



March 2, 2023



# WESTBORO ELEMENTARY

## Weekly Newsletter

### IMPORTANT UPCOMING DATES

**March 3:** No School for Students - Professional Learning Day

**March 6:** Alberta Legislature Field Trip Grades 5/6L and 6R

**March 10:** Hot Lunch - Hot Dog Day

**March 10:** Basketball and Track Pep Rally 11:30 a.m.

**March 11:** EIPS Basketball Jamboree at Bev Facey

### KIDS WORLD'S LONGEST HOCKEY GAME

Shout out to Koston and Kai of 5/6L who are both set to play in the Kids World's Longest Hockey Game this weekend! From Friday, March 3 to Sunday, March 5, more than 70 kids aged 10-16 years old will be hitting the ice at Saiker's Acres just outside of Sherwood Park in support of the Ben Stelter Fund and the Stollery Children's Hospital. With a hefty goal of \$250,000, the proceeds will help kids fight brain cancer through research. The event is backed by some big names with Connor McDavid pledging to donate \$1 per goal scored during the event! The boys will be playing approximately 20 hours of hockey over 3 days with five 4-hour shifts taking place morning, day, and night. Way to go boys!

You can follow Kids World's Longest Hockey Game on Facebook to learn more about the event. To donate, go to <https://stolleryci.crowdchange.ca/27769>.

### EIPS ROUND DANCE

Elk Island Public School Division takes pride in hearing and honouring the voice of our children within our division. In doing so, we are proud to host our 1st round dance. Being a first, we have chosen to make this round dance where people (Indigenous and non-Indigenous) can come to learn and understand the meaning behind the round dance.

The round dance will take place on the evening of March 10, from 7 to 9 p.m. at F.R. Haythorne Jr High School. The evening will be interactive with dancing, storytelling, laughter and learning together. There will be a pipe ceremony the morning of as well.

There will be soup, bannock and beverages as well and a small giveaway. Everyone is welcome to attend. If you have any questions please feel free to reach out to the First Nation, Métis and Inuit Education Team.



## WISEST WESTBORO WARRIORS

We recently had an amazing team of our Grade 6 students attend the WISEST Choices conference at the University of Alberta. Each year this conference introduces and encourages young women in scholarship, engineering, science and technology. What a great opportunity for our students, and what great ambassadors of Westboro this team was!

# MARCH HOT LUNCH - DEADLINE TO ORDER IS MARCH 3!

We are excited to offer Hot Dog Day on Friday, March 10!! And Panago Pizza on Friday, March 17!!  
Ordering for this menu runs from Monday, February 20 till **Friday, March 3!! No late orders will be accepted.**

When entering your hot lunch orders, enter ALL your children's orders for ALL of the lunch order dates. Once you have entered ALL the hot lunch orders for ALL of your children then make ONE payment.

We will only be accepting e-transfer to the following email address: [westboropg2022@gmail.com](mailto:westboropg2022@gmail.com)

When submitting your payment, you will need to generate a question with an answer in order for us to accept your payment.

**PLEASE USE THE FOLLOWING QUESTION AND ANSWER FOR ALL E-TRANSFERS...**

**WHO IS OUR SCHOOL MASCOT?**

**ANSWER - Webster**

Please document the student(s) name in your etransfer (example – memo line, notes, etc...). Please ensure you submit your payment by the closing date for that month's ordering so that lunch orders can be processed on time.

If not received, the orders will be deleted.

**All unpaid orders will be cancelled!!!**

Don't forget to select..."able to assist as a volunteer on this hot lunch day" if you are interested in volunteering.

Volunteers will receive a \$1.00 credit towards future Hot Lunch purchases. Thank you for your support!!!

Please go to <http://westboro.hotlunches.net> to place your orders. If you have any questions email us at [westborohotlunch@gmail.com](mailto:westborohotlunch@gmail.com). Or contact Allison Usher at (780)907-1130.

## HAVE YOUR SAY! EIPS' 2023 ANNUAL FEEDBACK SURVEY OPENS MARCH 1-23

Elk Island Public Schools (EIPS) wants to hear from you. Make sure to complete the 2023 EIPS Annual Feedback Survey: For parents and caregivers—open from March 1-23.

