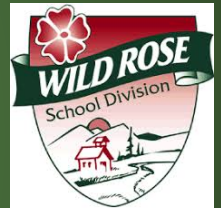




# École Rocky Elementary Newsletter



*November 6th, 2020*

## COVID-19 INFORMATION

Please find below the updated Covid-19 Information (as of November 2, 2020 from Alberta Health Services AHS). At the back of the newsletter for your convenience is the AHS Daily Checklist for children under 18. Should you have any questions or concerns, please feel free to contact the school.

| If a student has these symptoms   | What to do   |
|---|--|
| <ul style="list-style-type: none"><li>• Fever</li><li>• Cough</li><li>• Shortness of breath or difficulty breathing</li><li>• Loss of sense of smell or taste</li></ul>   | <ul style="list-style-type: none"><li>• Isolate at home for a minimum of 10 days from when symptoms started or until symptoms resolve, whichever is longer.</li><li>• COVID-19 testing is recommended.</li><li>• Can return to school before 10 days only if a COVID-19 test is negative, symptoms are gone, and the student was not a close contact of someone with COVID-19.</li><li>• Do not enter any long-term care settings for 10 days and until symptoms have resolved.</li><li>• If test results are positive, isolate at home for at least 10 days and follow instructions received from Alberta Health Services.</li></ul>  |
| <p>One of the following symptoms</p> <ul style="list-style-type: none"><li>• Chills</li><li>• Sore throat/painful swallowing</li><li>• Runny nose/congestion</li><li>• Headache</li><li>• Muscle or joint aches</li><li>• Feeling unwell/fatigued</li><li>• Nausea, vomiting or diarrhea</li><li>• Unexplained loss of appetite</li><li>• Pink eye (conjunctivitis)</li></ul> | <ul style="list-style-type: none"><li>• Stay home from school and monitor for 24 hours. If after 24 hours your symptoms improve, you may return to school when you are feeling better.</li><li>• A COVID-19 test is not required but is available.</li><li>• Do not enter any long-term care settings for 10 days and until symptoms have resolved.</li></ul> <p>If a child has any <b>2</b> of these symptoms, or after 24 hours, their condition gets worse or they develop a second symptom:</p> <ul style="list-style-type: none"><li>• COVID-19 test recommended.</li><li>• May return to school after symptoms are gone, even without a COVID-19 test or results.</li><li>• Do not enter any long-term care settings for 10 days and until symptoms have resolved.</li><li>• If test results are positive, isolate at home for at least 10 days and follow instructions received from Alberta Health Services.</li></ul> |

**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>**



|                             |   |
|-----------------------------|---|
| <b>November 9</b>           | <b>Growing Smiles Christmas Flowers/Plants orders due today, no orders accepted after this day.</b> |
| November 10                 | Remembrance Assembly  |
| November 10                 | Canadian Parents for French Annual Meeting Lou Sopit 6:30 p.m.                                      |
| <b>November 11</b>          | <b>Remembrance Day (No School)</b>  |
| <b>November 12 &amp; 13</b> | <b>No School For Students and Staff</b>   |
| November 20                 | Report Cards Go Home  |
| <b>November 20</b>          | <b>Mom's Pantry orders due today, no orders accepted after this day.</b>                            |
| November 24-26              | Book Fair   |
| <b>November 25</b>          | <b>Purdy's Chocolates orders due today, no orders accepted after this day.</b>                      |
| November 25 & 26            | Parent/Teacher Interviews 4:30 - 7:30 p.m.  |
| November 26                 | November Assembly 1:45 p.m.   |
| <b>November 27</b>          | <b>P.D. No School For Students</b>  |
| December 1                  | School Council & Fundraising Committee Meeting 12 Noon  |
| December 18                 | <b>Pajama Day</b> and Assembly 1:45 p.m.  |
| <b>Dec. 21-Jan. 3</b>       | <b>Christmas Holidays No School</b>   |
| January 4                   | School Resumes  |
| January 27                  | <b>Beach Day</b> and Assembly 1:45 p.m.   |
| <b>January 28 &amp; 29</b>  | <b>P.D. No School For Students</b>  |
| Jan. 28 - Feb. 23           | Traveling Art Show - In Good Company (displayed at school).   |
| <b>February 15</b>          | <b>Family Day No School For Students and Staff</b>  |
| <b>February 16 &amp; 17</b> | <b>No School For Students and Staff</b>   |
| <b>February 18 &amp; 19</b> | <b>Teachers' Convention - No School For Students</b>  |
| February 26                 | <b>Pink Shirt Day</b> and Assembly 1:45 p.m.  |
| March 4                     | Evening for French Entertainment  |
| <b>March 5</b>              | <b>P.D. No School For Students</b>  |
| March 12                    | Report Cards Go Home  |
| March 14                    | Daylight Savings Begins   |
| March 17 & 18               | Parent/Teacher Interviews 4:30 - 7:30 p.m.  |
| <b>March 19</b>             | <b>P.D. No School For Students</b>  |
| March 31                    | <b>Jersey Day</b> and Assembly 1:45 p.m.  |
| <b>April 2 - 11</b>         | <b>Spring Break</b>   |
| <b>April 23</b>             | <b>P.D. No School For Students</b>  |
| April 25-30                 | Education Week  |
| April 30                    | <b>Wacky Hair Day</b> and Assembly 1:45 p.m.  |
| May 3                       | Music Monday  |
| <b>May 7</b>                | <b>P.D. No School For Students</b>  |

