



April 2022 Newsletter

HILLSIDE HAPPENINGS

"A Caring Commitment to Learning"



Northern Gateway
Public Schools

Volume 19, Number 8

Story Block

CALMING CHILDREN DURING A GLOBAL CRISIS

Unless you have been residing under a rock or on an island with zero contact with the rest of the planet, it is safe to say that you and your family have been inundated with disturbing news around the world. On social media, in classrooms and the playground, children are hearing about traumatizing circumstances around the globe. How do we answer their inquisitive questions? How much information should we share? Do we say anything at all?

"**Speak to what's actionable to help put your child's mind at ease,**" says Dr. Beth Oller, a family physician in Stockton, KS. Oller further clarifies, "With younger kids, speak simply and avoid discussing scary topics in detail. With adolescents, honesty is the best policy. Always be transparent."

"Children should be **encouraged to ask questions** but to continue with their daily routines of schoolwork, play and bedtime," says Dr. Jessica Griffin, a child psychologist and executive director of the Child Trauma Training Center at the UMass Chan Medical School in Worcester, MA. Griffin explains that, "**routines can send signals to the brain that children are safe. Routines are calming for children in anxiety-provoking situations.**"

Set a good example for your children by managing your stress through **healthy lifestyle choices**, such as eating healthy, exercising regularly, getting plenty of sleep, avoiding drugs/alcohol, and not over consuming social media/news. When you are prepared, rested, and relaxed you can **respond better to disturbing events and can make decisions in the best interest of your family.**

"For children under the age of 7, it might just be acknowledging that something is happening in other parts of the world and asking something like, 'Have you heard anything?' Take the child's lead," said Janine Domingues, a clinical psychologist at the nonprofit Child Mind Institute in New York. "Overall, just **provide reassurance**, that this is what we know right now. Let them know you don't know all the answers but here are some places we can go," Domingues said.

Children, young and old, have common worries when it comes to war, crisis and trauma even if they do not verbalize it: Am I safe? Are the people taking care of me safe? How will this affect my day-to-day life? Dr. Gene Beresin, executive director for The Clay Center for Young Healthy Minds at Massachusetts General Hospital in Boston tells us that "children know things are troubled. They know things are problematic. They may ask you if you're worried. And frankly, you got to be honest. You can say, 'Yes, I am, but **we can manage this. We can get through this.**' I would indulge them a little bit."

The recurring message, regardless of a child's age, is to be honest, unplug from screens altogether for a while and give the young people in your life extra tender loving care. We all need the reassurance that we are brave and will look after each other no matter what.

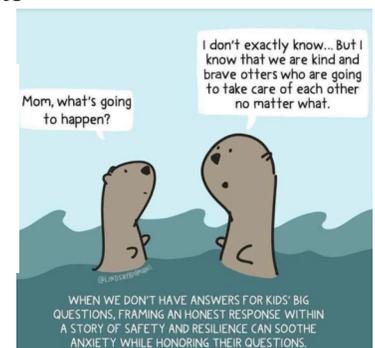
Sources: [The Associated Press](https://www.cdc.gov/childrenindisasters/helping-children-cope.html)

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

<https://www.theguardian.com/world/2022/mar/04/reassure-children-about-russia-ukraine-war-with-resilience-tales-say-experts>

<https://abcnews.go.com/Lifestyle/wireStory/honesty-reassurance-talk-kids-ukraine-83109979>

This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support



Calendar of Events

APRIL 2022

						1	2
						Spring Break	
3	4	5	6	7	8	9	10
		Hillside Mini Jr. Badminton Tourney 3:30 	 Grad Parent Meeting 6:30 pm Tartan Day				Vimy Ridge Day Sr. Badminton Tournament Hillside High School 
10	11	12	13	14	15	16	
			Word Power 2022 virtual author visit Gail de Vos grade nine	Word Power 2022 Virtual Author Visit: Sigmund Brouwer Jr High			
17	18	19	20	21	22	23	
	Easter Monday		 Sr. Badminton Districts Hillside 4-7 pm	 Parent Teacher Interviews 4-7 pm Location TBD		 Sr Badminton Zones Hillside north/south gym, Multiplex	
24	25	26	27	28	29	30	
	St. George's Day	 7 pm Parent Council meeting				 Jr. Badminton zones Falher	

MAY 2022

1	2	3	4	5	6	7	
							Badminton Provincials Medicine Hat
8	9	10	11	12	13	14	
					 Hillside Track meet		
15	16	17	18	19	20	21	
			 Track Districts	staff Planning and Development Day	Day in Lieu of Parent Teacher Interviews		
22	23	24	25	26	27	28	
					 Track & Field Zones	 Track & Field Zones	
29	30	31					

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: April 26th, 2022 @ 7pm. Location TBD
- ▶ Scholastic Book Orders can still be placed online. Access Code: RC199625
- ▶ 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. Stewart 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



Mark Your Calendars!

Junior High badminton:

Hillside Mini-tourney: Tuesday, April 5 @ 4pm

Badminton Districts: Tuesday, April 26 @ 4 (Hillside)

Badminton Zones: Saturday, April 30 (Falher)

Senior High badminton:

Saturday April 9th - Hillside Invitational

Wednesday April 20th - District Badminton

Saturday April 23rd - Zones @ Hillside

May 6th & 7th - Provincial Badminton @ Medicine Hat

Football Referee Clinic

If there are any individuals in the community who would be interested in being involved in football and giving back to the community we are looking to host a referee clinic for football if there is enough interest.

