



Welcome to the 2020-2021 School Year!

Things certainly look different here at The Comp.

Common areas see students and staff in masks; parents are asked to book appointments rather than dropping in to school; seminar and lunch now rotate and we have a morning class and an afternoon class only with each lasting 160 minutes. Big changes all driven by our need to follow AHS protocols to the best of our abilities.

We have switched from semesters with four classes to quarters with two classes for a few reasons: 1) it helps us to limit cohorts as students are in only two classes a term; and 2) it allows for more entry points for those students and families who have chosen to learn from home. Please note the following dates as they are the transfer in points— August 31 (Q1), November 16 (Q2), February 1 (Q3), and April 22 (Q4). If you are wanting to return to campus at the beginning of any of these quarters, please reach out to your Grade Coordinator so that they can assist you in creating an appropriate time table. This has also led us to changing Parent/Teacher Interviews. We are moving to four Interview dates, one per quarter where we used on only have two, one per semester. As well, this year’s interviews will be pre-booked and virtual, completed either via phone or Google Meet. There will be more information sent out regarding how to sign up for this Quarter’s Interviews next week. Interview dates for the year will start with these dates: Quarter 1 Sept 24; Quarter 2 Dec 8; Quarter 3 March 4; and Quarter 4 May 18. These and other significant dates are located on our [public calendar](#).

Seminar has been in place here at The Comp for many, many years. We see it as an opportunity for our students to benefit in two ways. First, they get the individualized support they need in order to be successful in their courses. Second, it allows students to practise self-advocacy, something they will need in adulthood. The big difference in Seminar this year is that, instead of being at the

end of the day, it occurs in the middle of the day. Seminar is backed with lunch and rotates. We have chosen to do this to limit the number of students who are on lunch at a time.

Parents, if you want to come into the school to meet with your student’s Grade Level Coordinator and/or Counselor, teachers or me, you will now need an appointment. We also require you to complete paperwork so that we have records should we need them for contact tracing. Of course, we are all available via phone or email.

We’ve had many questions about our mask expectations here at SGCHS. Please note, we are following AHS protocols. Students, staff and visitors are required to wear masks in all common areas. Our common areas include the Main Office, Student Services, hallways, bathrooms and change rooms, the Library, Student Lounge and Cafeteria. The Library, Student Lounge and Cafeteria maybe used by staff for activities that require larger social distancing than is available in their classrooms. As they are common spaces, face masks are required even during class time. At lunch time, Students may choose to go to the Student Union Café in the Library, Student Lounge and Cafeteria. Students may remove their masks when they are seated to eat in cohorts, with social distancing. As for classrooms, mask use is always suggested; however, it is mandatory when students are engaged in activities where they are speaking to or working with each other and/or when there is physical movement about the classroom. We have arranged tables/desks to all face one direction where possible and when students are quietly engaged in independent learning, masks may be removed. For more information on what we are doing in terms of Covid Protocols, please see our Student/Parent Handbook which was sent out earlier this year or access it on our website [here](#).

Please remember students are to complete the [Covid-19 Screening Questionnaire](#) daily prior to coming to school. To access these and other Covid Related Documents please visit our [website](#).

As always, if you have any questions, feel free to give me or the appropriate Grade Coordinator a shout.

Thanks for a great Start-Up in an Unusual Year!

Cheryl Otto
Principal



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DATES to REMEMBER

- Sept 22-School Council 7pm (email cotto@psd70.ab.ca to receive invitation to Virtual Mtg)
- Sept 18 - High School PD
- Sept 22 - Panther Aux 6pm
- Sept 24 - Virtual PTI (info to come)

- Grade 10**
Linnaea Nielsen Coordinator
Trish Mennie Counselor
- Grade 11**
Mark Rose Coordinator
Mary Stewart Counselor
- Grade 12**
Cam Robertson Coordinator
Trish Spink Counselor

ATTENTION Learning From Home Students/Parents: Pick Up and Drop Off now happens Daily. Please park in the South lot and enter the West Doors.

Student illness

If a student has COVID-19 symptoms

Students with symptoms must not attend school. If a child develops symptoms that could be caused by either COVID-19 or by a known pre-existing condition (e.g., allergies, chronic cough), the child should be tested for COVID-19 to confirm that it is not the source of their symptoms before returning to school.

Anyone that reports symptoms must stay home and seek health care advice as appropriate.

Parents can call Health Link 811 or their primary health care practitioner, and fill out the [AHS Online Self-Assessment tool](#) to determine if their child should be tested.

Parents, household members, and contacts of a student who has symptoms but is not a COVID-19 case, are not required to quarantine.

Only the people identified as close contacts of an individual who is a case of COVID-19 need to quarantine. The contacts of the close contacts do not need to quarantine.

Book a test

Book a testing appointment online with the AHS assessment tool or call Health Link 811.

<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

Symptoms

You should get tested if you have any COVID-19 symptom.

If you have any of these symptoms you are [legally required to isolate for at least 10 days](#) from the start of your symptoms or until they resolve, whichever is longer:

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

If you have any of these other symptoms, stay home and minimize your contact with others until your symptoms resolve:

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis, commonly known as pink eye

Monitor your child's health and call [Health Link 811](#) if you have questions or concerns. Call 911 immediately if experiencing severe symptoms of COVID-19, including difficulty breathing, severe chest pain, feelings of confusion or loss of consciousness.

Isolation requirements

Albertans with symptoms

- You are legally required to isolate for a minimum of 10 days if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition.
- The mandatory isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

Tested positive for COVID-19

- You are legally required to isolate for a minimum of 10 days if you have tested positive for COVID-19.
- Isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

Have symptoms but tested negative for COVID-19

- If you tested negative and have known exposure to COVID-19, you are legally required to quarantine for 14 days from the last date of your exposure.
- If you tested negative and have no known exposure to the virus, you are not legally required to isolate. However, it is important to stay home until your symptoms resolve so that you do not infect others.

