School Council Meeting: October 5, 2020@ 12:00pm (noon) via Google Meets. Please contact the school to access the link.

KEEPING OUR CHILDREN SAFE ONLINE

I have shared information about keeping children and youth safe online previously. However, with the increased reliance on technology during COVID-19, we could use an updated reminder of basic safety and appropriate digital citizenship.

WHAT IS DIGITAL CITIZENSHIP?

The online dictionary definition of DIGITAL CITIZENSHIP is "the responsible use of technology by anyone who uses computers, the internet and digital devices to engage with society on any level".

When it comes to safe use of technology, Northern Gateway Public Schools Administrative Procedure 140 1.3 states *Accessing, uploading, downloading, transmitting, displaying or distributing obscene, violent, illegal or sexually explicit language is unacceptable. All users are responsible for their appropriate use of resources in all areas of the school program.*

DANGERS

With just a click, we can have access to any terrifying, vile, twisted and horrific image. It is not a matter of IF our children will witness extreme violence, perversion and brutality, it is a matter of WHEN. I do not say this to cause fear. Rather, we as parents and/or grandparents, must protect our children. If not us, then whom? We need to arm ourselves with the knowledge and skills to teach our children how to report obscene sites, reject requests from strangers, block inappropriate followers, and talk to you when they see something upsetting.

HELPFUL SAFETY HINTS

Keep devices and computers in high-traffic areas of your home. The Canadian Pediatric Society tells us that solitary use increases the risks for exposure to negative or harmful content.

Talk, talk and talk some more with your children. It is never too early or late to start conversations staying safe online. See "Discussion Starters" below.

Set limits and boundaries. Just like giving bedtimes and curfews, children need to know what you expect online, time limits, sites to go on, etc. According to the Canadian Pediatric Society, for children under 5 years of age, screen time should be less than 1 hour per day. Screens should be avoided at least 1 hour before bedtime, and "screen-free" times must be incorporated daily, for activities such as exercise, sports, board games or family meal time.

Surf the internet together. Let your children show you what they like to do online.

Be a good digital citizen. Start talking with your kids early about being respectful and responsible online. Discuss your family values in relation to the acceptable uses of technology. Use your own online behavior as a **role model**. Limit the amount of personal information you share and keep a healthy balance between time spent on screens and face to face relationships.

Set strong passwords for all devices. It's important to NOT use the same passwords for critical accounts, and to change passwords regularly. Reinforce with your children that they should NEVER share their passwords with anyone other than you, not even their best friend. **Know your child's passwords**.

Set privacy settings. They should be at the highest possible setting for each site and each app your child is accessing.

Share with care. Younger children should not post personal information — including their name, phone number, email address, postal address, school, or photos without consulting with you.

Talk with older children about the information they are posting. Putting personal information online leaves them open to cyberbullying or to people who want to take advantage of them. Social networks (Tik Tok, Instagram, Twitter, Snapchat, etc.) are a great way to connect with other people, but children need to consider carefully what they post on these sites. Reinforce the message that the internet is *FOREVER* and that information they post can be shared with *ANYONE*. In addition, be knowledgeable on the age requirements of apps, games, movies and television shows. Most social media apps are a minimum of 13 years old. Many apps, games and Netflix shows are Mature due to violence, sex and profanity.

Don't respond to a bully or try to retaliate. *STOP*, *BLOCK*, *TELL* is a good rule. Teach your children to stop communicating with someone who is sending insulting, hurtful or disturbing messages online. If the messages continue, ask your child to save them and then block that person.

Calendar of Events

OCTOBER 2020

				1	2	3
4	5 School Council Meeting 12:00pm via Google Meets	6	7	8 Virtual PTI's 4-7pm	9 PD Day	10
11	12 Thanksgiving Day	13	14	15	16	17
18	19	20 Picture Retake Day	21	22	23	24
25	26	27	28	29	30	31 Halloween

NOVEMBER 2020

1	2 ELA 30-1, 30-2 Diploma Part A	3	4 ELA 30-1, 30-2 Diploma Part B	5	6 PD Day Math 30-1, 30-2 Diploma	7
8	9 Non-Instructional Day	10 Day in Lieu of PTI's	11 Remembrance Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

News, Sports & Events

Then they need to tell a parent or trusted adult. Cyberbullying can have tragic outcomes for the bullied and serious legal consequences for the bully.

Think before you click. Children should never click links in messages from people they don't know or in messages that look suspicious. They should not download files to their phones or computers unless they are absolutely sure they're safe.

Be wary. Children should not get together with anyone they "meet" online. The person they think they're talking to online may not always be who they say they are. If a person asks for personal information or makes them uncomfortable, they need to come to you or another trusted adult.

Inform yourself. It can be difficult to keep up with technology, but just as you need to know where your children are in their offline lives, it is just as important to know where they go when they're online. Talk to other parents, learn from one another. As noted earlier, open communication with your children is your best route staying informed.

Randomly Check Your Child's Browser and Chat Histories. Don't be afraid to take a close look at what your children are looking at and who they're chatting with online. *Forewarned* is *forearmed*. Protectkids.com and Internet Safety 101 are excellent sources of information about sexual predators and advice to help avoid the dangers associated with online predators.

