



Peace Regional Outreach Campus Newsletter



June 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:

June 3 - Mental Wellness Day
June 7 - No classes - Staff Professional Development
June 16 - Awards Ceremony and BBQ
June 21 - Last Day to Submit Modules
June 25 - Last Day of Classes
June 28 - Operational Day for Staff
August 30 - Classes begin for students



CLASSES RESUME

August 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Classes resume for students on Monday, August 30th. Check our webpage and Facebook page for information about registration. See you then!

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

PH:780-624-5534 FAX: 780-624-45545
 WEBSITE: www.peaceregionaloutreach.ca
 EMAIL: peaceoutreach@prsd.ab.ca
 FACEBOOK: [Peace Regional Outreach Campus](https://www.facebook.com/PeaceRegionalOutreachCampus)



June is Indigenous History Month

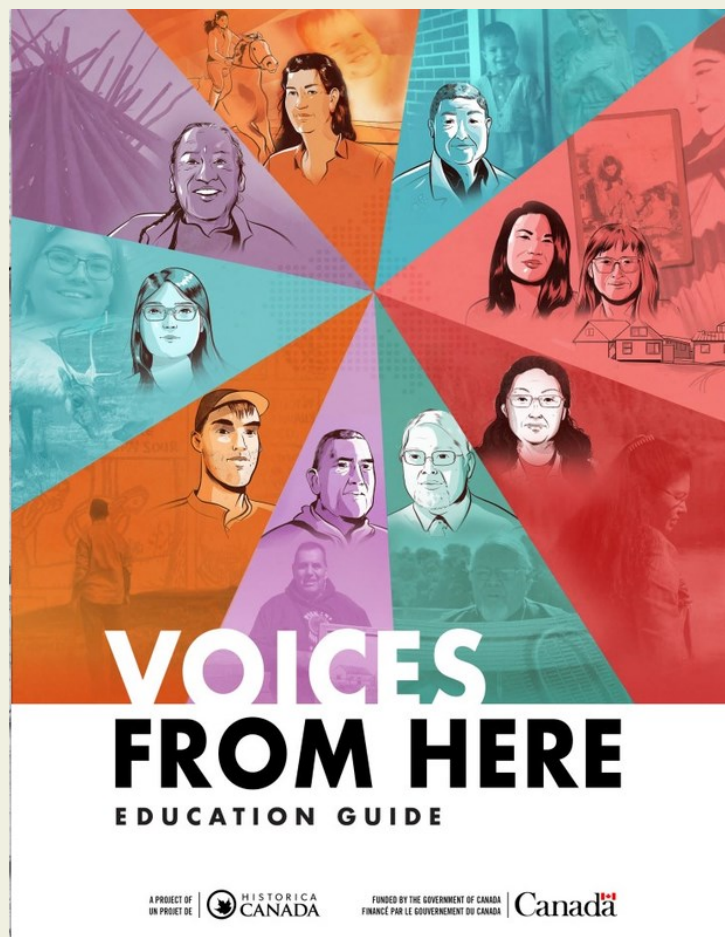
The Voices from Here education guide offers classroom activities to explore the stories of First Nations, Inuit, and Métis participants in the Voices from Here oral history series. The series and activities explore questions related to Indigenous Peoples in Canada and ask students to explore oral histories and memory as educational resources to build understanding and challenge traditional historical narratives.

Visit their website: https://www.historicacanada.ca/content/voices_from_here/trailer-english

Kenojuak Ashevak was the first woman to be involved with the printmaking shop at Cape Dorset. She went on to become one of the best known Inuit artists in the world. Watch her story and others on our Indigenous Peoples playlist.



<https://www.youtube.com/watch?v=wypPbnRee0Y&list=PL1848FF9428CA9A4A&index=14>



PowerSchool Student and Parent Portal

Sign up to use the PowerSchool Parent Portal and have instant access to your child's assignment and test marks, attendance, report card history, and more!

Sign up by clicking the waffle button (square button with 9 boxes inside) on the top right-hand side of the divisional website, or any of our school websites, and choose "Powerschool Student and Parent Portal".

<https://prsd.powerschool.com/public/>



Powerschool Parent and Student
Portal

**Access your
child's marks and
attendance online**

Through the
 **PowerSchool** app

Learn more at
prsd.ab.ca



 **Peace River School Division**
Learning Together - Success for All

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

June is Pride Month

At Peace Outreach, we welcome and support everyone and help them reach their full potential!

