



January 28, 2021



# WESTBORO ELEMENTARY

## Weekly Newsletter

### IMPORTANT UPCOMING DATES

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

**February 1:** 2021-22 Registration opens

**February 3:** Early Dismissal

**February 4 & 5:** Teachers' Convention - **No school for students**

### REPORTING ABSENCES

Please communicate your child's absence directly to [general.wbo@eips.ca](mailto:general.wbo@eips.ca) or click the [STUDENT ATTENDANCE](#) link on the homepage of the school website. These emails are both checked regularly by the School Office staff. Do not communicate this information only to the teacher. Situations occur when the homeroom teacher is away, and your information will not be received by the Office Staff who are required to maintain an accurate record of attendance for students throughout the day.

**When reporting a student's absence, a reason is now necessary. If your child is ill, we will need to know what the symptoms of the illness are as part of the COVID-19 screening requirements.**

### CAREGIVER EDUCATION SERIES

Alberta Health Services is hosting a series of caregiver information sessions focused on ways to support students' mental health. The sessions are free and geared toward parents, caregivers, teachers and community members who want to learn more about challenges impacting children and adolescents. This year, session topics include anxiety, ADHD, depression, self-harm, technology, teens and teaching leadership skills, and more. Visit [Caregiver Education for the Edmonton Zone](#) for more information and session dates.

## VALENTINE'S DAY

As you've no doubt experienced in your own homes, COVID-19 has changed the way we celebrate holidays and special occasions.

One of the measures EIPS put into place to mitigate the spread of the virus was to reduce, as much as possible, the number of high-touch items in our classrooms. In terms of class celebrations, this has meant eliminating the passing out of treats and other items traditionally shared among students.

As such, students will not be able to bring Valentine's cards, gifts or treats to school for distribution next month. Many of you may be disappointed in this change of approach but please rest assured, your child's teacher will still find creative ways to mark the occasion, and make the day fun for students.

Thank you for your kind understanding and cooperation as we strive to keep our staff and students safe and healthy.

## 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](http://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.

# WINTER WALK DAY



Winter Walk Day will take place on **Wednesday, Feb. 3, 2021.**

Winter Walk Day encourages people across Alberta to be active outdoors in winter. More than 800 organizations and 100,000 Albertans took part last year.

Visit the [Winter Walk Day site](#) to register for the 2021 event.

## FIRST NATION, MÉTIS AND INUIT PARENT ENGAGEMENT SESSIONS

The First Nations, Métis and Inuit education team has planned a three-part series—**Developing Foundational Knowledge of First Nations, Métis and Inuit cultures, histories and contemporary contexts—designed for all EIPS parents and families who are curious to learn about First Nations, Métis and Inuit cultures, perspectives and histories. The sessions are designed as entry points to understanding as we work toward learning our collective truth on the path of reconciliation. [Join the session.](#)**

### **Session 1: February 2; 7-7:30 p.m.**

- Who we are and why this work is needed
- What reconciliation looks like in EIPS

### **Session 2: February 23; 7-7:30 p.m.**

- Addressing common roadblocks to understanding and relationship
- Terminology; bridging the gap between what language parents may be used to hearing and what children are learning in schools

### **Session 3: March 16; 7-7:30 p.m.**

- Language of this land: The importance of highlighting Indigenous languages; deepening understanding of relationship to land through language; what exploration of Indigenous languages can look like in schools

# Strathcona County Information

## CURRENT RESTRICTIONS

The Government of Alberta's restrictions, including [limited changes effective January 18](#), are still in affect.

## EXPLORE YOUR WINTER

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

Register today for **FREE** snowshoeing sessions! All sessions include free snowshoe rentals. The first session starts on Tuesday, February 2. Find full details, including specific session times and registration links: <https://www.strathcona.ca/.../free-recreation-opportunities/>

- Adult and Family Glowshoeing
- Valentine's Day Family and Adult Glowshoeing
- Family Day Snowshoeing
- Guided snowshoeing tours or rentals only
- Moonshoeing

All snowshoeing sessions have been created to meet the provincial health restrictions in place. All individuals must be pre-registered to participate.

