



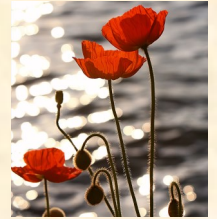
Ochre Park School

Phone 780 942-2901 Email opark@sturgeon.ab.ca

Nov. 2021

Message from Principal Calvin Anhorn

It is with great excitement that I begin my time as Principal at Ochre Park School. I have recently moved to the area as part of my transition and am experiencing many very new things, both personally and professionally. I moved from Lloydminster, having lived there for the past 24 years. I have spent time at schools in that area in Marwayne, Chauvin, Paradise Valley and most recently, Vermilion. I also spent a portion of my career in parts of northern AB and northern SK. I grew up in the small town of Maple Creek, SK. I have small town values and know the comfort and security of small town living.



I look forward to working with all the students of Ochre Park School and their families. I believe that every child can be successful. We will work hard to help students achieve their greatest potential in academics, friendships and citizenship. I encourage parents to contact their child's teacher if they should have any concerns. Together, we hope to build a strong working partnership and aim to do our very best for all kids.

Message from Outgoing Principal Roxanne Filipchuk

While I announced my retirement last spring, It was a pleasure and honour to come back for a couple of bonus months until a new principal was found. It has been a very productive first two months of the school year. We have welcomed 4 new staff members to the Ochre Park family and we are incorporating new initiatives that will support our students and staff. The Ochre Park 2021-2022 Education Plan is complete and will be posted on the website very soon. I would like to thank the members of the Ochre Park School Council and the Parent Society for their unwavering commitment to improving the experiences of all of the students at Ochre Park School. I will miss my Ochre Park family which will always hold a very special place in my heart. I feel truly blessed to have been able to work with such a dedicated staff, an amazing group of students and involved parents. I am looking forward to working with Mr. Anhorn for the first week of November and my last day will be November 5. I wish you all the best and am looking forward to hearing all the wonderful things that are happening at Ochre Park School.



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 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 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
If the answer is "YES" AND they are NOT fully immunized⁴: <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. 			
If the answer is "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 answer is "YES" to any symptom in question 2: <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. 			
If the answer is "NO" to all of the symptoms in question 2, proceed to question 3.			

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



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 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.



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!



Term 1 Progress

By November 5th all term 1 comments and marks will be completed in Power School. Please take some time to log in to your parent portal to review all of your child's marks and comments prior to parent teacher interviews on November 17 and 18. If you require assistance logging into the parent portal, please call the office. . If you have not yet booked your parent teacher interview, please call the office as soon as possible.

Virtual Book Fairs

Save The Date!

Dear Families,

Mark your calendars! The fun and excitement of a Scholastic Book Fair is coming to our school! To adapt to our changing needs, Scholastic has developed a **Virtual Book Fair** to provide an opportunity for our students and families to experience the joy of reading together.

So save the date! Our Scholastic Virtual Book Fair will take place on **November 15 - November 28, 2021**

When it's time to shop, visit our school's **Virtual Book Fair** site using this link:

<https://virtualbookfairs.scholastic.ca/pages/5166595>

Before our Fair begins, click the link to:

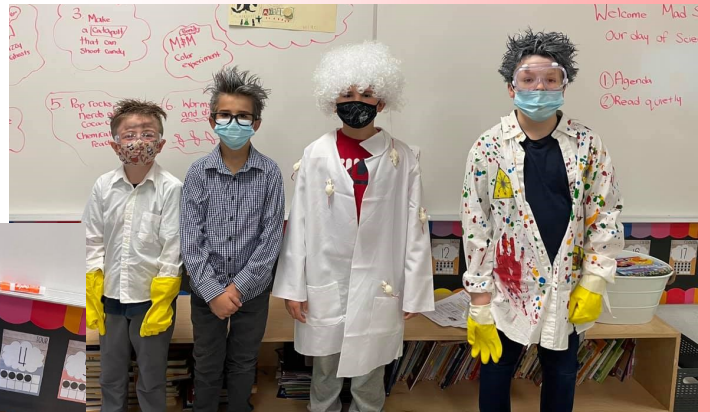
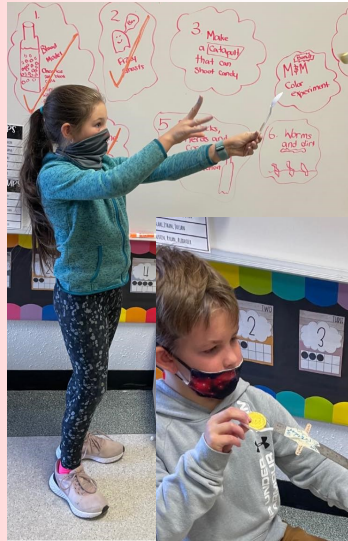
- **SAVE** it to your browser
- **WATCH** videos of popular new titles
- **PREVIEW** our Featured Books

Happy reading!

