



January 2020

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

Happy New Year!! (As a teacher, I always feel like the new year began in September and we just delayed the celebration!) In keeping with the resolutions that many of us have made, our focus this month is on health and wellness because all of the research shows us that students learn most effectively when they are properly nourished, physically active and part of a positive social environment.

Our school store offers healthy choices and the majority of our students participate in the breakfast program in order to get their day off to the best start possible. Health curriculum discussions and activities focus on healthy living. Our Phys Ed program aims to develop a mentality of active living and, on the days when students do not have gym class, they participate in Daily Physical Activity (DPA) to make sure that all of our students are active daily.

We work very diligently to make Westglen a safe and caring community and staff and students discuss this throughout the year. As well, we are fortunate to have our FSW worker, Mrs. Kerr, available to give students extra support when they are dealing with difficult issues. Thanks to Mrs. Kerr's efforts, Westglen will be hosting an evening showing of the documentary, [Screenagers-Next Chapter](#) on January 22 at 6:30pm in the gym. In our digital age, high stress, anxiety and depression are being experienced by millions of young people and their parents and this film explores solutions to these issues. We hosted the first installment of Screenagers two years ago and there was a large parent turnout and some great discussion that followed. Please mark this evening on your calendar.

www.westglen.ca

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

Band Camps

Grade 8

January 15-17th

Grade 7

January 29-31st

OUR COMMITMENT TO HEALTH AND WELLNESS



A MESSAGE FROM THE BOARD CHAIR

In Chinook's Edge, we know that ensuring a healthy environment in our schools will positively impact both the achievement and well-being of our students and staff. Nurturing a culture of emotional, intellectual, physical, social and spiritual well-being in our division helps our students and staff reach their full potential.

The new year provides a perfect opportunity to focus on the many steps being taken in our schools to ensure the health and wellness of our students, staff and families. I thank everyone whose efforts are supporting these priorities, because doing so ensures our students are ready to learn in every classroom across our division. We are moving into 2020 with a sharp focus on our divisional goals to set all of our students up for success: Literacy, Academic Excellence, Career Connections and Social Emotional Well-being. On behalf of the entire Board, I wish everyone in our Chinook's Edge school communities a happy and healthy new year.

READY, SET, GO! WELCOME TO ONLINE KINDERGARTEN REGISTRATION!

Chinook's Edge will be accepting Online Kindergarten Registrations on January 6, 2020 for the 2020-2021 school year. Please visit our website at www.cesd73.ca for Kindergarten information!

QUALITY LEARNING AMID FISCAL RESTRAINT

We are intentional in moving our division forward, while at the same time answering the call to make a \$2.8 million adjustment. Please read more in the January issue of [Trustees at work for students](#).

THANK YOU!

We would like to extend a huge thank you to the Knox United Thrift Shop UCW (Didsbury) for their generous donation to our school. The money will be used to support our band program and the breakfast program. On behalf of our students, we thank you!



Your Trustee, Gord Kerr, is always available and happy to hear from you. Visit the Board section of our division website at www.cesd73.ca for his contact information.

Superintendent, Kurt Sacher, can be contacted directly from the Board section as well.



SCHOOL NEWS

BAND NOTES

The grade 7 & 8 band students will be traveling to Camp Caroline for band workshops in the New Year.

Grade 8 students will be leaving after lunch on Wednesday, January 15th and will return in time for buses on the 17th.

Grade 7 students will be leaving after lunch on Wednesday, January 29th and will return by 2:30pm on the 31st. January 31st is a Non-Instructional Day, so please be sure to have arrangements made to pick your child up on time, at 2:30 pm.

HOMEWORK CLUB

Homework Club runs every Tuesday after school in Ms. Sheehan's classroom until 4:30pm. Any student who would some extra time or help with their work is welcome to attend.



Our grade 8 students did a fabulous job presenting their projects at the annual Renaissance Faire on December 17th

SAVE THE DATE!



YOUTH
EMPOWERMENT
& SUPPORT

SCREENAGERS - NEXT CHAPTER

WEDNESDAY, JANUARY 22 - 6:30 PM

Almost two years ago, Westglen presented "SCREENAGERS: Growing up in the Digital Age." This award-winning film was the first feature documentary to explore the impact of screen technology on kids and offer parents and families proven solutions.

The follow up film, "Screenagers NEXT CHAPTER" further explores the impact of social media and screen time, how it may be impacting our teens' mental health, and examines ways we can help teens build crucial skills for navigating stress, anxiety, and depression.

