



February 2021

# Westglen School

## PAWPRINTS

Westglen will engage every student in meaningful learning by challenging, encouraging and believing in them in a middle school setting

### PRINCIPAL'S MESSAGE

Dear parents,

Please ensure that your child is coming to school with a coat, gloves and appropriate footwear. School staff are put in a hard spot when we need to send students out for recess or other outdoor activities and they are not dressed appropriately.

I would like to invite you to join our Parent Advisory Council (PAC) meeting on February 23rd. These meetings are being held virtually and we hold them over the lunch hour so that more parents are able to be a part of the conversation. We use these meetings to gather input from parents. In November for example, we discussed that as we rely more on Power School to communicate student learning throughout the school year rather than we used to do just at report card time, what is helpful in your home and what can we improve upon? We will be revisiting this topic throughout the year. It was great to see some new faces at the table with our last meeting, so please consider joining in. All you have to do is email me at [cmassel@cesd73.ca](mailto:cmassel@cesd73.ca) and I will send you the link to join.

### THANK YOU!

We would like to extend a big thank you to one of our Westglen families that has been purchasing additional Meal Deals which we've used to treat deserving students. Your kindness and generosity is appreciated!

*Right: Grade 8 Shop students hard at work!*



[www.westglen.ca](http://www.westglen.ca)

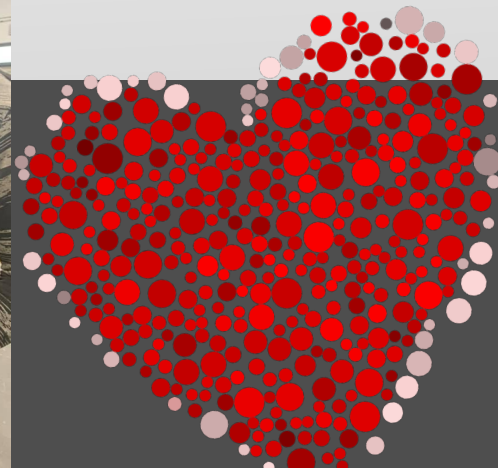
Westglen School  
2405 23 Ave  
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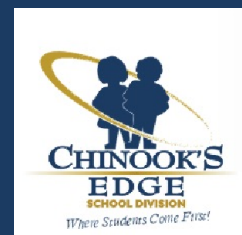
Principal:  
Carolyn Massel

Vice Principal:  
Allan Whitehead

*"Promise me, you will always see  
the good in every child"*  
Mrs. Linda Pothier



# SHARING OUR VALUES EACH DAY



## *A MESSAGE FROM THE SUPERINTENDENT*

Ensuring that our students are engaged in meaningful learning and encouraged to rise to new challenges is part of our mission in Chinook's Edge. This year, more than most others, our teachers and school staff have relied upon the core values that inform our work together, guide our relationships, and impact the potential of each student. We have all needed to shift our learning in several ways during this pandemic. We are able to rise to these challenges and accomplish great things together, because we share a firm foundation of values that help create a positive school culture.

Our Mission and Vision statements are a daily reminder of our most important values, which guide our work despite any challenges the pandemic may be creating. We recognize the uniqueness of every child in our care and, through our focus on relationships and on the values that shape strong character, we encourage each one to achieve excellence.

**Kurt Sacher**

**Superintendent of Schools**

**For Trustee updates and to read the latest Board eNews, please visit our [website](#).**

## *AHS GUIDELINES FOR VALENTINE'S DAY*

With Valentine's Day approaching, we wanted to let parents know the AHS guidelines we will be adhering to in regards to snacks and cards. Please see below:

1. No homemade goods/snacks/treats.
2. Prepackaged, individually wrapped treats may be bought by parents to be shared out at the school, and managed by the teacher. Any food must be distributed by an adult wearing appropriate PPE (mask and gloves).
3. Paper valentines may be brought from home if stored in the classroom for 72 hours prior to distribution.
4. Paper valentines may be created in the classroom; however please avoid sharing of materials. As with all paper, please ensure that students are taking appropriate measures to hand sanitize.

## *TIM HORTON'S MEAL DEAL*

We are having a school lunch on  
**THURSDAY, FEBRUARY 25th**

To order, go to [Student Quickpay](#) and ensure you get your receipt to confirm your order.

This month we have a **Small Tim Horton's Chili, bun and vanilla-dipped donut.**

Unfortunately, no exceptions or substitutions can be made.

**ORDERS ARE DUE THURSDAY, FEBRUARY 11th at NOON! We have to have orders earlier due to Winter Break, February 15-19th.**

### **Mission:**


Chinook's Edge School Division will engage every student in meaningful learning by challenging, encouraging and believing in them.

### **Vision:**

Chinook's Edge School Division will be universally recognized as a collaborative learning community where learning is personalized for all students to achieve success as compassionate and innovative global citizens.

