



December 4, 2020

Calendar of Events

December 1

Food Drive Begins

December 8

Friends of Westbrook Zoom Meeting at 5:45pm

December 11

Spirit Day – Red, Green or Plaid Day

December 14

Christmas Bulletin Boards Finished

December 15

Last day for Food Drive Donations

December 18

Spirit Day – A Very, Merry Westbrook Christmas
Kindergarten has class this day
Last Day of Classes!

January 4

Online Learning Begins
Welcome Back!

January 11

All Students Return to School

January 11 to 15

Deadline for Parents to switch to online or in-class learning

January 26

Zoom School Council Meeting at 5:30pm

Please check the School Website for the most up to date events calendar:
<http://rockyview.ab.ca/calendar/westbrook-school-calendar>

Follow us on Twitter!
@WestbrookRVS

December Newsletter

PRINCIPAL'S MESSAGE – MS. CHRISTINE PARKER

You may have noticed a new voice on the phone at Westbrook. We would like to welcome Tiffany Kelly who is helping out in the office while Mrs. Dixon is absent.

I hope this message finds you and your family well as we all prepare for a very unusual Holiday break. We are definitely missing our grade 7's and 8's as they are once again in an online school setting. The Food Bank food drive they organized before they left started this week and we have collected over **430** items in just one week! Students are also very excited about the theme days the 7/8 leadership team organized for December. Thank-you grade 7's and 8's for planning these activities! The school community, and the greater community, will benefit from your ideas and planning. We are also looking forward to a belated Christmas play we know the 7 & 8 class are all working hard on. Thank-you grade 7's & 8's and all the parent elves helping out with props/backdrops for your "Show Must Go On Attitude". We can wait to welcome you all back January 11th as we truly miss your caring leadership and positive energy.

November was also a busy month for the Biggest Little School. Our students and staff missed being able to share with you and the community our Remembrance Day Ceremony. Students and staff did a great job creating a virtual ceremony we all watched together; in our individual classrooms. The students did an outstanding job of presenting their thoughts and reflections through, poems, movement, choral readings and art. Volleyball looked a bit different this year as we were not able to travel or have other teams compete with us in our new gym. However, our grade 6 to 8 students did have time to practice their skills in their cohorts during lunch hour intramurals. November was also a time we were able to tackle the challenge of virtual Three-Way Conferences. Thank you all for taking the time to sign-up and meet with teachers through Zoom. If you were unable to meet with your children's teachers, please don't hesitate to contact your child's teacher and touch base if you have any questions or concerns.

Thank you to all who helped out with our new fundraiser, Mom's Pantry. Over 50 families took part help raise over \$3,500 for the school. Thank you, Linda Holmes and Shannon Kinch, for taking the lead on this and help with the distribution of the orders. Speaking of Fundraising Friends of Westbrook (FOW) is also preparing for a Casino sometime in the new year. They will be sharing more information as it becomes available.

I know this has been a challenging year for families as we work through COVID protocols and online learning. I would like to remind parents that RVS is allowing families to rethink if they would like their child/ren to complete the school year in -person or online. Grades 1 to 8 Families will have from Jan. 11 to 15, 2021, to decide if their student will attend school in-person or online. Selection(s) will be made by parents/guardians through SchoolEngage (accessed through PowerSchool). The system will not open to allow selections for grades 1 to 8 until Jan. 11 and will close Jan 15th, no changes will be accepted outside of these dates. To assist you in making your decision additional information on RVS Online Learning will be posted on RVS website shortly. Thank you for your ongoing patience and understanding as we all work together to keep our students safe, happy and healthy learners.

As announced by the Alberta Government last week, after the holiday break all students will be starting school January 4th to 8th online. We will be sending out information before the holiday break outlining what online learning will look like for K to 6 students. Grade 7 & 8 students will follow the same process they are currently following.

I would also encourage all parents and students to check: Google Classroom for added support with regards to activities, assignments, homework, myBlueprint for portfolio and student work , and PowerSchool for assignments and grades.

On behalf of all of us at Westbrook School, we would like to wish you and your family all the best during the holidays and in the year to come!

Professional Learning Day (November 23)

Despite all the changes taking place this year, the school staff found time to review last year's Playbook and make tweaks relevant to Year 2 of our 4 Year Plan. To safely engage in learning together, we reviewed student, parent and staff input from years previous and set priorities for this school year while socially distanced and even out for a walk & talk. We will engage with our School Council at the January meeting, seeking input and feedback for our priorities. This feedback will be reviewed by the school team and in the new year, our Playbook will be posted for all to see.



