



## Happy New Year!

**Final Exam Schedule: Senior High - Morning Classes exam Jan 27 @9am;  
Afternoon Classes exam Jan 28 @ 9am.**

**Grade 9 Science and Social Exams Jan 28 @9am**

### Monitor your symptoms

- Adults over 18 should stay home and [get tested](#) if they have any COVID-19 symptom.
- Children under 18 should refer to the [daily screening checklist for instructions](#).

### Core symptoms

If you have any of these core symptoms, you [need to isolate for at least 10 days](#) from the start of your symptoms or until they are gone, whichever is longer, or until you test negative for COVID-19.

#### Adults over 18

- cough
- fever
- shortness of breath
- runny nose
- sore throat

#### Children under 18

- cough
- fever
- shortness of breath
- loss of sense of taste or smell

### Other symptoms

#### Adults over 18

Any symptom: Stay home and limit contact with others until symptoms are gone. Testing is recommended.

- Stuffy nose
- Painful swallowing
- Chills
- Headache
- Muscle or joint aches
- Feeling unwell or fatigue

# Calendar of Events

## JANUARY 2021

					1	2
3	4 First Day Back to Online Classes	5	6	7	8	9
10	11 First Day Back to In Person Classes School Council Meeting 12:00pm (noon) via Google Meets	12 SS 30-1, 30-2 Diploma Part A - Diploma	13	14	15	16
17	18	19	20	21	22 SS 30-1, 30-2 Diploma Part B Diploma	23
24/31	25 Biology 30 Diploma	26 Last Day Classes for Senior High Only	27 Senior High Morning Classes Final Exam 9am	28 Grade 9 Social & Science Exams 9am Senior High Afternoon Classes Finla Exam 9am Science 30 Diploma	29 PD Day	30

## FEBRUARY 2021

	1	2	3	4	5	6
7	8	9	10 Grad Photos	11 Grad Photos	12 Grad Photos	13
14	15  Family Day	16	17	18	19	20
21	22	23	24	25 Online PTI's 4-7 pm	26	27
28						

# News, Sports & Events

## SPECIAL POINTS OF INTEREST

- ▶ Preferred payment method for school purchases are: SchoolCashOnline, Debit, Visa, Mastercard. Cash and Cheques are still accepted.
- ▶ The next School Council Meeting is January 11, 2021 @ 12:00pm via Google Meets. Please contact the school for access to the link.
- ▶ Scholastic Book Orders can still be placed online. Access Code: RC191137
- ▶ As directed in the Northern Gateway COVID reentry plan, there are no Vending machines currently available at the school.
- ▶ You can now have the newsletter emailed to you. Please contact Mrs. Staples in the Learning Commons at 780-524-3277.
- ▶ Cafeteria service available for Jr High only at this time.
- ▶ Hillside Webpage:

hillsidehigh.ca

**Newsletter is Available on the Webpage!**

Hillside Jr/Sr High School  
 Bag 3  
 4701-52 Avenue  
 Valleyview, AB T0H 3N0  
 Phone: 780-524-3277  
 Fax: 780-524-4205  
 e-mail: hillside@ngps.ca



### Lunch

Sr High - 11:45-12:27  
 Jr High - 12:19-1:00



## Congratulations!!

Mr. Gauthier's grade 7 class had two students enter and win prizes from the Legion for the Remembrance Day Poster and Essay Contest!



### Our winners are:



Elyce Visser - Essay Intermediate level - 1st Prize



Jennifer Finnie - Black & White Poster Intermediate level - 2nd Prize

Way to go!!!

## Grad Parent Remind Number:

text @21rents to the number (587) 333-0291

Cont'd From Page 1

- Nausea, vomiting, diarrhea or unexplained loss of appetite
- Loss of sense of smell or taste
- Conjunctivitis, also known as pink eye

### Children under 18

- 1 symptom: Stay home for 24 hours, get tested if symptoms don't improve.
- 2+ symptoms: Get tested and stay home until well or test is negative.

- Sore throat
- Runny or stuffy nose
- Painful swallowing
- Chills
- Headache
- Muscle or joint aches
- Feeling unwell or fatigue
- Nausea, vomiting, diarrhea or unexplained loss of appetite
- Conjunctivitis, also known as pink eye

Monitor your health and call [Health Link 811](#) or your health care provider if you have questions or concerns. Call 911 immediately if experiencing severe symptoms of COVID-19, including difficulty breathing, severe chest pain, feelings of confusion or loss of consciousness.