Check With Your ISP for Parental Control Software. Most Internet Service Providers offer free parental control software that can help parents keep their kids safe online. Some providers have it built into the modem/router used to access the service.

Set Parental Controls on the Connected Devices Your Kids Use. Windows and Mac computers, iOS and Android phones and tablets, and gaming consoles all offer parental controls. Familiarize yourself with these controls and adjust them as needed.
Check out these sites for the best apps to keep your entire family safe and responsible online.
https://www.safewise.com/resources/parental-control-filters-buyers-guide/ and
https://pixelprivacy.com/resources/keep-children-safe-online/ and
https://www.pcmag.com/picks/the-best-parental-control-software

WARNING SIGNS

Kids who are being cyber-bullied, have been contacted by an online predator or viewing inappropriate material often exhibit changed behavior. They may act secretively, react unusually, close browser windows when you enter the room, take a device into the bathroom or other locked doors, spend excessive time online, especially at night, moodier than usual, and have mature knowledge about adult situations. Do not get angry at your child but talk to them in a non-judgmental manner.

DISCUSSION STARTERS

- What are your favorite things to do online?
- What is personal information? Why should you keep it private?
- Tell me about a time that you were scared or worried about something you saw online.
- What could you do to be safer online?
- What would you do if anyone online asked to meet you face-to-face? Besides me, who do you   feel that you can talk to if you are in a scary or uncomfortable situation? (*"National Center for Missing and Exploited Children" website* [www.netsmartz.org/internetsafety])

Parenting is hard! It takes a lot of time and energy to stay informed on keeping children safe online and in real time. Do not lose hope! With positive relationships, open communication and a healthy connection with your child, you will all survive and be stronger because of it!

More resources for parents:
Government of Canada: Get Cyber Safe,Canadian Centre for Child Protection,Need Help Now,www.kidshelpline.com,report concerns tohttps://www.cybertip.ca/app/en/reportand/or the RCMP
Sources:CBC News,Scholastic,Privacy Canada,Pixel Privacy,Protect Young Minds,Canadian Pediatric Society

This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She advocates for students and parents, providing a link to other supports within the community. Tammy has been a social worker for over 20 years and is a mother to 4 teenagers.

SPECIAL POINTS OF INTEREST

- Preferred payment method for school purchases are: SchoolCashOnline, Debit, Visa, Mastercard. Cash and Cheques are still accepted.
- The next School Council Meeting is October 5, 2020 @ 12:00pm via Google Meets. Please contact the school for access to the link.
- Scholastic Book Orders are to be turned into Mrs. Staples in the Learning Commons.
- As directed in the Northern Gateway COVID reentry play, there are no Vending machines currently available at the school.
- You can now have the newsletter emailed to you. Please contact Mrs. Staples in the Learning Commons at 780-524-3277.
- There is no cafeteria available at this time.
- Hillside Webpage:

    hillsidehigh.ca

Newsletter is Available on the Webpage!

Hillside Jr/Sr High School
Bag 3

4701-52 Avenue

Valleyview, AB T0H 3N0

Phone: 780-524-3277

Fax: 780-524-4205

e-mail: hillside@ngps.ca

Lunch Hour

12:19-12:59

Student illness
If a student has COVID-19 symptoms

Students with symptoms must not attend school. If a child develops symptoms that could be caused by either COVID-19 or by a known pre-existing condition (e.g., allergies, chronic cough), the child should be tested for COVID-19 to confirm that it is not the source of their symptoms before returning to school.

Anyone that reports symptoms must stay home and seek health care advice as appropriate. Parents can call Health Link 811 or their primary health care practitioner, and fill out the AHS Online Self-Assessment tool to determine if their child should be tested.

Parents, household members, and contacts of a student who has symptoms but is not a COVID-19 case, are not required to quarantine.

Only the people identified as close contacts of an individual who is a case of COVID-19 need to quarantine. The contacts of the close contacts do not need to quarantine.

Book a test

Book a testing appointment online with the AHS assessment tool or call Health Link 811.
https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx

Symptoms

You should get tested if you have any COVID-19 symptom.

If you have any of these symptoms you are legally required to isolate for at least 10 days from the start of your symptoms or until they resolve, whichever is longer:

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

If you have any of these other symptoms, stay home and minimize your contact with others until your symptoms resolve:

- 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

Monitor your child's health and call Health Link 811 if you have questions or concerns. Call 911 immediately if experiencing severe symptoms of COVID-19, including difficulty breathing, severe chest pain, feelings of confusion or loss of consciousness.

Alberta

Isolation requirements

Albertans with symptoms

- You are legally required to isolate for a minimum of 10 days if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition.
- The mandatory isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

Tested positive for COVID-19

- You are legally required to isolate for a minimum of 10 days if you have tested positive for COVID-19.
- Isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

Have symptoms but tested negative for COVID-19

- If you tested negative and have known exposure to COVID-19, you are legally required to quarantine for 14 days from the last date of your exposure.
- If you tested negative and have no known exposure to the virus, you are not legally required to isolate. However, it is important to stay home until your symptoms resolve so that you do not infect others.

Close contacts of confirmed cases

- You are legally required to quarantine for 14 days and monitor for symptoms if you are a close contact of a person who tested positive for COVID-19 (provides care, lives with or has close physical contact without appropriate use of personal protective equipment, or comes into direct contact with infectious body fluids).
- If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.

If you are self-isolating:

- Stay home — do not go to school, work, social events or any other public areas or community settings.
- Avoid close contact with other people, including household members but especially seniors and people with chronic conditions or compromised immune systems.
- Do not use public transportation or ride sharing.
- Do not go for walks in public places. This includes children in mandatory self-isolation.
- If you go outside, you must remain on private property not accessible by others.

If a student has symptoms related to allergies or a pre-existing medical condition

- The student should be tested at least once before returning to school and have a negative COVID-19 test result.
- These symptoms would be their baseline health status. As long as the cough or runny nose is always the same and does not get worse, the student can attend school.
- Talk to your school about your child's pre-existing medical condition so the school may keep a confidential record of this condition.

Note

As the COVID-19 pandemic continues to evolve, information regarding COVID-19 will be updated as required. Please check online for the latest information and links to testing, symptoms and isolation requirements: alberta.ca/covid19

Northern Gateway
Public Schools

This summary, based on the September 2020 Government of Alberta update, *COVID-19 Symptom-Student illness*, provides further clarity to parents about the '**isolation**' period or '**stay home and minimize contact with others**' period if a child has presenting symptoms.

It is still expected that parents complete Alberta Health's Daily Checklist, each day, before sending your child to school.

My child has COVID-19 symptoms. How long must my child stay home?

If my child has any of these core COVID-19 symptoms:	If my child has any of these (secondary) symptoms:
- Fever - Cough (new cough or worsening chronic cough) - Shortness of breath or difficulty breathing (new or worsening) - Runny nose - Sore throat	- 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 (pink eye)
What should I do next?	**What should I do next?**
1. Complete AHS' Online Self-Assessment Tool and call 811. 2. You are legally required to have your child isolate for at least 10 days from the start of symptoms or until symptoms resolve, whichever is longer. 3. It is strongly recommended that your child be tested for COVID-19.	1. Complete AHS' Online Self-Assessment Tool and call 811. 2. Keep your child home from school and minimize your child's contact with others until symptoms resolve. 3. It is recommended that your child be tested for COVID-19.
When can my child return to school?	**When can my child return to school?**
Your child may return to school: - Once the 10-day isolation is complete and symptoms have resolved, OR - When your child has received a negative COVID-19 test result, has no known exposure to the virus, and symptoms have resolved.	Your child may return to school once symptoms have resolved and your child is feeling better. **Please see Alberta's** *COVID-19 Symptom-Student illness* **document for information regarding pre-existing conditions.**

Screening Questionnaire

COVID-19 ALBERTA HEALTH DAILY CHECKLIST

PARENTS/GUARDIANS/STUDENTS MUST USE THIS QUESTIONNAIRE DAILY TO DECIDE IF THE STUDENT SHOULD ATTEND SCHOOL

The tool is meant to be used to assist with assessing attendees who may be symptomatic, or who may have been exposed to someone who is ill or has confirmed COVID-19.

Attendees should fill out this checklist prior entering school daily. If an individual answers YES to any of the questions, they must not be allowed to attend school. Children and youth will need a parent to assist them to complete this screening tool.

As the COVID-19 pandemic continues to evolve, this screening tool will be updated as required.

Screening Questions

		CIRCLE ONE	
1.	Does the attendee have any new onset (or worsening) of any of the following		
	• Fever	**YES**	**NO**
	• Cough	**YES**	**NO**
	• Shortness of Breath / Difficulty Breathing	**YES**	**NO**
	• Sore throat	**YES**	**NO**
	• Chills	**YES**	**NO**
	• Painful swallowing	**YES**	**NO**
	• Runny Nose / Nasal Congestion	**YES**	**NO**
	• Feeling unwell / Fatigued	**YES**	**NO**
	• Nausea / Vomiting / Diarrhea	**YES**	**NO**
	• Unexplained loss of appetite	**YES**	**NO**
	• Loss of sense of taste or smell	**YES**	**NO**
	• Muscle/ Joint aches	**YES**	**NO**
	• Headache	**YES**	**NO**
	• Conjunctivitis (Pink Eye)	**YES**	**NO**
2.	Has the attendee travelled outside of Canada in the last 14 days?	**YES**	**NO**
3.	Has the attendee had close contact* with a confirmed case of COVID-19 in the last 14 days?	**YES**	**NO**
4.	Has the attendee had close contact with a symptomatic** close contact of a confirmed case of COVID-19 in the last 14 days?	**YES**	**NO**

* Face-to-face contact within 2 metres. A health care worker in a occupational setting wearing the recommended personal protective equipment is not considered to be a close contact.

** 'Ill/symptomatic' means someone with COVID-19 symptoms on the list above

Alberta