Every year, EIPS conducts the feedback survey to gauge its progress toward meeting the goals and priorities outlined in its [Four-Year Education Plan](#). Families are asked a series of questions about their experiences with EIPS and the school their child attends, the overall performance of the Division, the quality of education being provided to students and areas for improvement. The survey input helps the Division develop new strategies to better serve students and the wider community.

**[VISIT EIPS.CA TO TAKE THE SURVEY: March 1-23](#)**

**NOTE:** The survey is anonymous and only takes a few minutes to complete. If you want to share the experience of more than one child attending an EIPS school, simply complete the survey again.

# WATCH FOR THIN ICE

Remember, be aware of thin ice this time of year. Depending on changing temperatures, ice can form and melt to varying degrees on outdoor bodies of water. Try to remind your child about the dangers of thin ice, obey all posted signs, take proper care and remain a safe distance from the ice.

For more information about ice safety, visit the [Canadian Red Cross](#).

## Did you know?

The colour of ice may be an indication of its strength. Clear blue ice is the strongest. White opaque is half as strong as blue ice. And, grey ice is unsafe—greyness indicates the presence of water.

# ALBERTA HEALTH SERVICES ADDICTION AND MENTAL HEALTH NEWSLETTER

The March edition of the Alberta Health Services Addiction and Mental Health Newsletter focuses on sleep. [Newsletter](#)

Themes include:

- [What is sleep hygiene?](#)
- [Promote a good bedtime routine](#)
- [Tips for a good night's sleep](#)
- [Ways to support your child's sleep](#)

# KINDERGARTEN OPPORTUNITIES

As we move into the final term of the school year, we are inviting Kindergarten parents into the classroom!

Your support would be appreciated, as we work towards having your children best prepared to enter Grade 1. Ideally, we need volunteers to help with literacy and numeracy supports daily from 10:30 a.m. to 11:30 a.m. Please let us know if you can make this work on any of our scheduled Kindergarten days (in orange) Or, if you can be available at other times in our day, that would also be most helpful! We would be happy to welcome any adults available including Grandparents, Aunties, Uncles, etc.

We will be putting together a volunteers' schedule in hopes of accommodating all of our Kindergarten parents! Please email:

[cindy.wheeler@eips.ca](mailto:cindy.wheeler@eips.ca) or [tracey.prouse@eips.ca](mailto:tracey.prouse@eips.ca) with your availability at your earliest convenience.

We are grateful for any support!



## EIPS KINDERGARTEN CALENDAR 2022-23

Regular School Day  
No School – Statutory Holiday

Early Dismissal for Students  
No School for All Students and Staff

First Day of Class  
No School for Students – Professional Learning/Operational Day

**SCHEDULE A:**  
Mondays, Wednesdays  
and select Fridays

**SCHEDULE B:**  
Tuesdays, Thursdays  
and select Fridays

### Important Dates

Aug 26	Professional Learning Day
Aug 29	Operational Day
Aug 30	Classes Begin
Sept 5	Labour Day – Statutory Holiday
Sept 30	National Day for Truth and Reconciliation – Division Closure
Oct 7	Professional Learning Day
Oct 10	Thanksgiving Day – Statutory Holiday
Nov 7-11	November Break
Nov 11	Remembrance Day – Statutory Holiday
Dec 21 - Jan 3	Christmas Break
Dec 25	Christmas Day – Statutory Holiday
Jan 1	New Year's Day – Statutory Holiday
Jan 4	Classes Resume for Students
Jan 30	Professional Learning Day
Feb 9 & 10	North Central Teachers' Convention
Feb 20	Family Day – Statutory Holiday
Mar 3	Professional Learning Day
Mar 24 - 31	Spring Break
Apr 3	Classes Resume
Apr 7	Good Friday – Statutory Holiday
Apr 10	Easter Monday – Division Closure
May 5	Professional Learning Day
May 19	School Closure Day
May 22	Victoria Day – Statutory Holiday
June 21	National Indigenous Peoples Day
June 23	Last Instructional Day Schedule B
June 26	Last Instructional Day Schedule A
June 27 - 28	Operational Days