Westbrook Christmas Food Drive

December 1st to 15th:

Westbrook parents,

The grade 7/8 leadership committee has jumped at the opportunity to host the annual Christmas food drive. We will start collecting items on December 1st and will continue to collect until December 15th. December 15th is the LAST day we will be collecting food. We encourage all students to bring in food if they are able to contribute to this cause. This could include canned items, granola bars, oatmeal, rice, peanut butter, soups, and/or healthy cereals. Other things such as laundry soap, dish soap, bar soap, and cleaning supplies are currently needed at the food bank too. A box will be provided to each classroom to hold the items brought in and we will be keeping track of how much each class collects. There will even be a bulletin board in the hallway dedicated to keeping track of all donations. Please do what you can for Westbrook to help make the Christmas of 2020 better for everyone who relies on the food banks of Alberta!

-Keeley Scott Grade 7/8 - Foodbank Team

Once again, the items the Food Bank needs are:

- All canned meat like, tuna, chicken and ham.
- Other protein foods like peanut butter, chunky soup, canned chili and canned pastas.
- Granola bars, oatmeal, rice, healthy cereal and fruit are also needed.
- Laundry soap, dish soap, bar soap and cleaning supplies





THANK YOU TO ALL THOSE WHO HAVE CONTRIBUTED TO THE FOOD DRIVE ALREADY! YOUR HELP IS GREATLY APPRECIATED BY ALL!!





Westbrook's 2019-2020 Annual Middle School Awards Were Sent Home Last Friday.

It has been a **tradition** at Westbrook to recognize the hard work and accomplishments of our grade 5 to 8 students on the last day of school in a **community** awards celebration. Last year we were able to recognize our students through a virtual celebration. Unfortunately, we were not able to gather as group and present students with their award in person in the spring or this fall. This is why we sent home the awards home last Friday with the award recipient or their sibling if the recipient does not attend Westbrook this year. We are also following up with recipients who do not attend Westbrook or have siblings at Westbrook.

All recipients have a lot to be proud of, and we congratulate all of them for their **strength**, hard work, persistence and dedication to doing their best.

Christine Parker
Principal Westbrook School

COMMUNITY • STRENGTH • TRADITION



Lost and Found Please remind your son/daughter to take a look at our Lost & Found rack located near the washrooms to claim missing items. Items that remain *unclaimed* by January will no longer be available to claim. Items can be seen in the pictures below.



Parents please remember to have all children bring their own water bottle to school as the water fountains are not in use! Thanks!



Cochrane Community Resource Available:

The community of Cochrane has released its Virtual Program Guide from Nov 25 to Dec 9. You can register for any of the virtual programs found within the guide, just visit:

<https://www.cochrane.ca/634/Program-Activity-Guide>

#COCHRANETOGETHER



Did you Know? There are social support agencies in Cochrane and area that are here for you.

NEED HELP?
SOCIAL SUPPORT AGENCIES
IN COCHRANE AND AREA
ARE HERE FOR YOU

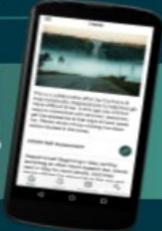


FOOD:	
Cochrane Activettes Food Bank	403-851-2250
Iyahre Nakoda Food Bank	403-881-2766
SUPPORT LINES:	
Cochrane Family and Community Support Service (FCSS)	403-851-2250
Cochrane & Area Victim Services	403-851-8055
Cochrane Family Resource Network	403-851-2265
Distress Centre Crisis Support (24hr)	403-266-4357
Hope for Wellness Help Line	
Indigenous Crisis Support (24hr)	1-855-242-3310
Helping Hands	587-580-9448
Kids Help Phone (24hr)	1-800-668-6868
Access Mental Health - Alberta Health Services	1-877-652-4700
Big Hill Haven – Domestic Violence Support	403-796-6564
Boys and Girls Club of Cochrane and Area Youth Support - Ages 12-22	403-618-3149
Turning Point Stoney Health Services	403-881-2877
Stoney Tribal Security	403-881-2791
RCMP Non-Emergency	403-932-2211
FINANCIAL SUPPORT:	
Government of Canada Income Support	1-833-966-2099

**WE CARE ABOUT YOU!
WE HAVE AN APP THAT CAN HELP!**



COCHRANE & AREA RESOURCES & ESSENTIAL SERVICES (CARES)
Connect with services and resources, get assistance and find ways to have fun. Download the app or visit cares.glideapp.io



Brought to you by the Town of Cochrane Social Recovery Task Force.
[cochrane.ca](https://www.cochrane.ca)



Kids get stressed too!

Community education service has pre-recorded sessions on topics such as ADHD, Healthy Brains, Mental Wellness, etc.

Visit <http://community.hmhc.ca/sessions/?p=webex>

[Current Sessions | Community Education Service](#)

Understanding Teen Mental Health and Wellness during a Pandemic. 6:30 PM - 8:30 PM. Everyone has mental health, teens included. This workshop will provide information to help parents and caregivers understand and support positive mental health for youth in their teen years including an emphasis on Covid19 and your youth.

community.hmhc.ca



Community Education Service



Improving emotional health and well being

Kids Have Stress Too™

Vicki Tole CYC Mental Health First Aid Instructor &
Stephanie Sands BSc

An introduction to key aspects of early childhood and brain development, and the crucial role parents and professionals play in buffering the impact of stress on children. Learn strategies to help young children become aware of and manage stress in fun and engaging ways.

