

Spirit River Regional Academy

SEPTEMBER NEWSLETTER

Home of the Renegades

<http://www.pwsd76.ab.ca/school/spiritriverregionalacademy>

September 16, 2020, Number 1

Welcome to the 2020-21 School Year!

Spirit River Regional Academy is off to a different start this year. As exciting as a new academic year can be, we understand that there is a slight trepidation regarding re-entry to the facilities. Please be reassured that SRRA staff and students are following the guidelines and protocol of Alberta Health Services. We believe that this school year will be successful for all parties, we simply ask for a little patience and tolerance as the protocols are administered.

With that said, we hope that this school year brings success, happiness, and lasting memories for all of the staff, students and parents. We would like to welcome two new teachers to SRRA, Ms. Serena McNeil and Mrs. Nadine Leiske. Both ladies are welcome additions to our teaching staff.

Any information pertaining to Spirit River Regional Academy can be found in the pages of our monthly newsletter, or in the student agendas. When further inquiry is needed please feel free to call the school and talk to an administrator or teacher or book an appointment at the earliest convenience. It is our goal to work closely with parents and keep them

informed about school events and changes.

Please note, that September 18, 2020 is a district professional development day, and that there is no school on this day. This information was missed on the events calendar in the agendas.

Parents and guardians are encouraged to actively participate in their child's education, whether through timely communication with staff or by participating in the Parent Advisory Council. Meetings are held on the third Monday of most months at 4:00 here at the school. The Spirit River Regional Academy staff look forward to enhancing and fostering these relationships and experiences.

Wishing everyone a fantastic beginning to autumn!!

SRRA Administration

New Teachers

Hello,

My name is **Serena McNeil** and I am a new teacher here at SRRA. I was raised in the Town of Spirit River and attended Ste. Marie Catholic School until grade 8. I began attending SRRA in grade 9 and graduated high school here in 2013. It is

at SRRA that I was able to develop my passion for the game of Volleyball.

After graduating high school in the spring of 2013. I attended GPRC starting in the fall of 2013 where I continued to pursue volleyball and my academics.

The following year 2014-2015 I transferred to Memorial University in Newfoundland where I played volleyball and continued my education. After being away from Alberta for a year I decided to transfer one last time to The King's University in Edmonton. Where I played my last three years of eligibility as an Eagle. I attended The King's University from 2015-2019. In the spring of 2017 I graduated from my Bachelor of Arts with a major in History and minor in English and in 2019 I graduated with my Bachelor of Ed. in Secondary Education.

I am happy to be back here at SRRA and am looking forward to the new school year.

Hello,

I'm **Nadine Leiske**, and I am very excited to be teaching the Grade 7's and math to the Grade 5's this year. I taught a combined grade 1/2 class at Rycroft for the past two years. Prior to that I spent ten years working as an Educational Assistant at Savanna School - five years in the role of ECS Instructor. I completed my first two practicums at SRRA in the 2016 -17 school year. I have two children, my daughter Zoya who is in her second year of nursing at Northern Lakes College and my son Zamian who is in grade 10. Over the years my children have been involved in volleyball, basketball, hockey, and 4H; as a result my spare time is spent in gyms, hockey arenas, and the barnyard! I

am looking forward to a great year getting to know SRRA students and staff.

Meet your Student Support Team at SRRA!

Welcome back to a new and exciting school year. This year comes with a few changes for student supports. Shayna Gorber, Community School Liaison Counsellor, will be leaving us at the end of the month to commence her maternity leave. With that being said, we want to give a warm welcome to Andrea Rosenberger, who will be replacing Shayna for the remainder of the school year. We also have Mrs. Pullishy offering in-school counselling and connecting students with the supportive services they require. If you know of a student who may require counselling supports, do not hesitate to reach out to Mrs. Pullishy at agnieszkapullishy@pwpsd.ca. We wish you all a happy and healthy 2020-2021 school year!

Student/parent handbooks and magnetic school calendars have been distributed to the students.

PowerSchool Parent/student Access

Instructions have been mailed out for all new & returning students attending SRRA this school year.

Any questions or problems logging on please contact the office. Check it out <https://sis.pwpsd76.ab.ca/public>

Traffic Safety

Reminder to parents when dropping off your children at school, please use the identified student pickup/drop off area along the street next to the playground. Elementary students are to use the west entrance by the playground and junior and senior high students are to use the main north entrance. The staff parking lot is for staff arriving to school in the morning and school buses exiting from this same entrance. Additional vehicles create more traffic congestion and increases safety concerns. **Please help by using the pickup/drop off zone along the road beside the playground.**



All students who drive to school are reminded to drive carefully and follow all traffic laws, especially during times of the day when we have young student pedestrian traffic walking to and from school.

