



École Rocky Elementary

Newsletter & General Information



September 9th, 2020

Hello Parents/Guardians,

I barely know where to start after the last six months of uncertainty, so let me start with being gracious:

1. **Thank you! Thank you! Thank you!** For the understanding and patience, the flexibility and adaptability, and all of the good thoughts. It was your kind and thoughtful words that kept us going through the last half of the past year. If we are to take any lessons from this time, I would suggest it be recognizing how lucky we are to have a strong connection with our parent community and how important public school is to having a healthy community.
2. **It was so good to see your children back in the school last week.** Nothing makes the heart of the school beat like the hum of children's voices. We wondered if students would be extra anxious or have trouble adjusting to the new health and safety measures. But really, it was like they never left (except they were taller.) It was obvious that students' want to be part of the solution of getting schools back in motion.
3. **Let's build back better.** We love seeing our families use the pause to spend more time together, taking more walks, and getting into nature more often. We love that we have an opportunity to thoughtfully decide what we let back into our lives. What could even better, more responsive schools look like? We'd love for you to be part of the conversation.

With the start of the school year, I also have some staffing updates to share. Mrs. Cinnamon had a healthy baby boy on July 1 and will be on maternity leave this year. In her place, we have **Ms. Breanna Hurley** as our new Family Wellness Worker. We also welcome **Mlle Alecia Daniels** teaching grade 2 French Immersion for us while Mme Ria is on a temporary leave. Also joining our school is **Mrs. Natasha Bell** and **Mrs. Shianne Van't Bosch** as educational assistants. **Miss Breina Jones** as a WRSD online teacher and our French Monitor this year is **M. Yazid Abdelli**. And, we have a School Resource Officer once again - **Constable. Bailey Young** is new to our community coming from Thorsby.

I would like to extend an official invitation for you to join our School Council this year. I believe a large part of our success at ÉRE last year was the dedicated and exceptional parent volunteers who attended meetings, ran special events, coordinated hot lunch, and volunteered time reading with students. We also found out this summer that a large portion of our current playground will be phased out in the coming years. Planning for and raising funds for a new playground will also be on the agenda this year. Our first School Council meeting will be **Thursday, October 1 at 12:00 noon in the McCabe Room**. For those that can not attend in person, we will also post a video conference link closer to the event date.

...2

4703 - 50 Avenue, Rocky Mountain House, Alberta T4T 1S4

Phone: (403) 845-3541 Check out our website <http://ecolerocky.wrsd.ca>

Follow us on Twitter <https://twitter.com/erepeace>

I would like to end this newsletter welcome with high praise for the ÉRE staff. They are truly an exceptional group to work with. I was very impressed with their resiliency last spring to keep the learning going when we were forced to retool on short notice. I am also impressed with the staff's effort to prepare for the restart of school. Mrs. Tissen and Mrs. Footz did an amazing job giving the school a summer clean. Several teachers moved classes to help students spread evenly throughout the building and everyone has worked tirelessly to assist with a safe restart.

Once again, we are so glad you are back with us and we look forward to an exceptional year. At any time this year, if you have questions, ideas, or would like to volunteer, please contact me by e-mail (tim.bowman@wrsd.ca) or by phoning the school (403) 845-3541.

See you soon!



Tim Bowman

Principal



September 7	Labour Day (No School)
September 21	P.D. No School For Students
September 25	Terry Fox Run 1:45 p.m.
September 30	Orange Shirt Day and Virtual Assembly 1:45 p.m.
October 1	School Council & Fundraising Committee Meeting 12:00 Noon
October 8	Grandparents/Grandfriends Day (reimagined)
October 9	P.D. No School For Students
October 12	Thanksgiving - No School For Students and Staff
October 15 & 16	School Photos (more information will be sent home)
October 30	Halloween Dress Up and Virtual Assembly 1:45 p.m.
November 1	Daylight Savings Ends
November 4	School Photo Retakes P.M. Only
November 10	Remembrance Assembly 1:45 p.m.
November 11	Remembrance Day (No School)
November 12 & 13	No School For Students and Staff
November 20	Report Cards Go Home
November 24-26	Book Fair
November 25 & 26	Parent/Teacher Interviews 4:30 - 7:30 p.m.
November 26	Assembly 1:45 p.m.
November 27	P.D. No School For Students
December 16	Christmas Concerts 10:30 a.m. and 1:30 p.m.
December 18	Pajama Day and Assembly 1:45 p.m.



Dec. 21-Jan. 3

January 4

January 27

January 28 & 29

Jan. 28 - Feb. 23

February 15

February 16 & 17

February 18 & 19

February 26

March 5

March 12

March 14

March 17 & 18

March 19

March 31

April 2 - 11

April 23

April 25-30

April 30

May 3

May 7

May 9

May 9-14

May 14

May 18

May 21

May 24

May 28

June 3

June 4

June 17 & 18

June 20

June 23

June 25

Christmas Holidays No School

School Resumes

Beach Day and Assembly 1:45 p.m.

