

# Dr. K. A. Clark Newsletter

drclark.fmpsdschools.ca



November 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,

We'd like to take the time to thank all the parents and the guardians for their support and diligence with following the school re-entry plan and AHS protocols when it comes to ensuring your child comes to school healthy and where they can continue to be safe.

As we look forward to the coming month's events, we'd like to take the time to remember and appreciate our freedom here in Canada and to take time to think about the people whose lives have been, and continue to be changed by war and conflict. This Remembrance Day our school is preparing a Remembrance Day Virtual Assembly to honor those who have fought for our country. We share our link with our Dr. Clark families to join us virtually on November 10th at 10:00am to honor those that have, and continue to represent our country. In the virtual assembly you will see many familiar faces, as we tried to keep our ceremony as close to "normal" as possible to recognize and appreciate the talent and support that we have right here in our city of Fort McMurray, from our community members.

Parent Teacher interviews and report cards are coming up. PTI's take place on Nov. 18th and 19th from 4:30pm to 7:30pm and will be virtual this year through Google Meets. The schedule is now LIVE and is accessible by clicking "Parent Teacher Interviews" right at the top of our school website or using the [link](https://drclark.fmpsdschools.ca/view.php?action=signin) below. Please ensure that you register/log in to create an appointment.

<https://drclark.fmpsdschools.ca/view.php?action=signin>.

We look forward to this month's events and celebrations as we continue to move forward in our "new normal" way of life at school. We are all grateful to be back together, celebrating our students accomplishments. We thank you for all of your continued support and understanding as we navigate through this journey.

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**



***Eating Well with Canada's Food Guide*  
uses a rainbow to represent the four  
food groups.**

**Green arc:** Fruit and vegetables – Eat at least one dark green and one orange vegetable each day, and consume them more often than fruit juice. Enjoy them with little or no added fat, sugar, or salt.<sup>1</sup>

**Yellow arc:** Grain products – At least half of your daily consumed grains should be whole grains. Choose grain products that are low in fat, sugar and salt.<sup>1</sup>

**Blue arc:** Milk and alternatives – Choose lower fat milk and alternatives, such as soy or almond milk.<sup>1</sup>

**Red arc:** Meat and alternatives – Eat meat alternatives often, like beans, lentils, and tofu. Eat at least two food guide servings of fish each week. Select lean meat and alternatives that are prepared in little or no added fat or salt.<sup>1</sup>

Check your family meals. Do you have a rainbow lunches? What about breakfast and dinner?

Reference:

<sup>1</sup> <https://www.canada.ca/en/health-canada/services/canada-food-guides.html>



For more information about APPLE Schools, visit  
[www.appleschools.ca](http://www.appleschools.ca)



## 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.

### Rainbow Lunch

This month, students are learning how to build a healthy lunch through a campaign called Rainbow Lunch. Here is a summary of the learnings.



### Pita Pizza

#### Ingredients:

- |        |                            |
|--------|----------------------------|
| 1      | Whole wheat pita           |
| 2 Tbsp | Low sodium pizza sauce     |
| 3 Tbsp | Reduced fat, grated cheese |
| ¼ Cup  | Toppings of choice*        |

\*Choose any toppings you like. Try to keep the rainbow theme and add as much color as you can!

#### Directions:

1. Turn oven to broil
2. Flatten the pita and spread sauce onto it
3. Add toppings and sprinkle cheese on top
4. Put the pita on a baking sheet and place in the oven for about 5-7 minutes, or until the cheese is melted.



## DINO DIGS



## School Clothing

We have had parents and students asking about school clothing. 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



Families,

We just want to tell you how thankful we are for your corporation and diligence in parking in the designated areas in our school parking lots. Your care and safety for all of our students and staff during those busy drop off and pick up times is greatly appreciated.

We also want to say “thanks again” for always driving through the “kiss and drop” quickly, efficiently and safely. As well, we appreciate you 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.



## Busing

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



United Way

Thank you to all families that contributed to our United Way Campaign. We are grateful for your donations. We will have a fundraising total this month and will share on social media.



## School Council & Fundraising Committees

Our next School Council and Fundraising Committee meeting is Tuesday, November 26 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.



