

SPRUCE GROVE COMPOSITE HIGH SCHOOL

September 1, 2021



Welcome to the 2021-2022 School Year!

It was lovely to see our grade 11s and 12s on Tuesday and to meet our Grad 10s on Monday! Of course, we have been back full swing for all grade levels as of Wednesday.

We are sticking to Quarters for at least the first half of the school year. This means students are still cohorted into only two classes at a time. Block One runs from 8:30 until 11:09. Lunch is from 11:09 until 11:44. Block Two is from 11:49 until 2:27. Seminar rounds out our day from 2:27 until 3:07. In order to maintain cohorting for Seminar, students are to go to their morning class for seminar on Day 1/A and to their afternoon class for seminar on Day 2/B.

Seminar has been in place here at The Comp for many, many years. We are happy to have it moved back to Day's End. Seminar provides individualized support students need in order to be successful in their courses. It also allows students to practise self-advocacy, something they will need in adulthood.

Along with Seminar being at Day's End, we are back to utilizing a Designated Learning Room (DLR) from 3:15 until 5:00 Tuesdays and Thursdays for students whose teachers refer them because they have fallen behind in their course work. DLR is supervised by an Administrator. Students who have been assigned by a teacher who do not show up will have that administrator calling home to arrange for students to make up the missing work in an alternate way. Again, this is a return to previous practice here at SGCHS.

We've had many questions about our Covid expectations here at SGCHS. Please note, Parkland School Division has determined we will follow AHS protocols. Students, staff and visitors are recommended to wear masks at all times. However, mandatory masks are required when students are engaged in activities where they are working in extremely close quarters such as lab situations. For more information on what we are doing in terms of Covid Protocols, please see the PSD website. Please remember students are to complete the Covid-19 Screening Questionnaire daily prior to coming to school.

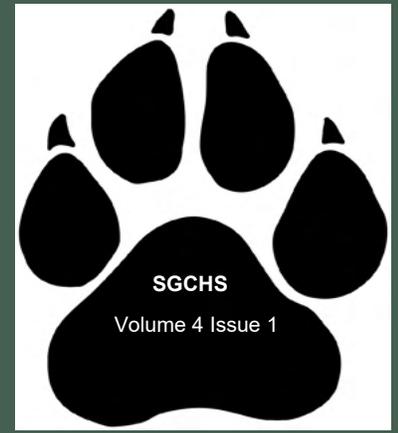
One of our most helpful protocols here at The Comp has been having students utilize their designated zones for getting to their classes. Each class has a designated entrance to the school, stairwell and hallway to provide access. By using these zones, we keep hallway congestion to a minimum. All five entrances to the school are open from 8:10 am until 9:00 am. After that, students will need to enter from the north or south and then proceed to their designated zone.

Please note, students may need to walk to their designated door as bus students do not automatically enter at the south doors and students who drive do not automatically enter at the north doors. Keep in mind, as well, that drop-off and pick-up of students can not happen at either of these sets of doors as they impact traffic flow. The west doors are the easiest for this purpose. It is worth considering drop-off and pick-up within the neighbourhood rather than the parking lot for ease of exit.

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!

Cheryl Otto
Principal



Dates to Remember

- *Sept 6 - Labour Day*
- *Sept 8 - Lifetouch Photo catchup*
- *Sept 9 - DLR starts*
- *Sept 16/17 - Jostens Ring @ lunch*
- *Sept 21 - Virtual School Council @ 7pm*
- *Sept 29 - Vaccine Clinic*
- *Sept 30 - Orange Shirt*

In This Issue

Page 1 - Admin Message

Page 2 - Bell Schedule & SGCHS Information

Page 3 - Student Services

Page 4 - Outdoor Assembly

Page 5 - Vaccine Clinic Info

Page 6/7 - Consent Forms

Page 8/9 - Immunization Info

Page 10 - Treaty Walk Info

BUILDING
EXCELLENCE &
SUCCESS
TOGETHER



Bell Schedule

Quarter 1 & 2 Bell Schedule

School Office Hours: 8am-4pm

Time	Minutes	Block
8:25am	5	Warning Bell
8:30-11:09am	159	Block 1
11:09-11:44am	35	Lunch
11:44am	5	Warning Bell
11:49-2:27pm	158	Block 2
2:27-3:07pm	40	Seminar

SEMINAR: Self-directed learning time occurs Monday-Friday from 2:27 - 3:07pm. Students have access to their teachers for one-on-one or small group support. It is expected that students are in attendance at this time.

