



March 2022 Newsletter

HILLSIDE HAPPENINGS

"A Caring Commitment to Learning"



Northern Gateway
Public Schools

Volume 19, Number 7

Story Block

TRUST IN THE GOOD

I started writing my regular article about resiliency and building strength for better days to come. Then a war began in Europe and I just could not hit send on my original piece. My mom shared a heartfelt poem with me this morning by Donna Ashworth that eased my anxiousness a little. I contacted the author and asked her permission to share it with you. I hope it will calm your fretful heart as it did mine.

The world can be a terrifying place at times and it seems we are emerging from one horrendous period, into another.

So if you are feeling wobbly today, it is no wonder.

The world is a scary place.

But it always has been.

And I am afraid it, always will be.

Keep your little corner of the world calm today,

And if you feel helpless and hopeless there is something you can do.

You can channel your fear into kindness.

It does help.

It is something to do with the energy of thousands of people sending positivity at the same time, it creates magic, of this I have no doubt.

So, when the winds of war rage and the hounds of dread howl, hunker.

Think kind thoughts, do kind deeds and spread love around your little part of the world.

And trust in the good.









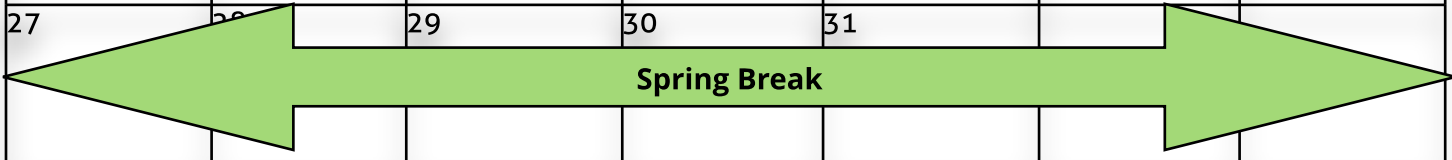
There is always good.

Shared with permission by Donna Ashworth, best selling author and poet <https://donnaashworth.com/>

This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator.

Calendar of Events

MARCH 2022

		1 5 pm Sr. Boys basketball game vs GP Vanier south Gym School Council Meeting 7-8 pm Location TBD	 2 Just a reminder... 9 AM GRAD PICTURE RETAKES	3	4 Jr Basketball Zones Peace River,	 5
6	7	8	9	10	11  Teacher's Convention	12  Sr. Men's Basketball Zones Fairview
13 	14	15	16	17 	18	19
20	21	22	23 Just a reminder... Grad Parent Meeting 6:30	24	25	26 
27	28	29	30	31	 Spring Break	

APRIL 2022

					1 Spring Break	2
3	4 	5	6 Tartan Day	7	8	9 Sr. Badminton Tournament Hillside High School Vimy Ridge
10	11	12	13	14	15 	16
17 	18 Easter Monday	19	20	21 Just a reminder... Parent Teacher Interviews 4-7 pm Location TBD	22 	23  Sr Badminton Zones Hillside north/south gym, Multiplex
24	25 St. George's Day	26	27	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: March 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. Stewart 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

Mark your Calendars!

Sr. High Men's basketball exhibition game March 1st at Hillside in south gym

Sr. High Men's basketball zones March 11-12 in Fairview.

Jr. high boys and girls basketball zones

March 4-5 in Peace River.



Thank you to Leia King, Ricki Stevenson, and Jessica Hamilton for being our amazing volunteer coaches for basketball.

Football Referee Clinic

If there are any individuals in the community who would be interested in being involved in football and giving back to the community we are looking to host a referee clinic for football if there is enough interest.



If anyone is interested please email tyler.brochu@ngps.ca.



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 and 06:30 am

4 How do we let you know?
 ngps.ca
 Twitter
 Facebook

5 It's your decision!
 Send to School
 Keep Home
 It is always your decision whether or not to send your child to school when weather conditions are extreme.

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





Dear Parents/Guardians:

We are excited to share with you our new engagement platform **ngpsTALK**.

Northern Gateway Public Schools is excited to introduce a new platform, ngpsTalk, where stakeholders (students, staff, parents, community members) will have the opportunity to offer ideas, feedback and stories of their experiences and thoughts regarding schools and education. It allows students, parents, staff, community members to add their voice to support the work of our schools.

In order to access the ngpsTALK platform, you must register and have a login. We are encouraging staff, students, parents, and community members to register and participate in our current and upcoming projects.

