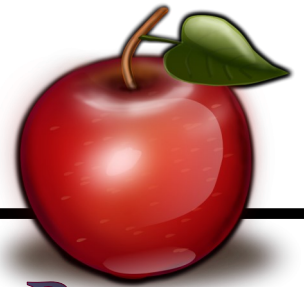


# WOKING SCHOOL NEWSLETTER

TOGETHER WE SUCCEED



## Dates to Remember

Sept. 18-PD Day (no school)  
 Sept. 25- Gr. 5-8 Mountain biking clinic  
 Sept. 28-Woking School Parent Council & Foundation Mtg. at 4:00  
 Sept. 30 -Orange Shirt Day (wear something orange!)  
 Oct. 5—Staff meeting (Dismissal @ 3:10)  
 Oct. 9-CSW (no school)  
 Oct. 12—Thanksgiving (no school)  
 Oct. 30—CSW (no school)  
 Nov. 2—Staff meeting (Dismissal @ 3:10)  
 Nov. 11-Remembrance Day (no school)  
 Nov. 20—PD day (no school)  
 Nov. 27—CSW (no school)  
 Dec. 7-Staff meeting (Dismissal @ 3:10)

## Demographic Reports

Demographic reports have been sent by e-mail to all parents/or legal guardians with e-mail addresses within our student record system. **PLEASE CHECK YOUR E-MAIL TO VERIFY THAT YOU HAVE RECEIVED THESE IMPORTANT DOCUMENTS.** It is very important that these forms be completed and returned electronically, as soon as possible. This allows us to keep all student record information complete and up to date and also allows us to publish photos of students within our school newsletter and website, if media consent is given.

Thank you for attending to this important request.



## News from Mrs. Leger!

Welcome to a new school year! But, while some things are decidedly different, it is very comforting to get back to some of the same routines and structures that September always brings. I am excited to return to the Grade Three and Four class for Math, Science, and Social, and have also taken on the Physical Education program for Grades Three - Eight.

This year, in Science, we are starting with a unit called Waste and our World, where we learn about natural and man-made waste, and how we can reduce the amount of garbage that we create. In Social Studies, we are following the Grade Four curriculum, and spending the whole year discovering the great province of Alberta.

Although we have to follow some new guidelines for our time in the gym, we are able to do most of the activities as usual. We are starting the year building our volleyball skills and our cross country running endurance. After each class, we sanitize any equipment that was used so that it is ready for the next class. We are trying to have our class outdoors, and also maintaining physical distancing as much as we possibly can. I think, with these measures in place, we can still learn, practise our skills, play games, and have fun!

Kathy Leger



# HOT LUNCH PROGRAM

*On Thursday, September 17, we will have  
Lasagne and a bun for lunch.*

**Child's Name:** \_\_\_\_\_

Lasagne & a bun \$3.00 \_\_\_\_\_

**Child's Name:** \_\_\_\_\_

Lasagne & a bun \$3.00 \_\_\_\_\_

**Child's Name:** \_\_\_\_\_

Lasagne & a bun \$3.00 \_\_\_\_\_

**Child's Name:** \_\_\_\_\_

Lasagne & a bun \$3.00 \_\_\_\_\_

*Enclosed please find \$\_\_\_\_\_ for the above  
order.*

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

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**On Thursday, September 24, we will be serving perogies  
and smokies for lunch.**

Child's name: \_\_\_\_\_

\_\_\_\_ Perogies 2.50

\_\_\_\_ Smokie 2.00

Child's name: \_\_\_\_\_

\_\_\_\_ Perogies 2.50

\_\_\_\_ Smokie 2.00

Child's name: \_\_\_\_\_

\_\_\_\_ Perogies 2.50

\_\_\_\_ Smokie 2.00

Child's name: \_\_\_\_\_

\_\_\_\_ Perogies 2.50

\_\_\_\_ Smokie 2.00

I have enclosed \$\_\_\_\_\_ for the above order.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

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**On TUESDAY, September 22,** we will be serving hot  
dogs for lunch.

