



Ochre Park School

April 2022

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

Message from the Principal

It took some time, but it appears that the nicer weather has arrived and is hopefully here to stay. The timing couldn't be better as we head into spring break. I'm sure everyone is ready for some time away and the nicer weather will give us all an opportunity to get out and enjoy some fresh air. Students have been finding the puddles on the playground and this has made for some wet experiences.

Our days leading up to the break have been busy, as we look to get back to many of the things we did prior to the pandemic. We have been working on some simple things, such as working to clean all the excess furniture and items off our stage. It has been a challenge to find space for a lot of it, but we are continuing to re-organize things to make it work. We held our term 2 awards ceremony just prior to the break. It was great to have our students back together for an assembly. For many of them, this would be their first experience together as a large group. It was great to have parents back in our school as well. We also held our parent/teacher interviews and our Book Fair over the past few days. It was wonderful to see parents in our school again. We are busy organizing and planning other events later in the school year that will also bring people back together. We look forward to more of these types of events.

We have some staffing changes happening upon our return after spring break. First of all, Shannon Stadnyk in Pre-K will be leaving us, as Tarra Modien will be returning from her leave. We welcome Miss Modien back and would like to thank Mrs. Stadnyk for her work as our Pre-K teacher. At this time, Mrs. Patricia Hurst continues to be away and at this time, we are uncertain as to when she will return. We would also like to welcome our new Caretaker, Stephanie Striegler. Margaret Keast is also away on leave at this time and Caroline Klemmer will be with us as our Custodian during her absence.

A key event happening in April is our Farm Safety presentations on April 13. It is our understanding that these will be done virtually. As well, we are currently working on getting organized for some paska making with our students. We are working on some dates to participate in Pitch-In Week and clean up our school grounds and nearby area, but nothing firm has been set just yet.

We have obtained a quote to repair our Spiderweb Park and are looking to get that done in the near future. This equipment has been out of service for several months. We are also looking at having our entire playground inspected and certified in the coming weeks. Our hope is that this will provide us with some valuable information for planning into the future.

I would like to take this opportunity to wish everyone a wonderful spring break. Our winter has been long and, at times, harsh and the nicer weather has certainly been welcome. As our snow disappears, more people tend to get outside and are able to take in that amazing fresh air. My hope is that everyone is able to enjoy some time outside over the break, doing the things that they enjoy doing. We look forward to seeing everyone again on April 4.

At any time, should anyone have any questions or concerns, I welcome you to contact me or stop by to meet with 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 case⁴ 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 case⁴ 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 slept over, attended a birthday party or someone who was a play date with a case.</i>	YES	NO
If child answered "YES" AND they are NOT fully immunized⁵: <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 child answered "YES" and they are fully immunized⁵ proceed to question 2: If child answered "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 child answered "YES" to any symptom in question 2: <ul style="list-style-type: none"> If the child is fully immunized⁵ they are required to isolate for 5 days from onset of symptoms or until symptoms resolve³ 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 If they are NOT fully immunized⁵, they must isolate for 10 days from the onset of symptoms or until they resolve³ whichever is longer OR Until symptoms resolve³ if they receive a negative PCR COVID-19 test OR Until symptoms resolve³ if they receive two negative rapid antigen tests, with at least 24 hours between tests 			

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

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

⁵ 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 case¹ 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 ¹ 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. <p>If you answered "YES" AND you are fully immunized² proceed to question 2:</p> <p>If you answered "NO" to question 1, proceed to question 2</p>			

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

² 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 immunized² you must isolate for 5 days from the onset of symptoms or until they resolve³ 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 immunized², you must isolate for 10 days from the onset of symptoms or until they resolve³ whichever is longer **OR**
- Until symptoms resolve³ if you receive a negative PCR COVID-19 test **OR**
- Until symptoms resolve³ 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.

² 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)

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

Upcoming Events and Reminders!

It is Spring Time finally and with Spring comes PUDDLES! Please have your child bring a change of clothes and extra socks to school just in case.

Paska Making with the Generations program is Back! Dates are set for April 12 and 13. Your teacher will share more details as they are confirmed.

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.

Counsellor's Corner

Hello,

Hope everyone enjoyed their Spring Break and had a chance to reconnect with nature, friends, and family.

April is designated as Month of the Military Child – a time to honor the sacrifices made by military families worldwide, with an emphasis on the experience of the dependent children of military members serving at home and overseas. This year we will be celebrating **Purple Up Day on April 14, 2022**. “Purple Up! For Military Kids” is a day for communities to wear purple to show support and thank military children for their strength and sacrifices. Purple indicates that all branches of the military are supported. Air Force blue, Army green, Navy blue, Marine red, and Coast Guard blue all are thought to combine together as a single color, purple. We would like to encourage everyone to wear purple on April 14, 2022.

