

# Dr. K. A. Clark Newsletter

drclark.fmpsdschools.ca



March 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,

We want to start by saying thank you for your continued support of this unprecedented year. The safety and health of our students, staff and families is our utmost concern during this global pandemic. The measures put in place reduces the risks of transmission of all respiratory illnesses, including COVID-19. As part of FMPD, we highly recommend that you follow @fmpsd on all social media platforms as flexibility will be key during school reopening. A reminder of our safety protocols, Dr. Clark staff have implemented a multi-layered approach that includes:

- ☐ hand hygiene
- ☐ respiratory etiquette,
- ☐ physical distancing,
- ☐ cohorting: each class is considered a cohort and all proper measures are taken to ensure the cohort is maintained, especially indoors.
- ☐ use of personal protective equipment,
- ☐ use of non-medical face masks,
- ☐ increased frequency of cleaning and disinfection,
- ☐ daily symptom screening,
- ☐ staff and students stay home when ill.

We continue to provide the highest quality of elementary education for our students, where remaining socially connected while physically distant continues to support school culture. Dr. Clark continues to support initiatives at school such as school spirit days, virtual assemblies, and participating in our traditional celebrations, such as Terry Fox Walk, Halloween Virtual Parade, Remembrance Day, Virtual Winter Concert, Bell Let's Talk Day, Pink Shirt Day and more! We are also looking forward to warmer temperatures and using experiential learning outdoors.

Lastly, we want to thank you for choosing Fort McMurray Public Schools, a learning community dedicated to education for all students for personal excellence. Dr. K. A. Clark will continue to provide the highest quality of instruction and implement supports for students of all needs. Our focus remains to ensure our students are learning literacy, numeracy and workplace preparation. We are proud to continue to offer the following programs in the 2020-2021 school year.

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.

### Turn off the Tube, Get on the Move

Students are learning about the Canadian Sedentary Behaviour Guidelines for Children and Youth through a campaign called Turn off the Tube, Get on the Move. Here is a summary of the learnings, and how you can support your child's health.

Canada is the first country in the world to have guidelines around limiting the amount of time children and youth should spend staring at a screen. They are called the Canadian Sedentary Behaviour Guidelines for Children and Youth. These guidelines show us how truly important it is for kids to move around every day in a variety of ways.



### Why reduce screen time?

Studies have shown that increased physical activity and reduced sedentary time can lead to increased fitness, improved self-esteem, and higher academic performance.<sup>1</sup>

For elementary-school-aged children, the guidelines recommend reducing screen time to no more than two hours per day.<sup>1</sup> Look at how much screen time your family gets each day. Is there room to reduce it?

### Get your kids to turn off the tube, and get on the move!

- Check your local community centre for fun activity programs
- Invite children on a walk or bike ride after dinner, aiming to establish it as a habit.
- After school, encourage children to visit with friends in person, rather than online
- Eat at the dinner table as a family. Encourage a no-screens-allowed rule (includes phones!)
- Offer your child some active indoor and outdoor chores
- Engage your child in helping to prepare meals
- Encourage your child to be involved in after school activities or sports
- Limit after school television, video games, texting, and other screen time

Reference: <sup>1</sup>[www.csep.ca](http://www.csep.ca)



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



## Winter Walk



March 8th to 11th, students will be participating in Shape Alberta's Winter Walk Day! The weather has finally warmed up and we are looking forward to getting outside and being active.

Winter Walk day encourages people across Alberta to find joy in being active outdoors during the Winter months. Please make sure all students are coming to school prepared with proper footwear, snow pants, winter jackets, hats and mitts, so they can safely enjoy their time outdoors.

## Dance Play

**DANCEPL3Y**

Dr. Clark Dino's will be participating in a fun and energetic DANCE PL3Y unit during their physical education classes from March 15th to 26th!

It's time to let students get active and inspire them to PLAY with dance! DANCEPL3Y is an award-winning program that allows students to explore simple movements from a variety of dance styles from around the world (Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk and more!).

DANCEPL3Y's unique interACTIVE class style is paired with a positive coaching philosophy where every student can claim their "Bubble of Awesome". Forget 5-6-7-8 or complicated right foot/left foot choreography – there are only 3 Rules of PLAY: Be Positive. Be Fun. Be Yourself™.

## Pink Shirt Day



Dr. Clark Public School wore PINK on February 19th to raise awareness around bullying and to help raise funds to support programs that foster children's healthy self-esteem. We had a wonderfully supportive day with many students and classes wearing pink and participating in our school-wide video. Classes planned a Kindness activity to be showcased in our video that shared kind words and positive affirmations to everyone. We were very proud of our students and how they portrayed their kindness and how they work hard to honour this each day as leaders in our school.

In addition to this, some classes celebrated Have a Heart Day. Have a Heart Day is a child and youth-led reconciliation event that brings together caring Canadians to help ensure First Nations children have the opportunity to grow up safely at home, get a good education, be healthy, and be proud of who they are.



## 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



Message for Parents/Guardians:

1. Please continue to use the Kiss and Drop lane. We appreciate your efficiency with this option to drop your child off.
2. 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.
3. 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.
4. 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.
5. Staff parking will continue to be along the fence closest to the school.
6. 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.
7. 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.
8. 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

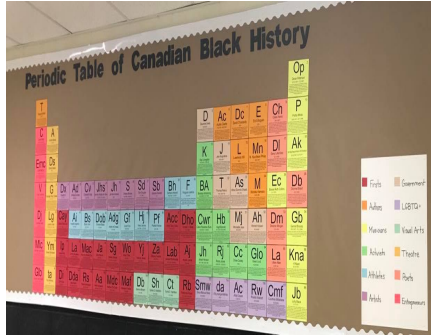
Stay informed and get live school bus updates! Monitor your child's busing at: <http://www.myschoolbusmonitor.ca/>

## My School Bus Monitor

LIVE SCHOOL BUS UPDATES -- STAY INFORMED!



