

Redwater School

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Sturgeon Public School Division: www.sturgeon.ab.ca

February



Principal: Kari Morgan ~ Vice Principal: Cheryl Tanouye ~ Counsellor: Niki Ballance

A MESSAGE FROM OUR PRINCIPAL

February 3, 2022

Happy February!! I understand that the Groundhogs of Canada have clashing messages! One says we will have an early spring and the other says six more weeks of winter! That pretty much describes the way we need to be these last couple of years. We just need to wait and see what happens with the weather and through the pandemic.

Semester two has started and we have a couple staff changes to announce.

Welcome to Mr. Darrell Teske to our teaching staff. He is teaching Math 10C, Construction in both JH, and SH, and will be guiding some students in the in-reach room.

Also, Mrs. Dorosh is taking over Social Studies 7 for the remainder of the year, as well as teaching Social Studies 10-1/2.

Sports – unfortunately we were unable to field a JH boys basketball team, however the JH girls are going strong and so are the SH boys! JH ski trip is on Feb 8/22.

Please check out our calendar for upcoming events for the staff and students. We did postpone the Winter Walk day activity for a day that is not -32 wind chill! We will do it on a warmer day. We will let the students know in advance. Also, in this first week of the semester, we are busy trying to accommodate course changes for high school students as well as for JH elective classes. We do need time to make these adjustments. Thanks for your patience.

We are monitoring our student attendance closely and are hoping that those who are out sick have a speedy recovery. Please be reminded that if your child is sick, or showing symptoms of COVID, they need to stay home. If they come to school with symptoms, they will be asked to go to our isolation room until someone can come get them. Sturgeon Public Schools are asking that should a child be sick that they follow a 10 isolation. Thank you for all the excellent communication between home and school if your child is at home. Please call us if you have any questions or concerns and we will be sure to help.

We have also received more masks and rapid test kits. We will be sending out a new request form in a couple of days. Like before, if you would like a kit, please fill out the form with your child's name(s). If you have not yet received your first kit, and you requested one, please call us.

Please see the attached Caregiver Education Sessions – if you are looking for information that can address a situation you face as a parent, there might be a session there for you.

I wish you a fantastic February and please take care everyone!

Sincerely,

Mrs. Morgan

Principal

Looking Forward

For February and March, our virtue is Love and the emotional learning strategy is relationship skills. For February and March we encourage students to demonstrate that the message of love comes from the heart and reflect on how a community can demonstrate unconditional love and acceptance for one another.

The social emotional learning strategy for February and March is relationship skills. Relationship skills focus on the ability to establish and maintain healthy and supportive relationships. Examples of relationship skills are; developing positive relationships, practicing collaborative problem-solving, standing up for others, and showing leadership in group settings.

Some ways students can develop their relationships skills are:

- Students can write cards of gratitude to a special friend or family member.
- Participate in a random act of kindness. Some ideas are: offer a compliment to someone at school or at home, pick up litter, or study with a friend who might need some help.
- Practicing taking ownership for mistakes and apologizing will help to build strong communication skills and foster healthy relationships. An authentic apology formula can include:
 - The apology - start with I'm sorry
 - The flub - admit the mistake
 - The feeling - show empathy for how the other person was hurt
 - The fix - offer a plan to make things right or do better in the future

Important Upcoming Events



This year's Bell Let's Talk Day campaign highlights the ways that we can support ourselves and those we care about through actions like listening, being there and talking. That's why Redwater School is joining in the 12th annual Bell Let's Talk Day on January 26th to help create positive change. On Bell Let's Talk Day, Bell donates 5 cents to Canadian mental health programs for every applicable text, local or long distance call, tweet or TikTok video using #BellLetsTalk, every [Facebook](#), [Instagram](#), [LinkedIn](#), [Pinterest](#), [Snapchat](#), [TikTok](#), [Twitter](#) and [YouTube](#) view of the Bell Let's Talk Day video, and every use of the Bell Let's Talk Facebook frame or Snapchat lens.

The next Parent Council Meeting is coming up on
Monday, February 14, 2022 at 5:30pm.
Hope to see you online!



THERE IS
always, always,
ALWAYS
something
to be thankful for

STUDENT COUNCIL

The Student Council has exciting plans to start this new year off for the staff and students of the school. HYPE brought up the idea for the council to take on Toast Tuesdays! Our school has always had an amazing team take on breakfasts and this year we get to jump in. Every Tuesday a few students from the Student Council will set up in the concession before school starts to make toast for whomever wants that morning. We are even purchasing a bread slicer to take on our new endeavor. Highschool has missed most of this month but with next month rolling in we have even more planned, especially for Valentine's Day. Years ago we did compatibility tests with the whole school, we thought to bring this back and better than ever. We are separating the tests into categories by grade levels, with High School, Junior High, and Elementary. Our team is working on setting up the Valentine's theme and are excited to bring this old tradition back to the school. For Valentine's Day we also are doing good old fashion candy grams! This has always been such a big hit in our school. The last thing to leave our community with for this month is: our Student Council has set up our own instagram account! We have worked at trying to get this running for a long time so give us a follow!

Redwater Leadership

Sincerely,

Adrianna Letwin

PARENT COUNCIL

Executive:

Tammy Dykens—Chair
Rikki Anema—Vice Chair
Patty Moskal—Secretary
Veronica Poitras—Room Rep Elementary
Phoebe Jagielski—Room Rep Junior High
Kim Kolybaba—Room Rep Senior High

Parent Society:

Kim Kolybaba—Chair
Karen Schneberger —Vice Chair
Janelle Corneilus—Treasurer
Patty Moskal—Secretary
Phoebe Jagielski—Fundraising



IT'S COLD OUTSIDE!

Please send weather-appropriate clothing for your child. As it gets colder, please remind your child to
NOT share toques, mitts, etc.



REDWATER REMARKABLE RENEGADES!

Students who demonstrates a positive attitude, helps out in the classroom and is an active citizen in our school can be nominated as a Remarkable Renegade. Every month, one student from each grade will be honored as one of our school's Remarkable Renegades. Congratulations to our **January Remarkable Renegades:**

Grade 5: Savannah S. ~ Grade 5/6: Evan R. ~ Grade 6K: Dylan H.

Grade 7: Gavin M. ~ Grade 8: Derek H. ~ Grade 9: Aydan G.

Grade 10: Janesa G. ~ Grade 11: Nolan P. ~ Grade 12: Dawson M. ~ GOALS: Lucas S.

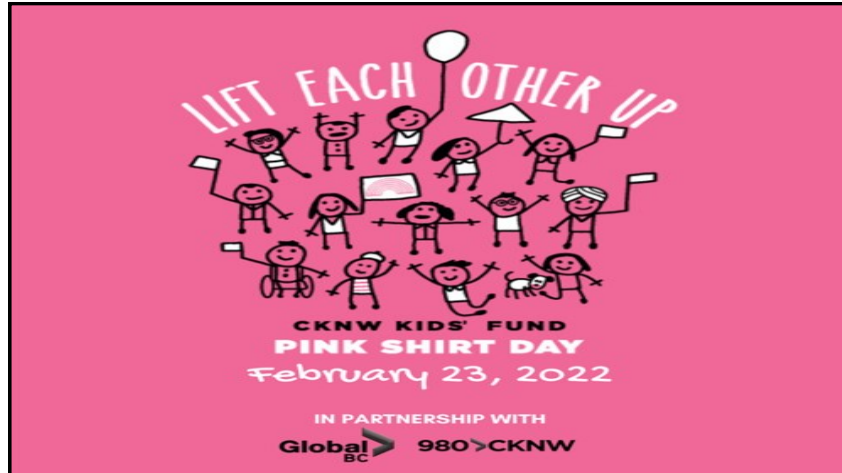
PowerSchool Parent Portal

Do you have the PowerSchool Parent Portal app? This is a very useful tool for parents and students to keep updated on marks and attendance throughout the school year. Parents can access student schedules, marks and attendance by logging into PowerSchool Parent Portal website at: [Student and Parent Sign In \(powerschool.com\)](https://www.powerschool.com)

Attendance Matters

Every student. Every day.

Here at Redwater School, we know how important your children are. To ensure student safety, students must sign in at the office when arriving late to school as well sign out if leaving before the end of the day. Please contact Redwater School at 780.942.3625 to report a student's absence or late. Parents can also email the office at redwater@sturgeon.ab.ca, or through Redwater School's website at www.redwaterschool.ca.



Today our diversity is becoming more visible than ever as people continue to embrace their cultures, Identities, and true selves in more open and direct ways; making the need to ***Lift Each Other Up*** and have greater acceptance, respect, and inclusion for everyone so important. This year we are asking Redwater students to wear pink on February 23rd to celebrate our diversity and work to lift each other up.

COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

Overview

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

If your child has traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments. International travellers who become a case of COVID-19 after arrival in Alberta should follow isolation requirements outlined by the Government of Canada

If your child has received a message from Public Health indicating that they are a case⁴ of COVID-19 or if your child has tested positive on a [rapid test](#), they are required to isolate as per [Public Health instructions](#). For more information on isolation requirements after a positive rapid test, refer to the [Rapid Testing at Home website](#).

Screening Questions for Children under 18:

1.	Has your child been a household contact of a case⁴ of COVID-19 in the last 14 days? <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, someone who slept over, attended a birthday party or someone who was a play date with a case.</i>	YES	NO
If child answered "YES" AND they are NOT fully immunized⁵: <ul style="list-style-type: none">Child should stay home and NOT attend school, childcare and/or other activities for 14 days from the last day of exposure and monitor for symptoms If child answered "YES" and they are fully immunized⁵ proceed to question 2: If child answered "NO" to question 1, proceed to question 2			
2.	Does the child have any new onset (or worsening) of the following core symptoms:		
	Fever Temperature of 38 degrees Celsius or higher	YES	NO
	Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	Shortness of breath Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
If the child answered "YES" to any symptom in question 2: <ul style="list-style-type: none">If the child is fully immunized⁵ they are required to isolate for 5 days from onset of symptoms or until symptoms resolve³ whichever is longer. They must wear a mask for up to 5 days after their isolation period if you are outside of the home in a public place or otherwise in the company of other persons out of your household (no exceptions permitted) ORIf they are NOT fully immunized⁵, they must isolate for 10 days from the onset of symptoms or until they resolve³ whichever is longer ORUntil symptoms resolve³ if they receive a negative PCR COVID-19 test ORUntil symptoms resolve³ if they receive two negative rapid antigen tests, with at least 24 hours between tests			

³ Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication

⁴ A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

⁵ A child who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

- They can use an [at-home rapid test if available](#) or the [AHS Online Assessment Tool](#) or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If the child answered “NO” to all of the symptoms in question 2, proceed to question 3.

3. Does the child have any new onset (or worsening) of the following other symptoms:

Chills Without fever, not related to being outside in cold weather	YES	NO
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
Nausea, vomiting and/or diarrhea Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite Not related to other known causes/conditions, such as anxiety or medication	YES	NO
Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO

If the child answered “YES” to ONE symptom in question 3:

- Keep your child home and monitor for 24 hours and consider giving child an [at-home rapid test](#). If the test is positive or negative see below for further instructions.
- If [at-home rapid testing](#) is not done and the symptom is improving after 24 hours, your child can return to school and activities when they feel well enough to go.
- If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use an [at-home rapid test](#) if available or the [AHS Online Assessment Tool](#) or call Health Link 811 to check if testing is recommended.

If the child answered “YES” to TWO OR MORE symptoms in question 3:

- Keep your child home
- Use an [at-home rapid test](#) if available or use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.

For at-home rapid testing result instructions for those without symptoms:

- If an [at-home rapid test](#) is done and is negative, they can return to school and activities as long as they remain asymptomatic.
- If [at-home rapid](#) test is positive, the child is required to isolate as outlined above for **question 2**.

If the child answered “NO” to all questions:

- Your child may attend school, childcare and/or other activities

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started or until symptoms resolve (whichever is longer), unless they receive a negative PCR COVID-19 test result or two negative rapid test results at least 24 hours apart **and** feel better.

