



WCHS Newsletter

March 30, 2020

"There is not a duplicate of you in the whole wide world."

— Lou Austin

Reminder about Responsible Use of Technology

As we have moved into a virtual learning environment that relies heavily on the use of technology, now is a good time to remind our Churchill students and families about Board policy. Policy 607.4 is called Responsible Use of Technology. Some of the important parts to remember are that we will be "using technology in a lawful, respectful, and ethical manner," that students are provided a District-provided network login and password and "it should not be shared with anyone other than a parent/guardian," and that we always expect students are "demonstrating digital citizenship through the appropriate use of technology in the forum of social media". Students are also responsible for:

- 3.1. using Board technology only for curriculum-related/educational purposes;
- 3.2. using personally owned technology for only curriculum related/educational purposes while in an instructional setting;
- 3.3. demonstrating digital citizenship through the appropriate use of technology;
- 3.4. reporting any inappropriate use of email, data or unauthorized technology to a teacher or administrator immediately.



Our counselling team at WCHS is currently working to support you and continuing to connect with students despite not meeting face-to-face. They members of the Wellness Centre (Stacey, Ashley, Carleen, Maria, and Sam) are reaching out to student daily. If you need some support right now, consider giving them a call, sending an email, or phoning the office (403-328-4723) during regular school hours. For now, they wanted to share a recipe with you this week!

Taste of Home

Lasagna Rolls

TOTAL TIME: Prep: 25 min.

Bake: 10 min.

YIELD: 6 servings.

Ingredients

- 6 lasagna noodles
- 1 pound ground beef
- 1 jar (14 ounces) spaghetti sauce
- 1 teaspoon fennel seed, optional
- 2 cups shredded part-skim mozzarella cheese, divided



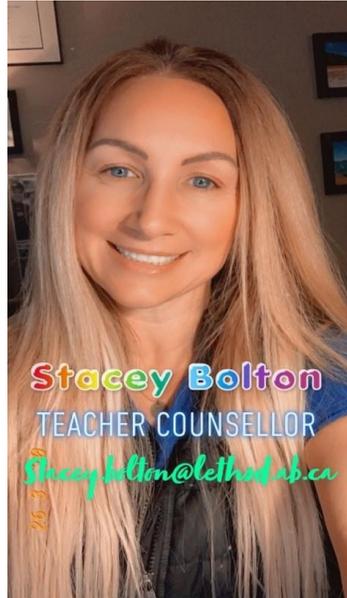
Directions

- 1. Cook lasagna noodles according to package directions. Meanwhile, in a large skillet, cook beef over medium heat until no longer pink; drain. Stir in spaghetti sauce and, if desired, fennel seed; heat through.
- 2. Drain noodles. Spread 1/4 cup meat sauce over each noodle; sprinkle with 2 tablespoons cheese. Carefully roll up noodles and place seam side down in an 8-in. square baking dish. Top with remaining sauce and cheese.
- 3. Bake, uncovered, at 400° for 10-15 minutes or until heated through and cheese is melted.

WORK HARD BE KIND



Meet our Counselling Team



Wellness Teams Availability:

Monday-Thursday

8:30am-3pm

Fridays

8:30am-11:15am

FNMI

Tuesday/Wednesday

8:30am-3:30pm

*You can contact the Wellness Team through Microsoft Teams, or email during these hours.

Community Resources:

Distress and Suicide Hotline:

Call 403-327-7905 or toll free 1-888-787-2880

Teen Line Website: <https://teenlineonline.org/>

Text: TEEN to 839863

Call: 310-855-4673

Kids Help Line Website: <https://kidshelpphone.ca/>

Call: 1-800-668-6868

Text: CONNECT to 686868

Live Chat: <http://kidshelpphone.ca/live-chat>

Distress Line: 403-327-7905

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