

February 2018

Elk Island Public Schools

THE WESTBORO REPORT



PRINCIPAL'S MESSAGE

February is that special month when people think a bit more about kindness, caring, friendship and sharing. The act of giving, extending patience, and showing extra kindness is often found throughout the school. As a part of our circles and celebration of Pink Shirt day on February 21st, we will be encouraging random acts of kindness throughout the month.

Thank you especially to the many wonderful parents we have in our school doing random acts of kindness each and every day. You are so appreciated!

May a random act of kindness 'visit' you this month!

Over the month of February, I am very excited to see what the Penny Carnival is all about and continue working with our school's basketball teams.

FEBRUARY

- 7 Newsletter
- 8 & 9 Teachers' Convention
- 12 Online Interview
Booking portal
opens (9 a.m.)
- 15 Penny Carnival
- 16 No School - PD
- 19 Family Day
- 21 PINK SHIRT DAY!
- 21 Council Mtg 6:30 p.m.
- 22 Logos Chapel 1 p.m.
- 23 Hot Lunch

MARCH

- 2 Online Interview
Booking portal
closes (3 p.m.)
- 2 No School - PD
- 7 Early Dismissal
- 7 & 8 S/P/T Conferences
4-7 pm
- 9 Newsletter out

HAPPY VALENTINE'S DAY



From the Staff and Students
of Westboro Elementary.

PRINCIPAL

Mike Lastiwka

ASSISTANT PRINCIPAL

Matt Matheson

1078 Strathcona Drive

Sherwood Park, Alberta

T8A 0Z9 780-467-7751

www.westboroelementary.ca

@WBOelementary

SCHOOL NEWS

PINK SHIRT DAY!

Mark your calendars!

This day will be marked on Wednesday, February 21st. In case you are interested, "official" pink shirts and bracelets will be available at London Drugs beginning this week. Shirts cost \$9.80 each (plus tax) and will be available in adult and youth sizes. The bracelets cost \$2.00 each (plus tax). They go fast! (This is entirely optional!!)

For more information about Pink Shirt Day, please visit:

<https://www.pinkshirtday.ca/>



SPEECH COMPETITION



Westboro Elementary will once again be participating in the Elk Island Public Schools Speech Competition. The "Speech Club" will be Wednesdays at lunch starting next week, and there will be a speech option for grade 5s and 6s during the next round of Scholar Hour. In-school live streamed speech competition will be mid-March. The guest judges will help determine by March 21st which students will represent Westboro at the Elk Island Public Schools Speech Competition on April 26th, 2018 at County Hall. This is a wonderful event that our students look forward to each year. A special thank you to Mr. Hay for all the "behind the scenes" work in making this event happen.

PARENT-STUDENT-TEACHER CONFERENCES - ONLINE BOOKINGS

This term, Westboro is once again holding its student-parent-teacher conferences prior to report cards going home. Conferences will take place on Wednesday and Thursday, March 7 and 8, from 4 - 7 p.m.

Given the great success of the online booking system, we will once again use this system to book interviews. Please see the following page for the event code and how to choose your interview time. **This portal will open for bookings at 9 a.m. on February 12th and remain open for bookings until March 2nd at 3 p.m.** For more information about this process, please visit our [school website](#).



THE EASY WAY TO BOOK
**SCHOOL
INTERVIEWS**

Dear Parents

Parent/Teacher/Student interviews will be held at 4:00 p.m. – 7:00 p.m.
on **Wednesday, March 7 and Thursday, March 8, 2018.**

For parents that do not have internet access, computers will be available in the School Library beginning on Monday, February 12th at 9:00 a.m. for parents to make their own bookings. Interviews are for a duration of 10 minutes, however, if you require more time, please contact your teacher directly to make alternative arrangements.

KINDERGARTEN appointments are 30 min. Student-Led Demonstrations of Learning

GRADES 1-6 appointments are 10 min. individual bookings

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

Go to www.schoolinterviews.ca and follow these simple instructions

Simply enter the code and press "Go"



Enter your details



Select the teachers you wish to see



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**

You can return to www.schoolinterviews.ca at any time, and change your interviews - until the bookings close.

You may change your bookings, any time prior to the closing date, by re-visiting the www.schoolinterviews.ca website, and using the event code. Remember to use the same name and email address, you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact the school directly at (780) 467-7751.

BOOKINGS WILL CLOSE ON FRIDAY, MARCH 2nd AT 3:30 pm.

KINDERGARTEN REGISTRATION IS NOW OPEN

Is your child turning five on or before Dec. 31, 2018? If so, it's time to register for kindergarten.

Kindergarten registration is now open for the 2018-19 school year. To register, simply complete the online registration form at www.eips.ca/registration/kinderqarten.