Grades 7-12

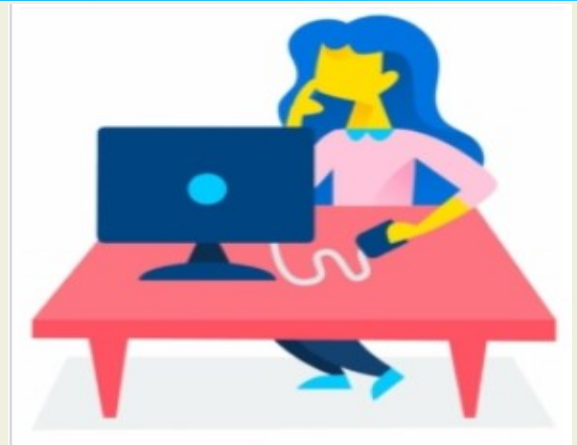
Last day of scheduled classes for 2020-2021 school year

The last day of scheduled classes for students in grades 7-12 is June 22, 2021. Please be aware that June 23, 24 and 25, 2021 are days set aside for grades 7-12 students to complete unfinished assignments and seek help from teaching staff.



Peace River School Division

Learning Together - Success for All



Postcards of Supporting Agencies

Everyone needs help sometimes.



Sometimes knowing how to get help is the hardest part.

Life isn't always easy, and we all have different mental and emotional challenges and needs. Getting support for your heart and mind is just as important as going to a doctor for a broken bone or any health concern. It's not always comfortable to talk about your problems, but it is very important that we all do. You are not a burden, you are not alone, and we are here, and happy to help. EVERYONE needs help sometimes.

Here are some ways you can get help:



On the phone

- To talk with a live counsellor 24/7: 1-800-668-6868 or Text 686-868
- To talk with a First Nations Metis and Inuit Hope for Wellness counsellor: 1-877-209-1266
- If you are thinking of harming yourself: 1-888-787-2880
- If you are having troubles with drugs/alcohol: 1-866-332-2322
- If someone is physically hurting you: 1-800-387-5437

If you want to find out about supports in your area: 1-877-303-2642



In person

- Your principal, teacher or any trusted adult at your school.
- Youth Education Support Worker, Success Coach or Family Liaison Worker (every school has a designated support person with one of these titles that are here to support you)
- Peace River School Division Social Workers: Ask your principal to connect you with a Social Worker
- Mental Health Walk-in Clinic Peace River: 780-624-6151 - Walk-in clinic on Thursdays. Call between 8-9 am to book a session for the same day.



Online

- To chat live online with a counsellor 24/7: www.kidshelpphone.ca or Text 686-868
- To chat live online with people your own age: calgaryconnectteen.com

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 June



PEACE RIVER SCHOOL DIVISION
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PH: (780) 624-3601 FAX: (780)332-1050

FINAL APPROVED 2020-2021 SCHOOL YEAR CALENDAR

JUNE 2021

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

June 25 Last Day of Classes - K-9
June 28 Last Day of Classes - 10-12
June 28 Last Operational Day K-12

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

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

Thank You

As we approach the end of the 2020-2021 school year, I would like to take this opportunity to thank you all for your contributions to education. It certainly has been an interesting and challenging year as we continually adjust to the changing landscape of the pandemic.

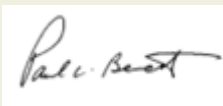
First and foremost I wish to thank our students. We recognize the uncertainty the pandemic brings to the lives of our students and you all deserve to be commended for your resiliency, adaptation, and dedication to your studies. To our graduates, we are very proud of each one of you and wish you all the best in your future endeavors. We know this is not the way you imagined graduation to be, and my heart goes out to you. To all our students, please know that the positive impact you have in your school, community and society is far-reaching and makes a difference. I am very humbled by the countless examples of collective and personal accomplishment, growth, school, and community spirit demonstrated this school year, especially during these challenging times.

Thank you to our parents, guardians and family members for your outstanding support and involvement. The way our families have rallied together to support learning at home, to provide child care, and to support one another is absolutely incredible. The COVID-19 pandemic has shown us what we can accomplish when we work together and our families deserve to be commended for their tireless efforts to support students learning at home. The pandemic has certainly caused a variety of stressors to our lives and for our parents who are already juggling many roles and responsibilities, thank you. I recognize and appreciate the time, sacrifice, coordination and effort you have and are all making.