FREE WEBINAR

December 9, 2020
6:30 PM - 8:30 PM

[Register](#)

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with RVS, MHC8 Stepping Stones to Mental Health.

CES@AHS.ca

<http://community.hmhc.ca/>

Cochrane Activettes

Share Your Christmas 2020

If your family is in need of a Christmas Hamper, please contact us. If you know someone who is in need of a Hamper, please encourage them to contact us.

Phone: 403-519-7726

Please call by December 15th, 2020

Upcoming Workshops/Events:

- **Share Your Christmas – Call 403-519-7726 by Dec 15**
 - Watch for neighbourhood parades collecting donations for SYC
 - Check out the **Stuff a Bus Event on Dec 12** outside of Canadian Tire
- Our latest **Town Activity Guide** came out virtually for **Nov 25-Dec 9**:
<https://www.cochrane.ca/634/Program-Activity-Guide>



**HELP SPREAD SOME
CHRISTMAS CHEER
AT
BETHANY COCHRANE**

**Make a tree ornament for
our residents to enjoy. Your
handmade ornaments will go
inside on our Community
Christmas tree.**

**Donated ornaments can be
dropped off to the front door
of Bethany Cochrane in the
ornament box.**

- **When:** Drop off anytime before
Dec 24th
- **Where:** Bethany Cochrane, 32
Quigley Drive Cochrane, Alberta

**We Look forward to seeing your
creativity Cochrane!**

bethany
CREATING CARING COMMUNITIES

SERVICE CANADA

READY TO HELP



We are ready to help Canadians through the COVID-19 outbreak. Find financial help during COVID-19: [Covid-benefits.alpha.canada.ca/en/start](https://www.canada.ca/en/start)



Canada COVID-19 App

A tool to help you track your symptoms, receive the latest updates on COVID-19, and access trusted resources.

EMPLOYMENT INSURANCE (EI) PROGRAM

We made temporary changes to the Employment Insurance (EI) program to better support Canadians looking for work. If you are eligible for EI benefits, you will receive a minimum taxable benefit at a rate of \$500 per week, or \$300 per week for extended parental benefits. If you are not eligible for EI, you may be eligible for the proposed new benefits:

- Canada Recovery Benefit (CRB)
- Canada Recovery Sickness Benefit (CRSB)
- Canada Recovery Caregiving Benefit (CRCB)

<https://bit.ly/368vygl> ☎ 1-800-206-7218

If you require assistance accessing services, please complete an e-Service request form at [Canada.ca/service-canada-e-service](https://www.canada.ca/service-canada-e-service). An agent will contact you within two business days to assist you or to schedule an appointment.

CANADA RECOVERY BENEFIT (CRB)

The CRB provides \$500 per week for up to 26 weeks for workers who have stopped working or had their income reduced by at least 50% due to COVID-19, and who are not eligible for Employment Insurance (EI). Applications will open on October 12.

<https://bit.ly/210Ub5d> ☎ 1-833-966-2099

CANADA RECOVERY SICKNESS BENEFIT (CRSB)

The CRSB provides \$500 per week for up to a maximum of two weeks, for workers who:

- Are unable to work for at least 50% of the week because they contracted COVID-19.
- Are self-isolated for reasons related to COVID-19.
- Have underlying conditions, are undergoing treatments or have contracted other sicknesses that, in the opinion of a medical practitioner, nurse practitioner, person in authority, government or public health authority, would make them more susceptible to COVID-19.

<https://bit.ly/36zGjZH> ☎ 1-833-966-2099

CANADA RECOVERY CAREGIVING BENEFIT

The Canada Recovery Caregiving Benefit (CRCB) provides \$500 per week for up to 26 weeks per household for workers. The CRCB gives income support to employed and self-employed individuals who are unable to work because they must care for their child under 12 years old or a family member who needs supervised care.

<https://bit.ly/2F6YxXm> ☎ 1-833-966-2099

SOCIAL INSURANCE NUMBER

You can apply for your Social Insurance Number (SIN) online. Agents are available Monday to Friday, 8:30 am to 4:30 pm Canadian Local Time, except on statutory holidays.

<https://bit.ly/3mCINMK> ☎ 1-866-274-6627

Not sure if you need to repay the Canada Emergency Response Benefit? Go to [Canada.ca/repay-cerb](https://www.canada.ca/repay-cerb) or call 1-833-966-2099.

For a complete list of programs, services and resources available through the Government of Canada visit: [Canada.ca/coronavirus](https://www.canada.ca/coronavirus)