



November 2021 Newsletter

# HILLSIDE HAPPENINGS

"A Caring Commitment to Learning"



Northern Gateway  
Public Schools

Volume 19, Number 3

## Story Block



### Encouragement for Weary Parents

Have you ever sat down at the end of a long day feeling exhausted and drained, maybe like you are failing as a parent? As you reflect on your day, do you sometimes replay in your mind the mistakes you may have made with your children that day? Please tell me I am not the only one!

Raising little people is tough business, and the older they become, the more complicated and demanding it can be. As a seasoned mom and experienced social worker, I have had my personal share of difficulties and walked alongside other parents, through extremely painful challenges.




I have learned though there are no perfect parents, every parent does the best they can with what they have. I still have a long way to go in my journey as a mom, but here is what I have observed so far.

1. **"I did then what I knew how to do. Now that I know better, I do better."** These words shared by Maya Angelou are healing for when you feel overwhelmed with guilt at the times you feel as though you have messed up. You cannot repeat yesterday (or this morning), but you can learn from it and do better tomorrow.
2. **Practice self care.** This is not just bubble baths and candles. Looking after yourself involves many aspects. I often rely on teachings from a wise Cree friend when she explained to me the Medicine Wheel. To be in balance, you need to be sure you are caring for your **whole** being:  
**Physical:** Having a balanced diet, exercise, ensuring a safe home environment, following through with medical appointments such as dentist, doctor, or optometrist.  
**Emotional:** Talking about what hurts you or angers you. Seeking out professional help if necessary. Learning how to share your feelings in a respectful manner.  
**Spiritual:** This is not necessarily religion. It is about knowing you are part of something bigger than yourself. It is being connected to nature, your culture and your history. It is knowing there is a purpose for your life.  
**Mental:** Stimulating and challenging your mind, learning something new, reading, games, or keeping an open mind to different ideas and views.
3. **You do not have the right to ruin someone else's day.** My dad was the only male in our very tiny home and his message to my sister and I was this: regardless of how moody/ cranky/ impatient etc we were feeling, it was never OK to take it out on someone else and ruin their day. For the times I snap at my kids or unintentionally hurt their feelings, I refer back to #1 for forgiveness for myself and #2 to see where I am out of balance.
4. **Read to your children every day, even when they are older.** My parents were only in their teens when they started their family and my mom was a sponge when it came to learning how to be a great mother. A smart person told her to read to her babies all the time. She instilled a love of reading and learning in my sister and I at very young ages. Sit with your children daily, when you can, and read to them out loud. Read interesting and age appropriate articles and stories to them as they get older. Listen to books while you drive. This will encourage their imagination and curiosity.
5. **"Listen earnestly to anything your children want to tell you, no matter what. If you don't listen eagerly to the little stuff when they are little, they won't tell the big stuff when they are big, because to them all of it**

Cont'd on Page 3

# Calendar of Events

## NOVEMBER 2021

	1	2	3	4	5	6
7	8	9	10	11	12	13
Day Light Savings Time Ends 			PD Day	Remembrance Day 	Day in Lieu of PTI's	Junior Volleyball Zones - Fairview
14	15	16	17	18	19	20
						Senior Girls Volleyball Zones - High Level
21	22	23	24	25	26	27
		School Council Meeting 7pm - Location TBD		PTI's TBD		
28	29	30				

## DECEMBER 2021

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
					Last Day Classes before Christmas Break	
19	20	21	22	23	24	25
<b>Christmas Vacation</b>						
26	27	28	29	30	31	New Year's Eve
Boxing Day						Christmas Day New Year's Day 

## 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: November 23, 2021 @ 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

# News, Sports & Events

Cont'd From Page 1

**has always been big stuff."** Poet and author Catherine M. Wallace shared this advice 20 years ago and it continues to be relevant. There will always be distractions, but when your little ones are trying to tell you something, it is crucial to your relationship with them to put down your phone or mute the TV or whatever for a few moments and give them your attention. It builds a safe foundational relationship so they will come to you with their big concerns when they are older.

6. **Be honest...but discerning when talking with your child about yourself.** If you have had a bad day it's ok to say it, then balance it with sharing what healthy self care activities you will do to make yourself feel better such as going for a walk, cuddling the dog or phoning a friend. Kids are great imitators, give them something great to imitate.
7. **Learn how to speak your child's love language.** Dr. Gary Chapman and Dr. Ross Campbell explain in their book "[The 5 Love Languages of Children](#)" the incredible gift of discovering how to communicate your love to your child so they genuinely feel loved by you. Children are all unique, learn about what makes your child feel adored.
8. **Comparison is the root of unhappiness** and this is especially true if you compare your child with others. Just as you, your children and your family are imperfect, so are others. What you see on social media or the image others portray in public is not always accurate. Embrace the uniqueness of your child and your family.

My home is becoming more quiet these days, with one child playing hockey 12 hours away and another attending university 7 hours away. I am realizing that time truly passes in a blink and I miss the chaos of the younger years. Parents, don't forget to look for the good in yourself and your child each and every day. Parenting is complicated, wild, fun and hard. Enjoy the journey, laugh and love as much as you can.

*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. Tammy has been a Registered Social Worker for more than 20 years and is a mother to 3 teenagers and 1 young adult.*



## Cross-Country Zones and Provincials

We had 4 students out of 7 who were able to attend zones (Nahdia Balabuck, Oaklan Hrushka, and Liam Biggin were unable to attend)

Of the four who were able to compete at zones all the way out in High Level, we had two senior high students: Sylvia Lewis finished fourth in her category, which qualified her for provincials. Unfortunately, she was unable to attend the provincial championship race. We also had Mattea Visser finish seventh in her category, which qualified her for the provincial championships, and she was the only student from hillside to compete at the provincial level this year in Red Deer!

We also had two junior high students compete, Jennifer Finnie and Trinity Wolfe who finished third and fourth respectively at our zone competition this year. Great job taking home the bronze at zones this year Jennifer! A big thank you goes out to the volunteer drivers who allowed us to travel to these competitions, and congratulations to all our competitors this year!



## 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 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>

**If the answer is “YES” to ONE symptom in question 3:**

- 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 answer is “YES” to TWO OR MORE symptoms in question 3:**

- 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 answer is “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'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>			