



February 19, 2021



WESTBORO ELEMENTARY

Weekly Newsletter

IMPORTANT UPCOMING DATES

February 24: Pink Shirt Day - Students are invited to wear pink in support of anti-bullying.

PINK SHIRT DAY

Bullying is a major problem in our schools, workplaces, homes and online. Over the month of February, and throughout the year, CKNW Kids' Fund's Pink Shirt Day aims to raise awareness of these issues, as well as raise funds to support programs that foster children's healthy self-esteem. [Learn more.](#)



Wednesday, February 24, 2021

STAY AT HOME GUIDE

A reminder to parents/guardians to use this guide when your child is sick to determine when to keep your child home from school and when it's safe to return.

(Click on the image to enlarge)

STAY AT HOME GUIDE: When do I keep my child home?
Use this guide to determine when to keep your child home from school and when it's safe to return. Complete the [COVID-19 Screening Questionnaire](#) with your child every day. The questionnaire will help determine if it's safe to send your child to school. If the answer is "Yes" to any of the questionnaire questions, DO NOT send your child to school. Stay home and see the instructions below. If the answer is "No" to all the questions, your child can attend school. Always follow the advice of Alberta Health Services.

MY CHILD IS SICK WITH:

Primary COVID-19 Symptoms <ul style="list-style-type: none">• fever• cough• shortness of breath• loss of smell or taste	Secondary COVID-19 Symptoms: <ul style="list-style-type: none">• chills• sore throat• painful swallowing• runny nose• congestion• headache• muscle or joint aches• feeling unwell, fatigue• nausea, vomiting, diarrhea• loss of appetite• pink-eye
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WHAT SHOULD I DO?

<ol style="list-style-type: none">1. Complete the online COVID-19 self-assessment tool or call Health Link 811.2. Isolate your child for at least 10 days from the start of symptoms or until symptoms resolve, whichever is longer—a legal requirement.3. Testing for COVID-19 is recommended. Book an appointment through the COVID-19 self-assessment tool.	<ol style="list-style-type: none">1. If the child has ONE symptom stay home and monitor symptom for 24 hours. Only return to school if symptom improves after 24 hours.2. If the child has TWO or more symptoms, or if the one symptom worsens, stay home and complete the online COVID-19 self-assessment tool or call Health Link 811. Do not send your child to school until symptoms resolve.3. Testing for COVID-19 is recommended. Book an appointment through the COVID-19 self-assessment tool.
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WHEN CAN MY CHILD RETURN TO SCHOOL?

<ul style="list-style-type: none">• After the 10-day isolation is complete, and symptoms resolve, whichever is longer, OR• After receiving a negative COVID-19 test result—and your child has no known exposure to the virus—and symptoms resolve.	<ul style="list-style-type: none">• After symptoms resolve and your child is feeling better.
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WHAT IF MY CHILD HAS SYMPTOMS BECAUSE OF A PRE-EXISTING MEDICAL CONDITION?

If your child has primary or secondary COVID-19 symptoms because of a known pre-existing medical condition, such as allergies, they must stay home if there is no record of the condition. Follow the above directions for either primary or secondary COVID-19 symptoms. Alternatively, provide the school with medical documentation of the pre-existing condition and return your child to school.

NOTE: The Stay at Home Guide is based on the province's guidelines for [Student Illness](#). Information contained within this guide is subject to change as additional information about COVID-19 becomes available. Revised Nov. 2, 2020 | [eips.ca](#)

PARENTS GROUP FUNDRAISING

This year's school fundraisers will continue to be at Save On Foods, [Cobbs Bread](#) and [Mabel's Labels](#). Anytime you shop at **Save On Foods Wye Road**, save your receipts and send them to school with your child to be handed into the office. A representative from the Parent Fundraiser Group will submit the receipts and 5% of all sales will be donated back to our school. When you make a purchase at **Cobbs Bread Wye Road**, mention Westboro Elementary and they will donate 5% of the total sale back to our school. **Mabel's Labels** are purchased directly online with 20% of sales automatically donated back to our school.

ALBERTA CHAMPIONS' ANNUAL WRITING CONTEST

The 12th annual [Alberta Champion](#) story contest (grades 4-6) and essay and poetry contest (grades 7-9) is now underway. Students can write about any past Albertan (posthumous) of their choice whose lifetime accomplishments are an inspiration to the student. The full [contest rules and judging rubric](#) are available online, as well as the full list of prizes available to be won. With ties to English Language Arts and Social Studies—stories, histories, peoples of Alberta and citizenship—the contest is suitable for teachers to use as a whole-class activity or as enrichment for specific students. The entry deadline is **April 22**.

BLACK HISTORY MONTH RESOURCES

Historica Canada has compiled a series of [articles](#) and [videos](#) to celebrate [Black History Month](#) throughout February.

