

Peace Regional Outreach Campus Newsletter



November 2020

Staff:

Clyde Green—Principal
Terry Dashcavich—Teacher (Social Studies)
Donna Krammer—Teacher (ELA)
Lynn Munden—Teacher (Math / Science)
Candace Loughlin – Office Manager
Terri Lynn Bulldog— Indigenous Support
Worker

Jody Still - Educational Assistant
Lisa Yakemchuk—Educational Assistant / LAN
Tech

Lorena Coombes—Counsellor Linda Stevens—Counsellor Agnes Gagne—Daycare Supervisor Yolanda Mora-Fallas—Daycare Worker







Important Dates:

Nov 2-9—Diploma Exams

Nov 11— Remembrance Day No classes for students

Nov 23—No classes for students—Staff PD

USE HAND SANITIZER

COVID-19 Protocols

New Guidelines—November 2, 2020

Follow this <u>link</u>:

https://open.alberta.ca/dataset/56c020ed-1782-4c6c-bfdd-5af36754471f/ resource/6607784e-b42e-46c2-ba76-031c3b0217c5/download/covid-19information-alberta-health-dailychecklist.pdf

Peace Regional Outreach Campus

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Remembrance Day November 11th

Please take time to remember those who fought for our freedoms and to honour those who continue to fight for them.

In Flanders' Fields

In Flanders' fields the poppies blow Between the crosses, row on row, That mark our place; and in the sky The larks, still bravely singing, fly Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders' fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch, be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' fields.

Major John McCrae, 1915

Hallowe'en 2020

Here are a few of the great costumes that haunted the Outreach on October 30th!



Module Draw Winners: Kyla Fickle and Brandon Payou





Kyla is working through Social Studies and Science.
Brandon is working through English Language Arts and Math. Both are hoping to write diploma exams in January.

Students have completed 196 modules since we began classes on September 8th. Great work! Many have completed unit tests and midterm exams.











A big thank you to our bus drivers, Lisa Yakemchuk and Lorena Coombes, who get our students back and forth safely each day.

They are the first welcoming faces that students see each day and they encourage them all to make the most of the day and to work to their potential.



Peace River School Division Long Service Award Recipients





Congratulations to Yolanda Mora-Fallas and Candace Loughlin on being recognized for 10 years of service with Peace River School Division.

Yolanda works in the Daycare and Candace is our Office Manager.

Paul Ivison, recently retired, was recognized for his 5 years of service.





Indigenous Support Worker Terri Lynn Bulldog

Peace Regional Outreach Campus is pleased to welcome Terri Lynn Bulldog as our new Indigenous Support Worker. She comes to us with a wealth of experience in supporting youth as well as knowledge of traditional cultures, teachings and practices. She also brings a great talent for baking and her bannock always gets two thumbs up!

Terri Lynn will be facilitating a number of activities, including a weekly smudging activity.



It is a ceremony. Please seek out the support of Elders or traditional knowledge keepers by offering tobacco to learn more about this ceremony.

About smudging: Smudging is a ceremony also used to cleanse, purify or energize a person, place or object. Smudging helps to focus & become grounded so we can bring balance to our whole being (mental, physical, emotional and spiritual). It helps us maintain balance of self.

If the smudge is done with a group, the smudge moves in a clockwise direction (as the earth moves). Keep your intention clearly in mind as you start to smudge. Smudging should be done with respectful, mindful, caring, peaceful and positive attitude.

Items used for smudging — Medicines are prepared before they are used for smudging. Sage, Sweetgrass, Cedar, Willow Fungus, and other medicines are used depending on the area.

It is good to thank the person conducting the smudge once you have finished smudging.

A Teaching Shared

We smudge our...

HANDS, to ask the Creator for our hands to do good work

HEAD, to ask the Creator for a strong and clear mind

EYES, to ask the Creator to see the good in others

EARS, to ask the Creator for good listening

MOUTH, to ask the Creator for only good and kind words to be spoken BODY, to ask the Creator for good health

HEART, to ask the Creator for kindness, love and acceptance of others

Teachings vary depending on who is providing them. They can be altered and added to. (Pictured below: Indigenous medicines and items used in a smudging ceremony.)