Close contacts of confirmed cases

- You are legally required to quarantine for 14 days and monitor for symptoms if you are a close contact of a person who tested positive for COVID-19 (provides care, lives with or has close physical contact without appropriate use of personal protective equipment, or comes into direct contact with infectious body fluids).
- If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.

If you are self-isolating:

- Stay home — do not go to school, work, social events or any other public areas or community settings.
- Avoid close contact with other people, including household members but especially seniors and people with chronic conditions or compromised immune systems.
- Do not use public transportation or ride sharing.
- Do not go for walks in public places. This includes children in mandatory self-isolation.
- If you go outside, you must remain on private property not accessible by others.

If a student has symptoms related to allergies or a pre-existing medical condition

- The student should be tested at least once before returning to school and have a negative COVID-19 test result.
- These symptoms would be their baseline health status. As long as the cough or runny nose is always the same and does not get worse, the student can attend school.
- Talk to your school about your child's pre-existing medical condition so the school may keep a confidential record of this condition.

Note

As the COVID-19 pandemic continues to evolve, information regarding COVID-19 will be updated as required. Please check online for the latest information and links to testing, symptoms and isolation requirements: alberta.ca/covid19

WE'RE OPEN

and here to help

Questions about:

- Applying for post-secondary
- Timetable
- Awards/scholarships
- Graduation requirements

Just want to talk about:

- Exam stress
- Covid stress
- Coping strategies
- Friend/family issues
- and more....

Come to Student Services to book an appointment with your Grade Counsellor



Mrs. Stewart – gr 11

Mrs. Spink – gr 12

Mrs. Mennie – gr 10

Mazy our Wellness
Dog



Alberta Health Services,
in collaboration with The Mental
Health Foundation, is proud to
offer FREE online programming for
parents and caregivers of
children and youth.

Visit our website for registration, tip sheets, videos, and more!
www.cyfcaregivereducation.ca

Lunch & Learn Webinars

September 2020



These 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.

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:

"Thank you! So grateful for all the resources and information!"

"Content, delivery, and duration were all 'just right!'"

"The information was very good and clear to understand."

Mental Health & Resiliency Series:

Settling Into Routines: Making Uncertain Times More Predictable

In this online webinar, explore ways to decrease your family's stress and increase stability through consistent and predictable routines.

Date: Monday, September 14, 2020

Time: 12:00 – 1:00 pm

Note: This session is [for adults only](#).

Giving Time and Attention to our Big Needs

Strategies for balancing your family's basic needs around nutrition, exercise, sleep, socialization, and technology use are discussed.

Date: Monday, September 21, 2020

Time: 12:00 – 1:00 pm

Note: This session is [for adults only](#).

Strengthening Connections with Ourselves, Our Kids, and Our Communities

We discuss the importance of fostering a healthy parent-child relationship, building a community of support for our child, and taking care of ourselves through it all.

Date: Monday, September 28, 2020

Time: 12:00 – 1:00 pm

Note: This session is [for adults only](#).

Caregiver Education Sessions

Breaking the Cycle of Anxiety: A Step by Step Approach

Tuesday, September 15
6:00 – 7:30 pm

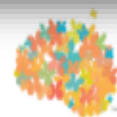
Technology and the Teenage Brain: Digital Wellness for Families

Tuesday, September 22
6:00 – 7:30 pm

Building Executive Functioning Skills:

Supporting Success in Learning

Thursday, September 24 or
Tuesday, September 29
6:00 - 7:30 pm



Mental Health Foundation



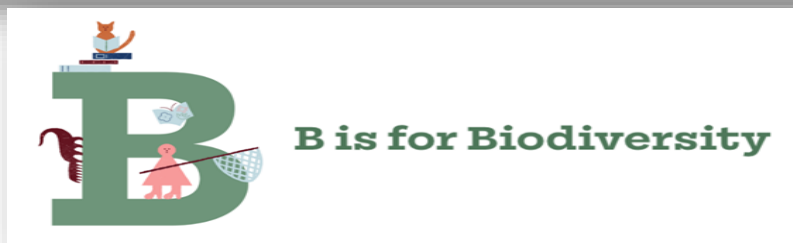
Children, Youth & Families
Addiction & Mental Health

Save the date!

WISEST SET Conference goes virtual! High school students, plan to join us on **Saturday, November 21** for an amazing **virtual conference**. We are keeping some of your favourite sessions as well as planning for some new virtual interactions. Registration will be limited to 100 this year, so sign up early on **Monday, October 5**. More details can be found on our [website](#).

We are currently recruiting mentors and role models. See "Volunteer Opportunities" below for more information.

WISEST in the Community



Science Literacy Week (Sept 21-27, 2020)

Science Literacy Week is all about showcasing the **diversity of Canadian science and the culture it's embedded in**.

This year, the theme is **biodiversity**! As part of our participation, we will be releasing a special biodiversity-themed edition of our **STEM @ Home Resource Guide**.

We've also teamed up with the [Canadian Wildlife Federation](#) to bring you on an adventure! They'll take you on a **virtual field trip** into Edmonton's backyard!

Register in the link below to be the first to get access to it!

<https://wisest.cmail20.com/t/d-l-cvhdg-jjbitkiuk-j/>

WISEST Equity, Diversity and Inclusion (EDI) Toolkit

Have you checked out our EDI Toolkit yet? In lieu of our annual Teacher Appreciation Day event, we've created this toolkit to help **teachers, educators and parents** make learning environments more **equitable, diverse and inclusive**.

Access Here: <https://wisest.cmail20.com/t/d-l-cvhdg-jjbitkiuk-i/>