



Tracy Beattie – Principal/directrice

Carroll Glidden – Assistant Principal/directrice adjointe

## Assistant Principal's Message

I hope that everyone had a wonderful Thanksgiving weekend, and that you were able to connect with both family and friends in a safe and healthy way. It is great to see the students and staff returning to school rested and rejuvenated from spending time with their families and reflecting on what they are thankful for.

Our Terry Fox Run was different this year, but very successful. As of now, we have raised \$2,171 for cancer research, and are working toward our goal of \$2,500 by the end of October. You can use the link for fundraising below if you are interested in donating. It was fabulous to see our classes out running on the playground, demonstrating their perseverance during a cold fall day. <http://www.terryfox.ca/EcoleSifton>

Students have been practicing their skills at staying safe by performing 2 fire drills in September, and we will be doing 1 in October (when it warms up a bit!). This month, we will also be doing a virtual lockdown drill. Information regarding this drill was sent home on October 9, but if you have any questions about it, feel free to contact the office. The drill will occur on the morning of October 22, so any prior discussions that you have with your child about it would be greatly appreciated.

Teachers and support staff spent part of October 1 and October 2 learning about various topics in support of student needs. Much discussion occurred about refining and revising the protocols in place in order to keep students safe at school during the pandemic, and how those will change as the colder weather is approaching. Discussion about different strategies used to help students succeed was also part of the conversation during those days.

Parents of students who are doing at home learning should expect a phone call from the principal or myself in the upcoming days to touch base and see how you and your child(ren) are doing. We will also be asking you about your plans for the second quarter of the school year. Your decision about whether or not you want your child to remain in at home learning or return to at school learning will need to be made by November 1 so that planning can occur for the second quarter.

Interim report cards for grades 1-5 will be sent home on November 10. There will be no PUF or Kindergarten Report Cards at this time. This year, students at École Sifton School will have 4 reporting periods. Students in grade one to five will have English Language Arts and Math learning outcomes on the first report card, as it only reflects the first nine weeks of your child's learning. If you are wanting to know about any other areas of your child's learning, you are welcome to contact your child's teacher or sign on to Connect Ed, sign in details are available by calling the school.

This year, we will be holding interviews in a different way. Parents will be signing up for a time to meet with their child's teacher via google meet or telephone conversations. We will be using the same on-line scheduling website as last year. Make sure to check the evenings indicated for your child's teacher, as we have interviews occurring on October 21-22 or November 4-5, depending on the teacher. We are looking forward to sharing your child's progress with you!

Halloween will be celebrated at school on October 29. Students are asked to come to school in their costumes that day. Costumes need to remain simple as students will not be able to have parents come in and help them put them on. Students also cannot go to the washrooms to change or put on makeup, as that would not allow for social distancing. Remember, when choosing a costume, your child should be able to put it on independently.

Also, the sharing of snacks and treats is not allowed at this time. Any items that are sent to school will return home with the student who brought them. We encourage you to send your own special treat for your own child instead! Classes will be spending homeroom time in the afternoon having smaller, individual parties.

Our Remembrance Day Ceremony will be held in the morning of November 10. Students will remain in their classrooms during the ceremony and participate together with their class cohort.

Lastly, we have some upcoming dates that you should be aware of. October 30 is a Collaboration Day at school, so your child will not be attending that day. Staff meeting (early dismissal) is on November 5, and the first quarter of the school year ends on November 10. There will be a fall break from November 11-17.

If you have any questions about any of this information, please contact the school to discuss it with us. Stay safe and healthy!



## Library News

We have once again partnered up with the Camrose Public Library to ensure all City and County of Camrose students have access to a public library card. Library card applications were sent home with students this week. If you are going to participate, we ask that applications come back to the school by Friday, October 23.



## Important Dates

- Oct 21-22 Parent Teacher Interviews K, M,1K, 1B, 2M, 4M
- Oct 30 - No School for Students
- Nov 4 & 5 Parent Teacher Interviews 1G, 2HS, 3E, 3Z, 4H, 4/5J, 5B, 5S
- Nov 5 - Early Dismissal at 2:05
- Nov 11 - School Closed for Remembrance Day
- Nov 12-17 Fall Break School Closed

Student Accident Insurance information is available here <https://www.brsd.ab.ca/families/student-insurance>



Our Remembrance Day Ceremony will be presented as a slideshow in classes on November 10 .

Unfortunately parents are not able to attend this year.

Halloween will look different this year at Sifton. If your child is dressing up on Oct 29 they should start their day in their costume.



To allow for social distancing students will not be able to use the washroom to change. Do not send treats to share, as we are unable to share treats at this time. Send an individual snack for your own child.

