

**February 2019**

**Elk Island Public Schools**

# **THE WESTBORO REPORT**

## **PRINCIPAL'S MESSAGE**

**February** is that special month when people think a bit more about kindness, caring, friendship and sharing. The act of giving, extending patience, and showing extra kindness is often found throughout the school. As a part of our circles and celebration of Pink Shirt day on February 27th, we will be encouraging random acts of kindness throughout the month.

Thank you especially to the many wonderful parents we have in our school doing random acts of kindness each and every day. You are so appreciated!

***May a random act of kindness 'visit' you this month!***

Over the month of February, I am very excited to see what the Penny Carnival is all about and continue working with our school's basketball teams.

## **HAPPY VALENTINE'S DAY**



From the Staff and Students  
of Westboro Elementary.

### **FEBRUARY**

- 6      Newsletter
- 7 & 8   Teachers' Convention
- 15     No School - PD
- 18     Family Day
- 20     Council Mtg 6:30 p.m.
- 21     Logos Chapel 1 p.m.
- 22     Hat Day
- 25     Hot Lunch
- 26     Family Literacy Night  
6 - 7:15 p.m.
- 27     PINK SHIRT DAY!

### **MARCH**

- 6      Early Dismissal
- 7      Newsletter Out
- 8      No School - PD
- 11     Online Interview  
Booking portal opens  
(9 a.m.)

**PRINCIPAL**

**Mike Lastiwka**

**ASSISTANT PRINCIPAL**

**Chantel Werner**

**1078 Strathcona Drive**

**Sherwood Park, Alberta**

**T8A 0Z9 780-467-7751**

**[www.westboroelementary.ca](http://www.westboroelementary.ca)**

**@WBOelementary**

## SCHOOL NEWS

### PINK SHIRT DAY!

Mark your calendars!

This day will be marked on Wednesday, February 27<sup>th</sup>. In case you are interested, “official” pink shirts and bracelets will be available at London Drugs beginning this week. Shirts cost \$9.80 each (plus tax) and will be available in adult and youth sizes. The bracelets cost \$2.00 each (plus tax). They go fast! (This is entirely optional!!!)

For more information about Pink Shirt Day, please visit:

<https://www.pinkshirtday.ca/>



### SPEECH COMPETITION



Westboro Elementary will once again be holding an optional speech competition for students in Grades 4 to 6. Starting in February, the Speech Club will be meeting on Wednesdays at lunch for any interested students to polish and practice their speeches. Our in-school competition will be March 15th, and will be live-streamed for other classes as well as relatives and friends. Our guest judges will help determine which three students will represent Westboro at the Elk Island Public Schools Speech Competition on April 26th. This is a wonderful event that our students look forward to each year. A special thank you to Mr. Hay for all the work in making this event happen.

### PARENT-STUDENT-TEACHER CONFERENCES - ONLINE BOOKINGS

This term, Westboro is once again holding its student-parent-teacher conferences prior to report cards going home. Conferences will take place on Tuesday and Wednesday, March 19 and 20, from 4 - 7 p.m.

Given the great success of the online booking system, we will once again use this system to book interviews. Please see the following page for the event code and how to choose your interview time. **This portal will open for bookings at 9 a.m. on March 11<sup>th</sup> and remain open for bookings until March 18<sup>th</sup> at 3 p.m. For more information about this process, please visit our [school website](#).**



THE EASY WAY TO BOOK  
**SCHOOL  
INTERVIEWS**

Dear Parents,

Parent/Teacher/Student interviews will be held at **4:00 p.m. – 7:00 p.m. on Tuesday, March 19 and Wednesday, March 20, 2019.**

For parents that do not have internet access, computers will be available in the School Library beginning on Monday, March 11<sup>th</sup> at 9:00 a.m. for parents to make their own bookings. Interviews are for a duration of 10 minutes, however, if you require more time, please contact your teacher directly to make alternative arrangements.