The High School First Responder Team (HSFRT)

program is offered by Alberta Health Services (AHS) and allows high school students (Grade 10-12) to earn credits while gaining valuable first aid experience. The program provides First Aid training/experience in the HSFRT program, focusing on practical application and acquisition of skills/knowledge. It provides the student with knowledge of First Aid, fosters appreciation of volunteerism, and offers individualized, independent learning. The goals of the program are to increase community safety by training high school students to recognize and respond to emergencies that take place at their school. **Training dates for new responders, and recertification for returning responders is not known at this time, but we will keep students up to date with the program.** See Mr. Pullishy if you are interested in participating in the 2020-21 HSFRT

Orange Shirt Day

What is Orange Shirt Day?

Orange Shirt Day began in Williams Lake, BC in 2013 at the St. Joseph Mission (SJM) residential school commemoration event at which survivor Phyllis Webstad told the story of her shiny new orange shirt taken away from her on her first day of school at the Mission. It was never returned to her.

Orange Shirt Day occurs in early Fall because this is the time of year when children were removed from their families and forced to attend residential schools. The day inspires Canadians to take part in anti-racism and anti-bullying initiatives at school and work.

Orange Shirt Day is a national movement in Canada. In this annual event, Indigenous and non-Indigenous people come together in the spirit of hope and reconciliation to honor former residential school students, their families and communities. We wear orange to let others know that we recognize the harm of the residential school system to children's sense of self-esteem and well-being, and as an affirmation of our commitment to ensure that everyone around us matters.



Terry Fox Run

We are going to postpone Terry Fox Run until the spring. We will share more information then.



Develop Strong Skating Skills
Fun, Fitness, Participation



The R&S Skating Club is hoping to run a CANSKATE program this fall. CANSKATE teaches kids strong skating skills, which are a key foundation for Hockey, Figure Skating, Speed Skating and Ringette. We are currently looking for parent volunteers to help keep this program in our community.

Email: rsfigureskatingclub@gmail.com

Facebook Page: Rycroft and Spirit River Figure Skating Club

Registration is open for Girl Guides

Sparks is for girls in kindergarten and grade 1.

Brownies is for grade 2&3.

Guides grades 4-6 and

Pathfinders for grades 7-9.

Registration is from 4:30-6:30 on Wednesday's September 16th and 23rd at 5113-45 avenue in spirit River.

Contact Tracy at 780-864-4065 for more information.

Peace Adult Learning Society (PALS)

"Allow yourself to be a beginner, No one starts off being excellent" Wendy Flynn

PALS is a non profit organization that offers adult learning in the Central Peace area. Whether you wish to improve your English, reading or math, gain your GED, learn basic computers, gain a safety course, or learn a talent we can help. Need a place to complete an online course? We have 6 public computers with high speed internet located in Spirit River. Need to redo your resume? We can help! Call Shelley at 780 864 4578.

Central Peace Food Bank

Do you know someone struggling to feed themselves or their families? The Central Peace Food Bank can help. We have non perishable food available. Call Shelley (587) 297 7680, Pat (780) 765 3983 or Elaine (780) 512 9628 to set up an appointment. Donations can be made at Rycroft Co-op, Spirit river IGA, or dropped off at Birch Hills county office or Saddle Hills county office. For information please call the above numbers

SEPTEMBER

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

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4

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11

12

Labor Day

No School

13

14

15

16

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18

19

*Early
Dismissal*

**PD DAY
NO SCHOOL**

20

21

22

23

24

25

26

*School Council
Meeting 4:00
pm*

27

28

29

30

*Orange Shirt
Day!!*

**Food booth
will open
on Sept 21st**

**There will
only be pre-
packaged
food in the
booth**

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



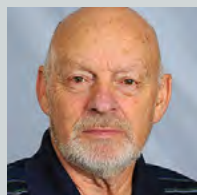
WENDY KELM
Ward 5: Grande
Prairie West,
Wembley



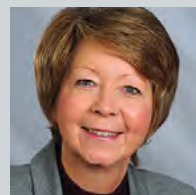
DALE CRANE
Ward 6: Sexsmith,
Teepee Creek



**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.

Find trustee contact information and ward maps at www.pwpsd.ca/Board/boardmembers.

