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## April 15, 2020 - Principal's Message, Mrs. Kathy McTaggart

Good morning to all of our hardworking and diligent students and parents! I would like to give a big shout out and thank you to students and all those parents for embracing our new online learning processes. Happily, most of our students have accessed their emails, hapara and google classrooms and are moving forward. For those few that have not accessed the learning, we will continue to call you and provide our assistance to get your child up and running.

You have received many phone calls over the past couple of weeks making arrangements so that students had access to belongings in their lockers; confirming that students had access to chromebooks & internet; and, confirming that students have access to our learning assignments through Google hangouts, email, etc. Thank you for answering those calls and we will continue to use email and phone calls to communicate.

We have distributed all of the chromebooks that we have had availability to. If your child is still without a device and we have been unable to contact you, please call the school at 403 783 4411 and let us know.

### Assessment Plans for Students during COVID-19

Many of you may be wondering about what assessment will look like between now and the end of the school year. Here are some initial answers:

- As the learning at-home delivery model is a new situation, all school divisions are waiting for **further clarification** about assessment, grading and final marks **from Alberta Education** to ensure a consistent approach across Alberta during this pandemic emergency.
- Your teachers are preparing **learning opportunities** for you with **tasks** and **assignments** which they will keep track of so that the learning can continue.
- You can expect **feedback** on your work from your teacher, however our focus will be on providing continued learning opportunities instead of regular assessment.

- At the **high school level**, I will be awarding up to 15 unassigned credits to students who were unable to complete programs such as option courses and work experience that they were already enrolled in.
- **Remember** that schools will return to classes at some point and ultimately, you will move forward in age and grade and you will want to be successful at the next level, so keep learning!

### **Technology Helpline for Parents**

Wolf Creek Public Schools is finalizing the set up today for a Technology Helpline for parents. The number will be **587-797-3721**.

### **Registration of High School students for the 2020 – 2021 School Year**

It is once again registration time at Ponoka Secondary Campus. With Covid-19 gathering restriction processes still in place, our registration of students will look different this year.

We have posted our 2020 -21 High School Registration Guide on our website at [psc.wolfcreek.ab.ca](http://psc.wolfcreek.ab.ca) which we ask that parents and students familiarize themselves with. We encourage you to start thinking about and discussing the courses that you require and the options that you have. High school students may also login into [MyPASS](#) to verify what credits you have earned/completed and what requirements you still require to attain your Alberta High School Diploma or Certificate of Achievement.

**Senior High Students** (Gr 10-12) Starting this week, Mrs. Slater, our Academic Advisor will be sending out a google form to students. Students will be asked to fill in the form with their course requests. She will be going through each form and entering the data into powerschool and following up with your family if she has any questions. If you have questions about registration please reach out to her. Rhonda Slater (403) 783-4411 Ext 5169

Please note: call will appear as a *Unanimous* or *Call ID Unknown* and we apologize for this as Mrs. Slater continues to work from her home.

**Junior High Students** (Gr 7 – 9) will only need to select their option requests via a Google Form which they have used this year to sign up for options. All students will be automatically enrolled in the core subjects: Math, Social, Language Arts, Science and PhysEd.

**Just a housekeeping note** - filling out Student Registration Forms for next year will still be required. If you have not logged into your Parent Portal - School Engage and filled out the

2019 2020 Registration form yet, Mrs. Krystal Adcock will be following up with you to assist you with this in the coming weeks.

**What about Grad 2020** - the school is still in a holding pattern in terms of moving ahead with grad planning. We must ensure we are following the provincial guidelines and we are still hoping that we can gather in some capacity. We would like to invite Grad's, along with their parents, to a google hangout on **Thursday May 7 at 4pm** so we can share our ideas and get your input on this very special occasion. Grade 12's will receive the invite to this hangout in their wolfcreek email in the coming weeks.

**Lockers** -most of our lockers are now emptied. Phone calls will go home again this week if your child still has anything in their locker. Please ensure this is picked up this week as starting next week all locker contents will be emptied, cleaned and the supplies recycled.

**Need Some Help** - Our School Social Worker, Carmen Rodwell is including additional information for community resources available to our students and parents. This is attached below

Stay Healthy and Enjoy the Warmer weather I hope we get this week and weekend

*Kathy*

Hello Ponoka Secondary School Parents!

For those who do not know me, my name is Carmen Rodwell and I am the School Social Worker at Ponoka Secondary Campus. My role with the school is to provide direct support services to families and children facing social, emotional or family challenges as well as provide referrals to appropriate agencies within the community if needed.

I wanted to reach out and let you know that if your family needs any assistance during this time, I would be happy to talk with you and provide you with resources, strategies or referrals.

While I know you may be overwhelmed with information the past couple of weeks I wanted to share a few resources with you.

I have included a handout on how to help your child cope with change. I cannot stress enough the importance of Self care and Co-regulation. I like to use the airplane analogy - they tell you to put the oxygen mask on yourself first, then you can help others. It is important to make sure you are keeping your emotional reserves topped up in order that you can meet the needs of your children/family. In terms of co-regulation, our children take their cues from the adults around them. If the adults are modelling calm, the child will most often follow your lead. Handout #1 [\(click here\)](#)

Limiting your social media and exposure to news will help protect both you and your child from feeling overwhelmed with the situation. In addition, maintaining as normal a routine as possible is reassuring for your child and gives them, as well as yourself, a sense of control in your lives. Handout #2 [\(click here\)](#)

Good mental health habits cannot be stressed enough during these times. Good mental health goes hand in hand with self care. Eating well, getting quality sleep, making time to get outside daily, remaining socially connected. Click on the link below to find a variety of resources to assist you and your child:

### [Resources for Parents](#)

The COVID 19 pandemic has brought about many changes but it has also brought OPPORTUNITY. We have the opportunity to connect with our children in ways that we have not had the chance to since the development of the cell phone. Teaching your child(ren) to cook, do their own laundry, build, perform acts of service, build puzzles, play board games and card games are all ways to build lifelong memories that will last longer than the COVID 19 pandemic. I encourage you to explore the many ways you can build family memories during this time. If you are looking for inexpensive things to do with your child I have included a handout listing things you can do (**but please omit any that are not permitted during social distancing**).(Handout #3 - [click here](#))

I have a number of parenting resources on a variety of topics. If you are in need of assistance in any way I encourage you to reach me through email: [carmen.rodwell@wolfcreek.ab.ca](mailto:carmen.rodwell@wolfcreek.ab.ca) or call my office at school 403-783-4411; ext. 4716. I will be checking emails and voice messages between the hours of 9am-3pm Monday to Friday.

### **Other Help/Support Numbers include:**

**Alberta Mental Health Helpline 1-877-303-2642**

**Kids Help Phone 1-800-668-6868**

Remember, stay physically separate but emotionally close!

Carmen Rodwell