- Learn the story of the community of [Amber Valley](#), commemorated in this year's Canada Post Black History Month stamps. It was one of several Alberta communities settled by [Black people](#) in the early 20th century, and the furthest north.
- Discover how [Sylvia Stark](#) learned to read in secret during a time that Black children were forbidden to read or write in the state of Missouri. Born into [enslavement](#), Stark emigrated to British Columbia with more than 600 Black Americans in 1858.
- [Lester Brown](#) was a rifleman for the Queen's Own Rifles during the Second World War. Listen to his testimony as he describes being injured days after landing in Normandy, and discover more in The Memory Project's [Black Canadian Veterans](#) gallery.
- [Africville](#) was founded in the mid-18th century but was demolished by the City of Halifax in the 1960s in what many said was an act of racism. For many people, Africville represents the oppression faced by Black Canadians, and the efforts to right historic wrongs.
- Test your knowledge of Black history in Canada with [easy](#), [medium](#) and [hard quizzes](#) from the [Citizenship Challenge](#).
- A new [Heritage Minute](#) about [Oscar Peterson](#) will also be available on February 17.

KINDERGARTEN REGISTRATION

Kindergarten registration has begun! Is your child turning five on or before Dec. 31, 2021? If so, it's time to register for kindergarten. Kindergarten registration opened 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](#).

RETURNING STUDENT REGISTRATION

Returning student registration for 2021-22 Elk Island Public Schools (EIPS) is once again conducting 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, please take the time to set one up. [Create a PowerSchool Parent Portal account](#). For more information contact the school directly.

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 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

SELF IDENTIFIED PARENT MEETING

Sessions will be held online using Microsoft Teams Meetings. Join on your computer or mobile app [Click here to join the meeting.](#)

- Second Gathering (virtual): **March 9, 2021 (7 - 8 p.m.)**
- Supports offered for First Nations, Métis and Inuit students
 - We thank all families for joining us in our initial gathering and sharing your stories. We were grateful to all who attended for our initial meeting. As we started with words from Elder Wilson and took time to meet each other, we did not get through the full agenda from our first gathering. We will ensure we cover the missed topics and answer your questions in the second gathering. Here is what we hope to share on March 9:
 - EIPS' First Nations, Métis and Inuit team mandate
 - What self-identification is and what it means
 - What supports are in place for self-identified students
 - Time for Q and A

Strathcona County Information

CURRENT RESTRICTIONS

The Government of Alberta announced [limited changes to their restrictions](#) effective February 8. For more information, visit <https://www.alberta.ca/enhanced-public-health-measures.aspx>

SAFE. SUPPORTED. CONNECTED

The COVID-19 pandemic has caused stress, hardships, and pressure for Strathcona County residents in ways some may have never experienced before. Trying to balance everything can feel overwhelming. Strathcona County Family and Community Services is here to help you through these challenging times. If you need support with finances, parenting, family violence, are a senior or know a senior who is feeling alone and overwhelmed, or just need to talk, call us at **780-464-4044**.

OUTDOOR RINKS

With the warm weather this weekend we want to remind you that fluctuating weather conditions lead to unknown, unpredictable and dangerous ice conditions on our stormwater facilities. Keep safe. Choose a better place for recreation. Strathcona County offers a number of safe outdoor skating options including boarded rinks, snowbank rinks, and our new skating tracks.

<https://www.strathcona.ca/rec.../activities/outdoor-skating/>

EXCITED TO TRY CROKICURL AT THE EMERALD HILLS SPORTS PAVILION?

Check out the [video](#) for more details on how to access the equipment and how the game works. Crockicurl is available on a first come, first serve basis Monday to Friday from 4 p.m. to 10 p.m. Saturday and Sunday from 2:30 p.m. to 10 p.m. Alert staff attendant when you want to play, to disinfect the rocks before and after use. All players must be from the same household. Remember to follow all provincial guidelines and restrictions in place to help stop the spread of COVID-19 in our community. Stay home if you are sick or experiencing any symptoms of COVID-19. Find more details and more FREE recreation activities here: <https://www.strathcona.ca/.../free-recreation-opportunities/>.

CONFIDENT ON MY OWN

Leaving your child alone for the first time is a big step. Join us online as we explore scenarios to encourage your child to be more independent at home. For children 10+ and their parents/caregivers. **Saturday, February 20, 1:30-3 p.m.**

Register here to receive your zoom link -<https://www.strathcona.ca/.../parents.../parentsupport/>

THE BOYS & GIRLS CLUB OF
STRATHCONA COUNTY IS NOW

**ACCEPTING REGISTRATIONS
IN OUR BEFORE & AFTER SCHOOL
CARE PROGRAM LOCATIONS:
KINDERGARTEN - GRADE 6**

REGISTRATION NOW OPEN AT OUR: HERITAGE HILLS, ARDROSSAN,
WOODBIDGE FARMS & SPRUCE CLUB LOCATIONS

PICK UP AVAILABLE FROM: PINE STREET, MILLS HAVEN
& FULTONVALE ELEMENTARY SCHOOLS

SERVICES OFFERED: HOMEWORK HELP, RECREATION PROGRAMS, PART TIME FEE FOR
KINDERGARTEN, SUBSIDY AVAILABLE, PRIORITY SUMMER CAMP REGISTRATION (AND ONCE
RESTRICTIONS ALLOW, HOT BREAKFAST AND NUTRITION PROGRAMS, SPORTS LEAGUES,
EVENING PROGRAMS AND LOW COST NON-SCHOOL DAYS)

PROGRAM FEES: \$175.00 PER MONTH FOR
BEFORE OR AFTER SCHOOL, \$325 FOR BOTH

REGISTER TODAY! PLEASE CALL 780.416.1500

#123, 2016 SHERWOOD DRIVE, SHERWOOD PARK, AB T8A 3X3



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

#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 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

#SCchooseKind

