

Pine Street School Council Meeting

January 12th, 2021

The regular meeting of Pine Street School Council was duly called and held on January 12th, 2021 virtually via Google Meets. Quorum was present.

In Attendance:

Executive: Lesley Bowman (Chair), Cara Kern (Vice-Chair), Lorena Ellsworth (Secretary)

Administration: Tracey Arbuthnott (Principal), Kerri Williams (Assistant Principal)

Parents: Tracey Nielsen, Megan Hahn, Jamie Wells, Darrell Bradley, Trina Loucraft, Brittany Sharkey*, Jacklynn Pivovar

Community: Trina Boymook* (Board Chair, EIPS)

* Denotes partial attendance.

1. Chair, Lesley Bowman, calls to order at 6:00pm.
2. Opening Remarks & Welcome – Lesley Bowman
 - a. Treaty Six Acknowledgement
3. Attendance and Introductions.
4. Additions to Agenda
 - a. None.

MOTION: Cara Kern motions to accept amended agenda, Jamie Wells seconds.
OPPOSED: None
CARRIED

5. Approval of Minutes from November 17th, 2020

MOTION: Cara Kern motions to accept November minutes, Trina Loucraft seconds.
OPPOSED: None
CARRIED

6. Trustee Report – Trina Boymook
 - a. Welcome back and Happy New Year. We have just experienced our first transition between scenarios on November 30 for our Grade 7-12 students while our elementary students shifted to virtual learning January 6 for three days. We are excited to be able to welcome our in-school learners back to the classroom on January 11.

- b. At the November 26 Board meeting, the Board adopted the final report and recommendation coming from the Value Scope Session. The Board has approved the recommendation that would request the construction of a K-9 school on Sherwood Heights site. This would combine Sherwood Heights and Ecole Campbelltown into a K-9 school where the elementary component would be a single-track French Immersion, while the junior high will remain dual track. It also included minor modernization of Pine Street, while reducing the capacity of Salisbury Composite through relocation of programs and the leasing of space, as well as a minor modernization to SAL. The plan will also include relocating surplus modulars out of Sherwood Park.
- c. The Board amended the 2021-22 calendar to move the October 8 professional learning day to October 18. The municipality election will be held on October 18 and Pine Street typically serves as a local poll station. We do not know where we will be with COVID at that point and this amendment reduces exposure to both students and public.
- d. Board has made a number of amendments to bylaws in preparation for the upcoming Trustee election, as well as appointed the returning officer. With changes to in the Local Authority Act, nominations opened from January 4, 2021 and will remain open until noon September 20, 2021. Please refer to Trustee tab on the [website](#) to access information for those considering putting their name forward.
- e. At the Board's December meeting, the Board approved a Junior High Honours System Program which will be offered at Ardrossan Jr/Sr, FR Haythorne and Sherwood Heights for the 2021-22 school year. The program will be offered to Grade 8 and 9 students. Thank you to 1400 parents who completed the survey that informed senior administration recommendation and the Board's decision.
- f. The Board also accepted the Superintendent's recommendation that EIPS will not participate in the 2021 Grade 6 and 9 PATs.
- g. Returning Student Registration will open up on Feb 1 and will go until the end of Feb 28. Those that are planning on attending a school or program of choice please ensure that you declare that during the month of February to avoid disappointment. The following schools have closed boundaries for the 2021-22 school year.
 - i. Ardrossan Junior Senior High
 - ii. Davidson Creek Elementary
 - iii. Lakeland Ridge School
 - iv. Sherwood Heights Junior High
 - v. James Mowat Elementary
 - vi. SouthPointe School
- h. Questions/comments
 - i. Feedback on experience with online learning:
 - 1. Transition was orderly and appreciated.
 - 2. Knowing ahead of time that we were going into online learning, we felt better prepared. Teachers did a great job of "being there" for students all day, lots of opportunities to ask questions.
 - 3. Noted difficulty: no break. There were no real opportunities to run around, work on art, do music, etc. We recognize that it was only

three days and the focus was on numeracy and literacy, but if online learning was mandated for a longer period than three days, parents would request some way for students to get a mental break (feedback from grade 5/6 parent)

