

Peace Regional Outreach Campus Newsletter





January 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

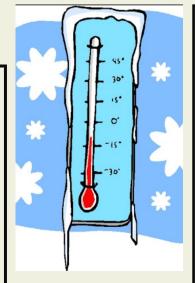
Lisa Yakemchuk—Educational Assistant / LAN

Tech

Lorena Coombes—Counsellor

Agnes Gagne—Daycare Supervisor

Yolanda Mora-Fallas—Daycare Worker



Important Dates:

January 4th - 8th: At-home learning

January 11th: Return to faceto-face learning

January 11th - 29th: Optional Diploma Exams

January 17th - 23rd: Non-Smoking Week

January 20th: Hot Lunch

January 29th: No classes for students; Teacher PD day

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

FACEBOOK: Peace Regional Outreach Campus

PH:780-624-5534 FAX: 780-624-45545

WEBSITE: www.peaceregionaloutreach.ca
EMAIL: peaceoutreach@prsd.ab.ca





Prepping for hot breakfast on Tuesday. Lorena is short order cook extraordinaire!

Lisa and Jody getting the dressing ready for Christmas dinner.





Lisa handing out "just add boiling water" kits for hot chocolate.



What a scoff for Christmas!!



The turkey never had a chance!

Just like you'd see in a recipe book.

I wonder who managed to get around all of that!





Pies made from scratch.

Talk about wonderful!!

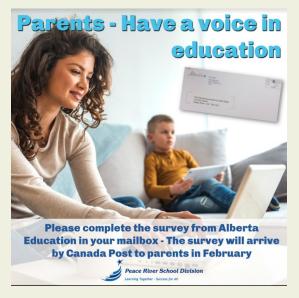


Kaylee celebrates a milestone.
Congratulations!

Cupcakes by Terri Lynn.

Surveys will be sent out to parents in February.

Provide feedback on your child's education.





January 17th - 23rd, 2021



AHS ADDICTION SERVICES NEWSLETTER January 2021 National Non-Smoking Week: Vaping & Quitting Resources

The Peace River Addictions & Mental Health, Addiction Services office wishes everyone a Happy New Year! Traditionally, the New Year is a time to reflect on making meaningful change in our lives. It is also a good time to evaluate our tobacco and vaping use and to commit to making changes. Additionally, the third week of January is when Canadians celebrate National Non-Smoking Week (NNSW). It is an opportunity to raise awareness about the health effects of tobacco, in all its forms, and to provide education on the resources and supports available to those who are looking to reduce or quit their tobacco use and/or vaping. This year during NNSW the Peace River Addictions & Mental Health, Addiction Services office is focusing on Vaping and Tobacco Cessation.

Is it wise to quit smoking and/or vaping during a pandemic?

Yes. 2021 is a good time to consider reducing or quitting tobacco and e-cigarettes. Quitting smoking or vaping will improve your health and lower your risks should you get the COVID-19 virus. Quitting smoking or vaping can improve your lung and heart health, protect you from lung infections and help you to recover from them. These health benefits can happen almost immediately.



Office hours are Monday-Friday 8:00am-4:30pm

Addiction & Mental Health
Building
10015-98 St
Peace River, AB
T8S 1T4

Available to all Albertans: Adults, youth, family, and friends

National Non-Smoking Week January 17-23, 2021

Weedless Wednesday
January 20, 2021

For more information or to schedule an appointment with an Addictions Counsellor call

780-624-6151

Outpatient services are voluntary, confidential, and free of charge.



www.AlbertaHealthServices.ca

But isn't a pandemic a stressful time to guit?

No. Research shows that quitting smoking can improve your mental health. If you are having trouble coping or dealing with stress, help is available. Call the Mental Health Helpline at 1-877-303-2642. The Helpline is free, confidential and available 24 hours per day or visit www.ahs.ca and click on the link Help in Tough Times.

What supports are available to help me reduce my tobacco use and/or e-cigarettes?