RETURNING STUDENT UPDATE FORM



If your child is returning to the school they attended last year, or transferring from a PWPSD feeder school, you will need to complete the **Returning Student Update Form** to update existing demographic information currently on file, such as your home address and emergency contact numbers.

In September, watch your email for a Snap Code. You will need it to complete the form.
If you have not provided your email address to your school, please contact the school office.

WHY SHOULD I COMPLETE THE RETURNING STUDENT UPDATE FORM?

Three important reasons:

- 1 It is mandatory.**
The *Education Act* requires that a Board maintain a student record for each student, and that the information is updated annually.
- 2 In the event of a crisis or an emergency.**
School staff may need to act quickly. It is critical to have current contact information for parents and guardians. For the 2020-21 school year, Alberta Health will also need contact information to conduct contact tracing in the event of a COVID-19 case at a school.
- 3 To meet your child's needs.**
To best serve the specific needs of your child, up-to-date medical, custodial, and other consents are required.



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
- 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. Retrieved on September 11, 2020.



PWPSD

PARENTS: WE NEED YOU

CORE ACTIVITIES OF SCHOOL COUNCILS

School Councils support meaningful parental involvement in decisions that affect the school and its operations.

- Advises the Principal and Board on educational issues that pertain to the school.
- Establishes and reviews School Council's goals, objectives, action plans and procedures.
- Communicates and consults with parents and the school community.
- Meets regularly.

COUNCIL MEMBERSHIP

Each School Council must include the school Principal, teachers, parents of students enrolled in the school, and students (high schools only), with parents forming the majority of members.

PWPSD GENERAL SCHOOL COUNCILS' MEETINGS

Through School Councils, Albertans have the opportunity to advise the Principal and the School Board respecting any matter relating to the school. Aside from regular meetings at their schools, the Board hosts an annual General School Councils' Meeting for all PWPSD School Councils.

ALBERTA SCHOOL COUNCILS' ASSOCIATION (ASCA)

The ASCA provides a wealth of resources and information for School Councils, including a resource manual, School Council regulations, an online community where members can network with others, workshops and webinars.

WHAT SCHOOL COUNCILS ARE NOT

As the primary role is advisory, School Councils are not eligible to incorporate as societies. It is not the primary intent of School Councils to fundraise or lobby. School Councils do not get involved in school governance, management and employment issues, nor is it their role to listen to complaints.

**Contact your Principal
today about joining
School Council.**

Free Community Program

HEALTHY YOUTH RELATIONSHIPS

**Providing Youth the skills to
protect, prevent, and prepare them for some
of life's hardest challenges**

When: 5pm to 7pm Tuesdays
and Thursdays from September 14th to October 1st

Where: Spirit River Community Hall

AGES 14-17

To Register call 780-864-8224
or Email
centralpeaceufit@gmail.com

Central Peace U.Fit.Here combined with The Canadian Red Cross Program Healthy Youth Relationships. We will be covering topics such as dating violence, self esteem, healthy communication, harassment and more. Along with that we will have U.Fit.Here's community focused purpose, provided from connecting with Community Volunteers who can teach us or provide insight on our topics.

Sponsored by Central Peace Health and Wellness Coalition,
and the AB Government Family and Community Safety
Program grant

UFITHERE!! FREE FUN! Free Community-offered 3-week long After School programs for kids starting September 14 in the Spirit River Centennial Hall:

For **ages 8-14:** Mondays and Wednesdays 3:45-5:45pm fun and games with focus on anti-bullying awareness and skills

For **ages 14-17:** Tuesdays and Thursdays 5-7pm fun education around healthy relationships.

For more information and to register your child, please contact :

Nysha at centralpeaceufit@gmail.com OR call 780-864-8224

**Welcome back
to School!**

September

FCSS NEWS UPDATE

Community Kitchen Corner:

Oat & Pumpkin No-Bake Bites

Ingredients

750mL (3 Cups) rolled oats

250 mL (1Cup) pure pumpkin puree (**OR** mashed banana)

250mL (1Cup) natural almond or peanut butter (or non-nut alternative)

125mL (1/2 Cup) maple syrup

5mL (1tsp) cinnamon

7mL (1/2tbsp) vanilla

Directions:

1. in a large bowl, add all ingredients and mix well.
2. Using a tablespoon, pour mixture in your hand to form 1-inch balls and place on a baking sheet.
3. Cover and freeze for one hour before eating!