4. Online learning was lacking the “fun” classes (DPA, gym, recess) to give kids a physical break (feedback from grade 5/6 parent)
5. Very pleased with “cameras on” mandate (feedback from a number of parents)
6. Younger grades teachers did a great job of engaging the kids with physical activities (scavenger hunt); lots of breaks allowed parents to keep kids active (feedback from ECS/grade 2 parent)
7. As a parent trying to work from home, it was very difficult as my child did not have enough to do and was confused they weren’t doing things right. There were many tears in working from home. An older sibling in junior high did not have these issues (feedback from a grade 4 parent)
8. I wasn't home with my kids during the online, but they both said they had plenty of down time (feedback from Div II parent)
9. With three kids on videoconference in one house at one time, our internet bandwidth struggled. We were very appreciative of the staff who sent work envelopes home so the students could have something to work on with a camera off to alleviate internet issues (feedback from Div I and II parent)

7. Administration Report – Tracey Arbuthnott

a. General

- i. Christmas presentation placed on Brightspace for parents.
- ii. Strathcona Food Bank Drive was very successful.
- iii. New District Calendar for 2021-22 available.
- iv. Will be beginning my second round of One on Ones with all Staff starting the end of January.
- v. Provincial Accountability Survey questionnaire is coming out for the current grade 4 parents.
- vi. Registration and re-registration will be active the month of February.
- vii. Grade 6 PATs have been canceled for this year.
- viii. Hard to believe we are almost halfway through this year!

b. Facilities News

- i. Matching mountain decal has been placed on the front window.
- ii. Instant hot water tank installed in the staffroom.
- iii. Floors and building have been cleaned, waxed, and sterilized over the break.
- iv. New intercom speaker has been installed in the office area.

c. The Budget

- i. School Fees: for the first two quarters to date we have approx. \$2820.43 in school fees still outstanding.

d. Shelley Moore – Inclusive education and universal design for learning.

- i. We have been working our way thought the videos below with our staff and will continue doing this at staff meetings with a follow up at parent council so that parents can also join us on our journey.

Oct	Shelly Moore (A new way of thinking about inclusion and education) https://www.youtube.com/watch?v=PQgXBhPh5Zo&feature=youtu.be
Nov	Shelly Moore don't Should on Me: It's not easy being NOT green https://www.youtube.com/watch?v=MeRNhz0nGts&feature=youtu.be
Dec	Shelly Moore: End of Average https://www.youtube.com/watch?v=Krec84KwbHE&t=2s
Jan	Shelly Moore: Inclusion 2.0 https://www.youtube.com/watch?v=rO3_UYaz1HE&feature=youtu.be

- e. Strength Finder book and survey
 - i. As we continue our journey into the integration of the asset/strength-based model, we will be using the Strength Finder resource by Gallop to further investigate our staff's strengths and explore how we can use these strengths together as a staff for the betterment of our student's growth and achievement.
- f. Raz Kids
 - i. We have purchased enough licenses for all our students k thru 6. All our students will have a Raz Kids account and be able to access it from not only the school but also out of school. Hopefully, this will also help provide our students and their parents with a valuable resource and the opportunities for reading at home as well as at school.
- g. School Education Plan
 - i. We are continuing to examine our School Education Plan for next year and would like your input through the following survey [link](#).
 - ii. At Pine Street Elementary we are about building partnerships with our parents working together for the betterment of our students and the school. With that in mind, we would appreciate your input regarding our school education plan for next year. I have created this short survey to provide you the opportunity to share your input. Thank you for taking the time to fill out our survey.
- h. Proposed Fees for 2021-2022 school year.
 - i. Assuming it is a Covid free return to schools in September 2021:

Pine Street Elementary							
SCHOOL FEE SCHEDULE							
for the Year Ending August 31, 2022							
	Projected	(A)	(B)	(C)	(D)	(E)	Explanation
	Per Student	Per	Per Student	Per Student	Per Student	% Change	
	Fee	Student	Fee 2019-	Fee	Fee	(between	
	2021-22	Fee	20	2018-19	2017-18	2019-20 and	
						2021-22)	
Activity Fees							
Field Trips - ECS	\$45.00	\$0.00	\$43.25	\$38.50	\$41.00	4%	Working on balancing funding to meet demands of co-curricular fieldtrips for each grade grouping . Working on a cost recovery bias.
Field Trips - Gr 1	\$45.00	\$0.00	\$38.00	\$35.50	\$31.75	18%	
Field Trips - Gr 2	\$45.00	\$0.00	\$50.00	\$32.00	\$27.00	-10%	
Field Trips - Gr 3	\$45.00	\$0.00	\$45.00	\$43.00	\$32.75	0%	
Field Trips - Gr 4	\$45.00	\$0.00	\$42.50	\$39.50	\$27.00	6%	
Field Trips - Gr 5	\$60.00	\$0.00	\$59.00	\$44.50	\$28.00	2%	
Field Trips - Gr 6	\$60.00	\$0.00	\$59.00	\$42.00	\$50.00	2%	
Grade 6 Trip	\$0.00	\$0.00	\$75.00	\$75.00	\$54.00	-100%	Reorganizing this activity to link to curriculum outcomes and moving it to the beginning of the year to promote collaboration and team building in our grade 6 students. With the current COVID-19 restrictions and financial impact on our families will not be in the 2021-22 school year. However has potential for the 2022/23 school year.
Swimming	\$0.00	\$0.00	\$74.55	\$71.00	\$71.00	-100%	Removal of this programing due to COVID-19 restrictions, financial impacts of on families, loss of instructional time (Travel time back and forth), and ability to access this programing in community outside the school.
Park Church Rental and bus Xmass concert (1425 + 598.50 = \$2022.50)	\$2,022.50						Paid by School Council. Thank you!
Lunch Supervision And Noon Hour Activity Fees							
Noon Supervision	\$140.00	\$130.00	\$105.00	\$100.00	\$100.00	33%	Will increase to meet current shortfall with noon supervision
ECS Noon Supervision	\$70.00	\$65.00	\$52.50	\$50.00	\$0.00	33%	Will increase to meet current shortfall with noon supervision
Extracurricular Fees e.g.							
Cross Country	\$35.00	\$0.00	\$35.00	\$35.00	\$30.00	0%	Pay for participation. These fees are to break even on costs, will only be charged to students/families that choose to participate.
Short Track	\$50.00	\$0.00	\$50.00	\$50.00	\$41.00	0%	
Other Fees							
Agenda (Optional)	\$3.00	\$0.00	\$0.00	\$0.00	\$0.00	100%	No longer have reserves to pay for these

Total cost of Noon Hour Supervision

Lunch in classrooms (Teachers with their class) **Contractual assignable time**

# Teachers eating in classroom	1/2 Hour Salary	# of days with students	staff x 1/2 hr salary x # of days 181	# of students at school during lunch	Amount per student per year	Amount per student per day
10	\$43.82	181	\$79,314.20	278.5	\$284.79	\$1.57

Outside recess (Educational Assistance) Hourly rate (**Paid through school fees**)

# Educational Assistance outside supervision	1/2 Hour Salary	# of days with students	staff x 1/2 hr salary x # of days 181	# of students at school during lunch	Amount per student per year	Amount per student per day
10	\$21.66	181	\$39,204.60	278.5	\$140.77	\$0.78

Total costs both inside lunch and outside recess for noon hour

	staff x 1/2 hr salary x # of days 181		Amount per student per year	Amount per student per day
	\$118,518.80		\$425.56	\$2.35

- i. See Appendix A for EIPS Division Calendar for 2021-22
 - i. NOTE the change of the October Professional Learning Day from October 8 to October 18
- j. Questions/comments
 - i. Parents in the meeting are very disappointed to hear that swimming has been removed from the programming.
 - 1. Historically, a few parents did not pay for swimming lessons yet the students still attended so the school ended up having to pay for those children's lessons.
 - 2. Too much instructional time is lost during walk to and from the pool.