P.D. No School For Students

Travelling Art Show - In Good Company (displayed at school).

Family Day No School For Students and Staff

No School For Students and Staff

Teachers' Convention - No School For Students

Pink Shirt Day and Assembly 1:45 p.m.

P.D. No School For Students

Report Cards Go Home

Daylight Savings Begins

Parent/Teacher Interviews 4:30 - 7:30 p.m.

P.D. No School For Students

Jersey Day and Assembly 1:45 p.m.

Spring Break

P.D. No School For Students

Education Week

Wacky Hair Day and Assembly 1:45 p.m.

Music Monday

P.D. No School For Students

Mother's Day

Mental Health Awareness Week

Hats for Mental Health

Alberta Music Theatre

No School for Students and Staff

Victoria Day - No School for Students and Staff

Careers Day and Assembly 1:45 p.m.

Western Day

P.D. No School For Students

Kindergarten Grad

Father's Day

Peace Day and Talent Show

Formal Day and Assembly 11:00 a.m. and **last day of school for students.**

Dates subject to change. Call outs may be made or will be in your child's classroom newsletter.



Principal

Mr. Tim Bowman

Vice Principal

Mrs. Kim Simo

PreK French Discovery

Mme. Bobbi Melanchuk

Kindergarten English

Mrs. Cristy Whalen

Kindergarten French Immersion

Mrs. Elyse Morin

Grade 1 English

Mrs. Cecile Gillis

Grade 1 French Immersion

Mlle. Lauren Bolton

Grade 1/2 English

Mrs. Kim Kirkwood

Grade 2 English

Mrs. Le Smith

Grade 2 French Immersion

Mme. Ria/Mlle Alecia Daniels

Grade 3 English

Mrs. Jacqueline Hazelaar

Grade 3/4 French Immersion

Mme. Priscilla Gagnon

Grade 3/4 English

Mrs. Debbie Stewart

Grade 4/5 French Immersion

M. Daniel Ouellette

Grade 4/5 English

Mrs. Sarah Koenig

Grade 5 English

Connie Kwantes

Physical Education

Mrs. Yvonne Turner

Music

Mrs. Sharlene McLaughlin

Online Teacher

Miss Breina Jones

Family Support Worker

Ms. Breanna Hurley

Office

Ms. Bobbi Morgan

Office

Mrs. Rose Zalasky

Learning Commons

Mrs. Lori Allen

Educational Assistant

Mrs. Jeannette Fipke

Educational Assistant

Mrs. Yvonne Godkin

Educational Assistant

Mrs. Sharon Maxwell

Educational Assistant

Ms. Roxane Melvin

Educational Assistant

Mrs. Rhonda Odgers

Educational Assistant

Mrs. Jess Otto

Educational Assistant

Ms. Carmen Pierre

Educational Assistant

Mrs. Natasha Bell

Educational Assistant

Mrs. Shianne van't Bosch

Custodian

Mrs. Lena Tissen

Custodian

Mrs. Penny Footz

School Resource Officer

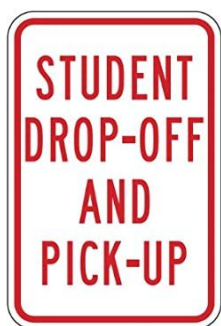
Constable Bailey Young





2020/2021

8:40 a.m.	Warning Bell
8:43 a.m.	Classes Commence
10:38 a.m.	Nutrition Break
10:53 a.m.	Recreation Break
11:13 a.m.	Warning Bell
12:58 p.m.	Recreation Break
1:18 p.m.	Nutrition Break
1:33 p.m.	Classes Commence
3:15 p.m.	Homeroom Bell
3:19 p.m.	Dismissal Bell



Students being dropped off before 8:40 a.m. should use their assigned entrance. Late arrivals should enter through the main entrance and stop at the office for a late slip. When picking up students, please pick up at their designated doors. This increases student safety and decreases hallway congestion. Thank you for your help.

A SPECIAL REQUEST TO PARENTS OF CHILDREN WHO WALK TO SCHOOL

We provide supervision at the school beginning at 8:20 in the morning. Please arrange to have your child leave home so that she/he does not arrive at the school before 8:20 a.m.



Check Out Our Website: <https://ecolerocky.wrsd.ca>



STUDENT DEMOGRAPHICS VERIFICATION FORMS - URGENT

Ms. Morgan will be sending home a *Student Demographics Confirmation Form* this week. Please make any necessary changes, sign that you have reviewed the form and return to school as soon as possible. If you have changes throughout the year, please contact the school to provide this information. **These forms are due back Friday, September 18th.**

It is very important to check and verify ALL phone numbers and emergency contacts as we did a data merge at the end of last year. It is imperative that we have a way of contacting all families in the case of an emergency. All forms must be signed and returned even if there are no corrections/changes.

It is also important to indicate if your child has any preexisting medical conditions such as asthma, type of allergies, etc. on the form that will be sent home. This will be helpful when determining baseline symptoms for your child in this Covid era.