KINDERGARTEN appointments are 30 min. Student-Led Demonstrations of Learning

GRADES 1-6 appointments are 10 min. individual bookings

Now you can book school interviews for the times that suit *your family*.

Go to [www.schoolinterviews.ca](http://www.schoolinterviews.ca) and follow these simple instructions

yrr7v

Go

Simply enter the code and press "Go"



Enter your details



Select the teachers you wish to see



Select the appointment times that suit your family best



When you click **FINISH**, your interview timetable will be emailed to you automatically. If you do not receive your email immediately –  
**check your junk mail folder**

You can return to [www.schoolinterviews.ca](http://www.schoolinterviews.ca) at any time, and change your interviews – until the bookings close.

**BOOKINGS OPEN MONDAY MARCH 11th at 9:00 a.m.**

For parents that do not have internet access, computers will be available in the School Library for parents to make their own bookings. Interviews are for a duration of 10 minutes, however, if you require more time, please contact your teacher directly to make alternative arrangements.

PLEASE NOTE: Kindergarten conferences run for a period of 30 minutes. A one-on-one interview will be embedded into this time.

**BOOKINGS CLOSE MONDAY, MARCH 18th at 3:00 p.m.**

You may change your bookings, any time prior to the closing date, by re-visiting the [www.schoolinterviews.ca](http://www.schoolinterviews.ca) website, and using the event code. Remember to use the same name and email address, you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact the school directly at (780) 467-7751.

## KINDERGARTEN REGISTRATION IS NOW OPEN

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).

## COMPLETE THE RETURNING STUDENT REGISTRATION: FEBRUARY 1-28

Elk Island Public Schools' (EIPS) Returning Student Registration Process is now open. On February 1, all EIPS families received an email from the Division asking them to confirm their child's enrolment in a school for the upcoming year by completing the online Returning Student Registration Form—available by logging in to the PowerSchool Parent Portal. Using the form, families can indicate the school their child plans to attend and apply to attend a non-designated school, if applicable. All returning EIPS students are required to complete the form by Feb. 28, 2019.

Don't have a PowerSchool Parent Portal account: Follow the instructions below to set an account up:

1. Go to <https://powerschool.eips.ca/public/>.
2. Choose "Create Account."
3. Enter the parent or guardian information—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 the PowerSchool Parent Portal.
5. Enter your school-provided Access ID and Access Password for each student being added to the account.
6. Then, select "Enter."

For more information or assistance, contact your child's school.



# Saffron Cyber Second

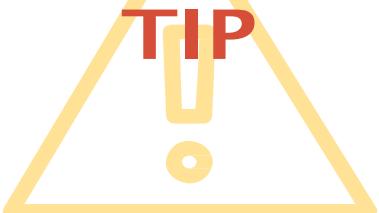
In Partnership with EIPS Committee of School Councils



## Where Do You Draw The Line?

Jane was 9 years old when the girls at school started bullying her. The one thing Jane did look forward to every day was coming home and talking to her pen pals online. She felt like this was her safe place. Unfortunately, the mean girls from school found Jane online and began to bully her through social media. Noticing they were no longer gaining reactions from Jane at school, the bullies thought cyber bullying may gain more of her attention. Jane continued to block and make new accounts but the girls somehow continued to find her. This around-the-clock torture started getting to Jane. She began missing school, never leaving the house, and she stopped talking to her pen pals. Jane was too scared to do anything, so she isolated herself completely. Her parents were worried of Janes sudden need for solidarity and sought out a conversation. Jane then disclosed everything that had been happening online and at school and the parents took action from there. The school took these concerns very seriously and suspended the mean girls.

### SAFFRON TIP



### START THE CONVERSATION!

Youth may talk about the online world. Get involved in the discussion. Use it as an opportunity to gain knowledge on the apps they are on and the games they are playing. Pay close attention to details! They can help in future discussions or prevention of cyberbullying.

