

# Dr. K. A. Clark Newsletter

drclark.fmpsdschools.ca



October 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,

It's hard to believe that we are already in October. At this time of the year we are reminded to be thankful for the wonderful things we have in our lives and are surrounded by. At Dr. Clark, our students are settling into new routines, learning new concepts and ideas, building relationships with each other and their teachers.

Dr. Clark Public School continues to be diligent with our health and safety procedures and protocols issued by Alberta Health Services and are updating our safety plan accordingly. Please continue to visit our social media portals for up to date information and communication on the many things that we have happening at our school with regards to these procedures as well as other events that are going on.

We would like to thank you for your continued patience and cooperation while picking up your children, and your efforts to follow guidelines intended to keep each other safe.

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 also 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**



## APPLE SCHOOLS

### **Back to School, Back to Sleep Routines**

APPLE Schools is a health promotion project with the vision of healthy kids in healthy schools. The project is student-centered, evidence-based, and unique in Canada. APPLE Schools works with 74 schools across British Columbia, northern Alberta, Manitoba, and Northwest Territories. The program improves more than 20,000 students' lives annually by supporting healthy eating, physical activity, and mental health habits.

Back to school season might look and feel a little different this year, but a healthy fall routine can help bring order, predictability, and a stable rhythm to our "new normal." Part of a regular routine is having a regular sleep schedule.

### **Healthy Sleeping Habits**

How can you help your child get back into a healthy sleep routine this year?

- Check in - Make a point of asking how your child is doing.
- Catch Some Z's - Establish a bedtime and wake time, and stick to it! Aim to stay as close to it as possible, even on the weekends. The amount of sleep your child gets can affect their mood, behaviour, ability to process information and school performance.
- No Screen Time - Cut off your child's screen time 30 minutes before bed. The light from the phone and the stimulation from the video game or television will cause your child to struggle to fall asleep, and stay asleep.
- Relaxation - 30 minutes before bedtime, have your child do something to relax their mind. This could be reading a book or having a warm bath.
- Make physical activity a priority for the whole family - Being active helps everyone sleep better, and the whole family participating will influence how your child views the importance of physical activity.

Going back to school can be exciting, and supporting your child with a healthy back to school sleep routine will help them find success everyday.

## 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



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.

## Orange Shirt Day and Indigenous Peoples’ Giant Map

A BIG “thank you” to all who participated in Orange Shirt Day and shared your pictures on social media! Please visit our Facebook page, Twitter, Instagram to see more action from our Orange Shirt Day activities at Dr. Clark! Our chance to use the Canadian Geographic Indigenous Peoples’ Giant Map was a HUGE success. Incredible learning opportunities were happening all week.

We also want to extend a giant map sized thank you to Mrs. Woods for ensuring our students have a visual reference to the residential schools around the country. Also, a huge shout out to the many teachers and educational assistants who supported our students’ understanding of the devastating impacts of the 100 year long policy of residential schools.







### Bussing

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

## My School Bus Monitor

LIVE SCHOOL BUS UPDATES -- STAY INFORMED!



**United Way**

### United Way

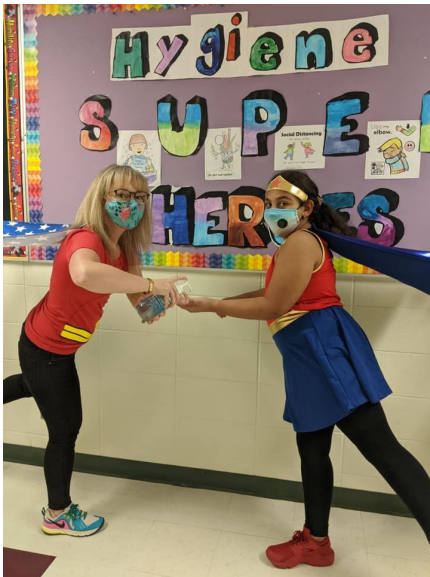
Mark Your Calendars!! We are excited to invite our students to join us on **October 13-16** as we champion for a local cause in our community - The United Way! Dr. Clark will be showing our support by having a Spirit Week! Donations are accepted but not required.

**Tuesday** - Wear Red for United Way

**Wednesday** - Dress like the Rainbow

**Thursday** - Dress like your teacher

**Friday** - School Spirit Day - Wear your school clothing or wear purple and/or green



### Superhero Day

Thank you to our amazing staff and students for participating in Superhero Day! In order to support this Apple Schools initiative, we are excited to bring National Comic Book Day to Dr. Clark. We are merging these two cool ideas into one, certified to make all of these Covid-protocols fun!

