



Tracy Beattie – Principal/directrice

Carroll Glidden – Assistant Principal/directrice adjointe

## Principal's Message

The recent warm weather is a reminder that spring is soon here and our Easter Break is right around the corner. March is always a busy time at school as we are beginning preparations for the upcoming school year.

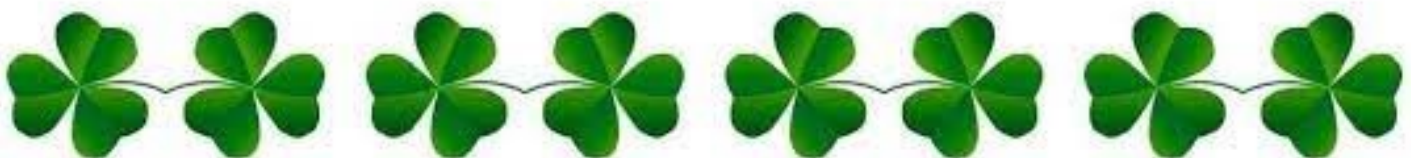
Our Easter Break starts on March 27th and we would like to take this opportunity to remind families of some important dates coming up right after the holidays. We are excited to have school pictures being taken immediately upon our return from Easter Break. Individual student pictures for all classes including the Tuesday/Thursday Kindergarten class will take place on Tuesday, April 6th. Pictures for our Monday/Wednesday Kindergarten class will take place on Wednesday, April 7th. There will be no class pictures taken this year. A reminder that early dismissal for staff meetings will take place on Thursday, April 8th. Students will be dismissed at 2:05 on that day.

Please watch for report cards for the end of quarter three to go home on April 22nd. We look forward to discussing students' successes and strategies for improvement at our upcoming parent/teacher conferences which will be held via Google Meets and phone calls on April 28th and 29th. We will again use our scheduler program to book these interviews. Further information will be sent home soon regarding the procedures for signing up for these interviews.

As we prepare for the coming school year, we are in the process of taking registrations for our Kindergarten programs for the fall. If you have students that will be ready for ECS in the fall, or know someone who is, please contact us to register. We will be running an English program on Monday/Wednesdays and some Fridays and two separate French Immersion classes that will run Monday/Wednesday or Tuesday/Thursday. Both of these classes will have some Friday classes in order to obtain the necessary number of hours of instruction. Please watch for information in our local papers, the Battler River School Division website as well as our own website and on Twitter for more information. We will be sending out orientation videos for these classes later this spring and will also post them on our website.

With the recent warm weather we are experiencing a lot of "pooling" of water in our playground area. BRSD Facilities department is working to remove this water as it gathers but it would be a good idea for students to bring along an extra set of clothing. Students are encouraged to stay out of these areas throughout the school day but this would be a good precautionary measure in the event of a mishap on the playground.

One last reminder that this Sunday, March 14th we will be setting our watches ahead one hour. It will be great to have that additional daylight at the end of the day, particularly as our weather starts to warm up. We hope that all of our students, staff and their families have a relaxing Easter break!! Enjoy!





## Library News

Thank you to all the students who participated in the Literacy Week Reading Bingo. There were 100 students who turned in sheets! We loved the enthusiasm and reading Sifton! Each person who turned in a sheet with a name on it will be receiving an award for all their hard work. We are patiently waiting for them to arrive. Thank you to all who participated.

## Important Dates

- Mar 14 - Time Change. Spring Forward
- Mar 19 - M/W Kindergarten/maternelle
- Mar 26 - T/Th maternelle
- Mar 29 to April 5 - Spring Break /Easter Break
- Apr 6 - School Picture Day
- Apr 7 - Picture Day for T/Th maternelle and students who missed April 6.
- Apr 8 - Early Dismissal
- Apr 9 - M/W kindergarten/maternelle
- Apr 16 - T/Th maternelle
- Apr 22 - Report Cards go home
- Apr 23 - Staff Collaboration Day no school for students

Every family has their own reasons for choosing

## French Immersion SCHOOLING

"I only know one language. I want my kids to have the chance to learn more. A program designed for families who don't already speak French is made for us."



Talk to these Camrose School Principals for more information about French Immersion schooling:

### École Sifton School

Start in K or Grade 1 and go to Grade 5  
Tracy Beattie, Principal 780.672.2980 tbeattie@brsd.ab.ca

### École Charlie Killam School

Start Late Immersion in Grade 6, or carry on with Grades 6 to 8  
Jerrit Brandt, Principal 780-672-7785 jbrandt@brsd.ab.ca

### École Camrose Composite High School

Continue through to graduation  
Grades 9 to 12  
Shane Gau, Principal  
780-672-4416  
sgau@brsd.ab.ca



Sunday, March 14

We're looking forward to next school year!

## Kindergarten Registration

is open for all BRSD students

### What do BRSD kids and parents like best about Kindergarten?

- "Making new friends"
- "Learning to read"
- "Science"
- "The playground"
- "Gym - we play lots of games!"
- "Going on the Chromebook to read and do math"
- "Learning with Play-Doh"
- "Doing GelWoodle"
- "Free time centres"
- "Going outside with my friends"
- "Learning new letters"
- "Getting to explore outside"
- "The opportunity to learn, explore and build social skills through play and hands-on learning opportunities"

"My daughter's teacher is amazing!"



Download the registration form at [brsd.ab.ca](http://brsd.ab.ca). Call your local school to register.

In Camrose, Kindergarten is available at:

#### Sparling School

- Phone 780-672-0106
- Full Day Tuesday / Thursday with some Fridays
- Nature Program: Full Days Monday / Wednesday with outdoor exploring scheduled on alternate Fridays

#### École Sifton School

- Phone 780-672-0980
- French Immersion Kindergarten: Full Days on Monday / Wednesday with some Fridays
- Full Days on Tuesday / Thursday with some Fridays
- English Program: Full Days on Monday / Wednesday with some Fridays

#### Chester Rinning School

- Phone 780-672-5588
- Full days on Monday / Wednesday with some Fridays
- Full days Tuesday / Thursday with some Fridays

#### Jack Stuart School

- Phone 780-672-0880
- Full days on Monday / Wednesday with some Fridays
- Full days Tuesday / Thursday with some Fridays



# February ROAR Draw Winners



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## Carnaval d'hiver week at Sifton





Click the documents below to access the Mental Health Capacity Building Team's Wellness Packs for K-2, 3-4 and grade 5.

VOLUME 17 • MARCH 2021  
Safe, Calm, Connected  
**MHCB WELLNESS PACK**  
MONTHLY WELLNESS ACTIVITIES FOR KINDERGARTEN - GRADE 2 STUDENTS AND THEIR FAMILIES

**NEW BEGINNINGS**  
As the snow begins to melt and the sun shines for longer each day we can feel Spring approaching! This month we welcome a season all about newness, and the the growth, hope, and positivity that go along with it.

**TAKE A PEEK!**

- SPRING INTO ACTION
- CRAZY COMBOS
- GARDEN OF KINDNESS
- GROWING GOOD SEEDS

**FEAR-LESS SEMINAR**  
for parents with concerns about their child's anxiety

**Family Resource Centre ONLINE Offer**  
Are you concerned about your child's anxiety? Wondering if they may need more support? Looking for more ways to help them to cope better and feel less worried? Scroll to the end of this Wellness Pack for more information on upcoming offerings of the FEAR-LESS Seminar!



VOLUME 17 • MARCH 2021  
Safe, Calm, Connected  
**MHCB WELLNESS PACK**  
MONTHLY WELLNESS ACTIVITIES FOR GRADE 3-4 STUDENTS AND THEIR FAMILIES

**NEW BEGINNINGS**  
As the snow begins to melt and the sun shines for longer each day we can feel Spring approaching! This month we welcome a season all about newness, and the the growth, hope, and positivity that go along with it.

**TAKE A PEEK!**

- SPRING INTO ACTION
- COMBINATION FOODS CHALLENGE
- GARDEN OF KINDNESS
- POSITIVE AFFIRMATION EGG HUNT

**FEAR-LESS SEMINAR**  
for parents with concerns about their child's anxiety

**Family Resource Centre ONLINE Offer**  
Are you concerned about your child's anxiety? Wondering if they may need more support? Looking for more ways to help them to cope better and feel less worried? Scroll to the end of this Wellness Pack for more information on upcoming offerings of the FEAR-LESS Seminar!



VOLUME 17 • MARCH 2021  
Safe, Calm, Connected  
**MHCB WELLNESS PACK**  
MONTHLY WELLNESS ACTIVITIES FOR GRADE 5-6 STUDENTS AND THEIR FAMILIES

**NEW BEGINNINGS**  
As the snow begins to melt and the sun shines for longer each day we can feel Spring approaching! This month we welcome a season all about newness, and the the growth, hope, and positivity that go along with it.

**TAKE A PEEK!**

- BE THE TEACHER
- FOOD FROM EVERY COUNTRY
- GARDEN OF KINDNESS
- GROW POSITIVITY THIS SPRING

**FEAR-LESS SEMINAR**  
for parents with concerns about their child's anxiety

**Family Resource Centre ONLINE Offer**  
Are you concerned about your child's anxiety? Wondering if they may need more support? Looking for more ways to help them to cope better and feel less worried? Scroll to the end of this Wellness Pack for more information on upcoming offerings of the FEAR-LESS Seminar!



