



March 19, 2021



WESTBORO ELEMENTARY

Weekly Newsletter

IMPORTANT UPCOMING DATES

March 19: Report cards available to view on your PowerSchool Parent Portal at 3:00 p.m.

March 22: Online bookings for Student/Parent/Teacher conferences close

March 23 and 24: Student/Parent/Teacher Conferences

March 25: Beach Day! Wear your beach attire to school!

March 26: No School in Lieu of Student/Parent/Teacher Conferences



School
Interviews

Parent-Teacher Phone Interviews

March 23 and March 24, 2021 (4 - 8 p.m.)

(Bookings opened Monday, March 15th at 8:30 a.m. and close on Monday, March 22nd).

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: **veatd**

1. Enter your details.
2. Select the teachers you wish to see.
3. 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.**

GARTH PRINCE RESIDENCY

We are now halfway through our residency with Garth Prince. Students have been learning new music, learning a little bit more about Namibia, drumming, dancing, and having lots of fun! One advantage of the switch to a virtual workshop is that Garth has provided videos for students to practice with during the days they are not learning with him. If you want to see what your child has been working on or provide your child with the opportunity for some extra practice, choose the appropriate link for your child's class: [K-2](#), [3L](#), [3R](#), [4L](#), [4R](#), [5L](#), [5R](#), [6L](#), [6R](#), [STEPS/PLACE 1](#), [PLACE 2](#). Keep checking back as Garth will be adding more material as we continue in the residency.

To support filming, we ask that students wear plain red, green, yellow, or blue shirts next week unless otherwise specified by their classroom teacher.

In addition, Garth is offering a promotion for our school on his book and CD. If you use the coupon code **WESTBORO**, you will get a **20% discount**. The CD has many songs that students are learning during the residency, as well as an audio version of the book. The story is one of heart, hard-work, and resiliency. Both would be lovely keepsakes of our time learning with Garth.

CAREGIVER SERIES: MARCH SESSIONS

Alberta Health Services, in collaboration with The Mental Health Foundation, is offering free online programming for parents and caregivers of children and youth. Sessions are offered through Zoom.

Topics include technology, mindfulness, understanding and supporting youth with depression, sleep, anxiety, promoting positive mental health and more. The list of [March 2021](#) sessions is now available.

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**.

Strathcona County Information

COVID-19 UPDATE

The Government of Alberta announced [changes to their COVID-19 restrictions](#) on March 8. The Province is [rolling out their vaccination program to eligible Albertans](#).

SPRING BREAK

Outdoor and virtual Spring Break programs are here, register today!

Find the full course details and register with Recreation Online here:

<https://reconline.strathcona.ca/.../PROGSPECIALX920SPRNGBRK>

All programs have been created to meet the provincial guidelines in place to help stop the spread of COVID-19 in our community.

COVID-19 AND MENTAL HEALTH

Last March, businesses, schools, childcare, recreation facilities, services and amenities began closing due to COVID-19. It has been a hard year with losses of loved ones, jobs, businesses, special occasions, childcare, gatherings, services and more. Experiencing these losses while distanced from our supports is challenging for our mental and physical health, and we've had to find creative ways to care for ourselves. Maintaining hope can help you put one foot in front of the other, even as we continue to face challenges. How do you stay hopeful? How do you stay connected to who and what matters most to you? How have you supported yourself or someone else this last year? What positives happened in your life? Share your stories and read about a few ways to continue supporting your mental and physical health at

<http://www.strathcona.ca/.../covid19-and-mental-health>

If you're feeling overwhelmed, call Family and Community Services at 780-464-4044.

We see you, and we are with you.