



Tracy Beattie – Principal/directrice

Carroll Glidden – Assistant Principal/directrice adjointe

Principal's Message

As we have now reached the middle of our first month back at school, it is great to see how students have transitioned and adjusted to being back at school. They have had many new routines to adjust to and they have done a great job of working together with staff to follow our new procedures. We are very thankful for their efforts and the support of our school community.

It is my pleasure to welcome some new staff members to our team at École Sifton School. Mme Stephanie is joining us in the afternoons to help support our French Immersion students. We are very fortunate to be able to share her with École Camrose Composite High School where she works in the morning. We would also like to welcome Colleen Swedberg and Leanne Shapka who will be joining our staff this week. We look forward to working with them this year and are excited to have them join us.

Our annual Terry Fox Run will be held on October 1st. This marks the 40th anniversary of the run and our students and staff are excited to be able to participate and acknowledge this important event. Our run will look very different this year as we strive to recognize social distancing and our other Covid 19 protocols. Students will not be gathering as a large group but rather will be participating within their own class/cohort. All donations will need to be made online and students will not be collecting any money or using paper pledge forms. In addition we ask that students do not go door to door to seek donations. Please see information later in this newsletter for more information.

A reminder that October 1st is also a staff meeting/early dismissal day, school will be dismissed at 2:05 for students being picked up or walking and 2:15 for students taking the bus. There is no school on Friday, October 2nd as this is a staff collaboration day.

Students and staff will also be participating in our annual Orange Shirt Day on Wednesday, September 30th. On this day we encourage students to wear their orange shirts to recognize and promote awareness about the residential school system and the impact that it has had on Indigenous communities.

One of the new routines that students and staff have been adjusting to is our new bell schedule and balanced school day. In changing our bell schedule to stagger our recess times for different grades, we have also incorporated two larger nutrition breaks in which students have more time to be able to eat during the day. We are finding that this is giving our students more opportunity to eat a more substantial amount during the day and we have had great feedback from our students and staff regarding this opportunity. Our breakfast club program will start next week. Unlike in the past, we will be offering a grab and go breakfast option for participating students in the morning when they arrive in their classroom. In keeping with the new guidelines, these food choices will be commercially purchased and packaged. A reminder to our families that we cannot have items sent to share in the classroom as a treat. Please refer to the BRSD Re-Entry Guide on their website or call us at the office if you have any questions regarding these new guidelines.

Finally we would like to thank our families again for their support and patience with our new procedures. In the next week or so our students will begin to go directly to their classes in the morning instead of meeting on the playground. Please watch for information from classroom teachers and talk to your son/daughter to discuss what these new morning procedures will look like. Students will still be asked to not gather with others outside their class/cohorts in the morning (and after school) and staff will be at the entrances to help them with this. As always, please do not hesitate to contact us at the school if you have any questions.



Terry Fox School Day 2020

This year marks the 40th anniversary of the Terry Fox Marathon of Hope, and we at École Sifton School are excited to be participating once again! Our Marathon of Hope activities will take place on Thursday, October 1.

This year, our Terry Fox events will look a bit different, due to the current circumstances. All fundraising will need to be done online and we discourage students from going door to door for donations.

In place of a whole school run, each class will choose either to take their own students outside for a run/walk, or leave the school grounds with permission from parents. Teachers have also been given multiple resources and activities to do in their classroom, to commemorate the 40th anniversary.

Below is the link to online fundraising:

<http://www.terryfox.ca/EcoleSifton>

Thank you in advance for your continued support of this worthwhile cause!

Important Dates

Sept 30 - Orange Shirt Day

Oct 1 - Early Dismissal at 2:05

Oct 1 - Terry Fox Run (Online fundraising only)

Oct 2 - No School for Students

Oct 12 - No School for Thanksgiving Day

Oct 30 - No school for Students

A helpful booklet for parenting tweens in the digital world is available here https://www.cybertip.ca/pdfs/C3P_ParentingintheDigitalWorld_en.pdf

A message from Cercle local de l'Association canadienne-française de l'Alberta de Camrose-Battle River



Bonjour! (English follows)

Vous êtes invités à l'Assemblée générale annuelle (AGA) du Cercle local de l'ACFA de Camrose-Battle River le lundi 21 septembre à 19 h.

L'AGA se déroulera uniquement par vidéoconférence Zoom.

SVP nous écrire à camrose@acfa.ab.ca pour confirmer votre présence et recevoir les détails pour vous joindre à nous.

Devenez membre d'ici le 18 septembre pour pouvoir voter à l'AGA et profiter d'autres bénéfices d'adhésion: <https://acfa.ab.ca/index-main/a-propos/devenir-membre/>

Merci et à bientôt!

You are invited to attend our Annual General Meeting (AGM) on Monday September 21st at 7 pm. The AGM will be held by Zoom videoconference only. Please email us at camrose@acfa.ab.ca to confirm your attendance and receive the details to join the meeting.

