



Welcome to  
Fox Creek School  
November 2020



# Parent Newsletter

## Principal's Message

As October comes to an end we are starting to see leaves have fallen and the weather turn colder. Please remember to send your children to school in layers. We continue to learn outside and will only stay in for recess if there is a driving rain/snow or bitterly cold. Jackets and mitts help.

We thank you for continuing to complete the Student Screen each day and keeping your children home when they are sick. Please visit the link to learn more.

<https://www.alberta.ca/k-to-12-school-re-entry-2020-21-school-year.aspx#toc-2>

Staff are doing a great job monitoring our kiddos. If staff have a concern that your child has fallen ill at school or that they appear to be "getting worse" we will be calling you for a pick-up. Our goal is to keep all students and staff in the building healthy.

Please remember to update any information regarding the information that we have on file for you and your children. It is important that we have up-to-date information if there is an emergency. Don't forget to check out the Google Classroom for your child's class. Teachers are regularly posting announcements and the work that is happening in the classroom.

## Email List:

If you would like to be added to our email list and receive an electronic version of our newsletter, please contact Mrs. Thackeray at the office or [pamela.thackeray@ngps.ca](mailto:pamela.thackeray@ngps.ca)



### Dates to mark your calendar

Nov. 6  
PD Day  
No School

Nov. 9  
Non-  
instructional day  
No School

Nov. 10  
Day in Lieu  
No School

Nov. 11  
Remembrance Day  
No School

Box 88, Fox Creek, Alberta T0H 1P0 Ph. (780) 622-3742 Fax: (780) 622-3482 Email: [foxcreek@ngps.ca](mailto:foxcreek@ngps.ca)

Website: [foxcreekschool.ca](http://foxcreekschool.ca) Facebook: Fox Creek School Twitter: @ngpsfcs

Mr. Ian Baxter, Principal

Our relaunch has gone well. This is due to everyone working so hard to keep our students and staff safe and in school. On November 16 Superintendent Andrea will be meeting with administrators to reassess the restrictions on Volunteers and Extracurricular activities. As we enter the next few weeks it is important we continue to follow the protocols set out by AHS.

Starting on Monday, November 2 we will have poppies on sale at the office. As usual students can purchase a poppy with a small donation. On November 5 students will be part of a virtual Remembrance Day Celebration.

The November break begins on November 6 and students will return to school on November 12. We hope families have some time to recharge and stay safe over the break.

We wish everyone an amazing weekend!

Mr. Baxter - Principal Fox Creek School



## Elementary News

Fox Creek elementary students enjoying the first snowfall of the season!!



1H and 1/2O participated in number Bingo! What a great way to interact with other classes through Google Meets!!



## Governor's General Award

Lord Dufferin, Canada's third Governor General after Confederation, created the Academic Medals in 1873 to encourage academic excellence across the nation. Over the years, they have become the most prestigious award that students in Canadian schools can receive.

For more than 140 years, the Governor General's Academic Medals have recognized the outstanding scholastic achievements of students in Canada. The bronze medallions are awarded to students graduating with the highest average from a high school.

On behalf of Her Excellency, the Right Honorable Julie Payette, Governor General of Canada, I am pleased to hand the academic medal to Codi Peavoy.



Congratulations to Liam Balasbas in grade 9 CTF for the great work on his woods project! Liam has great ideas and does his work with finesse.



A huge thank you to Millar Western Forest Products for supplying us with enough safety glasses for all of Jr. and Sr. high. The glasses will be used in Phys. Ed., Science and Shop classes.





Mrs. Hodges has almost completed check-ins with all potential graduates. Topics covered include tracking diploma requirements, diploma exams, valedictorian, plans after high school, and scholarships. This has been a very eye opening experience revealing that the majority of students have a good idea of what they want to pursue after graduation and many have already applied to post-secondary! A group of students with a clear focus on their future--we are very happy and proud to see.

**JOIN MARYANN HODGES  
NOVEMBER 16TH  
7PM - 8PM  
FOX CREEK GREENVIEW  
MULTIPLEX-FLEX ROOM**

**WHAT IS  
THE NEXT  
STEP?**

**EVERYTHING YOU NEED TO KNOW  
BEFORE APPLYING FOR  
POST SECONDARY  
AVAILABLE SCHOLARSHIPS**

**Fox Creek**  
Community Resource Centre

**Northern Gateway**  
Public Schools

Box 88, Fox Creek, Alberta T0H 1P0 Ph. (780) 622-3742 Fax: (780) 622-3482 Email: [foxcreek@ngps.ca](mailto:foxcreek@ngps.ca)

Website: [foxcreekschool.ca](http://foxcreekschool.ca) Facebook: Fox Creek School Twitter: @ngpsfcs

Mr. Ian Baxter, Principal



# Diploma Exams Schedule

## January 2021

Diploma exams **must** be administered in accordance with the scheduled dates and times.

