

May 2017

Elk Island Public Schools

# THE WESTBORO REPORT



## PRINCIPAL'S MESSAGE

### *Happy Mother's Day*

*To all of our wonderful and amazing mothers at Westboro Elementary, we wish you an amazing Mothers' Day! We hope you are celebrated the entire year through for all that you do to help support your children and allow them to grow in love and joy!*



## CLASS PHOTOS

**Class photos will be taken on May 8, 2016!**

Families that missed our photo day in the fall, as well as retake day will have an opportunity to have their child's school photo taken this day as well. Don't forget to wear your best smile that day!!



The Logos Kindergarten class will have photos taken on May 9th!

## DONATION THANK YOUS!!!

Our sincere thanks to everyone for their generous donations for our Family Dance and silent auction. There were so many wonderful items to bid on and enjoy and the baskets were truly wonderful!

Your generosity is sincerely appreciated!

## MAY

- 1 - 5 Education Week
- 2 Assembly 9:00 a.m
- 3 Staff Meeting
- 2 & 3 Elder Wilson Visits
- 5 Arbor Day
- Newsletter out
- Hot Lunch
- 8/9 Group Photos
- 9 Logos Mtg (7 pm)
- 10 Hold and Secure / Lockdown Drill
- 11 Gr. 6 PAT ELA Part A
- 15 Emergency Evac. Drill
- 16 Bennett Centre
- 18/19/22 No School
- 23 Chapel 9:00 a.m.
- 24 School Council AGM 6:30p.m.
- 25 Hot Lunch
- 26 Hat Day
- 29 Severe Weather Drill

## JUNE

- 2 AMA Picnic
- 3 Courtyard Cleanup
- 7 Staff Meeting
- 8 Gr. 6 to YoWoChAs
- 9 Newsletter

PRINCIPAL  
Colleen Alpern

ASSISTANT PRINCIPAL  
Matt Matheson

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## PROVINCIAL ACHIEVEMENT TESTS (PAT)

The grade six Provincial Achievement Tests will soon be in full swing. It is very important that students are well-rested, have had a good breakfast and arrive on time with their equipment (HB pencils & erasers) ready to do their best work on these days. The provincial government uses these results as one tool to measure school effectiveness so we want our students to be at “the top of their game”.

This school year, EIPS schools will be writing PATS in grade 6 only. this year.

### **Grade 6 dates: (All PATS are scheduled for mornings only)**

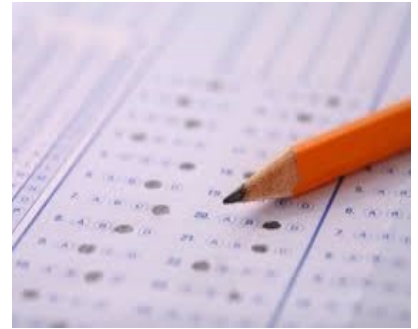
Thursday, May 11 - ELA Part A (writing)

Monday, June 19 - ELA Part B

Tuesday, June 20 - Math Part A and B

Thursday, June 22 - Social Studies

Friday, June 23 - Science



## AMA PATROLLERS PICNIC

It's that time of year again! The AMA Patroller Picnic Event is fast approaching. A day filled with treats, giggles, sunshine and more treats.

This year's AMA School Safety Patrol Picnic is on FRIDAY, JUNE 2<sup>nd</sup> at Kinsmen Park. Our responsible and dedicated AMA patrollers will be treated to a day of games, activities and lots of fun. Information and field trip forms will be coming out in the next couple of weeks.

Once again, a big thank you for all of their hard work and dedication in helping us make Westboro a safe place for all of our students! If you need more information regarding the field trip for patrollers, please contact Mr. Matheson at 780-467-7751.

AMA Patroller of Month: Stella Grade 5



## CHARACTER EDUCATION FOR MAY AND JUNE

During the months of May and June we will be discussing Citizenship at Westboro School. Citizenship is the state of being a member of a particular country, a school or an organization and having rights because of it.

### **How do we demonstrate good citizenship?**

1. Follow and respect the rules in your community. ...
2. Do your part in taking care of the environment. ...
3. Volunteer in community organizations.
4. Be respectful to your friends, neighbors, family, etc.
5. Help people in need. ...
6. Have a good understanding of the government.
7. Be a good person.

