



Peace Regional Outreach Campus Newsletter



April 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:

April 1st - 11th: Spring Break - No Classes

April 2nd : Good Friday

April 4th: Easter Sunday

April 12th: Regular Classes Resume

April 12th - 20th: Diploma Exams Sitting

May 3rd: School-based PD: No Classes for Students

SPRING BREAK!

Spring Break is from Thursday, April 1st to Sunday, April 11th. Regular classes resume on Monday, April 12th. Enjoy the break and STAY SAFE!!

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.

Peace Regional Outreach Campus
9610-94 Avenue
Peace River, AB
T8S 1J1

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WEBSITE: www.peaceregionaloutreach.ca
EMAIL: peaceoutreach@prsd.ab.ca
FACEBOOK: [Peace Regional Outreach Campus](https://www.facebook.com/PeaceRegionalOutreachCampus)



Module Draw Winners: David Neustaeter and Shaelynn Chenard



David is a Grade 10 student. He has finished Math and is working on English Language Arts.

Shaelynn is a Grade 12 student. She has completed over 40 modules and has earned 30 credits so far this year!

Congratulations to both!



Students have now earned 396 credits and completed 115 courses.



News for Graduates



Grad Pictures

Friday, April 16th (1:00—3:00)
\$35.00 (sitting fee and digital pictures)

Sitting fee due at time of booking



Our grads will be raising money through recycling. If you have bottles or cans, please drop them off at the Peace River Bottle Depot (10112 99 Ave, Peace River) and ask them to put it on the Peace Regional Outreach Campus account.

We are hoping to have a community-wide drive in May. More details to follow.



Life Skills Program

Facilitated by Lorena

April 15th: Careers: Next Generation



The Next Generation is a student-focused, industry-driven community partnership that provides career awareness, exploration and experience to enable Alberta students discover a career passion in trades, technologies, health and occupations in high demand, since 1997.

Principal Fields of Activity

RAP & Co-Op Apprenticeship, Dual Credit, Health, Indigenous CAREER Pathways, Young Women in Trades.

VIRTUAL SHOWCASE SERIES

INVESTIGATE THE TRADES

GET EXPERIENCE - EARN CREDITS - GET PAID
GRADE 9 - 12 STUDENTS
18 - 24 YEAR OLD CO-OP APPLICANTS

- MARCH 3
WELDING
- MARCH 23
AGRICULTURE
- APRIL 15
COOKING
- APRIL 21
LATHER (INTERIOR
SYSTEM/ MECHANIC)
- APRIL 27
INFORMATION &
COMMUNICATIONS
TECHNOLOGY
- MAY 12
SHEETMETAL

**EXPLORE A
FUTURE WORTH
WORKING FOR**



SCAN ME TO
REGISTER

LIVE TOURS - DEMOS - ASK AN EXPERT



EMAIL EVENTS@NEXTGEN.ORG OR
CALL 1-888-757-7172
FOR MORE INFORMATION
careersnextgen.ca/virtual

CAREERS
the Next
Generation



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

LEARN HOW TO BE HAPPIER!

**Alberta
Happiness Basics™**

An evidence-based workshop teaching skills for improving your level of happiness

VIRTUAL 7-PART SESSION

via Zoom

**WEDNESDAYS
APRIL 21, 2021
TO JUNE 2, 2021
10pm-12pm**

NO REFERRAL - OPEN TO ALL

Patients can register by calling
780-865-4211

**PrimaryCare
Network**
BIGHORN

Some nutritious snacks and tasty treats!