Become an ACFA member by September 18th to vote at the AGM, and to access other member benefits: <https://acfa.ab.ca/index-main/a-propos/devenir-membre/>

Thank you and see you soon!

Cercle local de l'Association canadienne-française de l'Alberta de Camrose-Battle River



**All library books and text books from the 2019-2020 school year are due back to the library. If they are still out on October 1 they will be charged to the students online payment account.



Remember Sifton has a subscription to TumbleBooks! Log on and enjoy stories to read aloud, or read on your own. Ask your classroom teacher for our username and password if you have forgotten it!

Information for At Home Learning Students

Starting in **OCTOBER** pick up/drop off times will change to the 1st and 15th of the month. Please watch for the bin with your family name on it in the pick up area in front of the school.

Kindergarten to grade 4 pick up time is 11:00-12:00.

Grade 5 Pick up time is scheduled from 1:00-2:00.

Please feel free to come at either time. A bin with **your family last name** will be set up outside the front doors of the school. In the bin will be the stuff you need.

If you are dropping stuff off please leave it in your bin. We will collect it from there.

If you have any questions please contact the school at 780-672-2980



COVID-19 INFORMATION

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.

For more information: alberta.ca/covid19

©2020 Government of Alberta | Published: September 2020

Alberta

COVID-19 INFORMATION

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

For more information: alberta.ca/covid19

©2020 Government of Alberta | Published: September 2020

Back to School Stress

Children may be feeling anxious or fearful about going back to school.

Feeling comfortable and safe will help children focus on learning.

Recognize the signs of stress and help your children develop healthy coping strategies.

Signs of Stress in Children

Children may respond to stress in different ways such as:

- Clingy and other child-like behaviors
- Uncharacteristic emotional outbursts
- Withdrawing
- Sleeping and eating problems
- Headaches and stomach aches

Responding in a kind and supportive way, listening to concerns and sharing care through warmth and love will calm and comfort children.

Helping Children with Stress

Reassure children there are health measures in place to keep students and staff safe.

Keep to a routine, it provides structure and certainty and helps kids thrive.

Let your children know that they are not alone and that you can be counted on for support.

Remember it's OK to not be OK and that these feelings are normal.

Share relaxation skills with your child.

Practicing Self-Care

Practicing self-care is calming and reduces the effects of stress.

Role model self-care for your children; your calmness is important and helpful to them.

Self-care strategies may include:

- Relaxation and calm breathing
- Healthy eating, physical activity and getting enough sleep
- Hobbies and fun activities
- Regular gratitude practice
- Spending time outdoors

For more information and resources to help you understand stress and learn healthy coping strategies, visit:

ahs.ca/healthytogether
Anxiety Canada
ahs.ca/helpintoughtimes
myhealth.alberta.ca

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642





Part of the Camrose & Area Family Resource Network

Dear Families,

Welcome to the Camrose Family Resource Centre!

The Camrose Family Resource Centre recently became a part of the Family Resource Network and will be providing services in the areas of prevention and early intervention programs, supports and services for children and youth 0-18 and their families within the City of Camrose, and the Counties of Camrose, Flagstaff and Beaver.

The Camrose Open Door and the Camrose Association for Community Living have become our official partners as part of the new Family Resource Network. We are excited to be working alongside these wonderful community agencies.

The Camrose Family Resource Centre will provide the following supports and services:

Parent Education including Triple P for families with children 0-18

Developmental Screening- Ages & Stages Questionnaire, Ages & Stages Questionnaire SE, Protective Factors Survey for families 0-18

Family Programs for families with children 0-18

Family Support for families with children 0-18

Rural Service Delivery – all programs will be offered within our Rural Service Delivery area

Camrose Association for Community Living: Healthy Families Program - Home visitors support and enhance parenting skills, provide information on child development, child health and other aspects of positive family functioning. **Visit www.cafcl.ca or call 780-679-4357 for more information.**

Camrose Open Door: Parent/Caregivers of Teens Support Group – This group will provide supports, learnings, debriefing and resource connection to parents/ caregivers of teenagers and will be led by a therapist. **Visit www.camroseopendoor.com or call 780-672-0257 for more information.**

The Camrose and Area Family Resource Network are working hard to support families during the COVID-19 Pandemic, providing supports over the phone, through email and online.

Thank you for your time in reading this letter. We encourage you to reach out if you have any questions or want to learn more about the programs and services offered. The following link will take you to our current Newsletter for September & October programs available.

Sincerely,

Camrose Family Resource Centre

4823 51st

780-672-0141

www.camrosefrc.com



www.facebook.com/CamroseFamilyResourceCentre



Camrose & Area
CHILDREN'S CHOIRS

2020 Season update:



YES! CHOIR IS "HAPPENING"!

Come to our startup meeting:

Tuesday September 15

5:30 pm,

Camrose United Church

4829-50 St (enter through South door)

masks for the meeting please



--- in-person and online options ---

having fun learning music!



NEW!

Handchimes and pitched percussion!

info: 780-672-3372 or camrosesings.ca