



April 2021 Newsletter

HILLSIDE HAPPENINGS

"A Caring Commitment to Learning"



Northern Gateway
Public Schools

Volume 18, Number 8

Story Block



A Season of Grief, Loss and Hope

This may appear to be a depressing start to an article that should be uplifting, but please be patient, and read on. Yes, it is the beautiful season of spring...however it is also a season of grieving. All of us caregivers, educators, coaches and helpers have tried so very hard this past year, to be positive and hopeful. We are now at the anniversary of a year defined by losses, some great, some small. I believe it is the time to allow our children to GRIEVE. It is time to give our children the opportunity to talk, to cry, to mourn, and to be angry. It is frightening to hear such a suggestion. What if they start crying and not stop? What if they stay sad and depressed forever?

What I know of grief, on a personal level, is this: Like physical pain, grief is best faced head on. Not to stuff it, ignore it, numb it, or deny it. With deep loss, it may feel as if we will actually die ourselves should we let ourselves feel the full extent of that loss. Yet, when we put a name to grief, call it what it is, we allow the feelings to happen which will eventually evolve into empowerment.

David Kessler is the world's foremost expert on grief and the founder of www.grief.com. He co-wrote "On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss" with Psychiatrist Elizabeth Kubler-Ross. Kessler explains that when we are dealing with a loss, it is important to acknowledge it, learn to manage it and learn to find meaning from it.

For children, the five stages of grief they may have experienced this past year look like this: **DENIAL** (*this virus won't affect my friends and I*), **ANGER** (*COVID has taken away my sports and music and canceling grad*), **BARGAINING** (*okay, if I wear a mask all day, it will get better*), **DEPRESSION/SADNESS** (*this is how everything is going to be forever*), **ACCEPTANCE** (*I guess this is really happening, I better figure out how to move on, within provincial regulations*).

Kessler tells us that it is *in acceptance where the power lies*. He reminds us that the stages are not linear or even happen in order, oftentimes we circle back and repeat a stage.

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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 TBD @ 12:00pm via Google Meets. Please contact the school for access to the link.
- ▶ Scholastic Book Orders can still be placed online. Access Code: RC191137
- ▶ As directed in the Northern Gateway COVID re-entry plan, 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.
- ▶ Cafeteria service available for all students.
- ▶ 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

Sr High - 11:45-12:27

Jr High - 12:19-1:00

News, Sports & Events

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Once we have allowed our children to process their grief, there will come a time of acceptance. When our children are able to accept this past year of losses for what it is, then, my dear friends, they will have hope. Brene Brown's words of wisdom seems fitting: "*When we deny the story, it defines us. When we own the story, we can write a brave new ending*".

I am finding that spring 2021 seems to be bringing more hope than most years. Perhaps it is just me, but doesn't it seem as though the sun is brighter, the birds more cheerful, the sky more blue? With anticipation of normalcy on the horizon, it feels as though the weight of the past year and the dreariness of the long winter months are being lifted from our weary shoulders.

Our children need us to be the safe sanctuary as they grieve the many losses of this last year and they also need us to point their sweet faces to the warmth of the rising sun and share with them the message that all hard times come to an end, giving way to the promise of better days ahead. While they need us to help them name, navigate and process their grief, they also need us to embrace this season of hope. As a Buddhist Monk, Thich Nhat Hanh once said "*if we believe tomorrow will be better, we can bear the hardships of today*".

Wishing all Northern Gateway Public School Division students, families and staff a wonderful Easter break.



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.



Grad Parent Remind Number:

text @21rents to the number (587) 333-0291



COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

Overview

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

Screening Questions for Children under 18:

1.	Has the child traveled outside Canada in the last 14 days?	YES	NO
If the child answered "YES": <ul style="list-style-type: none">The child is required to quarantine for 14 days from the last day of exposure.If the child develops any symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. If the child answered "NO", proceed to question 2.			
2.	Has the child had close contact with a case¹ 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 child answered "YES": <ul style="list-style-type: none">The child is required to quarantine for 14 days from the last day of exposure. NOTE: Individuals who previously 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 child answered "NO", proceed to question 3.			
3.	Does the child 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 or conditions 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 child answered "YES" to any symptom in question 3: <ul style="list-style-type: none">The child is to isolate for 10 days from onset of symptoms OR receive a negative COVID-19 test and feel better before returning to activitiesUse the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. If the child answered "NO" to all of the symptoms in question 3, proceed to question 4.			

