



Ochre Park School

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Oct. 2021



Principal's Message

It has been a wonderful start to the school year. The first week of school was filled with the buzz and excitement that comes with seeing friends and meeting new teachers. We welcomed many new families this year and are happy to see that our enrollment is up. The students are settling nicely into their classes as they become familiar with classroom routines and expectations. COVID continues to dominate the news and is impacting our ability to welcome parents and volunteers into the school. It has also impacted our ability to offer Religion and Character Ed since this requires mixing cohorts. The teachers will still be teaching many of the character traits through their health, social and literacy classes within their homerooms instead. We have a few changes in staff. Our Mental Health and Wellness Coach, Natassja By is no longer with us. Starting October 1, Mrs. Geleta, our counsellor, will take on the assignment of Health and Wellness Coach in addition to her counselling role. That means she will no longer be teaching grade 4. We have hired a new teacher to teach music and some grade 4. His name is Jason Booker. Mrs. Hoetmer will be teaching only grade 4 with the staffing change.

We will also be welcoming a new Educational Assistant and a new office clerk at the beginning of October. We are so happy to see our staff growing.

As you know, I postponed my retirement for a couple of months and came back this year until a new principal was recruited. I am happy to announce that Calvin Anhorn is the new principal that will be starting on November 1.

Calvin is very excited to be joining the team at Sturgeon Public Schools. He grew up in a small town in the southwest corner of Saskatchewan. He went on to the University of Lethbridge where he obtained his Bachelor of Education Degree.

Approaching his 29th year as an educator, Calvin has served as a Vice Principal for 6 years and then Principal for the past 20 years. Along the way, he earned his Master of Education Degree at the University of Alberta.

"Everyone can learn, and everyone can be successful. Schools should be places where staff and students look forward to going each and every day. We should all strive to maintain a positive mindset, remember to smile often, and do what we can to help others," says Calvin. "Building positive relationships with others is key."

Calvin is passionate about his work and loves being around students. He is looking forward to working with the school community at Ochre Park School.

Until then, I am looking forward to my last month at Ochre Park. We have lots of exciting things happening. We are looking forward to harvesting vegetables from the garden and making borscht with the students before Thanksgiving.



Daily Screening - please go over the self screening tool [Screening Questionnaire](#) each day with your children before sending them to school. You will need to keep your child at home if they have any symptoms.

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 16. 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 case² 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, siblings, someone who slept over, or someone who provided direct physical care to the child.</i>	YES	NO
<p>If the answer is "YES" AND they are NOT fully immunized⁴:</p> <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 your child has symptoms, proceed to question 2. <p>If the answer is "NO" to question 1, proceed to question 2</p>			
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
<p>If the answer is "YES" to any symptom in question 2:</p> <ul style="list-style-type: none"> 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. <p>If the answer is "NO" to all of the symptoms in question 2, proceed to question 3.</p>			

³ A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

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

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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
<p>If the answer is "YES" to ONE symptom in question 3:</p> <ul style="list-style-type: none"> 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. <p>If the answer is "YES" to TWO OR MORE symptoms in question 3:</p> <ul style="list-style-type: none"> 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. <p>If the answer is "NO" to all questions:</p> <ul style="list-style-type: none"> 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.



COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR ADULTS 18 YEARS AND OLDER)

Overview

This tool's purpose is to support Albertans in protecting others and reducing the risk of transmission of COVID-19. Adults 18 years and older can complete this checklist every day to self-monitor for symptoms of COVID-19.

If you have 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, you have been notified by Public Health that you are a case¹ of COVID-19, you are required to isolate as per Public Health instructions.

Screening Questions for Adults 18 Years and Older:

1.	Have you been a household contact of a case¹ 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 is a caregiver or an intimate or sexual partner of a COVID-19 case.</i>	YES	NO
<p>If you answered "YES" AND you are NOT fully immunized²:</p> <ul style="list-style-type: none"> You should stay home for 14 days from the last day of exposure and monitor for symptoms. If you have symptoms, proceed to question 2. <p>If you answered "NO" to question 1, proceed to question 2</p>			

2.	Do you have any new onset (or worsening) of the following symptoms:	
	• Fever	YES NO
	• Cough	YES NO
	• Shortness of breath	YES NO
	• Runny nose	YES NO
	• Sore throat	YES NO
	• Chills	YES NO
	• Painful swallowing	YES NO
	• Nasal congestion	YES NO
	• Feeling unwell / fatigued	YES NO
	• Nausea / vomiting / diarrhea	YES NO
	• Unexplained loss of appetite	YES NO
	• Loss of sense of taste or smell	YES NO
	• Muscle / joint aches	YES NO
	• Headache	YES NO
	• Conjunctivitis (commonly known as pink eye)	YES NO
<p>If you answered "YES" to any symptom:</p> <ul style="list-style-type: none"> Stay home. Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. <p>If you have fever, cough, shortness of breath, runny nose, sore throat or loss of sense of taste or smell you are required to isolate for 10 days as per the current CMOH Order OR receive a negative COVID-19 test and feel better before returning to activities</p> <p>If you answered "NO":</p> <ul style="list-style-type: none"> You may attend work, school, and/or other activities. 		





Visiting the School - School doors are locked during the day to restrict access to essential workers and visitors. Unfortunately we are not able to have volunteers at this time. If you have an appointment to come into the school, you must use the QR code posted on the door and follow the check in process which includes the screening questionnaire. Then you will phone the office to gain access to the school. Everyone entering the building must wear a mask.



