle Relaxation (PMR) is designed to reduce stress, as well as physical problems such as stomachaches and headaches. It can even help your child sleep better.

**Quick Relax!** In this shortened version of the PMR approach, your child learns how to tense their whole body and then relax their muscles all at the same time. Follow these step-by-step instructions:

1. Lie down.
2. Scrunch up your face and tuck your head into your shoulders, tightening these muscles.
3. Cross your arms at your forearms and tighten your arms with your fingers grasping opposite elbows.
4. Tighten your belly, legs and



- feet, pointing your toes towards your nose.
5. Hold this position and hold your breath for 5-10 seconds.
6. Say the word “relax” – and let your whole body go limp like a rag doll and breathe out.
7. Take a few deep breaths in and out.

### Tips for Parents

- Set aside 5 minutes to do this with your child.
- It’s best not to learn in a stressful time. Practice first and then use when needed.
- Find a quiet place with no interruptions.

- Speak slowly and calmly while following the instructions.
- Pause after each instruction to allow time to carry it out.
- Make an audio recording for your child so your child can use it on their own.
- Do this for your own stress reduction. Your child will see it’s for everyone.

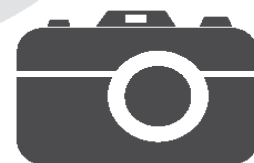
In addition to PMR, try this relaxation practice with your child. Take in a long, deep breath. Count to four and breathe out for a count of five or six. Once they learn this, they can do it anytime they need to.



# Saffron Cyber Second

In Partnership with EIPS Committee of School Councils

## Who Can You Trust Online?



James was an 11-year-old boy who had seemingly fallen in love for the first time with a girl he met online. His girlfriend, Melissa, was the most important thing in his life so far. Though they had only known each other for two weeks and had never met, to James it felt like a lifetime. James and Melissa never met face to face but had many video chats over Facebook. He trusted her and wanted their relationship to move forward. Melissa was older and suggested they try sexting. James did not feel ready for this, but he loved Melissa and did not want to let her down. She asked him to send her a nude image and said she would send one back after. James felt safe, loved, and accepted so he decided to send Melissa the picture. After the picture was sent, Melissa blocked him and posted the photo all over social media, exposing James to everyone who could see the image. When the photo started to spread around the internet, it eventually made its way to his friends at school. James was then bullied and his friends would no longer speak to him. James felt very alone, scared, and betrayed after he shared that photo with Melissa.



### LET'S GET IT OFF OF THE INTERNET !

Many times an image ends up online on a pornographic website or on social media. NeedHelpNow.ca can help! They can assist in removing the picture from the internet and can provide guidance and support.

## DIVISION NEWS

### EIPS 2019-2020 DIVISION CALENDER NOW AVAILABLE!

The official 2019-20 EIPS calendar is now available online. The calendar includes important dates during the 2019-20 school such as school-closure days; breaks; the first and last day of classes; professional learning days; and early dismissal days.

Highlights from the 2019-20 EIPS calendar include:

- |                            |   |
|----------------------------|---|
| • September 3              | First day of classes (after long weekend) |
| • November 11 - 15         | November break                            |
| • December 23 to January 3 | Christmas break                           |
| • January 31               | Second semester begins                    |
| • February 6 - 7           | Teachers' Convention                      |
| • March 30 to April 3      | Spring break                              |
| • June 26                  | Last day of classes                       |
| • June 29                  | Schools close for the Summer break        |

To view the 2019-20 calendar, visit [www.eips.ca](http://www.eips.ca). Also available online: the current school calendar and the 2020-21 calendar.

**Did you know you can sync the Division calendar to your own personal calendar?** You can. Simply, visit [www.eips.ca/calendar](http://www.eips.ca/calendar) and click on “subscribe to calendar.” It’s that easy

### ANOTHER WAY TO STAY CONNECTED: FOLLOW EIPS ON TWITTER AND FACEBOOK

With 42 school and close to 17,150 students there’s a wealth of events, activities and stories taking place across the Division every day. You can find these stories and more by following Elk Island Public Schools on both [Facebook](#) and [Twitter](#). Each use the combination of news articles, videos and photographs that showcase the latest news, updates, events and alerts taking place across the Division.

Plus, if you’re a member of an EIPS school community and want to share in the storytelling, simply tag the Division using the hashtag *#EIPS*.

Stay in the loop, follow EIPS on [Facebook](#) and [Twitter](#)

*NOTE: The Division Facebook and Twitter accounts are managed by EIPS Communications Services. The account is updated and monitored intermittently during regular office hours from 8:30 a.m. to 4:30 p.m., Monday to Friday. The Division welcomes feedback and ideas from followers but does ask everyone interacting on the EIPS Facebook page to be respectful. Personal attacks and offensive language will not be allowed and may be deleted.*



## INCLEMENT WEATHER

With the winter season well underway, 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) will advise parents of any bus cancellations using various communications tools including: automated-telephone messages, alerts posted on [www.eips.ca](http://www.eips.ca) and school websites, Twitter, Facebook, local radio stations, and on Versatrans My Stop.

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 will 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.