Thank you for your assistance in this matter.



As in the past our school has a goal to go as paperless as much as possible with our school and classroom newsletters. All classroom and school newsletters will be posted on our website. A phone call home will be made to advise the newsletter is available on-line. At the same time emails go home with the phone call and there will be a newsletter attachment. For those who do not have access to a computer, a limited number of school newsletters will be available at the office.



MEDICATION

According to WRSD Policy #504.2, we are required to obtain information regarding any medication (prescription and non-prescription) that students have to take at school. If your child has to take medication, even if it is just Tylenol, we must have a completed and signed **Medication/Personal Care Request** form on file. All medication should be sent to school in the original container. All medication are kept in a locked drawer in the school office and school personnel administer it according to the form. A school employee is not a licensed medical person; however, he/she will act as a responsible parent would in the administration of the medication.

Please contact the school if you have any further questions.

BIRTH CERTIFICATES



A student, parent/guardian or custodian is required to present legal proof of a student's name, citizenship and birth date when a child is registered in school. If a student was born in an authority outside of Canada, an official documents from that authority will be accepted. If this documentation has not yet been provided to the school, we request you have this in by mid-November. We are required to have a copy of all students' birth certificates on file.

The approximate cost of obtaining a birth in Alberta is \$40. The parent/guardian requesting the birth certificate must have one piece of identification (their own birth certificate, driver's license or passport). Once ordered, it will take approximately two weeks to arrive. **Application forms are available at the office.**

AFTER SCHOOL TELEPHONE MESSAGES—IMPORTANT

Parents/guardians are asked to make arrangements ahead of time with their child regarding after school activities. Send a note or write in your child's agenda explaining after school arrangements. In case of an urgent situation where after school plans need to change, contact the school as soon as possible. Please keep in mind it is sometimes difficult for office staff to get a message to your child, especially if the call is received once the final bell has rung, or if a class is not in their classroom at the end of the day. Your assistance in this matter is greatly appreciated.

We do not allow students to use the school phones to make arrangements to play at friend's house after school or change arrangements that parents have made for them. Please discuss this with your child.

AFTER SCHOOL ARRANGEMENTS—IMPORTANT

It is extremely important that if your child's after school arrangements have changed that you write a note in the agenda for your child's teacher and contact the bus driver. Unless there is a note the teacher will follow your child's usual after school arrangements.

If you are picking up your child early, it is imperative to sign your child out. At the end of the day this form gets emailed to Transportation. If a child is not on the bus, this is their way of confirming that the child has been picked up.



BREAKFAST PROGRAM

Our "Breakfast Program" will be up and running, Tuesday, September 8, 2020. It runs from 8:20 a.m. to first bell at 8:43 a.m. Any student in the school has the option of coming to the program. Some students have long bus rides, sleep in, aren't hungry when they leave home, but are hungry once they get to school. There is no charge for this program. It operates as part of the "Breakfast Club of Canada." If you or someone you know would like to make a donation to our breakfast program or are able to assist, please contact Mrs. Allen at (403) 845-3541, Ext. 66089.



Students are asked to come in the front doors, get their breakfast and then go back outside to the playground.

If you are interested in leaving your name and phone number to be able to come in when we are short of helpers, please contact Mrs. Allen.

NUTRITIONAL BREAKS

As you know, our Balanced Day creates two scheduled lunch breaks for our students (10:38 a.m. and 1:18 p.m.). **It is important to provide enough nutritious food to sustain your active, growing child through the school day.**



BACK-TO-SCHOOL LUNCH IDEAS

Give your kids the energy they need to succeed at school. Try out these new healthy lunch ideas:

- Tropical ham sandwiches (ham, pineapple, banana)
- Peanut butter sandwiches made with grated carrot, banana, applesauce, sliced apples/pears or raisins (please keep in mind if there are peanut allergies in the classroom)
- Wraps/tacos: fill them with whatever your child likes
- Yogurt or homemade pudding with added fruit
- Hot soup or chili in a thermos
- Cheese and apple sandwiches
- Homemade pizza



There will be no classroom microwaves for students to warm up food. Please ensure you send food items that do not need heating up.



Students must provide their own plastic cutlery.

A MESSAGE FROM WRSD TRANSPORTATION

If you need to arrange busing for your child, you can do so on the www.wrsd.ca website. Have your municipal blue sign address, when you register.

Just a reminder to call your bus driver if your child/children will not be riding the school bus.

Due to COVID-19 students are not allowed to bring friends on the bus. Students grades 4-5 must wear masks while being transported on a school bus.

When children are being picked up after school and will not be riding their regular bus, the person picking up the child must sign the binder in the office, which gets-sent over to transportation just before the end of the day.

The following radio stations are designated to receive information in the area served by Wild Rose Public Schools:

“In the North part of the Division CFCW 790 AM, and CIBW-FM 92.9 FM.

“In the South part of the Division BIG 105 FM and CKGY 95.5 FM and B-94.5 FM.