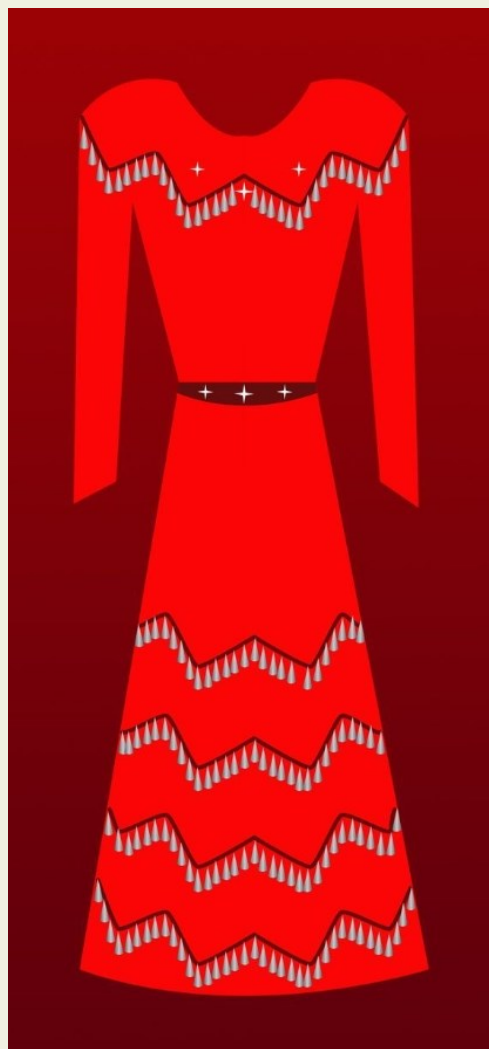
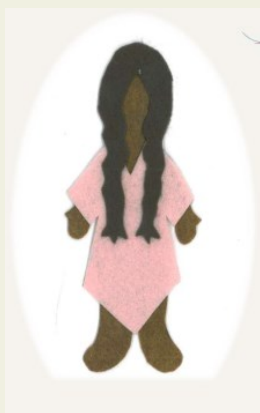
Terri Lynn Bulldog
Indigenous Support Worker

On May 5th, the National Day of Awareness for Missing and Murdered Indigenous Women and Girls (MMIWG), we honour all Indigenous mothers, daughters, aunties, sisters, grandmothers, nieces and cousins. On this day of national importance we can honour the MMIWG by embracing and supporting community healing.

The Grandmother Earth Dress is a traditional red jingle dress, created by the Ontario Native Women's Association (ONWA), and inspired by Jaime Black's [REDress Project](#). She honours and acknowledges Missing and Murdered Indigenous women, girls, and Two-Spirit people. She also serves as a sacred item of healing for families as well as communities to commemorate their loved ones. She is meant for families to visualize their loved ones in beautiful traditional regalia.

365 jingles on the dress represent a year round call for justice and safety for Indigenous women, girls, and Two-Spirit people.

As part of the Faceless Dolls Project Students and staff will have the opportunity to make and have a display of the Faceless dolls we will be making in Peace Regional Outreach Campus.



