



Ochre Park School

Jan. 2022

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

Message from the Principal

Happy New Year to all our Ochre Park families! I hope everyone had a great Christmas and a wonderful holiday with family and friends. The bitter cold temperatures likely kept many people inside more than usual, but it was pretty cold to do anything outdoors. The extended winter break for students that was announced by the Alberta government perhaps gave some a bit more time to do the things they like to do.

On Wednesday, January 5, 2022, Education Minister Adriane LaGrange announced that students in Alberta will be coming back to classrooms on Monday, January 10. We are happy to be able to continue to work face to face with students as they travel down their learning journeys. Our goal is to continue to provide a safe and caring environment for students while following Covid-19 protocols.

I would like to announce that Geneva Fossen has returned as our ECS teacher. She will be teaching in the mornings only for the next several weeks as she works her way back into school life. As such, we will have Amy McConnell covering in the afternoons in ECS. We would like to thank Alison Clement for coming to work with our ECS students while Ms. Fossen was away and we wish her well in her future endeavors. In addition, we are working on a replacement for Mrs. Hoetmer, as she will soon be leaving us. Stay tuned for more information on this staffing situation.

Our intervention work with our gr. 2 and 3 students has started and we will be continuing to build on the work to help improve our students' skill levels in literacy and numeracy. In addition, we will be testing our gr. 1 students in the near future and will begin to work on the development of a plan to help address their needs in these areas as well. At this time, we are unsure about specific funding for these areas.

We are currently working on the details to get the 800 Hour program up and running for our Pre-K and K students who qualified. An additional challenge this year is to keep cohorts separate so we are abiding by covid protocols. We have organized our Community room in order to accommodate our students and are currently working out further details. We are happy to be able to offer this extra programming for our students who need the extra assistance. Our plan will be to have this program start later this month.

Our Acting Superintendent in Sturgeon Public Schools, Ms. Shawna Walter, will be providing further details on new Covid-19 updates. Please watch for this important information.

We are happy to have students coming back to school and are looking forward to seeing them again. We thank you for your continued support and patience as we continue to work through this pandemic.

Mr. Anhorn
Principal



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. 			



CONGRATULATIONS TO DECEMBER'S STUDENTS OF THE MONTH!

1G– Jack

1/2T– Brayden

2B– Jasmine

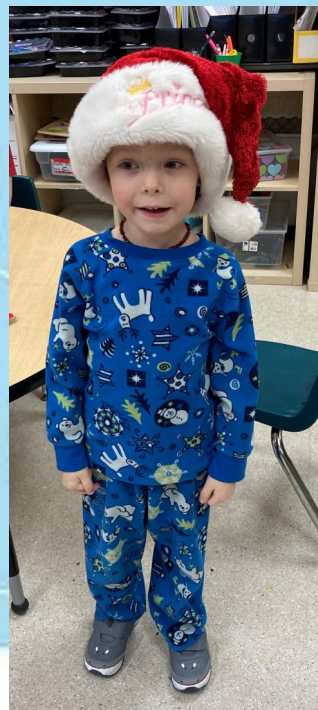
3W– Ayton

3/4 G– Emilie

4H– Austin



Christmas Spirit Day!



Congratulations Ochre Park school for winning "**Best Youth Tree**" at the Town of Redwater's Festival of Trees on December 4th! Thank you to the Ochre Park Parent Council and Parent Society for supplying wood cookies for students to decorate as well for as setting up and taking down the tree.



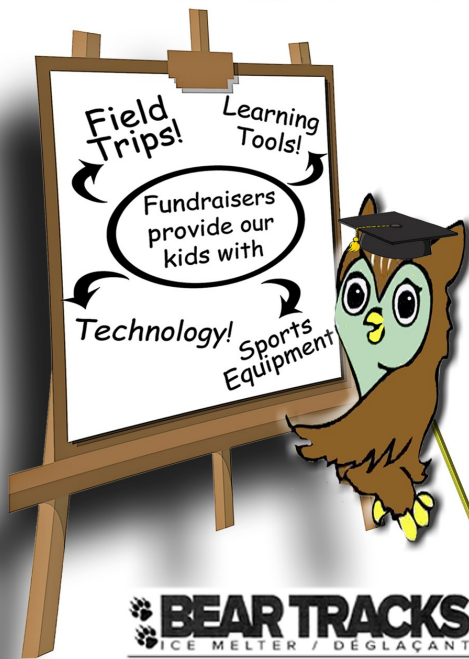
Santa Visits Ochre Park!



The students of **OCHRE PARK SCHOOL** need your help



FUNDRAISING



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.

Counsellor's Corner

Hello, I hope everyone had a chance to enjoy the break. There is no shame in reaching out for support. Here are some common reasons why students may need to talk to a counsellor.

- emotional regulation
- difficulty with friends/relationships
- study skills/tips
- difficulty with attention
- feelings of stress or overwhelmed
- worries/anxiety
- struggles with family transitions (ex. parental separation/divorce)
- grief and loss
- referrals to outside resources (ex. psychologist, doctor, mental health clinics, social workers, Sturgeon Family Support Worker, etc)
- anger management
- relaxation strategies
- social skills
- conflict resolution

If I can help your child, please do not hesitate to contact me.

Sincerely,

Mrs. Geleta



Phone: (780)-942-2901 E-mail: Jennifer.Geleta@sturgeon.ab.ca

Please see link below for our Counselling Wellness Plan for 2021 - 2022. This link is also available on the Ochre Park Website under *Parent Zone-> Parent Links*

<https://docs.google.com/document/d/1kOdtzCNGoInEvUiau0qfTMtooMaZBrqz/edit?usp=sharing&oid=113468458418413185061&rtpof=true&sd=true>

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 playground 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.



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.

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!



Visiting the School - School doors are locked during the day to restrict access to essential workers and visitors. If you have an appointment to come in to 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.





Jan 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2% milk available each day						
2	3	4	5	6	7	8
Extended Break for Students						
9	10	11	12	13	14 K2	15
	Yogurt Tube and Fruit Welcome Back!	Smoothies and Cereal Bar	Cheerios, HB Egg, Fruit	Veggies, Hummus, Crackers	FREE LUNCH! Hotdog and Carrot sticks Neon Day!	
16	17	18	19	20	21 K1	22
	Rice Krispies, HB egg and Fruit Parent Council Virtual Meeting 6:30 PM	Muffins and Melon	Yogurt, Granola, Berries	Turkey Pepperoni, Cheese, crackers, fruit	FREE LUNCH! Taco Salad Team Color Day!	
23/30	24 / 31	25	26	27	28 K2	29
	Cheerios, HB egg, Fruit PD Day No School	Veggies, Hummus, Crackers	Smoothies and cereal bar NO PRE-K	Yogurt Tube and Fruit	FREE LUNCH! Turkey Sandwich Dress Like Your Teacher!	