



Peace Regional Outreach Campus Newsletter



March 2021

Staff:

Clyde Green—Principal
Terry Dashcavich—Teacher (Social Studies)
Donna Krammer—Teacher (ELA)
Lynn Munden—Teacher (Math / Science)
Candace Loughlin – Office Manager
Terri Bulldog— Indigenous Support Worker
Jody Still – Educational Assistant
Lisa Yakemchuk—Educational Assistant / LAN Tech
Lorena Coombes—Counsellor



Important Dates:

March 4th and 5th -
Teacher/EA Convention -
No classes for students

March 11th - Life Skills

March 18th - Life Skills

March 22nd - Staff
Professional Development -
No Classes for students

March 25th - Life Skills

April 1st - April 11th -
Spring Break



TREATY 8 FIRST NATIONS OF ALBERTA



COVID-19 Protocols

Alberta Health Services has provided recommendations for a safe return to school for students and staff.

1. Complete the Daily Checklist for symptoms.
2. Self-isolate if you experience any symptoms.
3. Wear a mask when you cannot social distance.
4. Wash or sanitize hands frequently.

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FACEBOOK: [Peace Regional Outreach Campus](https://www.facebook.com/PeaceRegionalOutreachCampus)



Module Draw Winners: Greta Neufeld, Serena Eldridge and Lena Guenther



Greta is a Grade 10 student. She has finished 8 courses and is working on CALM and Social Studies.

Serena is upgrading her English with a plan to continue her post-secondary studies.

Lena is a Grade 12 student and is finishing up her last couple of courses to meet graduation requirements.

Congratulations to all!!



Students have now earned 340 credits and completed 80 courses.

Peace River Resources

Alberta Health Services - Addictions and Mental Health



What: A free drop-in wellness group that meets weekly. The group rotates through five topics related to wellness – one topic per week.

Where: Online via Zoom (via smartphone, tablet, or computer)

When: Wednesday, 1:30PM – 2:30PM

Who: Anyone interested in learning skills to cope with change, deal with stress and pursue goals is welcome. Drop in to any topic of interest.

Registration: Please e-mail the address below to join in.

PRWellnessExchange@albertahealthservices.ca

You will receive an email with the handouts you'll need for the Wellness Exchange prior to each group.

Wellness Exchange Schedule

March 24: Problem Solving

March 31: Positive Activities

April 7: Managing Reactions

April 14: Helpful Thinking

April 21: Healthy Connections



The group is facilitated by AHS mental health staff in partnership with other agencies.

© 2017 Alberta Health Services. Mental Health Promotion & Illness Prevention

Inclement Weather

We love school, but the safety of our students is our number one priority. If severe weather arises, we may need to cancel school buses. Note that schools will remain open, even if all buses are cancelled.



To learn more view Administrative Procedure 133 at prsd.ab.ca

CANCELLATION COMMUNICATION

If the school bus is cancelled, school bus drivers will attempt to contact parents and notifications will be announced on the radio and posted on PRSD's School Bus Planner webpage before 7:00 am when possible



-40 School buses **WILL NOT** operate when the morning temperature at 6:00 am is - 40 C without the wind chill or lower OR -48 C with the wind chill or lower **-48**

SEVERE STORMS

Buses may not run during severe storm, drifting snow or wind chill conditions



FOGGY CONDITIONS

The bus may not be able to stop on the highway or busy side roads in severe fog conditions

EARLY DISMISSAL

Sometimes a storm can start during the school day and buses may be called to take students home early OR school buses may be cancelled.

Social Isolation & Loneliness

What is social isolation?

Social isolation happens when a person has little or no contact with other people. Isolation may be over a short or long time period. It's a physical state of not being around others.

What is loneliness?

Loneliness is a feeling of being alone, empty, or separated from others. It's an emotional state. It can be felt even when people are surrounded by others.



Social isolation & loneliness impact each other.

Social isolation may lead to loneliness. Not being around others for a long period of time can leave people feeling very lonely.

Loneliness may lead to social isolation. Feeling lonely for a long time can make it hard to connect with others.

Sometimes isolation and feelings of loneliness may happen at the same time without one being caused by the other.



Social isolation and loneliness affect a person's physical, mental, and emotional well-being.

It can lead to health problems like heart disease (e.g., stroke, heart attack), mental health problems (e.g., depression, cognitive decline, dementia), and pre-mature or early death.