KINDERGARTEN REGISTRATION CHECK LIST:

- Determine your child's designated school
- Scan and upload all required documents: proof of name, residence, date of birth and citizenship.
- Additional documents to scan, if applicable include: Guardian Letter and Parental Custody Agreement if restrictions on access.
- Once the online registration is complete and submitted, a confirmation notice is sent to the given email address.

NOTE: The paper copy is no longer available. For step-by-step instructions on how-to use the online form visit the [EIPS Registration](#) web page.

Families will be advised in April about the results of the application process.

Additionally, to help families prepare for kindergarten, Elk Island Public Schools has put together an online 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. Find it by visiting www.eips.ca/programs-services/kinderqarten.

Additional information regarding Kindergarten can be found on our school website at www.westboroelementary.ca.

ABORIGINAL STUDIES: FEBRUARY

Attention parents and guardians. Are you curious about the blanket exercise that many students within EIPS are now taking part in? Please see the following page for information if you are interested in participating in an upcoming blanket exercise that is being offered in our community.

KAIROS BLANKET EXERCISE

A meaningful event to explore the historic and contemporary relationship between Indigenous and non-Indigenous peoples in Canada



Free Event

February 17, 2018

**The Log Cabin, 50
Spruce Avenue**

2:00 pm

RSVP by email or Facebook is appreciated

E-MAIL: Strathcona.Diversity@gmail.com

TWITTER: [@StrathcoDiv](https://twitter.com/StrathcoDiv)

FACEBOOK: [Strathcona Diversity](https://www.facebook.com/StrathconaDiversity)

**Strathcona County
Diversity Committee**
Unity In Diversity



LOGOS SOCIETY NEWS



A reminder that the Logos Board does not meet in February. Our next board meeting will be held on Tuesday, March 13 at 7:00 pm in the Sherwood Heights School library. Please come and meet your board and participate in our discussions as we continue to work to support the teachers and overall Logos program.

Our February chapel will be hosted by 3L and 4L on the 22nd at 1p.m. in the gym. Please think about coming to join the children in worship as it means a lot to them when parents can participate.

If you want to keep up to date on what is happening with Logos, please visit our website at <http://elkislandlogos.ca> and join the Elk Island Logos Society Facebook page.

Keep warm and enjoy all winter has to offer!

Rachel Milne

Westboro Logos Representative

Mark 12:31

The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these.

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: kspa@shaw.ca. We are happy to answer all your inquiries.

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 for the cake walk, then that would be appreciated. The Penny Carnival is put on by the grade sixes as a fundraiser for their year-end trip to Camp YoWoChAs.

A huge thank you to our hot lunch committee for coordinating the crazy bread to accompany Crazy Hair day. January also brought us Alberta Opera (which I heard was fantastic) which is hosted by Westboro Parents.

A special thank you to Heather Wieler for her many years of service on the executive of School Council & Parents Group. She spent time as our secretary and then vice chair and has recently stepped down. Congratulations to Amy Churchill who will step up as vice chair.

Our next meeting is Wednesday, February 21 at 6:30 pm in the library. We hope you are able to join us.

WESTBORO HOT LUNCH NEWS

HELP WANTED - we are short volunteers for February 23 Little Caesars hot lunch, if you are able to help, please email the Hot Lunch committee.

Online ordering for the next session (March & April) will be open from Feb. 7 - 15. Sorry no late orders will be accepted. Visit westboro.hotlunches.net to place your orders. Here is what we have coming up:

Mar. 16 Burrito Libra

Apr. 13 Fatburger

If you have any questions email us at westborohotlunches@gmail.com. Also, a big **Thank You** to our volunteers for their continued support!

COUNSELLOR'S CORNER

This past weekend, the Philadelphia Eagles defeated the New England Patriots in Super Bowl LII. Each year, a new drama unfolds witnessed by millions of viewers. In the world we live in, what an opportunity to showcase some of the *best* commercials of the year. Entertaining, moving, humorous, Super Bowl commercials have become an endearing phenomenon. However, from a psychological point of view, their core mechanism remains mostly intact. To create a need within the viewer. To form the stimulus in a pathway that will end in reward. Where we buy the product and the lifestyle that will quell the inadequacies within. I remember listening to a seminar by Brene Brown this past year. As she discussed our culture's perception of worthiness, she shared a startling idea. What if we stood in front of the mirror, each morning for a week, and instead of allowing reactions of inadequacies, we simply smiled and said, "pretty good". The

COUNSELLOR'S CORNER

industries that rely on our usual reactions would suffer such losses in this one week that it would create wide-scale financial instability. These are the thoughts going through my mind this past week as I contemplate stress. Since as long as I can remember, there has been a notion of the stress-free life. The life that none of us are experiencing...yet. Who is relying on us to continue this belief? What if such a belief was causing more harm than good.