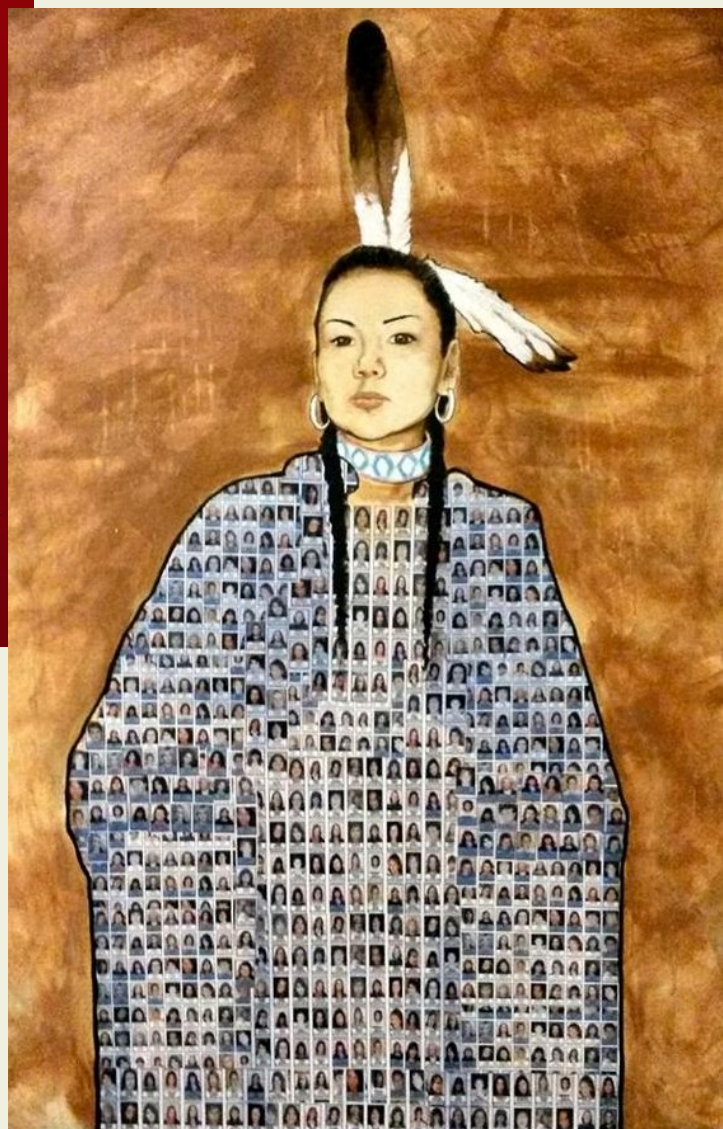


Terri Lynn Bulldog
Indigenous Support Worker

**MISSING AND MURDERED
INDIGENOUS WOMEN
AWARENESS DAY
MAY 5th, 2019**

Red dresses have been used to raise awareness of the large number of Missing & Murdered Indigenous Women & Girls (#MMIW #MMIWG) for many years. Red is used not just to represent the many heartsbroken by the loss of our stolen sisters but also because for many tribes red is a sacred color.

Please wear red on May 5th to show that we have not forgotten our sisters, mothers and daughters who have been taken from us.





NATIVE WOMEN'S
ASSOCIATION OF CANADA
L'ASSOCIATION DES FEMMES
AUTOCHTONES DU CANADA

Building on the legacy of the NWAC Faceless Doll Project: Create your own Faceless Dolls

NWAC's Faceless Doll Project is a commemorative art project—a collection of faceless felt dolls in honour and in memory of the more than 600 missing and murdered Aboriginal women and girls in Canada.

The Native Women's Association of Canada (NWAC) remains committed to the issue of missing and murdered Aboriginal women and girls. For years staff have been travelling the country to raise awareness of this epidemic and the impact it is having on all First Nation, Métis and Inuit communities. Thousands of Canadians have participated in these community engagement workshops from coast-to coast-to-coast.

The NWAC Faceless Dolls Project was launched in March 2012 and Canadians from all walks-of-life, men and women, boys and girls, Aboriginal and non-Aboriginal were invited to come and hear the Faceless Doll story and create their very own doll for inclusion in this commemorative art project (funded by the Status of Women Canada). No two dolls are the same.

The NWAC Faceless Doll project is now complete and will be traveling the country to raise awareness and reaffirm that *"we remember that a beautiful Aboriginal woman is represented by every number shared, that each statistic tells a story."*

The second phase of the project encourages communities and organizations to build on the legacy of this work and create their own faceless dolls.

The Faceless Dolls Project is based on research presented in NWAC's report "What Their Stories Tell Us" (2010) that presents demographic and statistical evidence from NWAC's Database. NWAC has gathered information about 582 known cases of missing and murdered women in Canada. Each doll represents a 'known case' of a missing or murdered Aboriginal woman or girl from the NWAC database. These strong and beautiful women represent human beings lost to extreme violence, individuals who also run the risk of becoming a faceless victim of crime.