DLR (Directed Learning Room): The Directed Learning Room is supervised by Administration from 3:30 pm until 5:00 pm on Tuesday and Thursday. Students can be assigned to DLR by their teachers and/or Grade Coordinator for a variety of things including missed assignments or exams, skipping class, etc.

SGCHS has in place a variety of processes for supporting student success, attendance and expectations. Students who are not responding to encouragement and support for improvements will be required to develop a personal success plan which may include: utilizing DLR, studying at home or attending our OutReach and/or Academic Achievement Centre (InReach). Other appropriate programs are also available which will lead to student success.



SGCHS Panther Apparel

Visit our official SGCHS Online Apparel Store for all your Panther Gear!!!<https://urstore.ca/sgchs-panther-apparel>

For more information please visit our school website at <https://sgchs.psd.ca/>

To all our new and returning students and families:



So what is Student Services all about?

Have 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. Porter – gr 12

Mrs. Mennie – gr 11

Mrs. Spink – gr 10

We have post secondary visits (virtual or possibly in person) all throughout the year. To find out when:



listen to announcements



follow Student Services
on Instagram.
Sgchs_student_services



Sign up for Remind. Codes indicated
on our website

Our **SGCHS** students enjoying their outdoor
Welcome Back assembly!
It is our first school assembly in two years!!
We are so happy to be able to gather together again!



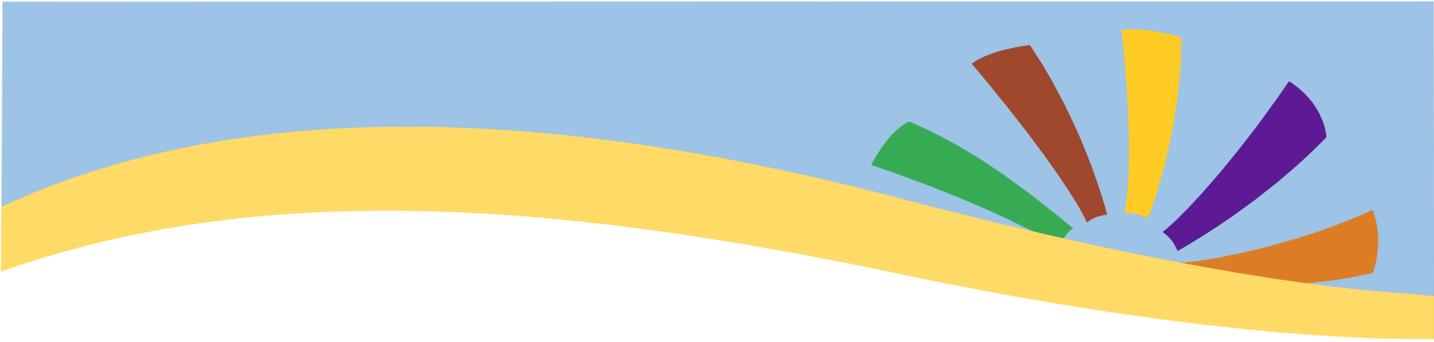
Welcome to **SGCHS** Grade 10's!



