

February 2020

Elk Island Public Schools

# THE WESTBORO REPORT



## PRINCIPAL'S MESSAGE

February is an extra special month when people think more about kindness, caring, friendship, and sharing. Westboro's staff and students will continue to focus on how "Kindness is Catchy" by sharing ways kindness has been shown to them and how this, in turn, encourages them to extend love to others around them. Be sure to check out our bulletin board by the courtyard to read some of the students' reflections on kindness.

Our student council members are busy preparing an assembly for Thursday Feb. 27<sup>th</sup>. The theme of the assembly is "Be Kind" and will feature skits, a story and a school project to be completed. The assembly starts at 2:15

## HAPPY VALENTINE'S DAY



From the Staff and Students  
of Westboro Elementary.

## FEBRUARY

- 5 Newsletter
- 6 & 7 Teachers' Convention:  
No School
- 13 Penny Carnival
- 14 No School
- 17 Family Day: No School
- 19 Parent Council Meeting  
6:30 p.m.
- 21 Hot Lunch
- 26 Logos Chapel 1 p.m.
- 27 PINK SHIRT DAY!

## MARCH

- 4 Early Dismissal
- 5 Newsletter Out
- 6 No School - PD
- 16 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 Thursday, February 27<sup>th</sup>. For those that are interested, Westboro will be selling pink shirts for \$10. We are partnering with the Boys & Girls Club of Fort Saskatchewan, who will be provide the t-shirts for us. Order forms will be sent home shortly. They go fast! (This is entirely optional!!) **ALL ORDERS MUST BE RETURNED BY MONDAY, FEBRUARY 10, 2020.**

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 January 29, the Speech Club will be meeting on Wednesdays at lunch in the library. Interested students can practice and polish their speeches so they can be ready for the school competition on March 19<sup>th</sup>. Our judges will help determine which 3 students will represent Westboro at the Elk Island Public Schools Speech Competition on April 23<sup>rd</sup>. This is a wonderful event that our students look forward to each year. If you have any questions, please see Mrs. Cameron.



On Friday, February 28<sup>th</sup>, the PLACE class will once again be selling bags of popcorn to the students and staff of Westboro Elementary. Popcorn is \$1.00 per bag and each student can purchase up to 2 bags. All proceeds go to the purchase of Levelled Readers for our Westboro Community. Thank you for all your support.

## Thursday, February 27, 2020 is Pink Shirt Day!

Westboro is teaming up with the Fort Saskatchewan Boys and Girls Club to provide pink shirts to those that would like to purchase. There is a quick turn-around so orders have to be in by Monday, February 10. All orders can be handed into the office.



The Fort Saskatchewan Boys and Girls Club, schools, businesses, organizations, local government, and individuals across Fort Saskatchewan and Canada will be participating in Pink Shirt Day.

Pink Shirt Day started in Nova Scotia in 2007 by teens committed to end the problem of bullying in schools. We encourage everyone wishing to participate in Pink Shirt Day to spread kindness throughout the community and join in the movement to promote kindness in schools and the community as a whole.

Our goal is to get as many individuals, businesses, and organizations to wear pink on February 27<sup>th</sup> this year as a symbol that bullying is not acceptable in the community and that the community of Fort Saskatchewan supports bullying prevention.

You can get involved in the movement in the following ways:

- Purchase "Pink Shirts" for students, staff, and parents or guardians
- Plan "Pink Shirt" events in your schools, offices and agencies
- Encourage everyone to wear pink!
- Stay tuned for more info to participate in the 3rd annual "Paint The Town Pink" contest

The Fort Saskatchewan Boys and Girls Club will be coordinating, ordering and distributing the shirts. Winner's Way Source for Sports have come up with a design and will be printing the shirts in Fort Saskatchewan. Please see the attached form to order your shirts. The order deadline this year will be quick, Monday, February 10, 2020.



