



Tracy Beattie – Principal/directrice

Carroll Glidden – Assistant Principal/directrice adjointe

Principal's Message

With the warm weather that we are currently experiencing, it is hard to believe that December has arrived and our Christmas break is just over a week away. Students and staff are looking forward to the upcoming break and although activities in the building are much different than other years, the excitement of the holidays is filling the school.

Thank you to all of our families that have returned their permission forms, enabling their child(ren) to be part of our Christmas concert video this year. All of our classes are busy preparing their contribution whether that involves a performance, art work or both. The link will be posted on our website and sent to families on December 17 and will be available until January 4th. Thank you to all of our staff and students for their contributions to the concert. It is great to still be able to join together and provide a concert for our families.

Students and staff were very fortunate to be able to participate in the virtual Book Fair this year. Thank you to Mrs. Grant for organizing this opportunity for our students. In addition to families purchasing books for their own use, the fair also provides additional resources for our school library. Thank you to everyone who took this opportunity and supported our learning commons.

As is the case at this time of year, we have accumulated many articles of clothing in our lost and found. We will be putting these items out for students to view during the last week of school and will post a video of the items on the website for parents to see. If you notice something on the video that looks like it belongs to your child(ren) or if you are missing some specific items at home, please remind your son/daughter to claim it from the lost and found items.

As you are aware, our first week back to classes in January is going to look very different. For the week of January 4th to 8th, all of our students in kindergarten to grade five, will be participating in at home learning. As we approach the holidays teachers and staff are preparing materials that students will use during this week of learning. Students will be taking home packages over the holidays that they will be using at home. All staff will be available to support students in this learning either by phone or Google Meets. Teachers will provide additional information to their classes and families prior to the break. If you have any additional questions, please do not hesitate to contact us at the office.

On behalf of the staff of École Sifton School, I would like to wish all of our students and their families a very relaxing and enjoyable break. Merry Christmas and wishing you all the best in 2021!

Important Dates

December 2-9 Virtual Book Fair

December 18 - PJ Day & Last Day of Classes in 2020

January 4 - 8 - Online learning for students K-12

January 11 - In person learning resumes

January 15 - Staff Collaboration Day No School For Students

A reminder that all students need their own water bottle at school every day.



ROAR

- R— Respect
- O—Ownership
- A— Achievement
- R— Responsibility

On November 10 we drew 2 names from **last years** overflowing bucket of ROAR tickets. There were lots of names in there and we are happy to see our students were using their ROAR every day!

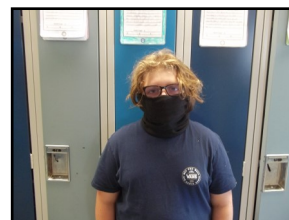
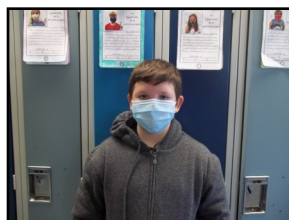
Congratulations to Kendyl and Sophie, they each won a gift certificate to Boston Pizza.



November 2020 ROAR draw winners.

Each winner for the month of November received a Sifton School water bottle.

Thank you for using your ROAR every day!





Library News

A great big THANK YOU/ MERCI to parent council for helping us renew our Tumblebooks subscription for the school year. Tumblebooks allow us access to electronic books at school and at home.

To read tumblebooks at home go to:

<https://www.tumblebooklibrary.com>

If you don't have the school username and password please ask your teacher. Due to copyright laws we cannot publish that information here.



Scholastic Book Fair!

Thank You!



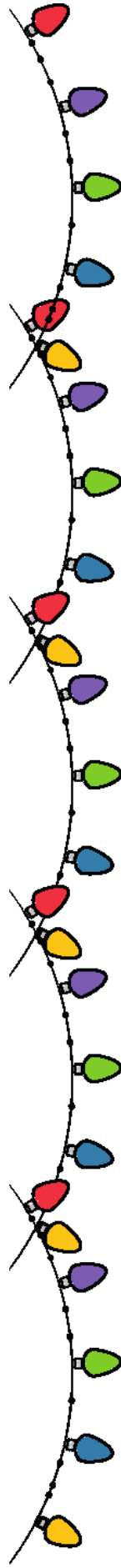
Our Scholastic Virtual Book Fair was a success! Thank you to all families, teachers, and students who participated, supporting our school while enhancing home libraries.