Caregiver Education Team Newsletter

February 2022



AHS, in collaboration with **The Mental Health Foundation**, is proud to offer **FREE** online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Drop-In Series 6:00 – 7:30 pm

SEEDS Growing Together

Supporting Your Child with Structure and Routine
Thursday, February 3, 2022

Managing Meltdowns and Shutdowns
Thursday, February 10

Helping Our Kids Figure Things Out
Thursday, February 17

Effective Consequences
Thursday, February 24

Mental Health and Resiliency

Strengthening Connections with Ourselves, Our Kids, Our Communities
Wednesday, February 9

Positive Communication that Promotes Growth
Wednesday, February 23

Lunch & Learns 12:00 – 1:00 pm

Understanding Anxiety Series

Part 4: Overcoming Avoidance
Wednesday, February 2

Part 1: An Introduction
Wednesday, February 9

Part 2: Calming Our Bodies
Wednesday, February 16

Part 3: Settling Our Minds
Wednesday, February 23

Keeping Scattered Kids on Track: Supporting ADHD
Part 1: Tuesday, February 1
Part 2: Tuesday, February 8

Mindfulness for the Family
Part 1: Tuesday, February 15
Part 2: Tuesday, February 22

More than Just a Bad Day: Understanding Depression in Adolescents
Thursday, February 24

Sessions at a Glance

Caregiver Education Sessions 6:00 – 7:30 pm

Resilience in Parenting
Wednesday, February 2

Technology and the Teenage Brain
Monday, February 7

Body Image and Eating Disorders
Tuesday, February 15

Sleep and Your Family's Mental Health
Monday, February 28



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Resilience in Parenting

Caring for the Caregiver

Being a parent or caregiver is both fulfilling and stressful. Our time, energy, and resources are spent ensuring that our children and youth are taken care of, but who takes care of the caregiver? In this session, we will learn more about parental stress and burnout, explore resilient parenting, and discuss why parental self-compassion and self-care are essential to your family's well-being. Strategies such as mindfulness and positive coping skills will be discussed

Date: Wednesday, February 2, 2022

Time: 6:00 – 7:30 pm

For caregivers of children/youth grades K-12; for adults only.

Technology and the Teenage Brain

Digital Wellness for Families

Technology is a huge part of our children's lives. Social media, video gaming, internet use, and cell phones may already be topics of debate within your family. Come together to discuss how modern technology can have an impact on the developing teenage brain. As we review some of the risks and benefits of technology use, parents and teens will reflect on ways to stay safer and more balanced in their use of technology to better support positive mental health.

Date: Monday, February 7, 2022

Time: 6:00 – 7:30 pm

For caregivers and youth grades 7-12 to attend together.

February 2022

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"Well done! In these troubling times for both parents and children, we definitely need more of this! Thank you so much!"

"The presenters are very professional and very engaging."

"The session time is long enough. Perfect."



Mental Health Foundation



Children, Youth &
Families Addiction
& Mental Health

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Caregiver Education Sessions



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Body Image and Eating Disorders

Struggles with self-esteem, body image and weight control are a common concern for both girls and boys. This session will explore some of the reasons behind these struggles, provide information on disordered eating and eating disorders, as well as discuss strategies for supporting teens towards healthier perspectives and habits.

Date: Tuesday, February 15, 2022

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12 for adults only.

Sleep and Your Family's Mental Health

This session will look at the importance of good sleep quantity and quality for overall health, the factors that interfere with sleep, and sleep scheduling. We will look at healthy sleep hygiene strategies and sleep environments that can prepare our children for a good night's sleep.

Date: Monday, February 28, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; for adults only.

February 2022

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"Thank you so much for your thorough presentation. It is also a huge blessing that it is free."

"I find the overall delivery very clear, concise and the information very informative! Thank you!"

"Thanks for the extra time you took to answer our questions."



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For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented as a series, sessions, participants can attend one or all sessions.

Understanding Anxiety Series

These sessions will help caregivers better understand the difference between their child's normal worries and anxiety that is no longer productive. Signs that a child or adolescent is experiencing problems with anxiety will be discussed and strategies for reducing the body's stress responses, negative thinking traps, and anxious behaviours will be shared.

This month, we conclude our previous series with Part 4 on Overcoming Avoidance and begin the series again with Part 1, our introduction to anxiety in children and youth.