Child's name \_\_\_\_\_

\_\_\_\_ hot dogs @ \$1.50

\_\_\_\_ wieners @ \$1.00

Child's name \_\_\_\_\_

\_\_\_\_ hot dogs @ \$1.50

\_\_\_\_ wieners @ \$1.00

Child's name \_\_\_\_\_

\_\_\_\_ hot dogs @ \$1.50

\_\_\_\_ wieners @ \$1.00

Child's name \_\_\_\_\_

\_\_\_\_ hot dogs @ \$1.50

\_\_\_\_ wieners @ \$1.00

Total amount enclosed \$\_\_\_\_\_.

\_\_\_\_\_  
Parent-Guardian Signature

\_\_\_\_\_  
Date

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# Grade Five-Eight Mountain Biking Clinic

On Friday, September 25, 2020, Nitehawk Gravity Bike Park instructors will be holding a Mountain Biking Clinic here for Grade Five -Eight students. Mountain Bikes and helmets will be provided by Nitehawk. Lessons will begin at approximately 1:00 p.m. All students in Grades Five to Eight are expected to participate as part of their Phys. Ed. class. **Please sign and return the permission form at the bottom of this page and also the Waiver Form on the following page as soon as possible.**

## **Skills To Be Taught During Mountain Bike Lessons**

Stability on the bike and the student's Center of Mass  
Neutral Riding Position (Stance and Balance)  
Application of Brakes  
Pedaling and Gear Selection

## **Teaching Strategies**

On flat ground the student will work on riding in the neutral position. We will do some exercises to increase the stability of the bike by adjusting the centre of mass. Braking and gearing will be introduced on the flat terrain. As the skills develop we will change the slope of the terrain so the students develop confidence using brakes and body position in the new environment. Students will be offered challenges to continue to test their skills. The end activity will be to ride on a paved/gravel/dirt trail to experience mountain biking at the student's skill level.

The terrain to be used will be flat areas of the school yard, moving on to any hills in the area and eventually the trails in the area.

My child/children \_\_\_\_\_ has/have permission to take part in the Nitehawk Gravity Park Mountain Bike Clinic to be held at Woking School on Friday, September 25, 2020. I understand that part of this clinic may include off-site bike riding (e.g. gravel road or Burnt River Hill north of the school).

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date





**NITEHAWK**  
YEAR-ROUND ADVENTURE PARK

*"Be Part of  
the Excitement!"*

**RELEASE OF LIABILITY, WAIVER OF CLAIMS AND  
ASSUMPTION OF RISKS AGREEMENT  
(hereinafter the "Release Agreement")**

**BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS,  
INCLUDING THE RIGHT TO SUE OR  
CLAIM COMPENSATION FOLLOWING AN ACCIDENT.**

**PLEASE READ CAREFULLY!**

In this Release Agreement the term "mountain biking" includes use of all Nitehawk Recreation Area mountain bike parks and other facilities and all mountain bike activities including lessons, guided descents, clinics and competitions using any type of wheeled self-propelled conveyance, primarily mountain bikes.

**ASSUMPTION OF RISKS**

Injuries are a common and expected part of mountain biking. Mountain biking takes place on steep, rugged and challenging terrain and features, and will expose the rider to many risks, dangers and hazards. Falls and collisions occur frequently.  
Helmets are mandatory in the Bike Program.

**RELEASE OF LIABILITY**

I agree to waive any and all claims and to release NITEHAWK RECREATION AREA, THE GRANDE PRAIRIE SKI CLUB and their employees, representatives and volunteers hereinafter "the Releasees") from any and all liability from any loss, damage, expense or injury, including death, that I may suffer as a result of mountain biking at Nitehawk Recreation Area or a different area, due to any cause whatsoever, including negligence, breach of contract or breach of any statutory or other duty of care, including any duty of care owed under the *Occupiers Liability Act*, R.S.A. 1980 cO-3 s5 of Alberta, on the part of the Releasees, and also including the failure on the part of the Releasees to safeguard or protect me from the risks, dangers and hazards of using these facilities.

**Photo Release**

Nitehawk Year Round Adventure Park has my permission to use mine or my child's photograph publicly to promote their Summer Bike Camp Program.

I understand that the images may be used in print publications, online publications, presentations, websites, and social media. I also understand that no royalty, fee or other compensation shall become payable to me by reason of such use.

