



## THANKSGIVING

### Special Interest Articles:

*Principal Message - page 1*

*Calendar - page 2*

*Sports News - page 3*

*This and That - page 4*

*School Board News - page 5*

### This Month's Highlights:



**No replica weapons** are allowed in our school, including Halloween costumes



### Thankfulness

We are thankful to see our students back in school! We are thankful the continuous support provided by our families as we navigate together through these challenging times. We are thankful for the input and extra learning opportunities and resources provided for by our School Council and Parent Society. We are thankful for the ice cream donated by Alan O'Brien for our Terry Fox Run.

### Breakfast Program Update

We are grateful that the Government of Alberta still provides our school with a nutrition grant to fund our breakfast program. Mrs. Brenda O'Brien is organizing all the purchasing, cooking, and serving of food.

### School Ed Plan Priorities - Mental Health

Our staff are always hard at work creating a safe and caring learning environment for our students. Our number one priority, after coming back from school closure due to CoVid, is our student and staff mental health. We are dealing with a whole new world of health regulations on top of a major interruption in our instructional time. We are in this together - Be Kind, Be Patient.

### Food Bank Drive postponed for now

Over the past few years we have consistently collected over 500 pounds of food for our local food bank. This year we are going to delay our "Drive Against Hunger" until after Christmas. Currently the Barrhead Food bank is accepting only cash donations.

### Halloween Changes

We need to keep Halloween very simple this year. We will be carving/painting pumpkins (donated by the Levy family again), we will be having activities in our classrooms but we will NOT be having Bear House centers. We appreciate the offer of parent donations of treats, but we ask that NO TREATS be sent to school. Teachers will prepare a small gift bag for each student.

Due to restrictions on visitors to our school, we ask that parents do not come in the building to help with costumes. For those children who choose to dress up, we will do a small costume parade outside the school at the end of the day on Oct. 30. Parents are welcome to watch outside and we would greatly appreciate you taking home your child's pumpkin.

Lorna Hiemstra  
 Principal



### Picture Day

Order forms will be sent home Tuesday October 6

**Tuesday**  
**October 13**  
 At 9:00 a.m.

### Attendance

Please inform the office if your child is going to be away from school or is sick.

You can call at any time as we do have an answering machine.  
**780-584-3751**

# October 2020

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1  Terry Fox Run <i>Orange Shirt Day</i>	2  <b>PD Day</b> <b>NO SCHOOL</b>	3
4	5	6	7 PAWS Health Gr. 1-9  Parent Society BACON Fundraiser Orders Due	8  Fire Prevention Day	9  <b>BEAR DAY</b> <b>NO SCHOOL</b>	10
11	12 <i>Thanksgiving Day</i> 	13 Picture Day 	14 Bacon Pick-up  PTS Goal Setting for Gr. 1-6	15  Safely on BoardBus Presentations for K-4  Jr. High Volleyball Game in Swan Hills 4:00	16	17
18	19	20	21	22  PTS Goal Setting for Gr. 1-6	23  <b>Non- Instructional Day</b>  <b>NO SCHOOL</b>	24
25	26	27	28 Jr. High Volleyball host Neerlandia	29 Virtue Awards Kindergarten only Halloween Activities	30  Gr. 1-9 Halloween Activities	31 

## IMPORTANT DATES:

Nov. 6 ..... Bear Day NO SCHOOL  
Nov 10.....Remembrance Day Assembly  
Nov 10.....Picture Retakes (time TBA)  
Nov 11 ..... Remembrance Day NO SCHOOL  
Nov. 20 .....Bear Day NO SCHOOL  
Nov 25.....Parent Council Meeting @ 7:00 p.m.  
Nov 27.....Bear Day NO SCHOOL  
Dec 4.....Bear Day NO SCHOOL  
Dec 11.....Bear Day NO SCHOOL  
Dec 18 - Jan 3 .....Christmas Break NO SCHOOL

Thank you

Alan and Joy O'Brien  
for the Ice Cream after  
our Terry Fox Run!  
It was delicious on  
such a warm afternoon



## Sports Report

Extracurricular sports have been affected greatly due to CoVid restrictions. Unfortunately cross country and soccer were cancelled. The first trial run at sports, with a cohort under 50 people, is Jr. High Volleyball. We will play games 2 weeks apart and be limited in the number of schools we play against. Currently there are only 2 games scheduled.  
Oct. 15 - Away vs Swan Hills (4 pm start)  
Oct. 28 - Home vs Neerlandia (start TBA)

**No further decisions have been made on Jr. High basketball, badminton, or track and field at this time. No Elementary extracurricular sports have been scheduled.**

**It is recommended that students participate in only one sports cohort at a time. We are working together with Fun Hockey to follow health guidelines and still allow participation if possible. We understand the importance of physical activity for students, but we must comply with government regulations.**

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>



Fort Assiniboine School was proud to participate in the Terry Fox Annual School Run on October 1

We would like to thank all the parents and grandparents  
For joining us for this year's run.  
Thank you to the Fort Assiniboine Volunteer Fire Department  
for traffic control

Fort Assiniboine School raised \$1282.00  
this year from our 90 students who took home pledge forms.