With our first virtual assembly, we learned the importance:

- S** Soap or Sanitize hands
- U** Use your own items
- P** Physical distancing
- E** Elbows for coughing and sneezing
- R** Recognizing symptoms

**Thank you for dressing up with us, staying active and ensuring we all stay safe!**



### School Council & Fundraising Committees

#### Have A Say In Your Child's School!

**Our School Council Annual General Meeting** will be on Tuesday, October 20th from 7-8 p.m. It will be online. Please contact Jennifer Dahl at 780-881-2701 if you are interested in attending.

#### **Help Decide How To Use Casino Funds!**

Our Fundraising Committee Annual General Meeting will be online on **Tuesday, October 20th from 7-8 p.m.** Please contact Jennifer Dahl at 780-881-2701 if you are interested in attending.



## Terry Fox Run/Walk

Thanks to our Dr. Clark community, we fundraised \$450 online to help support cancer research through the Terry Fox Foundation. Students enjoyed their annual Terry Fox Walk within the safety of their cohorts and were able to learn the importance of supporting others. A big “thank you” to Mrs. Hennigar for leading this learning opportunity for our students during Physical Education classes.

If you are still interested in donating, you can do so [HERE!](#)

<http://www.terryfox.ca/DrKarlAClarkElementary>

## 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!

## School Counselling



On any given day a person can find themselves being asked to come out of their “comfort zone.” At school, during extracurricular activities, with friends, you name it, these situations come about all the time.

Renee from [Go Zen](#) talks about the **Zone of Comfort** and the idea that we often need to push ourselves into a **Zone of Growth**. It's uncomfortable and it's not something many of us choose to do without a bit of a push. This push needs to be practiced often in order for us to build our self-confidence and self-trust that we can handle being a little uncomfortable. Setting goals to get you in the **Zone of Growth** is one way to practice this skill.

Supporting our children while they are in the Zone of Growth is key. Check out Renee's free printable and use this as a talking point with your child to get them thinking about their **Zone of Comfort** and their **Zone of Growth**.

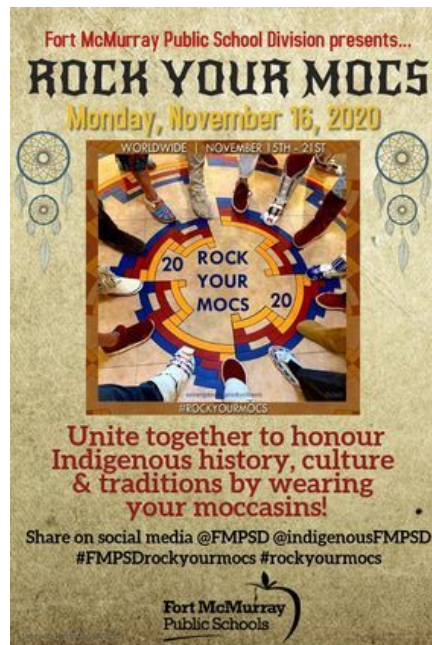
[Go Zen: Get in the Zone](#)

## Halloween Parade/Assembly



Dr. Clark will be celebrating Halloween on October 29. So, make sure you dress up!! Students will walk around the school and show off their Halloween attire while social distancing and practicing safety and hygiene protocols.

Stay tuned for more details on this event.



## 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**

### **October**

- 2** - PLF - No School for Students
- 12** - Thanksgiving - No School
- 13 - 16** - School Spirit Week for United Way
- 29** - Halloween Parade/Assembly
- 30** - ATA Institute Day - No School for Students

### **November**

- 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



# 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



# Stay at Home Guide

## When do I keep my child home?



### *It's confusing. When should I keep my child home?*

The new public health measures for COVID-19 mean students and staff who are showing any signs of illness, must stay home from school. To simplify the 'should I keep my child home' and 'how long does my child need to stay home' process, we've created a visual guide to help you understand how our schools are making decisions around managing student illness.

### *My child is sick. How long do they need to stay home for?*

#### Core COVID Symptoms

- Fever (above 38°C or 100.4°F)
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

#### *This is my child. Now what?*

If your child has one of the core COVID symptoms, they must do the following before returning to school:

- 1) Receive a negative COVID test result and no longer be presenting any symptoms, or
- 2) Stay home for a minimum 10 days (or longer if they still have symptoms).