A person may be surrounded by people and feel lonely.

A person may be socially isolated and not feel lonely.

Social Isolation and loneliness can affect anyone, regardless of age, income, gender, religious beliefs, or employment status.



What can you do about it?

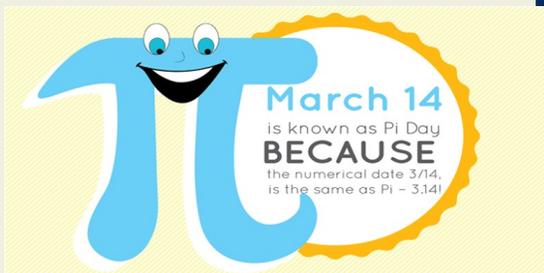
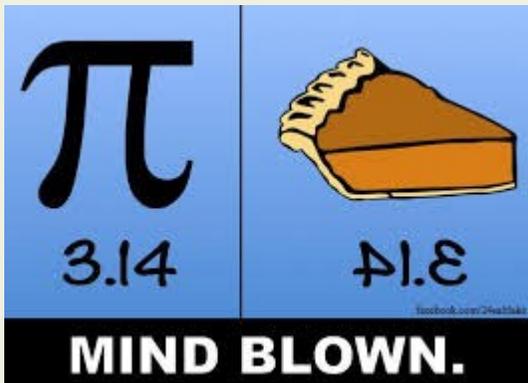
- Connect with friends and family through technology (e.g., phone, text, video chat).
- Participate in community events.
- Try new things, (e.g., music, painting, curling).
- Make new connections—volunteer, join a social club, or group activity (e.g., new parents group chat, bird watching group, online book club, swim class).
- Reach out to people and support each other.



Connect or Stay Connected

For more information about social isolation and loneliness and to find support in Alberta, call **811** or **211**. Talk to a health or social care provider.

March 14th
Happy Pi Day!



HAPPY π DAY!

3.14

Pi day is celebrated on March 14th every year!



Pi is the ratio of any circle's circumference to its diameter.



The Pi symbol was adopted by Swiss mathematician, Leonard Euler, in 1737.

3.14159265358979323846264338327950288419716939937510582...

133 YEARS

Is the approximate amount of time it would take a person to recite the 6.4 billion known digits of Pi without stopping.



You could calculate the spherical volume of our entire universe with the first 39 digits of Pi!



The earliest reference to Pi occurred in Ancient Egypt around the year 1650 BC.

Pi Day was first celebrated in San Francisco in 1988.



The number 1 is the most commonly occurring number in the first 100,000 decimal places of pi. It occurs 10,137 times.

HAPPY BIRTHDAY!

Theoretical physicist Albert Einstein and NBA supertser Stephen Curry both are born on March 14th!



DID YOU KNOW?

Most pizzerias and bakeries offer special Pi Day deals and discounts on March 14th?



It would take 12 billion digits of pi, typed in a normal-size font, to reach Kansas from NYC.



3.14159265358979323846264338327950288419716939937510582...

2.7 TRILLION

The record for discovering the most number of digits of pi belongs to Fabrice Bellard. He calculated 2.7 trillion decimal places on just a desktop computer.



When people want to measure ripples emanating from a central point, they use pi.

DID YOU KNOW?

Apple pie is the most preferred pie flavor amongst Americans, with Pumpkin pie coming in second, and Pecan in third.



Life Skills Program

Facilitated by Lorena

March 11:
Insurance Life / Disability

March 18:
Insurance Auto / Home



March 25: Relationships:
Healthy and Toxic (Stepping Up)

5 Types of Insurance Everyone Should Have

- 1 - Health Insurance**
 Make sure you're covered in the event of a medical emergency, whether a surgery or doctor's appointment.
- 2 - Car Insurance**
 From collision insurance to liability insurance, there are numerous types of car insurance to choose from that cover different scenarios.
- 3 - Homeowners or Renters Insurance**
 Keep your belongings and property safe with either homeowners or renters insurance, depending on your living situation.
- 4 - Life Insurance**
 If you have a family, keep them protected with life insurance that will keep them financially stable if you pass before your time.
- 5 - Disability Insurance**
 Disability insurance will reimburse you for lost income if you were to succumb to an injury or illness that prevents you from working.