School Fees are available to be paid online at <https://www.brsd.ab.ca/families/online-payments-ordering> You will need your child(ren)'s student number in order to register for the first time, please contact the school if you need that information.



**Alberta Health Services has released three very helpful flow charts for parents:**

[How to respond if your child has one or more of these primary COVID-19 symptoms](#)

[How to respond if your child has one of these other COVID-19 symptoms](#)

[How to respond if your child has been identified as a close contact of a person who tested positive](#)

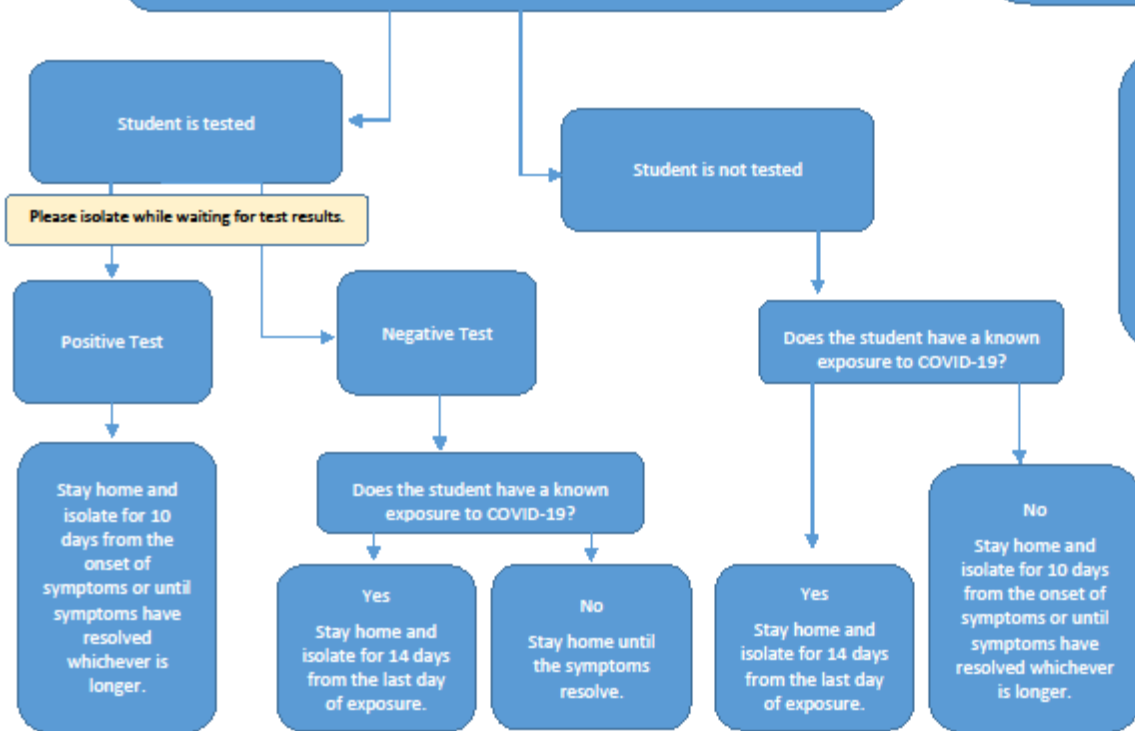
BRSD has summarized these three charts into one, posted below. A bigger version of this chart is posted on our website [Sifton.brsd.ab.ca](http://Sifton.brsd.ab.ca)

## Responding to Student Illness

If your child is showing one or more **symptoms of COVID-19** (fever, cough (new cough or worsening chronic cough), shortness of breath or difficulty breathing (new or worsening), runny nose, sore throat), do not send your child to school. If symptoms develop while at school, you will be asked to pick up your child. The child is legally required to **isolate**.  
A COVID-19 test is recommended. Please complete the [AHS self-assessment on-line](#) or call 811 to arrange testing. Here are the next steps:

If your child has an underlying medical condition such as allergies or asthma that may cause COVID-like symptoms (such as a runny nose or cough) please complete the BRSD [Baseline Medical Information Form](#) and share it with your school. This will ensure your child is able to attend school, even when baseline symptoms are present, unless those symptoms change.

If your child is showing one or more of the **other symptoms** on the Daily Self-Assessment checklist (chills, stuffy nose, nausea / vomiting / diarrhea, loss of appetite, muscle / joint aches, headache, etc) do not send your child to school. Please keep the child at home and minimize the child's contact with others until symptoms resolve.





## Students / Parents and Guardians Daily Self-Assessment Checklist



Every student should review these questions before getting ready for school each day.

