



September 16, 2022



# WESTBORO ELEMENTARY

## Weekly Newsletter

### IMPORTANT UPCOMING DATES

**September 16:** Military Family Appreciation Day

**September 19:** Official Day of Mourning for Her Late Majesty, Queen Elizabeth II

**September 21:** Parent Council Meeting 6:30 p.m.

**September 23:** Terry Fox Run 9:10 a.m.

### TERRY FOX RUN

We will be having a Terry Fox Assembly on **Friday, September 23 at 9:10 a.m.**, then Westboro classes will complete the Terry Fox Run outside immediately following the assembly. (weather permitting). Westboro parents and family members are welcome to attend the assembly and Terry Fox Run with us.

If Westboro families would like to show their support by donating, here is the link:

<https://schools.terryfox.ca/westboroelementary> Pledge sheets will also be sent out shortly.

**Please note, that Westboro School will no longer be collecting cash donations for this event.**

With the Terry Fox donations all online this year, we will not be able to track the student who raised the most donations, therefore we will have a draw. Students are encouraged to enter the draw for the t-shirt by drawing a picture, making a poster (div 1) or writing a few sentences describing why they feel the Terry Fox run is important (div 2). **The deadline for submissions will be Friday, September 23 at noon and the draw will be made that afternoon.**

Thank you for your supporting our school in the fight against cancer and for continuing Terry's legacy!

Westboro Terry Fox Committee

## PARENT COUNCIL

Please see the agenda for the upcoming School Council meeting on September 21, 2022.

[Westboro School Council Agenda September 21, 2022](#)

[Westboro Parents Group Agenda September 21, 2022](#)

Please see the meeting minutes from the school council meeting held on May 18, 2022.

[Westboro School Council meeting minutes May 18, 2022](#)

## HONOURING THE DAY OF MOURNING FOR HER LATE MAJESTY QUEEN ELIZABETH II

All Elk Island Public Schools will remain open, and classes will be in session on Monday, September 19, 2022. Flags at all schools and the Division Office will remain at half-mast until after the internment.

On Monday, Westboro will observe a moment of silence for Her late Majesty, Queen Elizabeth II at 11 a.m. after the live Government of Alberta ceremony.

### Westboro Parent's Council & Group

Meetings are once a month (on a Wednesday) from September to May (excluding December) at **6:30pm in the school library**. We are also continuing to host the online option as well to make it more accessible for everyone.

We are parents / guardians who help make decisions about fundraising, hot lunch program, school events, and all things related to the school. If you have kids in the school, you are a member of the council / group and we want you to have the opportunity to come listen and share your thoughts.

There will be coffee/tea, goodies, and a gift card draw for in-person attendees.

Our first meeting is **Wednesday, September 21, 2022**. We hope to see you there!



## LOGOS NEWS

The Elk Island Logos Society met on Tuesday, September 6 to have their first official meeting of the year. If you missed the meeting, not to worry. There are many ways you can stay informed. Please check out their [website](#) or visit their Facebook page. If you haven't seen it already, the Elk Island Logos Society also put up a sign on the fence outside the school identifying Westboro as a Logos site location.

Our first Chapel will be Tuesday, September 27 at 1:00 p.m. in the school gymnasium. Parents and guests are invited to attend. As a school we are excited for many ways we will be able to serve, praise, and join together this year.

If you have any question about the Logos program, upcoming events this year, ways you can serve within Westboro, or other ways you might be able to help, please message Mrs. Richard at [courtney.richard@eips.ca](mailto:courtney.richard@eips.ca). Volunteers are always welcome and appreciated (we have jobs of all sizes). Thank you to Hilary Schmidt who is acting as our Logos Parent Representative this year.

## MUSIC NEWS

It's BACK! Students in grades 3, 4, 5, and 6 will have the opportunity to join our Westboro School Choir practicing on Tuesdays at lunch in the music room. Students will be performing at our school Remembrance Day Ceremony; other upcoming performances are TBD. Mrs. Richard is looking forward to this extra time singing, making music, and having fun together in this way once again.

Save the Date - If you missed it on our school calendar, we have scheduled our Christmas concert for December 6 at The Park Church. More information will be going home about this at a later date. We are excited to welcome back a live, in-person concert and celebrating together with you!

