

# SPRUCE GROVE COMPOSITE HIGH SCHOOL

NOVEMBER, 2020

Greetings SGCHS Panther families and welcome to the start of Quarter 2! We hope that, despite some challenging times, you are adjusting with each day.

The month of October has come and gone as a step in the adjustment for many of our students working through the pace of our new Quarter system. We are very proud of how our students have embraced the change and are respectfully doing their best to meet expectations. We are also encouraging students to work together with their families to create a safe and healthy balance between learning and at home time. With the colder weather ahead, it is still important for students to find ways to be active through physical activity and safe social interaction within their cohorts groups. Several of our Panther athletes have made connections through school sports by joining our fall volleyball cohort teams. Due to the limited contact nature of the sport of volleyball, these student athletes have made the commitment to focus more on accessing training time together as a cohort with limited exhibition game play against Memorial Composite. Due to the postponement of competition in the Edmonton Metro league, our volleyball players are doing their Best to show their Panther Pride through the spirit of competition with the MCHS Marauders. Further information regarding this postponement can be found on the [Metro Edmonton High School Athletic Association League](#) website.



Congratulations to the Grad Class of 2020! On October 9, 2020, SGCHS hosted a Drive-Thru Grad celebration to honour the Class of 2020. Graduates were encouraged to dress up, decorate their cars, drive-thru with their family and celebrate safely with their 2020 Grad Class. Our best wishes to all our Graduates and their families.

If you haven't already, please complete our [Parent Survey](#) by Friday, November 6th.

As we progress forward, the demands of high school will still require our students to put their best foot forward as engaged learners. The use of Seminar time is critical for accessing extra teacher support and completing the feedback loop for students. As we enter the exam break starting November 4, being prepared for exams will play a key role in ensuring high school success.

The Final Exam Schedule for Quarter 1 courses is posted on the school website with helpful information regarding Diploma Exams. Please remember, if you are not writing an exam, you do not need to come to school. If you ride the bus and only have one exam, you will be expected to sit in the cafeteria for the period you are not writing.

### Schedule Changes

Due to COVID 19 safety protocols, we are trying to reduce the historical line up into Student Services to arrange for timetable changes. If students require a timetable change, the [Timetable Change Request Form](#) opened on October 27 to accept requests, and will close at 4pm on Tuesday, November 3. All timetable requests for Q2, Q3 and/or Q4 should be made using the attached link. Students will also be able to see the changes in PowerSchool following their confirmation.

After Fall Break, November 16th will signal the start of Quarter 2 for students, staff and parents at SGCHS. Our school community will continue working together to achieve success for all. Parents, please remind students traveling on the bus to carry and present their Bus ID cards to the drivers for scanning.

The school busses remain an extension of our classrooms and a priority in the upcoming months is to focus on maintaining a safe and caring learning environment while adhering to the essential protocols and measures in our school. Please continue to check for updates to COVID 19 protocols on the PSD website. All documents regarding school protocols and AHS requirements can be found on our website under the COVID-19 Info tab or in our school documents section under COVID Resources. Students who show any of the following symptoms-- fever, cough, shortness of breath must report all absences to the school and return a Negative COVID Declaration Form before they can re-enter the school. Please contact your child's Grade Coordinator if you have any questions about our protocols or need support.

Happy Halloween!

Mark Rose  
Assistant Principal  
Grade 11 Coordinator



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### DATES to REMEMBER

November 2 - Virtual Remembrance Day Service

November 3 - Last Day of classes Quarter 1

November 3 - 16 PowerSchool shutdown for marks update

November 4-6 - Final Exams

November 9-13 Fall Break

November 16– First Day of Q2; classes begin; PowerSchool is back online

November 17 - Virtual School Council @ 7:00 pm Meeting Link  
[meet.google.com/otf-dbck-jao](https://meet.google.com/otf-dbck-jao)

November 18 - Timetable Changed Deadline

November 20 - 2020 Indigenous Grad Celebration

## COVID-19 INFORMATION

# HOW LONG TO STAY HOME FROM SCHOOL

The amount of time a student needs to stay home from school depends on the type of symptoms. For more details: [Isolation requirements](#)

### If a student has these symptoms

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Loss of sense of smell or taste

### What to do

- Isolate at home for a minimum of 10 days from when symptoms started or until symptoms resolve, whichever is longer.
- COVID-19 testing is recommended.
- Can return to school before 10 days only if a COVID-19 test is negative, symptoms are gone, and the student was not a close contact of someone with COVID-19.
- Do not enter any long-term care settings for 10 days and until symptoms have resolved.
- If test results are positive, isolate at home for at least 10 days and follow instructions received from Alberta Health Services.

One of the following symptoms:

- Chills
- Sore throat/painful swallowing
- Runny nose/congestion
- Headache
- Muscle or joint aches
- Feeling unwell/fatigued
- Nausea, vomiting or diarrhea
- Unexplained loss of appetite
- Muscle/joint aches
- Headache
- Pink eye (conjunctivitis)

- Stay home from school and monitor for 24 hours. If after 24 hours your symptoms improve, you may return to school when you are feeling better.
- A COVID-19 test is not required but is available.
- Do not enter any long-term care settings for 10 days and until symptoms have resolved.

If a child has any two of these symptoms, or after 24 hours, their condition gets worse or they develop a second symptom:

- COVID-19 test recommended.
- May return to school after symptoms are gone, even without a COVID-19 test or results.
- Do not enter any long-term care settings for 10 days and until symptoms have resolved.
- If test results are positive, isolate at home for at least 10 days and follow instructions received from Alberta Health Services.



Gr 12 Awards &  
Scholarships

YOU'RE *Officially*  
AT THE END

NOW LET'S  
EARN SOME \$\$\$

Start your application today!

Check out the Google Form on our  
website:  
<https://sgchs.psd70.ab.ca/Awards.php>

**GET YOUR PANTHER GEAR TODAY!!**

VISIT OUR ONLINE STORE AT

<https://urstore.ca/sgchs-panther-apparel>

OR

On our SGCHS home page





# CANADIAN PARENTS FOR FRENCH ALBERTA

Canadian Parents for the French is a non-profit organization throughout Canada that helps advocate for universal French education.

We help support families with their French learning, give back to our local schools to help promote French culture and learning and help promote and create educational opportunities for students to learn and use French.

Proceeds for this fundraiser will be used to support our local schools with French activities and resources.

What is given back:

- Holiday Plants - 25% back
- House Plants - 30% back
- Holiday Decor - 20-30% back
- Holiday Ornaments - 25% back
- Gift Cards - 20% back

The fundraiser runs from October 29<sup>th</sup> to November 20<sup>th</sup>.

Please visit <https://fundraising.kiwinurseries.com/> and select **Canadian Parents for French Parkland**



# Stronger Together

**Parkland School Division Family Supports Newsletter** October 27, 2020

Dear parents and caregivers,

We all feel anxious sometimes, it can be useful in certain situations to get us going, meet deadlines and also to help us to remove ourselves from situations that are not safe. Sometimes anxiety can become a problem and it is important not to ignore it but to reach out for support. Community supports are listed at the end of this newsletter.

Take care,

Vicky Mamczasz -Family Support Facilitator, Dena Davis- Sunrise Supports Program Liaison



**Family Tips for Anxiety with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451**

- Free online webinars
- Low cost counselling for children and adults

Coping with anxiety can be challenging both for parents and their children. The first step to help our children better cope with anxiety is learning to listen and support the unique needs of each individual. Teaching our children to “be okay” with not being okay is an important first step in creating openness and acceptance to process their emotions. Emotional awareness is the first step to emotional regulation. Helping our children to identify how anxiety impacts the way they think, feel, and act cultivates emotional awareness. Learning about how anxiety impacts the way we think and feel provides clues in areas where our children may learn new strategies to cope with anxiety.

Anxiety Canada provides practical resources for parents and youth to help manage physical symptoms of anxiety, improve thinking patterns, and identify supportive plans to help our children face their fears. Your child may also benefit from working with a counsellor to develop an anxiety management program based on Anxiety Canada.

**Stress vs Anxiety** ( from TeenMentalHealth.org)

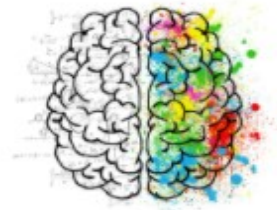
[Stress \(Le stress\)](#)



# What is anxiety and when is it a problem?

[ANXIETY 101](#) (from Anxiety Canada)

Anxiety is normal. Everyone experiences anxiety from time to time. It alerts us to threats, protects us from danger and helps us reach important goals. For example, it is normal to feel anxious when encountering a bear on a hike, or before taking an important exam.



**Anxiety is not dangerous.** Although anxiety feels uncomfortable, it is temporary and will eventually decrease. The sensations we experience in an anxious situation are designed to alert and activate us. They are normal and part of our body's natural response mechanism. Our body is smart enough to know when to "amp up" and when to "calm down."

