Redwater School



Box 790, 5023 - 50th Avenue

Redwater, Alberta T0A 2W0

780.942.3625 Phone:

Email: redwater@sturgeon.ab.ca Website: www.redwaterschool.ca

Sturgeon Public School Division: www.sturgeon.ab.ca



Principal: Kari Morgan ~ Vice Principal: Cheryl Tanouye ~ Counsellor: Niki Ballance

A MESSAGE FROM OUR PRINCIPAL

October 7, 2021

Dear Renegade Families:

I love fall and we have been blessed with a beautiful month of September. I hope the mild weather continues in to October as well. The colors have been especially beautiful this fall and I hope that you and your families have been able to be outside to enjoy the change of season.

COVID 19 Update

We once again find ourselves in interesting times, navigating through another wave of the pandemic. Starting next week we are contact tracing within the school if we have a case of COVID 19, and awaiting our guidelines. We are still continuing to hand sanitize frequently, remain in cohorts, and are following the masking guidelines. This year we have allowed the JH students to eat lunch in the common areas, but have kept the students within their cohorts. Our school is no longer an outbreak site. We are continuing the pandemic cleaning protocols in the building. We will continue to monitor absences and appreciate families following checklists prior to sending students to school. Please see the attached checklist.

Students leaving school grounds at lunch - students from grade 7-12, with parent permission can leave the school property at lunch. It is the student's responsibility to return to the school on time for class at 11:57 am. If you have provided written permission for your child, please remind them to return on time. The doors to the school are locked and returning late causes disruptions.

Maintenance -you may have noticed that our school grounds were torn up and re-sodded while the Town of Redwater did some work in the yard over the summer. This project is almost complete.

Roof repairs – our roof is undergoing major repair. We have had concerns expressed over the fumes and the tarring process happening during the school day. Our maintenance department has assured us that the work is being done as quickly as possible and should be completed by the end of the week. We have moved classes to different rooms in the building and will continue to keep the rooms ventilated as much as we possibly can.

Truth and Reconciliation Day - September 30, 2021

On September 30 and throughout the week, students and staff at Redwater School have been exploring Truth and Reconciliation through a variety of activities. Many students and staff were wearing orange today and started the day with a virtual interactive assembly, talking about residential schools, and also how they can use the seven sacred teachings as a part of their own journey in life to become or continue to be positive members in their community. This month we are focusing on gaining and using our own wisdom like the beaver by listening to others and using our gifts to create our own purpose in the community. Through reflection, experience, and artistic expression we are just at the beginning of understanding of Truth and Reconciliation.

We are looking forward to the next month of school, and I wish everyone a safe, healthy and Happy Thanksgiving!

Mrs. Morgan









REDWATER SCHOOL

Box 790, $5023 - 50^{\text{TH}}$ Avenue ~ Redwater, AB ~ TOA 2W0

780.942.3625 ~ www.redwaterschool.ca ~ redwater@sturgeon.ab.ca

Principal: Mrs. Kari Morgan Vice Principal: Mrs. Cheryl Tanouye

October 1, 2021

Dear Redwater School Community,

It is an honor to introduce myself as the new Vice Principal of Redwater School and to be returning to the extraordinary community of Redwater. I hope that this note finds you and your families happy and healthy as we enter into this beautiful warm season of fall. I have been so happy to have the opportunity to meet your amazing children in their classrooms and in the hallways of our school this past month. I can assure you that I am committed to creating a welcoming and caring environment for each child and member of our school community. My main focus is to support our staff and students on their journey of "Making a Difference" in their community and in themselves through the creation of a student-centered learning environment.



I have returned to Redwater School as a seasoned teacher with the experience of teaching grades 5 to 12 in a variety of academic settings while developing my leadership roles in a number of capacities for Sturgeon Public School. This school year will mark my 16th year in education. Since graduating from the University of Alberta with a Elementary Degree with a minor and Visual Studies; I have achieved a Masters in Art Education. I have been developing my leadership roles as a Learning Couch, IPP Coordinator, and the Art PLC lead for the division. Although I have thoroughly enjoyed starting the first nine years of teaching career here at Redwater School and then continued the past seven at Sturgeon Composite High School, it is in the position of being your Vice Principal where I have been most fulfilled in my life's work. This position has provided me the chance to work collaboratively with teachers on a daily basis, while also remaining connected to students learning and growing in the classroom. I firmly believe that every child can excel and through our partnership of home and school we can build confidence and success which in turn will shape their future and the future of our community.