TIPS: Get creative! Make different shapes or add 125mL (1/2 Cup) of chopped nuts or seeds. If mix is too dry, add more nut butter. If too wet, add more oats. Refrigerate extras for up to 7 days or freeze up to 3 months. **Great for kid's lunches or after school snacks!**



**STAY CONNECTED,
STAY STRONG**

*Call a friend, write them a letter, send them a picture

*FaceTime or Skype your Grandparent

*See if someone you love needs some help, help out with chores around the house

Upcoming Events:

Annual Volunteer Appreciation

Pancake Supper

Rycroft Hall, Sunday

September 27, 5-7 PM

Open to Public, free supper

*Hosted by Central Peace
FCSS*

**Invite your fellow volun-
teers out for supper on us!**

**A little love goes a long way...
even more so in uncertain times.**

Sharing the Abundance of Food!

To access or donate to any of your local food sharing programs:

Virtual Food Bank: call any church in the Central Peace Ministerial Association (you do not have to attend church)- gives gift cards for fresh food at the local store

Local Food Bank: Contact Pat (780-765-3983) or Shelley (587-297-7680) for the dry goods location

Community Kitchen: contact Julie at FCSS for information or pre-made meals. Also available for seniors who would like a pre-made meal that's easy to warm up.

Did You Know?

FCSS Current Services:

Meals on Wheels— meals up to 3x/week for seniors and anyone with a disability

Home Support— available short-term for new moms, post-surgery, and newly bereaved

Transit to Sexsmith, Clairmont & Grande Prairie:
\$25 round trip available
Tuesdays, Wednesdays & Thursdays

TIPS: When someone is struggling...

- check in with them regularly; see how they are doing
- listen supportively to what they have to say
- remember that you don't have to have all the answers
- know and introduce the resources of their area, if they need additional support

September is Suicide Prevention & Awareness Month.

Get Help:

AB Mental Health Help Line 1-877-303-2642

Kids Help Phone 1-800-668-6868

Preventing Suicide | Alberta Health Services
<https://www.albertahealthservices.ca/injprev/Page4875.aspx>

Central Peace FCSS

Where Family and Community Matter

4202 50 Street
Spirit River, AB
Ph: 780-864-3500 or 780-864-5698
Office Hours Mon-Fri 9am-3pm
Email: fcss@mdspiritriv.ab.ca
Website: www.centralpeacefcss.ca

FREE COMMUNITY PROGRAM

Beyond The Hurt; Bullying Awareness and Prevention

Ages 8-13

Where: Spirit River
Community Hall

When: Every Monday and
Wednesday from September
14th to October 1st from
3:45pm to 5:45pm

How to Register

Call 780-864-8224 or 780-
864-3500 ext. 1

Email:
Centralpeaceufit@gmail.com
or Fcss@mdspiritriv.ab.ca

Central Peace U.Fit.Here com-
bined with The

Canadian Red Cross Program
Beyond The Hurt facilitated by
a local program coordinator.

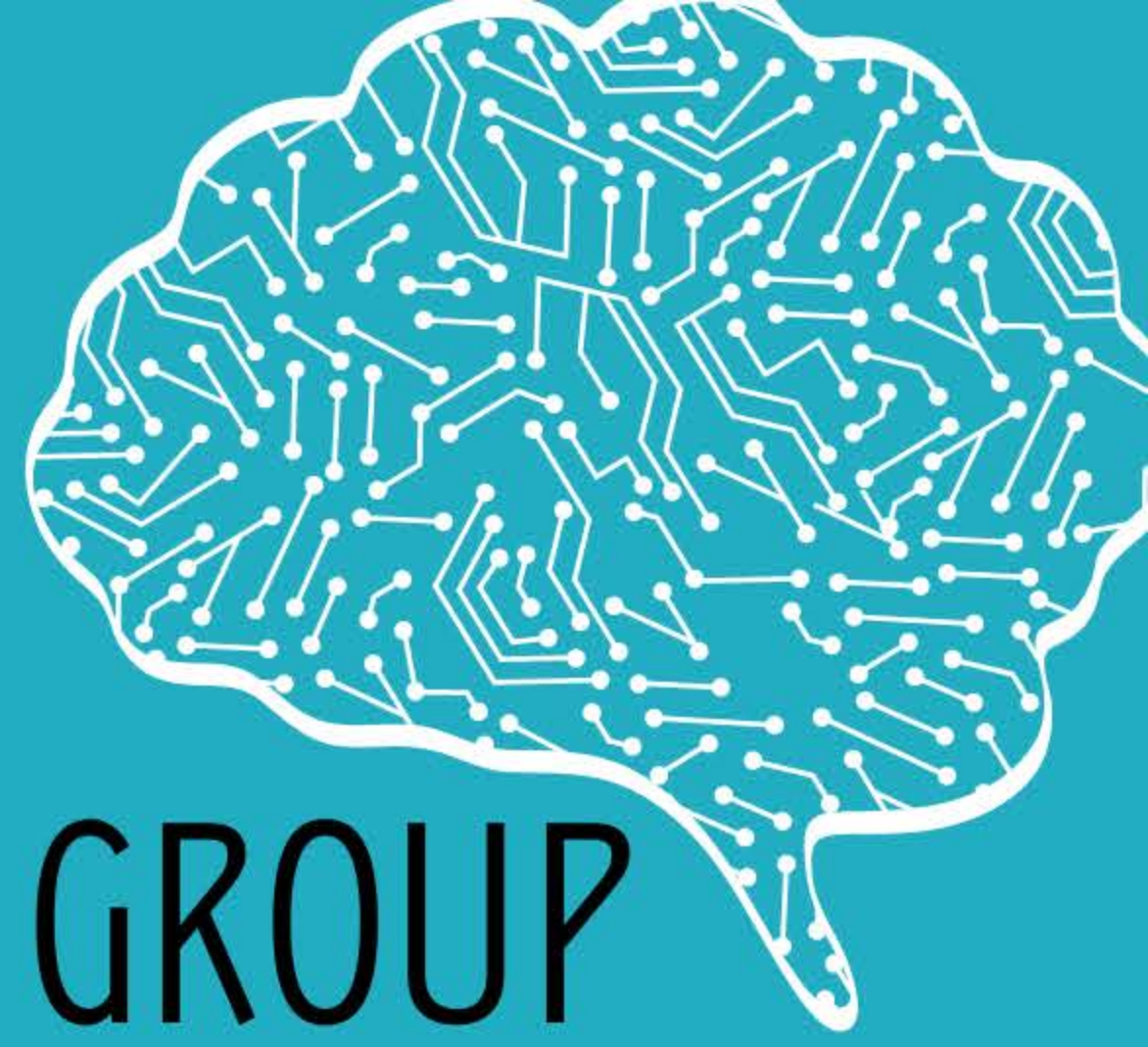
We will be covering topics such
as

- types of bullying,
- self esteem,
- healthy communication,
- human rights,
- the impacts, and more.

Along with that we will have
U.Fit.Here's community and
activity focused purpose,
provided by connecting with
Community Volunteers who can
teach us or provide insight on
our topics as well as

- high activity games and
fun crafts.

Sponsored by Central Peace Health and Wellness
Coalition, and the AB Government Family and
Community Safety Program grant