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>

## VIRTUAL PROGRAMS

Interactive, fun and engaging VIRTUAL programs for kids and families - register today! Multi-week sessions start next week. [Learn more.](#)

# Strathcona County Family Resource Network

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

- Information on child and youth development
- Working through parenting challenges
- Supporting unique parenting plans
- Connecting to community resources
- In-home and virtual parenting support

For more information, Family and Community Services at 780-464-4044 or email [familyresourcenetwork@strathcona.ca](mailto:familyresourcenetwork@strathcona.ca)



To register or for more information visit:  
[strathcona.ca/familyresourcenetwork](http://strathcona.ca/familyresourcenetwork)

## Virtual Parent Support Groups



### Parenting Through Uncertainty

For: Parents and caregivers of children ages 0-18  
Wednesdays, January 13 to February 17  
10:15 to 11 a.m.

To register visit: [strathcona.ca/parentsupport](http://strathcona.ca/parentsupport)



### Straight Talk About Teens

For: Parents and caregivers of youth ages 12-18  
Thursday January 14  
6:30 to 8 p.m.

To register visit: [strathcona.ca/parentsupport](http://strathcona.ca/parentsupport)



### Triple P Discussion Group: Dealing with Disobedience

For: Parents and caregivers of children ages 2-12  
Saturday January 23 1 to 3 p.m.

To register visit: [strathcona.ca/parentsupport](http://strathcona.ca/parentsupport)



### Confident On My Own

For: Parents, caregivers and their children  
ages 10 or older  
Saturday February 20 1:30 to 3 p.m.

To register visit: [strathcona.ca/parentsupport](http://strathcona.ca/parentsupport)

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

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Free

## Springing back from 2020 with resiliency

Session 1: Children & Youth February 10 6-7:30 p.m.  
Session 2: Staying Connected February 17 2-3:30 p.m.  
Session 3: Self-Care & Mindfulness February 24 6-7:30 p.m.

Many children and families may feel that life has been difficult in recent times. Learn why resiliency and mindfulness matters and how to build resiliency in yourselves and in your children.

For: Individuals, parents/caregivers, and families  
Cost: Free  
Where: Online (Microsoft Teams)  
Registration: (sign up for one, two or all three sessions)  
[strathcona.ca/calendar](http://strathcona.ca/calendar)

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## JOIN A NEXT GEN ACTION GROUP

Next Gen Action Groups are spaces for you to make an impact, lead and have a voice, explore your passions, share ideas, build skills and test solutions to realize change in your community.

To sign up or to learn more, visit,  
[strathcona.ca/nextgenvoice](http://strathcona.ca/nextgenvoice)  
or text NEXT GEN to 780-239-4366.

*This initiative is brought to you in  
collaboration with community partners.*

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THROUGHOUT FEBRUARY,  
**CHOOSE KIND**  
FOR YOURSELF AND OTHERS.

We all have a choice to be kind. Kindness has been proven to reduce stress and anxiety as well as boost health and happiness.

Learn more [strathcona.ca/choosekind](http://strathcona.ca/choosekind)

#SCchooseKind



**February  
is kindness  
month**



CAN YOU CRACK THE  
**KINDNESS  
CODE?**

For the month of February, you will find interactive signs with fun code cracking activities around Strathcona County. Do you have what it takes?

Go to [strathcona.ca/choosekind](http://strathcona.ca/choosekind) to find out.

#SCchooseKind



**EDUCATIONAL  
WORKSHOP SERIES**

**Self-Compassion: Re-filling your emotional cup**  
February 3 | 12 noon - 1 p.m.

Self-compassion can improve our mental health and well-being, quality of life, and relationships. Join us to learn simple ways to care for yourself and practice self-compassion.

Presented by: Strathcona County Mental Health Capacity Building and Social Supports Team

**Cyberworld: What happens when youth press send?**  
February 9 | 12 noon - 1 p.m.

Join us to learn about popular websites, games, and apps commonly used by children and youth. We will discuss legal consequences and the potential dangers online as well as helpful tips to start a conversation with children and youth.

Presented by: SAFFRON Centre

**Creating safer spaces for 2SLGBTQ+ people**  
February 23 | 12 noon - 1 p.m.

What makes a space safe and how can we help make them safer? Learn why safer spaces are so important for 2SLGBTQ+ people and what simple steps we can all take to demonstrate our allyship.

Presented by: The altView Foundation

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

#SCchooseKind

