



# *Willow Creek Composite High School*

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[www.willowcreekhighschool.ca](http://www.willowcreekhighschool.ca)

Principal: Mrs. Jackie Kark ♦ Assistant Principal: Mr. Robert Rodgers

December 16, 2020

Dear WCCHS families,

This year has been a time of continuous and rapid change as we have all adjusted to evolving public health measures and found new and innovative ways to support student learning and wellbeing. We are aware the upcoming holiday season may bring varied experiences for families including anticipation, excitement, and increased stress and hardship.

[The LRSD Wellness Resource webpage](#) provides a number of resources for managing your time and stress, as well as fun ideas for things to do as a family.

We also want to remind families there are many electronic and community programs that can be accessed if challenges arise or increase over the Christmas break. Please review and access these resources as you see necessary.

Crisis Text Line: Text CONNECT to 741741

Addiction Helpline: 1-866-332-2322

Kids Help Phone: 1-800-668-6868 or text CONNECT to 686868

Alberta Mental Health Help Line: 1-877-303-2642 or 911 in case of emergency

WCCHS wishes you and your family a holiday season filled with simple joys and warm memories.

Sincerely,

Jackie Kark (Principal)

Nicole Larson (Family School Liaison Counsellor)