

November 2019

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.



### NOVEMBER

- 9 - 17 Fall Break
- 18 - 22 Anti-Bully Awareness Week
- 20 School Council Meeting 6:30 p.m.
- 22 Hot Lunch
- 27 Logos Chapel 1:00PM
- 28 Report Cards Released
- 29 No School

### DECEMBER

- 4 Early Out
- 6 Newsletter
- 10 Christmas Concert 6:30 p.m.
- 13 Hot Lunch
- 18 School Council Meeting 6:30 PM
- 20 PJ Day & Pancake Breakfast
- HEADS UP: Christmas Concert December 10th

## 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 18<sup>th</sup> and 19<sup>th</sup>. Without our vendors, shoppers, and volunteers, we would not have been able to see the success we do. THANK YOU!!



We are excited to announce our **Spring Fund-raiser, March 21, 2020!** SAVE THE DATE, hope to see you all there.

**PRINCIPAL**  
Mike Lastiwka

**ASSISTANT PRINCIPAL**  
Chantel Werner

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@WBOelementary

## 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 patrol- lers.

### Congratulations to our AMA Safety Patrollers of the Month: Gabby & Acacia



Starting Nov. 18<sup>th</sup>, Westboro will begin accepting donations for the Strathcona Christmas Bureau. The bureau is in need of non-perishable food items; new, unwrapped gifts; and gift cards to a maximum of \$25.00. Gifts for teenagers (books, backpacks, head- phones, gift cards as examples of items in need) are greatly appreci- ated, as they are often overlooked.

We are also asking students to bring in new mittens, hats, or scarves to put on our Mitten Tree. Your donations are sincerely appreciated.

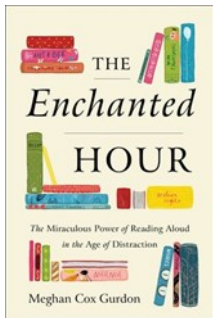
The deadline for donations is December 5, 2019.

Thank you from the Staff at Westboro Elementary



## LITERACY UPDATE

READ In Week (October 7<sup>th</sup> -11<sup>th</sup>) was full of lots of great activities that helped to encourage the love of reading in our students. We are thankful for all our guest readers who visited classrooms throughout the week. Our week kicked off with the Crusaders announcing that everyone in our school would be attending a hockey game in November, and the players then read in many classrooms. On the evening of October 9<sup>th</sup>, Westboro hosted a Family Literacy Night and we trust that everyone had an enjoyable time and left with some ways to support your child with reading and writing at home. A special thank you to Ignite Heating and Air Conditioning Ltd. and Nutrien for generously sponsoring our event. We are also thankful for the volunteers who helped to run the stations, and the delicious cookies made by Cupcakes Kids. Cupcake Kids is a student-led baking business in the PLACE program at Clover Bar Junior High. Read-In Week wrapped up with Mrs. Richard and Mrs. Werner helping to bring a story to life through music in the gymnasium.



Please check out Meghan Gurdon's inspirational book *The Enchanted Hour: The Miraculous Power of Reading Aloud in the Age of Distraction*. We would love to hear how this book positively influences some of what you do in your home around reading.

If you or someone you know is interested in volunteering to read aloud to students or helping support readers and writers within our classrooms, please contact Mrs. Tomkins at [erin.tomkins@eips.ca](mailto:erin.tomkins@eips.ca)

## HOT LUNCH

Hot lunch news will be short and sweet this newsletter Westboro families! Thank you all for your patience and cooperation as we have dealt with some growing pains in terms of getting a new vendor for our online system. We appreciate you all getting in your cheques and cash into the office on time. We look forward to Papa John's for our November 22 hot lunch. If you are able to volunteer on that day please let us know at [westborohotlunches@gmail.com](mailto:westborohotlunches@gmail.com).

