



Calendar of Events

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

January 29

Professional Learning Day – No
Classes

March 9 & 11

Parent/Teacher Interviews

*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



January Newsletter

PRINCIPAL'S MESSAGE – MS. CHRISTINE PARKER

Friday, January 8th

Welcome Back, I hope the first week of school in 2021 went well from your home and that teachers and staff were able to support you and your child/children! I hope everyone has had a great break and had a chance to unplug and relax.

We are prepared and excited and looking forward to transitioning back to face-to-face in-school learning on Monday, January 11th. We are still following all of AHS protocols and want to remind you what we need from you, to help us all stay safe.

1. It is important that **every morning you complete a Daily Check-in** with each of your children and keep them home if they have any of the symptoms on the list.
2. **Masks must be worn from grades 4 to 8** on the bus and at school. We also **recommend that K to 3** students wear masks where social distancing is not possible.
3. **Hand washing and sanitizing** will continue to be an expectation.
4. **Physical Distancing** where possible.
5. **No sharing** of food or other items.
6. **Travel outside of Canada – Requirements** – All students who have traveled outside of Canada must follow AHS quarantine requirements and check-in with the school to coordinate any additional requirements and return to school dates.
7. Parents and Caregivers need to **remain in their vehicle's when they are dropping off students**. If there is a need to get **out of your car, masks must be worn**.

Monday January 11th marks the beginning of the selection period for **families to choose the learning mode for the second half of the school year**. The **deadline to change** learning modes is **Friday January 15th with no exceptions**. Please note, because Rocky View Schools (RVS) adjusted the selection period into January for grades 1 to 8 families, the switch-over date for grades 1 to 8 will be **February 8th**. **It is also important to note that the time requirements and expectations of students participating in RVS Online Learning are different than the temporary online learning students have currently completed with their Westbrook teacher** and it is recommend all families interested in changing learning modes review RVS website and the provided links. RVS understands this is a difficult decision for some families, therefore additional information to support you is available on the RVS website. This includes updates to the COVID-19 Information for 2020/21 School Year section of our website, an updated overview of RVS Online Learning offered and a video walking you through how to make your selection using SchoolEngage through the PowerSchool Parent Portal. We have included the RVS letter with this newsletter and will also be sending the RVS letter out to all families Friday January 8th.

If you have any questions or concerns, please contact your child's homeroom teacher or the admin team.

Have a great weekend and we are all looking forward to welcoming students back Monday morning.

Christine Parker – Principal
Hana Hooper – Assistant Principal



Full Day Kindergarten Registration 2021-2022

begins for the 2021-2022 school year on
Monday January 18th, 2021

Registration will
be available online:

- ♦ **New RVS Parents** within school boundaries SchoolEngage:
<https://rockyview.schoolengage.ca>
- ♦ **Existing RVS Parents** within school boundaries SchoolEngage via the Powerschool
Parent Portal:
<https://ps.rockyview.ab.ca/public/home.html>



- Two full days each week plus an additional Friday each month.
- Seamless transition into grade 1.
- Access to Rocky View Schools bus routes including a bus from Cochrane.
- Active parent volunteer program
- Complete integration with the Westbrook School Community
- Access to Speech and Language Pathologists, Occupational Therapists, and other specialized personnel from Rocky View School Division.

Community Education Service



Improving emotional health and well being

Mindfulness Supporting Your Child's Social and Emotional Well-being

Crystal Ditttrick, Ph.D., R.Psych., CCC.
Ashely Meagher, BA

This session will explore the topic of mindfulness and how mindfulness strategies can help support their child's social and emotional well-being. Explore how our brain's stress responses (fight, flight, or freeze) may impact our social and emotional well-being and how we can use mindfulness to calm our brain. We will discuss how the brain influences thinking, emotions, self-regulation, and behaviour. Improved social emotional skills using mindfulness can lead to better focus in school, better cooperation with others, improved self-awareness, self-regulation, decrease stress/anxiety, and improve our overall sense of well-being. Through an interactive session, participants will be guided through some mindfulness activities that they can use with their children and explore learning from the MindUP program.

FREE WEBINAR

Thursday, January 14, 2021
6:30 - 8:30 PM

[Register](#)

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

Kids Have Stress Too!

FREE ONLINE PARENTING WORKSHOP



THE PSYCHOLOGY
FOUNDATION
OF CANADA
LA FONDATION
DE PSYCHOLOGIE
DU CANADA

The Parent & Caregiver Support Services team is offering our virtual workshop series! Learn strategies and tools to support your child's social-emotional health, and their ability to cope with stress.



CHOOSE FROM THE FOLLOWING SESSIONS:

PARENTS WITH CHILDREN IN GRADES 1-6
JANUARY 12 AT 6:30-8:30P.M.

PARENTS WITH CHILDREN IN GRADES 7-12
JANUARY 19 AT 6:30-8:30P.M.

TO REGISTER VISIT:
WWW.CHESTERMERE.CA/KHST

VISIT OUR WEBSITE OR FACEBOOK PAGE FOR MORE INFORMATION & RESOURCES

WWW.CHESTERMERE.CA/PCSS
FACEBOOK.COM/CHESTERMEREPCSS





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Jan. 8, 2021

Dear RVS Parents/Guardians,

The period to decide the learning method (in-school or online) for students in Grades 1 to 9* this spring is quickly approaching. SchoolEngage will open at 8 a.m. on Jan. 11. Families will have until 5 p.m. on Jan. 15 to commit your child to a learning method from Feb. 8, 2021, until the end of the school year. If no selection is made, those students will remain in their current learning method.

*Grade 9s at Chestermere Lake Middle, Indus, Langdon, W.G. Murdoch, Prince of Peace and Beiseker will make their selection between Jan. 11 and 15 given how their timetable is arranged; Grade 9s in high schools have already made their selections.

Rocky View Schools (RVS) understands this is a difficult decision for some families. Additional information to support you is available on the RVS website. This includes updates to the [COVID-19 Information for 2020/21 School Year](#) section of our website, an updated overview of our [RVS Online Learning](#) offering and a [video](#) walking you through how to make your selection using [SchoolEngage](#) through the PowerSchool Parent Portal.

Families of children who are of eligible kindergarten age this school year and did not send them to in-school learning in the fall, may choose to do so at any time before the end of the school year. There is no online option for these students. Please contact your school's office directly for more information.

Thank you in advance for taking the time to make your selection(s) when SchoolEngage opens Jan. 11. Whatever the choice is for your family, we look forward to teaching them in-school or online throughout 2020/21.

Sincerely,

Greg Luterbach
Superintendent of Schools