### Black History Month



We had a wonderful month celebrating Black History at Dr. Clark. Students learned about Dr. Martin Luther King Jr and his famous speech for equality and his dreams for the world. Mrs. Hiscock spent time visiting classrooms reading a story, watching videos about Black History Month, and learning about other prominent African Canadians. Students had the chance to visit the "Periodic Table of Canadian Black History" made by Ms. Kuseler and Ms. Melissa's Kindergarten class. Students also learned a quick rhyme - Dr. King had a dream, had a dream, had a dream. Dr. King had a dream, my dream is to be kind. Thank you to the students!



### School Council & Fundraising Committees

Our School Council will be hosting upcoming virtual chats with our members and local community members. **Friday, March 5 from 10-11** we will be hosting The Hub Family Resource Center. They will provide information on what they have to offer and answer any questions our parents might have for them. Stay tuned for more chat dates! Their next School Council meeting is **Monday, March 22, 2021 at 7:00pm - 8:30pm** and would love for you to join in virtually! Please email our President, Jennifer Dahl at [sjdahlmail@gmail.com](mailto:sjdahlmail@gmail.com) for more information or if you have any questions.

### ECDP & Kindergarten Open Houses



Dr. Clark Public School will be hosting virtual Open Houses to provide you information about these programs at our school. Please watch our social media platforms and check your emails for more upcoming information about these events.

#### **ECDP OPEN HOUSE:**

Thursday, March 4th 6:30 PM -7:00 PM

Friday, March 5th 8:30 AM - 3:30 PM

#### **KINDERGARTEN OPEN HOUSE:**

Thursday, March 18th 6:30 PM -7:00 PM

Friday, March 19th 8:30 AM - 3:30 PM

### Reminders for Students

- 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



and Parents

building. Thank you!

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

### Science Fair



Dr. Clark will be hosting our School Science Fair March 2 and 3. The categories are innovation, research and experimental. You can visit the regional website at <http://wbrsf.ca/> for more information. The regional Science Fair has been postponed to May so please stay tuned for this event. Dr. Clark will be sending 8 participants to the regionals. Good luck to all that are participating!

#### Grade 4, 5, 6 Awards:

- 1 Gold medal (\$500)
- 2 Silver medals (\$250)
- 3 Bronze medals (\$100)

**Multiple Special Awards** (\$250 per category; totalling approximately 30 categories)

### Wind Down Wednesdays



If you see our Dr. Clark staff will be wearing their “comfy cozies” on Wednesdays in support of Mental Health Awareness. 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!

### Spirit Days



Dr. Clark will be continuing our Spirit Days! We have had great success with the ones we have hosted so far! Looking forward to seeing you all join in!

Upcoming Spirit Days:

- March 3rd - 100 Day - dress up as 100 years old!
- March 17th - St. Patrick's Day (Green Day)

### Social Media



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

**Facebook:** @DrClarkFMPD

**Twitter:** @DrClarkSchool

**Instagram:** @drclarkfmps

### 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

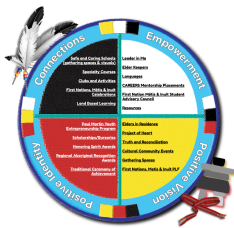
Thank you to Telus for this generous offer for BC and Alberta students!

Please contact Mr. Dolmont at [mark.dolmont@fmpsd.ab.ca](mailto: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>

### Indigenous Education at Dr. Clark



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>

#### \*NEWS\*

Katie Giles, FMPSD's newest Indigenous Support Worker will join our team every Tuesday! Katie Cardinal Giles, is of Cree/Dene descent and was raised in Fort Chipewyan, AB. She is a member of the Athabasca Chipewyan First Nation. Katie has worked in Fort Chipewyan and in Fort McMurray in the educational field for over 20 years. She offers an abundance of skills including Indigenous storytelling, traditional cooking and baking, beading, crafting, literacy and numeracy supports and liaising with our Indigenous families. We are so pleased to have her join our team!

Dr. Clark students will have the opportunity to join in learning about Arctic Winter Games and do some training Dene Hand Game lessons with Mr. Shewchuk and Mrs. Woods on March 15th. We look forward to sharing our learnings with you via social media! Please follow us on Facebook, Instagram and Twitter for updates on this day!





### Spotlight on Education



Dr. Clark was highlighted at February's Board Meeting during the Spotlight on Education. Dr. Clark students shared the wonderful Indigenous, curriculum related activities that many of our classes have been working on, from Iroquois Confederacy, learning about local Indigenous culture, 7 Grandfather Teachings, Indigenous stories and legends, Indigenous art and crafts, Truth and Reconciliation, Indigenous plants, different types of Indigenous housing and SO MUCH MORE!

The  
**Leader in Me**<sup>™</sup>  
great happens here



This term in Leader In Me, students are learning how to set wildly important goals. Students are setting realistic academic goals that they wish to work towards achieving. When students achieve their goal, they are encouraged to fill out an Academic WIG Warrior application so that their academic success can be celebrated by having their picture on the Warrior Wall.

\*Please ask your students what their academic goals are and help them reach their goals by encouraging them and practice at home.

### 100 Day - March 3



Dr. Clark will be celebrating its 100th day of school! We will do this by doing ALL THINGS related to 100! Counting, jumping, drawing, sorting and dressing up! We look forward to sharing our pictures with you on how we celebrated this day! Please check with us on Facebook, Instagram and Twitter for updates!



# 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						
																				87/101
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.