



October 2021 Newsletter

# HILLSIDE HAPPENINGS

*"A Caring Commitment to Learning"*



Northern Gateway  
Public Schools

Volume 19, Number 2

## Story Block

### SUPPORTING YOUR ANXIOUS CHILD

In conversations with schools throughout Northern Gateway Public Schools, a theme I have noticed more than ever before is significant apprehension by many students of all ages. Despite the obvious factors why this is the case, the issue of anxiousness is front and center for many children and their families.

This article is not meant to initiate more controversy, it is simply to give strategies for parents on how to help their children overcome fears. We all know that when fear takes root, it can evolve into anxiety and depression.

If you are feeling lost in how to support your child, here are some guidelines on what to say and do and when to reach out for help.

#### 1. Ask Open-Ended, Non Threatening Questions

Let your child tell you the problem when they are ready, not when they are hungry, tired or frustrated. Questions about positive parts of their day will encourage them to look for the good.

- Is there anything you wished were different today?
- Tell me about the hardest part of your day
- What made you laugh?
- What are you thankful for?
- What are you looking forward to tomorrow?

#### 2. Listen Attentively

Let your child know you understand, love and accept them no matter what. Knowing they are loved by you helps build inner strength.

- Give eye contact
- Be genuine in your responses
- Normalize their feelings, don't dismiss them.
- Do not be too hasty with advice

#### 3. Resist the Urge to Rescue Your Child

No parent wants to see their child struggle or be uncomfortable. It is a natural instinct to jump in to make their life easier. The best way to help your child overcome anxiety is to teach them to deal with it as it comes up.

- Being exposed to new things helps children learn, gain skills and confidence
- Invite them to brainstorm their own solutions
- Encouraging your child to face their fears will build confidence

#### 4. Model Healthy Ways to Handle Anxiety




All parents get anxious from time to time. Some may even have a diagnosed Anxiety Disorder. This is okay! Managing your own stress is the best way to keep your child from picking up on your anxiety. You have likely identified what makes you anxious, how to set up boundaries and when you need professional help. These are all invaluable tools that you can teach your child.

- Do not focus on your specific fears or worries, rather share what you do that helps
- Be aware of your facial expressions, your tone or the words you choose to ensure you convey a neutral demeanor
- Avoid exposure to alarming media and news stories for yourself and your child



*Cont'd on Page 3*

# Calendar of Events

## OCTOBER 2021

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

## NOVEMBER 2021

	1	2	3	4	5	6
7	8	9	10	11	12	13
			PD Day	 REMEMBRANCE DAY Remembrance Day	Day in Lieu of PTI's	
14	15	16	17	18	19	20
21	22	23	24	25	26	27
				PTI's TBD		
28	29	30				

## 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

# News, Sports & Events

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**5. Practice Mindfulness For Yourself and With Your Child** -Dr. Jamie Howard, Director of the Stress and Resilience Program of the [Child Mind Institute](#) shares two common techniques to try:

• **Squeezing Muscles:** starting with your toes, pick one muscle and squeeze it tight. Count to five. Release and notice how your body changes. Repeat exercise moving up your body.

• **Belly Breathing:** Put one hand on your stomach and one on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate). Repeat until you feel your heart rate return to normal.

**6. Stick To a Consistent Routine** -Children thrive on structure and consistency. They feel safe when they know what to expect and have a schedule for meals, screen time and bedtime.

**7. Know When to Seek Professional Help** -Be cautious to not self-diagnose your child. An Anxiety Disorder can only be diagnosed by a trained professional such as a psychologist, pediatrician, or psychiatrist. Begin with an appointment to your family doctor.

Parenting is not always a walk in the park. As a mother of 4 children, I am all too familiar with the burden of supporting a child who is feeling anxious. I wish I could tell you that there is a quick fix, a magic pill, or an easy answer, but I can't. What I know is this: no one loves your child more than you, you are your child's most important teacher and role model, it is a sign of strength to seek help.

*This article was written 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. Tammy has been a registered social worker for over 20 years and is a mother to 3 teenagers and 1 young adult.*



# 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.

If within the last 10 days, your child has been notified by Public Health that they are a case<sup>3</sup> of COVID-19, they are required to isolate as per Public Health instructions.