Ochre Park School



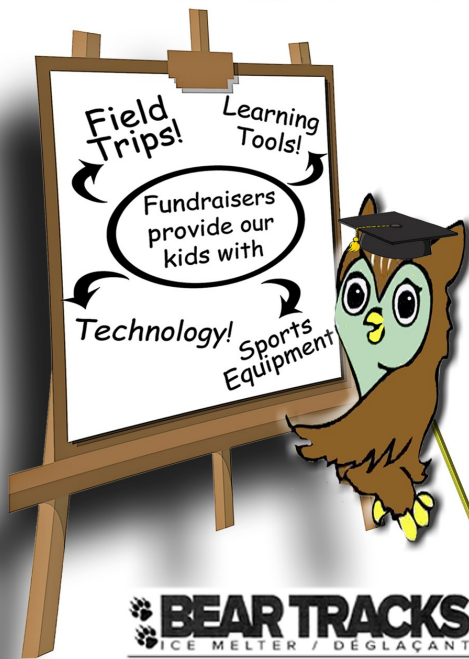
Grade 3 and 4 Mad Scientists



Grade 3 Rock and Volcano study

The students of OCHRE PARK SCHOOL need your help

FUNDRAISING



BEAR TRACKS
ICE MELTER / DÉGLAÇANT



Thanks to all of our awesome Ochre Park families and friends for making our Bear Tracks fundraiser a huge success! We sold an incredible 295 pails and earned \$2728.75 for our school! We'd like to recognize our top three fundraising families for going over and above the call of duty by rewarding them with prize gift cards. The time and effort you put in is greatly appreciated! Congratulations to the families of...



Elijah Haycock, Ethan Shannon, Tristan & Greyson Hoetmer

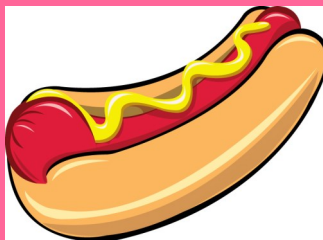
We're hoping to bring more amazing fundraising opportunities to you in the new year, such as Purdy's chocolates, fertilizer, seeds or cookie dough!

Reminder:

Council minutes are now posted on the Ochre Park Website in the Parent Zone area.

The Bear Tracks Ice melter will be ready for pickup on Tuesday, November 16. Pickup times and locations as follows: 2:30-3:30pm at Ochre Park School and 5:00-6:30pm at Pembina Place. A reminder notice will be sent home with your child as well.

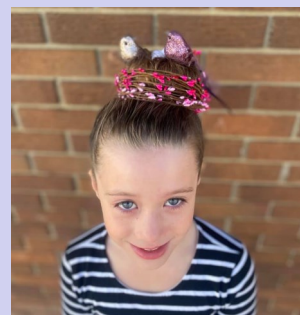
Free Lunch Fridays - We will be offering Free Lunch Fridays again this year. Thanks to a generous donation from the Redwater Lions Club we will once again be able to provide a free hot dog lunch once every month starting in November. Every other Friday we will have a free lunch available to every child in the school through our nutrition program. Please look at the calendar included in this letter to see the menu that will be offered for lunch on Fridays. On Free lunch Fridays, the children will not be served breakfast, so please ensure you pack a healthy morning snack for your child.



CRAZY HAIR DAY



Take me Outside Day - our staff and students enjoyed Take me Outside Day by spending an hour outside on October 20. Classes participated in nature walks, nature scavenger hunts, mindful listening, leaf collecting, sensory writing and various physical games and activities.



Counsellor's Corner

Hope everyone is looking forward to our week off and is able to spend some time doing what they love most. My name is Jennifer Geleta. For the past twelve years, I have taught various subjects in grades one to four and this year I have the privilege of being the School Counsellor and Mental Health and Wellness Coach.

This past month I have completed the Counselling and Wellness plan for our school. This plan will be shared at the November 26 Parent Council Meeting and the link will be available in the December News-letter as well.