At Westboro, our staff is taking some time to talk about Mental Health Literacy and Stress. Most of our conversations in the past have been strictly about reduction. With the inherent belief that stress is bad. We are starting a new conversation that has more to do with perception. If the stress response is seen as a signal that problem solving is needed, and furthermore, a system for equipping the body to deal with this problem, then stress can be seen as the core drive for adaptation. Some of you may feel objections rising to this perspective. To say this viewpoint is counter-cultural would be an understatement. This change in mindset is akin to the work of Dr. Alex Russell that has been discussed and promoted here in Counsellor's Corner. Allowing our kids to experience anxiety as they grow and develop is not a comfortable idea. Yet, raising resilient children is a goal that most parents desire. There is room within this new conversation to recognize and to be aware of unhealthy stress. This can include the overwhelming of self-regulation and the experiencing of too much stress for too long. This will also include the distinct realm of toxic stress. What most of us will find though, is that we have left very little room, if any, for stress within our perception of healthy living.

Kelly McGonigal is a health psychologist who has changed her mind about stress. She is a lecturer at Stanford University, a consultant for the New York Times, and an internationally bestselling author. I first was introduced to her work through her 2013 TED talk, "How to Make Stress Your Friend." I encourage all of you to experience this talk. You will join over 10 million others as it is in the top 20 most viewed talks of all time. What she now believes is that stress itself is not what contributes to unhealthy outcomes but rather the perception that stress is harmful to your health. She explains how powerful longitudinal research has left an indelible impact on her, leading her to pursue the question, can changing how you think about stress make you healthier. Science is showing that when we re-conceptualize our stress response as helpful, changes take place within our bodies. Our heart rate still increases. Our breathing rate increases. But when we see this as our body rising to meet a challenge, we find a much healthier cardiovascular profile. One in which blood vessels actually stay relaxed. This is in contrast to the vasoconstriction reactions that link stress, heart disease, and negative outcomes together. In fact, our body's profile looks familiar. It looks as it does when we experience Joy and when we experience Courage.

We all face challenges every day. It is a part of life and especially a part of learning and growing. With challenges comes stress. It is hard to argue with the simplicity of this connection. Yet, most of us continue to view stress as a weakness or as evidence of the unsuccessful life. Maybe it's time to begin to see things differently. Maybe it's time to see stress as a natural part of life. A companion that helps us meet the challenges of a life worth living.

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 4 Days"!

(March 26 - 29, 2017)



For more information and to register call Kasia at:

780-707-4481 or e-mail: kspa@shaw.ca



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 completed survey must be returned to Alberta Education by the end of February.

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 www.education.alberta.ca/accountability-pillar.

Stay Connected: Subscribe to EIPS email news

Want to stay up-to-date on the latest news and events taking place at your school? Make sure to subscribe to Elk Island Public Schools’ (EIPS) email distribution list. Canada’s Anti-Spam Legislation (CASL) now requires the Division to have direct consent before engaging in electronic communication with its families. If you haven’t yet subscribed, simply visit www.eips.ca/contact/synrevoice. Once subscribed you’ll begin receiving Division- and school-related news—newsletters, information about upcoming events, parent- and community-engagement opportunities, important school-based updates and more.

NOTE: Even if you’re not subscribed, you will continue to receive emails regarding emergency situations and financial matters. Those who received notifications about high school attendance will also continue to receive those messages.

EIPS appreciates your co-operation in ensuring its distribution lists are compliant with CASL and you continue to receive only the information you feel is important.

PRE-ENROLMENT PROCESS

EIPS Launches New Pre-Enrolment Process

Elk Island Public Schools (EIPS) is launching a new pre-enrolment process to simplify the way it registers students for the upcoming year, collects information, and manages requests to attend a non-designated school. The pre-enrolment process allows the Division to verify all student information for every child prior to the start of the new school year.

Each spring, EIPS families will receive an email from the Division asking them to confirm their child's enrolment in a school for the upcoming year using a secure online pre-enrolment form. By logging in to PowerSchool, families can indicate which school their child plans to attend; apply to attend a non-designated school, if applicable; and update any required student information - such as phone numbers, addresses and emergency contacts. If circumstances change, families also have the ability to update their child's data throughout the year.

The pre-enrolment process for the 2018-19 school year takes place from March 1-15 of this year.

Applying to attend a non-designated school?

The new pre-enrolment process also eliminates the former Boundary Exemption Request Process. Now, returning students who want to apply to a non-designated school can do so through the pre-enrolment process by indicating on the form the school they want to attend. Acceptance is not guaranteed; rather, it's based on available space. Some EIPS schools have closed boundaries because of high enrolment numbers and will not accept non-designated students for the 2018-19 school year. These schools will be identified prior to the pre-enrolment process. All families who apply to attend a non-designated school will be contacted and advised of the outcome in April.

NOTE: Any requests to attend a non-designated school or out-of-boundary program for returning students in grades 1-12 must be completed during the two-week pre-enrolment process to be considered for the next school year. The only exception: Students who move into the Division from outside the geographic area, or another community within the Division, following the deadline.

For more information visit www.eips.ca.