- Nicotine replacement therapy (NRT), such as the nicotine patch, gum, lozenge, inhaler or mouth spray
- Prescription medications, such as bupropion (Zyban) or varenicline (Champix)
- Counselling

Research shows that you are more likely to quit smoking when you use NRTs, take prescription medication and have counselling. Talk to your doctor or pharmacist about prescription medications and NRTs. Counselling is available through your local addictions office; in Peace River and surrounding regions phone (780) 624-6151 and ask to speak with an addictions counsellor. You can also get information and support from AlbertaQuits; free and confidential telephone support is available from 8 a.m. to 8 p.m., 7 days a week. Phone 1-866-710-7848 or visit www.albertaquits.ca.

Are e-cigarettes safe?

The bottom line is that we do not know what the long term health effects of e-cigarettes are. More research is needed before we will know if e-cigarettes are safe.

Can e-cigarettes help people quit smoking?

Some early research shows that using e-cigarettes may help some people quit smoking: we don't know how helpful they are and more research is needed. If you use an e-cigarette to quit smoking it is best to have a plan to quit them at some point.

It is hard to know what is in an e-cigarette because e-cigarette labels do not have to list all of the ingredients. We do know that e-cigarette liquid often contains glycerol, propylene glycol and added flavors. It is important to know that although these chemicals may be safe for food, it doesn't mean that they are safe to inhale into your lungs.

If you use e-cigarettes make sure to buy them from a legal source that you can trust. If you buy vaping products from somewhere illegal, there may be more risks to your health and safety. Read the instructions on how to use a vaping product before you use it. Don't change the vaping product or use it with anything that you're not supposed to use it with. If a product isn't for vaping, don't vape it.



Superintendent's Message

Parents: Have a Voice in Education

In January and February many parents will receive a survey in their mailbox from Alberta Education. Please take a few moments to complete this survey your participation is very important to us.

Your response to the survey provides valuable information regarding what is working in schools and what needs improvement. Your answers to the questions in the survey are confidential and are considered during school and divisional planning. Therefore, this survey provides an opportunity for you to impact decision making regarding your child's education and school.

The survey is mailed to parents in grades 4, 7 and 10 (unless the school has fewer than 120 students in grades 4-12 in which case the survey will be expanded to include all students and parents). To ensure we receive as many responses back from parents as possible, the survey comes with a postage paid return envelope.

Thank you in advance for your time spent in completing the survey. Through working and learning together, your input and involvement makes our schools great places to grow, learn and be.

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



Spotlight on Health & Safety



January Safety Message – Mental Health and Wellness

Wellness can be defined as an optimum state of health - physically, socially, emotionally, and mentally. Our well-being is about making healthy choices in each of these areas. In order for us to learn and be our best, we must feel and be well. We have a great opportunity to not only academically educate our students, but to support, guide, and teach them to honour their mental health and wellness and we support this in a number of ways.

We recognize that healthy eating and active living are also important components to positive mental health and wellness. We support this through education and expanding physical education activities in our schools. We also encourage and support our students to be leaders, to get involved in the community and work together as a team – these are attributes that instill confidence, a sense of belonging and create a greater sense of purpose and inner joy.

The Alberta Government has a great resource on Working Together to Support Mental Health in Alberta Schools at: https://education.alberta.ca/media/3576206/

working together to support mental health.pdf

Whether you are a student, parent or staff member, be sure to reach out to family, friends and access professional help if stress is affecting your life. In all our schools we have Youth Education Support Workers/Success Coaches to help students and facilitate extra assistance they may need. While gaining support from others you can encourage them too, everyone has had it tough at some point in their lives. A kind word may go further than you realize.