Healthy	Unhealthy	Abusive
<p>A healthy relationship means both you and your partner are:</p> <ul style="list-style-type: none"> Communicating Respectful Trusting Honest Equal Enjoying personal time away from each other Making mutual choices Economic/financial partners 	<p>You may be in an unhealthy relationship if your partner is:</p> <ul style="list-style-type: none"> Not communicating Disrespectful Not trusting Dishonest Trying to take control Only spending time together Pressured into activities Unequal economically 	<p>Abuse is occurring in a relationship when one partner is:</p> <ul style="list-style-type: none"> Communicating in a hurtful or threatening way Mistreating Accusing the other of cheating when it's untrue Denying their actions are abusive Controlling Isolating their partner from others



Terri Lynn Bulldog Indigenous Support Worker Course Offerings

Since joining us, Terri Lynn Bulldog, our Indigenous Support Worker, has been treating us with some traditional dishes, some tasty meals and some delicious desserts. She has also developed a number of courses to support our Outreach students.

FOD1010: FOOD BASICS: Students learn safe and sanitary food handling procedures, equipment care, comprehension of recipes and the importance of efficient work habits. Prerequisite: None

FOD1020: CONTEMPORARY BAKING: Students develop and demonstrate an understanding of traditional and contemporary baking focusing on basic measuring techniques, preparation methods, role of ingredients and the proper use of equipment for baked goods. Prerequisite: FOD1010: Food Basics

FOD2040: CAKE & PASTRY: Students expand their knowledge and skills in the production of a variety of cake and pastry products. Prerequisite: FOD1010: Food Basics

FOD2050: BREAD PRODUCTS: Students describe the role of ingredients and use specialized skills in working with bread products. Prerequisite: FOD1010: Food Basics

FOD2070: SOUPS & SAUCES: Students combine stocks with various thickening agents to produce hearty soups and sauces. Prerequisite: FOD1010: Food Basics

FOD2090: CREATIVE COLD FOODS: Students learn to combine nutrition and creativity in the preparation of salads and sandwiches. Prerequisite: FOD1010: Food Basics

FOD3030: CREATIVE BAKING: Students learn about specialty cakes and pastry products by selecting and creating specialty cakes, pastries, desserts and a major baked project. Prerequisite: FOD1010: Food Basics

FOD3040: YEAST PRODUCTS: Students further their skills in the handling of yeast dough through the preparation of a variety of yeast products. Prerequisite: FOD1010: Food Basics

ABORIGINAL STUDIES 10 (5 CREDITS)

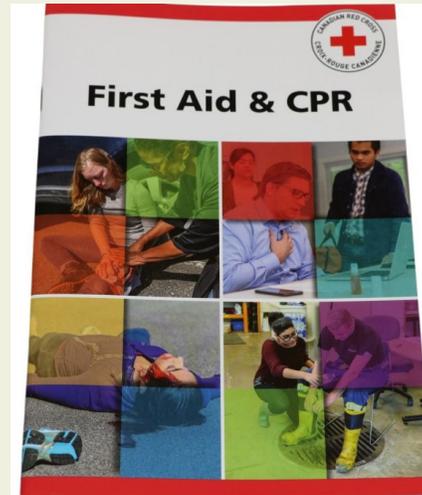
The course is based on perspectives and worldviews of Aboriginal Peoples. It includes the study of traditions and history of Aboriginal peoples in Canada, and particularly in Alberta. Student learning outcomes provide opportunities to examine topics such as government structures, literature, the arts and the sciences.

You will learn about these main topics in Aboriginal Studies 10

1. Origin and Settlement Patterns
2. Aboriginal Worldviews
3. Political and Economic Organization
4. Aboriginal Symbolism and Expression

