



December 2021 Newsletter

HILLSIDE HAPPENINGS

"A Caring Commitment to Learning"



Northern Gateway
Public Schools

Volume 19, Number 4

Story Block

CHRISTMAS SURVIVAL GUIDE



I wrote this article in 2018. However, in light of global, health, economic, mental health, community crises and losses too numerous to mention, I decided to re-share it.

With the Christmas season upon us, I find traditional images of the holidays are often too optimistic and too perfect. We see cozy, cheerful, tastefully decorated homes, surrounded by white, pristine snow, with happy, well-dressed families gathered around a table sharing a large dinner cooked to Instagram perfection.

Unfortunately, life can be complex and messy and it's impossible to guarantee a picture perfect Christmas. Yet, every year, we still expect it. We work, plan, bake, shop, decorate, craft, build, organize and clean all the while expecting a fun, peaceful, relaxing Christmas. Most of the time we end up with a chaotic and stressful one. It's extremely difficult to be going through a tough time when everything around us looks like a Hallmark movie. For some of us, we would rather stay under the covers and wake up in January! Though the instinct may be to hibernate until it is over, it is not practical or healthy!

When I looked at my social circle, I realized there are many who are going through horrible, trying times: disease, death of a child, a spouse, a friend, a parent, divorce, bankruptcy, job loss, moving away from friends and family. I asked some of my wise friends how they manage the season of "joy" when life seems anything but joyous. This is a summary of what I learned from them:

1. Have a "Survival Plan":

- a) Give yourself permission to say no to social events or engagements that you feel will drain you
- b) Limit how much you are willing to participate in events. Perhaps you can attend for an hour, and leave early? Will you come to the potluck, but only bring store-bought items and rather than stressing out about bringing something homemade?
- c) Create a code word with your significant other so that once you have reached your ability to cope, you can communicate your need to leave with your partner quickly and easily.

2. When going through dark times, our first inclination is to shut people out. That is the worst thing to do. Remember, you are not alone, so try to **surround yourself with supportive friends and family**.

3. If you know someone who is grieving or has experienced a loss, do not be afraid to **invite them to an event**. Ask if you can pick them up and try to stay with them throughout the event for support. Talk about the loved one they lost, share your memories, say their name. It is okay if there are tears. Hearing warm memories of someone who has been loved and lost is like a balm to the grieving person's soul.

4. **Do something different**— go away or visit different relatives or friends. By changing your routine you may not be triggered to spiral into despair.

5. **Don't push yourself beyond what you feel able to do**. Stress, bereavement, tragedy, or sickness, are all exhausting. Remember to get enough sleep and don't feel you have to do everything you have done in previous years.

6. **Keep traditions. Or lose them**. Give yourself permission to keep or toss whatever doesn't feel right this year. It doesn't mean you'll never take up those traditions again. But maybe a change of pace is necessary, if only for this season. And maybe, you'll find a new tradition that honors your loss that you will want to keep around for years to come.

Cont'd on Page 3

Calendar of Events

DECEMBER 2021

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
Christmas Vacation						
26	27	28	29	30	31	
Christmas Vacation						

JANUARY 2022

Remembrance Day
Day in Lieu of PTI's

						1
Christmas Vacation						2
3	4	5	6	7	8	9
						10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
						1



1 New Year's Day
 2
 3
 4 First Day back after Christmas Break
 5
 6
 7 Sr Basketball Tournament - Fairview
 8
 9
 10
 11 ENG 30-1,30-2 Diploma Part A
 12 SS 30-1,30-2 Diploma Part A
 13
 14
 15
 16
 17
 18
 19
 20
 21 ENG 30-1,30-2 Diploma Part B
 22
 23
 24
 25 Bio 30 Diploma
 Chem 20
 Math 20-3
 Sci 14
 SS 10-1
 26 Chem 30 Diploma
 Bio 20
 Eng 10-2
 Math 10C
 Math 10-3
 27 Physics 30 Diploma
 Math 20-2
 SS 20-2
 SS 10-2
 28 Science 30 Diploma
 Eng 20-1
 Eng 10-2
 SS 9 PAT
 Sci 9 PAT
 29 Sr Basketball Tournament - Glenmary
 30
 31 PD Day

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: February 1, 2022@ 7pm. Location TBD
- ▶ 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

12:19-12:59

News, Sports & Events

Cont'd from Page 1

7. Make self-care a priority. Take a break from social media, and the perceived "perfect" family and "perfect" Christmas. Nourish your body with nutritious food. Get outside, if even for a short walk or a breath of fresh air. Take a relaxing bath to de-stress. Schedule some time with your therapist so you have a safe person who can help you navigate the ups and downs of the holidays. Escape in a good book, or a binge-worthy Netflix show. Wrap yourself in a warm blanket and cuddle with your pet.

8. Write a letter to the ones you are missing this Christmas. Whatever it is that you wish you could have said to them — go ahead and say it. Even if they'll never have a chance to read it.

9. Allow yourself to feel all the feelings of the holidays- the good and the bad. Sometimes we think that because we are mourning, or we are going through a very difficult time, we should not laugh, smile or otherwise feel merry. But the truth is, we need to smile when we want to smile and laugh when we find joy. The presence of joy does not take away the sadness we are also feeling. It merely indicates that we are indeed still alive, still human, still standing.