Part 4: Overcoming Avoidance

Date: Wednesday, February 2, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Part 1: An Introduction

Date: Wednesday, February 9, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Part 2: Calming Our Bodies

Date: Wednesday, February 16, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Part 3: Settling Our Minds

Date: Wednesday, February 23, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

February 2022

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"Virtual delivery ran smoothly, pleasant to listen to presenters, a reasonable length of time to invest."

"Information was great, and I have several new tools to help my kids..."

"Content was a good reminder to remember the stresses felt from the perspective of teens."



Mental Health Foundation



Alberta Health
Services
Children, Youth &
Families Addiction
& Mental Health

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Lunch & Learn Webinars

These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented as a series, sessions, participants can attend one or all sessions.

Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

These sessions will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD), ways that ADHD can affect all areas of life, and strategies for supporting success in children and youth with ADHD.

Part 1: Tuesday, February 1, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades 7-12; for adults only.

Part 2: Tuesday, February 8, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades 7-12; for adults only.

Mindfulness

Benefits for the Whole Family

In this session, we will continue to explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in our families.

Part 1: Tuesday, February 15, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades 7-12; for adults only.

Part 2: Tuesday, February 22, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades 7-12; for adults only.

More than Just a Bad Day:

Understanding Depression in Adolescents

This session will help caregivers increase awareness about adolescents who might be experiencing sadness and depression. Strategies for support will be discussed.

Date: Thursday, February 24, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades 7-12; for adults only.

February 2022

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"I can definitely apply this to my own children and classroom. Hope to be a part of more of these!"

"The more sessions I attend, the more I will be able to guide my child."

"It provides really great basic information, tools and strategies to implement and use in everyday life."



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

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Drop-in Series

SEEDS Growing Parenting Skills

The Support, Education, and Engagement Drop-In Sessions (S.E.E.D.S) are 90-minute drop-in online interactive workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's social and emotional development. Caregivers will receive practical information, share tips, and participate in group discussion.

Supporting Your Child with Structure and Routine

Learn how household structures and routines support our child's daily transitions and promote healthy child development.

Date: Thursday, February 3, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Managing Meltdowns and Shutdowns

This session will help parents better understand meltdowns and shutdowns, and provide strategies to help children regulate.

Date: Thursday, February 10, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Helping Our Kids Figure Things Out

This session looks at some simple steps for helping children reduce frustrations and find solutions using problem solving skills.

Date: Thursday, February 17, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Effective Consequences

In this session, we will discuss different ways to address your child's challenging behaviours and how consequences can be a learning tool when offered compassionately and consistently.

Thursday, February 24, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

February 2022

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback

"Today's session was very helpful. There was a lot of information that I didn't know."

"I thought it was an excellent session, presented very professionally, and packed full of information!"

"Thank you for all your amazing seminars, that helped me a lot and my family."



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

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Drop-in Series

Mental Health and Resiliency Series

This FREE parenting program is for parents and caregivers who are looking to strengthen their family's ability to 'bounce back' from life's challenges. In these 90-minute introductory-level information sessions, we look at strategies that can help you and your children learn to be more resilient in the face of stress and anxiety. As part of a 7-session series, parents are welcome to attend one session or join us each week.

Strengthening Connections with Ourselves, Our Kids, and Our Communities

We discuss the importance of fostering a healthy parent-child relationship, building a community of support for our child, and taking care of ourselves through it all.

Date: Wednesday, February 9 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Positive Communication That Promotes Growth

In this session, we will look at how we can use the communication tool of praise to support our child's healthy need for attention, reinforce helpful behaviours, and encourage our child to engage with others in positive ways that foster resilience.

Date: Thursday, February 10, 2022

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

February 2022

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback

"Found the teachings were easily understood and hit on key factors that parents struggle with. Love it."

"Really enjoyed it, love the mix of the teaching, participation, videos and all the strategies."

"Today's topic provided a lot of information!"

"Liked this session and will keep on watching in the future!"



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 First Day of Semester 2 	2 	3 Jr. Boys & Girls Basketball at Gibbons	4	5
6	7	8	9	10 Teacher's Convention No School 	11 	12
13	14 	15	16	17	18	19
20	21 FAMILY DAY No Classes	22	23 	24 Hot Breakfast  Jr. Boys & Girls Basketball at Legal	25	26
27 	28					