

# Redwater School

April

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Sturgeon Public School Division: [www.sturgeon.ab.ca](http://www.sturgeon.ab.ca)



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

## A MESSAGE FROM OUR PRINCIPAL

April 6, 2022

Happy Spring to Everyone!

We are excited to be back from our spring break and ready to tackle the last segment of the school year. The calendar is filling up and we are happy to see the students engaged in so many activities.

We have some housekeeping items to bring to your attention:

1. Final exams are just around the corner. We will have the Exam schedule out by the end of the month.
2. Please be sure to register your child for the following school year! This is both for returning and new students to our school. We will also be registering high school students in their courses. Should you have questions, please contact us at the school.
3. School Fees: please check to see if you have any outstanding fees. If you are finding that the fees may be difficult to pay, you can call the school to make arrangements for a payment plan.
4. Dress Code at school: we have a very reasonable dress code at school and we expect all students to adhere to it. Please review it with your child and be sure that they are following it.
5. Parking lot traffic: Please use caution when entering and exiting the parking lot for student pick up, and drop offs. If your child is driving to school, please remind them that they need to drive cautiously through the lot so that everyone stays safe.
6. COVID 19 - although many of the regulations have been lifted, there are still COVID cases. We ask that your child continues to sanitize their hands, and participate in cleaning their areas that they sit at. Special cleaners and cloths are provided in each classroom, as well as hand sanitizer.
7. If you require rapid tests, please contact us here at the school. We trust that parents continue to use the daily checklist prior to sending your child to school each day. It is attached.
8. NEW FURNITURE!! - The Wellness Hub is getting a makeover and we are now in transition to get it all set up. This will take a couple of weeks, but it will be a nice new space for our students to utilize for learning and wellness.
9. Badminton – the season has started! If your child is involved, they will be provided with a schedule and will need to pay the fees associated with this extra-curricular activity.

Have a wonderful month of April!

Mrs. Morgan

The next Parent Council Meeting is coming up on  
Monday, April 11th, 2022 at 5:30pm.  
Hope to see you online!



**THERE IS**  
*always, always,*  
**ALWAYS**  
**something**  
*to be thankful for*

## ***STUDENT COUNCIL***

March has been a fabulous month! Our school has been doing a great job working together. With restrictions being lifted we are doing our best to make our old normal come back comfortably. With everything going on in the world we wanted to show our support for Ukraine, so we're doing exactly that. We had a day where all Redwater students and staff were encouraged to wear blue and yellow! We are also partnering with Yo Baba! Ukrainian Foods to raise \$1000 for humanitarian aid in Ukraine. If you're interested in helping us reach our goal, send in your borscht order today! The order link can be found on the Redwater School Facebook page.

Our holiday this month was St. Patrick's Day, we all wore our green clothes and with the help of Mrs. Morgan and Mrs. Tanouye, we served green floats and jello cups to the whole school! Toast Tuesdays are still a blast and give everyone a boost in the morning!

I always say we have a new exciting event coming up next month but this time I mean it the most. April has a really *crowd pleasing event that we can't wait to run.*

Spring is here to lift everyone's spirits and so are we!!

Best Regards,

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 MINOR SOCCER**

Registration for the 2022 soccer season is now open  
Registration forms are available in the office at  
Redwater School. Deadline for registration is April  
15<sup>th</sup>.

[www.RedwaterSoccer.com](http://www.RedwaterSoccer.com)



## 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 **March Remarkable Renegades:**

Grade 5: Kendrix A. ~ Grade 5/6: Frankie M. ~ Grade 6K: Sydney N.

Grade 7: Mikey S. ~ Grade 8: Samantha M. ~ Grade 9: Shylo J.

Grade 10: Shelby D. ~ Grade 11: Niveen A. ~ Grade 12: Chloe B. ~ GOALS: Mason D.



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: [Student and Parent Sign In \(powerschool.com\)](https://www.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](mailto:redwater@sturgeon.ab.ca), or through Redwater School's website at [www.redwaterschool.ca](http://www.redwaterschool.ca).

# Be Kind!



## Words From The Wellness Hub

Spring has finally arrived!! Here are some fun ideas you can do at home with your child to continue to develop social emotional skills such as responsible decision making, mindfulness, and social cues.