Offered to our staff members and their families is an Employee and Family Assistance Program, a proactive health program providing confidential wellness and prevention supports, health and life coaching and counseling. http://www.homewoodhealth.com/corporate/services/overview For more resources staff can check out "Apple-a-Day" and "The Sandbox" https://thewellnesssandbox.ca/

Joint Worksite Health and Safety Committee







Principal's Message

Welcome to 2021! The school year is approaching the mid-way point and we are very glad to see so many dedicated learners. The fall has been a challenging one for some students and has affected getting into a good groove for learning. We have seen some new registrations since the Christmas break and we encourage everyone to put their best effort forward in completing work and courses.

Peace Regional Outreach Campus supports learners that are at different points in their educational journey. Some come here because they are working during the week and cannot commit to the schedule of a regular school. Others are upgrading so they can register in post-secondary institutions and pursue career paths. Still others enjoy the small group or one-on-one environment that allows them to work independently or at their own pace. Our students feel welcomed and supported and have positive experiences that help them build confidence in themselves.

In February, Alberta Education is mailing out surveys to some of our parents to get feedback on the educational experience for their children. The data from these surveys is tabulated and presented in the Accountability Pillar Results report. It looks at sixteen different areas including academics, programming, relationships with peers and staff, and safe and caring attitudes. Students will complete a similar survey. Past results have shown that students enjoy the experiences here and have great academic success. Dr. Bennett makes reference to these surveys in his message and stresses the importance of getting this feedback. The division and the schools use this information to plan for subsequent years.

January 17th to 23rd is national "Non-Smoking Week". We will be encouraging our students to try to break away from this habit, especially as it may further complicate medical concerns arising from exposure to COVID-19.

The days are stretching longer and we will soon enough be out of the darkness of winter. The arrival of the vaccine for the COVID-19 virus will eventually make its way to everyone and this will allow us all to get back to some sense of normalcy.

I appreciate the effort of our students and staff and want to commend them on getting to this point in the year and not letting all the distractions of the pandemic, isolation, and new ways of learning negatively impact their successes.

Clyde Green Principal



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:

- The child is required to quarantine for 14 days from the last day of exposure.
 - If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times.
- If the child develops any symptoms, use the <u>AHS Online Assessment Tool</u> or call Health Link 811 to determine if testing is recommended.

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

Proceed to question 2.

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

Fever	YES	NO
Temperature of 38 degrees Celsius or higher		
Cough	YES	NO
Continuous, more than usual, not related to other known causes or conditions such as		
asthma		
Shortness of breath	YES	NO
Continuous, out of breath, unable to breathe deeply, not related to other known causes		
or conditions such as asthma		
Loss of sense of smell or taste	YES	NO
Not related to other known causes or conditions like allergies or neurological disorders	1	1

If the child answered "YES" to any symptom in question 2:

- The child is to isolate for 10 days from onset of symptoms.
- Use the <u>AHS Online Assessment Tool</u> or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If the child answered "NO" to all of the symptoms in guestion 2:

Proceed to question 3.

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

o. Does the clina have any new chock for worsening, or the following chief symp		
Chills	YES	NO
Without fever, not related to being outside in cold weather		
Sore throat/painful swallowing	YES	NO
Not related to other known causes/conditions, such as seasonal allergies or reflux		
Runny nose/congestion	YES	NO
Not related to other known causes/conditions, such as seasonal allergies or being		
outside in cold weather		
Feeling unwell/fatigued	YES	NO
Lack of energy, poor feeding in infants, not related to other known causes or		
conditions, such as depression, insomnia, thyroid dysfunction or sudden injury		
Nausea, vomiting and/or diarrhea	YES	NO
Not related to other known causes or conditions, such as anxiety, medication or		
irritable bowel syndrome		
Unexplained loss of appetite	YES	NO
Not related to other known causes or conditions, such as anxiety or medication		
Muscle/joint aches	YES	NO
Not related to other known causes or conditions, such as arthritis or injury		
Headache	YES	NO
Not related to other known causes or conditions, such as tension-type headaches or		
chronic migraines		
Conjunctivitis (commonly known as pink eye)	YES	NO

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

- Keep your child home and monitor for 24 hours.
- If their symptom is improving after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.
- If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use the <u>AHS Online Assessment Tool</u> or call Health Link 811 to check if testing is recommended.

