

### December 2020

### Peace Regional Outreach Campus Newsletter



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



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#### **Important Dates:**

December 1—hot lunch

December 9—PJ Day

December 16—Christmas dinner

December 18—last day for classes before the break

January 4—at-home learning resumes

January 11—in person learning resumes

#### **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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### **Outreach Remains Open for Students**



Although the Alberta Government has ordered grade 7-12 students throughout Alberta to online learning from November 30th, 2020 - January 8th, 2021, **Peace Regional Outreach Campus will remain open for students from November 30th - December 18th.** 

For the week following Christmas break, January 4th - January 8th, students will be doing at-home learning the same as all other Alberta students.

### In-person learning will resume on Monday, January 11th.

This exemption for in-person learning for outreach programs is provided by Alberta Education based on the advice of Alberta's Chief Medical Officer of Health. Students will be able to continue with their course work and to write quizzes and exams.

If students normally ride the yellow school bus, please contact Mr. Green. **48 hours notice are required.** 

Stay safe and respect the guidelines as set out by Alberta Health Services.



November 26, 2020

Dear Parents and Staff:

Further to Peace River School Division's initial correspondence on November 25, 2020, outlining the mandatory shifts in learning as announced from the Alberta Government on November 24, 2020, this correspondence provides greater details and clarification of what the weeks ahead will look like.

First and foremost, we would like to take this opportunity to thank our school communities. This ever-changing landscape impacts everyone and we are extremely grateful for the continued support, patience and understanding of all our school communities.

Please note that it is expected, and very much encouraged that students participate fully in at-home learning as outlined in PRSD's Scenario 3 Plan. Grades will be given for assignments, quizzes, exams, and projects that will go toward each student's final mark. Content delivery for each grade is broken down as per Alberta Education guidelines in the PRSD Scenario 3 Plan. <u>View PRSD's Scenario 3 Plan in detail HERE</u>.

#### Schedule:

- November 30, 2020 December 18, 2020 grades 7 12 classes will move to Scenario 3 (at home learning). Kindergarten to grade six classes continue at school until December 18, 2020.
- December 18, 2020 January 3, 2021 Christmas Break no school for students or staff.
- January 4, 2021 January 9, 2021 All classes (Kindergarten to grade 12) will move to Scenario 3 (at-home learning)
- January 11, 2021 Kindergarten to grade 12 students return to in-person classes at school

#### Additional Points:

- Technology will be loaned to families who require it for online learning. This is being coordinated by the school.
- For families without reliable internet services, schools will share plans whereby packages of materials will be developed and made available for students, and for students to return any required work for feedback and grading.

#### Board of Trustees

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Secretary-Treasurer Rhonda Freeman  Students with special or complex needs and/or high-risk circumstances in grades 7 – 12 may attend school (if staffing levels are adequate) to receive specialized programming. This is being coordinated by PRSD Learning Services Department and each respective school.

 Individual students in grades 7 – 12 may attend the school by appointment for additional help, to use resources, or gather materials.

 PRSD School Social Workers will provide mental health support via single phone sessions for students who are struggling. The 15-30 minute phone sessions can be coordinated by parents by speaking with their child's teacher or school principal.

 Grades 10-12 students enrolled in Career and Technology Studies (CTS) courses will continue their studies with modified learning at the discretion of the teacher.

 Peace Regional Outreach Campus and Daycare and Fairview and Area Learning Store will remain open with no disruption to the current structure and schedule.

• Bus services for grades 7 – 12 students (who normally ride the school bus) is available for students who have an appointment at the school. In order for the Transportation Department to transition the routes smoothly for pick up, the PRSD transportation department must be notified 48 hours in advance of the appointment. Details such as the length of the appointment is critical to coordinate transportation services.

Staffing levels and funding remain intact.

PRSD reminds families to monitor for any signs or symptoms of COVID-19 using the <u>Alberta</u> <u>Health Screening Questionnaire</u>. If you or a member of your family has any of the symptoms of illness listed, please complete the online <u>Alberta Health Services COVID-19 self-assessment</u>.

PRSD remains committed to meeting government requirements to ensure the safety and wellbeing of our school communities. Thank you for your patience, understanding, and support as we coordinate and plan according to the new requirements.

Sincerely,

Pali Beat

Dr. Paul Bennett Superintendent of Schools Peace River School Division

### Module Draw Winners: Emily Lanctot, Brandon Payou and Jeremy Girard





Emily is working on her Chemistry 20 course. She is upgrading so she can continue to pursue her post-secondary goals.

Brandon is a repeat winner. He is working on Math and English Language Arts.

Jeremy has finished his Math 20-3 and is working on CALM. He is planning to graduate this year.

Congratulations to all!!

7 students completed core courses. In total, students have completed 320 modules and tests and 53 Gateway courses.