Life Skills Program

Each Thursday during lunch, students at the Outreach are able to attend a presentation on a wide range of topics to further develop lifelong knowledge and skills. They look at finding a job, preparing for an interview, budgeting, relationships, and career planning, just to name a few. Sessions are recorded so students can access them at a later date. There's usually pizza as well!! We encourage all Outreach students to come and join in on these great presentations.









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 Adminstrative 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

Peace River School Division

Committee Transferon Street, S

-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

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.



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	YES	NO
International Border Pilot Project 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:

- The child is required to guarantine for 14 days from the last day of exposure.
 - 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 <u>AHS Online Assessment Tool</u> or call Health Link 811 to determine if testing is recommended.

If the child answered "NO" to both of the above:

Proceed to question 2.

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

Fever	YES	NO
Temperature of 38 degrees Celsius or higher		
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:

- The child is to isolate for 10 days from onset of symptoms.
- Use the <u>AHS Online Assessment Tool</u> 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:

Proceed to question 3.

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

Chills	YES	NO
Without fever, not related to being outside in cold weather		
Sore throat/painful swallowing	YES	NO
Not related to other known causes/conditions, such as seasonal allergies or reflux		
Runny nose/congestion	YES	NO
Not related to other known causes/conditions, such as seasonal allergies or being		
outside in cold weather		
Feeling unwell/fatigued	YES	NO
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	YES	NO
Not related to other known causes or conditions, such as anxiety, medication or		
irritable bowel syndrome		
Unexplained loss of appetite	YES	NO
Not related to other known causes or conditions, such as anxiety or medication		
Muscle/joint aches	YES	NO
Not related to other known causes or conditions, such as arthritis or injury		
Headache	YES	NO
Not related to other known causes or conditions, such as tension-type headaches or		
chronic migraines	9	
Conjunctivitis (commonly known as pink eye)	YES	NO

If the child answered "YES" to ONE symptom in question 3:

- · 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 <u>AHS Online Assessment Tool</u> or call Health Link 811 to check if testing is recommended.

If the child answered "YES" to TWO OR MORE symptoms in question 3:

- Keep your child home.
- Use the <u>AHS Online Assessment Tool</u> 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.

If the child answered "NO" to all questions:

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 <u>CMOH Order 05-2020</u> OR receive a negative COVID-19 test and feel better before returning to activities.

Use the <u>AHS Online Assessment Tool</u> 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

	ing equations		
1.	Does the attendee have any new onset (or worsening) of any of the following symptoms:	CIRCLE ONE	
	Fever	YES	NO
	Cough*	YES	NO
	 Shortness of breath / difficulty breathing* 	YES	NO
	Runny nose*	YES	NO
	Sore throat*	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?	YES	NO
	(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.)		
3.	Has the attendee had close contact ¹ with a case of COVID-19 in the last	VEC	NO
	14 days?	YES	NO

¹Face-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?

This information 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 the Alberta Health Daily Checklist (for children under 18) before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete the screening tool.

My child traveled outside of Canada, now what?

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. If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times.

My child had close contact with a case of COVID-19 in the last 14 days, how do I respond?

Close contact is face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging. If your child had close contact with a case of COVID-19 in the last 14 days, your child is required to quarantine for 14 days from the last day of exposure. If your child develops symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended.

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)
- Loss of smell or taste (not related to other known causes or conditions like allergies or neurological disorders)

This is my child. Now what?

If your child has one of the core COVID symptoms, they are required to isolate for 10 days from when their symptoms started. Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If your child does not have any of the core COVID symptoms, proceed to the "other symptoms" information below.

Other Symptoms

- Chills
- Painful swallowing
- Runny nose/conjestion
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Nausea, vomiting or diarrhea
- · Unexplained loss of appetite
- · Conjunctivitis (pink eye)

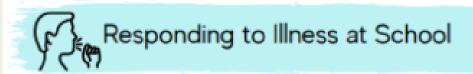
This is my child. Now what?



If your child has one of the other symptoms, 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. If your child has TWO OR MORE of the other symptoms, keep your child home. Use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is required. 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.

