



November 19, 2023



WESTBORO ELEMENTARY

Weekly Newsletter

IMPORTANT UPCOMING DATES

November 20: National Child Day

November 21: Earth Rangers Presentation 1:00 p.m.

November 22: School Council and Parent's Society Meeting 6:30 - 8:00 p.m. in the school library

SCHOOL COUNCIL AND PARENT'S SOCIETY MEETING

Please see the agenda for the upcoming School Council meeting on November 22, 2023.

[Westboro School Council Agenda November 22, 2023](#)

[Westboro Parent's Society Agenda November 22, 2023](#)

Please see the meeting minutes from the School Council meeting held on October 18, 2023.

[Westboro School Council Meeting Minutes October 18, 2023](#)

[Westboro Parent's Society Meeting Minutes October 18, 2023](#)

NATIONAL CHILD DAY

National Child Day is celebrated in Canada on November 20 in recognition of our country's commitment to upholding the rights of children and two historic events: the 1959 signing of the UN Declaration of the Rights of the Child and the adoption of the UN Convention on the Rights of the Child in 1989.

The United Nations Convention on the Rights of the Child sets out the rights of children with 54 articles that provide us with a solid road map of what is needed to raise healthy and happy children and youth.

This year's theme is "Inclusion for Every Child." More information will follow soon.

The Alberta National Child Day coalition organizes events across the province. Visit our events page to see what's happening in your community this year! [Learn more.](#)

STRATHCONA CHRISTMAS BUREAU AND WESTBORO

Westboro is proud to support the Strathcona Christmas Bureau. We will start accepting new unwrapped gifts and toys for all ages. You can also scan the **QR code below** to make a monetary donation. Your donations are sincerely appreciated!

Note: Food donations cannot be accepted.



The Strathcona Christmas Bureau is once again providing gift hampers for qualified residents of Strathcona County.

APPLICATION PROCESS:

To receive a Christmas hamper, you must apply **each** year. Our Intake Line will be open Monday through Thursday 8:30 AM to 4:00 PM, beginning on **Wednesday, November 1, 2023**.

The deadline for applications is 4:00 PM on Thursday, November 30th. Applications will NOT be accepted after this deadline so please call early to avoid disappointment.

The INTAKE LINE phone number is: 780-918-2521.

If your address or phone number changes after you apply, you must let us know so you won't miss your delivery.

Delivery day this year is December 9th between 8:00 AM and 1:30 PM. An adult must be home to accept delivery of the hamper.

PEACE ~ HOPE ~ JOY ~ GOODWILL

WESTBORO ELEMENTARY LITTLE CAESARS FUNDRAISER



*Westboro Elementary
Presents our...
Little Caesars Fundraiser*

Get ready to fill your freezers with the mouthwatering goodness of Little Caesars tasty and delicious kits, just in time for the holidays! Spread the word to friends and family because these kits aren't just perfect for those late-night school cravings—they're also budget-friendly with an unbeatable price. Act quickly, though! All orders must be submitted by December 11th.

Here's how to order....

1. Click on this link [Westboro Elementary Little Caesars Fundraiser](#).
or scan the QR Code



*Scan for
FULL MENU!*

2. Login to your account if you have purchased kits **before** or create a **new** account to get started. Name Email Address and a password of your choice.

3. Select **Ship My Order to the Group**

4. Click on **Pizza and Specialty Kits** for main products and/or **Cookie Dough** to see our four cookie choices.

5. PLEASE enter **Students name** in the seller's name field at the top to check out. Fill in Information for payment and click continue.

All kits will be shipped To Westboro Elementary School week of Dec. 11th 2023, pick up details will be sent out after ordering closes.

WE WILL BE ACCEPTING ONLINE ORDERS ONLY!!!
Any questions please email: westborohotlunch@gmail.com

Thank you for supporting Westboro Elementary

CALLING ON VOLUNTEERS!!