### AUGUST 2022

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### SEPTEMBER 2022

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### OCTOBER 2022

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30	31					

### NOVEMBER 2022

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### DECEMBER 2022

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### JANUARY 2023

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29	30	31				

### FEBRUARY 2023

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### MARCH 2023

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### APRIL 2023

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### MAY 2023

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### JUNE 2023

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18	19	20	21	22	23	24
25	26	27	28	29	30	

### JULY 2023

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23	24	25	26	27	28	29
30	31					





Community Adult  
Learning & Literacy Society  
Fort Saskatchewan & Strathcona County

*Grow your English this spring.*

**CALL or TEXT (780) 667-8441.**

### Drop-In English

- ✳️ Wed Jan 4 19:00-20:45 (SCL)
- ✳️ Thurs Jan 5 18:00-20:00 (FSPL)

### Drop-In English Conversation Circles

- ✳️ Mon 18:00-19:30 (SCL)
- ✳️ Mon 18:30-19:30 (FSPL)
- ✳️ Thurs 9:30-10:30 (SCL) +  
(10:30-11:30 FCS Newcomer Connector)
- ✳️ Thurs 13:00-14:45 (online)

**English Level One (beginner) – Feb 28**  
**Tues and Thurs morning (Sherwood Park)**

**English Level Two (intermediate) – Mar 8**  
**Mon and Wed morning (online)**

**English Level Three (advanced) – Mar 17**  
**Tues and Fri evening (online)**

**FREE tutoring available**  
**Funded by the Government of Alberta**



Community Adult  
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## Practice English With Friends

### FREE Drop In English Conversation

- No need to register – try it out
- No citizenship requirement

#### Sherwood Park

- Monday 6:00-7:30 pm
- Thursday 9:30-10:30 am (followed directly by the Strathcona County Newcomer Connector) starts Jan 19

#### Fort Saskatchewan

Monday 6:30-7:30 pm

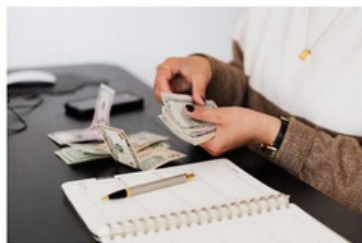
Online – text 780-667-8441 for link

Thursday 1:00-2:45 pm

**CALLS also offers levelled English classes and one-on-one tutoring, online and in person.**  
**CALL or TEXT 780-667-8441 for info**

Funded by the Government of Alberta

**Empower U is a financial learning and matched savings program for women living on low income.**



**Has your money situation gotten complicated?**

**Grocery bills getting scary?**

- **10 sessions START March 30th**
- **Thursday evenings ONLINE 6:30-8:30 pm**
- Topics include: budgeting, credit, relationship with money, wise spending, banking, etc.

Create an emergency fund for you and your family.  
**Every dollar you save is matched with two dollars to a maximum of \$250. You can receive up to \$750.**

You also get **FREE** access to a volunteer **financial coach** who can help you resolve specific financial problems.

**Register: Phone or text Lisa at 780-257-6281**

Funded by the Government of Alberta



United Way  
Alberta Capital Region



Community Adult  
Learning & Literacy Society  
Fort Saskatchewan & Strathcona County