8. Teacher Liaison Report – Kerri Williams

- a. Pine Street staff were excited to welcome students back to in-school classes this week. A huge thank you to our families for their assistance and patience during the online instruction that took place on January 6, 7 and 8. Overall, we had a high participation rate, and the students were engaged and able to navigate the Brightspace platform with ease. The online success we experienced at PNE was certainly a partnership and we greatly appreciate the home support.

- b. First Nations, Métis and Inuit Education: The First Nations, Métis and Inuit education team, Cheryl Devin and Jeremy Albert are offering two online information and engagement series for EIPS families.
 - i. **Series #1: Developing Foundational Knowledge of First Nations, Métis and Inuit cultures, histories, and contemporary contexts.**
 - 1. This three-part series is designed for EIPS parents and families who are curious to learn about First Nations, Métis and Inuit cultures, perspectives, and histories. These sessions are designed as entry points to understanding as we work toward learning our collective truth on the path of reconciliation.
 - 2. Sessions will be held online using Microsoft Teams Meetings. You can join on your computer or mobile app. [Click here to join the meeting.](#)
 - a. **Session 1 (virtual): February 2, 2021 (7:00 – 7:30 PM)**
 - i. Who we are and why this work is needed?
 - ii. What reconciliation looks like in EIPS.
 - b. **Session 2 (virtual): February 23, 2021 (7:00 – 7:30 PM)**
 - i. Addressing common roadblocks to understanding and build relationship.
 - ii. Terminology: bridging the gap between what language parents may be used to hearing and what children are learning in schools.
 - c. **Session 3 (virtual): March 16, 2021 (7:00 – 7:30 PM)**
 - i. Language of this land- The importance of highlighting Indigenous languages; deepening understanding of relationship to land through language; what exploration of Indigenous languages can look like in schools.
 - ii. **Series #2: Virtual gathering of First Nations, Métis and Inuit parents and families.**
 - 1. This series is designed for First Nations, Métis and Inuit parents and families who are curious to learn more about the supports offered throughout EIPS. It is an opportunity for First Nations, Métis, and Inuit parents to gather and engage in conversation in partnership with the EIPS First Nations, Métis and Inuit education team.
 - 2. Sessions will be held online using Microsoft Teams Meetings. Join on your computer or mobile app. [Click here to join the meeting.](#)
 - a. **Initial Gathering (virtual): January 26, 2021 (7:00 – 7:30 PM)**
 - b. Introduction to the First Nations, Métis and Inuit education team
 - i. What self-identification is and what it means?
 - ii. What supports are in place for self-identified students?
 - c. Future sessions will be discussed and decided upon with input from participating parents and families.

- iii. Information and meeting links are available on our [school website](#) under the First Nations, Métis, and Inuit Education tab.
- c. Upcoming Reminders
 - i. January 22 – Dress as your favourite book character or author.
 - ii. January 26 – Virtual gathering for First Nations, Métis and Inuit parents and families. (7:00 p.m.)
 - iii. January 28 – Bell’s Let’s Talk Day – PNE having a Hats on for Mental Health day.
 - iv. January 29 – No School – Professional Learning Day
 - v. February 1 – Returning Student Registration and Kindergarten Registration opens for the 2021-22 school year.
 - vi. February 2 – Session 1 of 3: Developing Foundational Knowledge of First Nations, Métis and Inuit cultures, histories, and contemporary contexts series. (7:00 p.m.)
 - vii. February 3 – Early Dismissal (2:15 p.m.)
 - viii. February 4/5 – No School – Virtual Teacher Convention
- d. Questions/comments
 - i. None.