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

# What's Happening

|               |   |
|---------------|---|
| May 9         | Mother's Day  |
| May 9-14      | Mental Health Awareness Week  |
| May 14        | <b>Hats</b> for Mental Health   |
| <b>May 21</b> | <b>No School for Students and Staff</b>   |
| <b>May 24</b> | <b>Victoria Day - No School for Students and Staff</b>                                |
| May 28        | <b>Careers Day</b> and Assembly 1:45 p.m.   |
| June 3        | <b>Western Day</b>  |
| <b>June 4</b> | <b>P.D. No School For Students</b>  |
| June 17 & 18  | Kindergarten Grad   |
| June 20       | Father's Day  |
| June 23       | Peace Day and Talent Show   |
| June 25       | <b>Formal Day</b> and Assembly 11:00 a.m. and <b>last day of school for students.</b> |

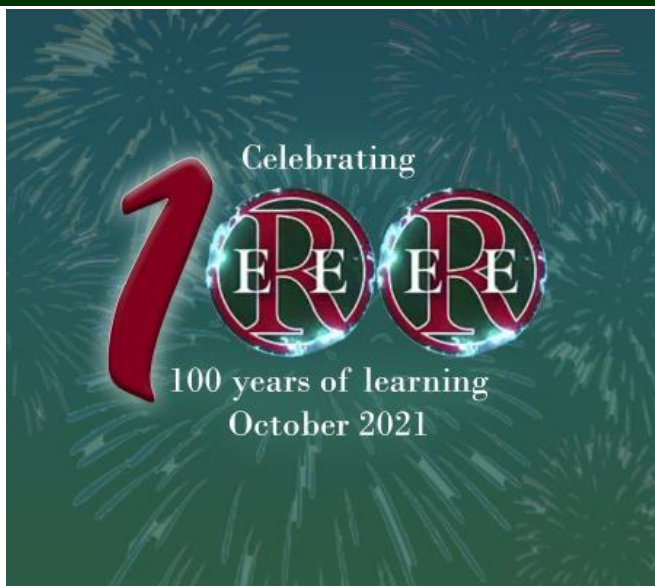
---

Thank  
you

- Vanessa Lobley for coordinating the hot lunch program and taking on the position of Chairperson for both the School Council and ÉRE Fundraising Society.
- Parents for assisting with handing out hot lunches.
- Sr. Margie for her gift of time to work with our staff and students with the **I Care Program**.
- Parents/Guardians for attending the School Council meeting!
- Breakfast program volunteers.
- Terry Erickson for the donation of National Geographic magazines.
- Evergreen Co-Op for the wonderful donation of **Hay Clay**.



We will be having a virtual Remembrance Day Assembly on Tuesday, November 10th at 11:30 a.m. Donations are being accepted for the Royal Canadian Legion for poppies that students will be receiving. **Should you wish to make a donation, please send it with your child and we will forward all monies collected to the Legion.**



We are seeking parents, community members and alumni who would like to share 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](mailto:rose.zalasky@wrsd.ca).

### **A SPECIAL FLAG PRESENTATION**

On Thursday, October 15th, the Hon. Gerald Soroka, MP made a stop at ÉRE to deliver a Canadian flag. He receives 80 flags a year to distribute across the riding. For the flag presentation we invited a community member Leland Visotto to join us. He cares a lot about the Canadian flag and deeply appreciated that we invited him to the flag presentation. Thank you to Trustee Russ Hickman who was able to join us for the celebration. Also, thank you to Hon. Gerald Soroka for the presentation of the Canadian flag to ÉRE.