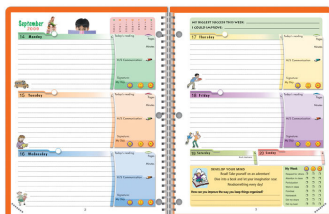


When buses do not run, and parents choose to deliver the child to school, the parent shall also be responsible for ensuring safe transportation home for the student. The school is always open, even if buses do not run. It is necessary for children to wear warm clothing (outer) during cold weather, including appropriate footwear. Parents are asked to use good judgment and care when deciding whether or not to send their child(ren) when weather conditions are extreme or when there is danger of roads being blocked. When a route will not operate, the information is posted on the website (www.wrsd.ca) and the driver is expected to call parents of the students on his/her route. A free Transportation App is also available on the website.

Please feel free to call the school office if you require further information.

STUDENT AGENDAS

Students in grades one to five received agendas. In the front of the agenda is information for parents/guardians in regards to general school information, calendar, school policies, etc. Please take the time to share this information with you child. You are asked to use the agendas as a way of communication with the teacher. If there is a change to after school arrangements, early pick-ups, upcoming appointments, etc., please communicate this through the agenda.



When you are visiting at the school, please sign in at the office. All visitors are asked to complete a **COVID19 screening form and wear a mask**. When leaving, initial the same sheet that you signed in on. This will ensure if there is an emergency we can account for every person. Thanks for your assistance in this matter.

A MESSAGE FROM THE LEARNING COMMONS



Welcome Back!

I hope you all had a wonderful summer!

If you found books or Chromebooks over the summer that belong to the library, now is the time to bring them back. If you cleaned out your book shelves and would like to donate your gently used books to the library, we would love to have them.

Students will start to sign books out from the library next week, so please help your student find a safe place to keep their books. A large Ziploc works really well to protect books in their backpacks from spills.

We are still running modified "MakerSpace" in our Learning Commons. If you have any craft supplies, games, puzzles, or building items that you would like to donate, they would be greatly appreciated.

I hope everyone has a great year!

Mrs. Allen, Librarian



We have a Book Fair coming to our school very soon. It will run November 24-26. We invite your entire family to participate by purchasing the latest and greatest in children's books. Did you know that for every \$10 you spend at the Fair up to \$6 goes directly back to our school? Your support of this vital literary fundraiser is key to our obtaining new books and resources for our library and classrooms.

If you are able to volunteer for the Book Fair please contact me in the Learning Commons (Library) (403) 845-3541.

Thank You and Happy Reading!

Mrs. Allen, Librarian

A MESSAGE FROM OUR WELLNESS WORKER



Hello Everyone!

My name is Ms. Hurley and I am the new Family Wellness Worker for this school year! I hope everyone is adjusting well to all of the new changes. I am here for anyone that needs support, encouragement or even a laugh during our school year. I look forward to getting to know all of you. Have a great year!

Safe Arrival



PROGRAM FOR ATTENDANCE

1-855-756-2797 or <http://wrsd.schoolmessenger.ca>

École Rocky Elementary uses an automated serviced call the Safe Arrival Program for reporting student attendance. This has been in place since November 2013. The Safe Arrival Program allows parents/guardians to report their child's absence in advance, or before a cut-off time of 9:00 a.m. for the current day in one of two ways:

Logging onto the Safe Arrival Parent Portal website: <https://go.schoolmessenger.ca/>

Calling the Safe Arrival toll free phone number: **1-855-756-2797**

The message machine used at the school will no longer take messages from parents about attendance. Please use one of the two methods mentioned to report your child(ren)'s absence.

The Safe Arrival Program reduces the time it takes to verify student attendance making it easier for you to report your child's absence and easier for the school to respond to unexplained student absences.

We are asking parents/guardians to report student absences prior to 9:00 a.m. for the current day, as well as planned future absences via the internet or telephone 24 hours a day, 7 days a week, e.g. medical appointments.

The Safe Arrival Program uses an automated notification system to contact parents/guardians who have not reported their child's absent. The automated notification system will contact parents/guardians at multiple contact numbers until one of the designated contacts is reached. If our system is unable to reach a designated contact after 30 minutes, office staff will follow up. By reporting your child's absence in advance using the **1-855-756-2797** number or **<http://go.schoolmessenger.ca>**, you will not receive a call. Should you have any questions or concerns, please contact the school.



VOLUNTEERS

Thank you to all those who had volunteered last school year. With the new re-entry guidelines, we will need to limit the number of in-school volunteers for the time being, however, there are many ways to volunteer without coming into the classroom. Recycling of cartons/bottles, minding our school peace garden, supporting learning via video conference, etc. If you are interested, please contact the school or your child's teacher for more information.



ILLNESS

Good health is necessary for effective learning. In fairness to all, please do not send your child to school if there are clear signs of ill health in the morning. We have neither the facilities nor the personnel to care for sick children. Students who are ill should receive proper medical attention and should not attend school until their health is reasonable.