Boys & Girls Club  
of Fort Saskatchewan



10090 93 Ave.  
Fort Saskatchewan, Alberta  
T8L 1N4  
780-992-0103

## Pink Shirt Pre-Order Form

Contact: \_\_\_\_\_ Ph: \_\_\_\_\_

Mailing address: \_\_\_\_\_ Postal Code \_\_\_\_\_

Email: \_\_\_\_\_ Order date: \_\_\_\_\_

Price: All shirts are \$10.00

PLEASE ORDER YOUR SHIRTS AS QUICKLY AS POSSIBLE AS THERE ARE LIMITED NUMBERS FOR SIZES. WE ARE UNABLE TO GUARANTEE SIZES; IF THE SIZE YOU REQUEST IS UNAVAILABLE IT WILL BE REPLACED WITH THE NEXT CLOSEST SIZE. THE DEADLINE FOR ORDERS IS MONDAY, FEBRUARY 10, 2020. WE ARE UNABLE TO PROVIDE REFUNDS FOR UNAVAILABLE SIZES

### Youth Sizes

Size:	XS	SM	MD	LG	XL
Quantity:					

### Adult Sizes

Size:	SM	MD	LG	XL	2XL	3XL
Quantity:						

Total Shirts: \_\_\_\_\_ Total due: \_\_\_\_\_

Payment (please circle):

☐

Cash

☐

Mastercard

Exp \_\_\_\_\_

☐

Visa

Exp \_\_\_\_\_

☐

Cheque

Cheques Payable to: Fort Saskatchewan Boys and Girls Club.

Thank you for supporting Pink Shirt Day.



Boys & Girls Club  
of Fort Saskatchewan



10090 93 Ave.  
Fort Saskatchewan, Alberta  
T8L 1N4  
780-992-0103

## KINDERGARTEN REGISTRATION IS NOW OPEN

Is your child turning five on or before Dec. 31, 2020? If so, it's now time to register for kindergarten. To register, simply complete the online registration form at [eips.ca/kindergarten](https://eips.ca/kindergarten).

To help families prepare, Elk Island Public Schools has put together an online toolkit—available at [eips.ca/kindergarten](https://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](https://www.westboroelementary.ca).

## COMPLETE THE RETURNING STUDENT REGISTRATION: FEBRUARY 1-29

Elk Island Public Schools' (EIPS) returning student registration process is now open. All returning students must complete the online Returning Student Registration Form to confirm their child's enrolment in a school for the upcoming 2020-21 school year. Additionally, students who want to attend a non-designated school need to make that request through the returning student registration process—acceptance is based on available space. **All returning EIPS students are required to complete the form by Feb. 29, 2020.**

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 need to set one up before Feb. 1, 2020.

[Create a PowerSchool Parent Portal account](#)

For more information contact the school directly.

### RELATED INFORMATION:

[Returning Student Registration Process](#)

[Frequently Asked Questions](#)

[EIPS School Boundary Maps](#)

[Closed boundaries 2020-21](#)

[Find my designated school](#)

[Applying to a non-designated school](#)

## WESTBORO HOT LUNCH NEWS

I don't know about you all but I can't believe we are already done January and into February! To start, we'd like to thank all the parents and staff who got their hot lunch orders in and paid for on time this last round. It made things run so smoothly on our end and we appreciate it! Cob's and Booster Juice were a hit once again and we're looking forward to Papa John's for February. As always we couldn't do it without our parent volunteers and want to say thank you for taking time out of your day to come hand out lunches on hot lunch day. Please watch your emails for our March and April hot lunch news and ordering information. Any questions or concerns please let us know at [westborohotlunches@gmail.com](mailto:westborohotlunches@gmail.com).

Thank you,

Heidi and Janel

## 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.

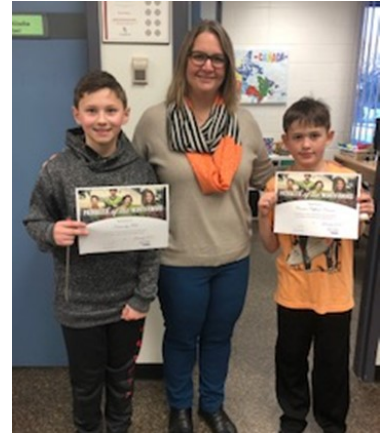
## AMA SCHOOL SAFETY PATROLLER

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 Patrollers of the Month:

Peyton Gr. 6 and Connor Gr. 4

Well done! Keep up the great work!



## LOGOS SOCIETY NEWS

**Logos Parents** – Have you checked out the Elk Island Logos Society Facebook Page? If not, please be sure to take a look, “like”, and “follow” it for updates and important events! Here’s the link: <https://www.facebook.com/elkislandlogos/>

### **February Logos Dates:**

February 4 – Grade 6 Students visit Sherwood Heights for Chapel

February 24 – Prayer Meeting - 9 am– watch Facebook Page for updates! <https://www.facebook.com/elkislandlogos/>

February 26 – Chapel 1 pm (3L/4L Leading). All are welcome!!

