

Season's Greetings,

The school year is moving quickly. One quarter is complete and here we are just over a third of the way through quarter 2. We appreciate the commitment of students, parents, teachers and staff as we progress through this very busy and different school year. As well, thank you to all for our latest PIVOT to online learning. Although for most of us this is not our most desirable method of teaching and learning, it is certainly the case that this transition has been much more smooth than the emergent transition that took us all by surprise back in March.

Please remember that online learning continues to be structured around the regular school day; online attendance is expected and teachers, counselors and grade coordinators are monitoring the progress of students in order to ensure optimal levels of student success. Parents, your support in monitoring your student's online attendance, at home work habits and academic progress supports this work.

Below are some tips for your students' Online/At Home Success:

- Create a space for online learning and school work - a distraction free space is always best
- Follow a routine - attend your online classes every day, follow the structure of the school day, take appropriate breaks, feed & water your body and brain morning, noon and night, get some exercise, complete your homework, sleep well, repeat)
- Chunk your work - set achievable goals for yourself
- Access learning support - do this online, from your teacher or peers at agreed upon times.

If your student is struggling with this shift to online at home learning, do connect with the appropriate teacher, counselor or grade coordinator early in order to examine the nature of the problem and identify some strategies for working through it successfully.

Once again, Parent Teacher Interviews will be taking place virtually or by phone this quarter. If you have not already done so, please visit our [SGCHS Website](#) for directions on booking your interview(s). As is always the case, if you are not able to meet virtually with your student's teacher(s), reach out directly via phone or email to arrange a time for this discussion to take place.

On behalf of SGCHS staff, I wish you a happy, healthy and safe Christmas Holiday Season.

Cam Robertson
Assistant Principal
Grade 12 Coordinator



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DATES to REMEMBER

Dec 8 - Virtual PTI

Dec 15 - Panther Auxiliary @ 6:30

Dec 21– Jan 1
Christmas Break

We're here to help

News from Student Services

December 2020



As we head into December and begin a new routine of learning from home, we here in Student Services want to remind you that we are still here to assist you with mental health support, post-secondary questions, graduation requirements, study skills, and more!

We make it easy to connect! Want an appointment by phone or Google Meet; email jwiebe@psd70.ab.ca or call 780-962-0800 and press 2 for Student Services. Want to direct a question to your grade counsellor...

Grade 12 Counsellor: pspink@psd70.ab.ca

Grade 11 Counsellor: mstewart@psd70.ab.ca

Grade 10 Counsellor: pmennie@psd70.ab.ca



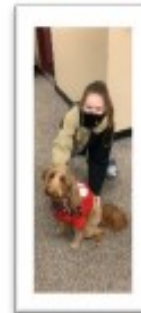
Don't forget to sign up for Remind! We send out all kinds of information regarding post-secondary information; school events/announcements; grad details; and more!

<https://sgchs.psd70.ab.ca/Remind.php> Click here for instructions of how to do that!

There are times where we all feel frustrated, lonely, isolated, sad, or angry. One thing that is helpful is to spend a few minutes being thankful. Write them down, say it out loud, or just mentally count them on your hand.

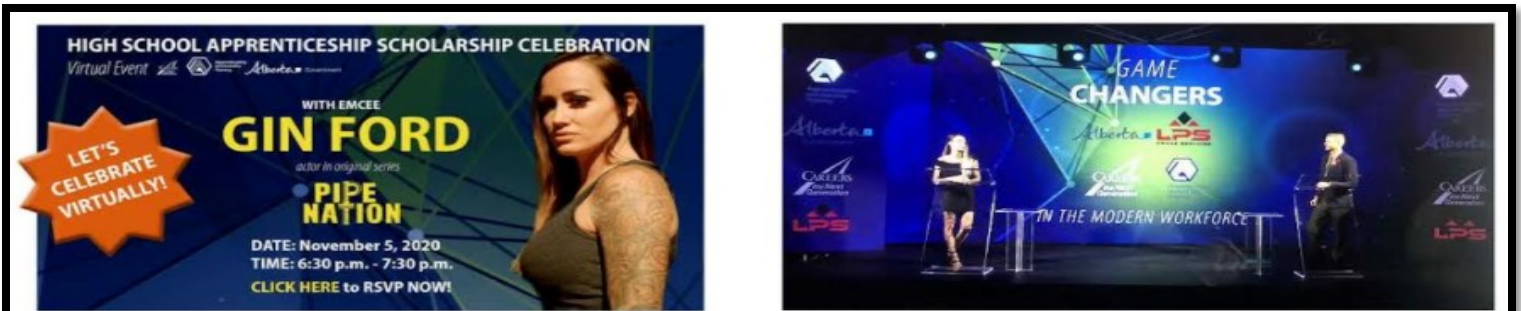
We are thankful for you! And Mazy; Christmas lights; fresh falling snow; and chocolate!

