

Dr. K. A. Clark Newsletter

drclark.fmpsdschools.ca



December 2020



School Hours

8:55 - First Bell
10:30-10:45 - 1st Recess
11:00-11:15 - 2nd Recess
12:15-12:35 - Lunch A Recess
 Lunch B Eating
12:35-12:55 - Lunch A Eating
 Lunch B Recess
3:30 - Dismissal

ECDP Hours

Morning Class:
8:55-11:50 Monday to Friday

Afternoon Class:
12:35-3:30 Monday to Friday

*****To ensure the safety of all, students should not arrive at school before 8:40 and should leave school grounds immediately after dismissal.***

Administration's Message

Dr. Clark Families,

Our gratitude is immense, and we want to extend our thanks to our families for always being so supportive as we journey through these unprecedented times. We have reached the month of December and we continue to be so proud of our Dinos, and commend each and every one of them for their motivation, resiliency and kindness to each other and to our staff members. We very much appreciate the happiness and joy that our school brings to us, and to be able to see our students and their families every day. When we greet everyone in the mornings we are so grateful for the smiles and "good mornings" that each day brings from students, our families and our staff.

Dr. Clark Public School students and staff will be participating in a variety of wellness events leading up to our Holiday break (which include Mindful Mondays, Wind Down Wednesdays, and Spirit Days, to mention a few). Events like this will help us move forward with a positive mindset and keep our wellness at the forefront of our daily routines. We look forward to the students and staff joining in and posting our photos on our social media platforms for you all to enjoy.

Recently, the Government of Alberta announced that in the week directly following our Christmas Break (January 4 to January 8), students from ECDP to Grade 6 will be participating in at home learning. The week of schooling will look different from last Spring's online learning. Our staff will be coordinating our way forward with division leaders, and, as soon as we have finalized a plan, we will share it with you via email and social media portals. Again, we thank you for your understanding and patience as we navigate the developing situation. Please stay tuned to your email for updates and information.

Lastly, we sincerely hope that you have a restful and joyous holiday season. We encourage you to take the time to relax and spend quality time with your family. Please stay safe and healthy.

Your Admin Team,

Mark Dolmont (Principal)
Angela Woods (Vice Principal)
Nazia Hiscock (Vice Principal)



****A reminder to parents/guardians: It is mandatory to wear a mask if you are entering the building for an appointment, or to visit the office. Parents/guardians are encouraged to wear masks when dropping off and picking up students.****



**Alberta Project Promoting
active Living & healthy Eating**

**We are a NUT FREE and
Fragrance free space**



A Bite of Health



As an APPLE School, we strive to build a healthy school community, focusing on improving students' healthy eating, physical activity, and mental health habits.

Eat, Move, and Play Through the Holidays

This month, students are learning how to stay healthy during the holidays through a campaign called Eat, Move, and Play Through the Holidays. Here is a summary of the learnings and how you can support your child's health.

'Tis the Season to be Healthy and Mindful

During the holidays, baked goods are just a hand's reach away and gatherings focus around food. Maintaining a healthy routine can be challenging during this time. Here are some quick tips to promote a healthy holiday season for your family:

- **Store treats until snack or meal time.** If left out in an accessible area, your family is more likely to nibble throughout the day instead of scheduled meals times.
- **Plan fun winter activities.** Make the best of the snow while you can. Build a snowman, have a snowball fight, or go tobogganing as a family.



How Will You Eat, Move and Play Through the Holidays?

This month, students' goal is to get 60 minutes of physical activity, replace a less healthy food or drink with something healthier, and spend at least 1 hour less in front of a screen every day for five days.¹

Help you child reach his/her goals, or even better, join in the challenge yourself!

1 PHYSICAL ACTIVITY >> Colour in one bar for every 10 minutes of activity you do	 My favourite activity	2 HEALTHY EATING >> Choose healthy foods and drinks often. See other side for more information	Today I ate/drank _____ (something healthy) Instead of _____ (something unhealthy)	3 SCREEN TIME ALTERNATIVES >> Reduce your screen time by at least one hour. See other side for ideas on what to do instead	I reduced my screen time by 1 hour today What I did instead:
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Reference:
¹ <http://www.everactive.org/>



For more information about APPLE Schools, visit
www.appleschools.ca



DINO DIGS



School Clothing

Perfect for Holiday gifts!! Here is the official [online shopping portal](#) for Dr K. A. Clark Public School. Enjoy browsing a wide selection of products from a variety of brands that you can then customize with the approved logos and graphics found on the site.