In addition to my role as an educator and a leader, I am first and foremost a mother and wife. In September, my oldest son Logan began sixth grade and my youngest son Kadence started kindergarten. Both very important years! I am happy they have been able to start this year in the classroom. Education is very important to me and I am committed to always exploring new ways to meet the needs of all students and to more effectively communicate with parents and community members the needs of our school community.

In closing, please know that my door is always open to you. I heartily welcome your conversation and positive input throughout this year. Please encourage your child to introduce themselves to me and stop by my office to share their voice. I look forward to working with you, always keeping our students the primary focus of our work. I look forward to celebrating our collective successes during this school year.

Stay Happy Stay Healthy,

Cheryl Tanouye
Vice Principal
Redwater School
5023 – 50 Ave., Redwater, AB T0A 2W0
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E: ctanouye@sturgeon.ab.ca.ca
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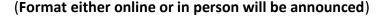
Dare to reimagine learning



PARENT TEACHER INTERVIEWS

Tuesday, November 2nd 3:30pm - 6:30pm

Wednesday, November 3rd 3:30pm - 6:30pm



Booking information will be sent out



STUDENT COUNCIL

The Student Council is up and running this year; we have a dedicated group of students taking the positions of: board members, committees, and liaisons. We plan on making a calendar with all our scheduled events to keep parents, students, and staff updated and involved.

We have an organized set up this year with these new and specific roles to make planning, fundraising, and communicating easier as well as more exciting. Our first project will be setting up a bulletin board to introduce the council. We will put up our profiles introducing our amazing team. We are working on finding a slogan, which identifies our goals and vision.

Here are the names of our board members for this 2021/2022 school year;

President- Jayce Cornelius

Vice President- Avery Graham Foundation Leader- Adrianna Letwin

Secretary- Nolan Peters Treasurer- Blake Mills

Senior Historian- Chloe Boyko Junior Historian- Senzo Mlilo

Market and Development officer- Niveen Alame

Redwater's Student Council/Leadership is looking forward to helping this year become one to remember!

Sincerely, Adrianna Letwin

PARENT COUNCIL

Executive:

Tammy Dykens—Chair

Rikki Anema—Vice Chair

Patty Moskal—Secretary

Veronica Poitras—Room Rep Elementary

Phoebe Jagielski—Room Rep Junior High

Kim Kolybaba—Room Rep Senior High

Parent Society:

Kim Kolybaba—Chair Karen Schneberger —Vice Chair Janelle Corneilus—Treasurer

Patty Moskal—Secretary

Phoebe Jagielski—Fundraising





REDWATER REMARKABLE RENEGADES!

Students who demonstrates a positive attitude, helps out in the classroom and is an active citizen in our school can be nominated as a Remarkable Renegade. Every month, one student from each grade will be honored as one of our school's Remarkable Renegades. Congratulations to our **SEPTEMBER Remarkable Renegades**:

Grade 5: Chase A. ~ Grade 5/6: Dani P. ~ Grade 6K: Makenna G.

Grade 7: Daniel T. ~ Grade 8: Jackson O. ~ Grade 9: Starr N.

Grade 10: Aidan L. ~ Grade 11: Taylor E. ~ Grade 12: Anna L. ~ GOALS: Orian H.

PowerSchool Parent Portal

Do you have the PowerSchool Parent Portal app? This is a very useful tool for parents and students to keep updated on marks and attendance throughout the school year. Parents can access student schedules, marks and attendance by logging into PowerSchool Parent Portal website at: <u>Student and Parent Sign In</u> (powerschool.com)



Here at Redwater School, we know how important your children are. To ensure student safety, students must sign in at the office when arriving late to school as well sign out if leaving before the end of the day. Please contact Redwater School at 780.942.3625 to report a student's absence or late. Parents can also email the office at redwater@sturgeon.ab.ca, or through Redwater School's website at www.redwaterschool.ca.