First Aid Course

Wednesday, April 21st

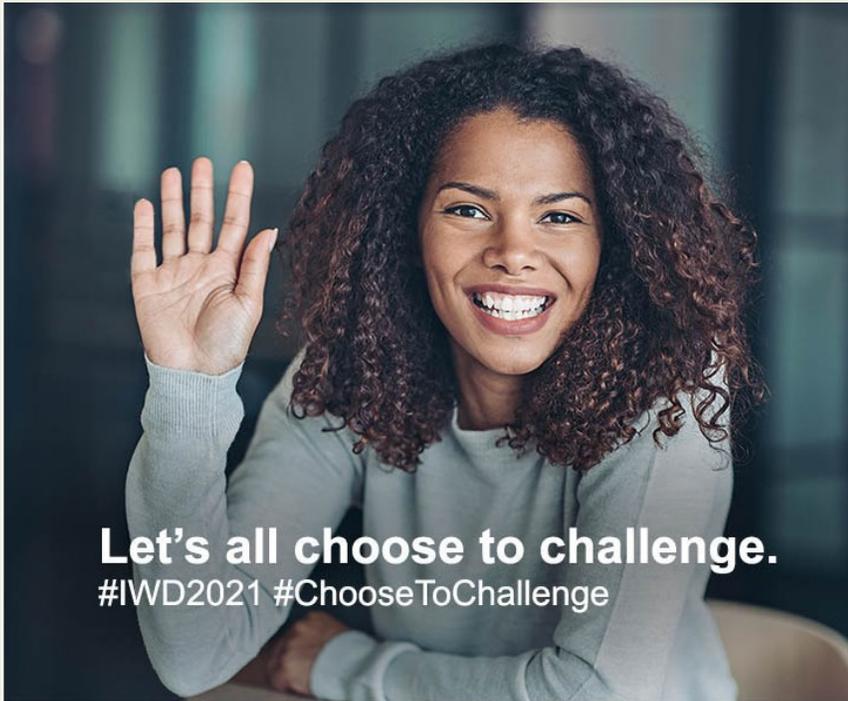


First Aid: Students registered need to complete online portion by April 16th.

Practical session day April 21st - all day.

Anyone interested in First Aid /CPR course see Lorena. If we have enough interest we may run a second class.

Earn a credit and use it for PE 10!



IWD 2021 campaign theme: #ChooseToChallenge

March 8th

International Women's Day

Theme:
Choose to
Challenge



If you did not change your PRSD password in the last month, your account has been locked. In order to get it unlocked, you have to speak to Lisa Yakemchuk and she will do it for you.

COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

Overview

This checklist applies for all children, as well as all students who attend kindergarten to Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

Screening Questions

1. Has the child:

(Choose any/all possible exposures)

Traveled outside Canada in the last 14 days? When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days unless enrolled in the Alberta COVID-19 International Border Pilot Project	YES	NO
Had close contact with a case of COVID-19 in the last 14 days? Face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging	YES	NO
If the child answered "YES" to any of the above: <ul style="list-style-type: none">The child is required to quarantine for 14 days from the last day of exposure.<ul style="list-style-type: none">If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times.If the child develops any symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended.		
If the child answered "NO" to both of the above: <ul style="list-style-type: none">Proceed to question 2.		

2. Does the child have any new onset (or worsening) of the following core symptoms:

Fever Temperature of 38 degrees Celsius or higher	YES	NO
Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
Shortness of breath Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
If the child answered "YES" to any symptom in question 2: <ul style="list-style-type: none">The child is to isolate for 10 days from onset of symptoms.Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation.		
If the child answered "NO" to all of the symptoms in question 2: <ul style="list-style-type: none">Proceed to question 3.		

3. Does the child have any new onset (or worsening) of the following other symptoms:

	YES	NO
Chills Without fever, not related to being outside in cold weather		
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux		
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather		
Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury		
Nausea, vomiting and/or diarrhea Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome		
Unexplained loss of appetite Not related to other known causes or conditions, such as anxiety or medication		
Muscle/joint aches Not related to other known causes or conditions, such as arthritis or injury		
Headache Not related to other known causes or conditions, such as tension-type headaches or chronic migraines		
Conjunctivitis (commonly known as pink eye)		
<p>If the child answered "YES" to ONE symptom in question 3:</p> <ul style="list-style-type: none"> • Keep your child home and monitor for 24 hours. • If their symptom is improving after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary. • If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use the AHS Online Assessment Tool or call Health Link 811 to check if testing is recommended. <p>If the child answered "YES" to TWO OR MORE symptoms in question 3:</p> <ul style="list-style-type: none"> • Keep your child home. • Use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. • Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started. <p>If the child answered "NO" to all questions:</p> <ul style="list-style-type: none"> • Your child may attend school, child care and/or other activities. 		

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started/until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.

COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR ADULTS 18 YEARS AND OLDER)

Overview

This tool was developed to support schools, activity organizers, employers, businesses and facility operators in reducing the risk of transmission of COVID-19 among attendees/staff. The tool is meant to assist with assessing attendees who may be symptomatic, or who may have been exposed to someone who is ill or has confirmed COVID-19.