Just a friendly reminder...

- **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!



### Halloween Parade/Assembly

Dr. Clark celebrated our Halloween this year with our annual parade, only this year it was done a little differently. This year we all dressed up and showed off our costumes and smiles through a virtual display, while listening to fun Halloween tunes!! There were so many smiles, giggles and incredible costumes!! We were so happy that we were able to bring this to our students in some manner. At the end of the day, students were hand delivered “monster smoothies” by our Apple Schools Coordinator, Mr. Shewchuk and Ms. Cora! Many classes participated in fun Halloween activities throughout the day too. It was a SPOOKTACULAR event, if we do say so ourselves;))!



### Rock Your Mocs!

Dr. Clark will be celebrating and honouring Indigenous culture, traditions and history by wearing moccasins on **November 16th!**

Established in 2011, Rock Your Mocs began as a worldwide Native American & Indigenous Peoples movement. It's easy to participate by wearing moccasins to school, to work or wherever your day takes you. Rock Your Mocs is a fun way to unify Indigenous Peoples globally, through the Internet and social media. You are invited to post photos for everyone to enjoy by sharing stories and creating an “online photo album” by using any one or all of the following hashtags: #RockYourMocs #FMPSDrockyourmocs and by tagging @FMPSD and @indigenousFMPSD/

It's a great big fun moccasin party that everyone gets to see pictures of! We look forward to seeing you **ALL** join in...parents, guardians, grandparents, brothers, sisters, cousins, aunts, uncles, and friends!

## Important Dates

### **November**

**10** - Dr. Clark's Virtual Remembrance Day Assembly @10am  
**11** - Remembrance Day - No School  
**16** - Rock Your Mocs - Wear Your Moccasins!  
**20** - PLF - No School for Students  
**23** - In Lieu Day for PLF - No School  
**27** - Report Cards Go Home

### **December**

**16-18** - Grades 4-6 Skiing at Vista Ridge (tentative - COVID guidelines)  
**18** - PLF - No School for Students  
**21** - Christmas Break Begins

## January

4 - Classes Resume - All staff and students back to school

# 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)

<b>Traveled outside Canada in the last 14 days?</b> 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
<b>Had close contact with a case of COVID-19 in the last 14 days?</b> Face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging	YES	NO
<b>If the child answered "YES" to any of the above:</b> <ul style="list-style-type: none"> <li>The child is required to quarantine for 14 days from the last day of exposure.               <ul style="list-style-type: none"> <li>If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times.</li> </ul> </li> <li>If the child develops any symptoms, use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to determine if testing is recommended.</li> </ul>		
<b>If the child answered "NO" to both of the above:</b> <ul style="list-style-type: none"> <li>Proceed to question 2.</li> </ul>		

### 2. Does the child have any new onset (or worsening) of the following core symptoms:

<b>Fever</b> Temperature of 38 degrees Celsius or higher	YES	NO
<b>Cough</b> Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
<b>Shortness of breath</b> Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
<b>Loss of sense of smell or taste</b> Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
<b>If the child answered "YES" to any symptom in question 2:</b> <ul style="list-style-type: none"> <li>The child is to isolate for 10 days from onset of symptoms.</li> <li>Use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to arrange for testing and to receive additional information on isolation.</li> </ul>		
<b>If the child answered "NO" to all of the symptoms in question 2:</b> <ul style="list-style-type: none"> <li>Proceed to question 3.</li> </ul>		



**3. Does the child have any new onset (or worsening) of the following other symptoms:**

<b>Chills</b> Without fever, not related to being outside in cold weather	YES	NO
<b>Sore throat/painful swallowing</b> Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
<b>Runny nose/congestion</b> Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
<b>Feeling unwell/fatigued</b> 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
<b>Nausea, vomiting and/or diarrhea</b> Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
<b>Unexplained loss of appetite</b> Not related to other known causes or conditions, such as anxiety or medication	YES	NO
<b>Muscle/joint aches</b> Not related to other known causes or conditions, such as arthritis or injury	YES	NO
<b>Headache</b> Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	YES	NO
<b>Conjunctivitis</b> (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.