Your investment in your reader helped our school to earn valuable Rewards that can be redeemed for new books for our school and classroom libraries, as well as supplies and Education Resources to benefit our students.

We can't wait to hear all about the new stories you have added to your home libraries!

Thank you for participating in our Scholastic Virtual Book Fair!

Happy reading



VOLUME 14 • DECEMBER 2020

MHCB WELLNESS PACK

MONTHLY WELLNESS ACTIVITIES FOR ALL AGES

12 DAYS OF WELLNESS

In this special edition wellness pack we give you some fun ideas to move, eat, and feel your best to help make the next few weeks meaningful and enjoyable!

<p>Light the Night! Plot a course with your family or cohort member to enjoy a walk around a neighborhood (or 2 or 3!) with festive lights and decorations.</p>	<p>Grinch Kabobs Make your healthy snacks festive with "<u>Grinch Kabobs</u>"! (Google "Grinch Kabobs" or click on the link.)</p>	<p>Ha-Ha-Ha! Find a funny joke or meme and share it with 3 people in person, on the phone, or in a video chat.</p>	<p>Gratitude Cards Give yourself some time to think about the people you're thankful for and why. Choose 3 and make/write them a card expressing your gratitude.</p>	<p>Do You Want to Build a Snowman? Challenge your neighbors to a snowman building contest, then walk your block to see what everyone has made!</p>	<p>Holiday Baking What's your favorite holiday treat and why? Find the recipe from a family member or Google search and make it. Share your treat and why it's your favorite.</p>
<p>Give De-clutter and donate to a second hand store, or give items to a food or toy drive. Every bit helps!</p>	<p>"Video Games" Schedule a video chat with loved ones and have a <u>games night</u>! (Google "<u>Holiday Games to Play on Zoom</u>" or click the link for ideas!)</p>	<p>Sledding Grab a sled, toboggan, tube or racer and head to the hill for some tobogganing and snow racing.</p>	<p>Hot Beverage Take a mindful minute with a hot beverage and pay special attention to its smell, taste, warmth, and how it makes you feel.</p>	<p>Kindness Rocks! Create <u>Kindness Rocks</u> and place them around your neighborhood. (Google "<u>Kindness Rocks</u>" or click on the link for ideas.)</p>	<p>Holiday Movie Put away your phones and put on a holiday movie you all enjoy. Wishing you could watch with someone far away? Try an app like <u>Teleparty</u> to watch together!</p>

Tips to help your child be comfortable and confident wearing a mask

To help protect each other and to prevent the spread of COVID-19 it is recommended masks be worn when [physical distancing](#) cannot be maintained. This includes in places like schools, buses and public transit, health care facilities, and some community public places. Many stores and businesses also request that customers wear masks.

Talk to your child about why masks are important, and help them feel confident and comfortable wearing a mask.

Here are some simple tips and helpful resources:

A simple act of kindness.



Masks provide protection.

Masks help keep everyone safe during the COVID-19 pandemic, especially in public places like a school. It is a simple act of kindness: My mask protects you. Your mask protects me. Masks offer a way to cover your mouth and nose to prevent germs that can go from your body onto someone else or on to surfaces that people touch. Germs can come from your body when you do things like sneeze, cough, talk, yell, laugh or sing. Wearing a mask may stop you from touching your nose and mouth which can also help prevent the spread of the virus. Watch this [short video](#) to learn more about why wearing a mask matters. For more helpful tips, visit alberta.ca/masks.



Choosing a mask? Let your child help.

If possible, have your child choose the color and design of their mask, and the fabric that will feel comfortable for them. Mask extenders (ear savers) that connect the elastics behind the head rather than hooking them behind the ears may help your child feel more comfortable wearing a mask. If your child experiences touch sensitivities, look for masks made of soft material. When a child-sized mask is not available, follow the steps in [this video](#) to adjust an adult-sized mask.



Wear your mask properly.