**PLEASE SEE SIGNAGE FOR INFORMATION ON MOUNTAIN BIKE SAFETY**

Name of Rider \_\_\_\_\_

DOB of Rider \_\_\_\_\_  
mm / dd / yy

Cell Ph. # \_\_\_\_\_

Phone # : \_\_\_\_\_

Email: \_\_\_\_\_

Today's Date

\_\_\_\_ / \_\_\_\_ / **2020**  
mm / dd / yy

\_\_\_\_\_  
Please print name clearly (Guardian if under 18)

\_\_\_\_\_  
Signature of Rider (Guardian if under 18)





## MEET THE 2017-2021 PWPSD BOARD OF TRUSTEES

# OUR VISION

Peace Wapiti Public School Division inspires all learners to become confident, collaborative and ethical citizens motivated with a passion to achieve a sustainable future.

# OUR MISSION

Educating Today for Success Tomorrow.



**PWPSD  
BOARD**



**KARI SCHEERS**  
Chair, Ward 1:  
Eaglesham, Rycroft,  
Woking



**LORI GRANT**  
Vice-Chair, Ward 3:  
Beaverlodge,  
Elmworth



**SHARILYN  
ANDERSON**  
Ward 2: Bonanza,  
Savanna, Spirit River



**KIM MOODIE**  
Ward 4:  
Hythe, LaGlance



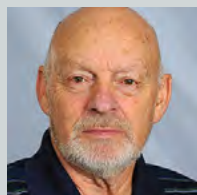
**WENDY KELM**  
Ward 5: Grande  
Prairie West,  
Wembley



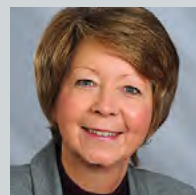
**DALE CRANE**  
Ward 6: Sexsmith,  
Teepee Creek



**STEFANIE  
CLARKE**  
Ward 7: Grande  
Prairie East,  
Grovedale



**BOB KNULL**  
Ward 8:  
Ridgevalley



**DANA MCINTOSH**  
Ward 9:  
Clairmont, Bezanson

## ABOUT THE BOARD

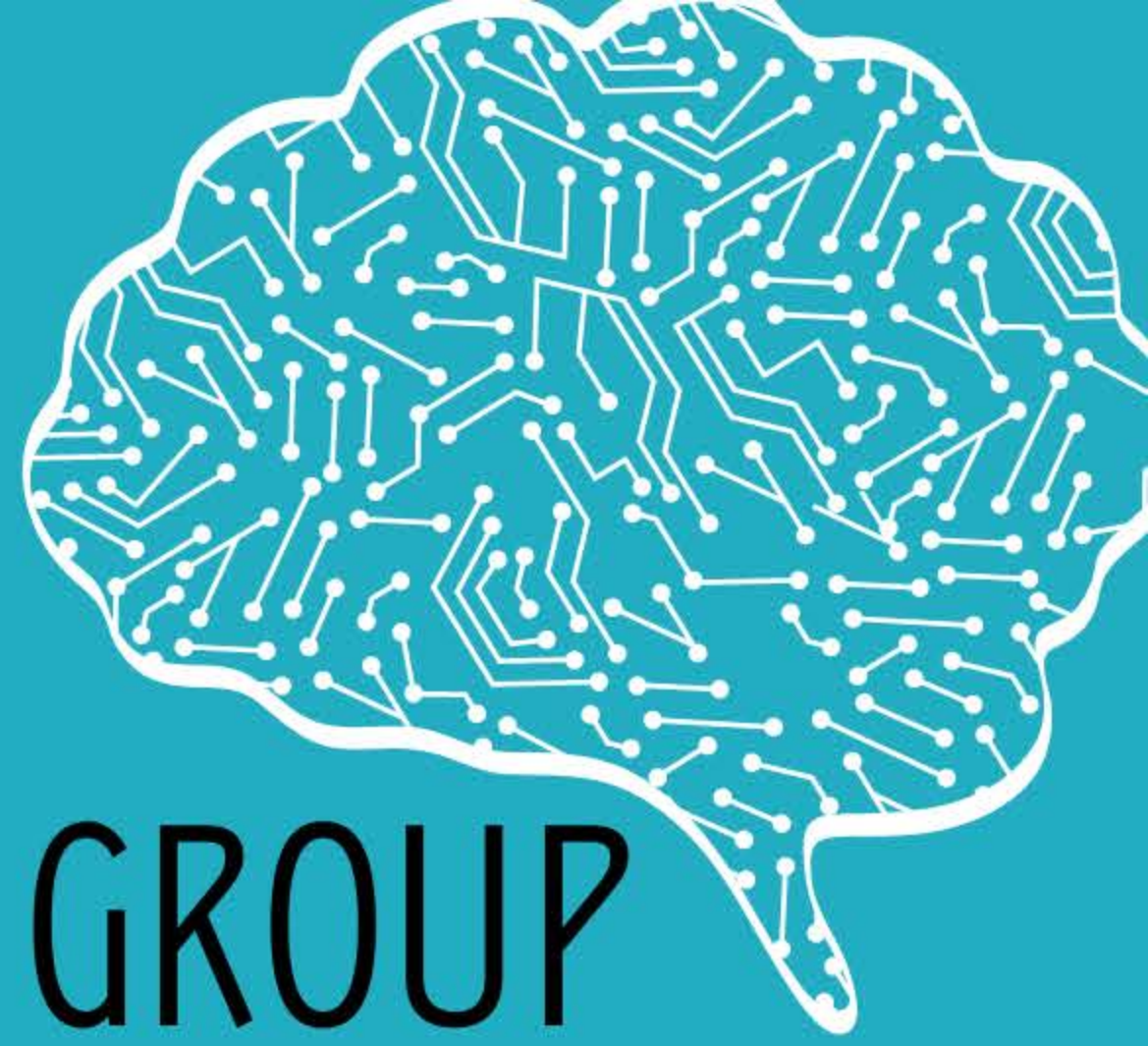
Peace Wapiti Public School Division (PWPSD) has nine subdivisions, known as wards, each of which is represented by a trustee elected to the board.