The Dandelion - The Official Flower of the Military Child

Author Unknown:

“The official flower of the military child is the dandelion. Why? The plant puts down roots almost anywhere, and it’s almost impossible to destroy. It’s an unpretentious plant, yet good looking. It’s a survivor in a broad range of climates. Military children bloom everywhere the winds carry them. They are hardy and upright. Their roots are strong, cultivated deeply in the culture of the military, planted swiftly and surely. They’re ready to fly in the breezes that take them to new adventures, new lands, and new friends.

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



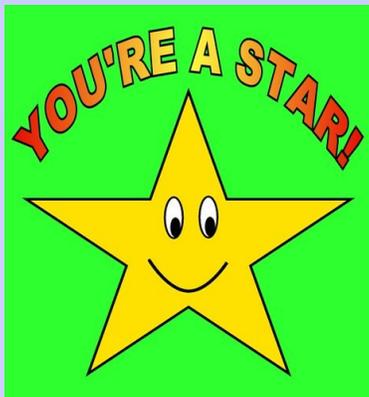
Awards and Acknowledgements

Congratulations to the Students of the Month for March!



1G- Emma
1/2T- Gabriella
2B- Peyton
3W- Hunter
3/4 G- Koda
4H- Ethan

Many thanks to our Nutrition Coordinator, Miss Wanda for all of your hard work to ensure our students are provided with nutritious and delicious snacks and lunches. We appreciate all that you do!



If you would like to help Miss Wanda and volunteer in the kitchen, please contact the office.

Thank you to *Ochre Park Parent Council and Society* for funding the transportation portion of our Skating Excursions to Pembina Place. The students had a wonderful time, and for many, this was their first out of school field trip!

Our thanks and appreciation go out to *Redwater Curling Club* for sponsoring the ice time, transportation and volunteer assistance for our Annual grade 4 Curling Field Trip. The students enjoyed themselves immensely and many want to join the kids curling club next year.

Lastly, thank you to our *Parents* for attending Parent-Teacher interviews and supporting our Book Fair. It was great to see you and we are looking forward to adding more books to the library. If you missed out on the in-school book fair, you can still visit our virtual book fair, but act fast, it is closing at 10:00pm on Friday, March 25.

Please visit it at: <https://virtualbookfairs.scholastic.ca/pages/5178476>

Ochre Park Parent Council and Society News

Reminder: Purdy's Orders are due in no later than April 8.

With new seasonal gear becoming available in the stores, why not simplify your labeling and purchase some durable and colorful labels from our Mabel's Labels fundraiser? See link to the right →



The image shows a blackboard-style sign with a wooden frame. At the top, a cartoon owl with a pink bow is perched on the edge. The text on the sign reads: "Participate in our current fundraisers". Below this, it says "For labels and so much more, head on over to campaigns.mabels.com & search for Ochre Park School". To the right of this text is a small logo for "mabel's labels" featuring a girl's face. At the bottom, it says "Donate the proceeds from your next bottle return to the Ochre Park School Account at the Redwater Bottle Depot". To the left of this text is a logo for "Bottle Depot" featuring a blue bottle and green leaves.

Snowshoeing Adventures!



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.



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.



April 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Spring Break No Classes	
3	4	5	6	7	K2 8	9
	CLASSES RESUME Cereal, HB Egg, Fruit	Smoothie and Cereal Bar	Turkey Pepperoni, Cheese, Crackers	Veggies, Hummus, Crackers	<i>Camo Day!</i> FREE LUNCH! TACO SALAD	
10	11	12	13	14	15	16
	Cereal, HB Egg, Fruit	Muffins and Melon	Yogurt, Berries, Cereal Bar	PURPLE UP DAY! Fruit Salad and Cereal Bar	GOOD FRIDAY No School	
17	18	19	20	21	K1 22	23
Happy Easter!	Easter Monday No School	PD Day No School	Cereal, HB Egg, Fruit	Yogurt, Berries and Cereal Bar	<i>Whiteout/Blackout Day!</i> FREE LUNCH! CHICKEN NOODLE SOUP AND CRACKERS	
24	25	26	27	28	K2 29	30
	Cereal, Egg and Fruit	Muffins and Melon	Smoothie and Cereal Bar	Veggies, Hummus and Crackers	<i>Wear Your Team Color!</i> FREE LUNCH! HOTDOG, VEGGIES AND DIP	