



October 22, 2023



# WESTBORO ELEMENTARY

Weekly Newsletter



## IMPORTANT UPCOMING DATES

**October 23:** Online Bookings for Student/Parent/Teacher Conferences close at 3:30 p.m.

**October 23:** Bookfair opens

**October 25:** Student/Parent/Teacher Conferences 4 - 7 p.m.

**October 26:** Student/Parent/Teacher Conferences 4 - 7 p.m. (Kindergarten 3:30 - 7:00 p.m.)

**October 26:** School Photo Retakes - Entire School

## STUDENT PARENT TEACHER CONFERENCES



**October 25 and 26, 2023 (4 - 7 p.m.)**

**Please note: Kindergarten conferences take place only on Thursday, October 26, 3:30 - 7 p.m.**

**(Bookings open Tuesday, October 17 at 8:30 a.m. and close Monday, October 23, 2023 at 3:30 p.m.)**

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

Go to <https://www.schoolinterviews.ca/code> and follow these simple instruction.

1. Enter code: **6w6tx**
2. Enter your details.
3. Select the teachers you wish to see.
4. 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.**

## LIBRARY NEWS



Next week the book fair will be here. Students will be able to shop the book fair morning and afternoon recess **starting Monday, October 23. The book fair will also be open from 4 p.m. to 7 p.m. on October 25th and 26th.**

This year's theme is Yabba Dabba Doo! I like reading too! Drop by the library and take a picture in our photo booth with Fred Flintstone and Dino.

All proceeds from the book fair will be used in the library to purchase new books and help towards purchasing new shelving for our fiction collection.

Come join us for a Yabba Dabba Doo time at the book fair.

## HALLOWEEN AT WESTBORO

Halloween can be a very exciting and important event for many families in our school community. Halloween festivities will happen as follows:

- Costumes will only be worn in the afternoon.
- Costumes will need to be able to be put on over regular clothes as we have capacity limits in the washrooms. No inflatable costumes, weapons, masks, fake blood will be permitted.
- This year we will have a school wide costume parade.

# WESTBORO TRACK TEAM TRYOUTS

Dear Westoro Parents/ Guardians,

The Westboro School track team tryouts for Grade 4, 5 & 6 students will begin after Fall Break. Please note that speed, work ethic, attitude, participation effort & consistent attendance are all factors that we will consider when we create the teams for the relay races. There will also be alternate spots for races if needed. The students who make the team will participate in the Running Room Indoor Games, preliminary races in February & (if we qualify) the Running Room Indoor Games Finals in March. There is also the Elk Island Invitational Relay Races at the beginning of May.

**The Grade 5 & 6 Tryouts are from 7:35-8:20 a.m.: Tuesday, Nov 14th & Thursday, Nov 16th**

**Grade 4s Tryouts are from 7:35-8:20 a.m.: Wednesday Nov 15 & Friday Nov. 17th**

**During the Track Try-outs & during regular track practices, the doors open shortly before 7:30 am.** Track students are to enter the school at the front door, quickly put their backpacks away, get their running shoes on and bring a labeled waterbottle. The track team members are to wait quietly outside the gym doors for the track coaches. The track team will be running in the gym and the hallways. They will need to wear appropriate sports clothing (T-shirts, shorts, sweatpants, running shoes, deodorant...). There will be just under ten minutes for the students to change, have a quick snack or time of relaxation before classes begin.

**Once the Try Outs are completed, the track practices run every Tuesday & Thursday mornings from 7:35-8:20 a.m.**

If your child is interested, the permission form must be signed via [Permission Click](#) prior to the first tryout date.

Possible fees for the track team:

- Running Room Indoor Games Relay & bus up to a maximum of \$16
- Individual Running Room Indoor Games race up to a maximum of \$10.50
- Track team T-shirts cost is \$30 with the option to borrow one on the day of the race if need be.

The Running Room Indoor Games

Sincerely,

Marina Gilmore, Tanya Gottstein & Lindsey Stephen

# REMEMBRANCE DAY

Westboro School's Remembrance Day Ceremony will be held on Friday, November 3rd at 10:30 a.m. in our school gymnasium. We want you to attend and be a part of this important school event.

Students who are in Cadets, Sparks, Beavers, Brownies, Cubs, Guides, or Scouts are encouraged to wear their uniforms to school on November 3rd. They will play a special role in our ceremony entering in with our Canadian flag.

As in previous years, we will be continuing to honour our military families with our Wall of Honour and our Westboro Family Tribute.