THE PHOENIX YOUTH GROUP

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

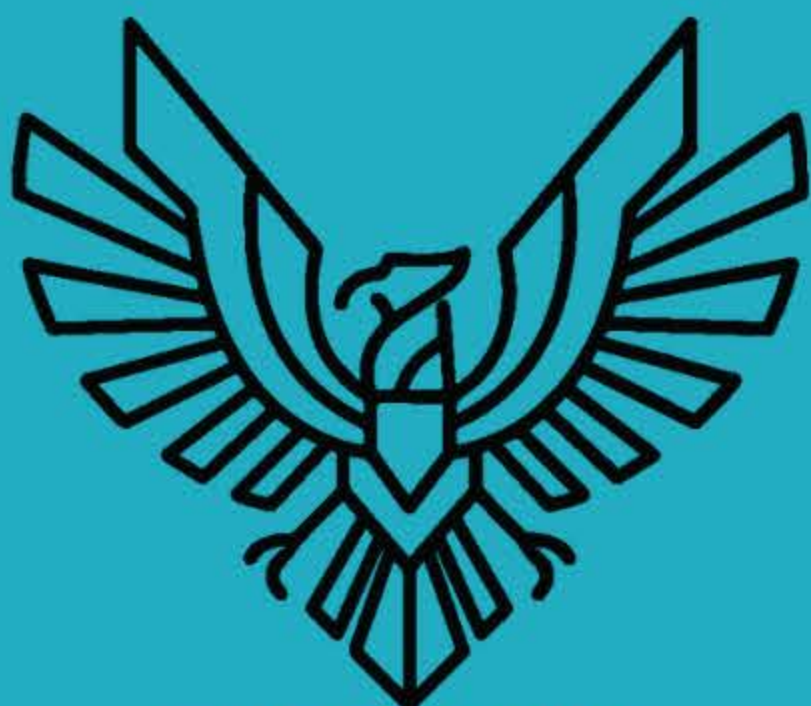
Thoughts

Compassion

Stress

Anyone can refer a youth to our FREE programming

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



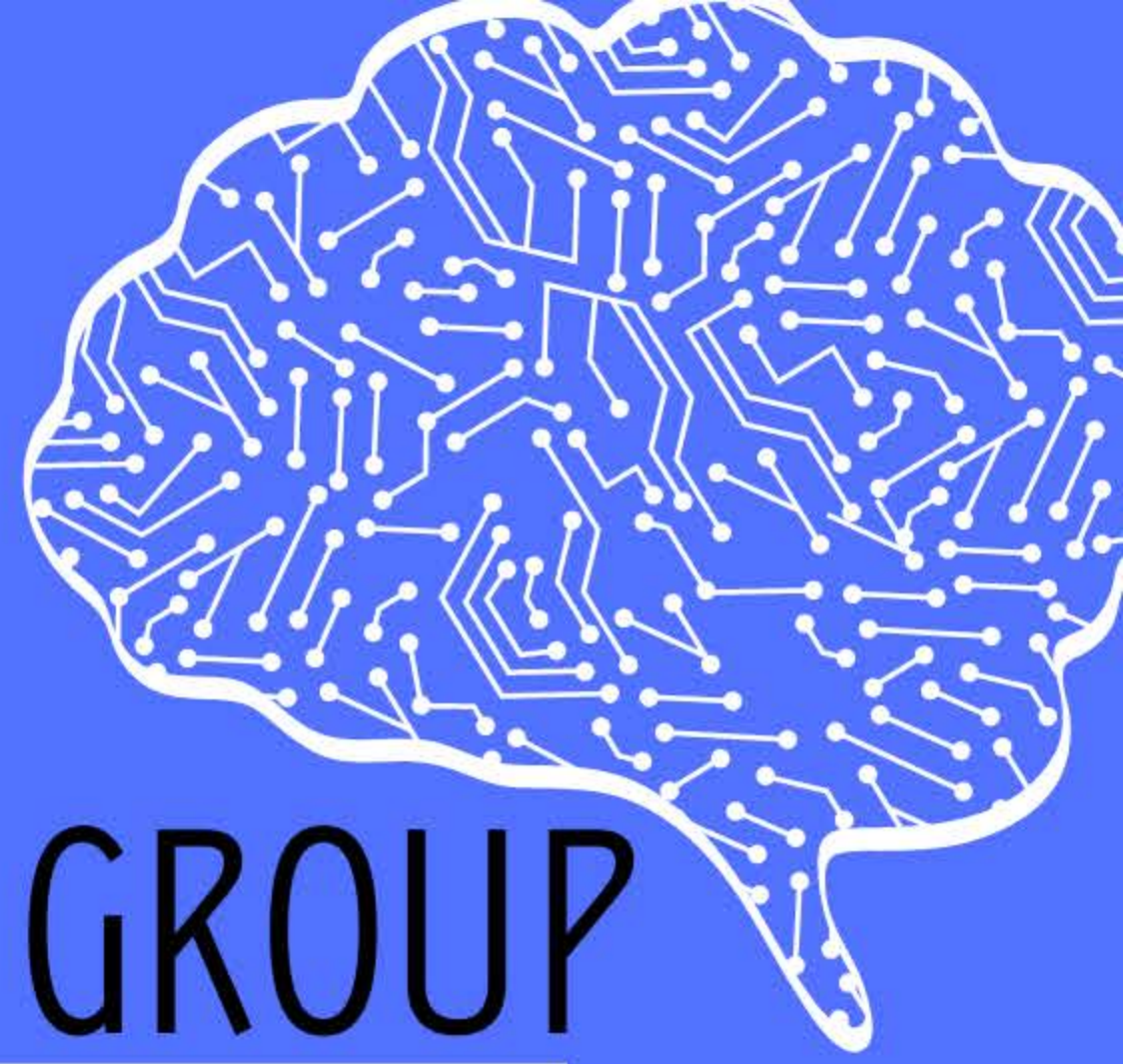
THE PHOENIX
YOUTH GROUP

Phone: 780-539-7142

Online: www.sp-rc.ca

Email: youth@sp-rc.ca

Text: 780-402-1579



THE GRYPHON YOUTH GROUP

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

Email: youth@sp-rc.ca

Text: 780-402-1579

FORMERLY KNOWN AS THE BREAKFAST CLUB