Information for the creation of this document was taken from the updated COVID-19 Alberta Health Daily Checklist (for Children Under 18) Adapted from Prairie Rose School Division and Grande Prairie Public School Division. UPDATED NOVEMBER 2, 2020





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.



PEACE RIVER SCHOOL DIVISION

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FINAL APPROVED 2020-2021 SCHOOL YEAR CALENDAR

Instructional

Days

19

19

14

19

92

18

20

15

18

18

19

89

90

181

Days

14

20

100

19

23

15

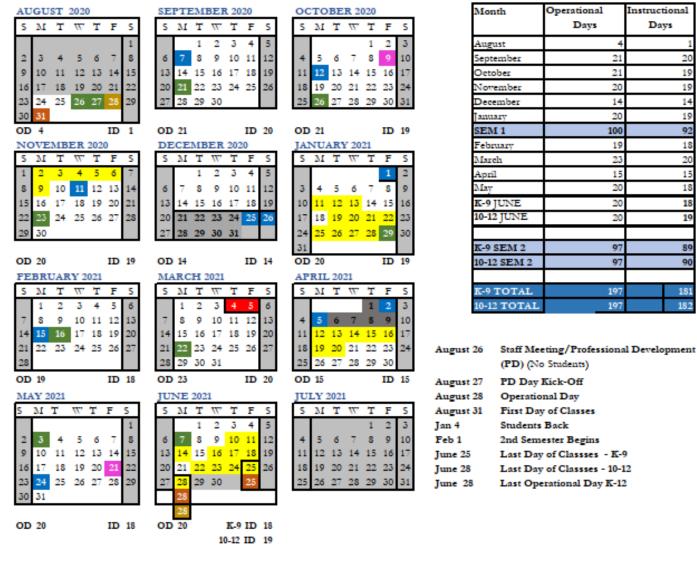
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APPROVED HOLIDAYS

Labour Day September 7 Thanksgiving October 12 Remembrance Day November 11 Christmas December 21 -Break 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

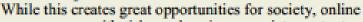
Spotlight on Health & Safety



Drive Hate

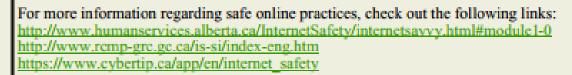
Online Safety

The internet is an integral part of our lives. It provides us with information, entertainment, and various ways to communicate and socialize. It can be used to research school reports, communicate with teachers, peers and play interactive games.



access comes with risks such as inappropriate content, cyberbullying and online predators.

Both at school and at home, it is essential that we educate ourselves and our children about being safe online. The internet has become a part of our day-to-day lives and to keep our children safe, it is important that we have conversations about online safety and model and encourage safe online practices.



https://canadasafetycouncil.org/child-safety/online-safety-rules-kids

Joint Worksite Health & Safety Committee





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Principal's Message

Welcome to November. The year is moving ahead quite quickly and things are really in a good routine here at the Outreach. Our students continue to work very hard and are completing modules and courses. We still have space available for new students and we welcome those that are working at home to drop in to see us more often.

Parents and guardians are encouraged to check in with teachers as your support is so important in the success of your child. Many are juggling school, family responsibilities, and jobs so comforting words and praise for a job well done goes a long way. November 16th to 20th is Parents Matter Week in Peace River School Division and we extend a huge thank you to all the parents, guardians, and other supportive individuals that help our students get through the tough days.

November is also a time to remember and honour those fallen soldiers, veterans and active duty personnel that fought for and continue to fight for our rights and freedoms. We ask everyone to take time to think about these brave individuals as you go about your daily routine.

Peace River School Division, as part of its "Wellness Matters" initiative, has challenged staff and students to a "30-Day Gratitude" campaign. Each of the days has an activity to help people express their gratitude for various aspects in their life. It could be a kind message or gesture, a smile, or a reassurance that it is okay to take time for yourself. One of the videos showed that just telling someone else that they are important to you makes your day better and you experience a sense of happiness. We can all take something away from this given the stressful times connected to the COVID-19 pandemic and its protocols.

Please continue to stay safe and protect yourself and others by wearing a mask and frequently washing hands. We know winter is around the corner.

Clyde Green Principal





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