### **Next Logos Society Meeting:**

Tuesday, March 10 – 7 pm @ Sherwood Heights

*“And now these three remain: faith, hope and love. But the greatest of these is love.”*

**- 1 Corinthians 13:13**

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

**“Family stress from substance use impacts the stability of the home, the family’s unity, mental health, physical health, finances and overall family dynamics” – National Council of Alcoholism and Drug Dependence**

### 4 Cs Of Family Recovery

I (we) didn’t cause it..

Because we may struggle with shame/blame or feel responsible, we believe we should be able to fix “it”. Through knowledge and understanding of substance abuse or addiction, we can come to a place of acceptance. We didn’t cause it by any one person’s presence, behaviours or words.

I (we) can’t control it

This is a hard concept for a parent or family member to accept but the reality is – you have no control over the use or actions of your child. We hope that our values and belief system has a positive impact on our child and yet, we can’t stop their use. Acceptance does not mean agreeing with the choices, it means surrendering control in an uncontrollable situation.

I (we) can’t cure it.

National Institute on Drug Abuse defines addiction as a chronic relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences. ... It is considered an illness and it requires its own recovery journey.

I (we) can change... PEP’s mantra is “Change begins with me”..

When we change, our circle of influence can change also.. Our focus should be on self in order to bring health and wellness. Families can change their perspective and offer support in a way that equally values their own self care needs and boundaries.

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



## INDIGENOUS STUDIES

Valentine's Day is just around the corner, a day devoted to showing those closest to us how much they are loved. There are many ways to acknowledge this holiday: handing out valentines, giving out chocolates and flowers, sharing candy hearts, decorating and dressing for the holiday, or sharing a heart-shaped pizza among other things.

Another way to recognize this holiday, and perhaps one you've not heard of, is through "Have a Heart Day."

"Have a Heart Day is a child and youth-led reconciliation event that brings together caring Canadians to help ensure First Nations children have the services they need to grow up safely at home, get a good education, be healthy, and be proud of who they are," (<https://fncaringsociety.com/have-a-heart>).

There are many different ways to take part in this event. If interested, visit the website listed above. There you can also view the "Have a Heart Gallery" to see photos showing how people across Canada have participated in this event in previous years.

Looking for a Métis connection this Valentine's Day?



Connie Kulhavy, a wonderful Métis knowledge keeper, does beautiful flower beadwork in the shape of hearts. You can read a little more about Connie here: <https://indigenousawarenesscanada.com/about-indigenous-awareness-canada/connie-kulhavy/>

Perhaps you tried some flower beadwork of your own in November to recognize Métis week and are now feeling inspired. Connie's hearts can be ordered if you are looking for a special keepsake ([conniekulhavy@rocketmail.com](mailto:conniekulhavy@rocketmail.com)). A few examples of her beautiful work is shown in the image to the left and can also be found on her Facebook page: Feel Good Medicines.

Connie came to Westboro in June 2019 to teach Métis jigging and dances to our students. She will be joining us once again on February 3, 4, and 5 to work with students in all classes. Métis teachings will be shared with students as they complete birch bark paintings, finger weaving, beading, stories, or dances.

## PARENT COUNCIL NEWS

February brings our Annual Penny Carnival which is a long-time Westboro tradition (I heard it was around when parents attended the school in the 1980s). If you can help out by sending a cake or cupcakes (watch for note) for the cake walk, then that would be awesome. The Penny Carnival is put on by the grade sixes as a fundraiser for their year-end trip to YoWoChAs.

January also brought us Alberta Opera (which, was fabulous) which is hosted by Westboro Parents Group. We also had a great discussion at the meeting around field trip fee's, thanks to all that made it out, lots of new faces.

Our next meeting is Wednesday, February 19 at 6:30 pm in the library. We hope you are able to join us.