## LOGOS SOCIETY NEWS



The date for the Logos family night has changed! Family night will be on Friday, March 1 from 6:00-8:00pm at Trinity Baptist Church. Hope to see you all there!

Janeen Bielby

Westboro Logos Representative

So we fix our eyes on not what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. 2 CORINTHIANS 4:18

## WESTBORO HOT LUNCH NEWS

Can you believe we are half way through the year? I want to again thank all our wonderful parents for all their help and orders throughout the year! We have our final hot lunch dates secured and ordering will be open for March through to the end of June on February 11. Please note ordering will be open from FEBRUARY 11 - February 28. There will be no late orders permitted. Thanks again! - The Hot Lunch team

Thank you!

Heidi Finch

780-340-5755

## AFTER SCHOOL CARE

Accredited Friends Club Child Care and Out of School Care program

We are located inside Westboro Elementary School and are now accepting registration for children ages 3 to 5 years old, Kindergarten and grades 1 to 6 students.

We offer breakfast and afternoon snack, gym sports, outdoor play, fun projects, homework club, soccer club, cooking/baking club, field trips, arts, crafts and games. We are open on PD days and school breaks.

Full time child care spaces are available. Subsidies are available for eligible families.

For more information about our programs and services, please call us at 780-707-4481 or e-mail: [kspa2006@gmail.com](mailto:kspa2006@gmail.com). We are happy to answer all your inquiries.

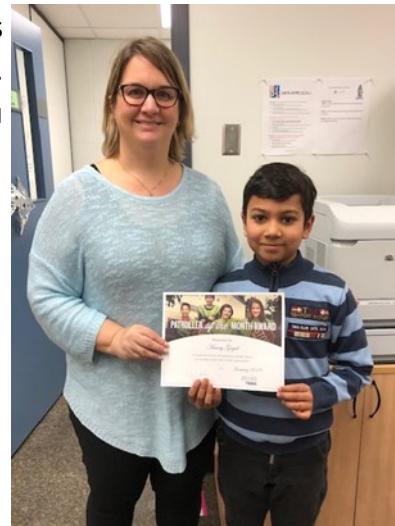
## AMA SCHOOL SAFETY PATROLLER

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:

### Anany in Grade 4

Well done! Keep up the great work!



## INDIGENOUS STUDIES: FEBRUARY

In the past month, students in grades 1-6 had an opportunity to complete the first few lessons from our new “Under One Sun” literacy kits. Many discussions were had around the information shared and many connections were made.

Classes will break from having Indigenous Studies over this next month due to scheduling (Indigenous Studies happens Friday morning and there are 2 Fridays where there is no school this month). Mrs. Richard will be spending some time at the end of the month getting newly purchased Indigenous resources organized so that they are ready for teachers to use and students to learn from within their own classrooms. Special thanks to Mrs. White who worked hard to catalogue many new books into our school library system!

Looking for something to do to beat the cold?! Try making baked bannock as a family. Invite a friend or a neighbor over to share. Serve with warm stew on a cold day. There are many yummy recipes online, like this one, to try: <https://www.foodnetwork.ca/recipe/traditional-bannock/16288/>

As we move forward with Indigenous Studies this year, 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.”

## PARENT COUNCIL NEWS

Thank you to all the parents who donated cakes for the Cake Walk at our Annual Penny Carnival. There were plenty of cakes, pies, brownies and cupcakes donated which kids won! It really is their favorite part of the carnival and we had enough to have several winners for every class. The committee outdid themselves again this year and it seemed like everyone had a great time.

January also hosted Crazy Hair Day and each student was given Crazy Bread to celebrate, courtesy of Westboro Parents Group. Alberta Opera also performed which is paid for by Westboro Parents Group. Thank you to everyone who supports our fundraisers; these are some of the exciting things we use the money to support.

Our next meeting is on a Wednesday, February 20<sup>th</sup> at 6:30 pm in the library. We will begin conversations about the ASCA conference coming up in April. We hope you are able to join us.

