



Tracy Beattie – Principal/directrice

Carroll Glidden – Assistant Principal/directrice adjointe

Principal's Message

Welcome back everyone and Happy New Year!! We hope that all of our students and their families had a very relaxing Christmas break. After a productive week of at home learning, we are very excited to welcome our students back in the building.

First of all I would like to take this opportunity to welcome M. Baile to our school. M. Baile officially joined our staff during the last week of classes in December. He will be teaching both our Maternelle classes until the end of the school year while their regular classroom teacher is away on leave. We are very excited to have him join our staff and know he will be a great addition to our school community.

As we approach the end of the second quarter of the school year we recognize that families may be considering changes between At Home Learning and In School Learning starting in February. Any of our students that are currently enrolled in At Home Learning that plan to attend in person, please let your current teacher know and contact us at the office so that we can make arrangements for this transition. If any of our families are considering moving their students into the At Home Learning program for February, we ask that you please let us know before January 21st. This will ensure that the At Home learning team will have an opportunity to adjust staffing at each grade level if necessary. Thank you in advance for your assistance with this. If you have any questions regarding transitioning between the programs, please do not hesitate to contact us.

As is the case every year after a holiday, we will be taking some time over the next few days to help students transition back into regular school and classroom routines. With the numerous new protocols that have been implemented this year, this will be even more important than ever as we return to classes. One of the most important of these is ensuring that all students have used the Daily Checklist each day before leaving for school to ensure that they are well enough to be in attendance. You can find a copy of the most recent Daily Checklist on the BRSD website.

With cold weather likely to return in the near future, we would like to remind everyone that there is no outdoor supervision in the mornings for our students and that our outside doors do not open until 8:15. Students that are dropped off early, or are walking to school, are asked to meet in their designated areas and to not mingle with students that are outside their class cohorts. If students are arriving after 8:30 they should come to the front doors for entrance into the building. Although we are expecting warm weather over the next week, we want to ensure that we do not have students waiting outside for long periods of time when the weather changes. We would also ask that when parents are dropping off or picking up students, they are not waiting for them out in the playground area or directly in front of entrances or gates. This will ensure that students are not passing through high traffic areas when they are arriving at or leaving the school, and will allow for appropriate social distancing. A final reminder for students to please bring a non-spill water bottle to school for use during the day. Our water fountains are not available for use and this ensures students have access to water throughout the day.

We are excited to announce that plans are currently underway for our annual Literacy Week which will take place from January 25th to 28th. For more information regarding the activities planned for this week, please see details later in this newsletter. Plans are also underway for our annual Carnival which will take place from February 16th to 19th. Although some of these activities will be different than we usually participate in, we are looking forward to this very important event taking place this year.

With the end of the second quarter quickly approaching, teachers are in the process of preparing report cards for this reporting period. Please watch for report cards to come home with students on Tuesday, February 2nd. There are no parent/teacher interviews for this quarter. Our next report cards will go out at the end of April. Interviews will be held at this time.

Finally we would like to remind you about some important upcoming dates. Our next School Council meeting will be held on Tuesday, January 19th at 7 pm. This will be held via a Google Meet for any parents wishing to attend. This Friday, January 15th is a School Collaboration Day and therefore there is no school for students. Our staff will be involved in a full day of meetings looking at specific strategies to support our students in the area of self-regulation. We are very excited to have Kurtis Hewson from Jigsaw Learning join us for this day of learning. A reminder that Friday, January 29th is Semester Break and all schools in BRSD are closed on that day.

Library News

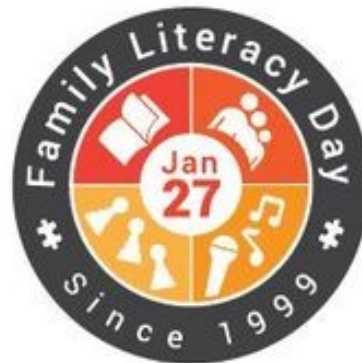
January 25-28 we will be celebrating Family Literacy Week.

Wednesday, January 27 is Family Literacy Day across Canada. Sifton always celebrates with a week of activities and this year is no different!

Wednesday, January 27—Dress as a Book Character Day

Thursday, January 29—Pajama Day

Monday January 25 students will be bringing a Literacy Week Reading Challenge home to participate in if they would like. All week long the students will have an opportunity to hear staff members reading pre-recorded stories that are shared with us all.