On behalf of the Terry Fox Foundation  
Thanks for your support.



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## Halloween 2020

Thank you Matt and Amber Levy for the pumpkins for our students to paint or carve once again this year!!

Kindergarten - Thursday October 29

- Will dress-up in our costumes on the 29th (IN THE AFTERNOON) and then tour the other classes in the school to show them off.
- Please do not send your child to school in the morning in their costume and we ask that you make the costume simple enough for the child to get into with minimal help.

Grade 1-9

- Will dress-up in our costumes on the 30th (IN THE AFTERNOON)
- Followed by Classroom activities
- We will do a small costume parade outside the school at the end of the day
- Parents are welcome to watch outside and we would greatly appreciate you taking home your child's pumpkin.

We have a policy at the school where no weapons or replicas (guns, swords, etc.) of any kind are permitted. Please keep this in mind when planning a costume for our Halloween dress-up.

Oct. 14 & Oct. 22 - Goal Setting nights for K-6 - phone calls or Google Meet between 4:30 p.m. and 8 p.m.



### School Council Highlights

- Next Meeting November 25 at 7:00 p.m.
- If child care is required please e-mail: [FASchoolCouncil@pembinahills.ca](mailto:FASchoolCouncil@pembinahills.ca) one week prior to meeting
- Halloween -individual class parties
- PLEASE be patient with school and staff, things are changing on a daily basis for them too
- Received updates from Mrs. Hiemstra and Trustee Tuininga about school reopening( see page 5)
- Annual General Meeting will be January 27
  - Positions to fill

### Parent Society Highlights

- THANK YOU THANK YOU to everyone who supported our first ever Bacon Fundraiser
- We surpassed our goal of raising \$2000 and raised \$2700
- BACON will be delivered on Wednesday October 14 Please watch for an email from TEAM FUND for exact pickup times



**MEDICATION:** We can no longer administer medications such as Calamine lotion, Polysporin, Afterbite, anything with any kind of medicine in it. We will still provide bandages & ice. If a student brings any kind of medicine (prescription or over the counter) in to take during the day, the medication must be kept in the office and permission forms completed. For those students with Epipen, puffers, Twinject etc. please bring those items to the office for safe storage.

## School Council Trustee Report - September 30, 2020

### School Re-entry Updates

1. Guidelines from Alberta Education and Alberta Health Services continue to change, updates are reported on the Pembina Hills website as they are received. We rely on the guidelines provided by the experts and are tasked with implementation.
2. In addition to the regular cleaning, schools are being cleaned in the middle of the day. Schools are using a lot of hand sanitizer and cleaning products, but our supply chain is stable. The air exchange units are running continuously in an effort to keep the inside air as fresh as possible. In the past they would be shut down when schools were vacated in order to save on energy costs.
3. The Alberta Government, Occupational Health & Safety is doing inspections of schools across the province and three of our schools have been chosen - Dunstable, Busby and Barrhead Elementary. Staff will be coming in to look at disinfection practices, hazard assessments, visitor logs, COVID response plans, physical distancing practices and staggered breaks.
4. Pembina Hills is looking for further clarification on school sports, but at this time our expectation is one extra-curricular at a time. *'If an individual or team member wishes to change cohorts/mini-leagues, they should not participate in a new cohort activity for 14 days (this reflects the incubation period of the virus).'* This is from the Gov. of Alberta document 'Guidance for Sport, Physical Activity and Recreation - Stage 2', updated on September 3.

### Enrolment

Student enrolment in our community schools is down approximately 435 students (12%). Schools have been reaching out to families to find out where students have gone:

- About half of the students have chosen distance learning through the division's online school, Vista Virtual School
- Others have chosen homeschooling or other online schools

Vista Virtual School's numbers have increased significantly. They are currently at 642 students grades 1-9 and 2053 in grades 10-12.

Fort Assiniboine's numbers decreased by 10 students (10.75%) from their projected enrolment for a total of 92 students K-9.

### Provincial Achievement Tests

The Board of Trustees passed a motion to not administer the Provincial Achievement Tests (PATs) for 2020-2021. Participation in PATs is optional and the data is primarily used to assist in monitoring and improving student learning. The school board and administration believe that PATs would provide incomplete data due to:

- Learning gaps that occurred from learning-at-home in 2019-2020
- Potential absenteeism that is likely to occur throughout 2020-2021

The division will continue to use specific tools to assess student needs and achievement in Numeracy and Literacy. These assessments will provide teachers with information to support student progress.