**All diploma exams must remain SECURED before and during the administration. All diploma exams except those that are asterisked (\*) must remain SECURED after the administration and returned to Alberta Education.**

Monday, January 11	9:00 A.M.–12:00 P.M.	English Language Arts 30–1 Part A* English Language Arts 30–2 Part A*
Tuesday, January 12	9:00 A.M.–12:00 P.M. 9:00 A.M.–11:30 A.M.	Social Studies 30–1 Part(ie) A* Social Studies 30–2 Part(ie) A*
Wednesday, January 13	9:00 A.M.–12:00 P.M.	Français 30–1 Partie A French Language Arts 30–1 Partie A*
Tuesday, January 19	9:00 A.M.–12:00 P.M.	Français 30–1 Partie B French Language Arts 30–1 Part B
Wednesday, January 20	9:00 A.M.–12:00 P.M.	Mathematics 30-1 Mathematics 30-2
Thursday, January 21	9:00 A.M.–12:00 P.M.	English Language Arts 30–1 Part B English Language Arts 30–2 Part B
Friday, January 22	9:00 A.M.–11:30 A.M.	Social Studies 30–1 Part(ie) B Social Studies 30–2 Part(ie) B
Monday, January 25	9:00 A.M.–12:00 P.M.	Biology 30
Tuesday, January 26	9:00 A.M.–12:00 P.M.	Chemistry 30
Wednesday, January 27	9:00 A.M.–12:00 P.M.	Physics 30
Thursday, January 28	9:00 A.M.–12:00 P.M.	Science 30

All students are provided with up to double the official time noted above, if they require it.





## COVID-19 Information—Student illness

### STAY AT HOME GUIDE

This summary, based on the September 2020 Government of Alberta update, [COVID-19 Symptom-Student illness](#), provides further clarity to parents about the 'isolation' period or 'stay home and minimize contact with others' period if a child has presenting symptoms.

It is still expected that parents complete [Alberta Health's Daily Checklist](#), each day, before sending your child to school.

### My child has COVID-19 symptoms. How long must my child stay home?

<b>If my child has any of these core COVID-19 symptoms:</b>	<b>If my child has any of these (secondary) symptoms:</b>
<ul style="list-style-type: none"> <li>Fever</li> <li>Cough (new cough or worsening chronic cough)</li> <li>Shortness of breath or difficulty breathing (new or worsening)</li> <li>Runny nose</li> <li>Sore throat</li> </ul>	<ul style="list-style-type: none"> <li>Chills</li> <li>Painful swallowing</li> <li>Stuffy nose</li> <li>Headache</li> <li>Muscle or joint aches</li> <li>Feeling unwell, fatigue or severe exhaustion</li> <li>Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)</li> <li>Loss of sense of smell or taste</li> <li>Conjunctivitis (pink eye)</li> </ul>
<b>What should I do next?</b>	<b>What should I do next?</b>
<ol style="list-style-type: none"> <li>1. Complete AHS' <a href="#">Online Self-Assessment Tool</a> and call 811.</li> <li>2. You are legally required to have your child isolate for at least 10 days from the start of symptoms or until symptoms resolve, whichever is longer.</li> <li>3. It is strongly recommended that your child be tested for COVID-19.</li> </ol>	<ol style="list-style-type: none"> <li>1. Complete AHS' <a href="#">Online Self-Assessment Tool</a> and call 811.</li> <li>2. Keep your child home from school and minimize your child's contact with others until symptoms resolve.</li> <li>3. It is recommended that your child be tested for COVID-19.</li> </ol>
<b>When can my child return to school?</b>	<b>When can my child return to school?</b>
<p>Your child may return to school:</p> <ul style="list-style-type: none"> <li>Once the 10-day isolation is complete and symptoms have resolved,</li> </ul> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> <li>When your child has received a negative COVID-19 test result, has no known exposure to the virus, and symptoms have resolved.</li> </ul>	<p>Your child may return to school once symptoms have resolved and your child is feeling better.</p> <div style="background-color: #E91E63; color: white; padding: 10px; text-align: center; margin-top: 10px;"> <p>Please see Alberta's <a href="#">COVID-19 Symptom-Student illness</a> document for information regarding pre-existing conditions.</p> </div>

## WE ARE ALL IN THIS TOGETHER

Oh COVID-19, I am so tired of you. Sadly, we are not done yet, the battle continues and we need to find strength to endure. Living through this major historical event is taking all the positive coping skills we have ever learned. We are needing to teach ourselves and our children how to stay the course so we can remain mentally well.