If anyone is interested please email tyler.brochu@ngps.ca.





Dear Parents/Guardians:

We are excited to share with you our new engagement platform **ngpsTALK**.

Northern Gateway Public Schools is excited to introduce a new platform, ngpsTalk, where stakeholders (students, staff, parents, community members) will have the opportunity to offer ideas, feedback and stories of their experiences and thoughts regarding schools and education. It allows students, parents, staff, community members to add their voice to support the work of our schools.

In order to access the ngpsTALK platform, you must register and have a login. We are encouraging staff, students, parents, and community members to register and participate in our current and upcoming projects.

The registration process is as follows:

- 1) go to ngpstalk.ca
- 2) click the register now button
- 3) fill in the short registration form
- 4) confirm your registration through an email sent to your inbox

Once confirmation is complete you are able to log in and participate in the active engagements.

Our first engagement is titled *What makes your school community shine?* In the spirit of the new year, we are kicking things off with a "feel good" discussion aimed at celebrating our schools.

If you could only pick one thing, what is the one thing you would say makes your school community shine?

We look forward to sharing your submissions and celebrating each and every one of our school communities!

As part of the registration drive, we are offering prizes to those who sign up.

- 1 'Family Fun Pack' prize per school community (all parent and community registrants names are entered into the draw; not students)
- 2 Grand Prizes which are new touchscreen Chromebooks (all registrants names are entered into the draw including students)

There will be promotional material and a school newsletter article coming out in the next few days regarding this. Please watch social media for more.

Your voice is important! Register today to join the conversation - LET'S TALK!

Northern Gateway Public Schools

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.

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. International travellers who become a case of COVID-19 after arrival in Alberta should follow isolation requirements outlined by the Government of Canada.

If your child has tested positive on a [rapid antigen test](#) or received a message from Public Health indicating that they are a case⁴ of COVID-19, they are required to isolate as per [Public Health instructions](#). For more information on isolation requirements after a positive rapid antigen test, refer to the [Rapid testing at home website](#).

Screening Questions for Children under 18:

1.	Has your child been a household contact of a case ⁴ of COVID-19 in the last 10 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 slept over, attended a birthday party or someone who was a play date with a case.</i>	YES	NO
If child answered "YES" AND they are NOT fully immunized ⁵ :			
• Child should stay home and NOT attend school, childcare and/or other activities for 10 days from the last day of exposure and monitor for symptoms, unless they have tested positive for COVID-19 in the last 90 days AND completed the mandatory 10-day isolation period, in which case they can proceed to question 2.			
If child answered "YES" and they are fully immunized ⁵ proceed to question 2: If child answered "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 child answered "YES" to any symptom in question 2:			
• If the child is fully immunized ⁵ <ul style="list-style-type: none">o Isolate for 5 days from the day of onset of symptoms or until symptoms resolve³ whichever is longer.o After this isolation period, up to a total of 10 days from the day of symptom onset, they are required to wear a mask at all times when in a public place or otherwise in the company of other persons with no exceptions.			
• If the child is NOT fully immunized ⁵ , <ul style="list-style-type: none">o they must isolate for 10 days from the day of onset of symptoms or until symptoms resolve³ whichever is longer			
• Whether they are fully immunized or not, even if they have a negative molecular (e.g. PCR) COVID-19 test or two negative rapid antigen tests, taken not less than 24 hours of each other, they still must isolate until symptoms resolve ³ .			
• If they are within three weeks of the initial positive test of a previous infection they do not need to test again, and they can leave isolation when symptoms resolve ³ .			
• They can use an at-home rapid antigen test if available or access the AHS Online Assessment Tool for advice on managing mild symptoms, and whether they are eligible for a COVID-19 molecular test.			

³Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication

⁴ A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

⁵ A child 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:

- Stay home.
- 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 as per the current [CMOH Orders](#):
 - If you are fully immunized²
 - Isolate for 5 days from the day of onset of symptoms or until symptoms resolve³ whichever is longer.
 - After this isolation period, up to a total of 10 days from the day of symptom onset, you are required to wear a mask **at all times when in a public place or otherwise in the company of other persons**, with no exceptions.
 - If you are NOT fully immunized²,
 - You must isolate for 10 days from the day of onset of symptoms or until symptoms resolve³ whichever is longer
 - Whether you are fully immunized or not, even if you have a negative molecular (e.g. PCR) COVID-19 test or two negative rapid antigen tests, taken not less than 24 hours of each other, you still must isolate until symptoms resolve³.
 - If you are within three weeks of the initial positive test of a previous infection you do not need to test again, and you can leave isolation when symptoms resolve³.
- You can use an [at-home rapid antigen test](#) if available or access the [AHS Online Assessment Tool](#) for advice on managing mild symptoms, and whether you are eligible for a COVID-19 molecular test.
- Note: If you have recently recovered from a previously confirmed COVID-19 infection and are within three weeks of the initial positive test, you do not need to get tested. If three weeks have elapsed but you are within 90 days from the initial positive test, you are recommended to take a rapid antigen test.

If you answered "NO":

- You may attend work, school, and/or other activities.
- Asymptomatic close contacts of a confirmed COVID-19 case who are healthcare workers are subject to testing requirements as per [CMOH Orders](#) or their organizational policy.

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 or one dose in a one dose series (i.e. Janssen vaccine)

³ Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication