



Welcome to Fox Creek School April 2022



Parent Newsletter

Principal's Message

Hello everyone.

There's no doubt the month is going quickly.

COVID update - The last few weeks have seen our school shift to being mask free, cohort-free and having most COVID-related rules removed. We're all excited to see each other's faces again and pleased to return to more 'normal' school environments. I appreciate the patience people are demonstrating as our school transitions once again, and I'm also proud of the respect that people are showing for those who choose to carry on with wearing masks. Our school continues to experience higher levels of absence than in a 'usual' year. I believe this shows that parents are being diligent in keeping children at home when they don't feel well. The Daily Checklist and the need for people to be isolated if they test positive for COVID remains in place and we are grateful to you for continuing to follow these provincial protocols.

Focused forward - You may have seen some of our recent reminders that Success Starts Early. Kindergarten registration is now open for the half-day program available at Fox Creek School. Children who will be 5 years old by December 31, 2022 are eligible to enroll.

With three and a half months left in this school year, we're very focused on students' learning journey. Literacy and numeracy continue to be a critical focus for all of our learners. We're excited to be able to take more field trips and other adventures, as well as welcome more visitors and spectators to schools for assemblies, music, graduations and more. I'm sure we're all looking for other signs that winter is on the way out and longer, warmer days are on the way in.

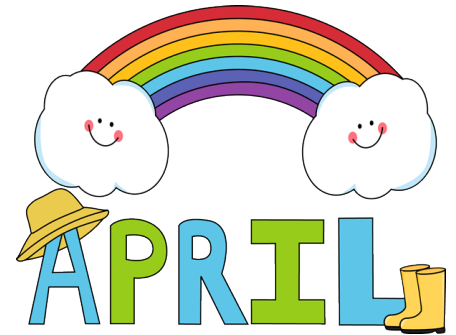
Welcome to Ms. Leila Pangan who joined us as an Educational Assistant in the Primary Classrooms. We wish Mrs. Gelleney well as she goes off on her maternity leave and we welcome Ms. Kneller who will be replacing her in Grade 2/3. We wish Mr. Thesen well on his new endeavors as he will be leaving the school in April to pursue another opportunity.

We hope everyone has a great Spring Break and we look forward to welcoming everyone back on April 4.

Mr Baxter and Mrs. DeCiccio

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



Just a reminder with the warm weather and wet conditions to send extra clothes (socks & pants) to school.

Dates to mark your calendar

Apr. 1
No School
Spring Break

Apr. 4
Classes Resume

Apr. 15
No School
Good Friday

Apr. 18
No School
Easter Monday

Apr. 21
Parent-Teacher
Interviews
(Gr. 7-12)
5:30-8:00

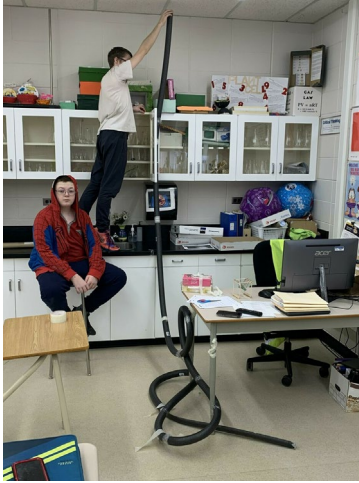
Apr. 28
Parent-Teacher
Interviews
(Gr. K-6)
5:30-8:00

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

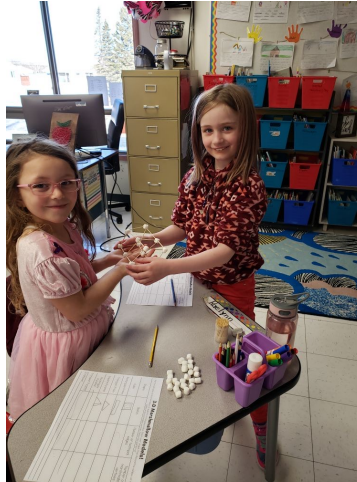
Website: foxcreekschool.ca Facebook: Fox Creek School Twitter: @ngpsfcs

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

Science 10 students were actively involved in designing their roller coaster and then calculating the potential and kinetic energy from collected data. Very cool designs.

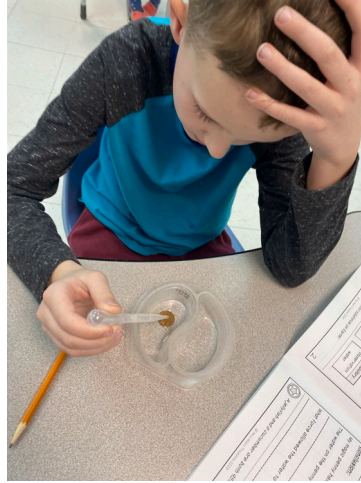
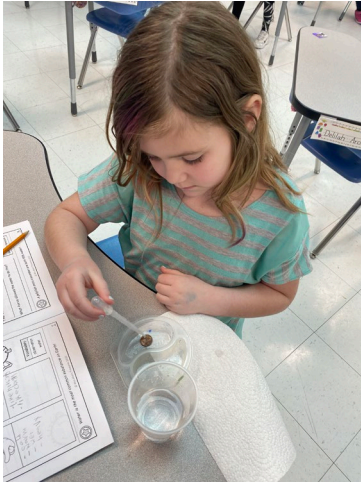


1H used their architect skills to build 3-D shapes! Hands on learning in Math is the best!

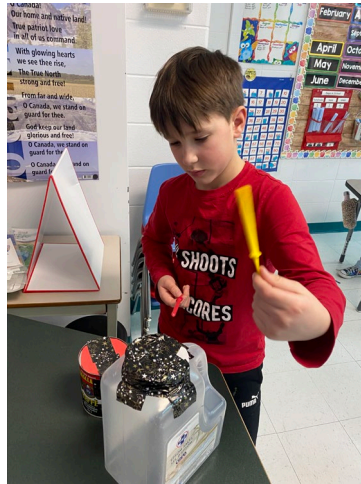
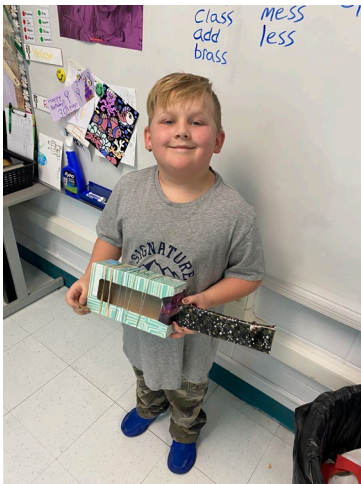


2/3G had a fun afternoon in science.

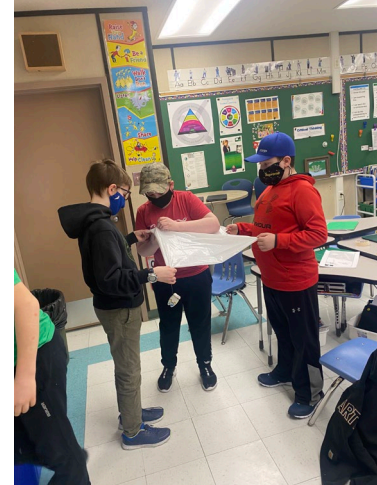
The grade twos learned about hydrogen bonds and surface tension, discovering how many drops of water fit on their penny!



The grade threes created an instrument and played it for the director of an orchestra (their teacher)!



The grade sixes are learning about gravity, wind resistance, and terminal velocity by designing parachutes.



Grade 3s did a cross curricular assignment where students created musical instruments at home that could change pitch and volume for music and our hearing and sound science unit!





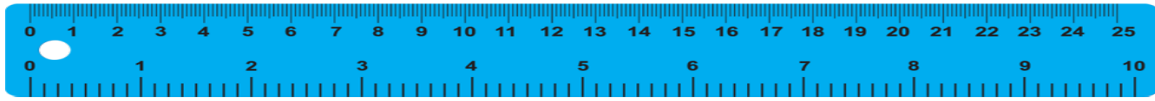
A huge thank you to Chevron Canada for a very generous donation that will help Fox Creek School in many ways. This donation will continue to support the Chevron Canada Scholarship, purchase livestream equipment, replace more athletic uniforms, purchase Touchpoint solutions to support students, and add artwork to our learning spaces.

Source Energy has donated \$2500 to help Fox Creek School finalize the funds necessary to purchase a new planer for our Industrial Arts program. The shop will be able to continue to help students complete woodworking projects while keeping the wood costs down.

Control Tech has generously donated \$500 towards our sports uniforms fund. With these generous donations we will be able to replace our Volleyball and Basketball uniforms for Junior Boys, Senior Boys, Junior Girls, and Senior Girls.

A huge thank you to Alberta Safety Control for donating \$500 towards support for replacement sports uniforms for our school teams.

Thank you so much for the continued support to 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.



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

Make online payments with
SchoolCashOnline

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

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

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, April 21, 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>



CALMING CHILDREN DURING A GLOBAL CRISIS

Unless you have been residing under a rock or on an island with zero contact with the rest of the planet, it is safe to say that you and your family have been inundated with disturbing news around the world. On social media, in classrooms and the playground, children are hearing about traumatizing circumstances around the globe. How do we answer their inquisitive questions? How much information should we share? Do we say anything at all?

“Speak to what’s actionable to help put your child’s mind at ease,” says Dr. Beth Oller, a family physician in Stockton, KS. Oller further clarifies, “With younger kids, speak simply and avoid discussing scary topics in detail. With adolescents, honesty is the best policy. Always be transparent.”

“Children should be **encouraged to ask questions** but to continue with their daily routines of schoolwork, play and bedtime,” says Dr. Jessica Griffin, a child psychologist and executive director of the Child Trauma Training Center at the UMass Chan Medical School in Worcester, MA. Griffin explains that, **“routines can send signals to the brain that children are safe. Routines are calming for children in anxiety-provoking situations.”**

Set a good example for your children by managing your stress through **healthy lifestyle choices**, such as eating healthy, exercising regularly, getting plenty of sleep, avoiding drugs/alcohol, and not over consuming social media/news. When you are prepared, rested, and relaxed you can **respond better to disturbing events and can make decisions in the best interest of your family.**

“For children under the age of 7, it might just be acknowledging that something is happening in other parts of the world and asking something like, ‘Have you heard anything?’ Take the child’s lead,” said Janine Domingues, a clinical psychologist at the nonprofit Child Mind Institute in New York. “Overall, just **provide reassurance**, that this is what we know right now. Let them know you don’t know all the answers but here are some places we can go,” Domingues said.

Children, young and old, have common worries when it comes to war, crisis and trauma even if they do not verbalize it: Am I safe? Are the people taking care of me safe? How will this affect my day-to-day life? Dr. Gene Beresin, executive director for The Clay Center for Young Healthy Minds at Massachusetts General Hospital in Boston tells us that “children know things are troubled. They know things are problematic. They may ask you if you’re worried. And frankly, you got to be honest. You can say, ‘Yes, I am, but **we can manage this. We can get through this.**’ I would indulge them a little bit.”

The recurring message, regardless of a child’s age, is to be honest, unplug from screens altogether for a while and give the young people in your life extra tender loving care. We all need the reassurance that we are brave and will look after each other no matter what.



Sources: [The Associated Press](#)

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

<https://www.theguardian.com/world/2022/mar/04/reassure-children-about-russia-ukraine-war-with-resilience-tales-say-experts>

<https://abcnews.go.com/lifestyle/wireStory/honesty-reassurance-talk-kids-ukraine-83109979>

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 and has been a Registered Social Worker for more than 20 years. She is a mother to 3 teenagers and 1 young adult.