If you are looking for any extra-curricular music opportunities for your child(ren) to take part in, please message Mrs. Richard at [courtney.richard@eips.ca](mailto:courtney.richard@eips.ca). From an additional Choir, to fiddle playing, to bucket drumming, there are many different opportunities to explore.

# MILITARY FAMILY APPRECIATION DAY

On September 16, 2022 Westboro Elementary takes the time to recognize Military Family Appreciation Day. Thank you to our Westboro families who have or have had a family member serve in the Canadian Armed Forces. On this day we acknowledge the sacrifices you have made and the many challenges you have faced. We extend our deepest gratitude to each and every one of you.

Did you know?

- There are over 250 000 active military family members living in Canada. This includes 81 000 children under 18.
- Every year 10 000+ families move due to postings.
- 41% of military personnel average 4 months away from deployment.

(Statistics taken from the [Together We Stand Foundation](#))

In coming weeks we will be sharing a small project we will be taking on to offer support to the Together We Stand foundation as we lead up to Remembrance Day.

## ALBERTA HEALTH SERVICES: HEALTH INFORMATION

### Nutrition

<https://www.albertahealthservices.ca/nutrition/Page12598.aspx>

[Nutrition Bites | Alberta Health Services](#)

### Canadian Mental Health Association

<https://alberta.cmha.ca/>

<https://edmonton.cmha.ca/211-resource-lists/> is the link to contact information for various agencies and programs that assist with particular issues, or offer support for particular demographics.

### Health Education and Learning

[www.ahs.ca/heal](http://www.ahs.ca/heal) is a resource aimed at providing families easily accessible, reliable information about common minor illness and injuries in children. This resource offers general information about the causes, symptoms and home management options for common minor illnesses and injuries, and when to seek medical care.

## PAY SCHOOL FEES ONLINE!

School fee information for the 2022-23 school year will be posted on the [PowerSchool Parent Portal](#) in late **September**. All fees are due within 30 days of being posted. To access your fee information, simply log in to the [PowerSchool Parent Portal](#) and go to "Student Fees." There you can view your fees and pay online using a credit card.

Don't forget to log in to the PowerSchool Parent Portal regularly throughout the year. Fees are often added to your child's account to cover the cost of certain school activities such as field trips, class projects, athletic-team fees and more. Additionally, junior high and senior high fees can change as courses are added and deleted.

If you're unable to pay your school fees, you can apply to have certain [fees waived](#) by submitting an [Application for a Waiver of Fees](#). **The application deadline is Dec. 15, 2022.**

For more information about school fees, waivers and payment deadlines visit [eips.ca](#). Alternatively, contact Business Manager Billie Jean Mepham at Westboro Elementary at 780-467-7751.

## UPDATE YOUR POWERSCHOOL INFORMATION

The EIPS Correction and Verification Form is now available online through your [PowerSchool Parent Portal](#). Use the form to access and update your child's records information—including address, parent and guardian information, emergency contacts and medical information. Reviewing the form and submitting updates ensures the school has the most up-to-date information regarding your child.

When reviewing the form, pay close attention to all listed phone numbers, email addresses and emergency contact information. Also, if you recently moved, now is the time to ensure the Division has your updated address. Throughout the year, the Division and school uses the listed information to communicate with families about important information, including updates, the latest news and event.

[EIPS Correction and Verification Form](#)

**Review and update the form by Sept. 22, 2022.**

For more information about the PowerSchool Correction and Verification Form, contact the school office at 780-467-7751

# STRATHCONA COUNTY FAMILY RESOURCE NETWORK

## Strathcona County Family Resource Network

Parenting is a journey, and there's no clear road map. Everyone needs some help along the way!

The Strathcona County Family Resource Network can support families with:

- Programs to promote healthy child development, from pregnancy to youth
- Reliable parenting information and strategies
- Connection to community and local resources

Support is free, parent-led and flexible, ranging from group workshops to customized 1:1 services.

- Options for in-person, virtual or phone support.

Let's talk! Call 780-464-4044

[strathcona.ca/families](http://strathcona.ca/families)

[familyresourcenetwork@strathcona.ca](mailto:familyresourcenetwork@strathcona.ca)



Follow us on Facebook:

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## Early Years Programs



### Baby & Me

The parenting journey can be a challenge but being connected means you do not have to travel alone. Join us online and in-person to keep connected and learn together!