Why are the dolls faceless? NWAC has chosen to make faceless dolls to reflect society's 'devaluing' of Aboriginal women and girls. The media portrays Aboriginal women as 'faceless' and Canadian society is at times indifferent to this tragedy, the lives lost and the humanity of our women. However, NWAC also feels that there is great strength and unity with the faceless dolls. Each doll is unique but their facelessness unites them as part of the same community. Although no doll has a face, together the faceless dolls have a very powerful voice and a presence that cannot be ignored.



A selection of faceless dolls from the NWAC Faceless Doll Project.

Commemorative Lapel Pins are available at www.nwac.ca/donations

Top 10 Tips for Balancing Work and School

By Kerry Knapp
Monster Contributing Writer

According to Statistics Canada, 72% of students hold part-time jobs while going to school. No wonder, with today's high tuition fees! But combining education and employment is not for everyone, and balancing the two can be tricky.

To make it a little easier, here are my top 10 tips for balancing work and school.

1. Develop a plan of attack. How many hours do you need to work to meet your financial commitments? Do you want to get through your studies as quickly as possible, or are you the slow and steady type? Think about your personality, goals and responsibilities, and develop a realistic plan for making it happen.



2. Take advantage of workplace flexibility. Ask your boss about flextime or reduced hours. Take advantage of programs like deferred pay, leaves of absence or job sharing. Find a part-time schedule that fits your needs. Is working from home an option?



3. Capitalize on school flexibility too.

4. Prioritize. Decide on your priorities and accept that something, somewhere, will have to give—and not just the housecleaning. Expect to take a pass on the occasional outing or weekend away. With so much on your plate, you can't do everything.



5. Schedule proactively. Mark upcoming professional and academic deadlines on a single calendar. Plan for sudden work crises and last-minute overtime requests. Block off enough study time so you can adjust if necessary. Communicate your schedule to friends and family.



Top 10 Tips for Balancing Work and School

6. **Work smarter, not harder.** Kill two birds with one stone by using an actual work situation as an MBA or marketing class project. Cram in extra study time by writing study notes on index cards, taking them along, and studying in small intervals instead of longer time blocks. Tape lectures and listen to them during your daily commute. Do homework during spares rather than in the evening.



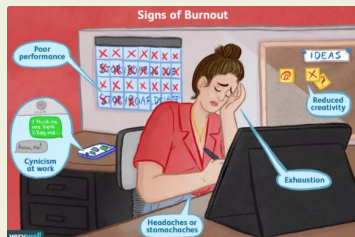
7. Avoid time wasters. Arrange to work and take classes as close to home as possible to cut down on transportation time. Learn to say “no” to black holes that suck up your time and energy. (Facebook? Guitar Hero? You know what I’m talking about!)



8. Manage stress levels. Stress is an inevitable part of being a student and a worker, so learn how to keep it in check. Take regular breaks, get enough sleep, stay physically active, get out into the great outdoors and let yourself enjoy some of what life has to offer.



9. Watch for signs of burn-out. If your job performance or academic results begins to flag, take action. Falling asleep in class, drinking excessive amounts of caffeine, losing interest in your job or studies or becoming irritable and unable to concentrate are important warning signs.



10. Finally, remember why you're doing it. You wouldn't be tackling work and school simultaneously if you didn't have good reasons. Although it may seem overwhelming at times, other people have succeeded, and so can you! Focus on your goals and end date whenever it starts to feel like too much.



Summer Job Interview Questions

- Why are you interested in this job?
- When are you available to work this summer? When could you start and when do you need to return to school?
- What days and hours are you available each week?
- How flexible is your schedule?
- Do you have any activities that would prevent you from working on your schedule?
- Do you have summer vacation plans?
- Tell me about your academic goals and grades.
- Why do you think you are qualified for this position?
- Do you have any related experience?
- What other jobs have you held? What did you like best/least about them?
- Have you ever had difficulty working with a teacher or supervisor?
- If I asked your teachers or your guidance counselor to describe you, what would they say?
- If you have worked before, what did you like best about your last job?
- Describe your ability to work as part of a team.
- Why should we hire you?
- Explain why punctuality and reliability are important attributes for employees.
- Do you have any references I can contact?
- Do you have any questions for me?