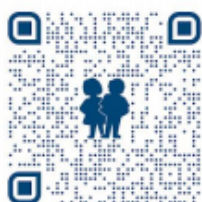
Please plan to join us in the Westglen gym for this important film. There will be a panel available for further discussion following the screening.



January 2020



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	Screenagers is sponsored by:  YOUTH EMPOWERMENT & SUPPORT		**Homework Club runs every Tuesday after school until 4:30pm in Ms. Sheehan's room**	2	3	4
5	6 (Day 5) Welcome back!	7 (Day 1)	8 (Day 2)	9 (Day 3)	10 (Day 4)	11
12	13 (Day 5)	14 (Day 1)	15 (Day 2) Grade 8 Band Camp, Jan. 15th-17th	16 (Day 3)	17 (Day 4)	18
19	20 (Day 5)	21 (Day 1)	22 (Day 2) -Gr. 5 skating 1:00pm -Screenagers 6:30pm	23 (Day 3)	24 (Day 4) Gr. 6 Astrodome	25
26	27 (Day 5)	28 (Day 1)	29 (Day 2) Grade 7 Band Camp, Jan. 29th-31st	30 (Day 3)	31 Non-Instructional Day - no school for students	



WE HAVE MORE DETAILED INFORMATION AND REFERENCES ONLINE

<http://edtechframework.com/support/talking-to-kids/>

Talking to Kids About Social Media



Talking to kids about their online life and social media usage is not always easy. We offer these 12 tips to try to help break the ice and have rich conversations with your children that keep both parties safe.

1. It doesn't always feel natural to give a child **positive reinforcement** when they drop a piece of random information, we acknowledge this. But, if you give positive reinforcement when they open up to you about a topic, even if it is a small or minor topic, that sends a quiet message that you are approachable. Simply make eye contact and say something like "Hey, thanks for telling me about that. I like talking to you about this stuff." Saying this when the topic is not heated or personal sets the stage for your child to approach you when things are tougher.
2. **Be proactive** about conversations.. Don't wait until there is a problem to start talking about online engagement with kids. Setting the stage to talk openly about online choices is important.
3. Have conversations about online safety from a **young age**. Watch YouTube with the younger children. Ask them questions about what you viewed. Talk about if it's real or not. Talk about opinions. Just talk. Listen when they talk, but teach them that it's positive to watch and discuss.
4. ASK them their opinion about online **activities that don't involve them**. If you've heard of a cyberbullying situation in the media, strike up a conversation with your child(ren). Ask their opinions about what happened. Talk about how both the children and the adults handled the situation. When they are not involved, they can think rationally and logically (for the most part) about a situation.
5. Talk about things you've seen or experienced online. **Personal anecdotes** are so powerful with children. You don't have to be a perfect online citizen, just be an honest one. This is new ground for adults too. It's okay that you are still learning also. There's nothing wrong with letting children know that adults are trying to figure out how to live with constant connectivity. It's a great opportunity to model lifelong learning and growth mindset. None of us are experts!
6. Ask your child about **the apps and websites they use** - or better - set up family sharing (iOS) so that they must ask permission each time they are downloading a new app. As a family decide at what age, or by what criteria, this can be removed.
7. **Reassure** them that they can always talk to you. We sound like a broken record, but in order to have communication, both parties need to feel safe.
8. **Listen and ask questions**. If they are talking, it's your job to listen. It may be tempting to give information or teach a lesson. Try to hold back. You can teach the lesson tomorrow. If they are talking, don't cut them off! If you listen today, they will talk again tomorrow.
9. Set **boundaries** - but be realistic; if you make screens "precious" they become desirable. You know your child better than anyone. Watch for the signs of sneaking, and if you find this happening, talk to your child and brainstorm ways to resolve the impulsivity.
10. **Act on warning signs**. If you feel that something is happening, lean on the relationship you've built with the previous nine steps, and ask directly. You will never regret the strength of the relationship you built starting from that young age.
11. When they have earned the right to privacy, **respect their privacy**, with the constant reminder that nothing done online is ever private. The right to privacy goes hand-in-hand with trust. If trust is broken, the right to privacy can be revoked.
12. **Meet them where they are at** sometimes. Let your teen teach you. Snapchat may not be of any interest at all to you, but if you engage in snapping with your teen, that simple act will open up many conversations you never expected to be allowed to have, and you will gain an understanding as to how kids use this application. It's okay to be goofy sometimes.