Heidi and Janel



## SCHOOL COUNCIL INFORMATION

Our annual Shop Til Ya Drop event was held in October over 2 days and with a very big thank you to Karry Biri for organizing a fantastic event, the volunteers that helped, incredible vendors and all the shoppers which made the day a success! This is one of our main fundraisers in lieu of selling union ticket packs, cookie dough or wrapping paper.

With December quickly approaching our Parents Group is starting the planning of our annual Pancake Breakfast that is help on the last day before Christmas break. We are looking for 4 volunteers to head up the planning and execution on the day. If you are able to help please contact us at [westboro-parents@gmail.com](mailto:westboro-parents@gmail.com) by November 19th.

Our next meeting will be held on November 20th at 6:30pm in the library

## WESTBORO SPIRIT WEAR



The Westboro spirit wear store is up and ready to start accepting orders. The store is accepting orders from November 10<sup>th</sup> to November 25<sup>th</sup>. Please use the following link to get to our store: <https://westboro.acreativeagency.ca/>. Please note that if a minimum order limit is not met for any items, all orders for it will be fully refunded.

The store consists of the following: Everyday t-shirts, Pro Team t-shirts, Everyday hoodies, Zip-up hoodies, toques, and water bottles. All pricing is on the website noted above.

Orders can be placed directly through the website (<https://westboro.acreativeagency.ca/>) or to make other arrangements, please contact Amy Churchill via cell (call or text) at 780-278-7378.

\* if parents want items for Christmas presents without the children knowing, please contact Amy.

\*\* Please note: the link works best in a Chrome Browser



## LOGOS SOCIETY NEWS

Logos students from Westboro and Brentwood had a great time together on October 31 at All Stars Playland (Gr K-3) and Emerald Hills Pool (Gr. 4-6).

A HUGE thank you to all of the parents, volunteers and staff who helped make these field trips a success!

Upcoming Dates:

Nov. 22 - Author visit for Logos classes (Christie Thomas)

Nov. 27 - Chapel @ 1pm - All are welcome!

*“Do to others as you would have them do to you.”-Luke 6:31*

Theresa Mackenzie - [westbororep@elkislandlogos.ca](mailto:westbororep@elkislandlogos.ca)



## LIBRARY NEWS

Thank you to everyone who purchased items from the book fair. It was another successful year thanks to your generosity. Way to go Westboro! New books have already started arriving in the library for students to enjoy.

Congratulations goes out to Peyton in 6R for winning our name the dragon contest. Peyton won a \$20 Scholastic gift certificate. Our dragon's name is Dewey. Ashley in 2L is the Scholastic \$25 prize draw winner. Ashley 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 goes out to all the students who volunteered their time to help set up and take down the book fair. I really appreciate all your help. Great job! I would also like to thank Debbie Klita for volunteering her time to help in the library.



## COMMUNICATING STUDENT LEARNING OR CSL


We are pleased to be sharing your child's report card with you on November 30<sup>th</sup>: "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

## COUNSELLOR'S CORNER

Hello WBO Warrior parents/guardians. It is not uncommon for parents to experience times when you simply don't know what to do or say when your child does not listen or follows directions. What happens when your child does not follow through with taking out the garbage, or your 4 year old tantrums dominate the household, or your nine-year old seems to fight you every step of the way from getting ready for school or doing homework or dinner/computer/television time?

Here is some universal advice from Amanda Morin's book, *The Everything Parent's Guide to Special Education*.

Examples to look for when a child has trouble following directions:

- Get easily frustrated or cry when trying to do something
- Refuse to do things that seem simple
- Agree to do something and then not do it
- Walk away from doing homework or a chore
- Look away or zone out when you are giving directions
- Get halfway through a task and then stop
- Say they did something when they did not

Such behaviours can be more than children just "not listening" or refusing to follow directions. If you notice your child gets frustrated often, track what you see in a Frustration Log. Also, follow-up with your child's teacher to see if the same type of behaviors are happening in school. Sometimes it's a matter of memory or planning out tasks. Children who struggle with executive functioning skills have trouble remembering what you just said or keeping track of the steps involved in big or small tasks. They can complete the first step such as "go brush your teeth" but forget to wash their face.