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

- Keep your child home.
- Use the <u>AHS Online Assessment Tool</u> or call Health Link 811 to determine if testing is recommended.
- Your child can return to school and activities once their symptoms go away as long as it
 has been at least 24 hours since their symptoms started.

If the child answered "NO" to all questions:

Your child may attend school, child care and/or other activities.

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



COVID-19 INFORMATION

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

Overview

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

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

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

Use the <u>AHS Online Assessment Tool</u> to determine if testing is recommended and follow information on isolation requirements.

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

Screening Questions

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

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



PEACE RIVER SCHOOL DIVISION STAY AT HOME GUIDE

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

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

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

Core Covid-19 Symptoms

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

This is my child. Now what?

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

Other Symptoms

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

This is my child. Now what? Household members

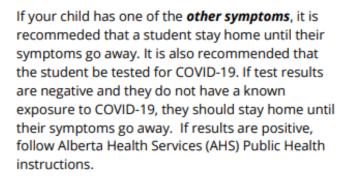
If a student is identified to be a close contact (for example, is a classmate of a student who tests positive), family members of the close contact do not need to quarantine unless the close contact also develops symptoms. Family members or other people in the household who had contact with a student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

What does it mean to self isolate?

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

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

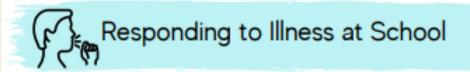
UPDATED OCTOBER 1, 2020



What about pre-existing medical conditions?

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





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

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



Frequently Asked Questions

Are masks required at school?

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

Are parents allowed in the school?

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

Will playgrounds be closed to students at recess?

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

Will schools provide safety supplies?

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

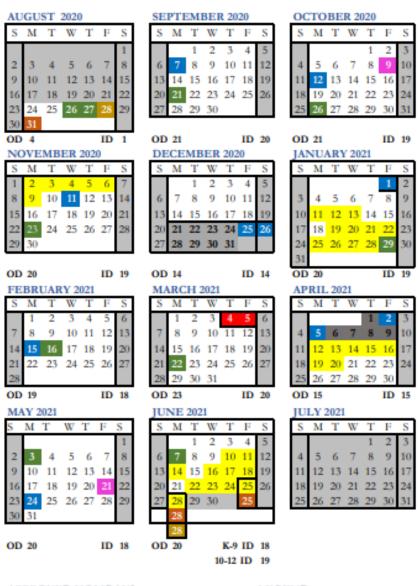


PEACE RIVER SCHOOL DIVISION

4702 - 51 St. Box 380 Grimshaw AB, T0H 1W0

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

FINAL APPROVED 2020-2021 SCHOOL YEAR CALENDAR



	0	
Month	Operational	Instructional
	Days	Days
August	4	1
September	21	20
October	21	19
November	20	19
December	14	14
January	20	19
SEM 1	100	92
February	19	18
March	23	20
April	15	15
May	20	18
K-9 JUNE	20	18
10-12 JUNE	20	19
K-9 SEM 2	97	89
10-12 SEM 2	97	90
K-9 TOTAL	197	181
10-12 TOTAL	197	182

August 26 Staff Meeting/Professional Development

(PD) (No Students)

PD Day Kick-Off August 27 August 28 Operational Day August 31 First Day of Classes Jan 4 Students Back Feb 1 2nd Semester Begins June 25 Last Day of Classses - K-9 June 28 Last Day of Classses - 10-12 June 28 Last Operational Day K-12

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

Easter/Spring Break April 1-11, 2021

Teachers' Convention March 4-5

Good Friday April 2 April 5 Easter Monday May 24 Victoria Day

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 TRACHERS OR STUDENTS)

CHRISTMAS / SPRING BREAK

Diploma Exams