**École Sifton School Families:**

As we begin to plan for the coming school year we are looking for your assistance in providing families with information regarding our French Immersion Program. We are hoping to provide these families with a Q & A document that will answer common questions that they might have when making the decision to enroll their children in this program. Any suggestions you can provide about these questions would be greatly appreciated. Please access [this link](#) to provide your insights

Thank you in advance for your assistance with this.

Tracy Beattie  
Principal

École Sifton School  
780-672-2980

Make sure you are completing the [Student Daily COVID-19 Checklist](#) every school day

**Daily COVID-19 Checklist (for people under age 18)**

This checklist applies to all students who attend kindergarten to Grade 12 (including high school students over the age of 18). Every student should review these questions before getting ready for school each day. A child may need a parent's help.



1. Has the student travelled outside of Canada in the last 14 days? YES NO

If the student answered YES
 

- The student is required to quarantine for 14 days from the last day of exposure
- 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, proceed to question 2.

2. Has the student had close contact with a case of COVID-19 in the last 14 days? YES NO

Face-to-face contact within 2 metres for 15 minutes or longer or direct physical contact such as hugging.
 

- The student is required to quarantine for 14 days from the last day of exposure

 NOTE: Individuals who have tested positive for COVID-19 in the 90 days before being exposed to another case of COVID-19 are not required to quarantine.
 If the student answered NO, proceed to question 3.

3. 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	YES	NO
Shortness of Breath Continuous, more than usual, not related to other known causes such as asthma	YES	NO
Loss of sense of smell or taste Continuous, not 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 (ie allergies or neurological disorders)	YES	NO

If the student answered YES to any symptoms in Question 3:
 

- The student is to isolate for 10 days from onset of symptoms OR receive a negative COVID-19 test and feel better before returning to activities.
- 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 3, proceed to Question 4.



# PICTURE DAY!!

Ecole Sifton School

## Tuesday, April 6

All students are photographed against Green screen.

### IT'S ALL ONLINE NOW!

View images and order pictures online at [SmartOrders.ca](http://SmartOrders.ca)

Ordering information will be sent home with students on picture day.

A collage of student photographs. In the center, a young boy in a yellow shirt and a young girl in an orange shirt with a butterfly design. To the left, a girl in a blue shirt. To the right, two girls in blue shirts. Below the photos are the 'SMART PHOTOGRAPHY' logo and a circular seal that says 'OWNED & OPERATED 100% ALBERTAN PHOTOGRAPHY & PRODUCTION'. The website address 'www.smartphotography.ca' is printed at the bottom of the collage.

[www.smartphotography.ca](http://www.smartphotography.ca)

Kindergarten Classes that attend on Monday and Wednesday's will have picture day on **Wednesday, April 7.**

**Family resiliency: your family's ability to cope with life's challenges and to bounce forward from difficult times.**

*A family is two or more people who depend on one another.*

Each family has its own challenges and strengths; there are some things all families can work on to build their resilience.

Talk together to identify your family's strengths and make a plan to "grow" your family's resiliency.

**Communication strengthens your family's resilience.**

- Listen with understanding and empathy.
- Talk about problems and brainstorm solutions together.
- Laughing together is a great way to build connection.
- When you are not sure what to say, remember a hug may be more powerful than words.

**Build a sense of togetherness to help your family create closer relationships where everyone feels they belong.**

Tips to build your sense of togetherness:

- Eat together as a family when you can.
- Play games together.
- Take turns planning a family activity.
- Practice daily rituals, like reading together at bedtime.

These suggestions may keep your family strong and help you get through the tough times.

**Building connections with extended family widens your family's network of support.**

Extended family members can be mentors and can lend a helping hand. Connect your children with their elders; supportive caring relationships with trusted adults help children to be healthy and resilient.

**Simple ways to connect:**

- Use technology to chat, play games, share stories, and hang out together.
- Create a family photo album and tell stories about all the family members.

**MORE RESOURCES**

Visit: [ahs.ca](http://ahs.ca) and search [Simple Connections](#), [Stronger Families Toolkit](#)

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 REGISTRATION IS OPEN

Here is a friendly reminder that registration is now open for the 2021 softball season 🥎.

We are hoping to run programs from U6 up to U19. Numbers of teams will be dependent on registration numbers.

Evaluation dates will be dependent on government/AHS guidelines.

At this time, we are not asking for money when you register. We will collect fees at a later date.

Also, if you are wanting to coach, please fill out the application online. We need coaches!