### **What does it take to be a good school citizen?**

1. being respectful of other people and their property
2. being respectful of school property
3. following school rules
4. displaying good character (responsibility, honesty, good listening, kindness)
5. giving back to the school community.

Listen to our announcements for discussion questions around good citizenship. Also, in June, (June 8th) we welcome singer Mary Lambert to our school for a special 150 years Celebration of song! Join us for the fabulous and energetic review of Canadian folksong and music!

## EDUCATION WEEK

Education Week takes place May 1-5. Throughout the week, students and staff from Westboro Elementary, showcased and celebrated the role education plays in shaping the future of our province. Led by the Alberta Teachers' Association, the Alberta Schools Boards Association and Alberta Education, school communities throughout Alberta were planning activities focused around the importance of education.

Today, more than ever, Westboro Elementary, our teachers and schools throughout Elk Island Public Schools, are focused on providing students with optimal learning opportunities. To do this, students must hone a broad range of learning experiences that go beyond the basic subjects of math, language arts, science and social studies. It's our belief that for student to become lifelong learners, they need to also develop ingenuity, creativity, critical thinking skills and citizenship skills.

Over the course of the week, Westboro Elementary showcased the outstanding initiatives taking place in our school and how we're gearing our students toward lifelong learning. Some the activities include:

### Monday

- Prior to Monday, a bulletin board near the front of the school will be put up to highlight Education Week 2017.
- Students will gather in the gym at the beginning of the day for a whole school assembly. We will be celebrating Music Monday at this assembly and also introducing our activities for Education Week.
- A PowerPoint will be shared called: "Why Music?", created based on students' responses to why music is important and then all students will sing the Music Monday 2017 Anthem, "Sing it Together". We will then share a short video to introduce that "Learning is a Journey" <https://www.youtube.com/watch?v=kbenIZXqXg8&t=28s>. We will share activities for all classes and each class will receive their Passport to Learning (one per class)

### Tuesday to Friday

- Classes will complete one activity per day from their passport. Once completed, each student will sign their name on that page of their passport. Since we want to encourage lifelong learners in all areas of development, activities will be from a variety of different subject areas including Math, LA, Art, and PE.

Thank you to our Education Week Committee and most importantly Mrs. Richard for all the hard work in planning and organizing these activities. We encourage all of you to participate and help us celebrate Education Week at Westboro Elementary!!

## PARENT COUNCIL - HOT LUNCH

### DONATE A HOT LUNCH PROGRAM

We have been asked by many parents if they could donate a hot lunch.

We are starting a pilot program where parents can donate money towards purchasing a hot lunch for student(s) whose families are struggling financially.

When placing your hot lunch order, you can add funds through the 'donate a lunch' program in increments of \$5, \$10 or \$20. The use of the program will remain confidential!

Parents who wish to access this fund to buy hot lunch for their children can just register and order hot lunch as usual. Then check the appropriate box at the bottom of their order. If you have any questions or concerns please email us at [westborohotlunches@gmail.com](mailto:westborohotlunches@gmail.com)

### MAY/JUNE HOT LUNCH

It's time to order Hot Lunch for May and June! The system will be ready to accept orders starting May 1 and will close May 12 at midnight. No late orders will be accepted!!

Please go to [westboro.hotlunches.net](http://westboro.hotlunches.net) to place your orders.

Thursday, May 25 - Opa

Friday, June 9 - Nitza's Pizza

Thank you to the numerous parents who come in to help with Hot Lunch. We could not run a successful program without you!

Leah and Amy would like to welcome Sandra Hryhirschuk and Tracey Dickey to the Hot Lunch Committee. The new committee would like to send a HUGE thank you to Leah Hesson who has decided to step down from the hot lunch committee.

## PARENT COUNCIL/ LOGOS NEWS

### SCHOOL COUNCIL /PARENTS' GROUP

#### *Annual General Meeting*

The final School Council meeting of 2017 - 2018 occurs

Wednesday, May 24 at 6:30 pm

The executive, along with the school administration, invite every parent to the meeting. This meeting is the time when the slate of executive officers for the next year is elected.