SGCHS Grade 11's



SGCHS Grade 12's
Class of 2022



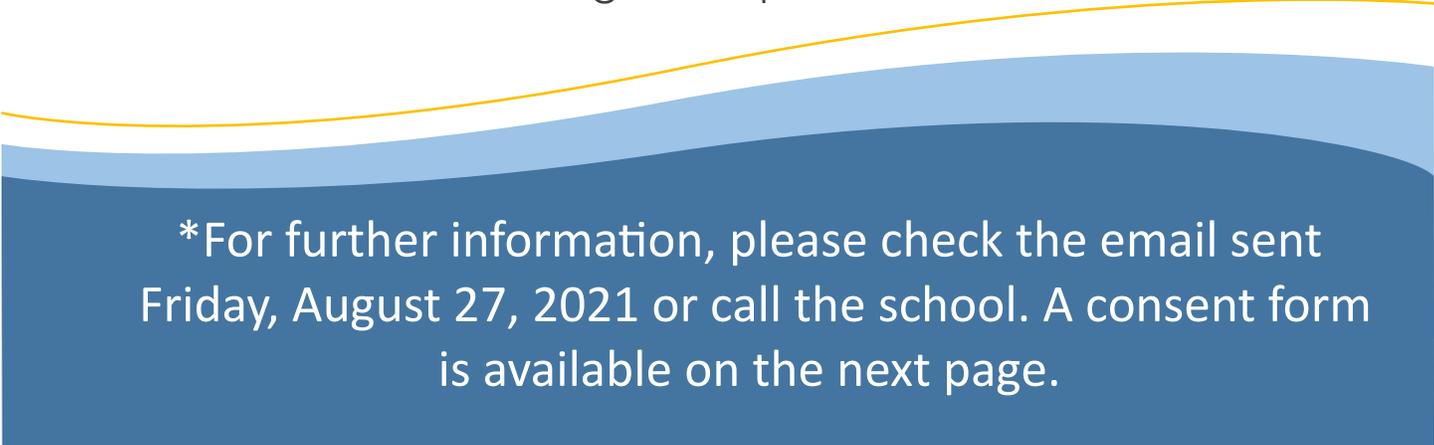
Covid Vaccine Clinic

Westland Health Centre will be hosting a Covid Vaccine Clinic at SGCHS on Wednesday, September 29, 2021.

In order for students to receive either their first * or second dose, the school **MUST** receive a consent form.

Wednesday, September 29th, 2021

Please note—students **WILL NOT be vaccinated without a completed consent form signed off by their parent(s). Forms are to be dropped off at the Main Office of the school. Contact will be made with the home prior to the date of the Clinic to confirm that parents are in support of their student receiving the vaccination at the school during the September 29th, 2021 Clinic.



*For further information, please check the email sent Friday, August 27, 2021 or call the school. A consent form is available on the next page.

To have your child immunized at school for COVID-19, please **read the attached COVID-19 vaccine information sheet**, **complete this form**, and **return it** to your child's school. NOTE: this form must be completed by a parent or guardian.

Child's personal information		
Child's Name <i>(Last, First, Middle)</i>	Date of Birth <i>(dd-Mon-yyyy)</i>	
Personal Health Number (PHN)	Gender	
School	Grade	Client/Unit ID # <i>(For Office Use Only)</i>
Child's health information <i>(If you need more space, use the other side of this form.)</i>		
Does your child have any allergies, including allergies to any vaccine, medicine, or food? If yes, describe _____		<input type="checkbox"/> No <input type="checkbox"/> Yes
Has your child had a COVID-19 vaccine before? If yes, when _____		<input type="checkbox"/> No <input type="checkbox"/> Yes
Has your child ever had a side effect from COVID-19 immunization? If yes, describe _____		<input type="checkbox"/> No <input type="checkbox"/> Yes
Consent		
<p>I confirm that I have read the attached COVID-19 vaccine information. I know about and understand the risks, benefits, and common side effects of this vaccine. Any questions I may have had about my child getting this vaccine have been answered by calling the local public health office or Health Link at 811. I understand the information I have been given.</p> <p>I understand this consent is for a dose of the COVID-19 vaccine. I will contact the local public health office or the nurse for the school if my child:</p> <ul style="list-style-type: none"> • has any changes to their health before getting the COVID-19 vaccine • gets another vaccine in the 14 days before they get the COVID-19 vaccine • has a severe or unusual side effect after the first dose of the COVID-19 vaccine (other than the expected side effects listed on the COVID-19 vaccine information sheet) <p>I consent to my child getting the Pfizer-BioNTech mRNA COVID-19 vaccine.</p> <p>I understand that I may withdraw this consent at any time by calling the local public health office or the nurse for the school.</p> <p>I confirm that I have the legal authority to consent to this immunization.</p>		
Printed name of person giving consent	Daytime phone	Other phone
Relationship to person <input type="checkbox"/> Parent (with legal authority to consent) <input type="checkbox"/> Guardian <input type="checkbox"/> Other _____		
Signature of person giving consent		Date (dd-Mon-yyyy)

