



# Daysland Digest



Wednesday, September 30, 2020

Volume 2020-21, Issue 2

## Principal's Report

September has passed by very quickly, and we are looking at senior high school students finishing their first quarter of studies on November 10th. The following high school quarters go by very fast, they are as follows:

- Quarter 1: September 3 to November 10
- Quarter 2: November 18 to January 29
- Quarter 3: February 1 to April 20
- Quarter 4: April 21 to June 29

Grade 12 Diploma Exams are scheduled for the end of each quarter.

Senior high parents will be receiving emails from teachers soon to make progress report time slots available for parents. If you choose to do so, teachers will respond with a time to virtually meet to discuss your child's progress from October 1-9th. This opportunity is provided due to the short time-frame of the quarter instruction periods. Please remember that you don't have to wait until scheduled times to contact our teachers, just call the office to arrange an appointment or phone call.

We need your help in finding \$2676.00 in lost or outstanding textbooks for Daysland School. This figure has added up over the years, but it is a considerable amount of money. Across BRSD, the amount is much higher. If you find any old textbooks from previous years, no matter how old, around the house, please return them to the book drop off bin by the front doors. We can't afford to replace them as they are very expensive. Thanks so much!

School is looking a little more like it should every day. We have our Annual Terry Fox Run-Walk that you can support with an online donation, and our sports teams are beginning practices in the gym as well. Staff are making every effort to navigate the complex world of the pandemic to make school as normal as possible for students.

If you have questions about anything, please feel free to call us, or email, so that we can address your concerns. We are all your child's educational team, together we are better!

## School Council Annual General Meeting

Wednesday, September 30<sup>th</sup> 7:00PM

Daysland School Learning Commons

All parents from ECS to Grade 12 are encouraged and welcome to attend!

## Terry Fox Run

Yesterday students and staff participated in the Terry Fox Run. Students went outside in their cohorts for a 20-25 minute walk. This year with Covid we were not allowed to collect donations via cash or cheque. If you would like to make a donation to the Terry Fox Foundation on behalf of Daysland School, you can by going to <http://terryfox.ca/Daysland>

Deadline for on-line donations is October 31, 2020.

## Learning Commons Notes

Due to the Covid 19 restrictions, we are unable to host a Scholastic Book Fair this year. We hope to continue this tradition next year!

Mrs. McCarroll

Learning Commons Facilitator



## School Fees

School fees will be going home via email by the end of the week. Fees for elementary students will be per year. Fees for Jr. High students will be semestered and fees for Sr. High students will be quartered. Fees can now be paid on-line at

<https://www.brsd.ab.ca/families/online-payments-ordering>

Fees are due by October 31, 2020.

If you have any questions or would like to discuss payments options, please contact the school.

## Student Accident Insurance

Student Accident Insurance information has been updated. Please click on the link below if you would like more information.

<https://www.brsd.ab.ca/families/student-insurance>

## Athletics

**Athletics are starting up for our students! Due to Covid 19 protocols, things will look a little different for sports teams this year! The School Board has mandated no transportation of students, and as such, is not allowing game play between schools. To follow these protocols, sports teams will be practicing only. Information has gone home to interested athletes regarding X Country and Volleyball. If you are looking for further information, feel free to contact the school. The following practices have already been arranged, and each coach will provide further information during their time slot:**

**Jr. Girls V-Ball: Sept. 30 – 3:15 to 5:00pm**

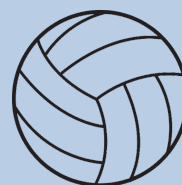
**Sr. Girls V-Ball: Sept. 30 – 5:30 to 7:30pm**

**Jr/Sr High XCountry:**

**Thursday, Oct. 1 – 2:15 to 3:30pm**

**Jr. Boys V-Ball: Monday, Oct. 5 – 3:15 to 5:00pm**

**Gr. 4-6 XCountry: Tuesday, Oct. 6 – 3:15 to 4:30pm**



## Pre-Existing Medical Conditions Forms

**Students with pre-existing medical conditions may have chronic symptoms that present similar to that of Covid 19. (Ex. Asthma; allergies; frequent runny nose; or cough related to their medical condition.) It is very important for the health and safety of our students and staff that we have this information on file for all of our students. If your child has a pre-existing medical condition, please fill out and return the attached form as soon as possible.**



# Career Counselling

October 2020 Newsletter

## Are you learning from home?

Remote students are encouraged to contact their career counsellor to set up a virtual meeting.

Virtual Post-Secondary Fair	Off-Campus & Careers: Next Generation	It's Time to Connect!
<p>BRSD high school students have been invited to two evening virtual ELAA post-secondary events. Closer to the date, look for the access link in your school email or your school's <i>High School Plus</i> Google Classroom.</p> <p>These events will give students the opportunity to connect from home to 28 post-secondary institutions in Alberta, which may include, <i>NAIT, Lakeland College, Red Deer College, U of A, Lethbridge University, U of C, Olds College, Prairie College, The King's University, SAIT, Concordia University, Keyano College, Norquest College &amp; Bow Valley College.</i></p> <p><b>Thursday</b> <b>October 22, 2020</b> <b>6:00 - 8:00 pm*</b></p> <p><b>Tuesday</b> <b>November 24, 2020</b> <b>6:00 - 8:00 pm*</b></p> <p>* Connect using the link shared in your <i>High School Plus</i> classroom or school email.</p>	<p>Students have various opportunities for an off-campus experience including the Registered Apprenticeship Program (RAP), Green Certificate, Work Experience and possibly <a href="#">Health Internship</a>.</p> <p>See your <a href="#">High School Plus</a> site for more details.</p> <p>→ High School Resources → Key Resources</p> <p><b>EXPERIENTIAL LEARNING</b></p> <p><a href="#">Careers: the Next Generation</a> is a provincial school partner connecting students to industry and employers. Check out their Homepage for student, parent, employer and teacher resources/tools. You can also find the site in <i>High School Plus</i>.</p> <p>→ Work Transitions → Trades</p>	<p>The world is changing and how we connect to potential post-secondary institutions is changing too.</p> <p>Post-secondary virtual events, advisor meets and online presentations are available! By connecting, you will be able to ask questions about admission requirements, program choices, scholarships, residence, campus amenities, athletics and more.</p> <p>Look for these opportunities on the institute's website under headings such as <i>Open House, Events, Information Sessions, Advising, Campus Tours, Scholarships and Registration.</i></p> <p>You will also find links on <i>BRSD's Events to Support Planning for Life After High School</i> calendar (on the homepage of the <i>High School Plus</i> website).</p>

Most post-secondary institutions are now accepting applications for the 2021 fall term! Consider applying early to maximize your opportunities for being accepted into your program of choice as well as scholarship eligibility!

Your BRSD Career Counsellors, Lynda Kope & Carla Praticante

[career counselling@brsd.ab.ca](mailto:career counselling@brsd.ab.ca)



Part of the Camrose & Area Family Resource Network

Dear Families,

Welcome to the Camrose Family Resource Centre!

The Camrose Family Resource Centre recently became a part of the Family Resource Network and will be providing services in the areas of prevention and early intervention programs, supports and services for children and youth 0-18 and their families within the City of Camrose, and the Counties of Camrose, Flagstaff and Beaver.

The Camrose Open Door and the Camrose Association for Community Living have become our official partners as part of the new Family Resource Network. We are excited to be working alongside these wonderful community agencies.

The Camrose Family Resource Centre will provide the following supports and services:

- *Parent Education* including Triple P for families with children 0-18
- *Developmental Screening- Ages & Stages Questionnaire, Ages & Stages Questionnaire SE, Protective Factors Survey* for families 0-18
- *Family Programs* for families with children 0-18
- *Family Support* for families with children 0-18
- *Rural Service Delivery* – all programs will be offered within our Rural Service Delivery area

**Camrose Association for Community Living: Healthy Families Program** - Home visitors support and enhance parenting skills, provide information on child development, child health and other aspects of positive family functioning. Visit [www.cafcl.ca](http://www.cafcl.ca) or call 780-679-4357 for more information.

**Camrose Open Door: Parent/Caregivers of Teens Support Group** – This group will provide supports, learnings, debriefing and resource connection to parents/ caregivers of teenagers and will be led by a therapist. Visit [www.camroseopendoor.com](http://www.camroseopendoor.com) or call 780-672-0257 for more information.

The Camrose and Area Family Resource Network are working hard to support families during the COVID-19 Pandemic, providing supports over the phone, through email and online.

Thank you for your time in reading this letter. We encourage you to reach out if you have any questions or want to learn more about the programs and services offered. The following link will take you to our current Newsletter for September & October programs available.