The school board, as a representative of the people, is a decision-maker – one that must integrate information from all the forces which impact the board, and then process and evaluate that information to make decisions compatible with the system's beliefs, values and knowledge. The board must keep in mind the interests of all students within the school jurisdiction, rather than the interests of a few students in a particular school or geographical area.

For more information about the school division, visit the PWPSD website at [www.pwpsd.ca](http://www.pwpsd.ca).

Find trustee contact information and ward maps at [www.pwpsd.ca/Board/boardmembers](http://www.pwpsd.ca/Board/boardmembers).





# THE PHOENIX YOUTH GROUP

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Are you a preteen between the ages of 9-11 who could use some more coping skills?

The Preteen Workshop is fun, interactive and a great way to meet other youth while discussing important

topics such as:

Feelings

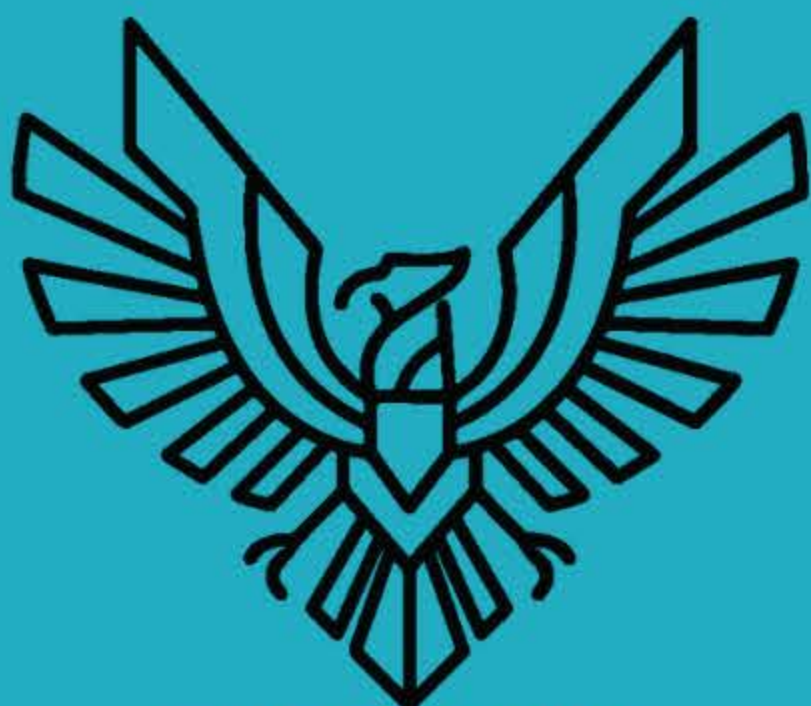
Thoughts

Compassion

Stress

Anyone can refer a youth to our FREE programming

Please call/email for more information on how to make a referral



THE PHOENIX  
YOUTH GROUP

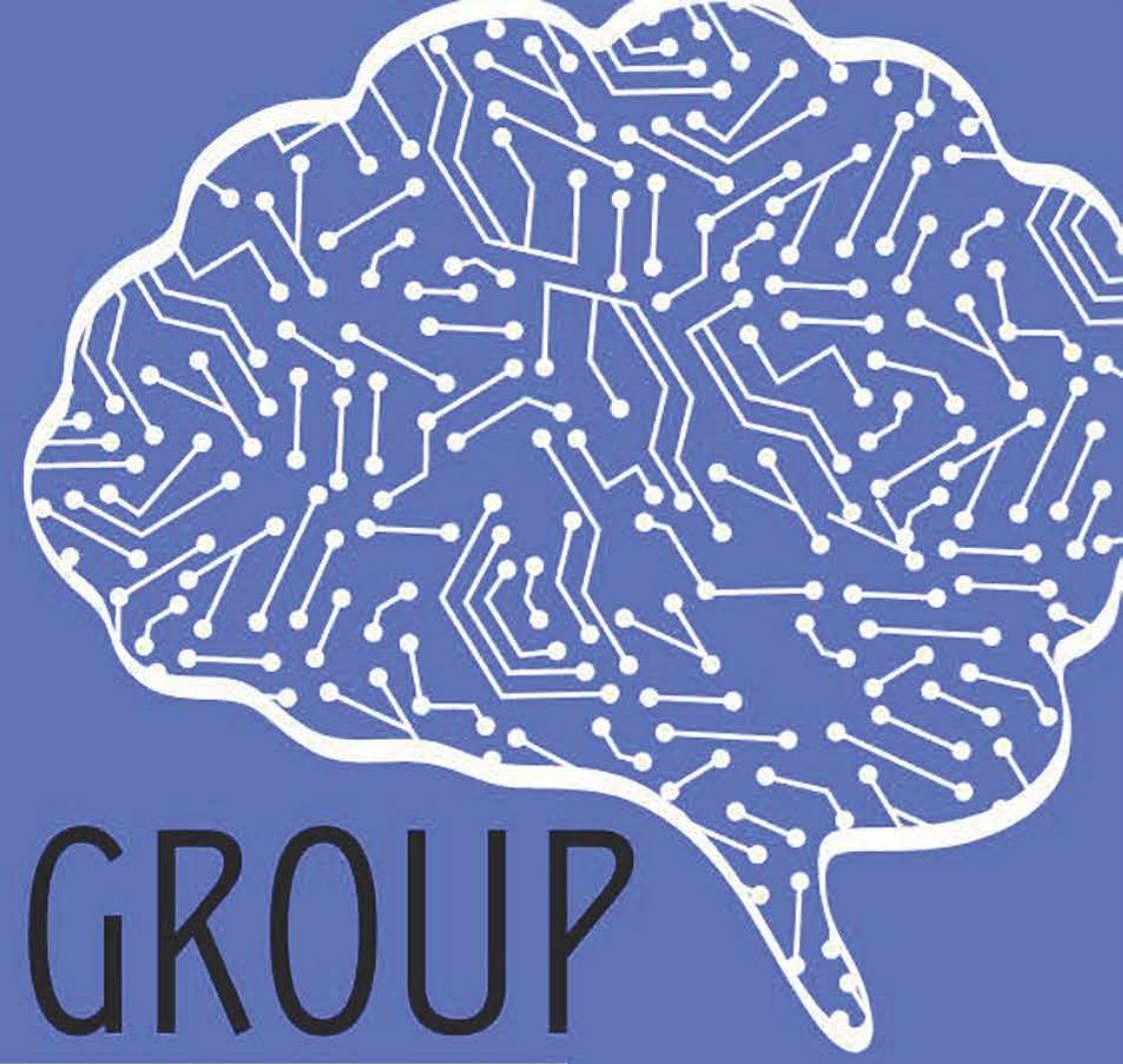
Phone: 780-539-7142

Online: [www.sp-rc.ca](http://www.sp-rc.ca)