- **Wall of Honour:** If there is a relative in your family that has served or is currently serving in the military, please email Mrs. Richard ([courtney.richard@eips.ca](mailto:courtney.richard@eips.ca)) for a Name Plaque form. It will be sent home with your child and we ask for it to be returned by Friday, October 27th. These names will be featured on our Wall of Honour. If you have submitted a Name Plaque in previous years, the school has kept it and it will be displayed again. If there are any changes (ranking, deployments, etc.) please advise that a replacement form is needed and we would be happy to provide one for you.
- **Westboro Family Tribute:** If you have a picture of a family member who has served or is currently serving in the Canadian Armed Forces, please send a digital copy to Mrs. Richard ([courtney.richard@eips.ca](mailto:courtney.richard@eips.ca)). It does not have to be a picture of your family member in uniform and can be a picture of your family member with your child(ren) who attend Westboro. Along with the picture, please also include in your email: name of the person/people in the picture, rank (for family member served/serving), and relation to your child(ren) who attend Westboro (i.e. grandfather, aunt, brother, great-grandmother, etc.). Please ensure these are sent by Friday, October 27th to allow time to add these to our existing tribute. Like the Wall of Honour, if you need to make any changes to your submission from previous year, please notify Mrs. Richard who would be happy to make modifications as needed.

We Remember.

## SCHOOL FEES

School fee information for the 2023-24 school year is now posted on the PowerSchool Parent Portal. All fees are due within 30 days of being posted. To access your fee information, simply log in to the [PowerSchool Parent Portal](#) and go to "Student Fees." There you can view your fees and pay them online.

Don't forget to also log in to the PowerSchool Parent Portal regularly throughout the year. Fees are often added to your child's account to cover the cost of various school activities such as field trips, class projects, extracurricular activities fees and more.

If circumstances exist where you're unable to pay your fees, you can apply to have certain [fees waived](#) by submitting an [Application for a Waiver of Fees](#). **The application deadline is Dec. 15, 2023.**

For more information about school fees, waivers and payment deadlines, visit [www.eips.ca/schools/fees](http://www.eips.ca/schools/fees) and <https://www.westboroelementary.ca/about/fees>. Alternatively, contact Billie Jean Mepham, Business Manager at Westboro Elementary at 780-467-7751.

## CAREGIVER SERIES: OCTOBER SESSIONS

Alberta Health Services offers free online programming for parents and caregivers of children and youth. Sessions are offered through Zoom. Upcoming topics include understanding anxiety and self-injury and supporting children and youth with ADHD. The list of [October 2023 sessions](#) is now available.

## FROM ALEXA TO ALGORITHMS: PARENTING IN THE ERA OF AI

Join the University of Alberta and Amii for an engaging 45-minute online webinar designed to boost AI literacy for parents of kids of all ages, from kindergarten to graduate students. The session will focus on global citizenship, online safety, and education and career guidance.

Don't miss this fun and informative opportunity to empower your parenting in the age of AI, ensuring your kids thrive in tomorrow's tech-driven world.

Event Details:

Date: Nov. 2, 2023 Time: 10:30 a.m. to 11:15 a.m.

Location: Virtual [REGISTER NOW](#)

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# COMMUNITY EDUCATION SERVICE

October 2023

[OPEN](#) in browser for optimal viewing. Please use Chrome, Firefox, or Safari (desktop) browsers - Edge, Explorer, and/or mobile Safari may not load content fully.

## 2 NEW Studies of Interest

**UNIVERSITY OF CALGARY**

YOUTH AGES 10-19 CAN HELP US LEARN MORE:

- Online survey
- Phone game
- Saliva sample

**CAN GENES INFLUENCE HOW ANXIOUS YOUNG PEOPLE FEEL?**

Receive a \$15 gift card for less than an hour of participation

To sign up: [redcap.link/gaya](https://redcap.link/gaya) or email the study [gaya@ucalgary.ca](mailto:gaya@ucalgary.ca)

This study has been approved by the Calgary Health Research Ethics Board #2022-0047

### Genetic Markers for Anxiety

Anyone ages 10-19 who can communicate in English and access a smartphone or tablet can participate. Participants complete a one-time online survey and app game. We mail a saliva kit with a pre-paid return envelope and send a \$15 e-gift card once the saliva sample is received back.

