



March Newsletter

Calendar of Events

March 8

**Professional Learning Day –
No School for Students**

Tuesday, March 9

**3 Way Conferences-Zoom
4PM to 7PM**

Thursday, March 11

**3 Way Conferences-Zoom
5PM to 8PM**

March 17

St. Patrick's Day

March 25

Dress to Impress Day

March 26

Kindergarten Attends

March 29

**Friends of Westbrook Zoom
Meeting @ 5:30pm**

April 2

Good Friday (No Classes)

April 2-9

Spring Break – No School

*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



PRINCIPAL'S MESSAGE – MS. CHRISTINE PARKER

March 2021

I hope you had a great February break. It has been a long cold February. March has been a nice change with the sun shining, but at times the wind has been blowing making it much colder. Students still need to be reminded to dress appropriately as they prepare to be outside for 15 and 25 minutes each day. All students including middle school students need to wear winter jackets, hats, gloves, and boots.

It is hard to believe we have completed 6 months of school and Three-Way Conferences are next week, on March 9th and March 11th. Three Way conferences are a vital part of home-school communication. We encourage parents to meet through Zoom with their child and their child's teacher to gain a more complete understanding of their child's schoolwork and progress. Details on how to book interviews were sent home earlier this week and can also be found in this newsletter. Don't forget student progress is accessed through the Public PowerSchool Portal. If you are still trying to understand and login to Real-Time Reporting. Click on this [Video: Real-Time Reporting](#) to learn how you can view your child(ren's) learning progress via PowerSchool's Public Portal at any time throughout the year.

Have you been waiting for the annual Alberta Government APORI survey to show up in a mailbox? At this point the government has not given details on how or if they will be surveying parents and teachers about their child's school year. However, we have received word that some students will be completing the student survey like they have in the past. I will let you know what the Alberta Government decides about surveying parents and teachers.

The Westbrook School Playbook (Year 2 of our 4-year Education Plan) has been shared with the School Council and submitted to Superintendent Luterbach this week. As we move into year Two of our Four Year Plan, Innovators by Design, our school focus is on connecting students to their passions and interests. We want to create a teaching and learning environment where all students can reach their potential by being engaged, challenged, and experience success at their level. We believe to do this, we will have to support the whole child –physically, emotionally, socially, and intellectually as students navigate successfully to becoming a global citizen. We will share a link to the full 27-page document once the Superintendent has reviewed our playbook.

We have some sad news for us but a New Chapter for Mrs. Ashley to share. Mrs. Ashley will be retiring April 30th after 38 years as a Librarian. Mrs. Ashley has spent the last 13 years of her career with Westbrook School as a Librarian and Educational Assistant. Mrs. Ashley has made a difference in many students and teachers lives over the years. She has read all students a story or a 100, and possibly more, supported students in the classroom and with First Aid, and has been an important part of our extracurricular badminton program at Westbrook School. **I would like to take this opportunity to thank Mrs. Ashley for her dedicated service to the students, staff, and community of Westbrook School. She will truly be missed.** We will enjoy having her for the next month and a half and then wish her safe travels as she travels to Nova Scotia this spring to spend time with her father.

I hope this spring brings us vaccines, flowers, and the opportunity to be together. Speaking of flowers, check out Friends of Westbrook's upcoming fundraiser. Details can be found in this newsletter.

As always if you have any questions or concerns please contact your child's teacher or myself.



FRIENDS OF WESTBROOK

CASINO POSTPONED!

Hello Westbrook Families,

Thank you so much to everyone that volunteered to work the Casino on March 8 & 9. However, due to the current restrictions in our province our dates have been postponed. As soon as AGLC is able to re-open Casinos, Step 3 of Eased Restrictions, The Friends of Westbrook will be given new dates in which we will be able to volunteer. I will let you know as soon as I hear from AGLC and hopefully fill the positions again!

Thank you,

Shannon

Water Bottles! We've had an increased number of students who haven't been bringing a water bottle to school and have been asking for cups at the office. Due to COVID this is something we wish to avoid. Please remember to send a clean and filled water bottle to school with your child every day! Please note: Students can refill their water bottles at any of the water fountains within the school.



Just a reminder to send your child(ren) to school dressed for the weather! Although the weather is warming up, it can still be pretty chilly outside, so we would like to keep them warm during outside activities.



Lost and Found – Please remind your child to check the lost and found items for any missing items.

Monday March 1, 2021

Dear Westbrook Families,

Westbrook School will be holding 3-Way (Parent, Teacher, Student) Virtual Conferences Online using Zoom on March 9th and 11th. You can book a time to meet with your child's teacher via the SchoolSoft Conference Manager.

To Do This:

- Please launch the Conference Manager at <https://westbrook.schoolsoft.com> and sign into your existing SchoolSoft account or click the REGISTER NOW button if you have not registered. (Once registered, you will receive a confirmation email.)
- You will now be able to access the Conference Manager at any time using the username and password you specified when you created your account.
- If you have registered and forgotten your password, you can reset it by clicking on the "forgot your username or password" below the login.

Please note, if you have not previously registered, you can register for an account anytime, but the RVS Westbrook Conference Manager opens for booking by parents tomorrow March 2, 2021 at 4pm.

This year we are having Virtual Conferences Online using Zoom.

Conference Dates Are:

Tuesday, March 9, 2021 4:00PM – 7:00PM (Grades 1 to 8)

Thursday, March 11, 2021 5:00PM – 8:00PM (Grades K to 8)

You will be asked for a phone number that you can be reached at in the event that there is an issue with the video conferencing software.

- When you book an appointment, you will receive a confirmation email that will contain the Zoom URL or link that is being used by that teacher for conferences.
- There is also a meeting attachment that allows you to add that conference as a meeting appointment in your calendar application on your computer or your cell phone.

We ask that parents log into the Zoom meeting about two minutes before the scheduled time.

You will then be in the Zoom Waiting Room waiting until the actual conference begins.

Thank you in advance for participating!



Full Day Kindergarten Registration 2021-2022

- For children turning 5 by December 31, 2021.
- Two full days each week, plus an additional Friday each month.
- Child centered, play-based programming.
- Access to Rocky View Schools bus routes. This includes a bus from Cochrane.
- Complete integration with the Westbrook School Community.
- Access to Speech and Language Pathologists, Occupational Therapists, and other specialized personnel from Rocky View School Division.

To Find Out More:

View our “Parent Orientation” Video

Found on Youtube:

<https://www.youtube.com/watch?app=desktop&v=rLXFfJwLQhY>





PowerSchool & Real Time Reporting

Westbrook School teachers, students and parents are adjusting to our new division wide approach to reporting learning, which is referred to as RTR (Real Time Reporting). Student progress is accessed through the [Public PowerSchool Portal](#). If you have any questions, or need support logging in, try these [tips](#), or contact the school office.

Once logged into the Portal, use these brief 'How-To' guides to be sure you are able to see both indicators and comments:

[Parent Guide: RTR Navigating the Public Portal K-6](#)

[Parent Guide: RTR Navigating the Public Portal 7-8\(9\)](#)





COMING SOON!! Friends of Westbrook Spring Fundraiser

Badger Ridge Greenhouse is a family run greenhouse approximately 10 minutes north east of Westbrook School.

They offer a wide variety of hanging baskets and planters as well, herbs, tomatoes and succulents.

They also produce a high quality soil amendment in the form of Earthworm castings. Earthworm castings are a natural, odor free fertilizer that is wonderful for plants

All proceeds of this sale will support your child through the initiatives of the Friends of Westbrook and School Council.

They look forward to seeing you at Badger Ridge!

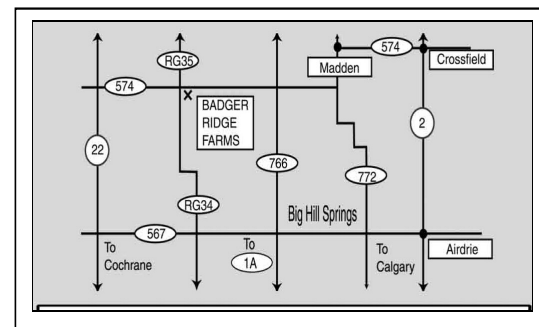
BADGER RIDGE FARM

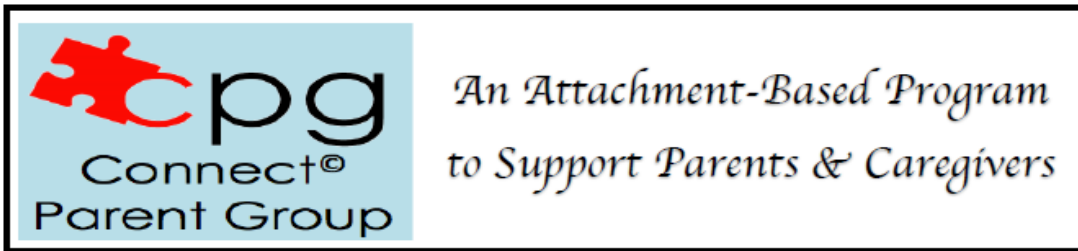
GREENHOUSE

Through this fundraiser, you will pre-buy your plants from your student representative and then come to the Greenhouse to make your selections.

Orders forms will be provided soon! Etransfers and cheques to FOW will be forms of payment accepted.

Bring a photocopy of your order form with you when you the pickup your plants – between **May 15 and June 6, 2021**. After June 6, selection may be limited.





***Do you ever feel that your teen doesn't listen to you? Do you feel pushed away?
Do parents matter?***

Actually, there is very good evidence that strong relationships with parents protect youth from risk during adolescence and help them thrive! We call that **ATTACHMENT!!**

Connect® is a **FREE** 9-week program to support parents of pre-teens and teens. Parents meet in groups of 10-16 with two trained group leaders for 1.5 hours per week.

Co-developed over the last 10 years by the Maples Adolescent Treatment Centre and Simon Fraser University, the program focuses on the core components of secure attachment to promote children's social, emotional, and behavioural adjustment. Connect® helps caregivers understand basic attachment concepts which can then be applied across a broad range of situations and relational concepts.

Each session provides parents with an attachment perspective on parent-child relationships and adolescent development. Parents watch role-plays, do exercises and discuss ways of responding to challenging behaviour and problems. After each session, parents receive handouts with key points to remember when applying the principles to their own parent-child relationships.

Need more info? Please call your Connect facilitators
Melissa Bereska 403-614-0472 or Jennifer Rowe 587-777-3261



Registrations are now open for the Spring intake.

Connect is a free program to support parents and caregivers of pre-teens and teens.

The facilitators are opening the session to parents of children aged 8 to 17.

For any questions and for registration, please contact:

Jennifer Rowe
Family School Liaison
jrowe@rockyview.ab.ca
587-777-3261

See Below for More Information!



Becoming a teenager is a big transition. Relationships and social contexts have effects on all aspects of development including reshaping the brain. There is often more conflict between parents and teens, and teens spend more and more time with their friends. Some teens get involved in problem behaviour, like skipping school, alcohol and drug use. Some suffer from anxiety and depression.

Many parents may feel their teen doesn't listen to them and sometimes they may even feel pushed away. Do parents matter to teens? Actually there is very good evidence that strong relationships with parents protect teens from risk during adolescence and help them thrive. We call that attachment!



Connect is designed for parents of teens just like you. It addresses changes that occur between parents and teens and helps them keep their relationship strong and positive. Connect is for all parents – it helps protect teens as they move forward in their journey to adulthood.

Why Connect?

Developed uniquely for parents and caregivers of teens based on strong evidence in the domains of:

- + Attachment Security
- + Child and Adolescent Development
- + Mental Health and Social Well-Being
- + Parenting and Family Functioning
- + Prevention and Intervention Research
- + Parents' Feedback
- + Short- and Long-Term Effectiveness

What is Connect®?

Connect is a 10-week program to support parents of pre-teens and teens. Parents meet in small groups (10-16) with two trained group leaders for 1.5 hours each week.

Each session provides parents with a new perspective on parent-teen relationships and adolescent development. Parents watch role-plays, do exercises and discuss new ways of responding to challenging behaviour and problems. Parents receive handouts following each session with key points to remember.

We understand that each child and each parent is different and change is part of development. Rather than teach only one way of parenting, we help parents see choices that support healthy relationships while setting limits and helping their teen to move forward.

Who Leads Connect®?

Connect groups are led by trained Connect leaders. Your group leaders will work hard to understand the challenges you face and to support you and your relationship with your teen. Parents who participate in Connect tell us they feel respected and supported.



Does Connect Work?

We really listen to parents and have used their feedback to shape the Connect Program. We make sure we get feedback from parents every time a Connect group is provided.

Connect has been proven to be evidence-based and consistently produces significant improvements across a broad band of outcomes including behaviour problems and parenting satisfaction. Parents uniformly report that the program is extremely helpful: Parents report feeling less stressed and more effective in parenting; they see fewer behaviour problems and better social functioning in their teen. Our work evaluating Connect continues. For more information please see:

www.connectparentgroup.ca

To find out more about the program, please contact:

Jennifer Rowe

Family School Liaison with Rocky View Schools

jrowe@rockyview.ab.ca

All inquiries and responses are completely confidential.

What Schools Say

"It's really a wonderful program and we're receiving great feedback from teachers and parents..."

What Parents Say*

"The role-plays showed me how to handle different problems. Changes in the relationship are slow but well worth it, and the growth is incredible."

"They made me feel very positive and my confidence in myself as a parent has increased tenfold."



97% of parents felt better equipped to understand their child.

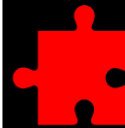
95% of parents felt better equipped to understand themselves as a parent.

86% of parents saw positive changes in their relationship with their child as a result of applying what they learned.

*Moretti & Obsuth, 2009

Connect Parent Group

An Attachment Based Program to Support Parents & Caregivers



Information for Parents and Caregivers

SFU SIMON FRASER UNIVERSITY  **CIHR IRSC**
BRINGING UP THE WORLD



FOR RURAL SUPPORT

- Connections to resources
- Developmental play programs
- Help with basic needs (food, transportation, housing)
- Individual and family support
- Mobile Resource Workers
- Parenting support
- Registered programs
- Seniors resources



Cochrane Family & Community Support Services
209 Second Ave W | cochrane.ca/FCSS
403-851-2250 | fcss@cochrane.ca
facebook.com/CochraneProgramsActivitiesOpportunities
Monday-Friday: 9am-4pm

NEED HELP?

SOCIAL SUPPORT AGENCIES
IN COCHRANE AND AREA
ARE HERE FOR YOU



FOOD:

Cochrane Activettes Food Bank	403-851-2250
Iyahrhe 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
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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