Redwater Renegade Apparel

Now Available For Purchase On Line

Visit The Redwater Merch Store

https://redwaterschool.entripyshops.com/

COUNSELOR'S CORNER

Welcome Back! We are off to a very fast start and there are a few important dates and upcoming events to note. If your child has a Learning Plan or IPP, please contact their teacher with any relevant information that will help your child be successful.

Grade 12 parents and students: In October, I will be hosting an important Grade 12 meeting where we overview graduation requirements and scholarships. In September we also discussed applying for post-secondary with a reminder applications open on October 1st! It's important to apply earlier versus later as the programs fill up quickly.

Please contact Redwater School's Counselor, Niki Ballance at nballanc@sturgeon.ab.ca with any questions or concerns. I'm looking forward to another great year working with all of you!



Redwater School is excited to announce our online 50/50 fundraiser! Grab your tickets now!!

https://www.rafflebox.ca/raffle/redwaterpa

The funds raised by this raffle will help our school pay for special activities, new equipment and supplies and of course assist with the cost of field trips. Your support is greatly appreciated!

Get your tickets from September 17 until October 29, 2021

Draw date: October 31, 2021 2

The winner will be contacted to claim their prize!



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.

If within the last 10 days, your child has been notified by Public Health that they are a case³ of COVID-19, they are required to isolate as per Public Health instructions.

Screening Questions for Children under 18:

1.	Has your child been a household contact of a case ² of COVID-19 in the	YES	NO
	last 14 days?		
	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, siblings, someone who slept over, or someone who provided direct		
	physical care to the child.	-	
If the	e answer is "YES" AND they are NOT fully immunized4:		

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 your child has symptoms, proceed to question 2.

If the answer is "NO" to question 1, proceed to question 2

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

Fever	YES	NO
Temperature of 38 degrees Celsius or higher		
Cough	YES	NO
Continuous, more than usual, not related to other known causes or conditions such as		
asthma		
Shortness of breath	YES	NO
Continuous, unable to breathe deeply, not related to other known causes or conditions		
such as asthma		
Loss of sense of smell or taste	YES	NO
Not related to other known causes or conditions like allergies or neurological disorders		

If the answer is "YES" to any symptom in question 2:

- The child is required to isolate for 10 days from onset of symptoms as per the current CMOH Order OR receive a negative COVID-19 test and feel better before returning to activities.
- Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If the answer is "NO" to all of the symptoms in question 2, proceed to question 3.

⁴ A person 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



³ A lab-confirmed case OR a probable case as defined in the Alberta COVID-19 Notifiable Disease Guideline

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

If the answer is "YES" to ONE symptom in question 3:

- · Keep your child home and monitor for 24 hours.
- If their symptom is improving after 24 hours, they can return to school and activities when they feel well
 enough to go. Testing is not necessary.
- If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use the AHS Online Assessment Tool or call Health Link 811 to check if testing is recommended.

If the answer is "YES" to TWO OR MORE symptoms in question 3:

- Keep your child home.
- Use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended.
- 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.

If the answer is "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 COVID-19 test result and feel better.



Caregiver Education Team Newsletter

October 2021



AHS, in collaboration with The Mental Health Foundation, is proud to offer FREE online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Drop-In Series

Understanding Anxiety
Part 4: Overcoming Avoidance
Wednesday, October 6
6:00 – 7:30 pm

Mental Health and Resiliency

Positive Communication That Promotes Growth Thursday, October 7 6:00 – 7:30 pm

Calming Our Bodies and Minds

Thursday, October 14 6:00 – 7:30 pm

Resilient Mindsets Thursday, October 21

6:00 - 7:30 pm

6:00 – 7:30 pm

Collaborative Problem Solving
Thursday, October 28

Lunch & Learns

Parenting Strategies that Promote Positive Mental Health

Part 1:

Tuesday, October 12 12:00 – 1:00 pm

Part 2:

Wednesday, October 20 12:00 – 1:00 pm

Understanding Self-Injury

Tuesday, October 26 12:00 – 1:00 pm

SEEDS Series

Creating Positive Experiences Through Play Wednesday, October 13 6:00 – 7:30 pm

Supporting Emotional Growth in Children Wednesday, October 20

6:00 – 7:30 pm

Motivating Your Child Through Praise and Reward Wednesday, October 27 6:00 – 7:30 pm

Sessions at a Glance

<u>Caregiver Education</u> Sessions

Keeping Scattered Kids on Track: Supporting Children and Adolescents with ADHD Monday, October 4 6:00 – 7:30 pm

Resilience in Parenting Caring for the Caregiver Monday, October 18

Monday, October 18 6:00 – 7:30 pm

Substance Use

A Harm Reduction Approach Monday, October 25 6:00 – 7:30 pm





Caregiver Education Sessions



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

Attention deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come and learn about the signs and symptoms of ADHD, ways that ADHD impacts academic achievement, self-worth, and relationships. You will leave with new strategies (not solutions) and resources for supporting success in children and adolescents with ADHD.

Date: Monday, October 4, 2021

Time: 6:00 - 7:30 pm

Notes: For caregivers of children and youth grades K-12 for adults only.

Resilience in Parenting Caring for the Caregiver

Being a parent or caregiver is both fulfilling and stressful. Our time, energy, and resources are spent ensuring that our children and youth are taken care of, but who takes care of the caregiver? In this session, we will learn more about parental stress and burnout, explore resilient parenting, and discuss why parental self-compassion and self-care are essential to your family's well-being. Strategies such as mindfulness and positive coping skills will be discussed.

Date: Monday, October 18, 2021

Time: 6:00 - 7:30 pm

Notes: For caregivers of children and youth grades K-12; for adults only.

Substance Use

A Harm Reduction Approach

The experience of substance use is different for each person. Learn about some common substances used by youth, the spectrum of use, and the science behind addiction. Discover the basic principles of harm reduction and why it is beneficial for those who use substances. Learn strategies to support youth who may be using substances through courageous conversations and harm reduction strategies.

Date: Monday, October 25, 2021

Time: 6:00 - 7:30 pm

Notes: For caregivers of youth grades 7-12; for adults only.

October 2021

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click <u>HERE</u> or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"I loved how interactive it was. Ideas of other participants sparked things in me that I had not thought of."

"The facilitators did a fantastic job keeping the information engaging, especially in a virtual setting."

"The session time was great and being able to add our info in as the session was progressing made me feel connected. I am not the only one dealing with some of these issue."





Lunch & Learn Webinars



These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented over two sessions, participants can attend one or both sessions.

Parenting Strategies that Promote Positive Mental Health

In this two part series, we will explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1

Date: Tuesday, October 12, 2021

Time: 12:00 - 1:00 pm

Notes: For caregivers of children in grades K-6; for adults only.

Part 2

Date: Wednesday, October 20, 2021

Time: 12:00 - 1:00 pm

Notes: For caregivers of children in grades K-6; for adults only.

Understanding Self-Injury

In this session, we will explore various motivations in youth who are intentionally harming themselves and factors behind self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

Date: Tuesday, October 26, 2021

Time: 12:00 - 1:00 pm

Notes: For caregivers of youth in grades 7-12; for adults only.

October 2021

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click <u>HERE</u> or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"Great session, lots of helpful tools and inspiration. Thanks!"

"I appreciate every session. Hope we can get more chances [to get] more information in the future. Thank you!

"Thank you for continuing to provide helpful information and education during this different times."





Drop-in Series

October 2021

Anxiety: Overcoming Avoidance

In this final session of our fall anxiety series, we will discuss how avoidance of stressors can increase our child's stress responses. By encouraging our children to face manageable stressors, caregivers can help their child foster effective coping skills.

Date: Wednesday, October 6, 2021

Time: 6:00 - 7:30 pm

Note: For caregivers of children and youth in grades K-12; for adults only.