THERE IS
always
SOMETHING TO BE
thankful for



CONNECTIONS TO THE COMMUNITY

CONNECTIONS TO THE COMMUNITY



Christian DePape-MacDonald, Jaron Jobber, Jayden Barnwell, Jordan Staigh, Maisy Southron, and Samantha Hurley each received the 2020 High School Apprenticeship Scholarship from the Apprenticeship and Industry Training board at this event. **Congratulations!**



Maisy Southron
Carpenter Apprentice

Ever since I was little, I remember my dad building houses. So it's safe to say that my dad has been my main source of inspiration to become a carpenter. I have been taking construction/woodworking classes since junior high. One day I hope to start a club to get more kids interested in the trades! I'd like to thank my employer Stanley Construction for giving me the opportunity to learn and grow with them.

2021 PRIME MINISTER'S AWARDS

NOMINATE AN EXCEPTIONAL EDUCATOR TODAY!

- Teaching Excellence
- Teaching Excellence in Science, Technology, Engineering and Math (STEM)
- Excellence in Early Childhood Education

NOMINATION DEADLINE:
JANUARY 12, 2021
11:59 A.M. (PACIFIC TIME)

CANADA.CA/PM-AWARDS #PMAWARDS

Gouvernement du Canada / Government of Canada

LES PRIX DU PREMIER MINISTRE 2021

PROPOSEZ LE NOM D'UN ÉDUCATEUR EXEMPLAIRE AUJOURD'HUI!

LA PÉRIODE DE MISE EN CANDIDATURE SE TERMINE LE 12 JANVIER 2021, À 11 H 59 (HEURE DU PACIFIQUE)

- Excellence dans l'enseignement
- Excellence dans l'enseignement des sciences, de la technologie, de l'ingénierie et des mathématiques (STEM)
- Excellence en éducation de la petite enfance

CANADA.CA/PRIX-DU-PM #PRIXDUPM

Caregiver Education Team Newsletter

December 2020



AHS, in collaboration with [The Mental Health Foundation](#), is proud to offer **FREE** online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Sessions at a Glance:

Caregiver Education Sessions

Sleep and Your Family's Mental Health

Wednesday, December 2 or
Thursday, December 10
6:00 – 7:30 pm

Breaking the Cycle of Anxiety

A Step by Step Approach
Wednesday, December 9
6:00 – 7:30 pm

SEEDS Sessions

Using Praise and Rewards to Promote Self-Confidence

Thursday, December 3
6:00 – 7:30 pm

Lunch & Learn Webinars

**Anxiety Part 2:
Calming Our Bodies**
Monday, November 30
12:00 – 1:00 pm

**Anxiety Part 3:
Settling Our Minds**
Monday, December 7
12:00 – 1:00 pm

**Anxiety Part 4:
Overcoming Avoidance**
Monday, December 14
12:00 – 1:00 pm

These free online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Parent Feedback:

"Great session, thank you! I appreciated the specific tips, ideas, and guidance."

"Length was good. I enjoyed the various forms of delivery."

To register for a session, click [here](#) or visit:
www.cyfcaregivereducation.ca



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information or to register, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

December 2020



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding addiction and mental health challenges that can affect children and youth.