A second reason children may struggle to follow directions is that they are not focused. Distractions from the TV or siblings in the background can make it harder for them to "hear" your directions. Or they may be thinking about their own thoughts. Some children need longer time to process information and complete the job.

Tips for helping your child become better at following directions:

- Ask your child to look at you before you give a direction
- Give short and simple instructions
- Download picture schedules for daily routines
- Research tips for helping your child learn organization skills

## COUNSELLOR'S CORNER CONT'D

Tips for helping your child become better at following directions (continued):

- Tell your child you can see that following directions is difficult and that's OK. Role model to your child how to find ways to make following directions easier (i.e., self-talk steps).
- Avoid giving a lot of criticism to your child for not listening as getting angry and losing your patience will impact the child's self-esteem. Instead, recognize your child's strengths.

If your child's behaviors are escalating, seek your family doctor for further exploration.

Also, Strathcona County offers various workshops on fostering a child's social skills, self-esteem, anxiety, and stress; including positive parenting courses. Visit: [strathcona.ca/parentsupport](http://strathcona.ca/parentsupport) or call 780-464-4044.

Last, my door is always open. You can find me at Westboro Elementary on Tuesdays and Thursdays and every second Friday or I can be reached through emails as well.

Take Care,

*Dianna Graziano*

School Counsellor

[Dianna.graziano@eips.ca](mailto:Dianna.graziano@eips.ca)



# PEP Talk

In partnership with EIPS Committee of School Councils



2<sup>nd</sup> Floor, 501 Festival Avenue Sherwood Park, AB T8A 4X3  
[www.pepsociety.ca](http://www.pepsociety.ca)

## The Pot (Cannabis) Talk

Pot (Cannabis) is often the first drugs a teen is offered  
Did you know? The rate of pot use is two times higher  
among Canadian youth aged 15 – 24 as it is for adults.

One in five teens aged between 15 and 19 have used pot (cannabis) in the past year.

**Terms for Cannabis:**

Marijuana, bud, blunt, chronic, dab, dope, ganja, grass, green, hash, herb, joint, loud, mary jane, mj, pot, reefer, skunk, smoke, trees, wax, weed.

**Short-term effects of use:**

Feeling happy, relaxation, increased sociability and heightened sensation; problems with memory and learning; distorted perception (sights, sounds, time, touch); trouble with thinking and problem solving; increased heart rate and anxiety.

**Long-term effects of use:**

Increased risk of experiencing psychotic symptoms (changes in thoughts, feelings and behaviours) poor performance in school, lower grades and risk of dropping out; impairment of cognitive abilities; increase risk of chronic cough, bronchitis; may also increase depression and anxiety – stress tolerance level is lowered.

**Cannabis and the teen brain**

The pre-frontal cortex, the part of the brain that controls reasoning and impulses, does not fully mature until around the age of 25. The use before the age of 25 can have a negative impact such as: more risky, impulsive behaviour, poor planning and judgement, and difficulty controlling emotions.

**You are the expert when it comes to your teen. If something doesn't feel right, it probably isn't. Talk to them – early and openly.**

Parents Empowering Parents (PEP) Society was founded over 15 years ago in Strathcona County.

We provide free innovative programs for parents/extended family and youth/young adults.

Our groups are professionally facilitated and drop in - no registration required.

For more information please visit our web-site [www.pepsociety.ca](http://www.pepsociety.ca)

or call our Support Line Days/Evenings Weekends 780.293.0737

## CHRISTMAS CONCERT

### C-H-R-I-S-T-M-A-S

We are excited to celebrate the Christmas season and all things that are Christmas with you at this year's concert! With fun, games, and even a little audience participation we hope to bring a little Christmas joy to all Westboro families this year.