As part of this newsletter is a COVID-19 Alberta Health Daily Checklist Screening Questionnaire provided by the Government of Alberta. Parents/Guardians must use this questionnaire daily to decide if the student should attend school. **Screening Questionnaire sent under separate cover with call out home and this newsletter which has been emailed.**

Students who become ill during the day are to immediately inform their teacher. Our policy is to contact parents and ask that student be picked up as soon as possible. For this reason, it is important that parents ensure that all necessary information such as phone numbers, emergency contact, medical information, etc. is kept up to date.



Submitted by Mrs. Allen

Roots of Empathy will be starting up in October. Our Roots of Empathy is looking for families with babies that will be between 4-5 months of age at the end of September to participate in our Roots of Empathy Program. We will be doing our baby visits online for this year. Roots of Empathy is an evidence-based classroom program that has shown significant effect in reducing levels of aggression among school children while raising social/emotional competence and increasing empathy. If you would like to learn more about the program you can come and talk to Mrs. Allen or go to www.rootsofempathy.org.



Parents and teachers can find a variety of resources in the Alberta Government's online **website** to help with preparing for the new school year. **My Child's Learning** provided by Alberta Education, gives parents an in-depth look at the subjects and program available from Kindergarten to senior high school.

<http://www.learnalberta.ca/content/mychildslearning>

INCLEMENT WEATHER—CLOTHING

With the weather changing quickly, you should be aware of the current weather forecast. Dressing in layers allows your child to be more flexible to changing weather conditions and activities.

Ensure your child comes to school dressed properly (footwear and clothing) for those rainy or snowy days. As children like to play in puddles, sometimes they accidentally fall in to these puddles and are in need of a change of clothing. We carry a very limited supply of clothing in the office for students to change into, please throw an extra set of clothing into their backpacks for those rainy days.

We are always in need of extra clean clothing at the office. If you have children's clothing that you don't have a need for, we would gratefully accept these items.



2019/2020 YEAR BOOKS

If you ordered a 2019/2020 year book, they will be sent home with your child once they are received.



SCHOOL ASSEMBLIES

For the beginning of this school year, assemblies will be virtual. Check out "What's Happening" for dates and times. As the year goes by and if changes occur, we will let you know.

GIVE YOUR CHILD THE TOOLS TO GET ORGANIZED FOR SCHOOL SUCCESS



She rushed out the door, late for the bus again. Five minutes later, you saw her math homework sitting on her bed.

Helping your child get organized is one of the most important ways to help her do better in school. After all, if she doesn't have her homework, she can't turn it in for a grade.

Here are some tips that will get your child organized year:

Start with a daily checkup. Each day, have your child clean out her back pack—all the way to the bottom (yipes!). Then help her make a list of what she has to do that day. She'll feel good as she checks off each item on her list. And you'll be happy when you don't find math homework on the bed in the morning.

Help your child set up a study space. Kids who aren't naturally organized need all the help they can get. Studying in the same place every day is one way to help them focus. You don't have to buy a desk—the kitchen table can be a good study spot. But collect pens, pencils, paper, erasers and other study supplies in a box. That way, they'll be ready when she needs them.

Reprinted with permission from the October 2007 issue of *Parents make the difference!*®

(Elementary School Edition) newsletter.



École Rocky Elementary (ÉRE)

Centennial 1921 - 2021



Celebrating 100 Years of Learning on the ÉRE site October of 2021

We are seeking...

- parents, community members and alumni who would like to be part of ÉRE's 2021 Centennial Committee.
- stories, pictures, articles, artifacts and any other items related to the last 99 years of ÉRE .

If you are interested in joining the committee or have items to share, please contact Rose Zalasky at (403) 845-3541, Ext. 66067 (leave a message) or email rose.zalasky@wrsd.ca.

SchoolCashOnline

Fast. Safe. Convenient.

WELCOME TO School Cash Online

School Cash Online is an online parent portal that offers a safe, fast and convenient way to pay for school activity fees. The portal is customized to meet your school's needs and allows you as a parent, to add your students, make payments, check current balance/account history, print or view receipts, and receive notifications about upcoming events.

Why Use School Cash Online?

With School Cash Online, you can pay all your student's school fees with the click of a button. Wherever. Whenever. Trips to the school to drop-off cash or sending your student with money will be a thing of the past. School Cash Online also enables you to keep track of your student's school items and activities.

Purchase these items and more online.

Credit Card
Pay with Visa or MasterCard on School Cash Online by entering your credit card number, CVV number (the three digits on the back of your card), card expiry date, and billing information.

eCheck
An electronic version of a paper check used to make payments online. Anyone with a checking or savings account can pay by eCheck through School Cash Online.

myWallet
An online wallet that can be loaded to hold funds and pay for your child's fees on School Cash Online. myWallet also allows you to allocate funds to pay for school fees at a later date, as you would with a gift card.

How to Register
Follow these instructions to create your School Cash Online account today.