To our staff, thank you. You continue to rise to the occasion in your dedication and flexibility in ensuring students are supported whether that be at-home or in-person, and for so many of our staff, this means both. Your resiliency, creativity, dedication and adaptability are noticed and is very appreciated. It has been a learning curve for all of us and the ways in which our staff throughout the division are collaborating and supporting one another is a true example of our mission statement "Learning together, success for all." Every role in the division has a direct impact on student learning and success and I am so grateful for the care, support and guidance that I see demonstrated every day in the division.

Thank you to our community members and organizations. We are very grateful for your involvement and participation in education. Your support and involvement shows our students the importance of teamwork and community spirit – very important attributes that will serve them for all of their lives. We are very thankful for your time spent volunteering, providing input, advocating, and forming partnerships throughout our school division that brings increased opportunities for students and increases community and school spirit. Your support is significant and very much appreciated.

In closing, I would like to extend my deepest appreciation to all our school communities for their commitment to the division over the years. As I move toward retirement starting at the end of August, I have been spending a lot of time reflecting and counting my blessings for the many relationships and partnerships formed over the years. I will miss you all and I wish you all a wonderful summer.



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



Spotlight on Health & Safety



June Safety Message – Sun Safety

Summer means longer days, warmer temperatures and lots of outdoor activities! This can lead to many hours spent outside increasing the chance for heat-related illness. To protect yourself from the sun apply sunscreen often, take breaks during activity, stay hydrated and wear lightweight clothing.

Please visit the following websites for further information on sun and summer safety:
<https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/heat-related-emergencies-staying-cool-and-hydrated-in-canadian-summer>

<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/heat>

<https://www.parentscanada.com/family-life/summer-safety-101/>

<https://www.getprepared.gc.ca/cnt/rsrscs/sfttps/tp201407-en.aspx>

Have a great summer!

David Smith
Safety & Wellness Coordinator



Beat the heat.



Stay cool.
Stay in an air conditioned place or go to a pool.



Seek shade.
Bring a hat or umbrella.



Stay hydrated.
Bring a reusable water bottle.



Never leave pets or children alone in cars.
Hot cars can be deadly.



Summer clothes.
Wear lightweight, light colored clothes.



Help others.
Check in on those at risk.

Source: weather.gov/dlh/beattheheat





Principal's Message

Things are starting to wind down here at Peace Regional Outreach Campus and students are working extra hard to complete courses before the end of June. The pandemic demanded we make some changes in how we do business, but we have adapted and made it safely through. Let's keep fingers crossed that the required percentage of people receive vaccinations, and that Alberta Health Services lifts some restrictions. For August, we are looking forward to a fresh start and a safe environment where students and staff can return to a normal routine and interact with activities as we did before the arrival of this virus.

Dr. Paul Bennett, our current superintendent, is retiring this August and he will be replaced by Mr. Adam Murray. Dr. Bennett has been a strong advocate of both the Peace Regional Outreach Campus and the Fairview and Area Learning Store (which he helped start up) and has supported the large number of students that have successfully completed their educational journey. We wish him all the best in his retirement and look forward to working closely with Mr. Murray as we move forward.

Our graduation activities this year will be impacted by the AHS guidelines, but we will be recognizing our students in the safest way we can. I would like to congratulate them on reaching this very important milestone and to thank our staff for helping them get there. We will be posting more information on our school webpage and Facebook page.

I would like to thank our staff- Terri Lynn Bulldog, Lorena Coombes, Terry Dashcavich, Agnes Gagne, Donna Krammer, Candace Loughlin, Yolanda Mora-Fallas, Dave Matilpi, Lynn Munden, Linda Stevens, Jody Still, and Lisa Yakemchuk - for their support this year. When I signed on as principal last year, I was not sure of how things would go. We have had many great discussions about Outreach practices and procedures and I have learned a lot. The most important topic in any discussion was how we could best support our students.

Next year, the principal at the Outreach will be Mr. Saxon Butte. He is taking on the role as District Principal for the new Virtual Education Program in Peace River School Division. He will be overseeing the teaching staff at Central Office, the Peace Home Learning Connection, and the programming for High School Hutterite Colony students, in addition to his duties at the Outreach. We look forward to working with Mr. Butte and I am sure he will be a great addition to our dedicated staff.

Clyde Green
Principal
Peace Regional Outreach Campus