SEEDS Growing Parenting Skills

The Support, Education, and Engagement Drop-In Sessions (S.E.E.D.S) are 90-minute drop-in online interactive workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's social and emotional development. Caregivers will receive practical information, share tips, and participate in group discussion.

Creating Positive Experiences Through Play

Join us in a session on how we can develop positive relationships with our children. As one of the most foundational parenting strategies, other strategies are more effective when you discover the connection that can be built through child-directed play.

Date: Wednesday, October 13, 2021

Time: 6:00 - 7:30 pm

Note: For caregivers of children in grades K-6; for adults only.

Supporting Emotional Growth in Children

This session is designed to help parents learn ways they can support their child's development and relationships through social and emotional coaching.

Date: Wednesday, October 20, 2021

Time: 6:00 - 7:30 pm

Note: For caregivers of children in grades K-6; for adults only.

Motivating Your Child through Praise and Rewards

This session will demonstrate how the offering of simple social rewards and tangible incentives can be effective in encouraging children to behave in helpful ways, build essential life skills, and reach goals.

Date: Wednesday, October 27, 2021

Time: 6:00 - 7:30 pm

Note: For caregivers of children in grades K-6; for adults only.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click <u>HERE</u> or go to:

www.cyfcaregivereducation.ca

Parent Feedback

"The delivery method was mindful of confidentiality and was conducted in a respectful and interactive manner. Well done!"

"Thank you! The duration was perfect and the content was extremely helpful!"

"The presenters immediately read out the messages and tied it to the topics. This made me feel heard and I thought it created a safe space to share ideas."





Drop-in Series

Mental Health and Resiliency Series

We continue in this free parenting series for parents and caregivers who are looking to strengthen their family's ability to 'bounce back' from life's challenges. In these 90-minute introductory-level information sessions, you will learn strategies that can help you and your children learn to be more resilient in the face of stress and anxiety. As part of a multi-session series, parents are welcome to attend one session or join us each week.

Positive Communication That Promotes Growth

In this session, we will look at how we can use the communication tool of praise to support our child's healthy need for attention, reinforce helpful behaviours, and encourage our child to engage with others in positive ways that foster resilience.

Date: Thursday, October 7, 2021

Time: 6:00 - 7:30 pm

Notes: For caregivers of children and youth in grades K-9; for adults only.

Calming Our Bodies and Minds

In this online session, we will discuss the ways that our bodies and minds respond to stress and learn strategies for equipping our children to regain a sense of calm and control in the midst of life's stressors.

Date: Thursday, October 14, 2021

Time: 6:00 -7:30 pm

Note: For caregivers of children and youth in grades K-9; for adults only.

Resilient Mindsets

In this online session, we will look at specific behaviours and habits that parents can encourage in the home to develop a more positive mindset in their child for reducing stress, increasing empathy, and equipping our child to tackle new challenges.

Date: Thursday, October 21, 2021

Time: 6:00 -7:30 pm

Note: For caregivers of children and youth in grades K-9; for adults only.

Collaborative Problem Solving

In this online session, we will explore ways that parents can foster effective problem solving in their child through empathy, clear communication, and collaboration in a way that reduce struggles when challenges arise.

Date: Thursday, October 28, 2021

Time: 6:00 -7:30 pm

Note: For caregivers of children and youth in grades K-9; for adults only.

October 2021

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click <u>HERE</u> or go to:

www.cyfcaregivereducation.ca

Parent Feedback

"Both presenters were engaging and informative. It flowed well by having the questions separate at the end."

"I always learn a lot from the sessions, to practice and to share the knowledge with my friends and students..."

"A lot of things were new and very interesting...in terms of my understanding and implementation."







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7 JH Boys & Girls V- Ball at Four Winds SR High X Country (Westlock)	8	9
10	No Classes CHANG GIVING	PD DAY	13	JH Boys V-Ball at Redwater School JH Girls V-Ball at Redwater	15	16
17	Parent Council Meeting 5:30pm	19	20 Student Picture Retake Day	21	22 23 SH Volleyball Tournament at Lac La Biche	
24/31 Happy Halloween	25	26	27	Awards Night 6:00 pm	29	30