### Stay & Play

A wonderful opportunity to meet other parents, spend time with your child and get to know your community! Please stop by for this drop-in program.



### Play with Me: Kimochis

Children who learn strong social-emotional skills are proven to experience long-term benefits to their overall health and well-being. Come and meet the cute and cuddly Kimochis to help children practice expressing their feelings in a fun, interactive way. In addition to learning about social-emotional learning you will have the opportunity to connect with others and to explore fun, open-ended play experiences designed to enhance the parent-child relationship!

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



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## Programs for Parents and Caregivers



### Kids Have Stress Too!

Stress is a normal part of everyday life for children and adults, but too much stress can be overwhelming. Join us for this online workshop to look at strategies to help reduce stress and support your child to develop effective coping techniques.



### Inclusive Parenting

Where do you begin when talking with your teens about the impacts of drugs and alcohol? Join us for Inclusive Parenting, a session in partnership with Parents Empowering Parents Society. This session will cover adolescent brain development, signs, symptoms and impacts of substance use, how to talk about substance use with your teen, and resources available to you and your family.



### Triple P Group

Struggling with your child's behavior? Learn how to turn challenges into opportunities for success. This course is designed to address specific behavior by developing a parenting plan for children 2 to 12 years.



### Super Dads Super Kids

Join us for this parenting program that helps deepen the connection and attachment between male parent figures and their children. Through learning and sharing about communication, child development, discipline and emotional health participants will learn how deep connections come from knowing and enjoying time with their children.

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## Programs for Children and Youth



### Confident Kids - Grades 1 to 3

For children to develop confidence and strong social-emotional skills, they need opportunities to experience peer interactions in a safe and encouraging environment. This interactive program will create space for your young person to connect with others and learn new skills in a fun way!



### Woodland Wanderers

Did you know that exposure to nature can expand a child's learning environment? Nature provides endless opportunities to enhance a child's development by building on self-awareness, language and critical thinking skills. Your family is invited to join us for activities and exploration to enrich our connection with nature.



### Family Fun Night

Are you looking for a free activity to get your family out of the house? Come spend some quality time with your family as you connect with others in the community. There will be a light meal provided, exciting activities, and opportunities to learn about local resources. There is something for everyone!



### Regulation Station

Emotions can be hard to understand. All feelings are ok but not all behavior. Learn appropriate ways to name and process emotions through art, music, drama, and storytelling. Children learn and practice different ways to help them self-regulate.

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



# Strathcona County Information

## KIDS HAVE STRESS TOO

Stress is a normal part of everyday life for children and adults, but too much stress can be overwhelming. Join us for this online workshop to look at strategies to help reduce stress and support your child to develop effective coping techniques.

Wednesday, September 21, 6-8 p.m.

Register at <https://www.strathcona.ca/.../family-resource-network/>

Registration closes at noon on Monday, September 19.

## COMMUNITY SAFETY EDUCATION AND EMERGENCY SERVICES

Three steps to becoming the firefighter in your home:

1. Take the free home fire prevention course on September 26
2. Have a working smoke alarm (test it monthly)
3. Have and practice an escape plan

The best way to fight a fire is to prevent one from happening! In a fire, mere seconds can mean the difference between a safe escape and tragedy. It is important for every member of the community to make sure they understand how to stay safe in case of a fire. The home fire prevention discussion is on September 26 at 7 p.m. to 8 p.m., register today and take steps to keep your family safe!

<https://reonline.strathcona.ca/.../cat.../browse/PROGX92IES>

## FREE SUNDAY RECREATIONAL SKATES

Hit the ice this fall with free Sunday recreational skates.

**Ardrossan Recreation Complex** (sponsored by [ARAS - Ardrossan Recreation & Agricultural Society](#))

Sundays, September 18 - March 19

1 p.m. - 3 p.m.

**Moyer Recreation Centre** (sponsored by [Josephburg Agricultural Society](#))

Sundays, September 18 - March 19

Recreational skate: 1:30 p.m. - 2:15 p.m.

Stick & skate: 2:15 p.m. - 3 p.m.

**Glen Allan Recreation Complex** (sponsored by [Strathcona County Fire Fighter/Paramedics](#))

Sundays, September 18 - March 19

2 p.m. - 4 p.m.

Omit: Sunday, December 25

View all free recreation opportunities throughout the fall

<https://www.strathcona.ca/.../free-recreation.../>