Attendees should complete this checklist prior to participating in the activity or program.

If an individual answers **YES** to any of the questions, they **must not** be allowed to attend or participate in the activity or program. *Individuals with fever, cough, shortness of breath, runny nose, or sore throat, are required to isolate for 10 days per [CMOH Order 05-2020](#) **OR** receive a negative COVID-19 test and feel better before returning to activities.

Use the [AHS Online Assessment Tool](#) to determine if testing is recommended and follow information on [isolation requirements](#).

As the COVID-19 pandemic continues to evolve, this screening tool will be updated as required.

Screening Questions

1.	Does the attendee have any new onset (or worsening) of any of the following symptoms:	CIRCLE ONE	
		YES	NO
	• <i>Fever*</i>	YES	NO
	• <i>Cough*</i>	YES	NO
	• <i>Shortness of breath / difficulty breathing*</i>	YES	NO
	• <i>Runny nose*</i>	YES	NO
	• <i>Sore throat*</i>	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Nasal congestion	YES	NO
	• Feeling unwell / fatigued	YES	NO
	• Nausea / vomiting / diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle/ joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (commonly known as pink eye)	YES	NO
2.	Has the attendee travelled outside Canada in the last 14 days? (Individuals are legally required to quarantine for 14 days when entering or returning to Alberta from outside Canada unless exempted by the Alberta COVID-19 Border Testing Pilot Program.)	YES	NO
3.	Has the attendee had close contact ¹ with a case of COVID-19 in the last 14 days?	YES	NO

¹ Face-to-face contact within 2 metres. A health care worker in an occupational setting wearing recommended personal protective equipment is not considered to be a close contact.

PEACE RIVER SCHOOL DIVISION

STAY AT HOME GUIDE

It's confusing. When should I keep my child home?

The new public health measures for COVID-19 mean students and staff who are showing any signs of illness, must stay home from school. To simplify the **'should I keep my child home'** and 'how long does my child need to stay home' process, we've created a visual guide to help you understand how our schools are making decisions around managing student illness.

My child is sick. How long do they need to stay home for?

Core Covid-19 Symptoms

- Fever (above 38C or 100.4 F)
- Cough (new or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

This is my child. Now what?



If your child has one of the **core COVID symptoms**, they are required to isolate for a minimum of 10 days from when their symptoms started or until their symptoms resolve, whichever is longer. It is also recommended that the student be tested for COVID-19. If test results are negative and they do not have a known exposure to COVID-19, they should stay home until their symptoms go away. If results are positive, follow Alberta Health Services (AHS) Public Health instructions.

Other Symptoms

- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis (pink eye)

This is my child. Now what?



If your child has one of the **other symptoms**, it is recommended that a student stay home until their symptoms go away. It is also recommended that the student be tested for COVID-19. If test results are negative and they do not have a known exposure to COVID-19, they should stay home until their symptoms go away. If results are positive, follow Alberta Health Services (AHS) Public Health instructions.

Household members

If a student is identified to be a close contact (for example, is a classmate of a student who tests positive), family members of the close contact do not need to quarantine unless the close contact also develops symptoms. Family members or other people in the household who had contact with a student while they were infectious (had symptoms) are required to quarantine for 14 days from the last time they were exposed to the sick student. AHS Public Health will determine who is a close contact and how long they are required to quarantine when they complete their investigation.

What does it mean to self isolate?

Visit www.alberta.ca/isolation.aspx to learn about how to self-isolate.

Information for the creation of this document was taken from: "If a student shows symptoms" retrieved on October 1, 2020 from: <https://www.alberta.ca/k-to-12-school-re-entry-2020-21-school-year.aspx#toc-3> Adapted from Prairie Rose School Division and Grande Prairie Public School Division.
UPDATED OCTOBER 1, 2020

What about pre-existing medical conditions?

The first time your child has a symptom that could be caused by COVID-19 or by a known pre-existing medical condition (such as a cough related to asthma), keep your child home and have your child tested for COVID-19. Your child should be tested for COVID-19 to confirm that the symptom is not due to COVID-19 before they return to school. This will be considered your child's baseline health. They may continue to attend school as long as this symptom stays the same and they do not develop any new symptoms.