## COUNSELLOR'S CORNER

### **Counsellor's Corner.....by Dianna Graziano (School Counsellor at Westboro and Uncas Elementary School)**

February is a fun month with Valentine Day celebrations and Family Day. Today's family has taken on a new look from the traditional father/mother and biological children grouping. Families today include: children who are raised by adoptive parents, foster parents, families with step-parents and step-siblings; grandparents as the primary caregiver, single parent families, multi-ethnic families, and gay and lesbian parented families (two dads or two moms).

Family is the most powerful and influential factor in a child's life. From birth, children depend on parents and family to protect them and provide for their needs and the importance of forming the child's first relationships. Family is a child's first teacher and acts as a role model on how to act and how to experience the world around them. Children strive when families are able to actively promote their positive growth and development.

With the extra-long-weekends parents have this month due to Teachers Convention, bus cancellations, and our statutory Family Day Holiday, below are some fun family activities from [MyHealth.Alberta.ca](http://MyHealth.Alberta.ca) to incorporate with your child:

### **Fun Activities for You and Your Family**

Sometimes all it takes is one good idea to get you to be active. Here are lots of ideas for you to try with your family. Choose activities that you think will be fun. Try something new that you've never tried before, but always think about your abilities and level of fitness before you do. Starting slowly is safe for most people. If you have any questions or concerns, talk to your healthcare provider.

## COUNSELLOR'S CORNER

### Activities You Can Do Outside

#### ***Winter***

Winters in Alberta can sometimes be long, so get outside with your family and:

- play in the snow: build a snow person, or make snow angels
- go tobogganing
- go skating
- try cross country skiing

#### ***Fall***

Fall is a good time to get outside with your family and:

- rake leaves and take turns jumping into the pile
- go to an open field and fly a kite

#### ***Spring and Summer***

Take advantage of the warm weather and go outside with your family and:

- plant a garden and let everyone have their own special section
- run through the sprinkler or play catch
- go on a weekly active outing to the park or for a walk with neighbours
- go for a bike ride—make sure to wear helmets
- play hacky-sack, hopscotch, basketball, volleyball, tennis, or baseball
- go hiking, camping, or swimming

### Activities for any Season

Do activities as a family or let your children bring friends with them. Here are some ideas to help you stay active any time of year:

- go for a walk or to a park in your neighbourhood and play Frisbee
- plan a family road trip and bring a soccer ball or baseball to use on the way or when you get there
- walk at night and look for stars
- go swimming indoors
- go bowling, skating, or to a museum
- go for a walk in a mall or to an indoor playground

### Staying Active When You're On the Go

Sometimes people get busy and it's hard to fit activity in. If that happens to you, try these ways to be more active:

- organize a "walking school bus" and have parents take turns walking children to school
- take the stairs whenever you can and park your car at the back of the parking lot to walk more
- get off the bus two stops early and walk home
- walk or bike to do errands or park in a central location and walk from place to place
- volunteer to help your child's sports team with warm-ups or social events
- make time for active play, just like you schedule time for homework

## COUNSELLOR'S CORNER

### Family Games

Another great way to be active with your children is to play games. Taking part in activities like these make you a good role model for your child:

- play hide and seek, tag, charades, "Simon says", or look online for a new game
- make a family scavenger hunt
- organize neighbourhood games and play parents against children
- pass the remote and whoever is holding it during commercials has to lead a family exercise break
- play house, build a fort, or put on a show
- play games outdoor games like bocce ball, badminton, or croquet

### Around the House

There are lots of ways to stay active with your children at home like:

- make an obstacle course and keep a chart with everyone's times
- during commercial breaks while you're watching TV:
  - ⇒ run on the spot, do push-ups and sit-ups, or stretch
  - ⇒ play catch with a foam ball
- see who can do the most jumping jacks
- doing household chores—give everyone a task and listen to music while you work
- plan a walk every day after supper and keep track of everyone's steps on a chart
- be "snow angels" and shovel driveways and sidewalks in your neighbourhood
- exercise with fitness videos, apps, or TV shows like yoga or aerobics
- watch a show as a family and for every hour you watch, be active for an hour
- wash your vehicles or clean up the yard