## Screening Questions for Children under 18:

<b>1.</b>	<b>Has your child been a household contact of a case<sup>2</sup> of COVID-19 in the last 14 days?</b> <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, siblings, someone who slept over, or someone who provided direct physical care to the child.</i>	<b>YES</b>	<b>NO</b>
<b>If the answer is “YES” AND they are NOT fully immunized<sup>4</sup>:</b> <ul style="list-style-type: none"> <li>Child should stay home and NOT attend school, childcare and/or other activities for 14 days from the last day of exposure and monitor for symptoms. If your child has symptoms, proceed to question 2.</li> </ul>			
<b>If the answer is “NO” to question 1, proceed to question 2</b>			
<b>2.</b>	<b>Does the child have any new onset (or worsening) of the following core symptoms:</b>		
	<b>Fever</b> Temperature of 38 degrees Celsius or higher	<b>YES</b>	<b>NO</b>
	<b>Cough</b> Continuous, more than usual, not related to other known causes or conditions such as asthma	<b>YES</b>	<b>NO</b>
	<b>Shortness of breath</b> Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	<b>YES</b>	<b>NO</b>
	<b>Loss of sense of smell or taste</b> Not related to other known causes or conditions like allergies or neurological disorders	<b>YES</b>	<b>NO</b>
<b>If the answer is “YES” to any symptom in question 2:</b> <ul style="list-style-type: none"> <li>The child is required to isolate for 10 days from onset of symptoms as per the current <a href="#">CMOH Order</a> OR receive a negative COVID-19 test and feel better before returning to activities.</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 answer is “NO” to all of the symptoms in question 2, proceed to question 3.</b>			

<sup>3</sup> A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

<sup>4</sup> A person who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

<b>3.</b>	<b>Does the child have any new onset (or worsening) of the following other symptoms:</b>		
	<b>Chills</b> Without fever, not related to being outside in cold weather	<b>YES</b>	<b>NO</b>
	<b>Sore throat/painful swallowing</b> Not related to other known causes/conditions, such as seasonal allergies or reflux	<b>YES</b>	<b>NO</b>
	<b>Runny nose/congestion</b> Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	<b>YES</b>	<b>NO</b>
	<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	<b>YES</b>	<b>NO</b>
	<b>Nausea, vomiting and/or diarrhea</b> Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	<b>YES</b>	<b>NO</b>
	<b>Unexplained loss of appetite</b> Not related to other known causes/conditions, such as anxiety or medication	<b>YES</b>	<b>NO</b>
	<b>Muscle/joint aches</b> Not related to other known causes/conditions, such as arthritis or injury	<b>YES</b>	<b>NO</b>
	<b>Headache</b> Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	<b>YES</b>	<b>NO</b>
	<b>Conjunctivitis</b> (commonly known as pink eye)	<b>YES</b>	<b>NO</b>
<p><b>If the answer is “YES” to ONE symptom in question 3:</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 answer is “YES” to TWO OR MORE symptoms in question 3:</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 answer is “NO” to all questions:</b></p> <ul style="list-style-type: none"> <li>Your child may attend school, childcare 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 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's purpose is 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.

If within the last 10 days, you have been notified by Public Health that you are a case<sup>1</sup> of COVID-19, you are required to isolate as per Public Health instructions.

### Screening Questions for Adults 18 Years and Older:

1.	<b>Have you been a household contact of a case<sup>1</sup> of COVID-19 in the last 14 days?</b> <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, someone who is a caregiver or an intimate or sexual partner of a COVID-19 case.</i>	YES	NO
<b>If you answered "YES" AND you are NOT fully immunized<sup>2</sup>:</b> <ul style="list-style-type: none"><li>You should stay home for 14 days from the last day of exposure and monitor for symptoms. If you have symptoms, proceed to question 2.</li></ul> <b>If you answered "NO" to question 1, proceed to question 2</b>			

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

<sup>2</sup> A person who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

2.	<b>Do you have any new onset (or worsening) of the following symptoms:</b>		
	• 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	
<b>If you answered “YES” to any symptom:</b>			
<ul style="list-style-type: none"> <li>• Stay home.</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> <p>If you have fever, cough, shortness of breath, runny nose, sore throat or loss of sense of taste or smell you are required to isolate for 10 days as per the current <a href="#">CMOH Order</a> OR receive a negative COVID-19 test and feel better before returning to activities</p>			
<b>If you answered “NO”:</b>			
<ul style="list-style-type: none"> <li>• You may attend work, school, and/or other activities.</li> </ul>			

## 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><b>If my child has any of these core COVID-19 symptoms:</b></p>	<p><b>If my child has any of these (secondary) symptoms:</b></p>
<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>
<p><b>What should I do next?</b></p>	<p><b>What should I do next?</b></p>
<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>
<p><b>When can my child return to school?</b></p>	<p><b>When can my child return to school?</b></p>
<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> <div style="background-color: #e91e63; color: white; padding: 10px; text-align: center;"> <p>Please see Alberta's <a href="#">COVID-19 Symptom-Student illness</a> document for information regarding pre-existing conditions.</p> </div>