4.	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 known causes/conditions, such as seasonal allergies or reflux	YES	NO
	Runny nose/congestion Not related to other known causes/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 headaches or chronic migraines	YES	NO
	Conjunctivitis (commonly known as pink eye)	YES	NO
<p>If the child answered “YES” to ONE symptom in question 4:</p> <ul style="list-style-type: none"> Keep your child 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. <p>If the child answered “YES” to TWO OR MORE symptoms in question 4:</p> <ul style="list-style-type: none"> Keep your child home. Use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. Your child 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. <p>If the child answered “NO” to all questions:</p> <ul style="list-style-type: none"> Your child may attend school, childcare and/or other activities. 			

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started or until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.

COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR ADULTS 18 YEARS AND OLDER)

Overview

This tool was developed to support schools, activity organizers, employers, businesses and facility operators in reducing the risk of transmission of COVID-19 among attendees/staff. The tool is meant to assist with assessing attendees who may be symptomatic, or who may have been exposed to someone who has COVID-19.

Attendees should complete this checklist prior to participating in the activity or program. If an individual answers **YES** to any of the questions, they must not be allowed to attend or participate in the activity or program.

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

Screening Questions for Adults 18 Years and Older:

1.	Have you traveled outside Canada in the last 14 days?	YES	NO
If you answered "YES": <ul style="list-style-type: none">You are required to quarantine for 14 days from the last day of exposure.If you develop any symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. If you answered "NO", proceed to question 2.			
2.	Have you had close contact with a case ¹ 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 <i>Note: A health care worker in an occupational setting wearing recommended personal protective equipment is not considered to be a close contact</i>	YES	NO
If you answered "YES": <ul style="list-style-type: none">You are required to quarantine for 14 days from the last day of exposure. NOTE: Individuals who previously tested positive for COVID-19 in the 90 days before being exposed to another case of COVID-19 are not required to quarantine. If you answered "NO", proceed to question 3.			
3.	Do you have any new onset (or worsening) of the following symptoms:		
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of breath	YES	NO
	• Runny nose	YES	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• 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

¹ A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

	• Muscle / joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (commonly known as pink eye)	YES	NO

If you answered “YES” to any symptom in question 3:

- Stay home and do not attend or participate in the activity or program.
- Use the [AHS Online Assessment Tool](#) or call Health Link 811 to arrange for testing and to receive additional information on isolation.
- Individuals with fever, cough, shortness of breath, runny nose, or sore throat, are required to isolate for 10 days as per [CMOH Order 05-2020](#) OR receive a negative COVID-19 test and feel better before returning to activities, as long as they have no known exposure.

If you answered “NO” to all questions:

- You may attend the activity or program

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.

COVID-19 INFORMATION

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

For more information: alberta.ca/covid19

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COVID-19 Information—Student illness

STAY AT HOME GUIDE

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?

<p>If my child has any of these core COVID-19 symptoms:</p>	<p>If my child has any of these (secondary) symptoms:</p>
<ul style="list-style-type: none"> • Fever • Cough (new cough or worsening chronic cough) • Shortness of breath or difficulty breathing (new or worsening) • Runny nose • Sore throat 	<ul style="list-style-type: none"> • 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)
<p>What should I do next?</p>	<p>What should I do next?</p>
<ol style="list-style-type: none"> 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. 	<ol style="list-style-type: none"> 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.
<p>When can my child return to school?</p>	<p>When can my child return to school?</p>
<p>Your child may return to school:</p> <ul style="list-style-type: none"> • 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. 	<p>Your child may return to school once symptoms have resolved and your child is feeling better.</p> <div style="background-color: #e91e63; color: white; padding: 10px; text-align: center;"> <p>Please see Alberta's COVID-19 Symptom-Student illness document for information regarding pre-existing conditions.</p> </div>