Proper handwashing is the first step to proper mask use! To learn more, check out this [short video](#) from Alberta's Chief Medical Officer of Health, Dr. Deena Hinshaw. She explains how to safely put on, wear, and take off a mask. Here are some other great resources for children, families, and schools:

- [Masks for school video](#)
- [Wear a mask poster](#)
- [My mask protects you, your mask protects me poster](#) from Alberta Health Services



How to care for your cloth mask.

Store masks in a sealed and clean storage bag (like a sandwich bag) to keep them clean and ready for use. When you remove your cloth mask, place it back in the bag until you need to wear it again. Practice this at home with your children. This will help get them into the habit of caring for their mask. Be sure to wash your masks after each use, and throw out used storage bags. Visit alberta.ca/masks for tips on cleaning your mask.



Role model mask-wearing for your children.

Show your children how you put on and take off your mask, while practicing good hand hygiene. Try wearing your masks at home for short periods of time and wear them when you are out in your community. For creative ideas about how to help young children adapt to wearing masks, check out these [7 quick tips for parents](#).

Tips to help your child be comfortable and confident wearing a mask



Use reliable information and resources about COVID-19 to support your family.

Use websites, information, and resources from the Government of Alberta and Alberta Health Services to help your family through these challenging times. Here are some key sources:

- To help your family head back to school, visit: alberta.ca/returntoschool and ahs.ca/covidschools
- For mental health and wellness support, visit ahs.ca/helpintoughtimes
- For the latest guidance from the Government of Alberta, see: alberta.ca/covid19
- For the latest guidance from Alberta Health Services, visit ahs.ca/covid
- If your child has questions about COVID-19, check out [COVID-19: What kids need to know](#)

Students / Parents and Guardians Daily COVID-19 Checklist



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

1. Has the student:

(Choose any / all possible exposures)

Travelled outside of Canada in the last 14 days? When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days, unless enrolled in the Alberta COVID-19 International Border Pilot Project.	YES	NO
Had close contact with a case of COVID-19 in the last 14 days? Face-to-face contact within 2 metres for 15 minutes or longer or direct physical contact such as hugging.	YES	NO

If the student answered YES to any of the above

- The student is required to quarantine for 14 days from the last day of exposure
 - If the student is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times.
- If the student develops any symptoms, use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.

If the student answered NO to both of the above, proceed to question 2.

2. Does the student have any new onset (or worsening) of the following core symptoms:

Fever Temperature of 38 degrees Celsius or higher	YES	NO
Cough Continuous, more than usual, not related to other known causes such as asthma	YES	NO
Shortness of Breath Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO

If the student answered YES to any symptoms in Question 2:

- The student is to isolate for 10 days from onset of symptoms.
Use the [AHS Online Assessment Tool](#) or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If the student answered NO to all the symptoms in Question 2, proceed to Question 3.



3. Does the child have any new onset (or worsening) of the following other symptoms:

Chills Without fever, not related to being outside in cold weather	YES	NO
Sore Throat / Painful Swallowing Not related to other causes or conditions, such as seasonal allergies or reflux	YES	NO
Runny Nose / Congestion Not related to other known causes or conditions, such as seasonal allergies or being outside in cold weather	YES	NO
Feeling Unwell / Fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
Nausea, Vomiting and / or Diarrhea Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite Not related to other known causes or conditions, such as anxiety or medication	YES	NO
Muscle / Joint aches Not related to other known causes or conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes or conditions, such as tension-type headache or chronic migraines	YES	NO
Conjunctivitis Commonly known as pink eye	YES	NO

If the student answered YES to ONE symptom in Question 3:

- Keep the student home and monitor for 24 hours.
- If their symptom is improving after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.
- If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge) use the [AHS Online Assessment Tool](#) or call Health Link 811 to check if testing is recommended.

If the student answered YES to TWO OR MORE symptoms in Question 3:

- Keep the student home.
- Use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.
- The student can return to school and activities once their symptoms go away, as long as it has been at least 24 hours since their symptoms started.
- **If the student answered NO to all questions, the student may attend school.**

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 a student will be staying home, please notify the school.

These questions were developed by Alberta Health Services specifically for Children Under 18.