Tips for Acing a Summer Job Interview

Once you've networked successfully or reached out directly to employers and landed an interview, leverage your skills, interest, and opportunities to convert them into a job offer for the summer. Effective preparation, delivery, and follow up will all be critical to your success.

1. Prepare

Think of successful past experiences as a student, athlete, volunteer, employee, and friend or with school activities. Identify the skills or qualities which enabled you to do well in those situations. Be ready to share statements referencing those strengths and to give examples of how and when you tapped those assets.

2. Practice

Write a 30-word statement underscoring why you want the job and how you have the right stuff to excel in that role. Rehearse in front of the mirror, with parents, advisors, or friends who can be objective and supportive.

3. Review Your Experiences

Review all the experiences listed on your application and/or [resume](#) and be ready to answer questions about your experiences. For example, be prepared to answer questions, such as "What did you like about your previous job?" and "What were your biggest accomplishments while in that role?"



Tips for Acing a Summer Job Interview

4. Dress Nicely

Business casual will usually be acceptable attire, but if you're interviewing for a professional-type job, consider wearing a dress, slacks, and a blazer or a suit. Ask your parents for advice or guidance if you're unsure how to dress for your interview, or call the employer's human resources department and ask what is acceptable.

4. Meet Grooming Standards

Avoid excessive makeup, piercings, and wild hairdos. Present the image that your employer would want for their clientele. You can always readjust your grooming once you leave the interview after you've learned more about the company.

5. Greet the Interviewer

Greet your interviewer with a firm handshake and warm smile. Make comfortable eye contact when articulating your statements. Lean slightly forward to engage your interviewer and don't slouch.

6. Enthusiasm and a Positive Attitude

Enthusiasm and a positive attitude really count with summer job interviews. All things being equal, the eager, upbeat young candidate will be much more likely to get an offer. Smile often, use a lively vocal tone and focus on the positive at all times. Verbalize to the employer that you would really like the job and work hard to do well.

7. Overcome a Skills Gap

If you don't have all the skills or experiences required for the job, it is best to admit it, but stress that you are eager to learn and that you're a quick study.

8. Express Flexibility

Express as much flexibility as honestly possible regarding hours worked and start dates. If you can start in the spring or continue in the fall while in school, that may be a distinct advantage for some employers.

9. Bring Questions to Ask the Interviewer

At the end of the interview, the hiring manager will most likely ask, "Do you have any questions for me?" The correct answer to this question is always, "Yes." If you don't have any questions for your interviewer, you run the risk of looking like you're not really interested in the role – or not dedicated enough to think about the details. Sample questions include:

- What are the biggest challenges of this job?
- What makes a person successful at this job?
- When can I expect to hear from you?



What to Do After the Interview

Compose a thank-you note as soon as possible after your interview. Express appreciation for the interviewer's time and excitement about the possibility of working there this summer. Check in periodically with your employer after the interview and express your continued interest.

THE NORTHERN LAKES COLLEGE

OPEN HOUSE

IS GOING VIRTUAL

Register for **LIVE PROGRAM SESSIONS** to learn about potential careers, program delivery, academic requirements, and so much more!

SAVE!

When you **APPLY ON THE DATE OF** the Open House, Northern Lakes College will **WAIVE THE \$50 APPLICATION FEE!**

WIN!

Attend the Virtual Open House on April 14 and enter to win one of **FOUR PRIZES OF A \$500** tuition credit!

The Northern Lakes College Virtual Open House is the **NEXT STEP** to starting your post-secondary education.

Do you have **QUESTIONS** about the NLC application process? Book a 10-minute, one-on-one, confidential session with an Admissions Specialist.