If the answer is “yes” to any of these questions for any student, that student is not to attend school. If the student will be absent, please notify the school.

1.	Does the student have any new onset (or worsening) of these symptoms:		
	- Fever*	Yes	No
	- Cough*	Yes	No
	- Shortness of Breath / Difficulty Breathing*	Yes	No
	- Runny Nose*		
	- Sore Throat*	Yes	No
	- Chills	Yes	No
	- Painful Swallowing	Yes	No
	- Nasal Congestion	Yes	No
	- Feeling Unwell / Fatigued	Yes	No
	- Nausea / Vomiting / Diarrhea	Yes	No
	- Unexplained loss of appetite	Yes	No
	- Loss of sense of taste or smell	Yes	No
	- Muscle / Joint aches	Yes	No
	- Headache	Yes	No
	- Conjunctivitis (Pink Eye)	Yes	No
2.	Has the student travelled outside of Canada in the last 14 days*?	Yes	No
3.	Has the student had close contact** with a confirmed case of COVID-19 in the last 14 days?	Yes	No
4.	Has the student had close contact with an individual who has any one of the first five symptoms on this list (highlighted) AND who is a close contact of a confirmed case of COVID-19 in the last 14 days?	Yes	No

\*Individuals legally required to quarantine for 14 days when entering or returning to Alberta from outside Canada.

\*\* Face to face contact within 2 metres. A health care worker in an occupational setting wearing the recommended personal protective equipment is not considered to be a close contact.

You do not need to take this form to school every day. Parents / Guardians, please ensure every student in your household is asked these questions every day, before getting ready, and decide if each student is able to attend.

If the answer is “Yes” to any of these questions for any student, please **DO NOT** permit that student to enter the school at this time. Please call to let the school know. Individuals with **the highlighted symptoms** are required to isolate for 10 days unless they receive a negative COVID-19 test. Use the [COVID-19 Self-Assessment Tool](#) to determine whether or not to be tested for COVID-19. Follow the [isolation](#) requirements.

If the answers are “No” to all of these questions, the student may attend school.

*These questions were provided by Alberta Education and were developed in consultation with the Chief Medical Officer of Health. Thanks for helping ensure our schools and communities stay well.*

Updated October 8 2020

Battle River School Division

Daily Self-Assessment Checklist

2020-2021 School Year

## Canadian Parents for French

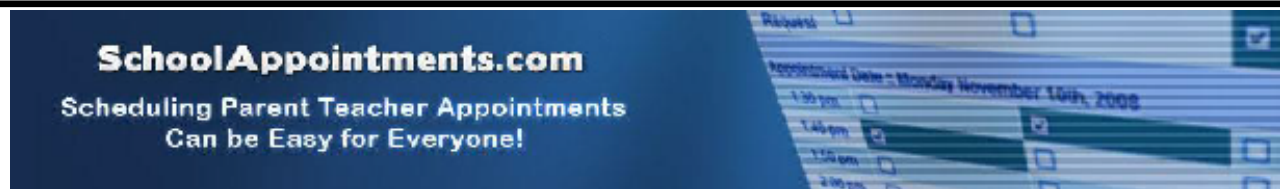
If you are interested in joining Canadian Parents for French, CPF Membership Fees 2020-2021 are free to March 31<sup>st</sup>, 2021. CPF provides information and access to resources and youth opportunities for learning and using French as a Second Language. Find out more information by visiting the CPF website: <https://cpf.ca/>



Sign up for **Parent Teacher Interviews** at <http://sifton.parentconferences.net> these will be ten minutes phone or google meet interviews. Detailed instructions are available [here](#).

October 21 & 22 are interviews for Mme Urkow (Maternelle), Mrs. Broekhuizen (Oct 21 only, Kindergarten), Mrs. Kelly (Gr1Eng by phone), Mme Bird(Gr1B-FIM), Mrs. Myck (Gr2ENG by phone) and Mme Maisonneuve(Gr4FIM) .

November 4 & 5 Interviews Mme Graves (Gr1FIM), Mme Heschel-Smith(Gr2FIM), Mr. Elschuk (Gr3ENG), M. Zoukekang (Gr3FIM), Mr. Heidt (Gr4Eng), Mrs. Barclay (Gr5ENG), Mme Jutai (Gr4/5FIM), Mme Sears (Gr5FIM).



## Parent/Teacher Conference Scheduling <http://sifton.parentconferences.net>

### ***Parent Registration***

Parents click on the "Register" tab and fill in the registration form to create an account. Once parents have successfully registered, they can login to the system and then must register their students by name.