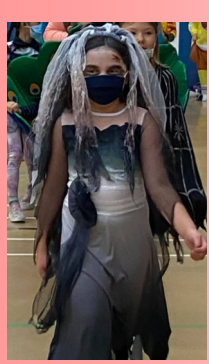
The November and December theme for social emotional learning is Self-Management. This is the ability to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. (Such as: setting personal and collective goals, exhibiting self-discipline and self-motivation) CASEL

I have been going into each classroom and introducing Kimochis. Ask your child what Kimochi means, what language it is and what character they were introduced to. Redwater HYPE and I have been working with some of the Grade 4's on various topics.

As always, if you have any questions or concerns, please call me at the school (780-942-2901) or e-mail Jennifer.Geleta@sturgeon.ab.ca



Halloween Fun!



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.



Remembrance Day

The school will be participating in a virtual Remembrance service led by our Principal on Friday, November 5 at 10:00am.

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!

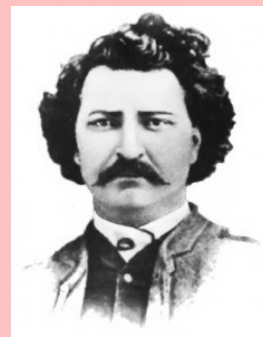


Students may purchase poppies in the office to support the poppy fund.



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.

Metis Week - Ochre Park students and staff will be recognizing Metis Week from November 15 -19. Métis Week is a week-long celebration of Métis culture, traditions, and history. It is a week designated to honour the contributions of the Métis Nation and its citizens. Louis Riel, the great leader of the Métis Nation, was killed on November 16, 1885. In Alberta, the week surrounding November 16th is designated as Métis Week.



Sturgeon County Programs!

Fun With Finances! Reaching Your Financial Goals

Ages 12-18

Do you dream of saving for a car, trip, or college? This engaging and fun money-learning experience will provide an introduction to saving, spending plans, goal setting, and developing a positive money mindset. Join our resident financial literacy advocate, Susan Morrissey, CPA, and learn the basics of good money habits and take steps to reaching your financial goals and dreams.

Date: Tuesday, November 9 (Fall Break); 10:00 a.m. – 12:00 p.m.

Location: FCSS Office 9606 100 Street, Morinville

Fee: FREE!

National Child's Day

Ages 8-17 (Nov. 9); 3-10 (Nov. 17)

Join us for an evening of fun and imagination as we celebrate National Child's Day. Sturgeon County will be hosting two creative art sessions which will teach you the importance of this day while working on your artistic skill – both sessions will be taught by local artists! Participants will receive all the necessary supplies to create their own work of art and can show-case their creation in a virtual gallery.

Dates: November 9 (Paint-Night Style Follow Along Art Project for youth aged 8-17) and November 17 (Creative Expression for children aged 3-10)

Time: 5:00 – 6:30 p.m.

Location: Sturgeon County FCSS Office (9606 100 Street, Morinville)

Fee: FREE!

Métis Week: Indigenous History

Ages 6-15

Join us to learn about our local Indigenous History and to celebrate Métis Week! Celine Loyer from the St. Albert (Musée) Heritage Museum will be facilitating the learning.

Date: Thursday, November 25

Time: 6:00 – 7:00 p.m.

Location: Sturgeon County FCSS Office (9606 100 Street, Morinville)

Fee: FREE!

All programs are free, but you must register to attend.


You can register online at: <https://sturgeoncounty.perfectmind.com/> or by calling us at 780-939-8334





Nov 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 K1	6
	Rice Krispies, fruit, hard boiled egg	Muffins and Melons	Turkey Salad, Crackers, Cucumbers	Smoothies and Cereal Bars	Free Lunch! Hotdog and Veggie Sticks	
					<i>Dress your Best in Remembrance</i>	
7	8	9	10	11	12	13
	Fall Break No School			Remembrance Day  No School	In Lieu of Parent Teacher Interviews—No School	
14	15	16	17	18	19 K2	20
	Cheerios, fruit, hard boiled egg	Turkey pepperoni, Cheese and Crackers, Fruit	Yogurt, Granola, Fruit	Veggies, Hummus and Crackers	Free Lunch! Taco Salad	
			Parent Teacher Interviews 4pm-7pm			
21	22	23	24	25	26 K1	27
	Rice Krispies, fruit, hard boiled egg NO PRE-K School Council 6:30pm	Whole Wheat toast, egg slices, fruit	Smoothies, cereal bar	Muffins and Melon	Free Lunch! Hamburger Soup and Bun	
					<i>HAT DAY!</i>	
28	29	30				
	Cheerios, fruit, hard boiled egg	Bagels with cream cheese, fruit	2% milk available each day			