



# Ochre Park School

Mar. 2022

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## Message from the Principal

We begin March with a renewed sense of hope and positivity as our government has now lifted the majority of restrictions in our schools, with masks no longer being mandatory for staff or students and the cohorting of groups no longer being required. The recent changes will allow us to return to many of the same types of activities we had prior to Covid-19. This was almost 2 years ago, so there will be many new things that we haven't seen for some time. We ask for your patience while we figure out, plan and prepare for the various events we will hold at Ochre Park School. We will be discussing these as a staff in the coming weeks and will communicate them out once decisions have been made.

One event we do know will go ahead in-person in the next few weeks is parent/teacher interviews. They will be held on Tuesday, March 22 and Wednesday, March 23 from 4-7 pm each day. Stay tuned for more information on how to schedule a date and time in the very near future. We are excited to once again welcome parents into our school and look forward to having conversations with each of you face to face. Our teachers are currently testing students on their reading levels and will provide an update on this at the upcoming interviews. I look forward to meeting many of you as well during parent/teacher interviews. I invite you to stop in and say hello.

We recently celebrated our 100th day of school. Students dressed up like they were 100 years old. It was a great way to celebrate this landmark date. Our school year is progressing and we are all hopeful that nicer weather and warmer temperatures are on their way. We also recently celebrated Pink Shirt Day. This was a great day to not only show our support as a school for kindness and 'lifting each other up', but also a chance to talk with students about the importance of treating each other the way we would like to be treated. We promote this idea on this one day, but stress to everyone that it is important to live our lives that same way each and every day of the year. Students have been skating and have greatly enjoyed the opportunity to get out as a class on a fun field trip. Skating will wrap up in the next few weeks. We would like to thank our Parent Society for covering the costs of our bussing. The skating was free of charge for our students.

As we look ahead, we are only a few weeks away from our spring break. This is always a welcome break, and this year will be no different. It is an opportunity for everyone to take some time away from our regular routine and recharge our batteries. Upon our return from spring break, we will all look to regroup and push hard to finish out the school year. Registrations for next school year are underway. Parents can register their children online for ECS as of Feb. 28, 2022. We are already beginning to see a number of these registrations come in. We look forward to having your children join our Ochre Park family:)

I would like to take this time to thank you, as parents, for your dedication and all that you do for your children to help them learn and be successful at school. It is through the collective effort of both home and school that we are able to make the biggest accomplishments. At any time, I encourage you to communicate with your child's teacher regarding any questions or concerns you may have. I would like to also thank you all for your patience and understanding throughout this entire pandemic. There have been many challenging moments over the past 2 years and we can only hope that brighter days are on their way for all of us.

We look forward to planning many activities and events over the coming months that will not only keep your children safe, but provide them with a rich and diverse educational experience.

At any time, if you have any questions or concerns, I encourage you to feel free to reach out and contact me.

Mr. Anhorn  
Principal



## 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.   | Has your child been a household contact of a case <sup>4</sup> of COVID-19 in the last 14 days?<br><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 |
| <p>If child answered "YES" AND they are NOT fully immunized<sup>5</sup>:</p> <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> <p>If child answered "YES" and they are fully immunized<sup>5</sup> proceed to question 2:<br/>If child answered "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<br>Temperature of 38 degrees Celsius or higher  | YES | NO |
|  | Cough<br>Continuous, more than usual, not related to other known causes or conditions such as asthma  | YES | NO |
|  | Shortness of breath<br>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<br>Not related to other known causes or conditions like allergies or neurological disorders   | YES | NO |
| <p>If the child answered "YES" to any symptom in question 2:</p> <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) OR</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 OR</li> <li>Until symptoms resolve<sup>3</sup> if they receive a negative PCR COVID-19 test OR</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



## COVID-19 INFORMATION

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

### Overview

This tool was developed 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. International travellers who become a case after arrival in Alberta should follow isolation requirements outlined by Government of Canada.

If you have received a message from Public Health indicating that you are a case<sup>1</sup> of COVID-19 or if you have tested positive on [a rapid test](#), you are required to isolate as per current [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 Adults 18 Years and Older:

|   |   |     |    |
|---|---|-----|----|
| 1.  | Have you been a household contact of a case <sup>1</sup> of COVID-19 in the last 14 days?<br><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 immunized<sup>2</sup>:</p> <ul style="list-style-type: none"><li>You should stay home for 14 days from the last day of exposure and monitor for symptoms.</li></ul> <p>If you answered "YES" AND you are fully immunized<sup>2</sup> proceed to question 2:</p> <p>If you answered "NO" to question 1, proceed to question 2</p> |   |     |    |

<sup>1</sup> A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

<sup>2</sup> 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 or one dose in a one dose series (i.e., Janssen vaccine)

|    |   |     |    |
|----|---|-----|----|
| 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 |

**If you answered "YES" to any symptom:**

- Stay home.
- You 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 you have fever, cough, shortness of breath, runny nose, sore throat or loss of sense of taste or smell, you are required to isolate as per the current [CMOH Order](#):

- If you are fully immunized<sup>2</sup> you must isolate for 5 days from the onset of symptoms or until they resolve<sup>3</sup> whichever is longer. You must wear a mask for up to 5 days after your 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) **OR**
- If you are NOT fully immunized<sup>2</sup>, you must isolate for 10 days from the onset of symptoms or until they resolve<sup>3</sup> whichever is longer **OR**
- Until symptoms resolve<sup>3</sup> if you receive a negative PCR COVID-19 test **OR**
- Until symptoms resolve<sup>3</sup> if you receive two negative rapid antigen tests, with at least 24 hours between tests.

**If you answered "NO":**

- You may attend work, school, and/or other activities.

<sup>2</sup> 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 or one dose in a one dose series (i.e. Janssen vaccine)

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



# Upcoming Events and Reminders!

- Parent Teacher Interviews will occur in person on Tuesday, March 22 and Wednesday, March 23, 2022. A form will be sent home to schedule your interview.

**The Scholastic Book Fair is coming!** Proceeds from this event provide valuable books and resources to the school. Join us and support the fair in the library during Parent Teacher interviews on March 22 and 23. Cash, credit card and debit card will be accepted. The book fair will also be available online at :

<https://virtualbookfairs.scholastic.ca/pages/5178476>

**Free Lunch Friday: No Snack** is provided on this day, please ensure your child has a snack packed. Also, on hotdog days, one hotdog per student is prepared. If your child needs more lunch, please pack extra snacks on that day. You can find the snack and lunch menu on the calendar in our monthly newsletter as well as on the Ochre park website calendar.

# The students of OCHRE PARK SCHOOL need your help



## FUNDRAISING



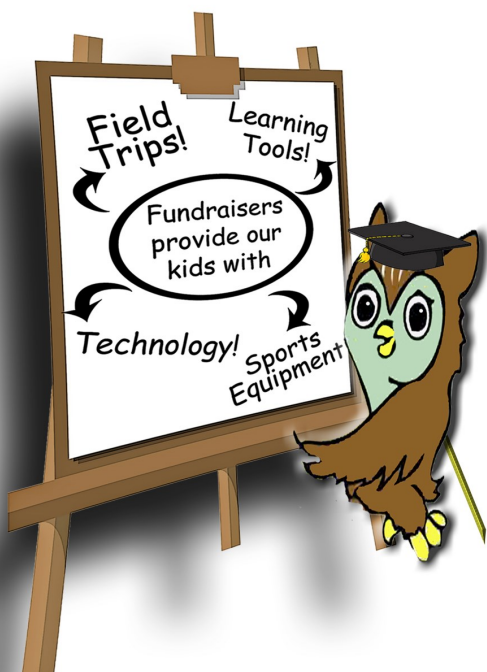
### Everyone's Favourite Fundraiser Is Back!



Our upcoming Purdy's fundraiser will run from February 25th to April 14th. More information will come home shortly in your child's mailbag.



Be one of two top selling families to win a prize gift card!



### Reminder:

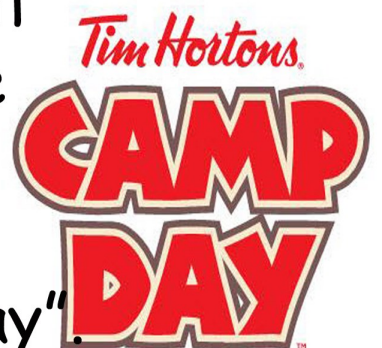
Council minutes are now posted on the Ochre Park Website in the Parent Zone area.