## 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 has 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

		CIRCLE ONE	
1.	Does the attendee have any new onset (or worsening) of any of the following symptoms:		
	• <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 of 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 <sup>2</sup> 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.

<sup>2</sup>A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#).

## 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 through 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)*

<b>Traveled outside Canada in the last 14 days?</b> When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days (see note below)	YES	NO
<b>Had close contact with a case<sup>1</sup> of COVID-19 in the last 14 days?</b> Face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging	YES	NO
<b>If the child answered "YES" to any of the above:</b> <ul style="list-style-type: none"><li>The child is required to quarantine for 14 days from the last day of exposure. Note: If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times.</li><li>If the child develops any symptoms, use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to determine if testing is recommended.</li></ul> <b>If the child/youth answered "NO" to both of the above:</b> <ul style="list-style-type: none"><li>Proceed to question 2.</li></ul>		

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

<b>Fever</b> Temperature of 38 degrees Celsius or higher	YES	NO
<b>Cough</b> Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
<b>Shortness of breath</b> Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
<b>Loss of sense of smell or taste</b> Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
<b>If the child answered "YES" to any symptom in question 2:</b> <ul style="list-style-type: none"><li>The child is to isolate for 10 days from onset of symptoms.</li><li>Use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to arrange for testing and to receive additional information on isolation.</li></ul> <b>If the child/youth answered "NO" to all of the symptoms in question 1:</b> <ul style="list-style-type: none"><li>Proceed to question 3.</li></ul>		

<sup>1</sup>A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#).

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

<b>Chills</b> Without fever, not related to being outside in cold weather	YES	NO
<b>Sore throat/painful swallowing</b> Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
<b>Runny nose/congestion</b> Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
<b>Feeling unwell/fatigued</b> 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
<b>Nausea, vomiting and/or diarrhea</b> Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
<b>Unexplained loss of appetite</b> Not related to other known causes or conditions, such as anxiety or medication	YES	NO
<b>Muscle/joint aches</b> Not related to other known causes or conditions, such as arthritis or injury	YES	NO
<b>Headache</b> Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	YES	NO
<b>Conjunctivitis (commonly known as pink eye)</b>	YES	NO
<p><b>If the child answered “YES” to ONE symptom in question 2:</b></p> <ul style="list-style-type: none"> <li>Keep your child home and monitor for 24 hours.</li> <li>If their symptom is <b>improving</b> after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.</li> <li>If the symptom <b>does not improve or worsens</b> after 24 hours (or if additional symptoms emerge), use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to check if testing is recommended.</li> </ul> <p><b>If the child answered “YES” to TWO OR MORE symptoms in question 2:</b></p> <ul style="list-style-type: none"> <li>Keep your child home.</li> <li>Use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to determine if testing is recommended.</li> <li>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.</li> </ul> <p><b>If the child answered “NO” to all questions:</b></p> <ul style="list-style-type: none"> <li>Your child may attend school, child care and/or other activities.</li> </ul>		

**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.

# Student illness

## If a student has COVID-19 symptoms

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Students with symptoms must not attend school. If a child develops symptoms that could be caused by either COVID-19 or by a known pre-existing condition (e.g., allergies, chronic cough), the child should be tested for COVID-19 to confirm that it is not the source of their symptoms before returning to school.

Anyone that reports symptoms must stay home and seek health care advice as appropriate. Parents can call Health Link 811 or their primary health care practitioner, and fill out the [AHS Online Self-Assessment tool](#) to determine if their child should be tested.

Parents, household members, and contacts of a student who has symptoms but is not a COVID-19 case, are not required to quarantine.

Only the people identified as close contacts of an individual who is a case of COVID-19 need to quarantine. The contacts of the close contacts do not need to quarantine.

### Book a test

Book a testing appointment online with the AHS assessment tool or call Health Link 811. <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

### Symptoms

You should get tested if you have any COVID-19 symptom.

If you have any of these symptoms you are [legally required to isolate for at least 10 days](#) from the start of your symptoms or until they resolve, whichever is longer:

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)

- Runny nose
- Sore throat

If you have any of these other symptoms, stay home and minimize your contact with others until your symptoms resolve:

- 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, commonly known as pink eye

Monitor your child's health and call [Health Link 811](#) if you have questions or concerns. Call 911 immediately if experiencing severe symptoms of COVID-19, including difficulty breathing, severe chest pain, feelings of confusion or loss of consciousness.