Display your **DINO** pride in fantastic apparel customized entirely by you. This site lets students, parents, fans & staff choose from approved merchandise to fit their needs 24/7 with no minimum order quantities.

School Parking And Student Drop Off



A continued “Thank you” to all parents/guardians for being so compliant and NOT parking in our “Kiss and Drop” parking lot section. We very much appreciate your diligence in parking in the designated areas, as this is our quick flow lane for dropping children off.

We also want to thank you for walking/guiding your children toward the **front** of the school to cross **IN FRONT** of the buses and the cement barricade for everyone’s safety. Your assistance with this has been greatly appreciated as we continue to be as safe as we can during drop offs and pickups.

With new regulations coming into play regularly from AHS we at Dr. Clark want to remain diligent with our protocols. Please ensure that you are not gathering in groups outside at the school and that you wear a mask when dropping your child off and walking them to their designated door.

Lastly, we want to send a friendly reminder to parents that our supervision does not begin until 8:40am. We respectfully ask that you DO NOT drop your child(ren) off at the school earlier than that time as there are no supervisors available to watch your child(ren) before that time. We want to ensure your child(ren) are safe at all times, so a drop after 8:40am will support this safety.



Busing

Stay informed and get live school bus updates! Monitor your child’s busing at: <http://www.myschoolbusmonitor.ca/>

My School Bus Monitor

LIVE SCHOOL BUS UPDATES -- STAY INFORMED!





School Council & Fundraising Committees

Our next School Council and Fundraising Committee meeting is Tuesday, January 24th at 7-8 pm on Zoom. Please let Jennifer Dahl know if you are interested in attending. She can be reached at 780-881-2701. A link will be shared out on our social media platforms closer to the date. Please follow Dr. Clark's Facebook page for upcoming information.

Reminders for Students and Parents



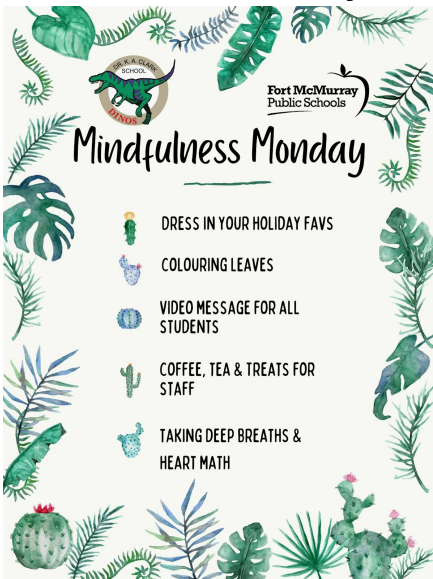
- If you are in **grade 4 and above**, please remember to **wear your mask**
- **ALL STUDENTS:** Please ensure that you bring your water bottle to school as we do not have access to the drinking fountain.
- **Parents/Guardians:** Please be sure to wear a mask if you enter the building. As well, if you need to visit the office, please call 780-743-2444 in advance so we can minimize traffic flow in our building. Thank you!

Remembrance Day Assembly



This past month of November, we were honoured to be able to acknowledge our Veterans and their contributions to our freedoms of our country, through our Remembrance Day virtual assembly. This assembly was extra special this year (despite the fact that things were done slightly differently than what we are used to). We showcased many local performances which included Elder, Julia McDougall, Fort McMurray Legion Pipes and Drums, Captain Kuseler, Knowledge Keeper, Pollyanna McBain, and Ecole McTavish student, Alexis House. We were also very proud to be able to highlight our families' relatives and make the connection to Remembrance Day a little more tangible for our students.

Mindfulness Mondays



Huge shoutout to our Healthy Schools Collaborative team lead by Ms. Hennigar & Ms. Doiron in partnership with Apple Schools Coordinator Mr. Shewchuk! We so appreciate the chance to slow down, take a deep breath and practice mindfulness! Check out Ms. Robinson's Grade 4 class and Ms. Dean's Grade 1 class as they practice self care!

[#back2clark](#)

Spirit Days



Thanks to everyone for joining in our Spirit Days from Nov. 30 - Dec. 3! It was awesome to see the participation of both staff and students. So many people hopped on the Holiday Spirit train and joined in the fun of dressing up. Seeing all of the smiles really made it special here at the school. Please hop on to our Facebook page to see all sorts of pictures of our celebrations!

