

January Newsletter

Hello Westbrook Families,

Welcome to 2022! It's hard to believe another year is in the books. Looking back, December was another great month at the *Biggest Little School*. A few of the highlights included hosting junior B volleyball tournaments...the first-time hosting in Westbrook's history, our annual food drive, and of course, all the festivities that led up to the well-deserved winter break. January is off to a "unique" start with our extended winter break this week. We are very excited to welcome back our students next Monday and January is already shaping up to be another exciting month. Here are some news and notes to be aware of.

Reminder of New Entry Requirements

Beginning today, January 3rd, 2022, RVS has implemented new entry guidelines to RVS schools. Please see below for important information for parents/guardians, and click [here](#) for full details.

Important Information for Parents/Guardians:

- Date for the requirement is Jan. 3, 2022
- **RVS students are NOT required to show proof of immunization or proof of a negative COVID-19 test.**
- The administrative procedure requires individuals 18 years or older who are **NOT** students in RVS to EITHER show proof of being fully immunized OR provide a recent negative COVID-19 rapid test result. A person is considered fully immunized after 14 days have passed since they received the second dose in a two-dose COVID-19 vaccine series.
- **Proof of COVID-19 immunization or a negative rapid test result is NOT required for individuals who are in the school/facility office briefly to drop off/pick up items or drop off/pick up children.**
- Proof of immunization will be demonstrated via the Government of Alberta's QR code (available via <https://covidrecords.alberta.ca>), along with your ID.
- Proof of negative COVID-19 test will need to be recorded in a written or printed copy that clearly outlines the type of test, the date and time of sample collection, a clear indication of a negative result and the laboratory that completed the test. Proof of rapid testing remains valid for 72 hours from the time and date of the test.
- Visitors 18 years old or older who are not an RVS student attending sporting events, school concerts or school events on RVS property will need to demonstrate proof of immunization or proof of a negative COVID-19 rapid test.
- This administrative procedure is temporary and will be re-evaluated when the government and medical authorities no longer support the identification of COVID-19 as a workplace hazard and/or a minimum of every six months, or as deemed necessary.
- As we have done throughout the pandemic, remote options such as video conferencing and phone calls for parents to connect with teachers and administrators will continue to be offered.

International Travel

Did you travel internationally over the break? If yes, please be sure to have a look at the latest federal travel guidelines regarding international travel. Click [here](#) for all the latest information.

Please note that currently, upon arrival back in Canada, unvaccinated or not fully vaccinated children under 12 must not return to school for 14 days.

Food Drive

A huge thank you to all Westbrook families for sending in items for our annual food drive. In total, we collected over 700 items to send to the Cochrane Food Bank. Well done everyone, your generosity continues to shine through!

Lost & Found

We continue to have a plentiful collection of lost and found items. Please encourage your child to check for their lost hoodies, jackets, mitts, and toques! Also, please send these and other items to school properly labeled so we can get them back to their owner as quickly as possible.

Westbrook Merchandise

The online Westbrook store will once again be open from January 7th – Feb. 4th. Accessories, gym strip, adult and youth Wildcat apparel is available. Starting on the 7th, click on the following link to visit the online store: <https://westbrookschool.itemorder.com/shop/closed/>

School Council Guest Speaker

Thanks to our School Council, and especially our School Council Chair, Wendy Napier, for organizing to have Diane Story present, *How to Have Compassionate Conversations*. The information presented was practical and the conversations were rich and meaningful. Both sessions were enjoyed by all who attended!

Upcoming Dates

January 10th – Classes Resume

January 24th – School Council Meeting 5:30pm – 7:00pm, Friends of Westbrook Meeting 7:00pm – 8:30pm

January 31st – Professional Learning Day

Upcoming Community Workshops

Parent Education Sessions in partnership with Community Education Services (CES)

Registration: Please register using the posters on the website only***

28 Feb 2022 - Part 1: The Process of Addiction

6:30 PM - 8:30 PM

Defining addiction, the substance use continuum, relationship between addiction and mental health and the impact of COVID-19.
and stigma.

[Poster](#)

11 Apr 2022 - ADHD & Executive Functioning: For Children & Youth

6:00 PM - 8:00 PM

The session will be an overview of ADHD and how issues with impulsivity and/or inattention impact children's ability to manage their environments. The session will also explore the impact ADHD has on Executive Functioning and how it relates to managing everyday tasks, and meeting daily expectations at home and at school, including social, emotional, behavioural and academic demands.

[Poster](#)