# February 2021



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 (Day 4)	2 (Day 5)	3 (Day 1)	4 (Day 2)	5 Collaborative Day - no school for students	6
7	8 (Day 3)	9 (Day 4)	10 (Day 5)	11 (Day 1) Online orders for Tim Horton's lunch (on Feb. 25) are due by noon	12 (Day 2)	13
14	15 Family Day	16	17	18 Teachers' Convention	19 Teachers' Convention	20
 Winter Break, February 15 - 19th. No school for students						
21	22 (Day 3)	23 (Day 4) PAC Meeting (Google Meet) at noon	24 (Day 5)	25 (Day 1) Tim Horton's Meal Deal Day Pre-orders were due by Feb. 11	26 (Day 2)	27
28	Shift+Control+Click these links to access the live links on the PDF documents on the following pages: <b>Nutrition and COVID-19</b> <a href="https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-nutrition-covid-19-school-aged-children.pdf">https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-nutrition-covid-19-school-aged-children.pdf</a> <b>Addiction and Mental Health Resources</b> <a href="https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-coping-amh-resources.pdf">https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-coping-amh-resources.pdf</a>					

# Nutrition and COVID-19: School-aged children

A healthy diet is important to keep your immune system working at its best. There are no single nutrients, vitamins, minerals or natural health products to fight against COVID-19. [Proper hand hygiene](#) and [physical distancing](#) are essential to fight against COVID-19.

- Use the [Eat Well Plate](#) from [Canada's Food Guide](#) to guide food choices: ½ plate vegetables and fruits, ¼ protein foods, ¼ whole grains.
- Have regular snack times and meal times when possible.
- Involve children in all parts of [meal planning](#), preparation and cleaning up. Be mindful of [food safety](#).
- [Cooking](#) and preparing food together is a way for children to learn and develop life skills while spending time [together](#). Children can participate by:
  - cleaning and setting the table
  - washing and chopping vegetables or fruits
  - stirring or mixing ingredients
  - helping plan menus and [grocery list](#)
- Children ages 8 and up may enjoy activities or recipes from the [Cooking Club Manual for Youth](#).
- Plan ahead for groceries and buy enough food to minimize unnecessary trips to the store. Use up the food you have with the tips in [Reduce Food Waste](#).
- Use the [Tips to Spend Less Money on Food](#) resource to help plan menus.
- Explore food outside of mealtimes with an activity from the [Teaching Tools for Kids](#) (Kindergarten to Grade 6).
- Make mealtime [enjoyable](#) with few distractions and [light conversations](#). Try some [conversations starters](#) or have the kids suggest topics.

**For more information about healthy eating please visit:**

<https://www.albertahealthservices.ca/nutrition/Page2914.aspx>

**For more tips and advice for family and home life during COVID-19, visit:**

<https://www.albertahealthservices.ca/news/Page15439.aspx>

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The following information has been prepared by Registered Dietitians in Alberta Health Services to help Albertans stay healthy during COVID-19. The information below is current as of June 3, 2020.



This is general information and should not replace the advice of your health professional. Alberta Health Services is not liable in any way for actions based on the use of this information. Licensed under the Creative Commons Attribution-Non-Commercial-No Derivatives 4.0 International License. Contact [NutritionResources@ahs.ca](mailto:NutritionResources@ahs.ca) © Alberta Health Services (Jun 2020)

## Coping with COVID-19

# Addiction & Mental Health Resources

### Help is available

#### Helplines and virtual support

[See all](#)

- Mental Health Helpline: 1-877-303-2642
- Addiction Helpline: 1-866-332-2322
- Crisis Text Line: Text CONNECT to 741741
- [Togetherall](#) online peer-to-peer support
- [Wellness together Canada](#) support portal

#### Community resources

[See all](#)

- 211 Alberta
- [AHS Addiction & Mental Health Programs & Services](#)

### Taking care of you

#### Coping and wellness

[See all](#)

- [COVID-19 and your mental health](#)
- [Taking charge of what you can](#)
- [Text4Hope](#)

#### Substance use and addiction

[See all](#)

- [Alcohol & COVID-19](#)
- [Cannabis & COVID-19](#)
- [Opioid poisoning response & COVID-19](#)

#### Employment and finances

[See all](#)

- [Managing COVID-19 financial stress](#)
- [Managing mental health during COVID-19 for frontline workers](#)
- [Mental health tips for working from home](#)

#### Physical well-being

[See all](#)

- [Healthy eating starts here: Steps to a healthier you](#)
- [30 days to a well-rested you](#)

### Taking care of others

#### Family resilience

[See all](#)

- [Coping and connection for children & families during COVID-19](#)
- [COVID-19: Grieving together](#)
- [Family violence during COVID-19](#)

#### Children and teens

[See all](#)

- [Helping teens adapt to the new normal](#)
- [Helping your child or teen respond to a disaster or emergency](#)
- [Talking to kids about COVID-19](#)

#### Seniors

[See all](#)

- [COVID-19: Resources for seniors and their caregivers](#)
- [Seniors wellness in challenging times: A COVID-19 resource](#)

#### Suicide

[See all](#)