## LOGOS SOCIETY



First, thank you to everyone who participated in our "No Frills" and Nitza Pizza fundraisers. We had a great response and are excited to be able to continue to support the program with the funds received. Our May Logos meeting will be held on Tuesday May 9 beginning at 7:00pm at Sherwood Heights School. We meet in the library and will be discussing preparation for the Annual General Meeting of the Society in June. If you feel you are being called to serve on the board, this would be a great meeting to come have any questions answered and meet other board members who will continue to serve in the

2017/18 school year.

Our May chapel will be Tuesday, May 23rd at 9:00pm in the school gym. We hope to see you there as we worship with our children. I personally find it a great way to start my day and end up humming the songs for the following week or so! If you are unsure about activities or events related to Logos, please visit our website at <http://elkislandlogos.ca> and join the Elk Island Logos Society Facebook page.

Happy Spring (fingers crossed)!

Krista Goretzky and Rachel Milne

Westboro Logos Representatives

Let your light so shine before men that they may see your good works and glorify your Father in heaven.

Matthew 5:16

## SCHOOL COUNCIL / PARENTS' GROUP

Once again, our Family Dance and Silent Auction was an enormous success. The raffle baskets were gorgeous and full of wonderful surprises. The silent auction room was bustling with people frantically bidding on the incredible assortment of items and the gym was a balloon-filled bundle of excitement. I love that this event is our big fundraiser as it is really fun and definitely beats selling cookie dough and wrapping paper!! A huge thank you to Krystal Gibson and Amy Churchill for once again organizing this amazing event.

We have a school full of terrific volunteers who provide support for a multitude of school activities from hot lunch to pancake breakfast to our Family Dance. Whenever we put a plea out for help, parents and grandparents respond whole-heartedly! We are so lucky and grateful! We do have some volunteers who have organized events (specifically Shop 'Til Ya Drop and the Family Dance) for several years now and so we are looking for additional people to take the lead on these events. We want to ensure that these new volunteers have the support they need in order to successfully transition while our previous leads are still in our school community. Please let us know if this role interests you as we would love to be able to continue with these traditions.

We are starting the Courtyard Revitalization project in June and are excited to transform the space into an inviting outdoor area for our students and staff. Cleanup is set for June 3<sup>rd</sup>. Please contact Andrea Perrotta if you are interested and available. More information about this project can also be found elsewhere in the newsletter.

It is less than two months until the school year is over and time will fly by. Don't forget that we have our Annual General Meeting on Wednesday, May 24 at 6:30 pm complete with refreshments and snacks. I encourage anyone who is interested to attend! Just because you attend, it doesn't mean you are signing up or volunteering for anything!!

As always, please join our email mailing list to receive regular updates. Please feel free to email us at [WestboroParents@gmail.com](mailto:WestboroParents@gmail.com) or join our Facebook group at <https://www.facebook.com/groups/WestboroParents/>



## NOON HOUR SUPERVISORS

Westboro Elementary is looking for friendly, dedicated, active adults to join our school community as noon hour supervisors! The position involves actively supervising students outside during lunch recess time by circulating around the school grounds, and then supervising students as they eat their lunches in their classrooms. Times run from 12:00 - 12:50, Monday to Friday, at a rate of pay of \$19.91/hour. Those individuals with children are able to bring one child with them while supervising. Interested applicants should contact Mr. Matheson in the school office for more information.

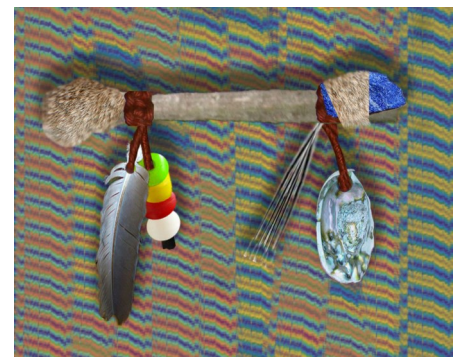
## SENSORY GARDEN CLEAN-UP

Plans are underway to replace our existing inner school courtyard with a sensory garden for all of Westboro Elementary's community to enjoy. This wonderful new space will provide Westboro students with a variety of unique sensory experiences. Our goal is to complete this project in the fall of 2017. The Courtyard Revitalization Committee members are looking for **5 - 7 parent volunteers** to assist in the removal of the railway ties in the school courtyard on **Saturday, June 3<sup>rd</sup> at 10 am**. If you are interested in volunteering your time, please see Andrea Perrotta (PLACE 2 teacher) for further information. Unfortunately, **children will not be allowed on the work site due to safety considerations**.