WEDNESDAY APRIL 14 6-8 PM



REGISTER NOW!

www.northernlakescollege.ca/virtual-open-house or scan the QR code with your smartphone!

 **NORTHERN LAKES COLLEGE**

For Future or Current Students!

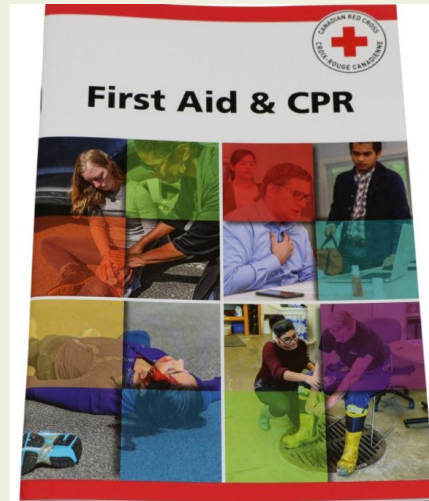
Live student awards presentations every 20 minutes

- Live program sessions every 30 minutes
- Students can book a 10 minute one-on-one session with an Admissions Specialist to get confidential application support
- Drop-in for Alberta Works Applications
- NLC is waiving the \$50 application fee for ANYONE applying for ANY program on April 14
- Students that attend the Virtual Open House can enter to win 1 of 4 prizes of a \$500 tuition credit.

Students only need an email address to register. More information can be found here: <https://www.northernlakescollege.ca/virtual-open-house>

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!

Alberta Education Assurance Survey



Check your mail for the Random Access Code (RAC) you will need to complete the survey. Go to <https://public.education.alberta.ca/APOS/> and enter the code. You have until April 23rd to complete the survey.

We all want our students to be successful. That's why we need to hear from you.

Our education system must know what is working well and where there is room for improvement. The results of our Assurance Survey give everyone important information and evidence about the quality of your child's education. It assures us all that schools are moving in the right direction. It also helps our schools show their parents, their communities and the province that they are meeting the needs of your child.

I know this year is different. COVID-19 has meant new challenges to deal with – including in our schools. I'd like to thank families, students, teachers and staff for their efforts and flexibility during this unusual time. Health rules, and moving to and from at-home learning, have led to changes in routine and the way parents engage with schools. That's why it is more important than ever to hear from you.

I hope you take the time to complete this survey. My commitment is to listen to what you have to say. Your voice will help shape the future of education in Alberta.

Thank you.

Original sign by

Adriana LaGrange
Minister of Education

If you have any questions, please contact:
System Assurance Branch, Alberta Education
Email: EDC.SystemAssurance@gov.ab.ca
Phone: 780-643-9193 (toll-free access within Alberta by dialing 310-0000 first)

Please complete the survey by **April 23, 2021.**

Alberta

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:

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

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)

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.

This is my child. Now what?

Other Symptoms

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

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.

This is my child. Now what?