#### *How do I get my child tested?*

If your child has one or more of the 'core' symptoms we strongly encourage booking them a COVID test. This will speed up the return to school process, as the turn-around times for testing are faster than the required 10 day isolation period.

*No official document is required for 'proof' of a negative test result.*

*In a family with more than one child, only the sick child is required to isolate and be tested.*

#### Other Symptoms

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis (pink eye)

#### *This is my child. Now what?*

If your child has one of the 'other' illness symptoms, they must do the following:

- 1) A COVID test is recommended, but not required. The sick person must stay home and minimize contact with others until feeling better.
- 2) Before returning to school, the sick person must be completely free of all illness symptoms. No student with symptoms will be allowed at school.

**What does it mean to stay home and self-isolate?**  
[www.alberta.ca/isolation.aspx](http://www.alberta.ca/isolation.aspx)

**Take the COVID-19 self-assessment test and book an appointment:** <https://myhealth.alberta.ca/Journey/-COVID-19/Pages/COVID-Self-Assessment.aspx>

Information for the creation of this document was taken from: COVID-19 in School (K-12) Settings, Symptoms and Testing. Retrieved on Sept 4, 2020 from: <https://www.alberta.ca/covid-19-testing-in-alberta.aspx>

Learn more by visiting our website: [fmpsdschools.ca](http://fmpsdschools.ca)



# COVID-19 Guidance for Parents of Children Attending School and/or Childcare

Your child has one or more of these COVID-19 symptoms: Fever • Cough (new cough or worsening chronic cough) • Shortness of breath or difficulty breathing (new or worsening) • Runny nose • Sore throat

Note: Chronic symptoms that can be explained by a pre-existing medical condition (e.g. allergies) would be considered part of the child's baseline health status. As long as these symptoms do not change, the child can continue to attend school/childcare. A child should have one negative COVID-19 test to establish this baseline.



## Guidance

Your child is legally required to **isolate**

A COVID-19 test is recommended

## Testing

Decide if your child will be tested for COVID-19

Yes

Do:

Book a COVID-19 test for your child

- Online: [ahs.ca/covid](https://ahs.ca/covid)
- By phone: Call Health Link at 811

⌚ Try to book a test that is within 24 hours of your child's symptoms starting

Do:

Go to the COVID-19 test with your child

No, or before you have your child's test result

## Test Result

Do:

Get your child's COVID-19 test result

⌚ It may take 1 to 3 days to get your child's test result

- All individuals who test positive for COVID-19 will be contacted by a member of the AHS Public Health team for follow-up and case management
- For more information about getting your child's COVID-19 test result, go to [ahs.ca/results](https://ahs.ca/results)



Positive Test Result



Negative Test Result

## Next Steps

Have you been told by AHS that your child is a close contact of a person who tested positive for COVID-19?

Yes

No

### What to do

Your child is legally required to stay home and **isolate** for 10 days from the start of symptoms, or until they are gone, whichever is longer.

Household members should stay home for 14 days.

### What to do

Your child is legally required to stay home and **isolate** for 14 days from their last exposure to a confirmed case of COVID-19.

Household members are not required to isolate as long as they are asymptomatic.

### What to do

Your child is no longer legally required to isolate, but should stay home from school, childcare and other public spaces until they feel better.

Have you been told by AHS that your child is a close contact of a person who tested positive for COVID-19?

Yes

No

### What to do

Your child is legally required to stay home and **isolate** for 14 days from their last exposure to a confirmed case of COVID-19.

If your child has symptoms after these 14 days have passed, they should stay home from school, childcare and other public places until they feel better.

Household members are not required to isolate as long as they are asymptomatic

### What to do

Your child is legally required to stay home and **isolate** for 10 days from the start of symptoms, or until they are gone, whichever is longer.

Household members are not required to isolate as long as they are asymptomatic.

# COVID-19 Guidance for Parents of Children Attending School and/or Childcare

Your child has one of more of these COVID-19 symptoms: Chills • Painful swallowing • Stuffy nose • Headache • Muscle or joint aches • Feeling unwell, fatigue or severe exhaustion • Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite) • Loss of sense of smell or taste • Conjunctivitis, commonly known as pink eye



**Note:** Chronic symptoms that can be explained by a pre-existing medical condition (e.g. allergies) would be considered part of the child's baseline health status. As long as these symptoms do not change, the child can continue to attend school/childcare. A child should have one negative COVID-19 test to establish this baseline.