Breaking the Cycle of Anxiety:

A Step By Step Approach

In this session, we will review helpful vs. unhelpful anxiety and discuss strategies for identifying and managing anxiety in children and youth.

Date: Wednesday, December 9, 2020

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

Sleep and Your Family's Mental Health

Develop an understanding on how sleep can impact mental and physical health. Review common sleep concerns and strategies to promote healthier sleep habits for your whole family.

Date: Wednesday, December 2, 2020

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

Date: Thursday, December 10, 2020

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register for a session, click [here](#) or visit:

www.cyfcaregivereducation.ca

Parent Feedback:

"Very helpful, informative, and resourceful ideas that I can implement right away."

"I felt it was presented very well. Perfect amount of time and covered each topic just enough. Love the information we received after, it was very helpful."

"Wonderful, professional, informative, thank you!"



Mental Health Foundation



Alberta Health Services
Children, Youth & Families
Addiction & Mental Health

For more information or to register, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

December 2020



These free 60 minute webinars are for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency and overall family wellness.

Anxiety Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers and ways caregivers can help their child to notice and begin to regulate their own stress responses.

Date: Monday, November 30, 2020

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; for adults only.

Anxiety Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thinking and thinking traps that can hold our children back. Strategies for addressing worries and encouraging realistic thinking will be discussed.

Date: Monday, December 7, 2020

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; for adults only.

Anxiety Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our child's stress responses. By encouraging our children to face manageable stressors, caregivers can help their child foster effective coping skills.

Date: Monday, December 14, 2020

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register for a session, **click here** or visit: www.cyfcaregivereducation.ca

Parent Feedback:

"I thought the delivery, time, and length were all great."

"Thank you for sharing your knowledge and time. I learned so much."

"Like the interactive activities. Great information, thank you!"

"I find these [sessions] are great reminders to be positive when it is so easy to be negative."



Mental Health Foundation



For more information or to register, visit www.cyfcaregivereducation.ca



November 14, 2020

Dear Parents and Caregivers,

We are excited to share with you that our school has the opportunity to stay connected through these challenging times to great community and health support. The #triregionbunch is a small group of health, education and recreation youth workers who are responsible for ensuring that youth mental health, ages 11-24, are connected to physical activity, social connection and have a sense of belonging to our community.

They are offering a “Hospitality Connection Call” whereby your family receives a monthly email with youth programming, online or in-person, as well as a connection phone call directly to your youth. These connection calls updating your child on COVID-safe community programming are an optional touch point for your family.

To learn more about the #triregionbunch, you can watch the video by visiting https://youtu.be/mIVIKTf47_4 and read the full description here <https://parklandcc.ca/community-resources/>

To stay in contact with the community partners of this region, visit the Wellness Initiative www.psd70.ab.ca

Sincerely,

School Principal Inclusive Education Lead





4603 – 48 Street T 780 963 4010
Stony Plain, AB F 780 963 4169
T7Z 2A8 E divisionoffice@psd70.ab.ca

Tuesday, November 17, 2020

Re: Parent Notification of COVID-19 Cases at School

As COVID-19 case numbers rise across the province, our communities and schools are experiencing a corresponding increase. Parkland School Division has been working very closely with Alberta Health Services' COVID response teams regarding cases that may be connected to schools.

As positive case numbers rise due to community spread, there can be confusion as to whether or not a school should notify families. There will be scenarios that arise where contact tracing and case investigations have determined that individuals were either deemed non-infectious while they attended school **OR** their infectious period with the virus came at a time when they were not in attendance at school. (Example, over a 48-hour period during a weekend, on Fall Break, etc.) In both of those scenarios, Parkland School Division, following communication protocols from AHS, will determine that classrooms and school communities **will not** be notified of the positive case due to the fact that there was no connection or risk to the students/staff, and to respect the privacy of the individual involved.