Sincerely,

Camrose Family Resource Centre  
4823 51st  
780-672-0141  
[www.camrosefrc.com](http://www.camrosefrc.com)



[www.facebook.com/CamroseFamilyResourceCentre](https://www.facebook.com/CamroseFamilyResourceCentre)



## Medical Health Information Form – Pre-Existing/Medical Conditions - COVID 19

Parent Form – Completion required for any student with a pre-existing physical or medical condition with symptoms similar to COVID prior to attending school.

Students with pre-existing medical conditions may have chronic symptoms that present similar to that of COVID 19. For example, a student may have: asthma; allergies; frequently have a runny nose; or a cough related to their medical condition.

### The intent of this form is to ensure that:

- Student and staff health and safety is a top priority;
- Schools are provided with information regarding a student's chronic symptoms;
- The student named in this form receives the necessary care upon re-entry to school;
- Personnel providing care are able to develop a schedule to ensure the correct (PPE) Personal Protective Equipment measures and provincial health sanitization guidelines are observed throughout the day.
- School staff are able to determine if any of a student's symptoms are different from those usually present.

**Student Name:**

**Date:**

**Grade:**

**Parent/Legal Guardian Name:**

**Primary Phone Number:**

**Email Address:**

**Secondary Phone Number:**

**Medical/Physical Management requiring adult support: (Check all that apply and briefly provide details.)**

☐ Documentation from medical professional on pre-existing condition(s) (i.e. asthma, allergies, etc.)

☐ Medication administration at school and updated form

☐ G-Tube – Feeding

☐ Ostomy bag

☐ Personal Care Needs (e.g toileting, suction, etc.)

☐ Need for Physical Assistance (e.g when transferring)

☐ Other

### Acknowledgements by Parents or Legal Guardians:

- I have performed the COVID 19 Screening Questionnaire with my student to establish a base line of health or obtained documentation of baseline from a medical doctor for pre-existing conditions and provided this to the school.
- Any change in the student's symptoms, medical condition or medication will be brought to the attention of the principal promptly.
- If the student's health changes from their baseline of health, I agree to use the COVID 19 Self –Assessment Tool and be cleared by AHS prior to returning to school
- I understand that the action taken by staff will be limited to the procedures and protocols developed by the school division in keeping with AHS guidelines.

**Parent/Legal Guardian Name:**

**Signature:**

**Date:**

#### Authorization for Collection of Personal Information

Personal information is collected under the authority of the Education Act and the Freedom of Information and Protection of Privacy Act. This information will be used to respond to the identified medical or physical needs of the student named above. If you have any questions regarding the collection of this information, contact the school principal.

August 19, 2020

## Community News & Events

**Due to COVID restrictions, for the first time since 1956, the Heisler Sausage Supper will not be held this year. Hope to see you next year!**

### Daysland Business Association presents Halloween Parade-All Welcome in Costume

- Friday October 30<sup>th</sup> - 8pm (line up Catholic Church at 7:45pm)
- Anyone can enter: Walk in Costume and/or Decorate a Float
- Bring your jack-o-lanterns and display on the meridian then take home after
- Call Mandy with any questions at 780-374-2107

### 4<sup>th</sup> Annual Scarecrow Festival-Business and Residence

- Decorate your Storefront or front yard for October
- Prizes Available for Commercial and Residential (Judging October 26<sup>th</sup>)
- Must Register to Wendy at 780-679-7564 or [dayslandbusiness@gmail.com](mailto:dayslandbusiness@gmail.com)



### **Thunderstars Minor Hockey Association and Play Skate 2020-2021**

Is your child or children interested in playing hockey or just wants to learn to Skate? If so we would love to have them join our ThunderStars teams or Join Play Skate.

### **What is Play Skate?**

A learn to skate program for young kids aged 3-8, who will learn to skate with guidance from Minor Hockey Coaches as well many volunteers. We will have a 5 week session starting Monday, November 16<sup>th</sup>. We will also be running another 5 week session starting in January. Cost per 5 week session is only \$50!!

Our Goal is to introduce kids to skating first and hockey second. We have a great organization of volunteers that we would like you to be part of!!

**As well if you still want to sign up for Hockey** – If your child or children have never played hockey at the Initiation or Novice level, fees will be reduced for first time players. This is a great year to sign up!

If your children are on the fence about playing competitive hockey, we will be offering a three week trial period for a \$50.00 fee. For more information on this, contact Darcie Brady or Mat Ponto

We will also try to assist new kids who are uncertain about hockey by providing "Try bags" of equipment for Initiation/ Novice. If you're unsure if hockey is for your child and don't want to buy all new equipment we will try to supply bags that you can use to get the season started. Please contact us if this would be of interest to you.