- [Tips for communicating about suicide](#)
- [Hope and healing: A guide for people who have lost someone to suicide](#)

# Addiction & Mental Health Resources

## Help is available

### Helplines and virtual support

<b>Mental Health Helpline</b>	1-877-303-2642 toll-free available 24/7
<b>Addiction Helpline</b>	1-866-332-2322 toll-free available 24/7
<b>Suicide Prevention</b>	811 HealthLink toll-free available 24/7
<b>Crisis Text Line</b>	Text CONNECT to 741741
<b>Togetherall</b>	Clinically moderated free online peer-to-peer mental health community: <a href="https://togetherall.com/en-ca/">https://togetherall.com/en-ca/</a>
<b>Wellness Together Canada</b>	Government of Canada resource to get connected to mental health and substance use support, resources, and counselling with a mental health professional.
<b>Kids Help Phone</b>	1-800-668-6868 Text CONNECT to 686868
<b>Calgary ConnecTeen (available to all youth)</b>	Text 587-333-2724 Online chat: <a href="https://calgaryconnecteen.com/">https://calgaryconnecteen.com/</a>
<b>Native Youth Crisis Hotline</b>	1-877-209-1266
<b>First Nations and Inuit Hope for Wellness</b>	1-855-242-3310 Online chat: <a href="https://www.hopeforwellness.ca/">https://www.hopeforwellness.ca/</a>
<b>Income Support</b>	1-866-644-5135
<b>Other important numbers</b>	<a href="https://myhealth.alberta.ca/pages/emergency-phone-numbers.aspx">https://myhealth.alberta.ca/pages/emergency-phone-numbers.aspx</a>

### Community resources

<b>Addiction &amp; Mental Health Programs &amp; Services</b>	<a href="http://www.ahs.ca/amh">www.ahs.ca/amh</a>
<b>211 Alberta</b>	Connect to social and support resources, including financial help and community and government information.
<b>Access 24/7 (Edmonton)</b>	780-424-2424
<b>Access Mental Health (Calgary)</b>	403-943-1500
<b>Distress Centre (Calgary)</b>	403-266-4357



# Addiction & Mental Health Resources

## Coping and wellness

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[30 days of self-care](#) (activity)

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[COVID-19 and your mental health](#) (tip sheet)

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[Learn how to manage stress in challenging times](#) (virtual workshops)

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[Mental wellness moments](#) (video series)

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[Mobile tools to promote mental wellness](#) (tip sheet)

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[Positive steps for mental health in uncertain times](#) (tip sheet)

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[Spiritual practice worksheets to support your well-being in a disaster or emergency](#) (activity)

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[Take control of your mental wellness](#) (tip sheet)

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[Taking charge of what you can: A COVID-19 toolkit](#) (toolkit)

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[Text4Hope](#) (Alberta-based supportive text messaging service)

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[Wellness together Canada](#) (support portal)

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## Physical well-being

### Healthy eating

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[Healthy eating starts here: Steps to a healthier you](#) (resource)

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[Make a change: One meal at a time](#) (resource)

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### Sleep

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[30 days to a well-rested you](#) (activity)

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[Sleep journal](#) (activity)

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# Addiction & Mental Health Resources

## Substance use and addiction

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[Alcohol & COVID-19: What you need to know](#) (resource)

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[Cannabis & COVID-19: What you need to know](#) (resource)

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## Employment and finances

### Financial concerns

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[Alberta income support](#) (resource)

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[Managing COVID-19 financial stress](#) (tip sheet)

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### Frontline workers

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[Helping health care workers cope with COVID-19-related trauma](#) (resource)

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[Managing mental health during COVID-19 for frontline workers](#) (online training)

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### Working remotely

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[Mental health tips for working from home](#) (tip sheet)

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[Working from home during a pandemic](#) (tip sheet)

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## Family matters

### Family resilience

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[Coping and connection for children & families during COVID-19](#) (tip sheet)

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[Coping at home for families: Supporting your well-being through meaningful activity and leisure during COVID-19](#) (toolkit)

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[COVID-19 online mental health resources \[for caregivers\]](#) (resource)

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[Healthy together: Your guide to family and home life during COVID-19](#) (resource)

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[Simple connections, stronger families](#) (checklist)

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# Addiction & Mental Health Resources

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## Children and teens

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[Helping teens adapt to the new normal](#) (resource)

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[Helping your child or teen respond to a disaster or emergency](#) (tip sheet)

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[Talking to kids about COVID-19](#) (resource)

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## Family violence

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[Family violence during COVID-19](#) (fact sheet)

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## Grief and loss

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[COVID-19: Grieving together](#) (resource)

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## Seniors

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[COVID-19: Resources for seniors and their caregivers](#) (resource)

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[Seniors wellness in challenging times: A COVID-19 resource for seniors and those who care for them](#) (tip sheet)

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## Suicide

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[Tips for communicating about suicide](#) (tip sheet)

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[Hope and healing: A guide for people who have lost someone to suicide](#) (resource)

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[Healing your spirit: Surviving after the suicide of a loved one](#) (resource)

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