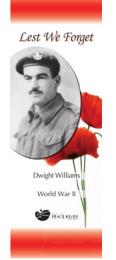




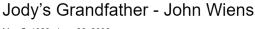
## **Remembrance Day**

#### Dwight Williams -Grandfather to Caitlin

Dwight Williams was a WW2 survivor, he was in the 4th Princess Louise Dragoon Guards. My Grandfather was a battalion sniper, he received the second highest medal in Canada for his bravery.



Students and staff watched a presentation for Remembrance Day. We watched videos, learned about some important symbols and heard personal connection stories. We observed a moment of silence for those that have served and are continuing to serve our country.

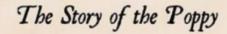


May 5, 1923- June 26, 2006

He served in active service from Dec 16, 1943 to Aug 14,1946 in France, Belgium, Holland and Germany. My grandpa worked in a different aspect of the war that a lot of people don't think about. He drove truck for the Canadian Postal Corps. Back in those days mail was very important, as this was the only way to communicate. Because of 6 weeks on the front lines, the noise of the fighting resulted in total deafness in the left ear and partial loss of hearing in the right ear. It was also determined that he suffered from psychoneurosis. There were telegrams found recently that were sent to John's mom. One was telling her not to worry, that he was fine. One was telling her that he was being discharged. It wasn't until my grandpa had sent her while overseas. My grandma was a very quiet, reserved woman so it doesn't surprise me that she kept these letter a secret all of her life.







The poppy flower only grows in the absence of other flowers and only in ground that has been churned. In perhaps the best known poem of World War I, when Dr. John McCrae observed poppies growing between the crosses on the soldiers' graves, it inspired him to write the poem In Flanders Fields. The poppy has since become known as "The Flower of Remembrance" and is worn in memory of our veterans.

I'm sharing this poppy in remembrance of the veterans as well as the active service members and wishing you a beautiful Memorial Day weekend.



Linda's Father

### Metis Week: November 16th — 20th



On Monday, November 16th, students and staff from the Outreach attended the flag raising ceremony for Metis Week. Caitlin Williams was chosen to help raise the flag.

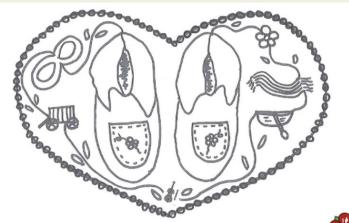
Terri Lynn prepared some delicious stew and bannock.





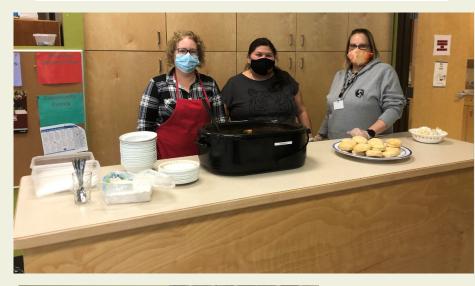






Metis Week: November 16th to 20th

"Our stories, our history; the Métis people. Walk in the path of our Ancestors. Now is the time to heal and celebrate our spirit." ~Connie Kulhavy, Métis Artisan (2019)



Terri Lynn, Jody and Lisa all ready to serve up the lunch!





### **Christmas Preparations**



**Our COVID-19 tree topper!** 







### **Decorations by Candace.**

# Merry Christmas

The Peace River School Division Board of Trustees extends holiday greetings to students, parents, staff, community members, and partnering businesses and organizations.

Thank you for your support, involvement and dedication to education. You are all important members of the PRSD family. Thank you for your important contributions to our school communities.

Peace River School Division







#### **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 outs	de Canada in the last 14 days?	YES	NO
When entering	or returning to Alberta from outside Canada, individuals are legally		
required to qua	rantine for 14 days unless enrolled in the Alberta COVID-19		I
	rder Pilot Project		
Had close con	tact with a case of COVID-19 in the last 14 days?	YES	NO
Face-to-face o	ntact within 2 metres for 15 minutes or longer, or direct physical		
anatact cuch a	bugging		
contact such a	1033013	_	-
	wered "YES" to any of the above:	1000	- 11
If the child an			
If the child an	wered "YES" to any of the above: d is required to quarantine for 14 days from the last day of exposure.	der Pilot	
<ul> <li>The child an</li> <li>The chi</li> </ul>	wered "YES" to any of the above: d is required to quarantine for 14 days from the last day of exposure. If the child is participating in the last COVID-19 International Bor	der Pilot	
• The child an	wered "YES" to any of the above: d is required to quarantine for 1400 ys from the last day of exposure.		Link