### Student Transportation

Spare bus drivers have been used to fill positions from resignations and we are scrambling to fill routes if drivers aren't able to drive due to COVID symptoms. Parents may need to transport students if spare drivers can't be found.

Pembina Hills is looking for bus drivers – please spread the word!

Highlights of being a spare bus driver include:

- Training Provided and Full Reimbursement for Class 2 License
- Reimbursement for Medical Exam Fee
- Holidays and Summer Months OFF
- You can bring your Preschool Children on the bus with you
- Busses are equipped with Surveillance Cameras and GPS for safety

### ADLC

ADLC will continue operations for the 2020-2021 school year and then will be closed. Alberta Education provided us with operating funding of 15 million last year, and 14 million this coming year to serve school divisions across the province. Alberta Education offered 7 million to operate for the 2021-2022 school year, but it is not possible to provide ADLC services at this level. This decision by the province to defund ADLC has a great impact on students across the province, as well as many Pembina Hills staff who have been caught off guard by this change in direction of the government. This change affects 79 teachers and 34 support staff.

### Alberta School Councils' Association

This is a great place for resources, information and learning opportunities. Your membership is covered under the school division.

Report submitted by Jennifer Tuininga, Board Chair



## What is P.A.W.S?

- ◀ PAWS is one of 38 Mental Health Capacity Building projects in Alberta. Swan Hills is one of about 120 schools that have such a project. Others projects that are close are in Whitecourt, Fox Creek and High Prairie. Swan Hills is the only school in our division with a MHCB project.
- ◀ The purpose of the MHCB projects are to provide mental health promotion and prevention programs in the school setting to children, youth and their families. Although they are located in the school, they are not a school project. PAWS serve the community.
- ◀ Each project is different and in Swan Hills the team consists of a Coordinator, Child and Youth Mentor, Wellness Mentor and Therapist.
- ◀ They provide a number of programs to classes and small groups as well as individual support to students.
- ◀ They also engage their community partners to help them with programming and to create sustainability for the projects both in terms of money and time.
- ◀ PAWS has also created a society to help with, Swan Hills, community projects like the skatepark and splash park that enhance wellbeing in our community.



### Additional P.A.W.S. Services

- PAWS provides resources to school staff or parents in any area of Wellness such as substance abuse, anxiety, conflict management, social skills, anger management, parenting support, etc
- PAWS can do one time class presentations on a variety of topics including cliques, positive peer communication, sharing, internet safety, etc
- PAWS partners with other agencies to do classroom presentations or provide information and resources about nutrition, sexual health, and a variety of mental health issues.
- PAWS can refer students/ parents to community agencies such as Alberta Health Services, Addiction and Mental Health.

## P.A.W.S visits Fort Assiniboine School On Wednesday October 7, 2020

We are very pleased to have PAWS present to our staff and students:

- Vanessa Lewis from Swan Hills P.A.W.S. program visiting and presenting Health lessons for us
  - Gr. 1&2 - Kimochi's
  - Gr. 5&6 - Digital Citizenship
  - Jr. High - Healthy Relationships (14 hr program)
  - Gr. 3/4/5 - Go Zen

### Go Zen!

A collection of 7 animated programs that support overall mental health and specific concerns such as anxiety.

### Healthy Relationships

A Fourth R Program to promote health relationships and mental health.



## COVID-19 INFORMATION

# Stay at Home Guide

A resource to help parents understand when they should keep their child home from school and when it's safe to return to class.

This is a summary of the Alberta Government guidance document titled "Student Illness"  
<https://open.alberta.ca/publications/covid-19-information-student-illness-if-a-student-has-covid-19-symptoms>

**Most importantly:** Students with symptoms must not attend school



## DAILY HEALTH CHECK

You must screen your child for symptoms each day before school.

The Daily Health Check screening tool is available at [www.pembinahills.ca](http://www.pembinahills.ca)

## How long do students have to stay home?

### If your child has ANY of these symptoms:

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

### Here's what you need to do

You are legally required to have your child isolate for at least 10 days from the start of their symptoms or until they resolve, whichever is longer.

### Returning to school

Your child may return to school:

- once the 10-day isolation is complete **OR**
- when your child has received a negative COVID-19 test result **AND** symptoms have resolved.

**TIP** - If your child gets tested for COVID-19, the quickest way to receive results is by text message.

### If your child has ANY of these symptoms:

- Chills
- 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)

### Here's what you need to do

You must keep your child home from school until symptoms resolve. You should also minimize their contact with others until symptoms resolve.

### Returning to school

Your child may return to school once symptoms have resolved. There is no need to get a COVID-19 test.