Reports cards are going home Friday, November 20th. Parent/Teacher interviews are Wednesday, November 25th and Thursday, November 26th from 4:30—7:30 p.m. We will be using School Interviews again this year for booking Parent/Teacher interviews. A letter and code will be sent home with report cards. You will have the option of coming into the school or doing a virtual interview. Please feel free contact the school if you have any questions.



## CLOTHING FOR CHILDREN

We have a small supply of good, clean coats, etc. Check at the office for directions. If your child needs something, you are free to take it. If you have items that your children have outgrown such as coats, boots, mittens, hats, socks, pants, top and swimsuit/towels, snow pants, etc. please feel free to drop them off.

Thank you for everyone who has donated clothing to the program. With winter fast approaching we are always in need of gloves, toques, coats, etc.



Students are encouraged to dress up or bring items on Spirit days which coincide with our monthly assemblies.



|                      |                        |
|----------------------|------------------------|
| <b>November 26</b>   | <b>To Be Announced</b> |
| <b>December 18th</b> | <b>Pajama Day</b>      |
| <b>January 27th</b>  | <b>Beach Day</b>       |
| <b>February 26</b>   | <b>Pink Shirt Day</b>  |
| <b>March 31st</b>    | <b>Jersey Day</b>      |
| <b>April 30th</b>    | <b>Wacky Hair Day</b>  |
| <b>May 28th</b>      | <b>Careers Day</b>     |
| <b>June 3rd</b>      | <b>Western Day</b>     |

Events may be subject to change.







**Ecole Rocky Elementary**  
**Skating Schedule 2020/2021**

Dates may be subject to change.

| Teacher               | Homeroom | Dates                          | Time                    | Rink       |
|-----------------------|----------|--------------------------------|-------------------------|------------|
| Mrs. Gillis           | 1G       | November 16, 23, 30 December 7 | 10:00 a.m. - 11:00 a.m. | Bunch      |
| Mrs. Kirkwood         | 1/2K     | November 17, 24, December 1, 8 | 11:15 a.m. - 12:15 p.m. | Quick Lane |
| Mme Bolton            | 1B       | November 16, 23, 30 December 7 | 11:45 a.m. - 12:45 p.m. | Quick Lane |
| Mrs. Smith            | 2S       | November 17, 24, December 1, 8 | 10:00 a.m. - 11:00 a.m. | Quick Lane |
| Mme Ria/Mlle. Daniels | 2R       | November 16, 23, 30 December 7 | 10:30 a.m. - 11:30 a.m. | Quick Lane |
| Mrs. Hazelaar         | 3H       | January 11, 18, 25, February 1 | 10:00 a.m. - 11:00 a.m. | Bunch      |
| Mrs. Stewart          | 3/4S     | January 11, 18, 25, February 1 | 11:15 a.m. - 12:15 p.m. | Bunch      |
| Mme Gagnon            | 3/4G     | January 11, 18, 25, February 1 | 12:30 p.m. - 1:30 p.m.  | Bunch      |
| Mrs. Koenig           | 4/5K     | January 11, 18, 25, February 1 | 10:30 a.m.- 11:30 a.m.  | Quick Lane |
| M Ouellette           | 4/5O     | January 12, 19, 26, February 2 | 10:30 a.m.- 11:30 a.m.  | Quick Lane |
| Mrs. Kwantes          | 5K       | January 12, 19, 26, February 2 | 12:30 p.m. - 1:30 p.m.  | Bunch      |



### **SKATES & HELMETS**



We are in need of used skates and helmets for students to use for the skating program. If you have any of these items that your child(ren) are not using and would like to donate them to the school, please drop them off at the office. Thank you to those families who have donated skates and helmets they will be put to good use!

### **INCLEMENT WEATHER CLOTHING**

With the weather changing quickly, you should be aware of the current and weather forecast. Dressing in layers allows your child to be more flexible in 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. Also, keep in mind that students will be walking to and from the rink for skating. Please ensure they are dressed appropriately.



## LEARNING COMMON NEWS—BOOK FAIRS

We have a Book Fair coming to our school very soon! It will run November 24th-26th. During Parent/Teacher interviews on Thursday, November 26th we will be open from 4:30 to 7:30 p.m.



More information will be sent home in addition to this newsletter with the call out home.



## GROWING SMILES FUNDRAISING



These plants/wreaths would make wonderful Christmas gifts for family, friends and work places.