#### 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			
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			
<ul> <li>If the child answered "YES" to any symptom in question 2:</li> <li>The child is to isolate for 10 days from onset of symptoms.</li> </ul>			
<ul> <li>Use the <u>AHS Online Assessment Tool</u> or call Health Link 811 to arrange for testi receive additional information on isolation.</li> <li>If the child answered "NO" to all of the symptoms in question 2:</li> </ul>	ing and	to	

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 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			
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	
<ul> <li>If the child answered "YES" to ONE symptom in question 3:</li> <li>Keep your child home and monitor for 24 hours.</li> <li>If their symptom is improving after 24 hours, they can return to school and a when they feel well enough to go. Testing is not necessary.</li> <li>If the symptom does not improve or worsens after 24 hours (or if additional emerge), use the AHS Online Assessment Tool or call Health Link 811 to che</li> </ul>	il sympt	oms	

- 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.

Albertan

#### 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

1.	Does the attendee have any new onset (or worsening) of any of the following symptoms:		CIRCLE ONE	
	<ul> <li>Fever</li> <li>Cough</li> <li>Shortness of breath / difficulty breathing</li> <li>Runny nose</li> <li>Sore throat</li> </ul>	YES YES YES YES YES	NO NO NO	
	Chills	YES	NO	
	<ul> <li>Painful swallowing</li> </ul>	YES	NO	
	Nasal congestion	YES	NO	
	Feeling unwell / fatigued	YES	NO	
	<ul> <li>Nausea / vomiting / diarrhea</li> </ul>	YES	NO	
	<ul> <li>Unexplained loss of appetite</li> </ul>	YES	NO	
	Loss of sense of taste or smell	YES	NO	
-	Muscle/ joint aches	YES	NO	
	Headache	YES	NO	
	<ul> <li>Conjunctivitis (commonly known as pink eye)</li> </ul>	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 <sup>1</sup> with a case of COVID-19 in the last 14 days?	YES	NO	

<sup>1</sup>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.

alberta.ca/BizConnect 02020 Government of Alberta | Updated: October 2020

Albertan

### 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?

#### **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? 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-reentry-2020-21-school-year.aspx#toc-3 Adapted from Prairie Rose School Division and Grande Prairie Public School Division. UPDATED OCTOBER 1, 2020

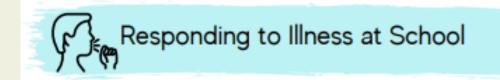
If your child has one of the **core COVID symptoms**, they are required to isolate for a minimum of 10 days from when their symptoms started or until their symptoms resolve, whichever is longer. It is also recommended that the student be tested for COVID-19. If test results are negative and they do not 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.

If your child has one of the **other symptoms**, it is recommeded 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.

### 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.





#### 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



#### PEACE RIVER SCHOOL DIVISION 4702 - 51 St. Box 380 Grimshaw AB. T0H 1W0 PH: (780) 624-3601 FAX: (780) 332-1050

### FINAL APPROVED 2020-2021 SCHOOL YEAR CALENDAR

AUGUST 2020 SMTWTFS	SEPTEMBER 2020	OCTOBER 2020 SMTWTFS	Month	Operational Days	Instructional Days
1	1 2 3 4 5	1 2 3	August	4	1
2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10	September	21	20
9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17	October	21	19
16 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24	November	20	19
23 24 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31	December	14	14
30 31			January	20	19
OD 4 ID 1	OD 21 ID 20	OD 21 ID 19	SEM 1	100	92
NOVEMBER 2020	DECEMBER 2020	JANUARY 2021	February	19	18
SMTWTFS	SMTWTFS	SMTWTFS	March	23	20
1 2 3 4 5 6 7	1 2 3 4 5	1 2	April	15	15
8 9 10 11 12 13 14	6 7 8 9 10 11 12	3 4 5 6 7 8 9	May	20	18
15 16 17 18 19 20 21	13 14 15 16 17 18 19	10 11 12 13 14 15 16	K-9 JUNE	20	18
22 23 24 25 26 27 28	20 21 22 23 24 25 26	17 18 19 20 21 22 23	10-12 JUNE	20	19
29 30	27 28 29 30 31	24 25 26 27 28 29 30			
		31	K-9 SEM 2	97	89
OD 20 ID 19	OD 14 ID 14	OD 20 ID 19	10-12 SEM 2	97	90
FEBRUARY 2021	MARCH 2021	APRIL 2021			
SMTWTFS	SMTWTFS	SMTWTFS	K-9 TOTAL	197	181
1 2 3 4 5 6	1 2 3 4 5 6	1 2 3	10-12 TOTAL	197	182
7 8 9 10 11 12 13	7 8 9 10 11 12 13	4 5 6 7 8 9 10			
14 15 16 17 18 19 20	14 15 16 17 18 19 20	11 12 13 14 15 16 17			
21 22 23 24 25 26 27	21 22 23 24 25 26 27	18 19 20 21 22 23 24		ting/Professiona	l Development
28	28 29 30 31	25 26 27 28 29 30	(PD) (No	Students)	
OD 19 ID 18	OD 23 ID 20	OD 15 ID 15	August 27 PD Day		
MAY 2021	JUNE 2021	JULY 2021	August 28 Operatio		
SMT WTFS	SMTWTFS	SMTWTFS		of Classes	
1	1 2 3 4 5	1 2 3	Jan 4 Students		
2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10		ester Begins	
9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17		of Classses - K-	
16 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24		of Classses - 10-1	
23 24 25 26 27 28 29	27 28 29 30 25	25 26 27 28 29 30 31	June 28 Last Ope	rational Day K-12	1
30 31	28				
	28				
OD 20 ID 18	OD 20 K-9 ID 18				
	10-12 ID 19				