### ***To Book Appointments***

#### **Select Teachers**

Parents can schedule appointments for any student that they have added to the system by clicking on the "Appointments" button beside the student's name. The parent is then taken to a page where they can select the teachers with whom they wish to meet. Multiple teachers can be selected by using the "Ctrl" key on a PC keyboard or the "Command" key on a Macintosh keyboard.

#### **Teacher Appointment Calendars**

Parents are shown the calendars of the selected teachers. It also shows them appointment times that are unavailable for booking. Parents can select appointment times by simply clicking the check boxes or by clicking in the time block beside the check box. Once an appointment time has been selected it will change to green. If no appointments are available, click on the *call back* button at the top of the list.

It is not possible for parents to select more than one appointment at the same time or to select more than one appointment with the same teacher. Javascript enabled browsers are required for validation on the screen.

#### **Appointments Booked Successfully**

Once the appointments are booked the screen will display the list of appointments for the student. When the parent clicks on the "Return to Home Page" button, they will return to the home page with their students and their appointments listed. They can book additional appointments, or they can book appointments for another student.

#### **Parents with More Than One Student**

If a parent has more than one student at the school, the teacher appointment calendars will have an additional feature displayed when the second (or third, etc.) student bookings are made. If a sibling has an appointment booked, the student's name will be displayed for a parent, thus making it easier to book adjacent appointments.

#### **Printing Parent Appointment Schedule**

From the home page it is possible for you to generate a PDF document with the list of your appointments. By clicking on the "Print Appointments" button a window will pop-up asking the parent what they wish to do with the document. In Internet Explorer, it is recommended that people click the "Save" button, save the file and then click "Open" to view the file. IE sometimes has a problem downloading and opening PDF documents that are generated from web sites.

Click "Open" after the download is complete to view the PDF.

#### **Parent Schedule PDF**

The generated PDF will list the appointment times, the student and the teacher with whom the appointment is booked.

If you are having difficulties, you may choose to call the school to book appointments over the phone.

# CAMROSE PUBLIC LIBRARY

## OCTOBER *happenings*



### CHILDREN'S PROGRAMS

- Crafternoon
- Ghibli Geeks Club
- Photography Club – October's theme is Shadows!
- Virtually Artistic: a Teen Craft Meetup



### FAMILY PROGRAMS

- A Book and a Bounce
- Family Bookclub
- Wednesday Night Storytime with Feena
- QuaranTea Time
- Tales from the Park Side



### ADULT PROGRAMS

- After Hours Study Hall for post-secondary students
- Craft and Connect
- German Conversation Circle
- Got Ukulele?
- The Plot Matures Bookclub
- Spanish Conversation Circle
- Tech 1 on 1 appointments
- Upcycled Crafts



### SPECIAL PROGRAMS

- Subject Matters : A Year of Weird and Wonderful Learning for Everyone – October theme is ART AS ACTIVISM!
- Bookmatch : Personalized Book Recommendations



### FIND OUT MORE!

Everyone's safety is most important to us. Keep up to date with changes! You can

- Follow our blog:  
<https://camrosepubliclibrary.blogspot.com/>
- Subscribe to our newsletter:  
<https://bit.ly/30UFjMV>
- Follow us on Facebook @CamroseLibrary
- Follow us on Instagram @CamrosePublicLibrary
- Check out our YouTube channel too!

### TEMPORARAY COVID HOURS

Monday to Friday, 10-6

Saturdays, 11-5

Sundays, Closed

[cpl.prl.ab.ca](http://cpl.prl.ab.ca)

For dates and times of programs please call 780.672.4214 or visit [cpl.prl.ab.ca](http://cpl.prl.ab.ca)

### Empathy: What is it?

- Empathy is the ability to recognize the emotions of others. Children under two years of age can show empathy. It is never too early to foster empathy.
- Empathy helps children understand others' viewpoints, needs and intentions.
- Empathy is key to creating successful relationships. Strong relationships build resilience, which helps children bounce forward from difficult times.

### Empathy encourages kind, helpful behavior

- Empathetic children are willing to share, help and comfort others.
- Model empathy by asking your child how they are feeling, listening to their feelings, and acknowledging their feelings.

### Empathy creates a safer school culture

- Less bullying and a more tolerant environment is developed through increased empathy.

### Empathy fosters positive student relationships

- Children who show empathy are more popular with their peers.

### Empathy leads to school success

- Empathetic students are more cooperative in class, have better relationships with teachers and are more engaged in school.
- Students who practice empathy tend to excel in school.

### MORE RESOURCES

- [Greater Good Science Center: Empathy for students](#)
- [Big Life Journal: Strategies to teach children empathy](#)
- [MyHealth Alberta.ca: Promoting positive Mental Health](#)

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