Responding to Illness at School

The following steps will be taken if a student develops symptoms at school:

- The student will be asked to wear a non-medical mask if they are able to.
- The student will be isolated in a separate room. If one is not available, the student will be kept at least 2 metres away from other students and staff.
- A parent or guardian will be notified to pick up the student from school immediately. If a parent or guardian cannot be reached, emergency contacts will be notified.
- Staff will care for students who need it until they are picked up from school. Staff will wear non-medical masks and protective face shields when in close contact with a symptomatic student.
- All items the student touches while isolated will be cleaned and disinfected or, where this is not possible, stored in a sealed container for at least 10 days.
- Parents will be required to have their child (ren) tested for Covid-19.



Frequently Asked Questions

Are masks required at school?

Staff, students in grades 4 through 12, and visitors must wear masks in common areas (such as hallways and buses). Masks are optional for students in Kindergarten to grade 3.

Are parents allowed in the school?

Parents may visit the school if previous arrangements have been made with the school office. Schools will ask parents to self-screen for symptoms and keep a record of visitors.

Will playgrounds be closed to students at recess?

Playground structures will remain open. Schools will assign cohort classes to different playground areas at recess. Students should also practice physical distancing and must hand sanitize when leaving the school for recess and re-entering the school. Students will be taught to avoid touching their face.

Will schools provide safety supplies?

Schools will provide safety supplies such as hand sanitizer and wipes. The Government of Alberta will provide every student with two reusable masks. Disposable masks will be available for students who forget to bring their masks to school.

Visit PRSD's Covid-19 webpage for more information and updates at prsd.ab.ca

Sources - Alberta Government Guidance Documents

Updated August 31, 2020

Calendar and Important Dates for Semester 2



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 PH: (780) 624-3601 FAX: (780)332-1050

FINAL APPROVED 2020-2021 SCHOOL YEAR CALENDAR

FEBRUARY 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

OD 19 ID 18

MARCH 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

OD 23 ID 20

APRIL 2021

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OD 15 ID 15

MAY 2021

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

OD 20 ID 18

JUNE 2021

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

OD 20 K-9 ID 18
 10-12 ID 19

JULY 2021

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Feb 1 2nd Semester Begins
 June 25 Last Day of Classes - K-9
 June 28 Last Day of Classes - 10-12
 June 28 Last Operational Day K-12

APPROVED HOLIDAYS

Labour Day	September 7
Thanksgiving	October 12
Remembrance Day	November 11
Christmas Break	December 21 - January 3, 2021
Christmas Day	December 25
Boxing Day	December 26
New Years Day	January 1, 2021
Family Day	February 15
Teachers' Convention	March 4-5
Easter/Spring Break	April 1-11, 2021
Good Friday	April 2
Easter Monday	April 5
Victoria Day	May 24

LEGEND

 	STATUTORY HOLIDAYS
 	PD DAY (NO STUDENTS)
 	FIRST/LAST DAY OF CLASSES
 	OPERATIONAL DAY (NO STUDENTS)
 	TEACHERS' CONVENTION
 	DAY IN LIEU P/T INTERVIEWS (NO TEACHERS OR STUDENTS)
 	CHRISTMAS / SPRING BREAK
 	Diploma Exams

Superintendent's Message

Indigenous Education in Peace River School Division

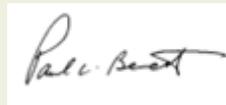
It is essential that First Nations, Métis and Inuit students see themselves and their cultures in the curriculum and school community, and that non-Indigenous students are taught the true history of Canada, including at times, the painful relationship between Canada and the First Nations, Métis and Inuit.

During the pandemic, schools have found creative ways to acknowledge residential school history on Orange Shirt Day, teach about the Métis during Métis week, and honour our local Indigenous veterans as a part of Remembrance Day activities. Grade one students have been learning some Cree, and plans are underway for a virtual Aboriginal Youth Career Workshop this spring, and a pandemic friendly way to acknowledge our Indigenous graduates with an Eagle Feather and the important teachings that accompany this high honor.

We have ensured professional development (PD) is available for staff on topics such as the legacy of residential schools history and how to incorporate Indigenous perspectives in the classroom. Our First Nations, Métis and Inuit Program Coordinator regularly meets with school staff to discuss how our Indigenous students are progressing academically and to explore further supports.