If you would like more information or to register, please call or text  
Darcie Brady: 780-678-4444 or Mat Ponto: 780-608-8479  
Email: [thunderstarsmha.registar@gmail.com](mailto:thunderstarsmha.registar@gmail.com) before October 15<sup>th</sup>, 2020

Also you can check out our website: <http://www.thunderstarsminorhockey.com>



# Flagstaff Christmas Sharing 2020

A project of the Flagstaff Food Bank  
 Box 352  
 Killam, AB T0B 2L0

**TO: Flagstaff County Citizens, Churches, Schools and Community Organizations**

**RE: FLAGSTAFF CHRISTMAS SHARING PROGRAM**

Once again, the Flagstaff Food Bank will be co-ordinating the annual Christmas Sharing Program in the Flagstaff region. Because of the pandemic we are taking this opportunity to change the program to better empower the recipients to plan their Christmas in a different manner from the past. As we shift in our changing world, we will provide coupons to clients to purchase their own food and gifts at participating grocery, drug store and hardware locations throughout Flagstaff.

Some gifts will still be available this year, depending on existing supplies, along with the coupons, so clients' needs can be met while we follow the pandemic protocols of limiting the access of our volunteers to clients.

We would appreciate donations between **November 1<sup>st</sup> and December 11<sup>th</sup>, 2020. Donations can be dropped off at the Flagstaff Family and Community Services building at 4809 49<sup>th</sup> Avenue in Killam.** Drop-offs can be made anytime from November 1<sup>st</sup> to December 11<sup>th</sup> between 10:00 am and 4:00 pm. Please contact FFCS at 780-385-3976 if you have any questions about our program.

As the "Adopt a Family Program" was such a great success in past years, we will be running this program once again with some changes. Anyone interested in adopting a family, please call 780-385-3976 before November 20<sup>th</sup>. From this date forward when you adopt a family, we are asking for a monetary donation to cover the needs of the family payable to Flagstaff Christmas Sharing. These funds will be converted to coupons for distribution to your adopted family.

If you are aware of families in need, with their permission, please feel free to call and submit their name, telephone number and family size. All contacts will be handled with the strictest confidence. Please submit all requests by November 20<sup>th</sup>, 2020.

Thank you for your co-operation and support

Yours in Community Sharing,  
 Flagstaff Christmas Sharing Program  
 Box 352  
 Killam, AB. T0B 2L0

## Addiction & Mental Health News

September 2020

### Back to School Stress

Children may be feeling anxious or fearful about going back to school.

Feeling comfortable and safe will help children focus on learning.

Recognize the signs of stress and help your children develop healthy coping strategies.

### Signs of Stress in Children

Children may respond to stress in different ways such as:

- Clingy and other child-like behaviors
- Uncharacteristic emotional outbursts
- Withdrawing
- Sleeping and eating problems
- Headaches and stomach aches

Responding in a kind and supportive way, listening to concerns and sharing care through warmth and love will calm and comfort children.

### Helping Children with Stress

Reassure children there are health measures in place to keep students and staff safe.

Keep to a routine, it provides structure and certainty and helps kids thrive.

Let your children know that they are not alone and that you can be counted on for support.

Remember it's OK to not be OK and that these feelings are normal.

Share relaxation skills with your child.

### Practicing Self-Care

Practicing self-care is calming and reduces the effects of stress.

Role model self-care for your children; your calmness is important and helpful to them.

Self-care strategies may include:

- Relaxation and calm breathing
- Healthy eating, physical activity and getting enough sleep
- Hobbies and fun activities
- Regular gratitude practice
- Spending time outdoors

For more information and resources to help you understand stress and learn healthy coping strategies, visit:  
[aahs.ca/healthytogether](https://aahs.ca/healthytogether)  
 Anxiety Canada  
[aahs.ca/helpintoughtimes](https://aahs.ca/helpintoughtimes)  
[myhealth.alberta.ca](https://myhealth.alberta.ca)

Information on mental health, community supports, programs and services in your area:



[MyHealthAlberta.ca](https://MyHealthAlberta.ca)

Addiction Services Help Line  
 1-866-332-2322

Mental Health Help Line  
 1-877-303-2642



Health Link  
 Health Advice 24/7



Alberta Health  
 Services