

Hello Willow Park Families,
It's Mrs. Chalifoux, Learning Support Counsellor.

As we work together in this new way of learning and teaching, I am looking for ways to continue connecting and offering support to students and families. While this is going to look different than before, I will continue to support our school community in areas of wellness and learning support. I can help or find help to meet your concerns.

Here are a few ways you and your children can connect with me and the services I will provide.

1. **Your child's class dojo.** I have access to all classroom dojos and will be posting information and messages to help support your child and you in this new situation.
2. **My email:** donna.chalifoux@blackgold.ca
3. **Google Hangouts**
4. **Mrs. Chalifoux's Google Classroom** If your child would like to join Mrs. Chalifoux's Wellness and Learning Support Google Classroom, please go to Google Classroom and enter the following **class code: wa72ejs**
[How to Join Google Classroom Using a Class Code](#)

I will be setting up this Google Classroom - Mrs. Chalifoux's Wellness and Learning Support Google Classroom. On a weekly basis, I will include extra activities that your child can participate in such as posting things to read, view, listen to and interact with, as well as posting activities such as crafts and games, stress relievers, literacy development activities, physical activity and much more that they can include in their home learning. This is completely optional and flexible-students can choose which activities in which they would like to participate. They can also join at any time.

For Parents - Email/phone consultation and problem solving

If you have concerns regarding your child's current academics, please contact their classroom teacher. If you have more general questions or concerns regarding your child's learning/education, specific (non-urgent) concerns around their well being, or would like to talk about accessing the resources/supports available, please feel free to reach out to me via email or dojo. We can also arrange a time to talk on the phone (arranged via email/dojo). **Please do not use email or dojo if you or your child is in crisis or has an urgent concern, instead please reach out using one of the crisis numbers listed below.**

Please encourage your kids to talk to you about their concerns or to reach out to another trusted adult who is in proximity to help. They can also use the **Kids Help Phone** if they need to connect with someone regarding personal concerns or concerns for someone else: 1.800.668.6868 (toll free across Canada) or text 686868 or chat www.kidshelpphone.ca

Urgent Concerns/Crisis Services

If you or your child have urgent concerns or are in crisis, please use the following numbers to access immediate support or take your child to one of the Walk In (Counselling) Clinics, the Stollery Children's Hospital or the nearest emergency room. For more information and locations please review the brochure from [Children, Youth & Families Addiction and Mental Health - Edmonton Zone Community Clinics & Crisis Services.](#)

Crisis Phone Numbers within [Alberta \(24/ 7\)](#):

Health Link Alberta: 811 (Health Advice and/ or to locate a family physician)

Mental Health Help Line: 1.877.303.2642 (toll free within Alberta)

Crisis Addiction Help Line: 1.866.332.2322 (toll free within Alberta)

Kids Help Phone: 1.800.668.6868 (toll free across Canada) or text 686868 or chat www.kidshelpphone.ca

911 - Immediate emergency assistance from the police, fire department or ambulance
The City of Leduc has also compiled a number of [COVID-19 Social Support Resources](#) that can be accessed during this difficult time.

These are uncharted times and unsettling for most of us but we can do this together. I am here to support your child and you during this time. I am looking for positives in this situation and for one, I am on a steep learning curve as I imagine many of you are. There is satisfaction in learning something new but go easy on yourself. You know your child best and how this new way of learning will work for your family.

Take care,

Donna Chalifoux