We at Ochre Park School would like to say a huge THANK YOU to our local Tim Hortons for so generously offering to provide Valentines Day goodies for all of our students!



Please be sure to get out and support them while they help others with their upcoming "Smile Cookie Day" and "Camp Day".







Thank you Tim Horton's  
for the  
Valentine's treats!



# Counsellor's Corner

Hello,

Hope everyone enjoyed Family Day and are looking forward to Spring Break!

Teaching independence to students is a daily focus within our classrooms. Allowing your child to take the lead, showing them the ropes, letting them pitch in, and resisting the urge to jump in and help them are all things that parents can do to promote independence in their child.

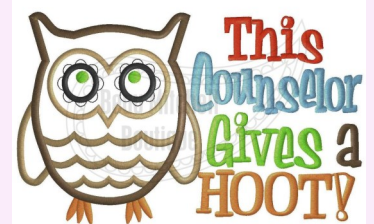
## The Importance of Being Independent

As children we have to rely on others. We need them to provide food, shelter, safety, and the right environment for us to grow and achieve our potential. Some of us receive more support than others. Some of us thrive better than others. But as we get older we have to learn to make the best decisions and choices that suit us and the way we want to progress in the world. Making the wrong choices, either to please others, or because we feel that we ought, benefits no one long-term. Becoming an independent, functioning human being is the most worthwhile outcome we can hope for ourselves.

As always, if you have any questions, please call me at the school (780-942-2901) or email me at [Jennifer.Geleta@sturgeon.ab.ca](mailto:Jennifer.Geleta@sturgeon.ab.ca)

Sincerely,

Mrs. Geleta



**Congratulations to February's Students of the Month!**

1G– Saffron  
1/2T– Wyatt  
2B– Colton  
3W– Peyton  
3/4 G– Tyson  
4H– Dylan



# PINK SHIRT DAY









**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!**



**Volunteers Welcome!** If you wish to volunteer in our school, here are a few things to know: 1. Please contact your child's teacher to arrange a day and time to come in. 2. A vulnerable sector check is required every three years. These are completed Tuesdays and Wednesdays at the RCMP station. Please contact the office for a letter to waive the records check fee. 3. The doors are locked during the day, please call 780-942-2901 to be let in the building and to get signed in. 4. As always, if you are feeling unwell, please reschedule your visit.





| Sunday  | Monday                                | Tuesday                                   | Wednesday                          | Thursday  | Friday   | Saturday |
|---|---------------------------------------|---|------------------------------------|---|--|----------|
|   |                                       | 1   | 2                                  | 3   | K2 4   | 5        |
|   |                                       | Turkey Pepperoni, Cheese, crackers, fruit | Yogurt, Fruit, Cereal Bar          | Veggies and Hummus, Crackers                        | Free Lunch!<br>Hamburger Soup and Bun<br><br>Wear your Team color!             |          |
| 6   | 7                                     | 8   | 9                                  | 10  | K1 11  | 12       |
|   | Cereal, HB egg, Fruit<br><br>No Pre-K | Smoothie and Cereal Bar                   | Muffins and Melon                  | Fruit Salad and Banana Bread                        | Free Lunch!<br>Pasta and Meat Sauce<br><b>STAY AFLOAT DAY</b> , wear floaties! |          |
| 13  | 14                                    | 15  | 16                                 | 17  | K1 18  | 19       |
|   | PD DAY<br>NO SCHOOL!                  | Cereal, HB Egg, Fruit                     | Yogurt, Berries, Cereal            | Veggies, Hummus, Crackers<br><br>St. Patrick's Day! | Free Lunch!<br>Hotdog, Veggies and Dip<br><br>Wear your team color!            |          |
| 20  | 21                                    | 22  | 23                                 | 24  | 25   | 26       |
|   | Cereal, HB egg, Fruit                 | Muffins and Melon                         | Turkey Pepperoni, Cheese, Crackers | Fruit Salad and Cereal Bar                          | In Lieu of parent teacher interviews, NO SCHOOL                                |          |
| 27  | 28                                    | 29  | 30                                 | 31  |  |          |
| <div>Spring Break! Classes resume April 4</div> |                                       |   |                                    |   |  |          |