Mrs. Richard is looking for some parent volunteers to help move instruments and props from the school to the church on Wednesday, December 6th. We will meet in the music room immediately after the bell rings (8:30) and anticipate this will take 60-90 minutes. If you are able to help, please contact Mrs. Richard at courtney.richard@eips.ca as soon as possible.

Stay tuned for detailed information about the concert coming to you in next week's newsletter!

WINTER BLUES AND STRESS BUSTERS



Ways to combat "winter blues"

If you notice your children have lower moods in the winter, there are some strategies that may help:

- Open curtains and allow natural light in your space
- Spend time outdoors and get fresh air
- Get regular exercise and eat healthy food
- Talk to a doctor or a therapist
- Ask your doctor or pharmacist about vitamin D supplements
- Help your child understand what increases their stress and how they can better manage it

MORE RESOURCES

www.healthychildren.org
www.albertahealthservices.ca (parent information series)
www.mindful.org (mindfulness for kids)



Ways to combat "winter blues" as a family

- Watch a funny show or movie together; make a night of it!
- Put on your favourite music and have a dance party
- Make a winter bucket list, come up with some activities the whole family is interested in
- Try new recipes
- Create new family traditions
- Have conversations and check in with each other if you notice any changes in behaviour

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What are the "winter blues" or seasonal affective disorder?

Seasonal Affective Disorder or SAD occurs in up to 17% of people, and often is seen in more than 1 family member. It is a type of depression that usually happens in the colder months, when the days are shorter.

Winter blues impacts about 15% of Canadians and involves a lower mood or waves of emotions in the colder months.

These tend to be more common in adults, but can still show up in children and youth. If you see signs in yourself or your children, speak to a healthcare provider.

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Stress Busters

Stress can impact your overall mood and well-being. If you notice yours or your children's moods are fluctuating in the cold winter months, you may need to take extra special care. This could include things like:

- Deep breathing strategies
- "Mindful crafts" or "stress reduction crafts for kids"
- Mindfulness strategies like focusing on your 5 senses (5 things you see, 4 things you touch, 3 things you hear, 2 things you smell, 1 think you taste)

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Strathcona County Information

CELEBRATION OF LIGHTS

Dust off your favourite holiday sweater, scarf or hat and join us at the Celebration of Lights!

Saturday, November 18th, from 3-5pm

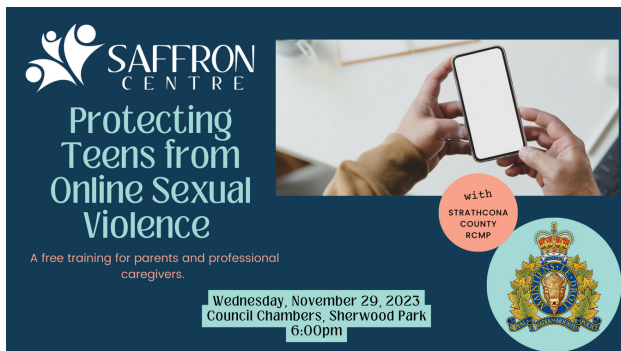
Festival Place, 100 Festival Way, Sherwood Park

Click [here](#) for more information.

Please remember to bring a donation for the Strathcona Food Bank.



PROTECTING TEENS FROM ONLINE SEXUAL VIOLENCE



Saffron is pleased to announce our upcoming event for parents and professional caregivers, “Protecting Teens from Online Sexual Violence.” The training will be co-delivered by the Saffron Centre and Strathcona County RCMP. It will be held in the Council Chambers in Sherwood Park starting at 6 pm and ending around 8:30 pm, on November 29th, 2023.

The training is for persons aged 18 and older who are parents, caregivers or professionals working with children. Topics include but are not limited to location settings, photo-sharing apps, sexting practices among teens, online grooming behaviours, and exposure to pornography. Our goal is to provide resources with accurate information and prevention strategies to help keep teens safe online.

To register please use this provided link ([Registration](#)), or the link can be accessed through Saffron’s social media platforms. Attendance is free, and refreshments will be provided. We look forward to seeing you there.