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



Peace River School Division

Learning Together - Success for All



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

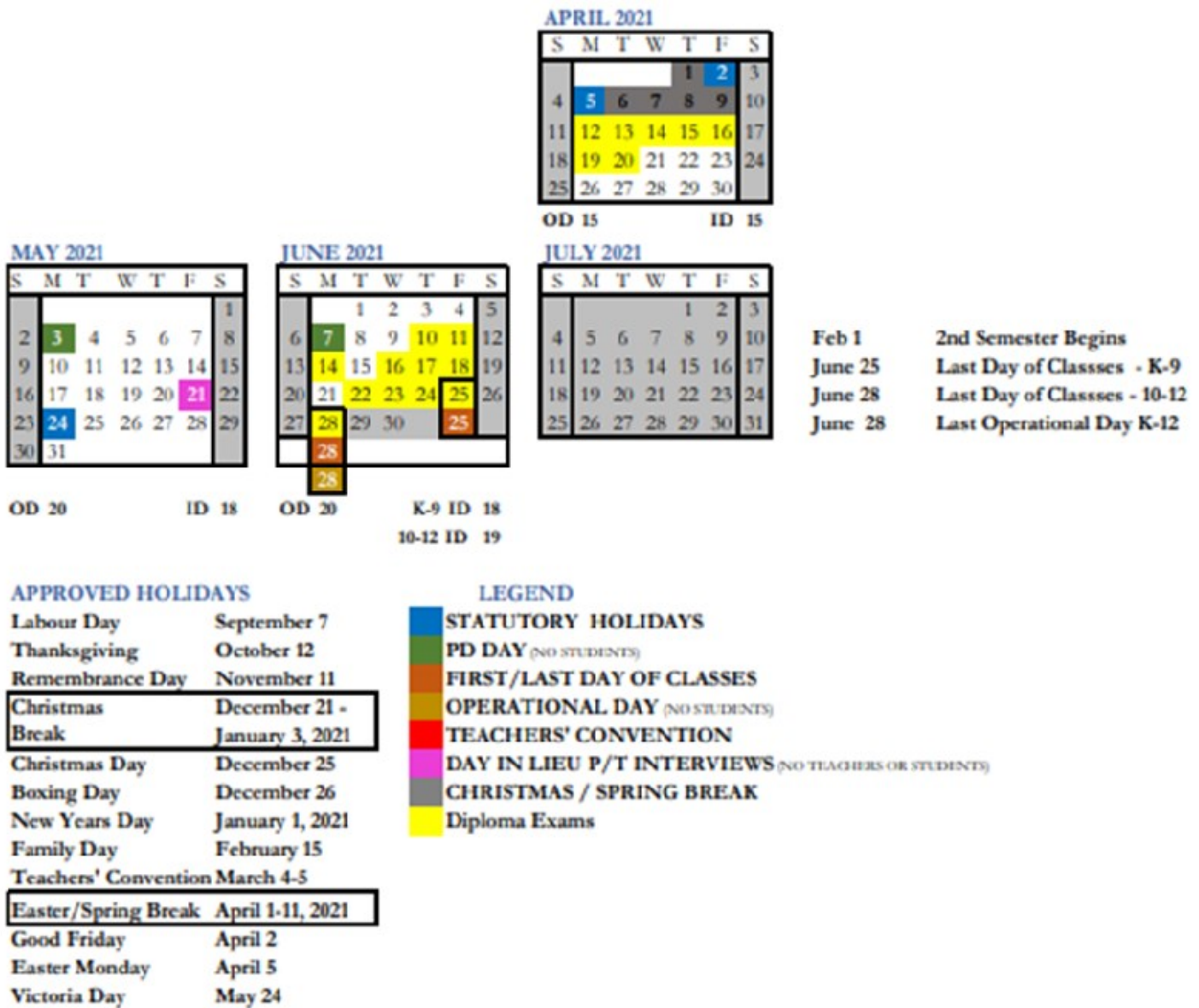
Updated August 31, 2020

Calendar and Important Dates for Semester 2



PEACE RIVER SCHOOL DIVISION
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FINAL APPROVED 2020-2021 SCHOOL YEAR CALENDAR



Just 51 instructional days left to complete modules and earn credits!

A reminder to students that there are no final exams in your courses this spring. Do your best in completing course work and unit quizzes.

Superintendent's Message

Wellness in Peace River School Division

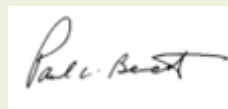
In order for us to learn and be our best, we must feel and be well. Educational research supports this connection and we take this very seriously. We feel we have a great opportunity to not only academically educate our students, but to support, guide, and teach them to honour their overall health and well-being.