Volunteers are asked to bring their own work gloves. We will also need: grinders, crowbars, wheelbarrows, sledgehammers, hammers, shovels, and saws to complete this phase of the project.

## FIRST NATIONS, METIS AND INUIT EDUCATION

Aboriginal perspective is an important focus in education. Over the past month, many classes have been reading and sharing a wonderful book called *The Sharing Circle* and made talking sticks. Your child may have brought theirs home to share with you. In the Aboriginal culture, talking sticks are used to indicate who has a turn to speak. It is used to practice respect and listening. The person holding the talking stick has the right to talk while everyone else practices listening. When it is your turn to hold the talking stick you may choose to speak or pass the stick along to another person. Talking sticks may be used in our classroom to continue practicing respect, listening and sharing. A talking stick can be used in many ways, such as sharing about our weekend or sharing about our day together.





## COUNSELLOR'S CORNER

With May comes the promise of summer for all of us. Warmth returns to the sun and many of us feel an increasing sense of hope as the days unfold. What a fine time for Canada to host its annual nationwide Mental Health Awareness Week. During the first week of May we are all invited to learn, talk, reflect and engage with others on all issues relating to mental health. As a society, and as an education system within, we have come a long way in how we view this topic. We have learned that mental health is not synonymous with mental illness, yet many of us are not sure where to go from there. We may find it quite difficult to “engage with others” around this topic, especially our kids.

Recently I attended a presentation by KEYS, a Mental Health Capacity Building Project based here out of Strathcona County Family and Community Services. The resource guide that was shared with us centered around transitions and I was thrilled to see how issues facing our kids were seen within the frameworks of social emotional learning and, you guessed it, positive mental health. I will share a little bit from their work below. This amazing resource guide was built for the teachers working with our kids.

Many of us feel like mental health is a topic for someone else. Yet when we hear the following definition it becomes hard to not want to be included in the conversation. PHAC, The Public Health Agency of Canada describes positive mental health as “the capacity of each of us to feel, think and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotion and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity”. This capacity is not a static characteristic of who we. Rather, we move between places of optimal mental well-being and minimal mental well-being. To really push around our misconceptions here, mental illness is not on this continuum but is instead can be found in an intersecting matrix. Meaning that it is possible to experience significant and optimal mental health while living with mental illness. Therefore, mental health is truly for all us and is a dynamic state of being that we can change.

By looking at contributing factors to positive mental health, we can see how accessible this conversation really is and how we can change our own state of being and influence that of our children: managing challenges, connection to others, physical health, enjoying life, cognitive triangle (thoughts, emotions and behaviours). Each category contains aspects to consider. For example, within managing challenges, we can look at healthy coping mechanism, perception of stress, self-awareness and self-regulation as well as discovering personal strengths. Likewise, within enjoying life, we can focus on being mindful of the beauty in our word, spending time with loved ones, finding humor in everyday things, and even playing. Being intentional with our mental health and opening up the conversation for ourselves and our kids could literally change our lives.

## COUNSELLOR'S CORNER CONT'D

With May also comes the promise of year end assessments and next year transitions. It is a time when many of us feel the level of stress rise in our households. Stress is a normal part of life and a certain amount/type of stress is a healthy aspect of our lives. However, when we experience stress in high quantities and for prolonged periods of time, we find ourselves moving into states of minimal well-being. This can be accompanied by inability to concentrate, headaches, difficulty sleeping, or changes in mood and behaviours. The good news is we *can* help our kids cope with the challenges in front of them and to develop resilience. We can help identify coping skills that they can use to deal with stress, role model self-care, and take time to incorporate conversation about emotions and stress. Different people find different coping skills more effective than others. It is important to keep experimenting. In a relatively short amount of time, you may find several that become go-tos. The list below is by no means exhaustive. They have however earned the title of "Stress Busters": listen to music, get active, lean on your support team (friends, family, pets), get organized, sleep, eat healthy, try eating proven stress reducers (dark chocolate, avocado, blueberries, bananas, cashews, yoghurt, or tea), go outside (vitamin D leads to feel-good serotonin), and connect to your spirituality (meditate, journal, pray). Consider quick stretch/yoga breaks. Take 5 minutes to color mandalas. Whatever coping skills and strategies you uncover for yourselves or for your children, know that you are increasing capacity and living more mentally healthy lives. Mental Health Awareness Week will come to a close on May 7th. Let's make sure the conversation lasts a lifetime.

