



Welcome to
Fox Creek School
February 2022



Parent Newsletter

Principal's Message

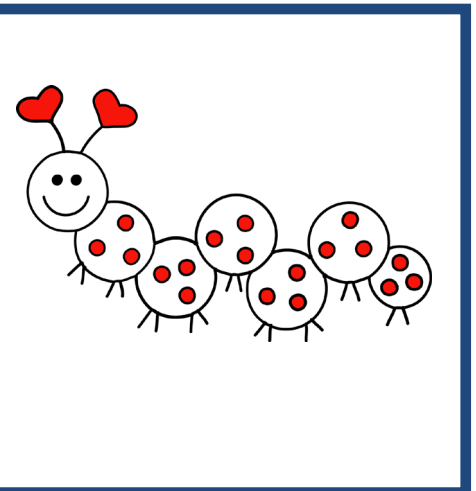
As we begin the second half of the school year, we continue to face the challenges and upheaval caused by the COVID-19 pandemic. However, students and staff continue to collectively forge ahead. As a school, we are doing all we can to ensure student learning prevails, while also providing the additional experiences that help enrich school life.

Our students inspire us each and every day. Their patience and resilience is on daily display. They are working hard to reduce the learning gaps that have naturally occurred over the past two years. Staff are working tirelessly, doing everything they can to support their students during uncertain times. I applaud them all - students and staff alike. It is humbling to see how the Fox Creek School community continues to come together and thrive, especially in the face of this ongoing health crisis. The first half of the year brought with it many things to celebrate, including a wonderful Christmas concert, the resumption of high school athletics, and meaningful curricular and extracurricular activities for students throughout our school.

Let us hope in the next few weeks we are in a place where we see some increased stability, and maybe even a sense of pending relief from the pandemic, on the horizon. In the meantime, I wish you and yours good health. Thank you to families for their ongoing support, cooperation and openness.

Email List:

If you would like to be added to our e-mail list and receive an electronic version of our newsletter or other communication, please contact Mrs. Lussier at the office or victoria.lussier@ngps.ca



Dates to mark your calendar

Feb 03
Parent-Teacher Interviews
Gr. K-6
5:30-8:00pm

Feb 10-11
Teacher Convention
No School

Feb 17
School Council
7pm

Feb 21
Family Day
No School

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

Website: foxcreekschool.ca Facebook: Fox Creek School Twitter: @ngpsfcs

Mr. Ian Baxter, Principal Mrs. Ronica DeCiccio, Assistant Principal

Ms. Slocum and the grade 3s enjoyed the warm temperatures and abundance of snow at recess.

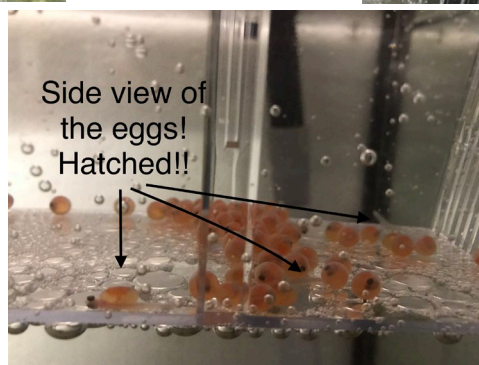
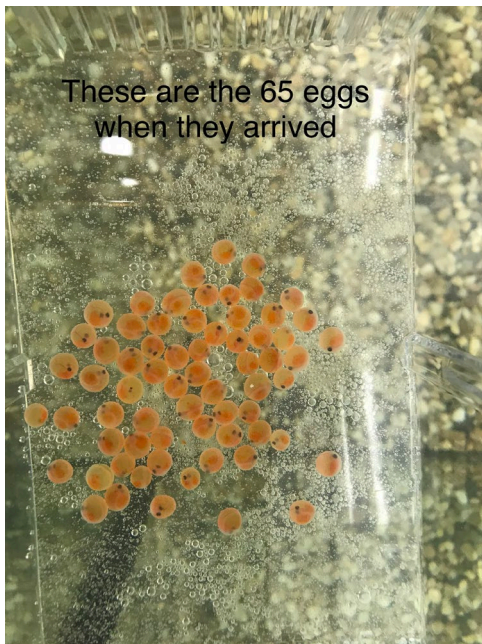