#### WHO?

- ♫ Starring *ALL* Westboro students. Please note that Kindergarten students and STEPS/PLACE 1 students will be performing at the beginning of the concert and will be dismissed immediately after their performances to parents or guardians outside the auditorium while our audience joins in a few Christmas carols. You can choose to leave at this time or save a seat for your child to join you in watching the remaining performances. **ALL other students are asked to stay until the finale.**

#### WHEN?

- ♫ Tuesday, December 10<sup>th</sup> 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 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.**
- ♫ We will be passing a donations basket 10 minutes before the concert begins to help with the cost of renting the church. There is no obligation, but we thank you in advance for any amount you might be willing to give.
- ♫ Dress Rehearsal will be in the afternoon on Tuesday, December 10<sup>th</sup> 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. **BIG THANKS** to our Westboro Parents Group for paying for busing all students to and from the rehearsal.

#### ♫ HELP NEEDED!!!

- If you are able to help with moving instruments to Park Church at 8:30 a.m. on Tuesday, December 10<sup>th</sup> please contact Mrs. Richard as soon as possible ([courtney.richard@eips.ca](mailto: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.**

## INDIGENOUS STUDIES

November marks Métis week which can be celebrated in so many different ways!

When is Métis week?

It is celebrated the week surrounding November 16<sup>th</sup>, a day set aside to recognize Louis Riel and the contributions he made for the Métis people.

Read more about it here: [https://www.edmonton.ca/attractions\\_events/schedule\\_festivals\\_events/metis-week.aspx](https://www.edmonton.ca/attractions_events/schedule_festivals_events/metis-week.aspx)

What can you do to celebrate?

- Visit the Métis Nation of Alberta homepage to find out more about events happening in our community or surrounding area: <http://albertametis.com/>
- Learn more about the Métis people by visiting and looking through some of the teaching resources provided by Rupertsland Institute: Métis Centre of Excellence: <http://albertametis.com/>
- Teach yourself how to finger-weave with some yarn you might have at home. There are lots of simple how-to videos on YouTube. You can learn more about finger weaving and its connection to the Métis sash here: <http://www.metismuseum.ca/fingerweaving/>
- Try some flower beadwork. Maybe design your pattern on paper first or pick up some supplies to try the beading itself. This is a great 5 minute video that you can watch to learn more about the Flower Beadwork people: <https://www.youtube.com/watch?v=54ipBLZJ6L4>

Interested in some Métis storybooks? “The Giving Tree: A Retelling of a Traditional Métis Story” by Leah Dorion is excellent and available at the Strathcona County Library. You could also explore some Métis fiddle music by looking up “Métis Toe Tappers” on Spotify, “Gabriel’s Crossing: Aboriginal Fiddling” on iTunes, or other Métis fiddlers on iTunes like: Jason Lepine, Brianna Lizotte, Patti Kustur-ok, John Arcand, Gilbert Anderson and many more!

## 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.

## EIPS DIVISION NEWS

### INCLEMENT WEATHER

With the winter season almost here, we want to remind families 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 families of any bus cancellations using various communications tools - 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. Morning bus cancellations are posted on [www.eips.ca](http://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 families 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.

### 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' mental health. The sessions are free and geared toward parents, caregivers, teachers and community members who want to learn more about challenges impacting children and adolescents. This year, session topics include anxiety, ADHD, depression, self-harm, technology, teens and teaching leadership skills, and more.

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

## WINTER WEATHER

Winter weather is quickly approaching! Please make sure you send your child to school dressed appropriately for outdoor play - boots, snow pants, 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  $-22^{\circ}$  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.



Elk Island Public Schools

# HEALTH ADVISORY

If you or your child have a **FEVER** and at least one of the following flu-like symptoms, please **STAY AT HOME** and **DO NOT ENTER** the building.

- Fatigue/Weakness
- Cough
- Sniffles/Sneezes
- Lack of Appetite
- Sore Throat
- Headache
- Chills/Aches/Pain
- Nausea/Vomiting
- Diarrhea

For further information contact your health care provider or Health Link Alberta at **780-408-5465**.

Visit Elk Island Public Schools' website at [www.eips.ca](http://www.eips.ca) for further information and updates.