Contact: [gaya@ucalgary.ca](mailto:gaya@ucalgary.ca)

**UNIVERSITY OF ALBERTA** **UNIVERSITY OF CALGARY**

**STARTING MEDICATION FOR MENTAL HEALTH?**

YOUTH AGED 6-24 MAY BE ELIGIBLE FOR A PHARMACOGENETIC STUDY:

- Help doctors select & dose mental health medications for you
- Understand how your genes impact your experience with medications
- Identify new interactions between genes & medications

[psychpgxlab.com](https://psychpgxlab.com)

Studies have been approved by the Calgary Health Research Ethics Board: REB23-0523, REB20-0900, REB21-0532

Genetics can impact how individuals metabolize different medication. We have projects for young people ages 6-24 who are:

- Starting or changing a medication for mental health (other than ADHD medications which do not have pharmacogenetic recommendations)
- Starting methylphenidate for ADHD for the very first time
- Starting a new medication for depression after fluoxetine (Prozac) did not work well or resulted in side effects

Contact: [gape@ucalgary.ca](mailto:gape@ucalgary.ca)

# COMMUNITY EDUCATION SERVICE - OCTOBER PRESENTATIONS

Mon, Oct 23 @ 6:30 p.m.

## **Sibling Rivalry: We all want harmony and to reduce rivalry between our children**

Presenter: Megan Lachance, B. Dev. Psych, Dip. CYCC & Certified Parenting & Child Development Coach, Families Matter Society

This class discusses how to reduce anger between siblings, encouraging cooperation and problem solving, and understanding the role we play as parents, and when and how to intervene.

\*\* password to register: AHSFamilies2023 \*\*

[Register](#)

Tues, Oct 24 @ 10 a.m.

## **Adolescent Brain Development and Navigating Parent-Teen Relationships**

Presenter: Bryan Saint-Louis, BA, Youth Specialist Rocky View School Division and MHCB Stepping Stones to Mental Health

Adolescence is a magical time when children enter a period of huge growth and change. Bodies and brains change, emotions become more volatile, friends become more important, and the parent-child relationship morphs into a parent-teen relationship. In this session we will discuss the adolescent brain, how to support healthy brain development, promoting resilience, and navigating the ways that your relationship with your teen will evolve as they slowly but surely become little adults.

[Register](#)

Wed, Oct 25 @ 6:30 p.m.

## **Alberta Law Enforcement Response Teams - Internet Child Exploitation in Alberta**

Presenter: Kim Edwards, PhD., Intelligence Analyst, RCMP, Alberta Law Enforcement Response Team

This presentation will provide the following:

- ICE Mandate and the role of ICE in the province
- Where do our files come from?
- International scope of internet child exploitation
- What does this all mean for parents?
- Social media and our children
- Parental resources and strategies to keep our children safe online

[Register](#)

# Strathcona County Information

## FREE PUMPKIN CARVE-OFF

Celebrate Fall with the Family Resource Network! Join us for our FREE Pumpkin Carve-off! This event is for families with children of all ages and includes music, fun, and connection – plus a chance to show off your creative Halloween costume! **Sunday, Oct. 29, from 1-3 p.m.**, Ardrossan Recreation Complex Sign up at <https://ow.ly/RlbH50PU3IG>

## FREE SATURDAY SWIM (WITH INFLATABLE!) OCTOBER 21

**Saturday October 21, 2023 4 p.m. - 8 p.m.**

**FREE** Saturday swims are back at Emerald Hills Leisure Centre! View the Emerald Hills Leisure Centre drop in calendar: <http://bit.ly/3Hkczlz>

## PARENTING SUPPORT

Parenting is a journey and everyone needs help sometimes. The Family Resource Network offers a range of parenting supports and services including:

- Information on child and youth development
- Discussing challenges and individualized parenting plans
- Referrals to other agencies
- Connecting to community resources
- In-home parenting support

[Learn more here.](#)

## CARDIAC CRASH TRAINING

[Join us on Thursday, November 23](#) to learn CPR or update your skills in a way you've never experienced! CardiacCrash™ is a free, fun, gameified way that teaches lifesaving skills in just one hour. [Learn more here.](#)

## NAVIGATING LOCAL RESOURCES & SUPPORT FOR YOUR CHILD

**Register for this FREE online session Thursday, October 26 from 6 p.m. to 8 p.m.**

This online session is for parents and caregivers who may be concerned about their child's development and feel overwhelmed navigating how to get extra support for their child at home or in their school. In this session, representatives from CASA, Glenrose Pediatric Services, Robin Hood Association, and Family and Community Services will help parents and caregivers understand how to access local resources and services available to them. Parents and caregivers will have the opportunity to ask questions and interact with the speakers. Register here:

<https://www.strathcona.ca/.../family-resource-network/...> Please share with other parents and caregivers in the community.