9. Chair Report – Lesley Bowman

- a. COSC (Committee of School Councils) Report
 - i. I chaired the COSC meeting on January 6, 2021. We received reports from Trina, board chair, and Deneen Zielke, our ATA local representative.
 - ii. We have two ASCA board members in our COSC group and they presented on the recent ASCA events. Unfortunately, the Provincial Government cut the ASCA funding by about 75% and this has major impacts in the ability to deliver services. The grant was specifically allocated to school council education and service delivery, so that is the area that will see significant impacts. The information from Minister LaGrange explaining the decision not to approve the funding indicates a desire to bring ASCA funding ‘in line with the business models of other provincial organizations – like the Alberta Teachers Association, Alberta School Boards Association, and College of Alberta School Superintendents – however failing to mention the significant difference that ASCA is registered as a not for profit governed by volunteer parents.
 - iii. The Minister indicated that prior grants funded ASCA’s entire operation, which isn’t true – the funding had specific deliverables and any excess funding was returned to the government.
 - iv. She indicated that we have roughly \$250,000 in taxpayer funded reserves, which is not accurate. Any grant money not used to accomplish project deliverables was returned to the Ministry. Additionally, prudent reserve funds are critical to not-for-profits in order to have a ‘wind down’ to satisfy any liabilities and legal obligations. The reserve also exists to carry on operations when there is a delay or gap in receiving government funds.

- v. Membership fees fund Board governance and meetings of members – the opportunities to provide their input for policy.
 - vi. Despite this, the ASCA Board remains committed to being the voice of parents in education at a provincial level, so are focusing the on advocacy. Our AGM is slated for April 25 and we will send out the proposed advocacy resolutions when they come out the first week of February.
 - vii. If you have any further questions or concerns about this funding cut, please reach out to me (pinestreetsvp@gmail.com) and I would be happy to discuss.
 - viii. We are bringing back the [Saffron Cyber second](#) – a handout produced with the Saffron Centre, attached in Appendix B.
 - ix. We reviewed the AHS Caregiver series as well. These are attached in Appendix C and can also be found at www.cyfcaregivereducation.ca . These are free online sessions provided by AHS and focus on important mental health supports. Please take a look and share this information with anyone who you feel might need it.
 - x. Associate Superintendent Sandra Stoddard presented on the [Annual Education Results Review](#), available on the EIPS website.
- b. FNMI Information Sessions
 - i. Presentation given at COSC; the intent of the sessions is to give parents access to information on what their students are learning.
 - c. Operating Procedures
 - i. Cara has gone through our bylaws and the operating procedure template and the initial draft with the meeting package. We would ask that you take some time to review this draft and we will move to vote on them in our February meeting.
 - d. Questions/comments
 - i. None.

MOTION: Cara Kern motions to adjourn meeting at 7:11pm. CARRIED.

The next regular meeting will take place on Tuesday, February 9th, 2021 at 6:00pm, virtually via Google Meets.

These minutes are respectfully submitted by:

Lorena Ellsworth, Secretary

Adopted by Council in the meeting of February 9th, 2021.

Lesley Bowman, Chair

APPENDIX A – EIPS Division 2021-22 Calendar



EIPS DIVISION CALENDAR 2021-22

Regular School Day
 Early Dismissal for Students
 ☆ First Instructional Day (Semester 1 & 2)
 No School – Statutory or Paid Holiday
 No School for All Students and Staff
 ● No School for Students – Professional Learning/Operational Day