## COUNSELLOR'S CORNER

February is the month for pink: Valentine's Day on February 14<sup>th</sup> and National Pink Shirt Day on Wednesday, February 26<sup>th</sup> for the purpose of raising awareness toward bullying. At WBO, we will be having a school assembly to support Pink Shirt Day on Thursday, February 27<sup>th</sup>. Students are encouraged to wear pink on both days. Schools work hard to provide a safe and caring school environment. With this in mind, how can we foster kindness to create more healthier self-esteem within our children? The act of kindness can go a very long way. Even small acts can make a difference for someone who may be having a bad day or is feeling down. Here is a list of the simple things we can do to show kindness to one another:

1. **Smile** and make someone's day a little brighter.
2. **Look for ways you can promote peace** by role modelling how to solve conflict peacefully. Find ways for everyone to feel like they are in a win-win situation and have been heard.
3. **Just listen.** Listen to someone who is in need or is having a problem.
4. **Offer a hug** or embrace.
5. **Invite someone new into your friend group.**
6. **Send out a kind email** or card. Write a thank you note or leave happy notes around the house or classroom.
7. **Give someone a genuine compliment.** Compliments can instantly change a person's mood.
8. **Help clean up, without being asked,** help someone out in a practical way.

## COUNSELLOR'S CORNER CONT'D

9. **Hold open the door for the person behind you.**
10. **Encourage a friend or family member** when they are uncertain or unmotivated.
11. **Make peace** with someone that has hurt you. Don't hold grudges.
12. **Strike up a conversation with someone new.** Invite someone who you don't normally play with onto the playground.
13. **Let someone into your lane while driving.**
14. **Give your time** to a friend or someone who needs it.
15. **Say Thank You and Please** every day without fail.
16. **Say "I love you"** a little more often to your family.
19. **Pause before you speak.** Choose words with **positive intention**.
20. **Help someone get some rest** (help with chores, unload the dishwasher, wash dishes, take out the trash, vacuum clean, etc.).
21. **Pick up items** and return them to someone who did not know they dropped something.
22. **Stop complaining.** Again, replace with positive thinking/thoughts.
23. **Share something meaningful to someone:** loan a book, share the buddy bench with someone who is alone, include someone who looks left out.
24. **Check in an elderly neighbor.** Help shovel snow or bring their garbage cans up for them.
25. **Say Hello or Good Morning** to the people you pass.
26. **Wave to kids** on the school bus or on the playground.

Kindness is something we choose. The more often we do it, the more natural it will become. As parents and educators, we are role models to our children/students.

Have a wonderful February. If you have any concerns about your child, please do not hesitate to drop by Westboro on Tuesdays or Thursdays or email me at: [Dianna.graziano@eips.ca](mailto:Dianna.graziano@eips.ca)

Sincerely,

*Dianna Graziano*

School Counsellor

## 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 30 - Apr. 3, 2020)



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 survey deadline is February 28, 2020.

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 [alberta.ca/accountability-education-system.aspx](https://alberta.ca/accountability-education-system.aspx).

## SUPERINTENDENT'S UPDATE

Superintendent Mark Liguori shares his thoughts on the Division in his latest blog column: Top of Mind – If what we're forecasting is accurate, we have to concentrate on what's important—our core work, which is teaching and learning in the classroom. [Read more](#)

## 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.

## READ ALOUD DAY CONTEST

Do you have a favourite book your parents or grandparents read to you when you were young? Is there a book you enjoy reading to your children or grandkids? Maybe a teacher once shared a great book with your class that captured your imagination and set you on a lifelong love of reading?

On February 5, Elk Island Public Schools (EIPS) wants to hear from you—about the story you'll always remember. Write a post and include a photo. Or, even better, record a short video reading a favourite quote or passage from the book. Then, tweet it and tag the EIPS Twitter account [@eips](#) or reply to the Read Aloud Day post on the Division's [Facebook page](#). And, be sure to use the hashtag: #eipsreadsaloud.

**NOTE:** The Read Aloud contest is open to community members, students, and teachers and staff throughout the Division—everyone who posts is automatically entered in a draw to win one of nine EIPS prize packages. Winners will be announced on Feb. 7, 2020.

## SUMMER SCHOOL

**Do more this summer!**

**Next Step Continuing Education Summer School and Camps: Registration opens March 9**

**Summer School:** Open to students entering grades 10-12 and mature students. 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 (in class or self-paced)
- Physical Education 10
- Extreme CALM and Physical Education 10 combined
- English – 10-, 20- and 30-levels
- Math – 10-, 20- and 30-levels
- Social – 10-, 20- and 30-levels
- Sciences – 10-, 20- and 30-levels
- Film Production
- Work Experience and RAP

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

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

*Camps include:*

- Sports – volleyball, basketball and handball
- computer gaming and design
- cooking and baking
- babysitting

Registration opens on March 9.

**Related information:**

[Summer School](#)

[Summer Camps](#)