- Create Your Profile:**
Go to <https://wildrose.schoolcashonline.com> and click on "Get Started Today".
- Confirm Your Email:**
Check your inbox for the email confirmation and click on the link inside. Sign in with your new login details.
- Add a Student**
Click "Add Student" and fill in the required fields with your child's details.

Stay connected by selecting "Yes" to email notifications about upcoming fees.
I want to receive email notifications for new fees assigned to my student and updates on school-related activities.

For more information contact Parent Helpdesk at parenthelp@schoolcashonline.com or 1.866.961.1803

School F E E S

You may go on School Cash Online to view any outstanding fees. It is important that we clear this up by the end of the school year.

We encourage parents/guardians to pay online if possible. If you are unable to pay online, please contact the school to make other arrangements. If you have questions in regards to outstanding invoice, please email rose.zalasky@wrsd.ca.

There will be a \$20 charge for any returned cheques. If this situation arises we will need payment made in cash and we ask that you please clear up these types of matters at your earliest convenience.

Your assistance in this matter is most appreciated.



COVID 19 PROTOCOLS



Each child has been provided two cloth masks for use in the school. Students are asked to take their masks home for washing and must be returned the next day.

According to the Chief Medical Officer of Health Order 33-2020 – Masks in Schools, masks can be removed in classrooms if the following two conditions are met:

- (1) the students are seated at desks or tables in a manner that prevents students from facing each other, and
- (2) the student desks and tables are arranged to provide the greatest possible physical distance between students (this does not mean they have to be 2 meters apart).

Each of our teachers will need to decide if and when they can make this happen in their classroom. If the teacher is unable to prevent students from facing each other in class, for whatever reason, then students will need to wear masks. This may be the case during certain types of learning activities when students are working collaboratively in groups or it may be due to the number of students in the classroom given the size and shape of the classroom and the placement of student desks. As such, the amount of time students wear masks in classrooms will look different from classroom to classroom and school to school across Wild Rose School Division and the entire province.

Please also keep in mind that we are still in the very beginning stages of learning to implement these guidelines. This is new to both staff and students. At this time, we have some staff and students that are more comfortable with removing masks in the classroom and others that are not. Some have preexisting conditions that make them more susceptible to COVID-19 and others do not. It is our goal to make our classrooms welcoming, respectful and safe learning environments for all. We ask for your patience and understanding as we do our best to figure this out.

Please feel free to contact the school if you have any questions or concerns.



BE AWARE—TRAFFIC VIOLATIONS

We have two assigned handicap parking stalls in front of the school. We ask that people refrain from using these stalls unless they have the appropriate permits in their vehicle. The cost of a ticket is \$250.00. You will be ticketed if there is a by-law officer in the area—even if you are in the school for just one minute.

Some other violation items to be aware of...



- **Fail to stop before approach school bus — alternately flashing red lamps \$567 and 6 Demerit Points**
- **Failure to reduce speed when approaching school bus from front/rear/pass cautiously — with alternately flashing amber lamps on bus \$486**
- **Pass school bus with alternately flashing red lamps - \$486**
- **Fail to yield to pedestrian in crosswalk - \$810 and 4 Demerit Points**
- **Failure to obey stop sign - \$405**
- **Fail to obey traffic control device - \$243**
- **Distracted driving - \$300**

Don't forget that with moving traffic violations come demerit points on your driver's license.

School Council

Our next School Council meeting will be on Thursday, October 1st at 12:00 p.m. in the McCabe room. We will also have a video conference link for those that can not join in person. We are in need of a new executive for our School Council and have the following positions available:

Chair Vice Chair Secretary Treasurer
Fundraising & Playground Committee Various Activity Committees
Hot Lunch Coordinator and Volunteers

Our next ÉRE Fundraising Society meeting will also be on Thursday, October 1st immediately following the School Council meeting. We are in need of an new executive. Become part of what happens at your child's school by attending the School Council meetings. Take an active role in decisions that affect your child's educational environment. There is not a huge commitment of time required. Please mark this date down on your calendar and plan to attend!

If you are interested in any of these positions, please contact the school at (403) 845-3541.

Upcoming School Council meetings for 2020/2021 will be announced after the October School Council meeting.

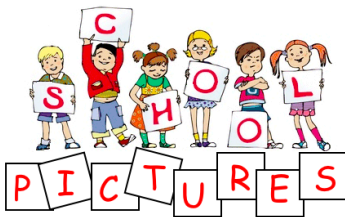
All parents/guardians are encouraged to attend. Hope to see you there!



With over 270 students in the school, it is expected that things will and do go missing. Often items are retrieved from the playground, or from one of two lost and found boxes in the school. Smaller items (jewelry, money, etc.) are stored in a drawer in the office. There are always things which are never returned to their rightful owners, and we would ask parents to monitor what their children bring to and from school. Please avoid sending special or expensive toys and devices—students often have to leave them unattended during class time, and the school cannot be held responsible for unexplained losses. If your child comes home with something that you do not think belongs to him/her, even if they say it was a “gift,” please give the school a call and have the student return the item to us.

WILD ROSE SCHOOL DIVISION PARENT CALENDAR

This year there will not be a WRSD Parent Information Calendar sent home as in the past. Attached to this newsletter you will find the calendar for 2020/2021. You may also find this calendar on the Wild Rose School Division website: <https://www.wrsd.ca/download/294716>.



ÉRE school picture day is on October 15 & 16 this year! We are in need of two parent volunteers to help ensure our picture day runs smoothly! Please let the office know if you would be interested in helping out! Forms will be forwarded home closer to the date.



This year we went with Custom School Supplies as a convenience for parents/guardians to order school supplies. Please contact Mrs. Zalasky immediately if you had a problem with your order so we can have the issue rectified. We would like feedback concerning this program. Please let us know what you think and any suggestion you may have for the future.



Time: 1:45-2:30, Friday, September, 25, 2020.

As you know, Terry Fox called his journey the *Marathon of hope*. 2020 is the fortieth anniversary of the Terry Fox Run.

After 18 months and running over 5,000 kilometres (3,107 miles) to prepare, Terry started his run in St. John's, Newfoundland on April 12, 1980. He ran 42 kilometres (26 miles) a day, through Canada's Atlantic Provinces, Quebec and Ontario. It was a journey that Canadians never forgot.

As a tribute to Terry Fox and his accomplishments, each class at École Rocky Elementary School will be challenging itself to walk/run a full marathon or 42 kilometres. A 400 metre loop will be marked on the school field. Unlike previous years, we will not be using the popsicle sticks. we will run continuously for 26 minutes. You will stand with your teacher at your classes designated spot. When I blow my whistle we will begin to run.

We hope that this will make the Terry Fox Run more meaningful for the students and provide them with a better sense and understanding of Terry Fox's accomplishments.

If you have any questions or need clarification, please do not hesitate to ask one of us.

The Terry Fox Run / La Journée Terry Fox Organizing Committee

Sarah Koenig

Daniel Ouellette

Yvonne Turner



- Nicole Valstar for the donation of water bottles for our students. She had asked sponsors to assist with this project.
- Vistar Enterprises who matched the donations of water bottles.
- Lisa Thompson for the donation of school supplies.

How can I support my child in this stressful time?

Caregiver considerations around the novel coronavirus/COVID-19

The introduction of the novel coronavirus/COVID-19 in Alberta has led to a wide-spread response by our governments, Alberta Health Services, schools, and community leaders. Facility closures and program changes have caused significant disruptions to the lives of many families. This may lead to increased stress in our homes and increase concerns in our children and youth.

As parents and caregivers, it is not always easy to turn our attention toward thinking about wellness when faced with uncertainties around health, work, finances, child care, etc. In times like these, parents and caregivers have a unique opportunity to model self-regulation and resiliency for our children. By being intentional about how we respond to challenges, we can help our children to build resilience and develop their own positive social stories about themselves, their communities, and 'the bigger picture'. Here are some tips to consider as you are supporting your family in this special time.



TIPS FOR COMMUNICATING ABOUT COVID-19 WITH CHILDREN

Manage your own anxiety.

Be aware of your feelings and take time to calm yourself before talking with your child.

Speak calmly and reassuringly.

Use a calm voice and let your child know they can safely share their concerns and thoughts with you.

Follow your child's lead.

Find out what your child already knows. Ask questions geared to your child's age level. Don't offer more detail than your child is interested in. Some kids want to talk, some don't and that's OK. Let your child know you are there if they want to talk.

Validate your child's feelings.

Your child may be stressed by the ongoing news and talk about COVID-19, sickness, and death. Your child may be upset at the change in routine or the loss of activities they were looking forward to. Help your child to recognize and honour these feelings. Share your feelings in appropriate ways and model positive coping. Help your child to know that together, we can manage our feelings in tough times.

Offer both comfort and honesty.

Focus on helping your child feel safe, but be truthful. Do not make false claims or promises about what's going on. If your child asks a question you don't know the answer to, say so. Use up-to-date information from reputable sites such as www.albertahealthservices.ca to share information with your child on what we can do to protect ourselves.

Be mindful of your child's access to media reports.

Limit news exposure to what is needed in order to have up-to-date information. For older children who want to follow the news, watch/read reports with them so you can help them make sense of the information.

Focus on what we are all doing to stay safe.

Talk about your family's good health practices. Explain how changes in our access to services are for our best interest and that our communities are working hard to care for one another.