Please visit our website at: [www.camrosesoftball.ca](http://www.camrosesoftball.ca) to register online

If you have any questions regarding the registration process, please email our registrar at: [registrar@camrosesoftball.ca](mailto:registrar@camrosesoftball.ca)

Thank you  
Camrose Softball Association



Check out the Camrose Family Resource Centre by clicking on their logo above.



# 30 minutes franco

Rencontre virtuelle  
le samedi 20 mars  
16 h30 à 17 h

Inscrivez-vous ici:  
<https://forms.gle/KYNChukATKtKc>  
LAB

Important: votre inscription  
est nécessaire pour  
recevoir le lien de la  
rencontre



Virtual Meet  
Saturday March 20<sup>th</sup>  
4:30 – 5:00 pm

Register here:  
<https://forms.gle/KYNChukATKtKc>  
by6LA8

Important: Your  
registration is necessary  
to receive the Meet link

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

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



Cercle local de l'ACFA de Camrose-Battle River

## COVID-19 INFORMATION

### HOW LONG TO STAY HOME FROM SCHOOL

The amount of time a student needs to stay home from school depends on the type of symptoms.  
For more details: [isolation requirements](#)

If a student has these symptoms	What to do
<ul style="list-style-type: none"> <li>Fever</li> <li>Cough</li> <li>Shortness of breath or difficulty breathing</li> <li>Loss of sense of smell or taste</li> </ul>	<ul style="list-style-type: none"> <li>Isolate at home for a minimum of 10 days from when symptoms started or until symptoms resolve, whichever is longer.</li> <li>COVID-19 testing is recommended.</li> <li>Can return to school before 10 days only if a COVID-19 test is negative, symptoms are gone, and the student was not a close contact of someone with COVID-19.</li> <li>Do not enter any long-term care settings for 10 days and until symptoms have resolved.</li> <li>If test results are positive, isolate at home for at least 10 days and follow instructions received from Alberta Health Services.</li> </ul>
<p>One of the following symptoms:</p> <ul style="list-style-type: none"> <li>Chills (Without fever, not related to being outside in cold weather)</li> <li>Sore throat/painful swallowing</li> <li>Runny nose/congestion</li> <li>Feeling unwell/fatigued</li> <li>Nausea, vomiting and/or diarrhea</li> <li>Unexplained loss of appetite</li> <li>Muscle/joint aches</li> <li>Headache</li> <li>Conjunctivitis</li> </ul>	<ul style="list-style-type: none"> <li>Stay home from school and monitor for 24 hours. If after 24 hours your symptoms improve, you may return to school when you are feeling better.</li> <li>A COVID-19 test is not required but is available.</li> <li>Do not enter any long-term care settings for 10 days and until symptoms have resolved.</li> </ul> <p>If a child has any two of these symptoms, or after 24 hours, their condition gets worse or they develop a second symptom:</p> <ul style="list-style-type: none"> <li>COVID-19 test recommended.</li> <li>May return to school after symptoms are gone, even without a COVID-19 test or results.</li> <li>Do not enter any long-term care settings for 10 days and until symptoms have resolved.</li> <li>If test results are positive, isolate at home for at least 10 days and follow instructions received from Alberta Health Services.</li> </ul>



Camrose Boys and Girls Club

Camrose Recreation Centre  
4412 - 56 Street, Meeting Rooms 2 & 3  
Camrose, AB. 780-672-8004

Please access our office by appointment only.

## Opportunity Changes Everything

# CHILD & YOUTH PEER SUPPORT GROUPS



The Camrose Boys and Girls Club is hosting weekly in person support groups for children and youth who are experiencing adverse effects as a result of the pandemic or pandemic response.

Our facilitators will promote sharing and understanding of experiences, exploration and discovery of individual and collective strengths, identification and application of positive coping strategies, mutual support and respect.

Peer Support Groups will replace our regular programs until we are able to fully re-open. Space is limited and participants will be accepted on a first come first served basis.

### GRADES 1 to 5

3:30-5:30 PM on Tuesday, Wednesday or Thursday (may select one)  
Complimentary transportation from School to Club is available  
Snack provided

### GRADES 6 to 8

6:30-8:00 PM on Wednesday  
Snack provided

### GRADES 9 to 12

6:30-8:00 PM on Monday  
Snack provided

To access one of our peer support groups, complete a Membership Application in the forms section on our Website and select "Special Activities". [camroseboysandgirlsclub.ca](http://camroseboysandgirlsclub.ca)

The safety, health and well-being of our members is a priority. Our COVID-19 Guidelines are outlined in our membership application.

Please email inquiries to [trish@camroseboysandgirlsclub.ca](mailto:trish@camroseboysandgirlsclub.ca).

Let us know about any barriers preventing you from accessing our services; we may be able to help!

**Our Mission:** To provide a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.

We are a proud member of



Boys & Girls Clubs  
of Canada