Important Dates

January 15 - Staff Collaboration No School for Students

January 25-29 Literacy Week

January 29 – Semester Break No School

February 2 - Report Cards Go Home

February 4 - Early Dismissal at 2:05

February 11-12 Teacher's Convention No School For Students

February 15 - Family Day No School For Students

February 16-19 Carnaval d'hiver

March 4 - Early Dismissal at 2:05



Kindergarten and Maternelle Registration is now open for the 2021/2022 school year. Forms are available at the school or you can print them at home www.brsd.ab.ca/families/registration





Family Literacy Day Honorary Chair,
Barbara Reid

invites families to use their imagination to explore and travel the world together! Barbara Reid is a picture book illustrator and author whose award-winning artwork is created using modelling clay.



Photo by: Ian Crysler Photographer

1. Go online

Research a country that interests you on the internet with your family. Find out things like the language they speak, their currency, and popular food, music and sports.

2. Flags of the world

Look up colourful flags from different countries and try drawing them together.

3. Ciao!

Teach your family how to say hello and goodbye in different languages.

4. Greetings from abroad

Imagine you're on a vacation and write a postcard to a friend or family member. Describe the weather, what it's like and what activities you're doing.

5. Map the world

Look at a blank world map and try to name each continent and ocean. For more of a challenge, try identifying countries or even cities.

6. Family vacation

Research your next family vacation online together, even if you don't have one planned. Look up how much it will cost to travel there, hotels and activities, and put together a budget for your trip.

7. Get cookin'!

Find a recipe for a popular international dish, such as butter chicken or paella. Follow the recipe together as a family and enjoy the meal you've cooked.

8. Family history

Research your family's history and culture. Learn about your family traditions (how about starting a new one!)

9. Sounds of the world

Go to YouTube as a family and play some popular songs from other countries. Dance and move to different tunes and hum along, trying to guess what the lyrics mean.

10. A to Z

Test your family's geographic knowledge by trying to name a country for every letter of the alphabet. Hint: there is one for every letter except X.



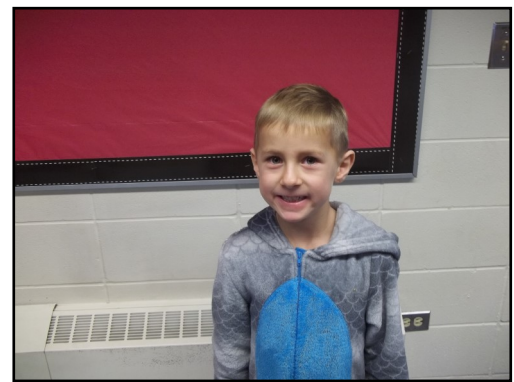
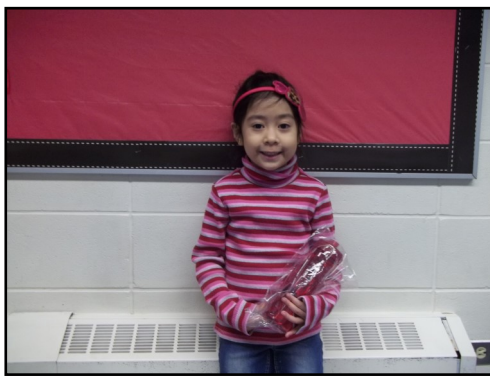
Find more fun family activities at:
FamilyLiteracyDay.ca

 #FamilyLiteracyDay





December 2020
ROAR Winners



[K-2 Wellness Pack Volume 15—January 2021](#)

[Grade 3-4 Wellness Pack Volume 15—January 2021](#)

[Grade 5-6 Wellness Pack Volume 15—January 2021](#)

En 2021, la célébration de la francophonie sera virtuelle! Les détails d'inscription seront disponibles bientôt.

Pour recevoir toutes les informations au sujet des événements et activités par courriel ou pour toutes questions, commentaires ou suggestions, communiquez avec nous par courriel: camrose@acfa.ab.ca



The 2021 Célébration de la francophonie will be virtual! Registration details will be available soon.

Please contact us at camrose@acfa.ab.ca to be notified about events and activities by email, or for any questions, comments or suggestions.



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Cercle local de l'ACFA de Camrose-Battle River

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un rabais sur l'abonnement au journal Le Franco
un rabais sur des activités en français
une voix pour la prise de décisions à l'ACFA

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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.