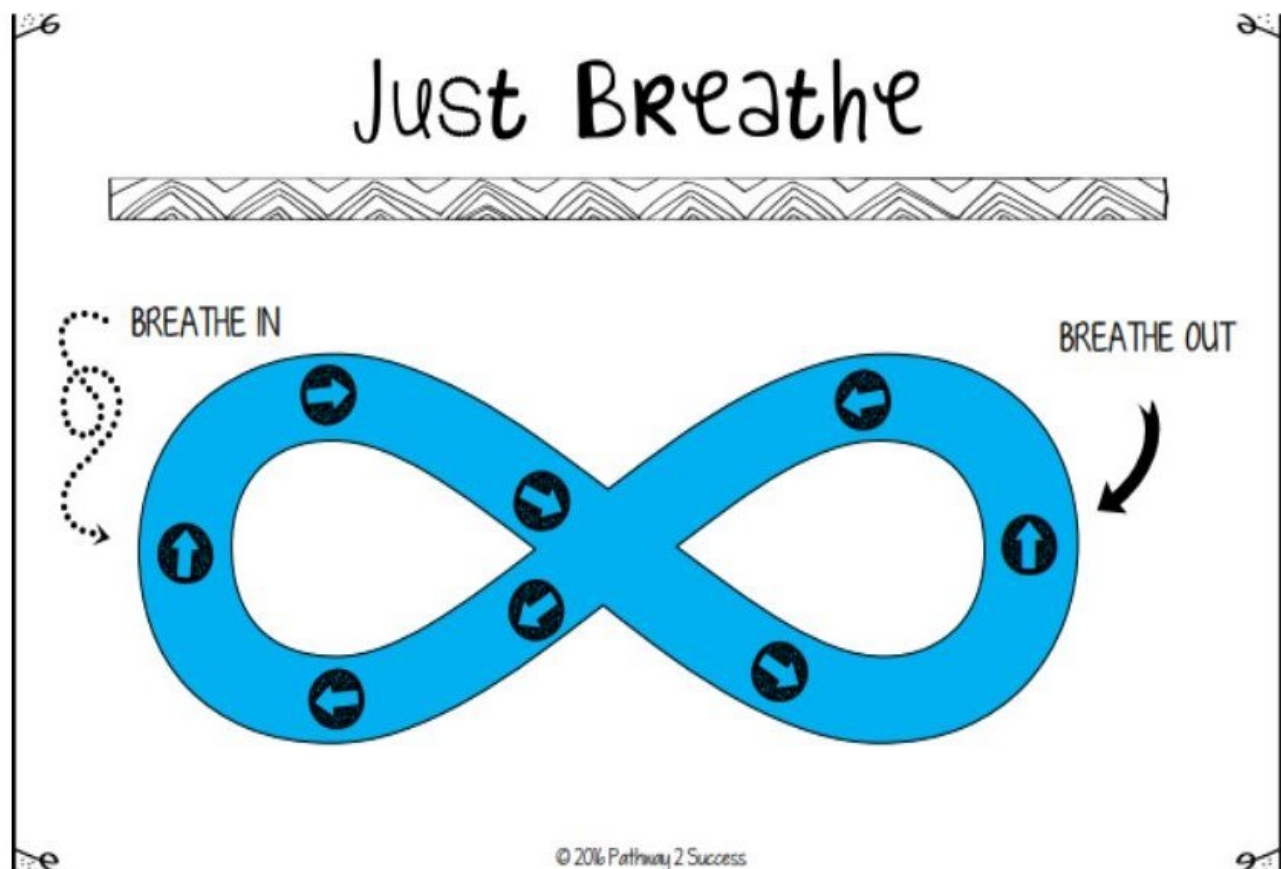
**Board Games.** Play any board game you have on hand, such as Monopoly or Candy Land. These games help support a number of skills, including taking turns, having conversations, and showing good sportsmanship.

**Charades.** Have each person come up with an activity, such as making a sandwich, and then act it out without talking. See if others can guess the activity. You can also try this with emotions, by having kids act out different emotions and seeing if others can correctly guess. This helps to support understanding social cues and emotions portrayed through body language.

**Mindful Scavenger Hunt.** Mindfulness is learning to focus on the present. This helps our minds and bodies to feel calm and in control. On your own (or search the Internet, there are a lot already created!) create a list of 10 or 12 items you want your child to find. Then give your child the list and some time to find the items. Once they are done, talk with them about how they were focused on the moment while trying to find the items.

### **Mindfulness Breathe Boards.**

One of the most important components to mindfulness is learning to control our breathing. These mindfulness breathe boards serve as concrete visuals to help. Just have your child trace their finger around the visual while breathing in and out. This should be done multiple times. Best of all, these breathe boards can be placed anywhere in the house where your child might need a quiet, calming moment.





## 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 case<sup>4</sup> 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.	<b>Has your child been a household contact of a case<sup>4</sup> of COVID-19 in the last 14 days?</b> <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
<b>If child answered "YES" AND they are NOT fully immunized<sup>5</sup>:</b> <ul style="list-style-type: none"><li>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</li></ul> <b>If child answered "YES" and they are fully immunized<sup>5</sup> proceed to question 2:</b> <b>If child answered "NO" to question 1, proceed to question 2</b>			
2.	<b>Does the child have any new onset (or worsening) of the following core symptoms:</b>		
	<b>Fever</b> Temperature of 38 degrees Celsius or higher	YES	NO
	<b>Cough</b> Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	<b>Shortness of breath</b> Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	<b>Loss of sense of smell or taste</b> Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
<b>If the child answered "YES" to any symptom in question 2:</b> <ul style="list-style-type: none"><li>If the child is fully immunized<sup>5</sup> they are required to isolate for 5 days from onset of symptoms or until symptoms resolve<sup>3</sup> 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) <b>OR</b></li><li>If they are NOT fully immunized<sup>5</sup>, they must isolate for 10 days from the onset of symptoms or until they resolve<sup>3</sup> whichever is longer <b>OR</b></li><li>Until symptoms resolve<sup>3</sup> if they receive a negative PCR COVID-19 test <b>OR</b></li><li>Until symptoms resolve<sup>3</sup> if they receive two negative rapid antigen tests, with at least 24 hours between tests</li></ul>			

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

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

<sup>5</sup> 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:**

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

# APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 	2
3	4 Classes Resume 	5	6	7	8	9
10	11 Parent Council Meeting - Online 5:30 pm 	12 Jr. High "A" Team Badminton 	13	14 Student Council Easter Breakfast (School Wide) Band Concert Elem. Students (12:30)	15 Good Friday No School 	16
17	18 Easter Monday No School 	19 PD DAY No School 	20 Sr. High Badminton Conference 	21 J.H. Badminton (7/8) at Camilla 	22	23 JH A Badminton At Rudolph Hennig 
24	25	26 Jr. High "B" Team Badminton 	27	28 Hot Breakfast (School Wide) Sr. Badminton League Tourney @ Four Winds	29 Nutrien Aspire to Grow Conference	30