

Dr. K. A. Clark Newsletter

drclark.fmpsdschools.ca



January 2021



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,

As we start our second push of the 2020/2021 school year, we are met with a sense of optimism as we start to see some light at the end of the tunnel. The approval of various vaccines is encouraging as we continue to fight against COVID 19. We must continue to monitor our health and stay home when feeling unwell. This is the time to stay diligent and follow all safety protocols in an attempt to keep everyone safe and healthy.

Last month, before the holiday break began 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. A reminder to parents/guardians that this week of schooling will look different from last Spring's online learning. Our staff has diligently prepared for this week and have been in contact with you all with regards to what your child's schooling looks like for this first week back. 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 had a restful and joyous holiday season. We certainly took that time to recoup and relax and fill our buckets with our families and hope the same for you and your families. Please continue to 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.

New Year, New You

This month, students are learning how to set health-related goals through a campaign called New Year, New You. Here is a summary of the learnings and how you can support your child's health.

Goal setting for the new year

This time of year, many people will make New Year's resolutions that revolve around health and wellness. One of the simplest steps you can take to improving your health is to set goals. But, do you know *how* to set goals to increase your chances of success?



Be successful with SMART Goals

S – smart

Set some healthy goals with your family this year. By setting goals as a family, you can stay positive, keep each other accountable, and encourage each other to reach the goals.

M – measurable

A – attainable

R – realistic

T – time-based

Goals could revolve around healthy eating, physical activity, or increasing family time together. Make sure that your child has a chance to provide input.

Don't forget about your mental health

Developing a positive outlook on life in the present will be helpful for your future mental well-being. The way you think about yourself now and how you contribute to your surroundings, will shape how you feel later. After all, achieving or maintaining

mental well-being is more than the absence of mental illness symptoms, it's about making the most of life, building a sense of belonging, and making use of available resources to help face challenges.¹

Reference

¹ <http://www.health.alberta.ca/>



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

We want to remind parents that when picking up and dropping off students to please use the sidewalks and refrain from cutting across the parking lot as it is a huge safety concern. If you are able to do a quick drop off we encourage parents to use the Kiss and Drop lane. If you need some additional time to get your children out of the car, we would encourage you



to pull into a parking spot located to the right side as soon as you enter the school property. From here students can safely follow the sidewalks to their doors. If you would like to stop for a prolonged time and wait for your children to enter the school, we are asking parents to continue into the parking lot between the school and playground and park along the fence closest to the playground. From here there is access to the playground through the fence which is the safest possible option. Staff parking will continue to be along the fence closest to the school.

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.

Food Bank Collection



Our food bank drive was a huge success!! We gathered 682 non-perishable items! Our winner of the smoothie day was Ms. Blais class at 90 items! Way to go ECDP! Honorable mentions to Mr. Gidge at 76, Mrs. Lawley at 69 and Mrs. Littman at 62! We would like to send out a big thanks to everyone who brought in items...we know the Food Bank greatly appreciated them.

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!
- **If you children frequently forget their mask, they are encouraged to keep some additional masks at school.**

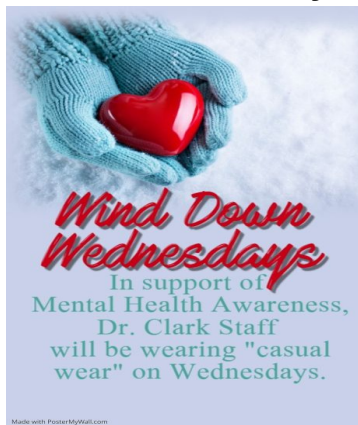
Holiday Concert and Doors



A HUGE thank you to all of our students and staff that coordinated their classroom performances for our GIANT collaborative video! What a show our students put on! It took a bit of time and organization, but our keen staff and our cooperative students really put their heart and soul into keeping our Holiday Concert tradition alive! It certainly helped with keeping our positive energy alive around the school as we journeyed to the holiday season. A big shout out to Mrs. Hiscock, who compiled the video and ensured each class was featured.

As well we would like to share our congrats to our "Principal's Choice Award Winners" for our door decorating concert, Ms. Bourgeau's class for their beautifully decorated door! Every class that participated had a wonderful display. Great work everyone!

Wind Down Wednesdays



If you see our Dr. Clark staff wearing their “comfy cozies” on Wednesdays 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!

Mindfulness Mondays



Another big thank you to our Healthy Schools Collaborative team lead by Ms. Hennigar & Ms. Doiron in partnership with Apple Schools Coordinator Mr. Shewchuk! We very much appreciated the chance to slow down over the month of December so that we could take a deep breath and practice mindfulness! We also REALLY appreciated the little treats that greeted us on occasion. A great way to lift our spirits.

[#back2clark](#)

Spirit Days



We had great success and participation with our Spirit Days during the month of December that we thought we would add a few to our January calendar! Looking forward to seeing you all join in!

Mark your calendars!

January 14 - Jersey Day

January 21 - Crazy Hair Day

January 28 - Twin Day

February 8 - Hat Day

Social Media



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

Facebook: @DrClarkFMPSD

Twitter: @DrClarkSchool

Instagram: @drclarkfmopsd

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>

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 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 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>



Dr. Clark Grant Recipient



Dr. Clark received some great news! We are officially a recipient of the PHE Canada Share2Care Mental Health Grant. The grant aims to recognize and support promising school based mental health practices that are making positive impacts on students, staff, and the greater community of Fort McMurray. There were approximately 200 applicants from coast to coast and our school was one of seven selected to receive the grant funds (the only school in Alberta)

Here is the official link to the grant announcement:

<https://phecanada.ca/programs/teach-resiliency/share2care>

Here is the official link to our school's published initiative resource (can also be reached by following the links provided on the official grant site):

<https://phecanada.ca/sites/default/files/content/docs/teach-resiliency/Dr.%20Clark%20Indigenous%20Healing%20Garden.pdf>

Important Dates

January

- 4 - Classes Resume - All staff and students back to school via Online Schooling until January 8
- 8 - At Home Learning ends with students
- 14 - Spirit Day - Jersey Day
- 21 - Spirit Day - Crazy Hair Day
- 28 - Spirit Day - Twin Day
- 29 - Division Professional Learning Day (no school for students)

February

- 2 - Groundhog Day
- 8 - Spirit Day - Hat Day
- 15 - Family Day

March

- 3 - 100 Day - everyone dress as 100 years old!
- 17 - St. Patrick's Day - Wear your GREEN

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.