The registration process is as follows:

- 1) go to ngpstalk.ca
- 2) click the register now button
- 3) fill in the short registration form
- 4) confirm your registration through an email sent to your inbox

Once confirmation is complete you are able to log in and participate in the active engagements.

Our first engagement is titled *What makes your school community shine?* In the spirit of the new year, we are kicking things off with a "feel good" discussion aimed at celebrating our schools.

If you could only pick one thing, what is the one thing you would say makes your school community shine?

We look forward to sharing your submissions and celebrating each and every one of our school communities!

As part of the registration drive, we are offering prizes to those who sign up.

- 1 'Family Fun Pack' prize per school community (all parent and community registrants names are entered into the draw; not students)
- 2 Grand Prizes which are new touchscreen Chromebooks (all registrants names are entered into the draw including students)

There will be promotional material and a school newsletter article coming out in the next few days regarding this. Please watch social media for more.

Your voice is important! Register today to join the conversation - LET'S TALK!

Northern Gateway Public Schools



Blind Date with a Book

Don't Judge a Book by its Cover

Stop by the Learning Commons

March 1st - March 24th

Pick your blind date (book) from our wrapped book display

Read a brief description on the front of the wrapped book

Pick the book you find appealing

Sign out the book at the circulation desk.

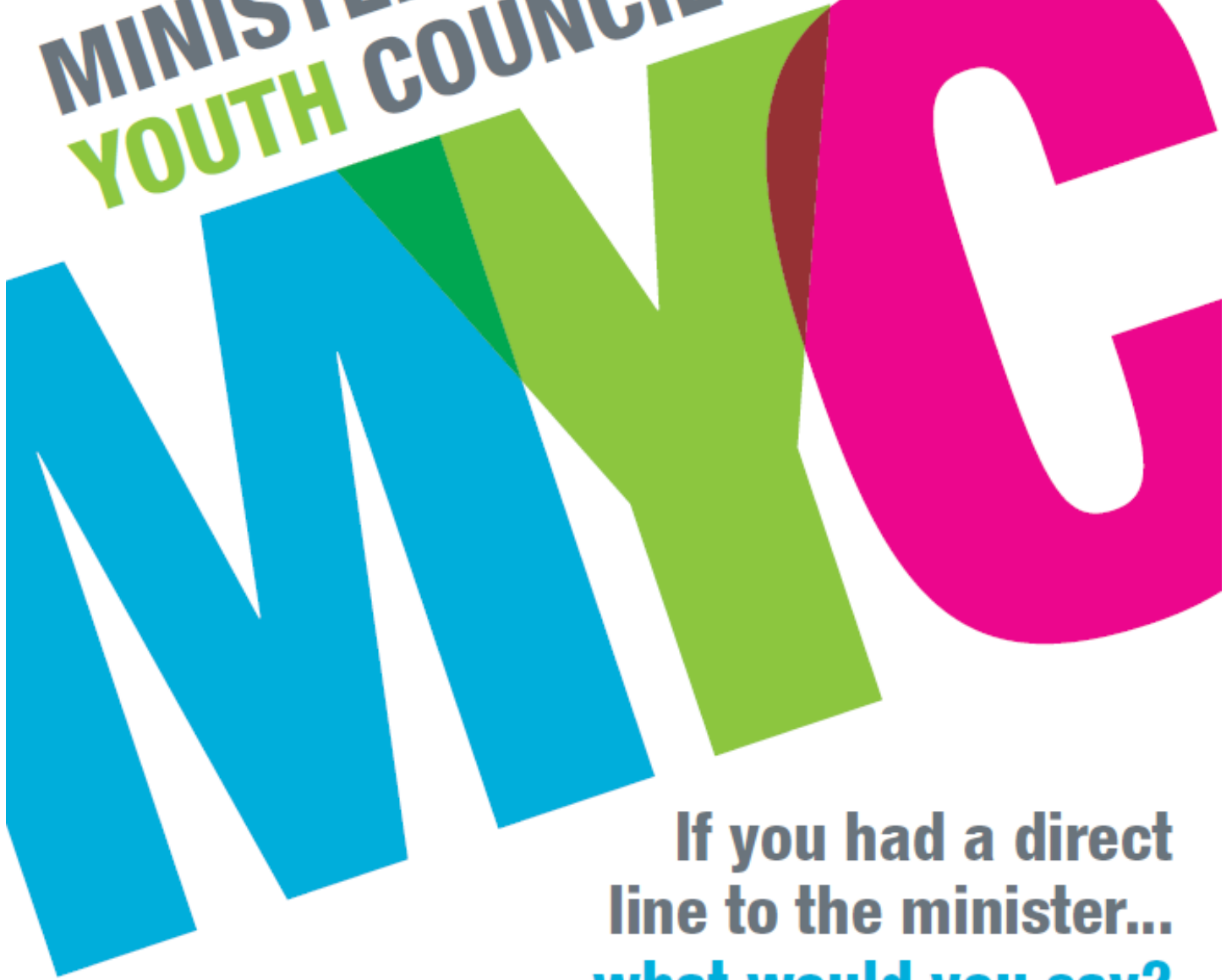
Once you are done with your book return it to the learning commons and rate your date.

