



November 2022

Westglen School

PAWPRINTS

Westglen will engage every student in meaningful learning by challenging, encouraging and believing in them in a middle school setting

PRINCIPAL'S MESSAGE

Thank you to those parents who have volunteered to supervise the Wildcat Cafe at lunch hour so that it is available for our students. We appreciate your time!

We look forward to seeing as many of you as possible at Parent Teacher Conferences this week and next. We encourage you to contact us anytime to discuss your child's learning - emails are the most expedient manner of reaching a teacher but you can also call the office to arrange a mutually convenient meeting time. The teachers would also like me to emphasize that they would love to talk with you about your child's progress throughout the year - please don't feel that you must wait until Conference Time to come in. Often I hear, "I didn't want to bother the teacher," from parents but please don't ever feel that way as the teachers are eager to work with you!

We need your help! As our glorious fall weather has come to an end, a significant number of our students are significantly "under-dressed" for going outside. We realize that it can be a battle, but we need students to come to school dressed for going outside and we don't want to bother you in the middle of your day to bring appropriate clothing for your child.

Carolyn Massel



www.westglen.ca

Westglen School
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Didsbury, AB
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Ph: (403) 335-8700
Fax: (403) 335-8702

Principal:
Carolyn Massel

Vice Principal:
Kylie Miller

"Promise me, you will always see the good in every child"
Mrs. Linda Pothier



November 17th Lunch!
Orders due Nov. 9th by noon.

SCHOOL NEWS



DID SOMEONE IN YOUR FAMILY SERVE OUR COUNTRY?

As part of our Remembrance Day service on November 9th, we include a PowerPoint that acknowledges the contributions made to our country by the family members of our students and staff. To include your relative, please send a picture, and include the name of the person, time of service, and their relation to a student(s) at Westglen. Eg. Doug Bird, Calgary Tank Corps, WWII, Grandfather of Mrs. Massel. It would be preferred that the picture be taken at the time that they were serving. **Please email the picture to cmassel@cesd73.ca by Monday, November 7th.** If you submitted pictures last year, there is no need to re-submit them.

SCHOLASTIC

BOOK FAIRS

Our school is hosting a Scholastic Book Fair in the library, from Monday to Wednesday, November 7 - 9th. All purchases benefit our school and earn Rewards that can be redeemed for books and Education Resources for our school's classrooms and library. If you have any questions, please contact Mrs. Young at 403-335- 8700. Happy reading!

A SPECIAL THANK YOU TO BREAKFAST PROGRAM DONORS!!

Westglen appreciates the support of our amazing community and would like to acknowledge **Front Porch Realty** and **Aaron Derksen** (in honour of Lydia) for their donation to our Breakfast Program. We offer morning snacks for all Wildcats who may need a little extra so they can be successful! Generous donations like this help us immensely!

"BLOCK 8" HOMEWORK HELP

Students please feel free to participate in our homework club which takes place after school (called Block 8) to give kids extra time and help to complete their work. All grades are welcome to attend on **Wednesdays**. Homework club runs until 4:00 pm and will be held in the library.



VOLUNTEER OPPORTUNITY!

COMING: NOVEMBER 23, 2022

DO YOU HAVE A CAREER TO SHARE WITH OUR STUDENTS?



We are recruiting parents and volunteers interested in sharing their career or business with our middle school students!

Reach out to the Westglen school office or Ms. Wiens for more information!

Contact: Elizabeth Wiens
ewiens@cesd73.ca
(403) 335-8700

Resources are available from Alberta Public Health Check out their **November Newsletter!**



Halloween Fun at Westglen





November 2022

Sun Mon Tues Wed Thurs Fri Sat

		1 (Day 4)	2 (Day 5) Parent Teacher Conferences 3:30 - 6:30	3 (Day 1)	4 (Day 2)	5
<div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #e0f2f1;"> <p>Sign up for Parent Teacher Conferences at westglen.ca before noon on November 1st!</p> </div>						
6	7 (Day 3)	8 (Day 4) Parent Teacher Conferences 3:30 - 6:30	9 (Day 5) REMEMBRANCE DAY CEREMONY DQ orders due by NOON	10 NO SCHOOL	11 NO SCHOOL 	12
		 BOOK FAIRS				
13	14 (Day 1)	15 (Day 2)	16 (Day 3)	17 (Day 4)  LUNCH	18 (Day 5)	19
20	21 (Day 1)	22 (Day 2)	23 (Day 3) 	24 (Day 4)	25 NO SCHOOL (COLLAB DAY)	26
27	28 (Day 5)	30 (Day 1) Parent Advisory Council Meeting Conf Room 12:15pm				



We are currently looking for School bus drivers in all areas. If you are interested in becoming a school bus driver please apply online at www.cesd73.ca under Careers/ Casual Support Staff, by email at transportation@cesd73.ca or by calling our office at 403-227-7072

Chinook's Edge is one of the largest school divisions in the province, serving over 11,000 students in 43 Central Alberta schools between Calgary and Red Deer. Our schools are located in 13 small communities that sprawl east and west from the Highway 2 corridor, conveniently providing Chinook's Edge staff and families with the best of both worlds

Kids & Drugs: A Parent's Guide to Prevention

A virtual event for parents looking to learn more about how to have conversations with their children about substance use

Education Session (6 - 7 pm)

Presentation by AHS - Addiction & Mental Health on how to have conversation with your school aged child (K-12) around substance use.

email
OldsSubstanceUse@gmail.com
to register

For those families who participate in a survey following the presentation, you will be entered into a draw for a prize valued at \$200

Date: November 3, 2022

Location: Online using Zoom



Where Does Connect® Run?

Connect® is run by a variety of trained professionals in settings such as schools, community agencies and mental health offices across Canada, Sweden, Norway, and Italy. Wherever there are trained leaders, there are Connect® groups. Contact us to find the nearest location to you!



900+
Trained Connect®
Leaders in B.C.

Connect Parent Groups in Canada 2006-2016 (N = 619)

Research Participation

Connect® has been developed in collaboration between mental health professionals and researchers. Over 7000 families have participated in Connect® and 900+ families have enjoyed participating in the evaluation study of Connect®. Their valuable feedback has contributed to the improvement of the program. Occasionally, the opportunity to participate in research may become available.



Interested In Learning More Or Joining A Group?

Contact the SFU Adolescent Health Lab to learn more about Connect®:

Phone: (778) 782-4956

Email: connectproject@sfu.ca

Web: www.connectparentgroup.org
www.adolescenthealth.ca

To find a Connect® group near you, please contact:

Lesley Beck

Phone: (604) 660-0574

Email: Lesley.NicholasBeck@gov.bc.ca

Beau Mein

Phone: (604) 660-0620

Email: beau.mein@gov.bc.ca

All inquiries are completely
confidential.



Connect® Parent Group



Information for Parents and Caregivers



Connect® Parent Group

Connect® is a FREE 10-week program to support parents of pre-teens (ages 8 – 12) and teens (ages 13 – 17). Parents meet in groups of 10 – 16 with two trained group leaders for 1.5 hours each 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 contexts.



The Parent-Child Relationship

Do you ever worry about your pre-teen or teen? Do you sometimes even feel pushed away? Do you feel like your relationship with your child has changed due to their transition into adolescence?

There is very good evidence that strong relationships with parents protect youth from risk during adolescence and help them thrive. We call that *attachment*!

What Happens In A Connect® Group?

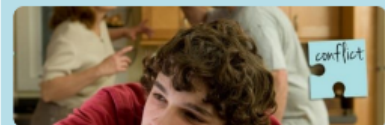
Each session provides parents with an attachment perspective on parent-child relationships and adolescent development. Parents watch role-plays, do exercises and discuss ways of responding to challenging behaviour and problems. *Connect is supportive, but it is not a support group.* After each session, parents receive handouts with key points to remember when applying the principles in their own parent-child relationships.



What Do Parents Say?

Parents have expressed that they appreciate how the role-plays showed them how to handle different problems, and they value the confidence that they have gained as a parent.

Parents have also shared that the leaders have helped them feel positive and hopeful about their parent-child relationship, and they have been excited to see gradual growth in their relationship.



Does Connect® Work?

After taking the group, parents report:

- ↓ Decrease in youth behavioural problems (e.g., aggressive behavior)
- ↓ Decrease in youth emotional issues (e.g., depression, anxiety)
- ↑ Increase in parent satisfaction



- 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 during Connect®