Alberta Health Services collects health information according to Section 20 of the Health Information Act (HIA). This information is used to provide health services, determine eligibility for health services, or to carry out any other purpose authorized by the HIA. If you have any questions about this, please ask the healthcare provider giving the immunization or contact your local public health office. If you do not know your local public health office, call Health Link at 811 to get this information.

COVID-19 vaccines

Immunization protects you from disease. Get protected, get immunized.

- **Vaccines make your immune system stronger. They build antibodies to help prevent diseases.**
- **Immunization is safe. It is much safer to get immunized than to get this disease.**

What are COVID-19 vaccines?

COVID-19 vaccines protect against the SARS-CoV-2 virus (also known as COVID-19). COVID-19 is a new strain of coronavirus that has caused a worldwide pandemic. The virus causes an infection in the lungs and airways and is a type of respiratory illness. Go to ahs.ca/covid to learn more about COVID-19.

There are 2 types of COVID-19 vaccines approved for use in Canada:

- **mRNA vaccines:** The Pfizer-BioNTech and Moderna vaccines are mRNA vaccines.
- **Viral vector-based vaccines:** The AstraZeneca/COVISHIELD vaccine is a viral vector-based vaccine.

Learn more about COVID-19 mRNA vaccines at canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines.html

Learn more about viral vector-based vaccines for COVID-19 at canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines.html

Who should get a COVID-19 vaccine?

You should get a COVID-19 vaccine if you are age 12 years or older. Everyone is at risk of COVID-19.

COVID-19 vaccines are free.

If your child is getting a COVID-19 vaccine

Children under age 18 years need a parent or guardian to give consent for their immunization. If a parent or guardian cannot attend the appointment, they can give their written consent. Please complete the consent form found on ahs.ca/VaccineUnder18. In some cases, children under age 18 years may be able to give their own consent.

Can I get the COVID-19 vaccine if I am pregnant or breastfeeding?

Yes, you can get the COVID-19 vaccine if you are pregnant or breastfeeding. When you are pregnant, you have a higher risk of getting very sick from COVID-19. Getting a COVID-19 vaccine during pregnancy lowers your risk of getting seriously ill from COVID-19.

It is best to get an mRNA COVID-19 vaccine if you are pregnant. Research to date shows that it is the safest type of COVID-19 vaccine to get during pregnancy.

If you are pregnant or breastfeeding and have questions about getting the COVID-19 vaccine, talk to your healthcare provider.

How many doses do I need?

For the COVID-19 vaccines approved for use in Canada, you need 1 or 2 doses. The number of doses depends on the vaccine you get. If you get a vaccine that needs 2 doses your healthcare provider will let you know when you should get your second dose.

Visit alberta.ca/covid19-vaccine.aspx for more information.

How well do the COVID-19 vaccines work?

