



February 2022 Newsletter

HILLSIDE HAPPENINGS

"A Caring Commitment to Learning"



Northern Gateway
Public Schools

Volume 19, Number 6

Story Block

LET'S TALK

Yesterday I had to ask THE QUESTION. You would think being a social worker, I would be comfortable asking difficult questions but this time was different. I have asked THE QUESTION numerous times, without hesitation or concern how they will react or their perception of me. My only concern was making sure they are safe. But it all changed when I knew I had to ask THE QUESTION to a person who I am very close to, that I care about very much. This person is going through extreme hardships and was giving a few warning signs that worried me enough that I needed to ask THE QUESTION...

Are you thinking of ending your life?

There is such angst in even considering uttering these words... will they think I am weird for asking? Maybe I am overreacting? Am I simply paranoid? They can't really be seriously considering suicide...would they? What if they say yes? What if I make them angry?

Yet, I knew I had to ask THE QUESTION despite all my fears.

You know what? It was okay. After I asked, he sighed a big, heavy sigh, like a weight came off his shoulders and said, "yeah, things have been hard. Nothing is going at all like I planned. I have been really down on myself, but no, it is not so bad that I have thought about killing myself...thank you for checking on me".

Then I did all the things that I knew to do: listened, evaluated the risk, gave support, listened some more, made sure he knew all the resource numbers, and most of all told him how much I cared about him and how important he was to me.

I knew what to say and do, but it was still hard. It made me think about regular people who are worried about a friend, colleague or family member. People like you: parents, teachers, students. What is a regular person to do or say?

An excellent resource is www.bethere.org. It teaches the average person how to break the ice and start the conversation.

The 5 Golden Rules of Being There




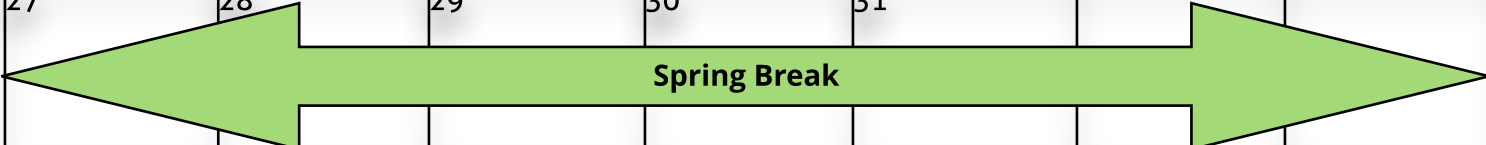
1. **Say what you see.** Reach out when you notice something is different. Describe the changes you have noticed and why you are worried. **Stick to the facts, don't judge, don't make assumptions.**
2. **Show you care by building trust.** Support them by being compassionate, helpful, inclusive. Offer practical everyday support like give them a ride, take a few chores off their plate, make a meal or bring their favorite meal.
3. **Hear them out.** Be a good listener by finding the balance between listening, asking questions and wisely sharing your experiences. Remember, **this conversation is about them, not you.**
4. **Know your role** and set boundaries to protect your relationship and your own mental health. You are not their therapist or doctor so don't fix, don't preach, **just be there.**

Calendar of Events

FEBRUARY 2022

		1 School Council Meeting 7-8pm Location TBD	2 	3	4 Sr Basketball Tournament - Hillside	5
6	7	8	9	10 Grad Photos	11 Jr Basketball Tournament - Grimshaw Sr Boys & Girls Basketball Tournament - Whitecourt	12
13	14 	15 Jr. basketball game -High Prairie @ 3:30 pm	16 Sr. Grils basketball -RidgeValley @ 2pm	17 PTI's 4-7pm Location TBD	18 PD Day	19
20	21  Family Day	22	23	24	25 Jr Basketball Tournament - Ridge Valley	26
27	28					

MARCH 2022

		1	2	3	4 Jr Basketball Zones - Grimshaw	5
6	7	8	9	10 Teacher's Convention	11 Sr. boys basketball tournament-Fairview Sr. girls basketball tournament-High Level	12
13 	14	15	16	17	18	19
20	21	22	23	24	25	26 
27	28	29	30	31	 Spring Break	

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: February 1, 2022@ 7pm. Location TBD
- ▶ 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

5. **Connect to help.** Learn how to access professional and community resources.

Check out Kids's Help Phone www.kidshelpphone.ca/resources-around-me or call 1-800-668-6868. Other resources in Alberta are the Mental Help Line 1-877-303-2642 or crisis supports in Alberta www.alberta.ca/individual-family-crisis. Keep following up to ensure they are being supported.

Conversations around mental health are becoming more common and so is overcoming the stigma around mental illness. Initiatives like [Bell Let's Talk Day Campaign](#), on **(January 26/22)** have been excellent in engaging Canadians in open and candid discussions about mental illness. Just talking about it isn't enough though, we all need the confidence and knowledge to step up and be there for one another. Not only for kids but also parents, colleagues and friends. When we are prepared to support someone, we can truly make a difference.

This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support and advocate for schools, students, parents and caregivers to promote success in school. Tammy has been a Registered Social Worker for more than 20 years and is a mother to 3 teenagers and 1 young adult.

To Run or not to run

1 Who makes the decision and how?
 Rhett Czaban, Director of Transportation
 Weather
 Highway Satellite Cameras
 Calls to bus drivers and contractors
 Scouting the Roads
 -40
 Temperature readings Environment Canada 511 Alberta

2 Are the buses running?

3 The decision is made between
 06:00 am 06:30 am

4 How do we let you know?
 ngps.ca
 Send to School
 Keep Home
 It is always your decision whether or not to send your child to school when weather conditions are extreme.