Thanks for helping ensure our schools and communities stay well.

Updated October 30, 2020

**After School Care spaces
available for children in
kindergarten to grade 5
at the following schools:**

- **Chester Ronning**
- **Jack Stuart**
- **Sifton**
- **Sparling**



OSCAR Child Care Society - After School Care Program

780-672-0141. Website www.camrosefccs.ca FaceBook: OSCAR Child Care Society



Holiday Train

at Home

**SATURDAY
DEC. 12**

**6 P.M.
MT**

A FACEBOOK LIVE PREMIERE

**MUSICAL
GUESTS:**

Serena Ryder
The Trews
JoJo Mason
Logan Staats
Kelly Prescott

Join CP online to
celebrate the holidays
by listening to great
music and donating
to help food banks in
Canada and the U.S.



@CanadianPacific

cpr.ca/holidaytrain

Find JOY in the Holiday Season:

Holiday gatherings may look a little different this year; help your children see the good things.

Staying home can be more relaxing and less costly.

Practice gratitude with your family:

- Share what you are grateful for.
- Say thank you even for small things and show appreciation to others.

Find creative ways to connect with others. Perhaps a drive-by parade, positive messages in windows, or sending cards in the mail.

Reliving old traditions can warm a heart this season:

Make cookies with your kids – let them take the lead!

Watch your favourite movies and TV specials together.

Go sledding, play board games, build a snowman.

Take a walk in your neighborhood and enjoy the lights. End with a cup of hot cocoa.

Make new family traditions this holiday season:

Trade kid-friendly recipes online and cook together as a family.

Share a family meal together virtually.

Plan and try new outdoor activities with your kids. Be sure to add in a dose of laughter to your activities.

Go caroling. What a great way to spend time with your family and bring a smile to someone else.

There's no right or wrong way to feel, remember:

Connecting virtually with loved ones is comforting and builds family resilience.

To promote wellness through self-care activities for the whole family.

It's okay to seek help. Talk to someone you trust or reach out for support. Help is on the line...anytime...all the time. Call the Mental Health help line at 1-877-303-2642.

MORE RESOURCES

ahs.ca/helpintoughtimes
togetherall.com

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



Stigma and COVID-19

The COVID-19 pandemic has sparked a rise in social stigma.

Social stigma is when society expresses negative judgment towards others. This often takes the form of fear, blame, and unfair treatment.

Why is the COVID-19 pandemic creating stigma?

Lack of understanding and stress causes fear, anger, and intolerance.

How can stigma impact the well-being of your family?

Stigma is associated with poor social, physical and mental health.

Stigma can make people feel guilty or bad about themselves and may lead to isolation and disconnection.

Feelings of guilt and lack of control increases stress, anxiety and fear.

Judging others does not encourage kindness, compassion or understanding.

What can you do to reduce stigma?

Words matter, so choose your words carefully to show support and empathy.

Model acceptance and compassion.

Bust myths and misunderstanding by sharing the facts from credible sources.

Practice the recommendations for staying safe and preventing the spread of COVID-19.

Kindly correct others who use words or actions that are hurtful to others.

Tips to help your child or family if you experience stigma

Reach out to someone you trust and talk about how you are feeling.

Practice self compassion. Don't blame yourself if you have the virus.

Take a break from social media and use that time to practice self-care together.

Check in and pay attention to how you and your children are doing. Take time to have a conversation to help build coping skills and increase understanding.

MORE RESOURCES

[Mental Health & Covid](#)

[Covid Testing & Stigma](#)

[Talking With Your Children About Covid 19](#)

[Help in Tough Times](#)

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












ONLINE

Child Development Virtual Walk-in Clinic

Book a Zoom visit with us!

Help your child with:

-  Talking and speech sounds
-  Hearing
-  Following directions
-  Printing, pasting, cutting
-  Moving (crawling, walking, jumping)
-  Sensitivity to noises or messy hand play
-  Sensitivity to clothing and food textures



The 3rd Tuesday of the month

Visit times will be scheduled between 9am – 3pm

Call anytime to book your Zoom visit: 780-608-8638

Services that may be accessed:

**Speech-Language Pathology
Physical Therapy
Occupational Therapy**