## COVID-19 INFORMATION

### Isolation requirements

#### Albertans with symptoms

- You are legally required to isolate for a minimum of 10 days if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition.
- The mandatory isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

#### Tested positive for COVID-19

- You are legally required to isolate for a minimum of 10 days if you have tested positive for COVID-19.
- Isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

#### Have symptoms but tested negative for COVID-19

- If you tested negative and have known exposure to COVID-19, you are legally required to quarantine for 14 days from the last date of your exposure.
- If you tested negative and have no known exposure to the virus, you are not legally required to isolate. However, it is important to stay home until your symptoms resolve so that you do not infect others.

#### Close contacts of confirmed cases

- You are legally required to quarantine for 14 days and monitor for symptoms if you are a close contact of a person who tested positive for COVID-19 (provides care, lives with or has close physical contact without appropriate use of personal protective equipment, or comes into direct contact with infectious body fluids).
- If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.

#### If you are self-isolating:

- Stay home — do not go to school, work, social events or any other public areas or community settings.
- Avoid close contact with other people, including household members but especially seniors and people with chronic conditions or compromised immune systems.
- Do not use public transportation or ride sharing.
- Do not go for walks in public places. This includes children in mandatory self-isolation.
- If you go outside, you must remain on private property not accessible by others.

#### If a student has symptoms related to allergies or a pre-existing medical condition

- The student should be tested at least once before returning to school and have a negative COVID-19 test result.
- These symptoms would be their baseline health status. As long as the cough or runny nose is always the same and does not get worse, the student can attend school.
- Talk to your school about your child's pre-existing medical condition so the school may keep a confidential record of this condition.

#### Note

As the COVID-19 pandemic continues to evolve, information regarding COVID-19 will be updated as required. Please check online for the latest information and links to testing, symptoms and isolation requirements: [alberta.ca/covid19](https://alberta.ca/covid19)

For more information: [alberta.ca/covid19](https://alberta.ca/covid19)

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Alberta



## COVID-19 Information—Student illness

### STAY AT HOME GUIDE

This summary, based on the September 2020 Government of Alberta update, [COVID-19 Symptom-Student illness](#), provides further clarity to parents about the 'isolation' period or 'stay home and minimize contact with others' period if a child has presenting symptoms.

It is still expected that parents complete [Alberta Health's Daily Checklist](#), each day, before sending your child to school.

### My child has COVID-19 symptoms. How long must my child stay home?

<b>If my child has any of these core COVID-19 symptoms:</b>	<b>If my child has any of these (secondary) symptoms:</b>
<ul style="list-style-type: none"> <li>Fever</li> <li>Cough (new cough or worsening chronic cough)</li> <li>Shortness of breath or difficulty breathing (new or worsening)</li> <li>Runny nose</li> <li>Sore throat</li> </ul>	<ul style="list-style-type: none"> <li>Chills</li> <li>Painful swallowing</li> <li>Stuffy nose</li> <li>Headache</li> <li>Muscle or joint aches</li> <li>Feeling unwell, fatigue or severe exhaustion</li> <li>Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)</li> <li>Loss of sense of smell or taste</li> <li>Conjunctivitis (pink eye)</li> </ul>
<b>What should I do next?</b>	<b>What should I do next?</b>
<ol style="list-style-type: none"> <li>1. Complete AHS' <a href="#">Online Self-Assessment Tool</a> and call 811.</li> <li>2. You are legally required to have your child isolate for at least 10 days from the start of symptoms or until symptoms resolve, whichever is longer.</li> <li>3. It is strongly recommended that your child be tested for COVID-19.</li> </ol>	<ol style="list-style-type: none"> <li>1. Complete AHS' <a href="#">Online Self-Assessment Tool</a> and call 811.</li> <li>2. Keep your child home from school and minimize your child's contact with others until symptoms resolve.</li> <li>3. It is recommended that your child be tested for COVID-19.</li> </ol>
<b>When can my child return to school?</b>	<b>When can my child return to school?</b>
<p>Your child may return to school:</p> <ul style="list-style-type: none"> <li>Once the 10-day isolation is complete and symptoms have resolved,</li> <li>OR</li> <li>When your child has received a negative COVID-19 test result, has no known exposure to the virus, and symptoms have resolved.</li> </ul>	<p>Your child may return to school once symptoms have resolved and your child is feeling better.</p>
<p>Please see Alberta's <a href="#">COVID-19 Symptom-Student illness</a> document for information regarding pre-existing conditions.</p>	