#### 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

#### Superintendent's Message

#### Have Your Say on the Divisional School Calendar

In December, we will invite members of our school communities to review and provide input on the proposed 2021-2022 Divisional School Calendar for <u>Peace</u> River School Division. We welcome and encourage input from our families, staff and community members to help us develop our divisional school calendar, <u>reflecting</u> the needs of our school communities.

All input received regarding the proposed 2021-2022 Calendar will be reviewed by the PRSD Calendar Committee that consists of a School Council member, teacher, principals, management and representatives from neighbouring school boards. Input from our school communities will be reviewed and considered as the committee collaboratively develops a calendar for the PRSD Board of Trustees' consideration. The Board of Trustees will review the calendar and input as collected, and the calendar will be presented to the board for their approval at the March 2021 board meeting.

Please watch for more information on how to share your input on the school calendar in the upcoming weeks. We will share more details through newsletters, websites, email and social media.

This is an excellent opportunity for our families and school communities to be involved in decision making on a school and divisional level, and we thank you in advance for your input.

Pale Best

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



### Spotlight on Health & Safety



#### **December Safety Message – Personal Safety**

Children and adults face challenging situations every day at home, at work, at school, online, and in their communities. Discussing and teaching personal safety skills with children is important to their overall well-being and provides them with important life skills.

Examples of personal safety skills that are important for children to learn include: how to be and act aware, calm and confident, how to be prepared for different situations and activities, how to take charge, how to set boundaries, how to get help, and how to protect oneself. It is also very important that children know how to call 9-1-1, know their address, phone number and their parents' names.

As adults, being mindful and present in our daily activities will reflect onto our children, at home, at school and in our communities. Whenever possible, use teachable moments to reinforce personal safety practices and above all, ensure children know how to get help if they need it.

COVID-19 has certainly caused us to look at our personal safety in new ways. Washing our hands, wearing a mask, staying 6 feet apart and maintaining our cohorts are some of the new ways of living we are faced with. These personal safety measures not only protect ourselves but they protect our loved ones and those around us.

Peace River School Division encourages our school communities to continue to look after their personal safety and wishes everyone a safe and healthy holiday season. We would also like to take this opportunity to thank our school communities for their ongoing support and patience during these challenging times. We wish you a safe and happy holiday season!

. . . . . . .

Joint Worksite Health and Safety Committee







# **Principal's Message**

Best wishes to everyone for the upcoming Christmas season. This will no doubt be a different time for families and friends as we all struggle with the restrictions and guidelines that have been put in place to try to slow the progress of this horrible pandemic. We must think of the vulnerable, the sick, the isolated, those trying to recover, and their families as we go about our daily business. This season is meant to be a time for sharing, giving, and spending time with family and friends and we need to make sure we do not put others at risk by not following the guidelines set down by our medical experts. Let's keep everyone safe so when this time does pass, we can celebrate with family and friends!

Dr. Bennett is inviting interested stakeholders to provide feedback on the calendar for the 2021-2022 school year. Please check in with webpages and other social media platforms for more information on this.

As 2020 draws to a close, I would like to thank everyone at the Outreach for the great support and hard work that has occurred to date. Everyone has adjusted to the "new" look of the Outreach and have been very respectful of others and of the provincial COVID-19 guidelines that are meant to keep us all safe and healthy. We have been able to enjoy some traditional routines and have been able to adapt others so we keep the family atmosphere that exists here.

I do wish the best of the season for students and staff and hope to see everyone back safe and sound in 2021. Please remember to share with those less fortunate and to offer up words of encouragement and gratitude. Smile with your eyes as you say "Merry Christmas" to others and make the most of your time off to relax and recharge.

I won't be able to get home to see my own family this year but we will spend some time together thanks to the world of technology. Some of you may have to do the same. Do what is safest for all.

Merry Christmas and Happy New Year!

Clyde Green Principal