10. Stick to your budget so you do not create more stress. You can't buy happiness with an avalanche of gifts. Rather, donate to a charity in someone's name, give homemade gifts, start a family gift exchange, give a gift of experience such as concert or movie tickets, cooking, art or dance classes, a gift of time such as babysitting, carwash, date night out.

The holidays don't have to be perfect, families change and grow, traditions and rituals change as well. Choose a few to hold on to and be open to creating new ones. Volunteering your time to help others can lift your spirits and broaden your friendships. You can make it through the Christmas season with generous self-compassion and kindness. My hope for you is that you will discover some magical moments of joy this holiday season.

This article was written by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She advocates for students and families and provides a link between the student and other supporters within the community. Tammy has been a social worker for more than 20 years and is a mother to 3 teenagers and one young adult.



Remind Numbers

Teacher	Class	Class Code	Number
Hillside School			
		@hhschool	(418) 800-7941
Mrs. V. Berry	Math 7B	@37k7b4f	(587) 316-1040
	Science 7B	@2b3g88	(587) 316-1040
	Math 7G	@dahe64gh	(587) 316-1040
	Science 7G	@f4f74c	(587) 316-1040
Mr. T. Brochu	Cougars Football	@aee8cfa	(587) 316-1060
Ms. K. Comeau	Sr Girls Volleyball	@dd27g6	(250) 984-0696
Ms. S. Kirchner	Science 8A	@8akirch	(587) 316-1097
	Science 8B	@8bkirch	(587) 316-1097
	Science 8C	@8ckirch	(587) 316-1097
Mrs. C. LaVallee	Math 20-2	@k648ef9	(587) 333-0291
	Math 30-1	@hhs301	(587) 333-0291
	Grad & Cheermania	@vvhsgrad	(587) 333-0291
Mrs. L. Serediak	Biology 20	@a9cgd7	(587) 333-2931
	Science 14	@ea22b8f	(587) 333-2931
	Science 9B	@gk4eah	(587) 333-2931
Mr. M. Staples	ELA 30-1	@7cbae3d	(647) 931-1805
	ELA 10-1	@fc3fck	(647) 931-1805

To Run or not to run



1 Who makes the decision and how?

Rhett Czaban
Director of Transportation

Weather

Highway Satellite Cameras

Temperature readings
Environment Canada
511 Alberta

Scouting the Roads

Calls to bus drivers and contractors

2 Are the buses running?

3 The decision is made between

06:00 am 06:30 am

4 How do we let you know?

ngps.ca

5 It's your decision!

Send to School

Keep Home

It is always your decision whether or not to send your child to school when weather conditions are extreme.

6 Dress warmly!

Don't forget to dress warmly. See you at school!

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.

If your child has traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments.

If within the last 10 days, your child has been notified by Public Health that they are a case³ of COVID-19, they are required to isolate as per Public Health instructions.

Screening Questions for Children under 18:

1.	Has your child been a household contact of a case² of COVID-19 in the last 14 days? <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, siblings, someone who slept over, or someone who provided direct physical care to the child.</i>	YES	NO
If the answer is “YES” AND they are NOT fully immunized⁴: <ul style="list-style-type: none"> Child should stay home and NOT attend school, childcare and/or other activities for 14 days from the last day of exposure and monitor for symptoms. If your child has symptoms, proceed to question 2. 			
If the answer is “NO” to question 1, proceed to question 2			
2.	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, 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 answer is “YES” to any symptom in question 2: <ul style="list-style-type: none"> The child is required to isolate for 10 days from onset of symptoms as per the current CMOH Order 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 answer is “NO” to all of the symptoms in question 2, proceed to question 3.			

³ A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

⁴ A person who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

3.	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/conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
	Unexplained loss of appetite Not related to other known causes/conditions, such as anxiety or medication	YES	NO
	Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	YES	NO
	Headache Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO	

If the answer is “YES” to ONE symptom in question 3:

- 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.

If the answer is “YES” to TWO OR MORE symptoms in question 3:

- 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.

If the answer is “NO” to all questions:

- 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's purpose is to support Albertans in protecting others and reducing the risk of transmission of COVID-19. Adults 18 years and older can complete this checklist every day to self-monitor for symptoms of COVID-19.

If you have traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments.

If within the last 10 days, you have been notified by Public Health that you are a case¹ of COVID-19, you are required to isolate as per Public Health instructions.

Screening Questions for Adults 18 Years and Older:

1.	Have you been a household contact of a case¹ of COVID-19 in the last 14 days? <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, someone who is a caregiver or an intimate or sexual partner of a COVID-19 case.</i>	YES	NO
If you answered "YES" AND you are NOT fully immunized²: <ul style="list-style-type: none">You should stay home for 14 days from the last day of exposure and monitor for symptoms. If you have symptoms, proceed to question 2. If you answered "NO" to question 1, proceed to question 2			

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

² A person who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

2.	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
	• Muscle / joint aches	YES	NO
	• Headache	YES	NO
• Conjunctivitis (commonly known as pink eye)	YES	NO	
If you answered "YES" to any symptom:			
<ul style="list-style-type: none"> • Stay home. • Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. <p>If you have fever, cough, shortness of breath, runny nose, sore throat or loss of sense of taste or smell you are required to isolate for 10 days as per the current CMOH Order OR receive a negative COVID-19 test and feel better before returning to activities</p>			
If you answered "NO":			
<ul style="list-style-type: none"> • You may attend work, school, and/or other activities. 			