## DAD FOUNDATION PRESENTS:

### SAFER SPACES

- **COMMUNICATION**
- **RELATIONSHIPS**
- **CONFLICT RESOLUTION**

**FOR DAD'S AND THEIR KIDS**

**MARCH 22, 2023 AND APRIL 3, 2023**  
**5PM-7PM**

**STRATHCONA LIBRARY- BIRCH ROOM**



**EMAIL US FOR REGISTRATION**

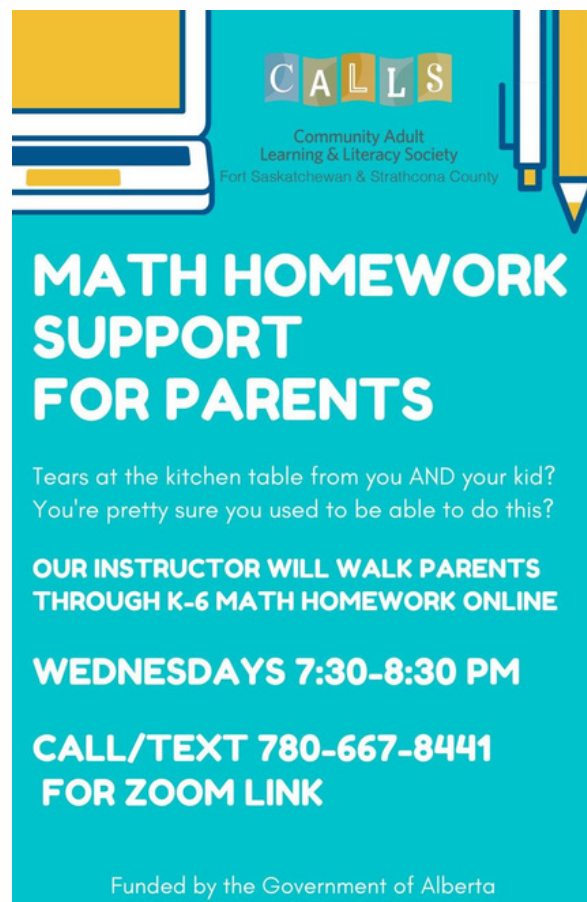
**[dadfoundation2022@gmail.com](mailto:dadfoundation2022@gmail.com)**

A colorful poster for the ARAS Safety & Wellness Market. The background is a bright blue sky with white clouds. In the foreground, there's a green grassy field with a black and white cow, a white chicken, and a brown horse. A white butterfly is flying in the sky. The text is on a white torn-paper-like banner.

**ARAS**  
**SAFETY & WELLNESS MARKET**

**MAY 6TH, 10 AM - 2 PM**  
**ARDROSSAN REC COMPLEX**  
**EAST ARENA**

Local businesses, services and programs and the Ardrossan Farmers' Market – all in one place. Child-friendly, informative & interactive fun for all ages!

A poster for Math Homework Support for Parents. The background is a solid teal color. At the top right, there's a logo for CALLS (Community Adult Learning & Literacy Society) with a graphic of a pencil and a book. The text is in white and yellow.