Monday, Nov. 30 - Wear your holiday attire and/or green & red

Tuesday, Dec. 1 - Wear Plaid and Toques

Wednesday, Dec. 2 - Wear your Christmas PJs

Thursday, Dec. 3 - Dress as your favorite Christmas Character

Wind Down Wednesdays



If you see our Dr. Clark staff wearing their "comfy cozies" on Wednesdays up until Christmas, here's why! In support of Mental Health Awareness, our staff will be wearing casual wear. On these days our comfy clothing will give us peace of mind, and positively affect our mental wellness. We encourage our students and families to join in!

Social Media



Please follow us on our social media platforms for regular updates of happenings at our school!

Facebook: @DrClarkFMPSPD

Twitter: @DrClarkSchool

Instagram: @drclarkfmpsd

Website: drclark.fmpsdschools.ca

Lunch Drop Off



Parents and guardians,

As we navigate through these challenging times in staying safe and following along with AHS rules, regulations and procedures and protocols, we are asking at this time that you please minimize lunch drop offs to the school if you can. Minimizing traffic in our school will help keep our students and staff safe. It is our priority to do our due diligence and put as many measures in place to help ensure that we keep our school clean and safe. We thank you for your continuous support and understanding.

Telus "Internet for Good" For Students

Thank you to Telus for this generous offer for BC and Alberta students!

Please contact Mr. Dolmont at mark.dolmont@fmpsd.ab.ca if this program could benefit your child in their online learning!

For more information visit

<https://www.telus.com/en/about/company-overview/community-investment/how-we-give/cause-campaigns/internet-for-good>

TELUS Internet for Good™ for Students

Keeping students, educators and school communities all connected.

In the current landscape of physical distancing, access to fast, reliable connectivity has never been more essential. TELUS Internet for Good helps low-income families stay connected, empowering youth to safely learn from home.

Steps to access Internet for Good through schools in BC and AB:



Teachers identify families in need.

Families can express their need for Internet connectivity to their child's teacher or Principal.



Principals email the request to TELUS.

Principals can consolidate requests for their entire school and email internetforgood@telus.com from their school email address requesting Internet for Good redemption codes for identified families in need.



Families order TELUS Internet for Good.

Families in need receive a redemption code from their school and call TELUS to set up their Internet service.

What is TELUS Internet for Good for Students?

The TELUS Internet for Good program provides eligible low income families with low-cost Internet connectivity in BC and AB (where service is available):

- Internet plans for \$9.95/month (plus applicable taxes) for 24 months; regular pricing thereafter
- Speeds of up to 25 Mbps (where available) and up to 300 GB data/month
- No contract or cancellation fees
- Option to purchase a low cost refurbished computer through BC Technology for Learning Society

In light of the unprecedented COVID-19 health crisis, schools in BC and AB can extend our Internet for Good offer directly to students and families in need, via their school's Principal.

How can families sign up for TELUS Internet for Good for Students?

Families in need can reach out to their child's teacher or the school Principal. Principals can email TELUS at InternetForGood@telus.com, from their school district email address, requesting Internet for Good redemption codes for the specific number of families in need at their school. Once families receive a code from their school Principal, they can call TELUS at **1-866-835-8744** to redeem the offer.

Important note: Families who have a Canada Child Benefit (CCB) statement showing their net income of less than or equal to \$31,120 can email TELUS directly at InternetForGood@telus.com with a copy of their statement and request for a program code. Other families who do not meet this criteria but are in need should discuss their situation directly with their child's teacher or principal who can request a code from TELUS on their behalf.

For more information about Internet for Good for Students, families are encouraged to contact their child's school.



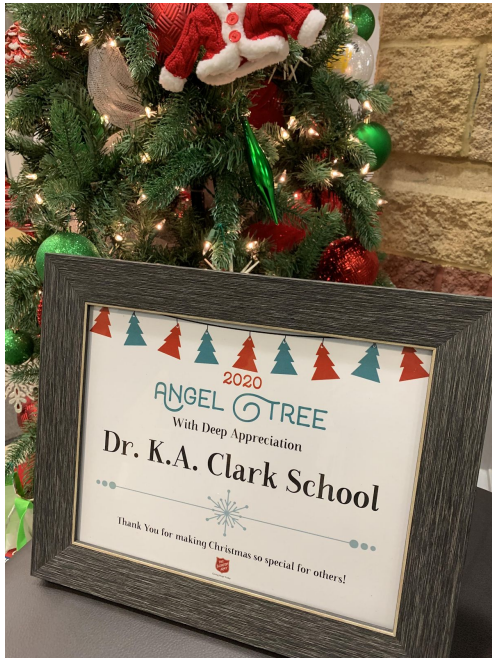
Indigenous Education



Please visit our Fort McMurray Public Schools Indigenous Education Website to see what's happening around our school and across the division.