If you are healthy and get all the doses you need, the protection for COVID-19 is about:

- 95% for the Pfizer-BioNTech or Moderna vaccines
- 82% for the AstraZeneca/COVISHIELD vaccine

After 1 dose of any COVID-19 vaccine, your risk of getting COVID-19 is lowered by about 60 to 80%, however, you need both doses for the greatest and longest lasting protection. All COVID-19 vaccines work very well to lower your risk of getting seriously ill from COVID-19. They also lower your risk of needing to be in the hospital.

At this time, there is not enough information to know how long protection lasts or if you will need booster doses. It is still important to practice the recommended public health measures to prevent the spread of COVID-19, even if you have had the vaccine. Please visit ahs.ca/covid for the most up to date recommendations.

Which COVID-19 vaccine will I get?

You will get an mRNA vaccine for your first dose unless you are unable to receive or do not want an mRNA vaccine.

I got an mRNA vaccine as my first dose. Can I get a different mRNA vaccine for my second dose?

Usually you get the same vaccine for your first and second dose. But you can get a different mRNA vaccine for your second dose if your first-dose vaccine is not available or you prefer a different available mRNA vaccine. Both Pfizer-BioNTech and Moderna COVID-19 vaccines work in the same way.

Whichever vaccine you get for your second dose completes your immunization series and protects you against COVID-19.

Go to ahs.ca/seconddose for more information.

What if I got the AstraZeneca/COVISHIELD vaccine as my first dose?

If you got the AstraZeneca/COVISHIELD vaccine for your first dose, you can choose the AstraZeneca/COVISHIELD vaccine or an mRNA vaccine for your second dose.

The AstraZeneca/COVISHIELD vaccine is a safe vaccine that works well to protect you against COVID-19. But some people may choose an mRNA vaccine to complete their COVID-19 immunization.

No matter which vaccine you choose, the second dose offers protection against COVID-19 and will complete your two-dose series.

Research is ongoing to find out how much protection you have when different types of COVID-19 vaccines are used to complete your immunization series.

Go to ahs.ca/seconddose for more information about getting an mRNA vaccine after an AstraZeneca/COVISHIELD vaccine.

Where can I get a COVID-19 vaccine?

Go to ahs.ca/covidvaccine to find out where and when you can get the COVID-19 vaccine.

Are there side effects from COVID-19 vaccines?

There can be side effects from COVID-19 vaccines, but they tend to be mild and go away in a few days. Side effects may include:

- redness, warmth, swelling, bruising, itching, or feeling sore where you had the needle
- feeling tired or unwell
- a headache
- a fever or chills
- body aches or sore joints
- feeling sick to your stomach (nausea), vomiting (throwing up), or loose stool (diarrhea)
- swollen lymph nodes
- cough

It is important to stay at the clinic for 15 minutes after your vaccine. Some people may have a rare but serious allergic reaction called anaphylaxis. If anaphylaxis happens, you will get medicine to treat the symptoms.

It is rare to have a serious side effect after a vaccine. Call Health Link at 811 to report any serious or unusual side effects.

Rare events after getting the AstraZeneca/COVISHIELD vaccine

There have been very rare reports of blood clots, low levels of platelets (these help your blood to clot), and bleeding after getting the AstraZeneca/COVISHIELD vaccine.

These events happened 4 to 28 days after getting the vaccine. The risk of these events after getting the AstraZeneca/COVISHIELD vaccine is about:

- 1 in 55,000 after the first dose
- 1 in 600,000 after the second dose

Research is still ongoing to find out more about the risk of these events after getting the AstraZeneca/COVISHIELD vaccine.

If you have any of the following symptoms within 42 days of being immunized, get medical help **right away**:

- trouble talking or moving a part of your body
- shortness of breath
- chest pain
- severe swelling, pain, or a colour change in your arm or leg
- stomach pain that does not go away
- a severe headache that does not go away
- blurry vision
- seizures

There have also been very rare reports of capillary leak syndrome (CLS) within the first few days after getting the AstraZeneca/COVISHIELD vaccine. In some reported cases, the person had a history of CLS. CLS is a serious condition that causes fluid to leak from the small blood vessels (capillaries). This causes sudden swelling of the arms and legs, sudden weight gain, and low blood pressure causing you to feel faint. CLS can be fatal. Get medical help right away if you have any of these symptoms.