To support wellness on a school level in the division, every PRSD school has a designated Youth Education Support Worker, Success Coach or a Family Liaison Worker. The role of PRSD's Youth Education Support Workers, Success Coaches and our Family Liaison Worker is to promote positive mental health in children, youth and families while working closely with school staff. This ranges from presentations, activities and programming that supports problem solving, emotional management, targeted topics, skills for learning, adolescent empowerment, healthy relationships, mindfulness, teamwork and leadership. PRSD also has three divisional Social Workers that provide one-on-one support to students in need.

We also encourage and support our students to be leaders, involved in the community and work together as a team - attributes that serve and inspire our students, communities and society as a whole. Students are also provided with opportunities to represent their school through various committees such as PRSD's Student Engagement Teams and PRSD's Anti-racism Committee.

Healthy eating and active living are important components to health and wellness and we support this through ongoing education, encouraging healthy canteen and vending machine choices, and by providing a broad range of physical education activities in the division.

In closing, I would like to thank all our students, families and staff who completed the Student Mental Health and Wellness Survey sent to students in grades 7-12, parents and staff in early February. The data is currently being reviewed and will be presented to the board of trustees on March 25, 2021 and will be shared with the public shortly after. The data collected from the survey will be used to leverage the board's advocacy efforts to impact positive change to support students and families in having access to the supports and services they need.



Paul Bennett
Superintendent of Schools
Peace River School Division No. 10



Spotlight on Health & Safety



Safety Message – Wildlife Safety

Spring time is rapidly approaching and everyone will be getting out into the sunshine! Wildlife activity will also be on the increase as they search for food after a long winter. Scented items including food containers, trash, cookware, toiletries and lotions can all be attractants for wild animals. Often adult wildlife will have their offspring with them. This can create an even greater hazard as they will look to protect their young from all perceived threats. It is important to be aware of your surroundings and be making noise to announce your presence. If there is wildlife in the area, space and time should be given to leave the area and avoid any possible conflicts with them.

The Peace River School Division, recognises that many of our schools have encounters with wildlife. When an encounter occurs the schools go into a hold and secure situation where all students and staff are called into the school. The children go on with their day but remain indoors until the principal gives the all clear and students are again allowed outside for their activities.

For more information on wildlife please follow the attached link provided by Alberta Fish and Wildlife: <https://www.alberta.ca/human-wildlife-conflict.aspx>

David Smith

Safety & Wellness Coordinator





Principal's Message



It is great to see the temperature rising and the snow melting as we head into the final third of our school year. Following Spring Break, we have about 50 instructional days for students to complete course work and earn credits. This year, as a result of all the disruptions and challenges brought on by the COVID-19 pandemic, there will be no school-based final exams in our high school courses. This makes it even more important for students to do their best on their modules and unit quizzes. This decision follows the Alberta Education decision to make diploma exams optional for the 2020-2021 school year. We all hope that things will return to normal for next year.

In his message, Dr. Bennett commented on the importance of maintaining health – physical, mental, and spiritual – especially during the unprecedented times brought about by the COVID-19 pandemic. At the Outreach, we are especially lucky to have a caring and dedicated staff to support our students. We offer nutritional snacks, hot breakfasts and lunches and special treats throughout the month. We have a full-time counsellor and an Indigenous Support Liaison that are there to support students with their emotional and mental health while providing information about careers, post-secondary opportunities, and important life skills such as budgeting, insurance, relationships and preparing for the work force. Our teachers and educational assistants work closely with students on their academic journey and are there to mentor, ask and answer questions and connect with students on a more personal level. We do our best to meet all the needs of the young adults and mature students we work with each day.

Spring Break gives us all the opportunity to take a breather and to revitalize ourselves for the push towards the end of June. We encourage all our students and staff to enjoy this time and to take all the necessary precautions to keep the COVID-19 virus and its variants at bay. Stay safe in all your encounters with others, mask up and maintain social distance, and think about those that are struggling through. Be kind to others and recognize the efforts of those that provide service every day so that we can make the best of this difficult time.

Clyde Green
Principal
Peace Regional Outreach Campus