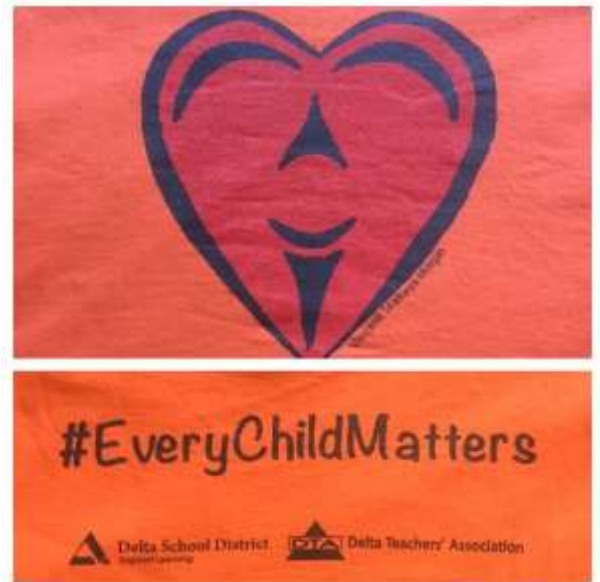
Fountains- Students are allowed to use the water fountains as water fill stations only. Please ensure your child has a water bottle for school each day. It will be sent home every day to be washed.

WATER BOTTLES!



Truth and Reconciliation Week – This year, Sturgeon Public School Division will be dedicating the week of September 27- October 1 towards understanding and honouring the need for truth and reconciliation. Our students will be learning the facts about the Residential School system and its legacy through literature and discussion that is developmentally appropriate for each grade group.

On September 30, we will recognize National Day for Truth and Reconciliation. On this day, staff and students are invited to wear Orange Shirts as a visible act of reconciliation.



Thanks to the Redwater Hype for the Smile Cookies

Thanks to Redwater Tim Hortons for the cups for all of our staff.



2B Class



Terry Fox runners



Terry Fox Run

We had such beautiful weather for our Terry Fox Run. Thank you for your support in raising money for cancer research. We raised \$830 between the online donations and Toonies for Terry. A special thanks to the Redwater Ag Society for donating the hot dog lunch for all of our staff and students. Thanks also to Frank Stapleton from the Redwater Lions Club and parent volunteers Hinke Therrian and Amanda Striegler for preparing the hotdog lunch.





School Council

School Council

We had our AGM on September 27. The following people have volunteered to be on the executive of School Council and Parent Society. We'd like to express our most sincere thanks and gratitude to all of these parents for their commitment to improving and enhancing the educational experiences of all of our students. There are several unfilled room rep positions. If you are interested, please let the office know. We would like to have these filled by the October 25th meeting.

School Council

Chair – Amanda Striegler

Member at Large – Chelsea Anaka

Vice Chair – Rikki Anema

Community Member at Large

Secretary – Laurie Hadden

Parent Society

Class reps

President – Amanda Striegler

K1 -

Vice- President – Lacey Gagne

K2

Secretary – Veronica Poitras

1G –

Treasurer – Hinke Therrien

1/2T – Courtney Taylor

Casino Manager – Rikki Anema

2B

3W – Rikki Anema

3/4G – Veronica Poitras

4H

Outbreak Update:

As you know, our school is on outbreak status because of a high number of respiratory illnesses. During the outbreak there will be no visitors or volunteers allowed in the school. Please see the updated daily screening in this newsletter. Also you can refer to the new Sturgeon School Division Year Plan that was shared with you on Friday, September 24.



Daily arrival & Dismissal- please remember that if you are dropping off your children or they are getting to school on their own, students should not be arriving before 8:35. Our school buses start letting children off the buses at 8:35 and that is when we have supervision in place. There is no supervision before this time. We are also asking children to refrain from playing on the play-ground equipment when they arrive in the morning as there is no supervision. After dismissal at 3:05, only children with parental supervision should be playing on the playground. Thanks for your help in keeping our children safe.



Halloween - we will still be celebrating Halloween on October 29th. Celebrations will be contained to the homeroom classrooms. Please watch for news from your child's classroom teacher.

Nut Allergies Please be aware that Ochre Park School has students with severe NUT ALLERGIES. We ask everyone's cooperation to minimize the risks that these children face on a daily basis. Please TRY NOT to include any items containing nuts or nut by-products in snacks or lunches sent to school. Thank You for your attention to this very important matter!



House Leagues - we continue to run our house leagues as a way to promote a sense of belonging and school spirit. All students will remain on the same teams they were on last year. All new students to the school will be added to teams. Your child should be able to tell you their team color. We will have color day every Friday. Students can earn points for their team by wearing their team color, earning caught being good ribbons, or participating in intramurals.



Oct 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 K2	2
	ON SEPTEMBER 30  WEAR ORANGE				Veggie tray and Hummus and crackers	
3	4	5	6	7	8 K1	9
	Rice Krispies, fruit, hard boiled egg	Smoothies, cereal bar <u>World Teachers Day</u>	Turkey Pepperoni, Cheese and crackers, fruit	Yogurt Tubes and fruit Borscht Making and eating K2, 1G, 3W, 4H		K1, 1/2T, 2B, 3/4G
10	11	12	13	14	15 K2	16
		PD Day No School	Cheerios, fruit, hard boiled egg.	Yogurt, granola and berries	Bagel with cream cheese, fruit	
17	18	19	20	21	22 K1	23
	Rice Krispies, fruit, hard boiled egg	Smoothies, cereal bar	Picture Retakes Day Muffins and Melons	Turkey Pepperoni, Cheese and crackers, fruit No PreK	Whole wheat toast, fruit, hard boiled egg No PreK	
24	25	26	27	28	29 K2	30
	Cheerios, fruit, hard boiled egg School Council 6:30	Cheese, crackers and fruit	Yogurt, granola and berries	Veggie tray and Hummus and crackers	Deviled Eggs and fruit	

2% milk available each day