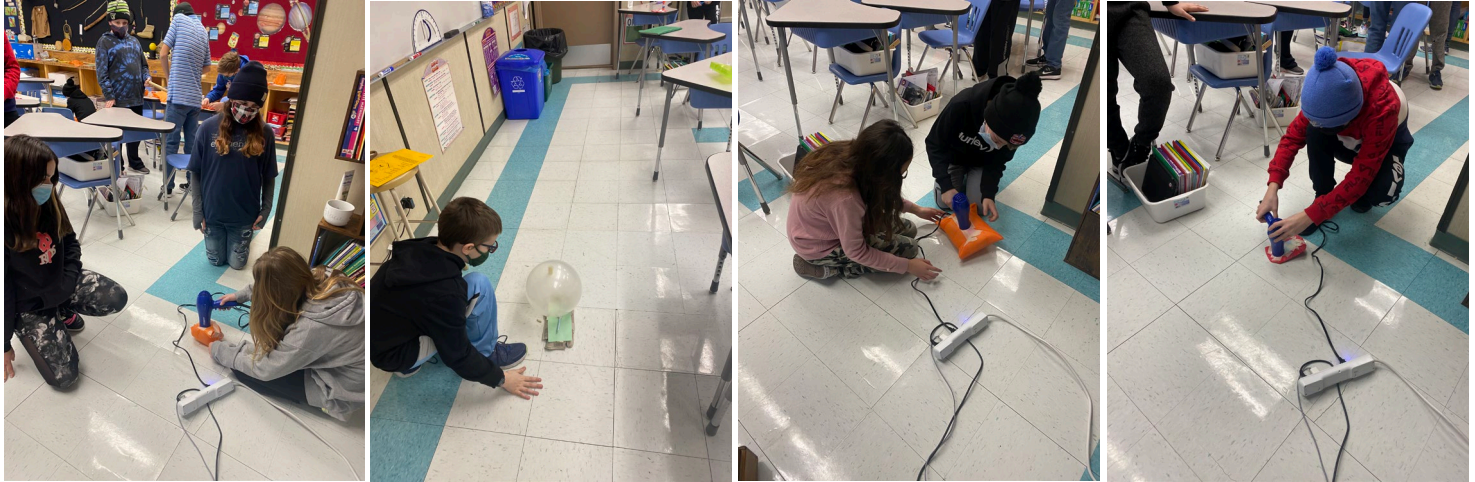
A huge Thank you to Jody Davidson, who gave an amazing virtual presentation to the Grade 3s on Africa, Tanzania and Arusha. Jody lent the class currency and photos to look at and gave each student and office staff member a bracelet made by the women in Arusha. We really appreciate Jody sharing her experience as a visitor and what life is like for people in Arusha and teaching us all about her Hockey Hearts School and orphanage.



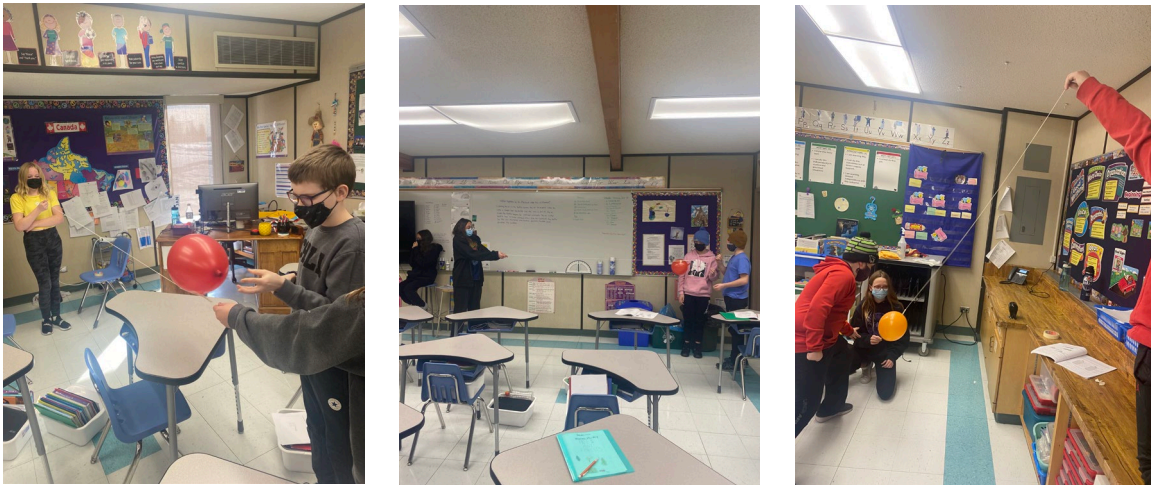
The students are so excited to see our Rainbow Trout eggs hatching!! Currently we have 5 hatched eggs! Rival sponsored the materials needed for Fox Creek School to participate in the Fish In Schools (or FinS) program that is run by the Alberta government in partnership with BOW Habitat Station in Calgary. Rival's donation allowed the school to purchase the required materials to care for the rainbow trout including our tank, filter, water chiller, gravel and other equipment we need to care for the fish from eggs to fry. The fish will eventually be released into a local body of water in May. The BOW Habitat station sent us 65 rainbow trout eggs which we moved from the travel thermos into our floating fish hatchery. They have been resting in the hatchery for the past week and we now have 5 alevin (baby fish)! The tank is located in the Library Learning Commons (LLC) and when students visit the LLC weekly, they get a chance to check on the growing eggs. We are learning some facts about the fish and about the life cycle of rainbow trout. Stay tuned for more updates as our fish continue to grow!



Grade 6 Hovercrafts



Grade 6 Balloon Rockets

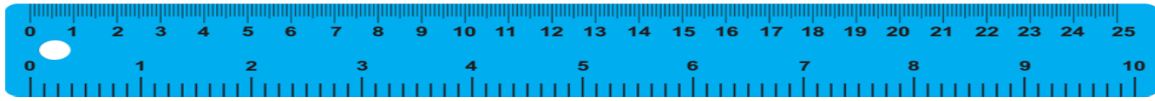




A huge thank you to Pembina Pipeline Corporation for helping out by providing mittens, touques, scarves, and gloves to make sure all of our students are prepared for any inclement weather. We truly appreciate your help!

Thank you to Crescent Point, new to our community, for helping out with gloves and mittens for our students. We truly appreciate the help in supporting our students' needs.

Fox Creek Legion Branch 280 has come through once more. They are donating \$2000 towards support for replacement sports uniforms for our school teams. Thank you so much for the continued support to the students and families in our community.



EVERY DAY COUNTS!

1 or 2 days a week doesn't seem like much, but...

If your child misses...	That equals	Which is....	And over 13 years of schooling, that's...
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1 1/2 years
1 day per week	40 days per year	8 weeks per year	Over 2 1/2 years
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years

How about 10 minutes late a day? Surely that won't affect my child.

If your child misses...	That equals	Which is....	And over 13 years of schooling, that's...
10 mins per day	50 mins per week	Nearly 1 1/2 weeks per year	Nearly 1/2 year
20 mins per day	1 hr 40 mins per week	Over 2 1/2 weeks per year	Nearly 1 year
30 mins per day	1/2 day per week	4 weeks per year	Nearly 1 1/1 years
1 hour per day	1 day per week	8 weeks per year	Over 2 1/2 years

If you want your child to be successful at school then,
YES, attendance does matter.



If you require support in getting your child to school consistently and on time, talk to your Principal.



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- ✓ Sports Events
- ✓ Activity Fees

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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

To Run or not to run

1 Who makes the decision and how?

Rhett Czaban
Director of Transportation

Weather

Highway Satellite Cameras

-40

Temperature readings
Environment Canada
511 Alberta

Scouting the Roads

Calls to bus drivers and contractors

2 Are the buses running?

4 How do we let you know?

ngps.ca

3 The decision is made between

06:00 am

06:30 am

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!



Please visit [Fox Creek School](#) website to see some of the scholarships available to apply for!!



EXAM BANK

Practice tests for all grade levels are available on this site.

1. Log onto alberta.exambank.com
2. On the left hand side choose a grade level
3. Choose which exam you want to write and click on the start exam button
4. username: foxcreek
password: school



SCHOOL COUNCIL

School Council Meeting on Thursday, February 17, 2022 at 7:00pm.



Fox Rod Auction! Save the Date May 14th, 2022.



COVID-19 INFORMATION
COVID-19 ALBERTA HEALTH DAILY CHECKLIST
(FOR CHILDREN UNDER 18)

Overview

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

If your child has traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments. International travellers who become a case of COVID-19 after arrival in Alberta should follow isolation requirements outlined by the Government of Canada

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

Screening Questions for Children under 18:

1.	Has your child been a household contact of a case⁴ of COVID-19 in the last 14 days? <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, someone who slept over, attended a birthday party or someone who was a play date with a case.</i>	YES	NO
If child answered "YES" AND they are NOT fully immunized⁵: <ul style="list-style-type: none"> Child should stay home and NOT attend school, childcare and/or other activities for 14 days from the last day of exposure and monitor for symptoms If child answered "YES" and they are fully immunized⁵ proceed to question 2: If child answered "NO" to question 1, proceed to question 2			
2.	Does the child have any new onset (or worsening) of the following core symptoms:		
	Fever Temperature of 38 degrees Celsius or higher	YES	NO
	Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	Shortness of breath Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
If the child answered "YES" to any symptom in question 2: <ul style="list-style-type: none"> If the child is fully immunized⁶ they are required to isolate for 5 days from onset of symptoms or until symptoms resolve³ whichever is longer. They must wear a mask for up to 5 days after their isolation period if you are outside of the home in a public place or otherwise in the company of other persons out of your household (no exceptions permitted) OR If they are NOT fully immunized⁶, they must isolate for 10 days from the onset of symptoms or until they resolve³ whichever is longer OR Until symptoms resolve³ if they receive a negative PCR COVID-19 test OR Until symptoms resolve³ if they receive two negative rapid antigen tests, with at least 24 hours between tests 			

³ Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication

⁴ A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

⁵ A child who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series





• They can use an [at-home rapid test if available](#) or the [AHS Online Assessment Tool](#) or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If the child answered “NO” to all of the symptoms in question 2, proceed to question 3.

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

Chills Without fever, not related to being outside in cold weather	YES	NO
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
Feeling unwell/fatigued 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
Nausea, vomiting and/or diarrhea Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite Not related to other known causes/conditions, such as anxiety or medication	YES	NO
Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO

If the child answered “YES” to ONE symptom in question 3:

- Keep your child home and monitor for 24 hours and consider giving child an [at-home rapid test](#). If the test is positive or negative see below for further instructions.
- If [at-home rapid testing](#) is not done and the symptom is improving after 24 hours, your child can return to school and activities when they feel well enough to go.
- If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use an [at-home rapid test](#) if available or the [AHS Online Assessment Tool](#) or call Health Link 811 to check if testing is recommended.

If the child answered “YES” to TWO OR MORE symptoms in question 3:

- Keep your child home
- Use an [at-home rapid test](#) if available or use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.

For at-home rapid testing result instructions for those without symptoms:

- If an [at-home rapid test](#) is done and is negative, they can return to school and activities as long as they remain asymptomatic.
- If [at-home rapid](#) test is positive, the child is required to isolate as outlined above for **question 2**.

If the child answered “NO” to all questions:

- Your child may attend school, childcare and/or other activities

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 or until symptoms resolve (whichever is longer), unless they receive a negative PCR COVID-19 test result or two negative rapid test results at least 24 hours apart **and** feel better.



COVID updates:

If the child has core symptoms - fully immunized isolate for 5 days and mask for 5 more (MUST)

- not fully immunized (most young kids for sure)

10 days isolate (MUST)

OR

A child can return to school if their symptoms have resolved and they have two negative rapid tests 24 hours apart (two days of negative tests and they are back). Doesn't matter if they are vaccinated or not.

If the child has one non-core symptom: Keep the child home for at least 24 hours. They can return when those non-core symptoms have gone away but no sooner than 24 hours.

If the child has two or more non-core symptoms: keep the child home and have the child tested.

If a child takes a rapid test but has no symptoms and comes up positive, they stay home for 24 hours and re-test. If the second test comes up negative they can return to school.

Government isolation requirements - symptoms or testing positive (Updated January 3, 2022. Chart Information from albertahealthservices.ca, Isolation & Quarantine Information)

I have symptoms and a positive test result and I am fully vaccinated (2 doses or 1 dose Janssen)

Isolate: ● for 5 days from the start of symptoms or until they resolve, whichever is longer, if symptoms are not related to a pre-existing condition. For 5 days following isolation, wear a mask at all times when around others outside of home.

I have symptoms and a positive test result and I am not fully vaccinated (1 dose or less)

Isolate: ● for 10 days from the start of symptoms or until they resolve, whichever is longer, if symptoms are not related to a pre-existing condition.

I have symptoms and a negative test result

Stay home and away from others until symptoms resolve.

New checklist - <https://open.alberta.ca/dataset/56c020ed-1782-4c6c-bfdd-5af36754471f/resource/58957831-a4ab-45ff-9a8e-3c6af7c1622e/download/covid-19-information-alberta-health-daily-checklist-2022-01.pdf>

Please take time to review the Back to School Plan on NGPS and FCS websites:

<https://www.ngps.ca/students-and-parents/re-entry-information-for-families2>

<https://www.foxcreekschool.ca/download/377650>



LET'S TALK

Yesterday I had to ask THE QUESTION. You would think being a social worker, I would be comfortable asking difficult questions but this time was different. I have asked THE QUESTION numerous times, without hesitation or concern how they will react or their perception of me. My only concern was making sure they are safe. But it all changed when I knew I had to ask THE QUESTION to a person who I am very close to, that I care about very much. This person is going through extreme hardships and was giving a few warning signs that worried me enough that I needed to ask THE QUESTION...

Are you thinking of ending your life?

There is such angst in even considering uttering these words... will they think I am weird for asking? Maybe I am overreacting? Am I simply paranoid? They can't really be seriously considering suicide...would they? What if they say yes? What if I make them angry?

Yet, I knew I had to ask THE QUESTION despite all my fears.

You know what? It was okay. After I asked, he sighed a big, heavy sigh, like a weight came off his shoulders and said, "yeah, things have been hard. Nothing is going at all like I planned. I have been really down on myself, but no, it is not so bad that I have thought about killing myself...thank you for checking on me".

Then I did all the things that I knew to do: listened, evaluated the risk, gave support, listened some more, made sure he knew all the resource numbers, and most of all told him how much I cared about him and how important he was to me.

I knew what to say and do, but it was still hard. It made me think about regular people who are worried about a friend, colleague or family member. People like you: parents, teachers, students. What is a regular person to do or say?

An excellent resource is www.bethere.org. It teaches the average person how to break the ice and start the conversation.

The 5 Golden Rules of Being There

1. **Say what you see.** Reach out when you notice something is different. Describe the changes you have noticed and why you are worried. **Stick to the facts, don't judge, don't make assumptions.**
2. **Show you care by building trust.** Support them by being compassionate, helpful, inclusive. Offer practical everyday support like give them a ride, take a few chores off



their plate, make a meal or bring their favorite meal.

3. **Hear them out.** Be a good listener by finding the balance between listening, asking questions and wisely sharing your experiences. Remember, **this conversation is about them, not you.**
4. **Know your role** and set boundaries to protect your relationship and your own mental health. You are not their therapist or doctor so don't fix, don't preach, **just be there.**
5. **Connect to help.** Learn how to access professional and community resources. Check out Kids's Help Phone www.kidshelpphone.ca/resources-around-me or call 1-800-668-6868. Other resources in Alberta are the Mental Help Line 1-877-303-2642 or crisis supports in Alberta www.alberta.ca/individual-family-crisis. Keep following up to ensure they are being supported.

Conversations around mental health are becoming more common and so is overcoming the stigma around mental illness. Initiatives like [Bell Let's Talk Day](#) Campaign, on **(January 26/22)** have been excellent in engaging Canadians in open and candid discussions about mental illness. Just talking about it isn't enough though, we all need the confidence and knowledge to step up and be there for one another. Not only for kids but also parents, colleagues and friends. When we are prepared to support someone, we can truly make a difference.

This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support and advocate for schools, students, parents and caregivers to promote success in school. Tammy has been a Registered Social Worker for more than 20 years and is a mother to 3 teenagers and 1 young adult.