At the end of August, Northern Gateway Public Schools, with Alberta Health Services and the Mental Health Capacity Building Team, offered for all NGPS staff an information session termed "We Are ALL In This Together". It highlighted strategies necessary to support each other while supporting students.

That phrase brings to mind a poem by Damien Barr about weathering storms. The analogy depicts that though we are in the same storm, we are each in a different boat. Some are on super-yachts. Some have just one oar, and so on. I think of this illustration often as I work with each school, supporting students with varying circumstances and levels of resilience. Some are home schooling, some are online/at home, others are face to face. Some students and families are immune compromised, others are struggling with job loss, poverty, addictions and neglect. Some are thriving academically while others are struggling mentally. Some are directly impacted by COVID-19, others don't know anyone who has tested positive. Regardless of the situation, we all need to survive the storm together.

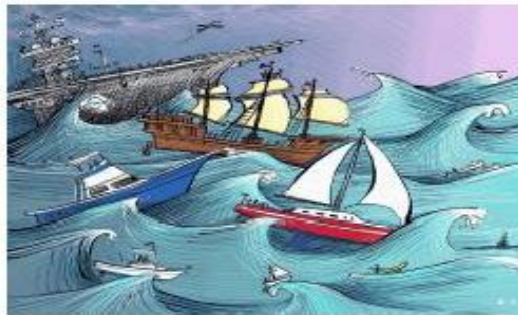


Image Credits: Barbara Kelley

As COVID-19 carries on and we become more weary, it is important that we can recognize when mental distress becomes mental illness, when we need self care and when we need professional help.

### MENTAL DISTRESS vs MENTAL ILLNESS ([teenmentalhealth.org](http://teenmentalhealth.org))

**Mental Distress:** symptoms do not last long; normal reactions to an abnormal situation (like a pandemic!)

**Mental Illness:** symptoms present for 1-3 months. Impacts day-to-day functioning.

### WHO IS MOST AT RISK?

Indigenous people, LGBTQ2S+, older adults, those living in poverty, those with chronic health conditions, previous mental illness, persons with disabilities, or those with a restricted income.



### RED FLAGS

- Change in eating habits/weight
- Loss of interest
- Guilt
- Talking lots of time off school/work
- Conflict in relationships
- Changes in sleep patterns
- Isolating themselves
- Feeling very busy, hurried
- Physical changes
- Memory or attention problems
- Increase in drinking/smoking/vaping

*Anxiety is contagious... and so is calm.*

### HOW TO HELP?

The Five Essential Elements I learned in *Psychological First Aid* is a great place to start:

1. **Promote Safety:** Wearing masks, floor signage, handwashing for example reassures our physical safety and something as simple as providing accurate information fosters psychological safety.
2. **Promote Calm:** feeling anxious is normal. Practice controlled breathing, mindfulness and meditation to remain calm.
3. **Promote Self and Community Efficacy:** carry on regular activities as much as possible. Look for ways to connect with the community. It boosts our confidence that our community can recover.
4. **Promote Connectedness:** get creative in how to connect with others such as online concerts, physically distanced walks or outdoor visits.
5. **Instill Hope:** envisioning a realistic and "normal" future can inspire hope and optimism.

*To be healthy and successful we need to feel connected, safe and in control*

Self care means different things to different people, but mostly, it is about cultivating a compassionate inner voice.

- Make small changes in daily routine/tasks
- Regular physical activity
- Focus on what you can control (your attitude, what you eat, what you watch/listen to, what you spend your money on)
- Actively reduce and manage the stress in your life: organize that junk drawer, write up a budget, complete that to do list. Things that give you a feeling of accomplishment.
- Punitive responses to problem behavior can lead to further trauma
- Deep breathing
- Be creative: paint, decorate, garden, knit, woodworking, etc
- Set boundaries with toxic people, family, friends, and social media.
- Keep structure and routine of the day if you have chosen at home, online learning

We are all in this COVID-19 storm together. Regardless of the boat we are in, we need to believe that we will soon find safe ground. Each of us is seeking to survive this worldwide crisis as unscathed as possible. Let us navigate our route with respect, empathy, courage and responsibility. Throw a lifeline to the ones who are struggling, accept a lifeline if someone reaches out. We are ALL in this together.

