



September 2021 Newsletter

HILLSIDE HAPPENINGS

"A Caring Commitment to Learning"



Northern Gateway
Public Schools

Volume 19, Number 1

Story Block

School Council Annual General Meeting

Tuesday October 5, 2021 @ 7:00pm in the Learning Commons

- Election of Executive
- Review and Adopt revised Operating Procedures
- School Advancement Goals

All Parents Welcome and Encouraged to Attend!

More Good Days

With the start of another school year, worry of what the year will bring is heavy on us all: parents, caregivers, teachers and students. Many of the messages I shared last year are still relevant at the start of the 2021-22 school year and are a great reminder to bring us strength:

- We need EVERYONE to be healthier than they have ever been: staff, student and families (that means physically, mentally, relationally)
- As caregivers, we have the most influence on resilience and the psychological wellness of our children. It is critical that we manage our own angst of the school year, because our children will pick up on our feelings. We are strong, brave and adaptable, and so are our children!
- Regardless of the boat we are in, we are all in this COVID-19 storm together.
- Let us navigate with respect, empathy, courage and responsibility. Throw a lifeline to the ones who are struggling, accept a lifeline if someone reaches out to help.
- From the words of Dr. Jody Carrington: We are fighting a virus, not each other.
- Focus, point out and grasp onto the brief moments of normalcy, joy and delight like our lives depend on it. Share the message to our children: all hard times come to an end, and will give way to the promise of better days ahead.

Michael Franklin with CTV News published an article on August 27, 2021 that I feel all families in Northern Gateway can benefit. The Alberta Blue Cross recently partnered with two other organizations, Kickstand (mykickstand.ca) and the Mental Health Foundation (mentalhealthfoundation.ca) to launch a messaging service that will help inspire young people throughout the school year.

The service, called MoreGoodDays, delivers advice and uplifting messages to mobile phones that are subscribed to its service. "Youth across Alberta can text 'MoreGoodDays' to 393939 to receive these daily text messages for free," the company said in a release. All of the messages sent out from the service are written by youth, for youth.




"I think something you should know is that you are green with great, pink with perfect, aqua with awesome, blue with brave. You are a rainbow of qualities. Remember that!" - MoreGoodDays Message written by a young person in Alberta

"Hi Friend! I noticed you're a bit stressed... let's unclench our jaw, drop our shoulders, relax our face and take a deep breath. In & Out. There we go! Much better. Have a great day :)" - MoreGoodDays Message written by a young person in Alberta




Cont'd on Page 3

Calendar of Events

SEPTEMBER 2021

	Aug 30 Staff Planning & Development Days	Aug 31	1 First Day for Grades 7 & 12	2 First Day for Grades 8, 10 & 11 Grade 12	3 First Day for Grade 9 Grade 10, 11, 12 Football PWA @ Hillside 5:30pm Start	4
5	6 Labour Day	7	8	9  Junior & Senior Golf Tryouts @ Riverside Golf Course - 4pm	10 Football Hillside @ High Prairie	11
12	13 Senior High Golf Zones - Grande Prairie Golf Club	14	15	16	17 Football Fort McMurray @ Hillside 4:00pm Start	18
19	20 Junior Golf Zones TBA	21	22	23	24 Football Whitecourt @ Hillside 4:00pm Start	25
26	27 Senior Golf Provincials TBA	28 Junior High School Pictures	29 Senior High School Pictures	30 		

OCTOBER 2021

					1 Football Hillside @ GP Comp 5pm	2
3	4	5 School Council AGM 7pm Learning Commons	6	7 Football Hillside @ Sexsmith 5pm	8 PD Day	9
10	11  Happy Thanksgiving Day Thanksgiving Day	12	13	14	15	16
17	18	19	20	21	22 Football Peace River @ Hillside 4:00pm	23
24/31  Halloween	25	26	27	28	29	30 Football League Semi-Finals

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 AGM is Tuesday October 5/21 @ 7:00pm in the Learning Commons.
- ▶ Scholastic Book Orders can still be placed online. Access Code: RC191137
- ▶ As directed in the Northern Gateway COVID re-entry 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 all students.
- ▶ 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

12:19-12:59

Cont'd from Page 1

***"Don't forget that rest is okay. We don't always have to be working in order to feel productive. Rest can be productive too."* - More Good Days message from Albertan young person**

"Children are very resilient," said Brian Geslinger, vice-president of corporate relations at Alberta Blue Cross and a father of three school-aged children, in a statement. "But, like all of us, the pandemic has brought massive change in our lives – and even as we see the light at the end of the pandemic tunnel, we need to be aware that many children are still deeply affected by the stress and uncertainty."

Sadly, we are still living in uncertainty, but that does not mean we cannot look forward to the school year and embrace it with optimism. Despite the challenges we have before us, do not forget everything we have overcome. We will get through this too - TOGETHER, because together, we can have More Good Days.

For more information or support, AHS offers resources that can be [accessed online](http://albertaservices.ca) (albertaservices.ca, Help in Tough Times). Blue Cross offers [a series of mental health tips](http://ab.bluecross.ca) (ab.bluecross.ca) to help support children, youth and their families. Or call the Mental Health Helpline **1-877-303-2642 or Kids Help Phone **1-800-668-6868****

This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support for schools, students, parents and caregivers to promote success in school. Tammy advocates for students and families, providing a link to the community programs. Tammy has been a registered social worker for more than 20 years and is a mother to 3 teenagers and 1 young adult.



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, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

If your child has traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments.

Screening Questions for Children under 18:

1.	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, 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 1:			
<ul style="list-style-type: none">The child is required to isolate for 10 days from onset of symptoms as per CMOH Order 39-2021 OR receive a negative COVID-19 test and feel better before returning to activitiesUse 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 1, proceed to question 2.			

2.	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/conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
	Unexplained loss of appetite Not related to other known causes/conditions, such as anxiety or medication	YES	NO
	Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	YES	NO
	Headache Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	NO
	Conjunctivitis (commonly known as pink eye)	YES	NO

If the child answered “YES” to ONE symptom in question 2:

- 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 the child answered “YES” to TWO OR MORE symptoms in question 2:

- 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.

If the child answered “NO” to all questions:

- Your child may attend school, childcare 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 or 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 Albertans in protecting others and reducing the risk of transmission of COVID-19. Adults 18 years and older can complete this checklist every day to self-monitor for symptoms of COVID-19.

If you have traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments.

Screening Questions for Adults 18 Years and Older:

1.	Do you have any new onset (or worsening) of the following symptoms:		
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of breath	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	
If you answered "YES" to any symptom:			
• Stay home.			
• Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation.			
• Individuals with fever, cough, shortness of breath, runny nose, sore throat or loss of sense of taste or smell are required to isolate for 10 days as per CMOH Order 39-2021 OR receive a negative COVID-19 test and feel better before returning to activities.			
If you answered "NO":			
• You may attend work, school, and/or other activities.			

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?

<p>If my child has any of these core COVID-19 symptoms:</p> <ul style="list-style-type: none"> • Fever • Cough (new cough or worsening chronic cough) • Shortness of breath or difficulty breathing (new or worsening) • Runny nose • Sore throat 	<p>If my child has any of these (secondary) symptoms:</p> <ul style="list-style-type: none"> • 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)
<p>What should I do next?</p> <ol style="list-style-type: none"> 1. Complete AHS' Online Self-Assessment Tool and call 811. 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. 3. It is strongly recommended that your child be tested for COVID-19. 	<p>What should I do next?</p> <ol style="list-style-type: none"> 1. Complete AHS' Online Self-Assessment Tool and call 811. 2. Keep your child home from school and minimize your child's contact with others until symptoms resolve. 3. It is recommended that your child be tested for COVID-19.
<p>When can my child return to school?</p> <p>Your child may return to school:</p> <ul style="list-style-type: none"> • Once the 10-day isolation is complete and symptoms have resolved, OR • When your child has received a negative COVID-19 test result, has no known exposure to the virus, and symptoms have resolved. 	<p>When can my child return to school?</p> <p>Your child may return to school once symptoms have resolved and your child is feeling better.</p> <div style="background-color: #e91e63; color: white; padding: 10px; text-align: center;"> <p>Please see Alberta's COVID-19 Symptom-Student illness document for information regarding pre-existing conditions.</p> </div>