**Just a reminder the deadline to order is Monday, November 9th.** No orders will be accepted after this date. If you are paying by cheque, please make cheque payable to ÉRE Fundraising. Website to order online is [eres.growingsmilesfundraising.com](https://eres.growingsmilesfundraising.com).

Pick up will be Wednesday, November 25th between 3:00 p.m. and 4:30 p.m. We need someone to be at the school on Wednesday, November 25th from 3:00 p.m. - 4:30 p.m. to assist with distribution of the plants/wreaths. Please call Vanessa at (403) 844-3815 or email [vnlobley@gmail.com](mailto:vnlobley@gmail.com) if you are able to assist.



## ÉCOLE ROCKY ELEMENTARY

### 2019/2020 YEAR BOOK



Year books from 2019/2020 are still available at the school office to purchase. If you wish to purchase one you may do so online or it may be purchased at the school office. If you order online, please contact Mrs. Zalasky and she can send the year book home or you are welcome to pick it up at the office. The cost is \$20.00.



Given the current health and safety measures, we have not started a school choir. We will revisit the possibility of a choir each month.



We will be starting our next fundraising campaign by the Leadership Team. Purdy's chocolates will make great Christmas gifts! The deadline to order (online with Purdy's or through school) will be November 25th (no exceptions after this date) and the delivery date will be December 7th. You will be notified when items are ready for pickup.



This year the ÉRE Leadership Team is fundraising on behalf of the school. Catalogues and order forms have been sent home this past week.

Deadline for ordering is November 20th. You will be contacted in regards to delivery date.

Thanks in advance for your support!



If you need to arrange busing for your child, you can do so on the [www.wrsd.ca](http://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 we are not allowing students to bring friends on the bus until further notice.**

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](http://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.



Although we have two large Lost and Found boxes in the school, they both tend to be overflowing on a regular basis. In order to keep the school sanitary and organized, we are required to empty and clean these boxes several times each year. Please drop in and check for missing coats, sweaters, etc. The Lost and Found boxes will be emptied and cleaned following the parent-teacher interview week in November. Parents and students are encouraged to check through these boxes on a regular basis. Unclaimed items are donated to the Next to New so that they can be recycled.





To the parent or guardian of Rocky Elementary students:

Due to the unforeseeable pandemic, the Rocky Public Health Nurses were unable to complete some of the immunizations in the spring of 2020.

If you, the parent, signed a consent last year AHS considers this consent to still valid.

If you consented last year, Public Health will be immunizing your child this year. Your child will receive an after care form when this is completed with instructions to deliver the form to the parent.

If you have any questions or concerns please contact myself at 4038445238

Thanks

Cheryl Makofka RNBSCN  
Public Health Rocky Mtn House  
4038445238

## **NUTRITIONAL BREAKS**



As you know, our Balanced Day creates two scheduled lunch breaks for our students (10:38 a.m. and 1:22 p.m.). **It is important to provide enough nutritious food to sustain your active, growing child through the school day.**



ÉRE's Breakfast Program is off to a great start! Thanks to all of the adults who have volunteered to help out. We offer breakfast to students from 8:20 a.m. until the first bell rings at 8:40 a.m. Our program is sponsored by various companies/corporations through the Breakfast Clubs of Canada. We also have some community sponsors as well. We are always looking for donations from anyone in the community.



## **FREE Membership - Membership Drive! Until March 31, 2021**

Across the country, membership is FREE for 1 year!

We want to get members involved  
and actively promoting this great opportunity.

Go to the following link to sign up free

<https://form.jotform.com/202446522222040>

**CPF** *Canadian Parents for French*  
**Annual General Meeting**  
Tuesday, November 10, 2020  
6:30 p.m.  
Lou Soppit Community Centre  
Maximum seating 100  
Sign up for your new membership today at [cpf.ca](http://cpf.ca)  
CPF Alberta is sponsoring the  
FREE memberships until March 31, 2021.  
Please join us and learn more of what CPF  
has to offer during these difficult times.  
**Mark your calendars!**  
January is approaching fast, ERE will be hosting  
their early registraton night for PRE-K and  
Kindergarten 2021/22 school year.  
*Watch for further details.*  
For more information, please email  
[cpf.rmh@gmail.com](mailto:cpf.rmh@gmail.com) or call  
403-895-2342



## **Promote effective study habits for a successful school year**

Homework can be a major source of conflict for parents and kids. But even if study time goes well in your family, it's important to make sure you're covering the basics. Take small, simple steps that promote cooperation and good study habits. Remember to:

- Choose a regular time and place for studying. It should be somewhere quiet with no TV or similar distractions. Pick a comfortable spot and stock it with necessities. Kids study better, and with fewer complaints, when they follow a routine.
- Allow free time first. Some kids need to blow off steam after school by exercising or chatting. Many also head straight for a snack or drink. Keep healthy options available that will energize your child for work and play.
- Encourage organization. Productive studying starts with a to-do list. Older elementary school students should make one each day.
- Postpone screen time. Watching TV and playing video games are privileges that often take away from priorities, including homework, reading and socializing. Save all screen time for after homework and studying.
- Pay attention. Homework time is a chance for you to learn about your child. Does she excel at reading? Struggle with multiplication? Have trouble with spelling? Work with her teacher to build on her strengths and overcome challenges.
- Be supportive. Don't do your child's homework for her. But do stay nearby to supervise. It's okay to answer questions and guide your child through problems. But if you feel she needs too much help in an area, talk with her teacher.

# 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 to Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

## Screening Questions

### 1. Has the child:

*(Choose any/all possible exposures)*

|  |     |    |
|--|-----|----|
| <b>Traveled outside Canada in the last 14 days?</b><br>When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days unless enrolled in the Alberta COVID-19 International Border Pilot Project  | YES | NO |
| <b>Had close contact with a case of COVID-19 in the last 14 days?</b><br>Face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging   | YES | NO |
| <b>If the child answered "YES" to any of the above:</b> <ul style="list-style-type: none"> <li>The child is required to quarantine for 14 days from the last day of exposure.                             <ul style="list-style-type: none"> <li>If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times.</li> </ul> </li> <li>If the child develops any symptoms, use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to determine if testing is recommended.</li> </ul> |     |    |
| <b>If the child answered "NO" to both of the above:</b> <ul style="list-style-type: none"> <li>Proceed to question 2.</li> </ul>   |     |    |

### 2. Does the child have any new onset (or worsening) of the following core symptoms:

|   |     |    |
|---|-----|----|
| <b>Fever</b><br>Temperature of 38 degrees Celsius or higher   | YES | NO |
| <b>Cough</b><br>Continuous, more than usual, not related to other known causes or conditions such as asthma   | YES | NO |
| <b>Shortness of breath</b><br>Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma   | YES | NO |
| <b>Loss of sense of smell or taste</b><br>Not related to other known causes or conditions like allergies or neurological disorders  | YES | NO |
| <b>If the child answered "YES" to any symptom in question 2:</b> <ul style="list-style-type: none"> <li>The child is to isolate for 10 days from onset of symptoms.</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 child answered "NO" to all of the symptoms in question 2:</b> <ul style="list-style-type: none"> <li>Proceed to question 3.</li> </ul>  |     |    |



**3. Does the child have any new onset (or worsening) of the following other symptoms:**

|   |     |    |
|---|-----|----|
| <b>Chills</b><br>Without fever, not related to being outside in cold weather  | YES | NO |
| <b>Sore throat/painful swallowing</b><br>Not related to other known causes/conditions, such as seasonal allergies or reflux   | YES | NO |
| <b>Runny nose/congestion</b><br>Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather   | YES | NO |
| <b>Feeling unwell/fatigued</b><br>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 |
| <b>Nausea, vomiting and/or diarrhea</b><br>Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome   | YES | NO |
| <b>Unexplained loss of appetite</b><br>Not related to other known causes or conditions, such as anxiety or medication   | YES | NO |
| <b>Muscle/joint aches</b><br>Not related to other known causes or conditions, such as arthritis or injury   | YES | NO |
| <b>Headache</b><br>Not related to other known causes or conditions, such as tension-type headaches or chronic migraines   | YES | NO |
| <b>Conjunctivitis</b> (commonly known as pink eye)  | YES | NO |
| <p><b>If the child answered "YES" to ONE symptom in question 3:</b></p> <ul style="list-style-type: none"> <li>Keep your child home and monitor for 24 hours.</li> <li>If their symptom is <b>improving</b> after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.</li> <li>If the symptom <b>does not improve or worsens</b> after 24 hours (or if additional symptoms emerge), use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to check if testing is recommended.</li> </ul> <p><b>If the child answered "YES" to TWO OR MORE symptoms in question 3:</b></p> <ul style="list-style-type: none"> <li>Keep your child home.</li> <li>Use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to determine if testing is recommended.</li> <li>Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.</li> </ul> <p><b>If the child answered "NO" to all questions:</b></p> <ul style="list-style-type: none"> <li>Your child may attend school, child care and/or other activities.</li> </ul> |     |    |

**Please note:** If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started/until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.