Sources: <https://childmind.org/> / <https://kidshealth.org/> / <https://www.unicef.org.au/>

TEACH YOUR FAMILY ABOUT GOOD HEALTH PRACTICES

- Wash your hands often and well for at least 20 seconds/use hand sanitizers when hand washing is not available
- Avoid touching your face, nose, or mouth with unwashed hands
- Avoid close contact with people (social distancing of at least 2 metres/6 feet)
- Clean and disinfect surfaces that are frequently touched
- Stay at home if you are feeling ill or if you have travelled outside of Canada recently; practice self-isolation in accordance with the latest government mandates
- Contact your primary health provider or Health Link 811 if you have questions/concerns about your health
- When sick, cover your cough and sneezes and then wash your hands



Source: www.albertahealthservices.ca

PROVIDE STRUCTURE AND ROUTINE AS YOU CAN**Where your child's routine can stay the same, keep it the same.**

Wake up and bedtimes, meal times, chores, family moments – familiar routines can help a family feel more secure. Even small daily routines – morning greetings, getting dressed, favourite foods, bedtime stories - can give a sense of normalcy in changing times. Traditions and special occasions may have to be adapted but they should still be acknowledged and celebrated.

Where your child's routine has changed, introduce new routines they can count on.

Replace regular activities that have been cancelled with new family activities your child will still look forward to. Stay positive and be creative. Involve your child in planning and building these new activities into your week. You and your child could make a colourful family calendar or daily routine chart to help them remember and prepare for these changes.

Ensure basic needs are met around sleep, eating, and exercise.

Any changes in our child's routine (even with regular school closures such as for summer vacation and winter break) can often mean a change to our child's routines around their basic needs. Ensure that your child's routine still allows for a healthy sleep schedule, regular balanced meals, and heart-pumping movement throughout the day. While everyone is encouraged to stay home more in accordance with government mandates, we can still play outside in the backyard, step outside to stretch and take a deep breath of fresh air, and appreciate nature.

Be intentional about maintaining healthy socializing.

Although we are encouraged to practice social distancing to stop the spread of this virus, healthy socializing is essential to our well-being. Be intentional about creating times of connection for your child with friends and family – through phone calls, FaceTime, or online through emails and social media. When children are sad that they cannot be with their friends or family, encourage them to talk about these relationships, draw pictures of them, or talk about activities they will do together in the future. Show them that though we may be apart for a while, we are not alone.



**Support your child's learning.**

Stay in touch with your child's school and any online learning goals or accommodations that educators are providing. Support your child to follow a daily routine to complete modified coursework and continue reading.

Access educational and informative programs and websites that engage children and youth while reinforcing skills and promoting learning. Common Sense Media and the Edmonton Public Library have provided some great links to online tools:

- <https://www.commonsense.org/education/top-picks/10-great-free-websites-for-elementary-school>
- <https://www.epl.ca/blogs/post/schools-out-8-online-resources-to-keep-your-kids-learning/>

Monitor your family's screen time.

In times like these, our technology is such a helpful resource for communication, learning, information, and entertainment. As parents, we sometimes use our devices (phones, tablets, computers, gaming consoles, and TV) to keep our children busy so that we can get our own tasks done. However, screen time cannot replace the one-on-one time that children and youth need from parents for healthy development. Also, it's easy for all of us to lose track of the time when we are engaged with our screens. Be intentional about how often, how long, and for what purpose media is used in your home. For more information on how to build your family's media plan, go to <https://www.healthychildren.org/English/media/Pages/default.aspx>

**Schedule your own daily self-care.**

In change and uncertainty, we know that parents want to do all that they can to protect and comfort their children. We cannot do this as effectively if we are continuously overwhelmed and exhausted ourselves. It has been wisely said that 'you cannot pour from an empty cup.' To give your best to your child, you must be filled by having your own needs met. Do all you can every day to get sleep, eat well, move your body, and connect with people that support you. Reflect on your physical, emotional, mental, spiritual, and relational wellbeing and tend to areas that need your attention. Be gentle with yourself. Notice moments of beauty, laughter, and generosity with your child, family, and community.

Additional Resources:

Talking with Children: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Help in Tough Times: <https://www.albertahealthservices.ca/amh/Page16759.aspx>

What to do if you are anxious about coronavirus/covid-19:

<https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/>

Helping Children Manage Anxiety Related to COVID-19:

<https://www.youtube.com/watch?v=ocddWZuLYbw&feature=youtu.be>

Short book (PDF) to help explain COVID-19 to children: <https://www.mindheart.co/descargables>



For up-to-date information about the novel coronavirus / COVID-19, and to access the online self-screening tool, go to

<https://www.albertahealthservices.ca/topics/Page16944.aspx>

If you have concerns around health symptoms, call Health Link at 811.



Wild Rose School Division South Parent Calendar 2020 - 2021



August 2020							September 2020							October 2020							November 2020							
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	
						1																1	2	3	4	5	6	7
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	29	30						
30	31																											

December 2020							January 2021							February 2021							March 2021							
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	
		1	2	3	4	5						1	2			1	2	3	4	5	6		1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13		7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20		14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27		21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28	29	30	28								28	29	30	31			
							31																					

April 2021							May 2021							June 2021							Legend						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa							
				1	2	3							1			1	2	3	4	5	No School for Staff and Students						
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	No School for Students						
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	No School for K-9 Students						
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	No School - ATA Teachers' Convention						
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30				First Day of School for Students						
							30	31													June 25 - Last Day for K-9 Students						
																					June 28 - Last Day for 10-12 Students						