<https://sites.google.com/fmpsd.ab.ca/fmpsdindigenous/home>

Angel Tree Program



Thank you Dr. Clark families and staff for contributing to our Angel Tree Program this year and brightening the lives of those less fortunate. We want to give a special thank you to Ms. Pittman & Ms. Sali for their efforts in organizing and sorting all of the presents. Let's continue to practice kindness and a giving attitude this holiday season.

Important Dates

December

- 1 - Spirit Day #2** - Wear your plaid and toque
- 2 - Spirit Day #3** - Wear your Christmas pajamas
- 3-** Dress like your favorite Christmas character
- 17** - Virtual Christmas Concert
- 18 - PLF** - No School for Students
- 21** - Christmas Break Begins

January

- 4** - Classes Resume - All staff and students back to school via Online Schooling
- 11** - Classes Resume to regular classroom setting

2020-2021 School Year Calendar

Fort McMurray Public School Division

August 2020							September 2020							October 2020						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
						1			1	2	3	4	5					1	2	3
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31
30	31																			

November 2020							December 2020							January 2021						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7			1	2	3	4	5						1	2
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
29	30						27	28	29	30	31			24	25	26	27	28	29	30
														31						

February 2021							March 2021							April 2021						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6		1	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	21	22	23	24	25	26	27	18	19	20	21	22	23	24
28							28	29	30	31				25	26	27	28	29	30	

May 2021							June 2021							July 2021						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
						1			1	2	3	4	5					1	2	3
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31
30	31																			

	School Breaks, PTI Time in Lieu Days (No School)		STAT Holiday (No School)		Important Dates
	Staff Professional Learning Day (No School)				

Aug 17	Schools Open for Registration	Jan 4	Classes Resume
Aug 19	Administration First Day	Jan 15	PLF #7 (Staff Only)
Aug 25	ATA First Day	Jan 29	Division Professional Learning Day (Staff Only)
Aug 27	CUPE First Day	Feb 1	2nd Semester begins
Aug 31	First Day of School for Students	Feb 12	PLF #8 (Staff Only)
Sept 4	PLF #1 (Staff Only)	Feb 15	Family Day (No School)
Sept 7	Labour day (No School)	Feb 22-24	Convention Break (No School)
Sept 8	ECDP First Day	Feb 25-26	ATA Teacher's Convention (No School - ATA Only)
Sept 18	PLF #2 (Staff Only)	Mar 12	PLF #9 (Staff Only)
Oct 2	PLF #3 (Staff Only)	Apr 2	Good Friday (No School)
Oct 12	Thanksgiving (No School)	Apr 5-9	Easter Monday & Spring Break (No School)
Oct 30	ATA Institute Day (No School)	Apr 23	PLF #10 (Staff Only)
Nov 11	Remembrance Day (No School)	May 7	PLF #11 (Staff Only)
Nov 20	PLF #4 (Staff Only)	May 21	In Lieu PTI (No School)
Nov 23	In Lieu PTI (No School)	May 24	Victoria Day (No School)
Dec 4	PLF #5 (Staff Only)	Jun 24	Last day of School for Students
Dec 18	PLF #6 (Staff Only)	Jun 25	Last day for Staff
Dec 21-Jan 1	Christmas Break (No School)		

*2021-2022 Proposed Important Dates

Aug 30, 2021 First day for Students	Mar 3-4 Teachers' Convention
Dec 20-31 Christmas Break	April 11-17 Easter and Spring Break

Approved Date: February 19, 2020

*Proposed dates listed are subject to change rev3

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 to Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

Screening Questions

1. Has the child:

(Choose any/all possible exposures)

Traveled outside Canada in the last 14 days? When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days unless enrolled in the Alberta COVID-19 International Border Pilot Project	YES	NO
Had close contact with a case 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" to any of the above: <ul style="list-style-type: none"> The child is required to quarantine for 14 days from the last day of exposure. <ul style="list-style-type: none"> If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times. 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" to both of the above: <ul style="list-style-type: none"> 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, 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 2: <ul style="list-style-type: none"> The child is to isolate for 10 days from onset of symptoms. Use 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 2: <ul style="list-style-type: none"> Proceed to question 3. 		

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 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

If the child answered “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 child answered “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 child answered “NO” to all questions:

- Your child may attend school, child care 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/until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.