5 It's your decision!

6 Dress warmly!
 Don't forget to dress warmly. See you at school!



Remind Numbers

Teacher	Class	Class Code	Number
Hillside School		@hhschool	(418) 800-7941
Mrs. V. Berry	Math 7B	@37k7b4f	(587) 316-1040
	Science 7B	@2b3g88	(587) 316-1040
	Math 7G	@dahe64gh	(587) 316-1040
	Science 7G	@f4f74c	(587) 316-1040
Mr. T. Brochu	Cougars Football	@aee8cfa	(587) 316-1060
Ms. K. Comeau	Sr Girls Volleyball	@dd27g6	(250) 984-0696
Ms. S. Kirchner	Science 8A	@8akirch	(587) 316-1097
	Science 8B	@8bkirch	(587) 316-1097
	Science 8C	@8ckirch	(587) 316-1097
Mrs. C. LaVallee	Math 20-2	@k648ef9	(587) 333-0291
	Math 30-1	@hhs301	(587) 333-0291
	Grad & Cheermania	@vvhsgrad	(587) 333-0291
Mrs. L. Serediak	Biology 20	@a9cgd7	(587) 333-2931
	Science 14	@ea22b8f	(587) 333-2931
	Science 9B	@gk4eah	(587) 333-2931
Mr. M. Staples	ELA 30-1	@7cbae3d	(647) 931-1805
	ELA 10-1	@fc3fck	(647) 931-1805



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. International travellers who become a case of COVID-19 after arrival in Alberta should follow isolation requirements outlined by the Government of Canada

If your child has received a message from Public Health indicating that they are a case⁴ of COVID-19 or if your child has tested positive on a [rapid test](#), they are required to isolate as per [Public Health instructions](#). For more information on isolation requirements after a positive rapid test, refer to the [Rapid Testing at Home website](#).

Screening Questions for Children under 18:

1.	Has your child been a household contact of a case⁴ of COVID-19 in the last 14 days? <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 slept over, attended a birthday party or someone who was a play date with a case.</i>	YES	NO
If child answered "YES" AND they are NOT fully immunized⁵: <ul style="list-style-type: none">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 child answered "YES" and they are fully immunized⁵ proceed to question 2: If child answered "NO" to question 1, proceed to question 2			
2.	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 2: <ul style="list-style-type: none">If the child is fully immunized⁵ they are required to isolate for 5 days from onset of symptoms or until symptoms resolve³ whichever is longer. They must wear a mask for up to 5 days after their isolation period if you are outside of the home in a public place or otherwise in the company of other persons out of your household (no exceptions permitted) ORIf they are NOT fully immunized⁵, they must isolate for 10 days from the onset of symptoms or until they resolve³ whichever is longer ORUntil symptoms resolve³ if they receive a negative PCR COVID-19 test ORUntil symptoms resolve³ if they receive two negative rapid antigen tests, with at least 24 hours between tests			

³ Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication

⁴ A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

⁵ A child 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

- They can use an [at-home rapid test if available](#) or 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 2, proceed to question 3.

3. 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 3:

- Keep your child home and monitor for 24 hours and consider giving child an [at-home rapid test](#). If the test is positive or negative see below for further instructions.
- If [at-home rapid testing](#) is not done and the symptom is improving after 24 hours, your child can return to school and activities when they feel well enough to go.
- If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use an [at-home rapid test](#) if available or 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 3:

- Keep your child home
- Use an [at-home rapid test](#) if available or use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.

For at-home rapid testing result instructions for those without symptoms:

- If an [at-home rapid test](#) is done and is negative, they can return to school and activities as long as they remain asymptomatic.
- If [at-home rapid](#) test is positive, the child is required to isolate as outlined above for **question 2**.

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 PCR COVID-19 test result or two negative rapid test results at least 24 hours apart **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. International travellers who become a case after arrival in Alberta should follow isolation requirements outlined by Government of Canada.

If you have received a message from Public Health indicating that you are a case¹ of COVID-19 or if you have tested positive on a [rapid test](#), you are required to isolate as per current [Public Health instructions](#). For more information on isolation requirements after a positive rapid test, refer to the [Rapid Testing at Home website](#).

Screening Questions for Adults 18 Years and Older:

1.	Have you been a household contact of a case¹ of COVID-19 in the last 14 days? <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
If you answered “YES” AND you are NOT fully immunized²: <ul style="list-style-type: none">You should stay home for 14 days from the last day of exposure and monitor for symptoms. If you answered “YES” AND you are fully immunized² proceed to question 2: If you answered “NO” to question 1, proceed to question 2			

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

² 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 or one dose in a one dose series (i.e., Janssen vaccine)

2.	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.
- You can use an [at-home rapid test](#) if available or the [AHS Online Assessment Tool](#) or call Health Link 811 to arrange for testing and to receive additional information on isolation.

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 as per the current [CMOH Order](#):

- If you are fully immunized² you must isolate for 5 days from the onset of symptoms or until they resolve³ whichever is longer. You must wear a mask for up to 5 days after your isolation period if you are outside of the home in a public place or otherwise in the company of other persons out of your household (no exceptions permitted) **OR**
- If you are NOT fully immunized², you must isolate for 10 days from the onset of symptoms or until they resolve³ whichever is longer **OR**
- Until symptoms resolve³ if you receive a negative PCR COVID-19 test **OR**
- Until symptoms resolve³ if you receive two negative rapid antigen tests, with at least 24 hours between tests.

If you answered “NO”:

- You may attend work, school, and/or other activities.

² 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 or one dose in a one dose series (i.e. Janssen vaccine)

³ Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication