



January 22, 2021



# WESTBORO ELEMENTARY

*Weekly Newsletter*

## IMPORTANT UPCOMING DATES

**January 28:** Bell Let's Talk Day - **Students are encouraged to wear a hat to show their support for mental health initiatives.**

**January 29:** Professional Learning Day - **No school for students.**

## PARENT REMINDERS

**Please send the following items with your student to school every day:**

- A water bottle labelled with his/her name.
- At least 2 clean masks.
- A lunch and snacks - dropping off a lunch for a student or lunch delivery order is limited. If a student requires a lunch, arrangements must be made with the school.
- With colder weather in the forecast, please send your child to school with weather appropriate clothing. This includes a warm jacket, warm footwear, mitts and a hat.

**Please note:** If you need to come to the school to drop items off for your student, please call the office when you arrive and a staff member will assist you at the doors. If you are picking your student up early, please call the office upon your arrival and we will bring your student out to you.



Bell Let's Talk Day is **Thursday, January 28** and we're joining in to help drive progress in mental health.

COVID-19 has affected every aspect of our lives, including our mental health. According to the Canadian Mental Health Association, 38% of Canadians say their mental health has declined due to COVID-19, and people already struggling with their mental health were 2 times more likely to say their mental health has declined due to the pandemic.

Since 2010, Canadians and people around the globe have joined in the world's largest conversation around mental health on Bell Let's Talk Day. Together we have taken big steps to reduce the stigma around mental health issues and inspire one another to take action and help create a Canada where everyone can access the mental health support they need. In a recent survey conducted by Nielsen Consumer Insights, 83% of Canadians now say they are comfortable speaking with others about mental health, compared to only 42% in 2012. By joining in and taking action, we are all helping to make a real difference.

This year's Bell Let's Talk Day campaign shines a light on the actions that we can all take, because now more than ever, mental health matters. Whether you're staying virtually connected with a family member, working directly with patients in recovery, investing in access to care or even just taking care of your own mental health, every Canadian can play a part in their communities, workplaces, schools and at home.

That's why we're joining in the 11th annual Bell Let's Talk Day to help create positive change.

### **When it comes to mental health, now more than ever, every action counts.**

On Bell Let's Talk Day, Bell donates 5 cents to Canadian mental health programs for every applicable text, local or long distance call, tweet or TikTok video using #BellLetsTalk, every [Facebook](#), [Instagram](#), [Pinterest](#), [Snapchat](#), [TikTok](#), [Twitter](#) and [YouTube](#) view of the Bell Let's Talk Day video, and every use of the Bell Let's Talk Facebook frame or Snapchat filter. All at no cost to participants beyond what they would normally pay their service provider for online or phone access.

You can also find resources, learn more about some of the organizations providing meaningful mental health supports and services throughout Canada and download the [Bell Let's Talk toolkit](#) to begin your own conversation about mental health at home, school or in the workplace.

Please join us this Bell Let's Talk Day by showing your support for all those who live with mental illness and those taking action to help them.

# FIRST NATION, MÉTIS AND INUIT EDUCATION:

## INFORMATION SESSIONS

EIPS' First Nation, Métis and Inuit Education Centre is hosting a series of online information sessions for school families. [Learn more](#)

**SESSION 1- Virtual gathering of First Nations, Métis and Inuit parents and families: An opportunity for First Nations, Métis and Inuit families to gather and engage in conversation with EIPS' First Nations, Métis and Inuit education team.**

Date: January 26

Time: 7 p.m. to 7:30 p.m.

Where: [Hosted on Microsoft Teams](#)

**SESSION 2- Developing Foundational Knowledge of First Nations, Métis and Inuit cultures, histories and contemporary contexts: A three-part series designed for families who want to learn more about Indigenous cultures, perspectives and histories.**

Dates: February 2, February 23 and March 16

Time: 7 p.m. to 7:30 p.m.

Where: [Hosted on Microsoft Teams](#)

## KINDERGARTEN REGISTRATION

Kindergarten registration starts soon! Is your child turning five on or before Dec. 31, 2021? If so, it's almost time to register for kindergarten. Kindergarten registration opens for the 2021-22 school year on Feb. 1, 2021. To help families prepare, Elk Island Public Schools has put together an online [EIPS Kindergarten Toolkit](#) 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 Westboro Elementary's kindergarten program is available at [westboroelementary.ca](#).

## RETURNING STUDENT REGISTRATION

Returning student registration for 2021-22 Elk Island Public Schools (EIPS) will once again conduct an online returning student registration process to confirm student registrations for the 2021-22 school year. Families of all returning students must complete the process to confirm the school their child plans to attend in the 2021-22 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. The 2021-22 returning student registration takes place between Feb. 1-28, 2021. 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, 2021.

[Create a PowerSchool Parent Portal account](#). For more information contact the school directly.

# Strathcona County Information

## NEW RESTRICTIONS

Effective **Monday, January 18**, the Government of Alberta announced [limited changes to their restrictions](#).

## EXPLORE YOUR WINTER

There's still lots of room to play safely, outside. [Learn more](#).

Looking for a safe place to skate? Visit our NEW skating capacity map to see options to help you choose a less busy location. <https://t.co/AShHfCpKMw?amp=1>

## SURVIVE AND THRIVE: MOVE AHEAD FINANCIALLY AFTER LOSING YOUR JOB

Thursday, January 28, 6:30 - 8:00 p.m.

Learn how to move ahead financially after the loss of a job. This session is facilitated by a Chartered Professional Accountant Canada volunteer and hosted on Zoom by Strathcona County Library. Register online at [sclibrary.ca/calendar](http://sclibrary.ca/calendar).

## VIRTUAL PROGRAMS

Interactive, fun and engaging VIRTUAL programs for kids and families - register today!

Multi-week sessions start next week. [Learn more](#).

## TRIPLE P DEALING WITH DISOBEDIENCE

Would you like to learn research based positive parenting strategies to support you in managing your child's behaviour? Join us online Saturday, January 23, 1-3 p.m. for Triple P Dealing with Disobedience For parents/caregivers of children 2-12 years. Register here to receive your zoom link - <https://www.strathcona.ca/.../parents.../parentsupport/>.