Your name will then be entered into a raffle for a chance to win a prize.

Three names will be drawn at noon on March 25th.



MINISTER'S YOUTH COUNCIL



If you had a direct line to the minister... what would you say?

- Interested in sharing your ideas to help shape Alberta's education system?
- We are looking for 40 junior and senior high school students with diverse interests, identities and backgrounds to share their perspectives.
- As a council member, you'll gain valuable experience and develop your leadership and communication skills.

Be part of the conversation and apply today!

The deadline to apply is **March 25, 2022**
For more information, including how to apply, visit
alberta.ca/student-engagement.aspx



@AlbertaEd | alberta.ca/student-engagement.aspx

Alberta

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

Screening Questions for Children under 18:

1.	<p>Has your child been a household contact of a case⁴ of COVID-19 in the last 10 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></p>	YES	NO
<p>If child answered "YES" AND they are NOT fully immunized⁵:</p> <ul style="list-style-type: none"> Child should stay home and NOT attend school, childcare and/or other activities for 10 days from the last day of exposure and monitor for symptoms, unless they have tested positive for COVID-19 in the last 90 days AND completed the mandatory 10-day isolation period, in which case they can proceed to question 2. <p>If child answered "YES" and they are fully immunized⁵ proceed to question 2: If child answered "NO" to question 1, proceed to question 2:</p>			
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
<p>If the child answered "YES" to any symptom in question 2:</p> <ul style="list-style-type: none"> If the child is fully immunized⁵ <ul style="list-style-type: none"> Isolate for 5 days from the day of onset of symptoms or until symptoms resolve³ whichever is longer. After this isolation period, up to a total of 10 days from the day of symptom onset, they are required to wear a mask at all times when in a public place or otherwise in the company of other persons with no exceptions. If the child is NOT fully immunized⁵, <ul style="list-style-type: none"> they must isolate for 10 days from the day of onset of symptoms or until symptoms resolve³ whichever is longer Whether they are fully immunized or not, even if they have a negative molecular (e.g. PCR) COVID-19 test or two negative rapid antigen tests, taken not less than 24 hours of each other, they still must isolate until symptoms resolve³. If they are within three weeks of the initial positive test of a previous infection they do not need to test again, and they can leave isolation when symptoms resolve³. They can use an at-home rapid antigen test if available or access the AHS Online Assessment Tool for advice on managing mild symptoms, and whether they are eligible for a COVID-19 molecular test. 			

³Symptoms 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

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.
- 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 Orders](#):
 - If you are fully immunized²
 - Isolate for 5 days from the day of onset of symptoms or until symptoms resolve³ whichever is longer.
 - After this isolation period, up to a total of 10 days from the day of symptom onset, you are required to wear a mask **at all times when in a public place or otherwise in the company of other persons**, with no exceptions.
 - If you are NOT fully immunized²,
 - You must isolate for 10 days from the day of onset of symptoms or until symptoms resolve³ whichever is longer
 - Whether you are fully immunized or not, even if you have a negative molecular (e.g. PCR) COVID-19 test or two negative rapid antigen tests, taken not less than 24 hours of each other, you still must isolate until symptoms resolve³.
 - If you are within three weeks of the initial positive test of a previous infection you do not need to test again, and you can leave isolation when symptoms resolve³.
- You can use an [at-home rapid antigen test](#) if available or access the [AHS Online Assessment Tool](#) for advice on managing mild symptoms, and whether you are eligible for a COVID-19 molecular test.
- Note: If you have recently recovered from a previously confirmed COVID-19 infection and are within three weeks of the initial positive test, you do not need to get tested. If three weeks have elapsed but you are within 90 days from the initial positive test, you are recommended to take a rapid antigen test.

If you answered "NO":

- You may attend work, school, and/or other activities.
- Asymptomatic close contacts of a confirmed COVID-19 case who are healthcare workers are subject to testing requirements as per [CMOH Orders](#) or their organizational policy.

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