Important Dates

- Aug 30** Professional Learning Day
- Aug 31** Operational Day
- Sept 1** Classes Begin
- Sept 6** Labour Day – Stat.
- Oct 11** Thanksgiving Day – Stat.
- Oct 18** Professional Learning Day
- Nov 8 - 12** November Break
- Nov 11** Remembrance Day – Stat.
- Nov 12** Day-in-Lieu: Parent Teacher Interviews
- Dec 22 - Jan 4** Christmas Break
- Dec 24** Christmas Floater Day – Paid Holiday
- Dec 27** Day-in-Lieu: Christmas Day – Paid Holiday
- Dec 28** Day-in-Lieu: Boxing Day – Paid Holiday
- Jan 3** Day-in-Lieu: New Year's Day – Paid Holiday
- Jan 5** Classes Resume for Students
- Jan 31** Professional Learning Day
- Feb 1** Second Semester Begins
- Feb 10 & 11** North Central Teachers' Convention
- Feb 21** Family Day – Stat.
- Mar 4** Professional Learning Day
- Mar 25** Day-in-Lieu: Parent Teacher Interviews
- Mar 28 - Apr 1** Spring Break
- Apr 4** Classes Resume
- Apr 15** Good Friday – Stat.
- Apr 18** Easter Monday – Paid Holiday
- May 6** Professional Learning Day
- May 20** School Closure Day
- May 23** Victoria Day – Stat.
- June 21** National Indigenous Peoples Day – no exams
- June 28** Last Instructional Day
- June 29** Last Operational Day

AUGUST 2021

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SEPTEMBER 2021

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OCTOBER 2021

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NOVEMBER 2021

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DECEMBER 2021

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JANUARY 2022

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FEBRUARY 2022

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MARCH 2022

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April 2022

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MAY 2022

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JUNE 2022

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JULY 2022

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31						

Calendar Guidelines

1. School Operational and Instructional Days

Month	Instructional Days	Operational Days
August	0	2
September	21	0
October	19	1
November	17	1
December	15	0
January	18	1
February	17	2
March	17	2
April	18	0
May	19	1
June	20	1
July	0	0
Total	181	11
Total School Operational and Instructional Days 192		

Professional Learning Days	5
North Central Teachers' Convention	2
Parent Teacher Interview days-in-lieu	2
Opening/Closing Days	2
Total – Operational Days	11

2. Instructional Day Minimum

Elementary/Junior High	Days	Min./Day	Hr./Yr.
Regular Day	171	320	912
Early Dismissal Day	10	260	43
Total			955
Senior High Semester 1	Days	Min./Day	Hr./Semester
Regular Day	85	336	476
Early Dismissal Day	5	276	23
Total	90		499
Senior High Semester 2	Days	Min./Day	Hr./Semester
Regular Day	86	336	482
Early Dismissal Day	5	276	23
Total	91		505
TOTAL	181		1,004

Schools may have to adjust their schedules to accommodate transportation schedules. However, instructional day minimums must be maintained.

3. Teacher Assigned Instructional Time

Assigned instructional time for teachers equates to approximately 890 hours per year.

4. Staff Meetings


First staff meeting is on September 8. All subsequent staff meetings are on the first instructional Wednesday of each month.

5. Professional Learning Days

Professional Learning Days are opportunities for staff to meet and work together on School Education Plans; share best practices; and build continuity with programs, assessment and teacher-educational assistant collaboration.


6. 10-Month Classified Staff Days

Ten-month classified staff work 181 instructional days, one operational day (August 31), three professional learning days—chosen from the following in consultation with school administration: August 30, October 18, January 31, March 4 and May 6—and 11 statutory and paid holidays, for a total of 196 days.



Cybersecond

January 2021



Internet News

Houseparty, Fortnite partner to let gamers video chat while playing

This article covers a phone app that you use with Fortnite to let players chat in game. Be aware that this would allow anyone to talk to each other. It's safer just to talk to people you know in real life, and avoid unwanted messages.

<https://www.reuters.com/article/us-fortnite-houseparty-idUSKBN27Y1F6>

Twitter launches disappearing 'fleets' worldwide

This story introduces twitters new 'fleet' function where you can make a 'disappearing' post much like a snapchat or instagram stories. Know that these things don't really disappear, Twitter will most likley have copies of them, as wil internet service providers, and people can always screenshot them.

<https://www.reuters.com/article/us-twitter-fleets/twitter-launches-disappearing-fleets-worldwide-idUSKBN27X1TD>

Teen banking app Step reaches for the stars to raise \$50 million

This article talks about the banking app Step. This app allows you give your kid a debit card, but you have a lot of control over it. If you want to start teaching your kids about financial literacy and how to responsibly spend money, Step might be something to look into.

<https://www.reuters.com/article/us-step-funding/teen-banking-app-step-reaches-for-the-stars-to-raise-50-million-idUSKBN28C251>

Saffron's Tips

Communication is Key!

The best thing you can do to help your kids stay safe online is to talk to them about it!

Keep open dialogue, encourage them to ask questions, and give honest answers. If they are asking about something, it's probably because they have seen it online or have heard about it somewhere, and it's always better to tell them the truth rather than hide something from them.

This helps build trust, and will encourage kids to come to you when they have concerns and need to talk.

Get Involved!


Know what apps and services your kids are using. Follow them, have them follow you, try playing their favourite video game with them. You can be aware of their online presence and enjoy the internet with them at the same time!

Social Media Rules:

Most social media platforms require users to be at least 13 years old to have an account.


Keep all of your settings private and don't post personal information.

Resources



Bark is very similar to Google Family Link in the services they offer. The difference being that Bark costs \$99 USD annually. However Bark is one of the better services out there, so if it is affordable for you, it would be worth trying.

<https://www.bark.us/>






common sense media

Common Sense Media is a great resource for figuring out if something is appropriate for your kid. They use reviews from parents and kids to give age recommendations on video games, movies, apps, and more. They also have some handy tips for parents.

Check them out for sure!

<https://www.commonsensemedia.org/homepage>

Get in touch with **Saffron** if you have any questions!

 @saffroncentre  SAFFRON Centre Ltd.  SAFFRON Centre

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Caregiver Education Team Newsletter

January 2021



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.

Lunch & Learn Webinars

Mental Health and Resiliency Series

Settling Into Routines: Making Uncertain Times More Predictable
Tuesday, January 12
12:00 – 1:00 pm

Giving Time and Attention to Our Big Needs
Tuesday, January 19
12:00 – 1:00 pm

Strengthening Connections With Ourselves, Our Kids, and Our Communities
Tuesday, January 26
12:00 – 1:00 pm

Sleep and Your Family's Mental Health – Part 1
Monday, January 18
12:00 – 1:00 pm

Sleep and Your Family's Mental Health – Part 2
Monday, January 25
12:00 – 1:00 pm

Sessions at a Glance

Caregiver Education Sessions

Breaking the Cycle of Anxiety
A Step by Step Approach
Wednesday, January 13
6:00 – 7:30 pm

Technology and the Teenage Brain
Digital Wellness for Families
Wednesday, January 20
6:00 – 7:30 pm

Building Executive Functioning Skills
Promoting Success in Learning
Wednesday, January 27
6:00 – 7:30 pm

Drop-In Series

Support, Education & Engagement Series (SEEDS)

Creating Positive Experiences Through Play
Thursday, January 14
6:00 – 7:30 pm

Supporting Emotional Growth in Children
Thursday, January 21
6:00 – 7:30 pm

Motivating Through Praise and Rewards
Thursday, January 28
6:00 – 7:30 pm



Mental Health Foundation



For more information or to register, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

January 2021



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.

Breaking the Cycle of Anxiety

A Step By Step Approach

In this session, we will review helpful vs. unhelpful anxiety and discuss strategies for identifying and managing anxiety in children and youth.

Date: Wednesday, January 13, 2021

Time: 6:00 – 7:30 pm

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

Technology and the Teenage Brain

Digital Wellness for Families

Take a look at the teen brain and the risks and benefits of technology use. Tips on effective communication and limit setting are also shared.

Date: Wednesday, January 20, 2021

Time: 6:00 – 7:30 pm

Note: Caregivers and youth (Gr. 7-12) can attend together.

Building Executive Functioning Skills

Promoting Success in Learning

Review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

Date: Wednesday, January 27, 2021

Time: 6:00 – 7:30 pm

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

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 for a session, **click here** or visit: www.cyfcaregivereducation.ca

Parent Feedback:

"Thank you CYF Caregiver Education for helping us to learn and grow with our children's development."

"It was an excellent session, very timely."

"Great energy from you guys, made us feel genuinely supported."

"I learned a lot and appreciate the resources provided."



Mental Health Foundation



For more information or to register, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

January 2021



These free 60 minute webinars are for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency and overall family wellness.

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 for a session, click **here** or visit: www.cyfcaregivereducation.ca

Mental Health & Resiliency Series

Settling Into Routines: Making Uncertain Times More Predictable

In this online webinar, explore ways to decrease your family's stress and increase stability through consistent and predictable routines.

Date: Tuesday, January 12, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

Giving Time and Attention to Our Big Needs

Strategies for balancing your family's basic needs around nutrition, exercise, sleep, socialization, and technology use are discussed.

Date: Tuesday, January 19, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

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: Tuesday, January 26, 2021

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

Parent Feedback:

"The virtual format is very convenient and makes it much easier to attend these sessions."

"Thank you - this learning journey is so helpful for my growing family."

"These sessions are excellent!"

"I liked the format, especially the interactive part as it keeps you focused."



Mental Health Foundation



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

For more information or to register, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

January 2021



These free 60 minute online sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. Each topic is presented over two sessions; participants can attend one or both sessions.

Caregiver Education Sessions

Sleep and Your Family's Mental Health – Part 1

This session will look at the importance of sleep for overall health, what influences the quality of our sleep, the amount of sleep our kids need, the factors that interfere with sleep, and sleep scheduling.

Date: Monday, January 18, 2021

Time: 12:00 – 1:00 pm

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

Sleep and Your Family's Mental Health – Part 2

In this session, we will continue to look at healthy sleep hygiene strategies that can prepare our children for sleep, and we will discuss ways we can set up our child's sleep environment for good quality sleep.

Date: Monday, January 25, 2021

Time: 12:00 – 1:00 pm

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

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 for a session, click **here** or visit:

www.cyfcaregivereducation.ca

Parent Feedback:

"Thank you! Just a wealth of great information."

"The time was good and with two presenters it didn't feel boring at all. Great job."

"I like the interactive portions because it helps to connect with other people who are watching."

"Going over tips and strategies helped quite a lot."



Mental Health Foundation



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

For more information or to register, visit www.cyfcaregivereducation.ca

Drop-in Series

January 2021



These free Support, Education & Engagement Drop-In Sessions (SEEDS) are designed to help caregivers explore parenting strategies that support healthy relationships and child development. As part of a 7 session series, parents are welcome to attend one session or join us each week.

SEEDS: Growing Parenting Skills

Creating Positive Experiences Through Play

Join us in a session on how we can develop positive relationships with our children. As one of the most foundational parenting strategies, other strategies are more effective when you discover the connection that can be built through child-directed play.

Date: Thursday, January 14, 2021

Time: 6:00 – 7:30 pm

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

Motivating Your Child Through Praise and Rewards

This session will demonstrate how the offering of simple social rewards and tangible incentives can be effective in encouraging children to behave in helpful ways, build essential life skills, and reach goals.

Date: Thursday, January 21 2021

Time: 6:00 – 7:30 pm

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

Supporting Emotional Growth in Children

This session is designed to help parents learn ways they can support their child's development and relationships through social and emotional coaching.

Date: Thursday, January 28, 2021

Time: 6:00 – 7:30 pm

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

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.

Please note:

These sessions are for parents / caregivers of children grades K-6.

To register for a session, click **here** or visit:

www.cyfcaregivereducation.ca

Parent Feedback

"Thanks so much for sharing with us in this session."

"The interactive questions asked to participants were helpful."

"Thank you for another great session. I'm enjoying them so much!"

"The time was just right as I work in the daytime. Thank you so much for providing this support!"



Mental Health Foundation



For more information or to register, visit www.cyfcaregivereducation.ca