Email: [youth@sp-rc.ca](mailto:youth@sp-rc.ca)

Text: 780-402-1579





# THE GRYPHON YOUTH GROUP

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Are you a teen between the ages of 12-18 who could use some skills to cope better with teen life?

The Teen Workshop is fun, interactive and a great way to meet other youth while discussing important topics such as:

Thoughts and Emotions  
Stress & Anxiety  
Drugs & Alcohol  
Depression & Suicide  
Technology Safety

Anyone can refer a youth to our FREE programming

Please call/email for more information on how to make a referral



THE GRYPHON  
YOUTH GROUP

Phone: 780-539-7142

Online: [www.sp-rc.ca](http://www.sp-rc.ca)

Email: [youth@sp-rc.ca](mailto:youth@sp-rc.ca)

Text: 780-402-1579

FORMERLY KNOWN AS THE BREAKFAST CLUB



# COVID-19 INFO

## STAY AT HOME GUIDE

### STEPS TO TAKE IF YOUR CHILD HAS SYMPTOMS



**Students with symptoms must not attend school. Keep your child at home.**  
**Call Health Link 811 or your child's doctor, and fill out the [AHS Online Assessment Tool](#) to determine if your child should be tested for COVID-19.**

<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

Call 911 immediately if your child experiences severe symptoms of COVID-19, including difficulty breathing, severe chest pain, feelings of confusion or loss of consciousness.

#### IF YOUR CHILD HAS ANY OF THESE SYMPTOMS:

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

#### NEXT STEPS:

- Call Health Link 811 or your child's doctor, and fill out the [AHS Online Self Assessment](#) to determine if your child should be tested for COVID-19. *(If you are viewing a printed copy of this document, the link is included at the top of the page).*
- Health Link 811 or your child's doctor may direct you to isolate your child for at least 10 days from the start of symptoms, or until they resolve, whichever takes longer.
- In a family with more than one child, only those with symptoms are legally required to isolate.

#### If your child has symptoms but tests negative for COVID-19:

- If you know your child **had contact** with someone who has COVID-19, they must be isolated from others for a minimum of 14 days (one incubation period) from the last date of exposure. How to isolate: [www.alberta.ca/isolation.aspx](http://www.alberta.ca/isolation.aspx)
- If you know your child **did not have contact** with someone who has COVID-19, they can return to school once their symptoms resolve.

#### If your child tests positive for COVID-19:

- AHS will provide instructions for your child and the rest of your family.
- You are legally required to isolate your child for a minimum of 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.
- Your child can return to school after their isolation ends.

#### IF YOUR CHILD HAS ANY OF THESE OTHER SYMPTOMS:

- 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

#### NEXT STEPS:

- Call Health Link 811 or your child's doctor, and fill out the [AHS Online Self Assessment](#) to determine if your child should be tested for COVID-19. *(If you are viewing a printed copy of this document, the link is included at the top of the page).*
- Keep your child at home. Minimize contact with others.
- Once your child is free of all symptoms, they can return to school. No student with symptoms is allowed in school.

#### I believe my child's symptoms are due to allergies or a pre-existing medical condition.

1. Have your child tested for COVID-19 **at least once** to establish a baseline health status for your child.
2. Make sure the school has a record of any pre-existing conditions.
3. As long as the symptom is always the same and does not get worse, your child can attend school.

Source: Student Illness, [www.alberta.ca/k-to-12-school-re-entry-2020-21-school-year.aspx](http://www.alberta.ca/k-to-12-school-re-entry-2020-21-school-year.aspx). Retrieved on September 11, 2020.