### Being Active In Your Community

- Here are some ideas of how you can be active in your community:
- try classes at a recreation centre or fitness facility
- encourage your children to be active during recess, at lunch, and after school
- encourage your children to try doing team sports—being part of a team is more important than winning
- plan a family game in your neighbourhood
- start a "family health club" (e.g., bike ride, swimming, floor hockey) once a week in your community
- volunteer for clean-up events and community gardens
- train and fundraise for a charity walk or run

## SPRING BREAK CHILD CARE



Are you looking for an exciting time for  
your child during this Spring Break?

Yes, we have an answer!

### **Friends Club's Spring Break Camp "Around the World in 5 Days"!**

(March 25 - 29, 2017)



For more information and to register call Kasia at:  
780-707-4481 or e-mail: [kspa2006@gmail.com](mailto:kspa2006@gmail.com)



Take a break from school and join the fun! Field trip, games, art and crafts will make this camp a great way to spend Spring Break!

## DISTRICT NEWS

### Measuring our Success: Complete the Accountability Pillar Survey

Once again, Alberta Education is conducting its Accountability Pillar Survey—an annual check up on the province's education system. Every year, Alberta Education conducts the survey to gather information about the quality of education provided by Alberta schools and school authorities. The survey looks at various measures such as engagement levels, student wellness, student outcomes, and the classroom(s) and school climate.

Throughout the month of February, Grade 4 students and teachers at **Westboro Elementary** are completing the survey online at the school. Student participation is voluntary and completely anonymous. Students are assigned a random username and password to ensure survey responses aren't linked to any individual student. The survey takes about 40 minutes to complete and is done within the school day during regular class time.

Additionally, parents and guardians of students in grades 4, 7, and 10 are also being surveyed—the province mailed the surveys in January. Again, the survey is anonymous and asks questions about experiences with your school. If you have a child in grades 4, 7 or 10, we highly encourage you to participate. The completed survey must be returned to Alberta Education by the end of February.

Results from the Accountability Survey are provided to Elk Island Public Schools each May. The Division then uses that data to inform its three-year education plans, its annual school education plans and strategies for continuous improvement. The results are also shared with EIPS families and school communities each fall in the Division's *Combined Education Plan and Annual Education Results Report*.

For more information about Alberta Education's Accountability Pillar Survey visit  
[www.education.alberta.ca/accountability-pillar](http://www.education.alberta.ca/accountability-pillar).

### Caregiver Education Series

The Division, in partnership with Alberta Health Services and Elk Island Catholic Schools, is hosting a series of caregiver information sessions focused on ways to support students' addiction and mental health challenges. The sessions are free and open to parents, caregivers, teachers and community members. Session topics include: dealing with anxiety, teenagers and technology, sleep and how it impacts the developing brain, understanding depression and self-injury, test anxiety, and building problem-solving and goal-directed skills.

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

## SUMMER SCHOOL

### Next Step Continuing Education Summer School and Youth Camps: Registration opens March 11

**There's something for everyone**

**Summer School:** Open to students entering grades 10-12

With more than 25 credit courses, there are lots of ways to get ahead. Students can earn high school credits, upgrade marks and finish pre-requisite courses.

*Courses include:*

- CALM, Physical Education 10, and Extreme CALM and Physical Education 10 combined
- English, math, social and all the sciences at the 10-, 20- and 30-levels
- Film Production
- Work Experience

**Summer Youth Camps:** Open to participants in grades 5-9

From sports to babysitting, campers enjoy a fun-filled program while also making friends and learning new skills.

*Camps include:*

- sports
- cooking and baking
- babysitting
- Handball—new

Registration opens on March 11.

**Related information:**

[Summer School](#)

[Youth Camps](#)