**Anxiety is adaptive.** Anxiety helps us prepare for real danger, such as crossing a busy street. It can also help us perform at our best, and motivate us to study for an exam or practice for a big game. When we experience anxiety, it triggers our "fight-flight-freeze" response, and prepares our body to react. For instance, our heart beats faster to pump blood to our muscles, so we have the energy to run away or fight off danger. Without it, we would not survive. We need some anxiety.

**Anxiety is part of life.** Trying to eliminate anxiety from your child's life is almost impossible, and even if it were possible, we are not sure you will have created a life worth living for your child. As a result, this website has been designed to provide you and your child with information, tools, resources, and more, to help your child become an expert on coping with anxiety. Since anxiety is everywhere, one of the greatest gifts you can give your anxious child or teen is the confidence and skill to tolerate anxiety whenever it occurs, and to continue living his/her life anyway!

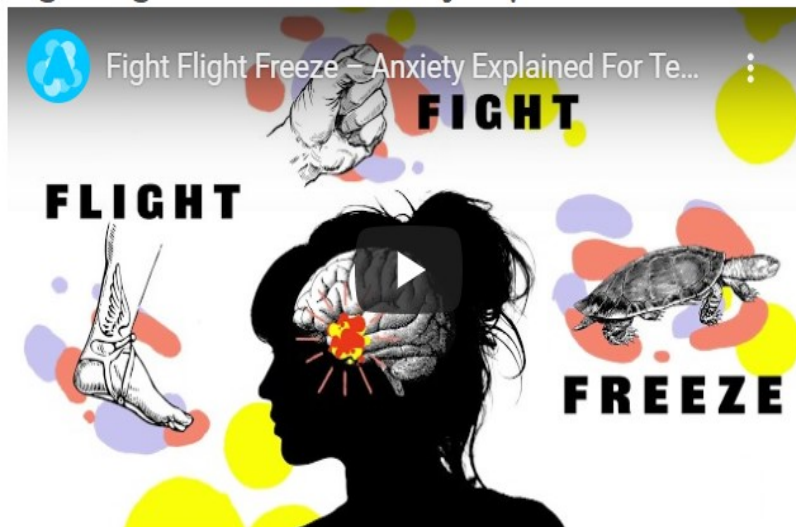
**Anxiety can become a problem.** Small doses of anxiety in certain situations are useful. However, when your child is worrying much of the time, avoiding fun activities, or refusing to go to school because s/he is scared or worried, anxiety has become a problem. Think of anxiety like fog: if it covers everything, makes it hard to see, stops you from doing what you usually do, and generally gets in the way, then it has likely become a problem

Although anxiety protects us in the face of real danger, **it can become a problem when it...**

(Anxiety Canada - Anxiety in Youth - <https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>)

- Goes off when there is no **real** or immediate danger (e.g., like a smoke alarm that goes off when you're just making toast)
- Happens a lot
- Feels pretty intense
- Is upsetting and causes you distress
- Stops you from doing fun and important things (e.g., like going to school dances or parties, making friends or dating, getting your homework done, or getting a job or your driver's license.)

## Fight Flight Freeze - Anxiety Explained For Teens



<https://www.anxietycanada.com/wp-content/uploads/2020/04/CARD-for-Parents-and-Caregivers.pdf>



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

**Breaking the Cycle of Anxiety: A Step by Step Approach**  
Tuesday, November 3  
6:00 – 7:30 pm

**Parenting Strategies that Promote Positive Mental Health**  
Thursday, November 12 or  
Wednesday, November 18  
6:00 – 7:30 pm

**Mindfulness: Benefits for the Whole Family**  
Thursday, November 19 or  
Wednesday, November 25  
6:00 - 7:30 pm

**More than Just a Bad Day: Understanding Depression and Self-Injury**  
Thursday, November 26  
6:00 – 7:30 pm

### Lunch & Learn Webinars

**Sleep and Your Family's Mental Health – Part 1**  
Monday, November 2  
12:00 – 1:00 pm

**Sleep and Your Family's Mental Health – Part 2**  
Monday, November 9  
12:00 – 1:00 pm

**ADHD: An Introduction**  
Monday, November 16  
12:00 – 1:00 pm

**Anxiety: An Introduction**  
Monday, November 23  
12:00 – 1:00 pm

### SEEDS Sessions

**Managing Meltdowns and Shutdowns**  
Thursday, November 5  
6:00 – 7:30 pm

### Resiliency in the Face of Stress and Anxiety

This 6-session group will be offered on **Tuesday** evenings from **November 10 – December 15** from **6:00-8:00 pm**; participants are expected to attend all six sessions.

*\* Registrations are limited for this six session group. Register by Friday, November 6.*



Mental Health Foundation