[For Mental Health Support](#), Mental Health Help Line 1-877-303-2642, Kids Help Phone 1-800-668-6868

*This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support for schools, students, parents and caregivers to promote success in school. Tammy advocates for students and families, providing a link to the community programs. Tammy has been a registered social worker for more than 20 years and is a mother to 4 teenagers.*



## TO ALL FOX CREEK SCHOOL PARENTS AND GUARDIANS:

On behalf of our school, I would like to share with you the following information about student resources that are available from Castle Rock Research. At **FOX CREEK SCHOOL**, we have been privileged to work with this Edmonton-based company to access quality materials to support students, teachers, and parents. Over the past 25 years, more than one million students in Alberta have used **The KEY Study Guides** and the **SNAP Workbooks** to prepare for their in-class tests and end-of-year assessments.

This year, more than ever before, the evolving K-12 education landscape is seeing a shift to digital delivery with an emphasis on engaging and relevant content. In keeping with the focus on 21st century learning and the changes necessitated by the current health concerns, Castle Rock Research is offering our families a fully digital solution, **SOLARO**.

### WHAT IS SOLARO?

SOLARO (Student Oriented Learning, Assessment, and Reporting Online) is a comprehensive digital resource that provides all the benefits and features of castle Rock's printed guides with the added value of more robust content and many more practice questions. The same **year-end tests** from **THE KEY** are available in SOLARO, along with the released questions from the latest diploma exams. Some of the many exciting features of SOLARO are:



**Engages students** – creates learning pathways specific to each student's strengths while bringing attention to areas requiring additional review.

**Accessible at home or at school** – useful as a supplemental resource that reinforces concepts covered in the classroom.

**Individual student accounts** – limitless practice tests for every course provides students with an alternative to item banks.

**Robust content** – mix of text, multimedia, video, and interactive content.

**Data-Driven Reporting** – gives users meaningful insight into performance at the most granular curriculum level.



**Parental Access** – Parents are able to connect to their children's accounts to view five different reports.

**Available for every platform** – web or mobile (iOS, Android, and Windows).

**More courses** – SOLARO is available for additional [Courses](#) that are not currently offered in print.

Castle Rock Research is maintaining their policy of educational discounts by offering **SOLARO** at a rate of \$20.00 per student for an annual license (compared to \$199.00 retail price). While the cost of one print resource is approximately \$20.00, one **SOLARO** licence will provide each student with **unlimited access** for up to **ten courses** for the entire school year, for roughly the same price of one print resource.

As a 100% digital solution, **SOLARO** eliminates the need to print and deliver physical products. We hope you will join us on a new path of helping students to reach their highest level of achievement. For families interested in purchasing **THE KEY** Study Guides, **SNAP Workbooks**, **Problem Solved**, and **Class Notes**, these print publications will also remain available.

Please place your order online at <https://schoolorders.solaro.com/1202> between November 4, 2020 and November 19, 2020. All print orders will be individually packaged and delivered to the school for students to pick up.

*Thank you,*  
**FOX CREEK SCHOOL**



### Budget 2021 Engagement Opportunities

Demonstrating its fiscal responsibility, the Alberta government has launched a [Budget 2021 consultation process](#). Through an online survey, telephone town halls, and an open submission process, the government hopes to uncover Albertan's priorities about:

1. reducing costs
2. prioritizing how revenue should be spent
3. seeking opportunities for saving
4. looking for ways to strengthen the economy

The [online survey](#) closes Dec. 4, 2020, with participation details on three 6:30 to 8 p.m. telephone town hall meetings, slated for November 30, December 2 and December 3, to be announced closer to the events. Organizations also are invited to provide feedback by emailing their submissions directly to: [budget.feedback@gov.ab.ca](mailto:budget.feedback@gov.ab.ca). In November, the government will bring back its 'build a budget' tool, allowing Albertans to make choices on spending and revenue, and then see the impacts their decisions have on debt and deficit. Budget 2021 will be released in February 2021.

### ASCA Administers Parent Pandemic Pulse Survey

Alberta School Councils' Association (ASCA) has released a survey to measure the "pandemic pulse" of K-12 parents concerning Alberta's school re-entry plan this fall. Participation in the [24-question survey](#) is anonymous and takes approximately 15 minutes to complete.

The survey closes, November 6, 2020.