## Guidance

**Your child should not attend school/childcare if they are feeling unwell**

**A COVID-19 test is recommended**

## Testing

**Note:** If your child feels better while waiting to receive their test result, they can return to school, as long as they are not a close contact of a person who tested positive for COVID-19.

**Decide if your child will be tested for COVID-19**

**Yes**

**Do:**

**Book a COVID-19 test for your child**

- Online: [ahs.ca/covid](https://ahs.ca/covid)
- By phone: Call Health Link at 811

**Try to book a test that is within 24 hours of your child's symptoms starting**

**Do:**

**Go to the COVID-19 test with your child**

**No, or before you have your child's test result**

## Test Result

**Do:**

**Get your child's COVID-19 test result**

**It may take 1 to 3 days to get your child's test result**

- All individuals who test positive for COVID-19 will be contacted by a member of the AHS Public Health team for follow-up and case management
- For more information about getting your child's COVID-19 test result, go to [ahs.ca/results](https://ahs.ca/results)



**Positive Test Result**



**Negative Test Result**

## Next Steps

**Have you been told by AHS that your child is a close contact of a person who tested positive for COVID-19?**

**Yes**

**No**

### What to do

Your child is legally required to stay home and **isolate for 10 days from the start of symptoms**, or until they are gone, whichever is longer.

Household members should stay home for 14 days.

### What to do

Your child is legally required to stay home and **isolate for 14 days from their last exposure to a confirmed case of COVID-19**.

Household members are **not** required to isolate as long as they are asymptomatic.

### What to do

Your child should stay home from school, childcare and other public spaces until they feel better.

**Have you been told by AHS that your child is a close contact of a person who tested positive for COVID-19?**

**Yes**

**No**

### What to do

Your child is legally required to stay home and **isolate for 14 days from their last exposure to a confirmed case of COVID-19**.

If your child has symptoms after these 14 days have passed, they should stay home from school, childcare and other public places until they feel better.

Household members are **not** required to isolate as long as they are asymptomatic

### What to do

Your child should stay home from school, childcare and other public spaces until they feel better.



# COVID-19 Guidance for Parents of Children Attending School and/or Childcare

Your child is asymptomatic and has been identified as a close contact of a person who tested positive for COVID-19.

**Note:** Asymptomatic means that your child has none of the following symptoms: fever, cough (new cough or worsening chronic cough), shortness of breath or difficulty breathing (new or worsening), runny nose, sore throat, chills, painful swallowing, stuffy nose, headache, muscle or joint ache, feeling unwell, fatigue or severe exhaustion, nausea, vomiting, diarrhea or unexplained loss of appetite, loss of sense of smell or taste, conjunctivitis (pink eye)



## Guidance

Your child is legally required to isolate for 14 days

A COVID-19 test is recommended

## Testing

Decide if your child will be tested for COVID-19

Yes

Do:

Book a COVID-19 test for your child

- Online: [ahs.ca/covid](https://ahs.ca/covid)
- By phone: Call Health Link at 811

⌚ Try to book a test that is within 24 hours of when you were told about the close contact

Do:

Go to the COVID-19 test with your child

No, or before you have your child's test result

## Test Result

Do:

Get your child's COVID-19 test result

⌚ It may take 1 to 3 days to get your child's test result

- All individuals who test positive for COVID-19 will be contacted by a member of the AHS Public Health team for follow-up and case management
- For more information about getting your child's COVID-19 test result, go to [ahs.ca/results](https://ahs.ca/results)



Positive Test Result



Negative Test Result

## Next Steps

### What to do

Your child is legally required to **isolate** for 10 days from the date of their COVID-19 test.

Household members should stay home for 14 days.

### What to do

Your child is legally required to stay home and **isolate** for 14 days from their last exposure to a confirmed case of COVID-19.

If your child develops symptoms at any point during their 14 day isolation, or after, they should be retested for COVID-19.

Household members are **not** required to isolate as long as they are asymptomatic.

### What to do

Your child is legally required to stay home and **isolate** for 14 days from their last exposure to a confirmed case of COVID-19.

If your child develops symptoms at any point during their 14 day isolation, or after, they should be tested for COVID-19.

Household members are **not** required to isolate as long as they are asymptomatic.