**CALLS**  
Community Adult Learning & Literacy Society  
Fort Saskatchewan & Strathcona County

**MATH HOMEWORK SUPPORT FOR PARENTS**

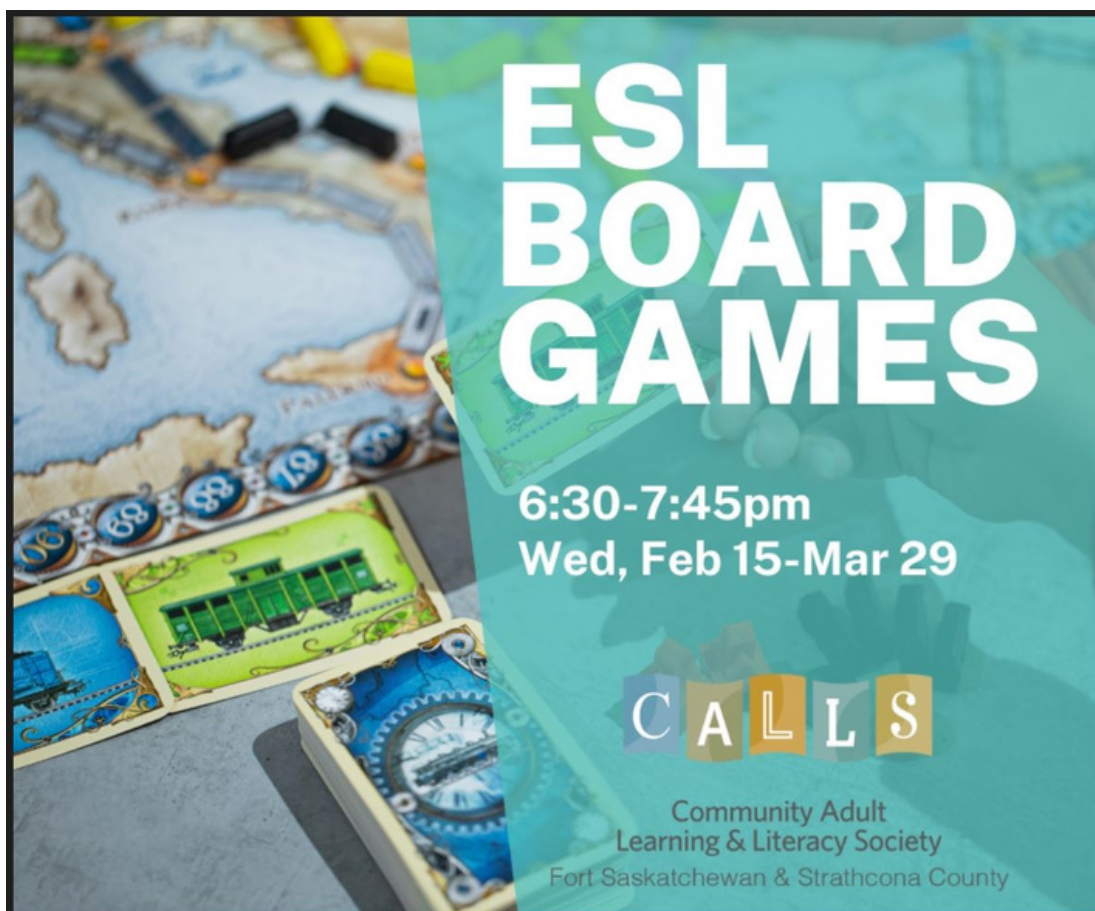
Tears at the kitchen table from you AND your kid?  
You're pretty sure you used to be able to do this?

**OUR INSTRUCTOR WILL WALK PARENTS THROUGH K-6 MATH HOMEWORK ONLINE**

**WEDNESDAYS 7:30-8:30 PM**

**CALL/TEXT 780-667-8441 FOR ZOOM LINK**

Funded by the Government of Alberta

A poster for ESL Board Games. The background is a teal color with a faint image of board game pieces and a map. The text is in white and yellow.

**ESL BOARD GAMES**

**6:30-7:45pm**  
**Wed, Feb 15-Mar 29**

**CALLS**  
Community Adult Learning & Literacy Society  
Fort Saskatchewan & Strathcona County





Free

## Newcomer Mornings

Come to one or come to both!

**Conversation Circle • 9:30 a.m. to 10:30 a.m.**

Hosted by CALLS. Practice your English for free.

**Newcomer Connector • 10:30 a.m. to 11:30 a.m.**

Hosted by Family Resource Network. Connect with other newcomers and learn about resources in your community.

**FOR:** All ages are welcome

**COST:** Free. No registration needed

**WHEN:** Every Thursday morning

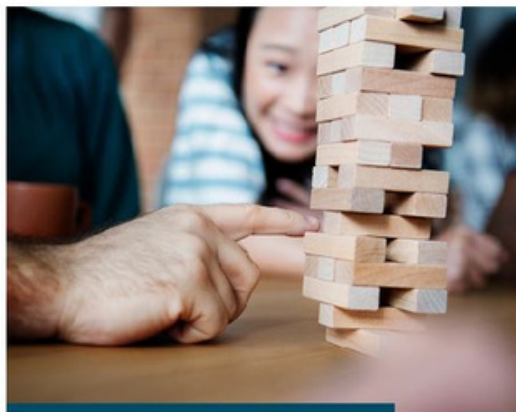
**WHERE:** Strathcona County Library, Maple Room



CALLS

Community Adult Learning & Literacy Society  
Fort Saskatchewan & Strathcona County

Call 780-464-4044 or visit [strathcona.ca/newcomer](http://strathcona.ca/newcomer) for more information.



Free

## Family Fun Night

Spend some quality time with your family and connect with others in the community at our FREE Family Fun Nights. Enjoy a light meal and participate in a variety of activities that can be adapted for all age groups.

**FOR:** All parents, caregivers & families

**COST:** Free

**WHEN:** Friday, January 27, February 24, and March 24  
5:30 p.m. to 7 p.m.

**WHERE:** Child and Youth Community Center  
3 Spruce Ave. Sherwood Park

Registration required, visit the calendar on [strathcona.ca/familyresourcenetwork](http://strathcona.ca/familyresourcenetwork) for more details.



## Strathcona County Family Resource Network

Parenting is a journey, and there's no clear road map. Everyone needs some help along the way!

The Strathcona County Family Resource Network can support families with:

- Programs to promote healthy child development, from pregnancy to youth
- Reliable parenting information and strategies
- Connection to community and local resources

Programs and supports are free and flexible, ranging from group workshops to customized individual services. In-person, virtual or telephone support options are available.

Let's talk! Call 780-464-4044

[strathcona.ca/families](http://strathcona.ca/families)  
[familyresourcenetwork@strathcona.ca](mailto:familyresourcenetwork@strathcona.ca)

Follow us on Facebook:  
[facebook.com/strathcona.familyresourcenetwork](https://facebook.com/strathcona.familyresourcenetwork)



Alberta  
Provincial Family  
Resource Networks

## Programs for Parents and Caregivers



### Emotion Coaching

Our emotions are with us wherever we go and impact all that we do in life. Learning how to recognize, understand and manage our feelings is an important life skill. Join us in person to learn some helpful tips for coaching children and youth of all ages build their emotional competence.



### Straight Talk About Teens

Crossing the bridge from childhood to adulthood can be exciting and challenging for both teens and their caregivers. Join us for this online session based on Healthy Minds Healthy Kids Psychology Canada's publication "Straight Talk About Teens".



### Inclusive Parenting

Where do you begin when talking with your teens about the impacts of drugs and alcohol? Join us for Inclusive Parenting, a session in partnership with Parents Empowering Parents Society. This session will cover adolescent brain development, signs, symptoms, and impacts of substance use, how to talk about substance use with your teen, and resources available to you and your family.



## Seniors' Coffee & Chat

Seniors join other seniors for conversations with coffee or tea.

**COST** Free, drop-in (no registration needed)

**WHEN** Wednesdays 10 a.m. to 11 a.m.  
• March 8, 22  
• April 12, 26

**WHERE** Family and Community Services (accessible location)  
2nd floor Community Centre, 401 Festival Lane

For more information call 780-464-4044

Visit [strathcona.ca/families](http://strathcona.ca/families) to register.



[strathcona.ca/adultlearning](http://strathcona.ca/adultlearning)





# Strathcona County Information

## SPRING BREAK CAMPS

Spring Break programs and camps are here! Registration for Spring Break programs and camps started on Tue, Feb 28. The Spring Recreation and Culture guide is now viewable online and available for pick-up.

<https://www.strathcona.ca/.../activi.../recreation-programs/>

## SPRING PROGRAMS

Registration begins:

- Tuesday, March 14 at 7 a.m. for all programs except swimming
- Tuesday, March 21 at 7 a.m. for swimming programs.

The printed guide is now available. View the [spring\\_guide](#) today!

## REGULATION STATION

Emotions can be hard to understand. All feelings are okay but not all behaviors are okay. Learn appropriate ways to name and process emotions through art, music, drama, and storytelling. Children learn and practice different ways to help them self-regulate. Join with a friend and learn something new during Spring Break!

For grades 1 – 3

March 27 to 30

From 1 – 3 p.m. at Ardrossan Recreation Centre

For more information and to register go to

<https://www.strathcona.ca/.../family-resource-network/>

## SPRING BREAK AT THE LIBRARY

Registration for Spring Break programs starts this Saturday (March 4)! Check out what's coming up that week at the library: <http://bit.ly/3k93bsc>

### **Mario Party**

Grades 1-6

### **Make your own puzzle cub**

Grade 4-7

**.....and more!**