**We will be having a virtual Remembrance Day on November 5 and students can bring money to purchase a poppy starting on Monday November 2.**

Make online payments with  
**SchoolCashOnline**

- ✓ Field trips
- ✓ Sports Events
- ✓ Activity Fees

[ngps.schoolcashionline.com](http://ngps.schoolcashionline.com)

Paying for school items just got easier! SchoolCashOnline is the easy and safe way to manage your school expenses and view your payment history online. Save yourself the trip to the school and sign up today! [ngps.schoolcashionline.com](http://ngps.schoolcashionline.com)

# To Run or not to run

### 1 Who makes the decision and how?

**Rhett Czaban**  
Director of Transportation

Weather

Highway Satellite Cameras

Temperature readings  
Environment Canada  
511 Alberta

-40

Scouting the Roads

Bus Driver  
Chowhey

Calls to bus drivers and contractors

### 2 Are the buses running?

### 3 The decision is made between

06:00

am

06:30

am

### 4 How do we let you know?

[ngps.ca](http://ngps.ca)

### 5 It's your decision!

Send to School

Keep Home

It is always your decision whether or not to send your child to school when weather conditions are extreme.

### 6 Dress warmly!

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

Box 88, Fox Creek, Alberta T0H 1P0 Ph. (780) 622-3742 Fax: (780) 622-3482 Email: [foxcreek@ngps.ca](mailto:foxcreek@ngps.ca)

Website: [foxcreekschool.ca](http://foxcreekschool.ca) Facebook: Fox Creek School Twitter: @ngpsfcs

Mr. Ian Baxter, Principal



## SCHOOL COUNCIL

design our

# FOX CREEK SCHOOL PARENT COUNCIL LOGO CONTEST

---

send your original design submission to  
foxcreekschoolcouncil@gmail.com  
by November 15, 2020

*winner to receive a \$50 gift card*

Gift Wrap fundraiser deadline Nov 6  
<https://dfscanada.com/online-shopping/>

For a catalog or seller ID number, contact Jenn Ashmore 7806685726

We are still planning Tinsel Town and Book Fair but they will look a little bit different this year than usual. Watch for updates on these events in the coming weeks!

The next School Council meeting is Thursday, Nov 19 at 7pm



FOX CREEK LIBRARY  
**WE NEED YOUR HELP!**  
**2021 PLAN OF SERVICE SURVEY**  
<https://www.surveymonkey.com/r/P8R8C79>  
OR  
Paper copies of the survey are available at the library  
**GIFT CARD TO BE DRAWN  
FROM ALL ENTRIES!**  
<Survey available November 1-30, 2020>



103-2a Ave, Box 1078  
Fox Creek, AB T0H 1P0  
780-622-2343  
foxcreeklibrary@yahoo.com  
foxcreeklibrary.ca



Monday-Friday 10:00am-8:00pm  
Saturday 10:00am-3:00pm

**Computers, printing, photocopying, faxing etc.**  
**FREE library membership for residents!**  
Library books can be returned to our new location;  
upstairs in the Fox Creek Greenview Multiplex



# Children's Wooden Santa craft night at the library

December 7-11

7:00pm-7:30pm

Ages 7-11

Get ready to create your own  
Wooden Santa

Pre-Registration Required  
Limited Supplies Available



103-2a Avenue P.O. Box 1078  
Fox Creek, Alberta T0H 1P0  
Ph. 780-622-2343, Fax 780-622-4180  
foxcreeklibrary@yahoo.com



# Family LEGO Club at the Library

FREE

November 2  
To  
November 26

Monday-Thursday  
7:00pm-7:30pm

PRE-REGISTRATION REQUIRED  
Limited space available



103-2a Avenue P.O. Box 1078  
Fox Creek, Alberta T0H 1P0  
Ph. 780-622-2343, Fax 780-622-4180  
foxcreeklibrary@yahoo.com



# Teen Ugly Christmas Sweater craft night at the library

November 30-December 4

7:00pm-7:30pm

Ages 12-19

Get ready to make your very own  
Ugly Christmas Sweater!

**Pre-Registration Required**

**Limited Supplies Available**



103-2a Avenue P.O. Box 1078  
Fox Creek, Alberta T0H 1P0  
Ph. 780-622-2343, Fax 780-622-4180  
foxcreeklibrary@yahoo.com



FOX CREEK LIBRARY

## Annual General Meeting

Tuesday, November 17, 2020

7: 00pm @ The Fox Creek Library

The Town of Fox Creek Library Board

invites you to the

Annual General Meeting of their Board.

Taking place at this time will be elections.

Box 88, Fox Creek, Alberta T0H 1P0 Ph. (780) 622-3742 Fax: (780) 622-3482 Email: [foxcreek@ngps.ca](mailto:foxcreek@ngps.ca)

Website: [foxcreekschool.ca](http://foxcreekschool.ca) Facebook: Fox Creek School Twitter: @ngpsfcs

Mr. Ian Baxter, Principal