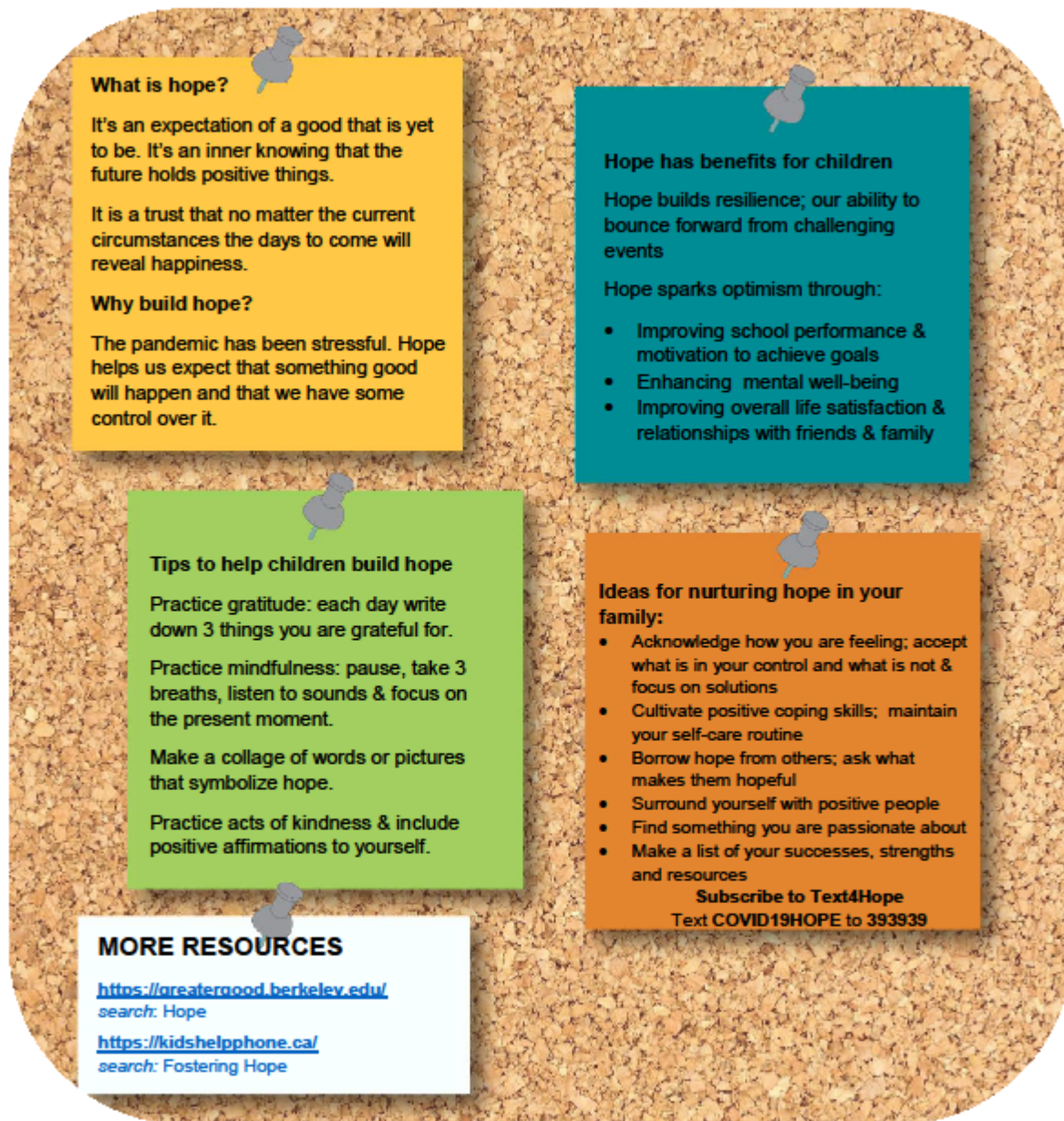
If the student answered YES to TWO OR MORE symptoms in Question 3:

- 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



What is hope?

It's an expectation of a good that is yet to be. It's an inner knowing that the future holds positive things.

It is a trust that no matter the current circumstances the days to come will reveal happiness.

Why build hope?

The pandemic has been stressful. Hope helps us expect that something good will happen and that we have some control over it.

Hope has benefits for children

Hope builds resilience; our ability to bounce forward from challenging events

Hope sparks optimism through:

- Improving school performance & motivation to achieve goals
- Enhancing mental well-being
- Improving overall life satisfaction & relationships with friends & family

Tips to help children build hope

Practice gratitude: each day write down 3 things you are grateful for.

Practice mindfulness: pause, take 3 breaths, listen to sounds & focus on the present moment.

Make a collage of words or pictures that symbolize hope.

Practice acts of kindness & include positive affirmations to yourself.

Ideas for nurturing hope in your family:

- Acknowledge how you are feeling; accept what is in your control and what is not & focus on solutions
- Cultivate positive coping skills; maintain your self-care routine
- Borrow hope from others; ask what makes them hopeful
- Surround yourself with positive people
- Find something you are passionate about
- Make a list of your successes, strengths and resources

Subscribe to Text4Hope
Text COVID19HOPE to 393939

MORE RESOURCES

<https://greatergood.berkeley.edu/>
search: Hope

<https://kidshelpphone.ca/>
search: Fostering Hope

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