First Nations Métis and Inuit programs are supported by way of special funding from the Government of Alberta which is determined by self-declaration. For each student who declares to have Indigenous ancestry, schools receive an additional \$1178.00. Parents can declare their child's status on the school registration form that is completed every year.

Indigenous history is Canadian history and it is very important to us that all students learn about the important traditions, culture, and history of the first peoples of Canada. Thank you to our students, staff, families, Elders, community members and organizations for your important contributions and support.



Paul Bennett

Superintendent of Schools
Peace River School Division No. 10



Spotlight on Health & Safety



Safety Message – Ice Safety

March is a time to look forward to warmer temperatures, melting snow, and longer days. The transition from winter to spring begins the transformation of frozen rivers, ponds, creeks and dug outs to bodies of open water. Many of our PRSD schools are located close to water sources and during this time ice can become unstable and extremely dangerous.

Please take a few minutes and talk to your children about ice safety and the dangers associated with being on rivers, ponds, creeks and dug outs during this time of the year.

If you do fall through the ice your first danger is drowning, not the cold. You will have time to save yourself so don't panic or thrash about. Tread water or grab the ice to keep your head above water. Keep your hands and arms on the ice and kick your feet until you are in a horizontal position. Once you are horizontal keep kicking your feet and pull with your hands and arms and pull yourself out of the water. Once clear of the water continue to pull yourself away from the hole in the ice. You need to keep your weight spread so don't stand to move away from the hole. You can slide pull or roll away. Once clear of any danger you need to get to a place to warm up and remove any wet clothing.

For more information about knowing the dangers of ice please follow the attached link provided by the Canadian Red Cross.

<https://www.redcross.ca/training-and-certification/swimming-and-water-safety-tips-and-resources/swimming-boating-and-water-safety-tips/ice-safety>

David Smith, PRSD Safety and Wellness Coordinator

Treading water
Do not panic and thrash about. Resist the urge to gasp, slowly tread water or grasp the edge of the ice to keep your head above the water.

Kick and pull
Keep your hands and arms on the ice and kick your feet. This brings your body to a horizontal position, parallel to the ice surface.

Horizontal kick and pull
Once horizontal, continue to kick your feet while pulling with your hands. Draw yourself up onto the ice.

Roll onto the ice
Keep your weight spread out as you roll, crawl, and slide across the ice until it will support your weight.

Minimum Ice Thickness
Guideline for loads parked for more than 2 hours but less than 7 days on clear, good quality ice

Alberta Conservation Association

Ice Thickness	Equivalent Load
2 inches (5 cm)	KEEP OFF
6 inches (15 cm)	ice fishing and foot traffic
10 inches (25 cm)	snowmobiles and light ATVs LESS THAN 500 KG
16 inches (41 cm)	mid-size cars and small trucks 1000-2000 KG
18 inches (46 cm)	mid-size trucks 2000-3000 KG
21.5 inches (55 cm)	3/4 ton 4x4 trucks UP TO 5000 KG



Principal's Message



March is here and we are enjoying a break in the weather and looking forward to the snow melting away. The school year is moving along quite quickly and there are now less than 70 days of classes left. We have encouraged our students to renew their focus on getting modules and courses completed so they can move closer to their goal of high school graduation.

The focus of the message from Superintendent Dr. Paul Bennett was on Indigenous Education in Peace River School Division. At Peace Regional Outreach Campus, we are fortunate to have an Indigenous Support Worker - Terri Lynn Bulldog. In past years, we enjoyed having Elder Dave Matilpi in the same role. We offer courses in Aboriginal Studies and promote initiatives and programs that extend the knowledge of our students and staff in terms of teachings, culture and traditions of First Nations, Métis, and Inuit people. We have taken part in activities such as Orange Shirt Day, Métis Week, and the Moose Hide Campaign and Dave and Terri Lynn have shared personal stories and teachings with both students and staff.

Spring is the time of year when some students tend to find outside activities and interests to fill their time. Even though we do not operate on a regular schedule and timetable, it is very important for students to try to get courses finished up before the end of June. Every credit earned is important in getting to the one hundred needed to achieve a diploma.

We are a year into the restrictions and protocols brought on by the COVID-19 pandemic but the promise of getting vaccines brings hope that routines will soon return to normal. Our students here have coped very well with all the changes and we trust they will finish the year on a positive note.

Clyde Green
Principal
Peace Regional Outreach Campus