## EIPS DIVISION NEWS

### DRIVER APPRECIATION DAY: MAY 1, 2016

#### **THANK YOU! Driver Appreciation Day is May 1**

Join us on May 1 as we recognize and thank our school bus operators for keeping the safety of our students their first priority. We encourage you, and your children, to take a moment on May 1 to say thanks to our bus operators - all of whom go above and beyond the call of duty to provide safe and timely transportation to our students.

On behalf of **Westboro Elementary**, THANK YOU to our school bus drivers for a job well done.



LITTLE ELK ISLAND ADVENTURES: REGISTRATION



Little Elk Island Adventure: Registration

Elk Island Public Schools is once again offering its Little Elk Island Adventure, a fun and informative program for *first-time school bus riders*.

Annually, Student Transportation offers the Little Elk Island Adventure to new riders and their parents. The program’s aim is to help ease any anxieties a family may have about riding the bus before even starting school. Through a series of activities, riders learn about: school bus safety, danger zones, tips on boarding and how to sit properly on the bus. After that, both the children and parents hop on the bus to practice what they’ve learned and then adventure out on a short ride.

The Little Elk Island Adventure is for *first-time school bus riders* entering the 2017-18 school year. Sessions and times are available in these locations:

Location	Date	Time
EIPS Central Office	August 22	5:00 p.m.
EIPS Central Office	August 22	6:30 p.m.
EIPS Central Office	August 24	5:00 p.m.
EIPS Central Office	August 24	6:30 p.m.
EIPS Central Office	September 1	10:30 a.m.
Fort Christian/Fort Elementary	August 23	6:00 p.m.

*EIPS Central Office is located at 683 Wye Rd., Sherwood Park  
Fort Christian School is located at 9806 101 St., Fort Saskatchewan*

**Space is limited and pre-registration is required.** To register for a Little Elk Island Adventure, visit <https://goo.gl/forms/cqYb15mBLAspUJ1W2>.

More information regarding busing for Kindergarten students can be found at: [www.eips.ca/transportation/kindergarten-busing-faq](http://www.eips.ca/transportation/kindergarten-busing-faq).

## HELP US NAME THE NEW SCHOOL IN SHERWOOD PARK!

Elk Island Public Schools (EIPS) wants your input as it prepares to name its newest elementary school in Sherwood Park - a K-6 school in the Davidson Creek area slated to open in fall 2018.

Last month, EIPS collected name suggestions from the community for the new school. Using those suggestions, the Division now has a shortlist of possible names. Before a final decision is made, EIPS is inviting the community to participate in a brief online survey.

### [TAKE THE SURVEY](#)

*<https://www.surveymonkey.com/r/QRXHBBV>*

Survey opens: May 8

Survey deadline: May 26

Once the survey closes, EIPS' naming committee will review the feedback from the survey and recommend a final name to the Board of Trustees. The Board is expected to approve the name in June.

## STUDENT TRANSPORTATION: 2017-18 REGISTRATION IS NOW OPEN

Planning to use EIPS Student Transportation in the 2017-18 school year? If so, make sure to register your child as soon as possible.

Families currently using student transportation services will receive tentative route schedules and invoices later this month. All transportation fees are due by June 30, 2017.

If you have any questions about registration, invoicing or accessing transportation for the 2017-18 school year, contact EIPS Student Transportation at 780-417-8151 or email [st@eips.ca](mailto:st@eips.ca).

*NOTE:* Student Transportation will remain open during the summer months and operate during the same hours as Central Office. Student Transportation can't accept in-person transportation payments on the days it's closed.