There will be situations in which an individual has tested positive for COVID-19 and the school community finds out through other individuals, organizations, event organizers or social media. In some of these cases, the school may not notify families because the individual has been determined to be NOT infectious while at school. To be clear, Parkland School division will **directly** communicate with the family of any student who has been determined to be a close contact to an infectious individual while at school. The AHS case investigation will always determine whether or not a case has been infectious while at school regardless of where the initial exposure to the virus occurred.

If an individual has been determined to be infectious **while at school**, Parkland School Division adheres to Alberta Government's sector guidance for School Re-Entry. Close contacts of the positive case will receive a direct notification with self-isolation requirements. A separate all-school notification will be sent to the entire school population via email for the first positive case at a school. This is followed by additional updates via school website news items for subsequent cases. Should AHS declare an outbreak at a school (2 - 4 cases at a school), Parkland School Division will issue an outbreak notification and that school will be included in the provinces reporting*, which can be found at:

<https://www.alberta.ca/schools/covid-19-school-status-map.htm>

*Alberta government's tracking is for those cases in which the individual was infectious while at school.

Alberta Health Services (AHS) directly notifies close contacts of cases of COVID-19 confirmed in three priority groups only:

- health care workers,
- minors (parents will still be notified by AHS if their child is exposed at school); and,
- individuals who live or work within congregate or communal facilities.

Albertans who are not within the priority groups listed above, who have tested positive for COVID-19, are asked to identify their own close contacts of the exposure.

For more on the non-school Contact Tracing process, please visit the Alberta Health Services website at:

<https://www.albertahealthservices.ca/topics/Page17199.aspx>

Notification Delays

In some cases, there are delays before any notification may happen. These delays may be attributed to the following:

When the positive case showed symptoms

When the COVID-19 test was administered

How long it took for results to come back to the positive case

There's a 48-hour window that AHS deals with involving the Early Detection and Response Teams, the Communicable Disease Control teams and finally when an investigator gets assigned to the case

Sometimes, when schools haven't been contacted within this timeline, it could mean one of three things:

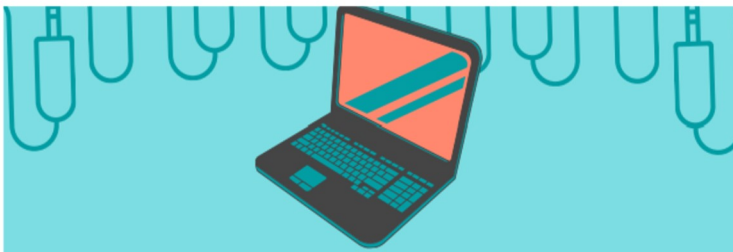
AHS has been unable to contact the case/parent/guardian;

the person does not have confirmed COVID-19; or

the individual was not at school while infectious.

For more information, check out the news item on PSD's website [COVID-19 In Schools](#).

SPRUCE GROVE'S ELECTRONIC WASTE COLLECTION DRIVE



HOSTED BY NONSO MORAH & MYA BEAMISH
SPRUCE GROVE'S OFFICIAL

ELECTRONIC WASTE COLLECTION DRIVE

This drive is created to help reduce e-waste and its negative environmental impact. All collections from this drive will be sent to ERA and donated to charities and NGOs.

**PICKUP/DROP-OFF CAN BE
ARRANGED**

CONTACT

#: (780) 265-3657

#: (587) 920-2099

COLLECTION LIST

ACCEPTED ITEMS FOR THE DRIVE INCLUDE:

LAPTOPS & COMPUTERS

Monitors

Docking Stations

Parts (Motherboards, hard drives, etc...)

Keyboards, Mice and Wires/Cables

CONSUMER ELECTRONICS

Gaming Consoles

Phones/iPods/MP3 Players

Stereo Equipment

PRINTERS

Fax Machines

Scanners and Copiers

MISC

Phone Systems

CD/DVD Cards

Servers

Software (operating/editing)

Routers and Switches

Disk Arrays



CONTACT
INFORMATION

NONSO MORAH7

@: magicmorah@gmail.com

MYA BEAMISH

@: myabeamish@gmail.com