Research is still ongoing to find out more about the risk of CLS after getting AstraZeneca/COVISHIELD vaccine.

Rare events after getting either the Pfizer-BioNTech or the Moderna vaccine

There have been very rare reports of myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the lining around the heart) within 7 days after getting either the Pfizer-BioNTech or the Moderna vaccine. This inflammation can cause shortness of breath, chest pain or pressure, or a very fast or abnormal heart rate. Get medical help right away if you have any of these symptoms.

These events were reported mostly after the second dose and in young adults and adolescents. Most cases were mild and got better with treatment. Research is still ongoing to find out more about the risk of these events after getting an mRNA COVID-19 vaccine.

Talk to your healthcare provider, if you have ever had myocarditis or pericarditis and have questions about getting a COVID-19 vaccine. At this time, there is not enough information to know if there is a higher risk of these events in these groups.

Your risk of serious illness from COVID-19 is much higher than it is for developing a rare event after getting this vaccine.

Go to COVID-19 vaccine – Frequently Asked Questions on ahs.ca/topics/Page17389.aspx for more information.

How can I manage side effects?

- To help with soreness and swelling, put a cool, wet cloth over the area where you had the needle.
- There is medicine to help with a fever or pain. Check with your doctor or pharmacist if you are not sure what medicine or dose to take. Follow the directions on the package.
- Children under the age of 18 years should **not** take aspirin because it can cause serious health problems.
- Some people with health problems, such as a weak immune system, must call their doctor if they get a fever. If you have been told to do this, call your doctor even if you think the fever is from the vaccine.

What if I had or am getting another type of vaccine?

Wait at least 14 days after you have a dose of the COVID-19 vaccine before you get another vaccine.

If you have had another vaccine, wait 14 days before you get a COVID-19 vaccine.

Who should not get a COVID-19 vaccine?

You may not be able to get a COVID-19 vaccine if you:

- have an allergy to any part of the vaccine
- had a severe (serious) or unusual side effect after this vaccine or one like it
- are under age 11 years
- have had another vaccine in the last 2 weeks

Check with your doctor or a public health nurse before you get the vaccine.

Be sure to talk to your doctor **before** you get a COVID-19 vaccine, if you:

- have a weak immune system (because of a medicine you take or a health problem)
- have an autoimmune disorder (like rheumatoid arthritis or lupus)
- have had a stem cell or organ transplant
- have a history of capillary leak syndrome (CLS)
- have a history of myocarditis or pericarditis after receiving a dose of COVID-19 vaccine

Always tell your healthcare provider if you have allergies or if you have had a side effect from a vaccine in the past.

For More Information



Call Health Link at 811



Go to [ImmunizeAlberta.ca](https://immunizealberta.ca)



Go to [MyHealth.Alberta.ca](https://myhealth.alberta.ca)



Go to ahs.ca/covidvaccine

Allies
welcome!
We are all
Treaty People



TREATY WALK

Passing the Treaty on to
the next generation
St. Paul, AB to Fort Pitt, SK
Sep 5 - Sep 9, 2021
Accepting 20 core walkers
Day walkers welcome!

Watch our previous
Treaty Walks here:



—4 days on the Iron Horse Trail—

Sep 5	St. Paul to Armistice	22 km
Sep 6	Armistice to Elk Point	9 km
Sep 7	Elk Point to Lindbergh	16 km
Sep 8	Lindbergh to Heinsberg	18 km

—Shuttle to Onion Lake—

Sep 9	Onion Lake to Fort Pitt (Treaty 6 Gathering)	17 km
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Walk Organized By:



Onion Lake
Cree Nation
TREATY NO. 6 TERRITORY



For more information call or text: 780-915-0310 email: Janice.makokis@gmail.com
Visit our website at www.treatytalk.com