

Dr. K. A. Clark Newsletter

drclark.fmpsdschools.ca



September 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,

Welcome Back! My name is Mr. Dolmont and I will be your new Principal at Dr. Clark this year. Firstly, I want to let you know that I am incredibly excited for our students to be able to be back in class. I look forward to meeting each of our families as you all play an important role in making Dr. Clark a family. The time away has been difficult for many of us, so having the ability to get back to school is critical.

We are lucky to have minimal changes to our staffing this year, though, we have a few position changes and some new faces to add to our team. Our Admin Team remains consistent with Angela Woods in her Vice Principal role. In addition to myself as the Principal, we have a new Vice Principal, Nazia Hiscock, who is known for her caring and thoughtful personality and has lots of expertise as a Vice Principal to offer to our school. We are also excited to add two experienced new teachers to Dr. Clark, Mrs. Hilary Banks (Gr. 5) and Miss Lindsey Greatrix (Gr. 6). We are also welcoming two new counsellors to our team; Mrs. Lisa Doiron, who has over 10 years of experience including Vice Principalship; And, Mrs. Tracy Sheppard, who has a wealth of experience to bring to the team. As well, we are so lucky to have Ms. Crystal Sali as our new Administrative Secretary in our front office. Lots of wonderful additions!

Over the past few months, we have been receiving an incredible amount of information about what the back to school plan will look like. Fort McMurray Public School Division, in collaboration with provincial health and education authorities has developed a plan that has taken the recommendations and put them into action. This plan has been shared on social media as well as Dr. Clark and FMPSD websites. Please feel free to check fmpsdschools.ca/ or <https://drclark.fmpsdschools.ca/> to read through the full document. Given the fluidity of the COVID situation, changes will continue to happen and we are asking our parents/guardians to check our websites frequently to get the most up to date information.

This year, you will also notice some obvious changes to the school that have been put in place to keep your children safe. Pre-screening of students before coming to schools, frequent hand washing, social distancing, and mandatory masks for any students in grade 4 or above are now in effect. Any student who is found to be showing symptoms at school will be masked, placed in an isolated space, and parents/guardians will be required to pick them up in a timely manner. If parents/guardians need to visit the office we are asking for you to book appointments by calling the office at (780) 743-2444. As well, when arriving at the school you will need to ensure you are symptom-free, sanitize upon entry, and wear a mask while in the school.

We know we are in unprecedented times but we all need to work together to ensure we keep everyone safe. We encourage parents to reach out to us if you have any questions so we can provide the most up to date and accurate information. If you would like to meet with us please call (780) 743-2444 to set up an appointment. Although these changes will take some getting used to, the health and safety of our students require it. We will work together to ensure our students are given a safe environment in which they can succeed. Thank you so much for all you do!

Your Admin Team,

Mark Dolmont (Principal)

Nazia Hiscock (Vice Principal)

Angela Woods (Vice Principal)



Alberta Project Promoting
active Living & healthy Eating

We are a NUT FREE and
Fragrance free space



APPLE SCHOOLS

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. It improves more than 20,000 students' lives annually by supporting healthy eating, physical activity, and mental health habits.

DR. CLARK IS AN APPLE SCHOOL

What does an APPLE School look like? We empower students to make healthy choices and work with them to create positive experiences. All healthy initiatives reflect our school's specific needs. Initiatives can include:

- Monthly campaigns
- Wellness challenges
- Movement breaks
- Non-food rewards
- Mental Health Education
- Healthy classroom celebrations
- Student leadership opportunities with a health focus

APPLE Schools does not dictate policy. Each province/territory and school district has its own guidelines and policies that support wellness.

APPLE Schools staff work with our school using these existing guidelines and policies to support healthy school environments.

GET INVOLVED

Want to support your child's wellness at home?

- Help establish a regular bedtime routine
- Pack lunch together, and always include a water bottle
- Ensure a healthy balance between screen time and activity time
- Make time for outdoor activities

Learn more about APPLE Schools at appleschools.ca

School Parking



A friendly reminder to please NOT park in our "Kiss and Drop" section of our parking lot, as this is our quick flow lane for dropping children off. Please use the alternate parking in any of the designated parking areas if you have to park for any length of time.

We also ask that if you need to get out of your vehicle that you walk toward the front of the school to cross IN FRONT of the buses and the cement barricade for everyone's safety.



Orange Shirt Day

Every year FMPSD honours the survivors and their families of Residential Schools. We will celebrate Orange Shirt Day as a division on September 30th. By doing this, we open global conversations about the impacts and the legacy of Residential Schools.

At Dr. Clark we will honour this day by participating in a variety of Indigenous activities that will focus on “**Orange Shirt Day**.” We encourage all staff and students to wear an orange shirt on that day.



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.

Breakfast At Dr. Clark



Breakfast is off to a slow, but steady start this year as we iron out some of our wrinkles to ensure sanitary and safe delivery of food during these times. We are giving out smaller portions as of now to avoid wasting food. If you find that your child is requiring more, please let the school know and we can ensure they are well-fed. Dr. Clark would like to thank our volunteers Cora Johnson, Tammy Hayter and Lisa Whelen for their continued commitment year after year with this incredible program that our school has to offer.

Safe & Caring School



Parents/Visitors...

Please help us foster safe and caring schools **and** independence, as well as respect classroom learning by establishing routines with your child/children by picking them up **outside** the school at their designated entrance/exit doors.



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 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.



Mark Your Calendars!! September 28 - October 2.

Our Dinos are [#back2clark](#) and ready to show our amazing community that we can practice active citizenship while following our new norms. Our first fundraiser is of course, our Terry Fox Walk.

The Terry Fox Walk/Run is an annual non-competitive charity event held in numerous regions around the world in commemoration of Canadian cancer activist Terry Fox, and his Marathon of Hope, and to raise money for cancer research.

This year, our classroom cohorts will be participating in the Terry Fox Walk in their Physical Education classes to ensure proper physical distancing and our commitment to limit large school gatherings.

We will be staying safe and ensuring our students, staff, parents and larger school community continue to support cancer research! This year, the donation process is all online and super easy using the link below:

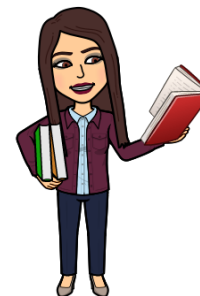
<http://www.terryfox.ca/DrKarlAClarkElementary>

School Counselling



Hi! My name is Mrs. Doiron (aka Mrs. D) and I am a school counsellor at Dr. Clark this year!! Looking forward to seeing you all around the school!

Hi Everyone! I'm Ms. Sheppard (aka Ms. Tracy) and I'm a school counsellor at Dr. Clark this year!! I can't wait to meet you all!



Check out the information below to see how I can support Dr. Clark students and families during the school year. Oh, as an extension of in school counselling support, we've created a [Counsellors' Corner](#) page on our website. There you'll find any upcoming mental health programming offered in our community plus a variety of mental wellness tips for you and your child(ren) to try out.

What does a school counsellor do?

A school counsellor is someone in the school that students can go to when they need some support. School counsellors are good listeners, and want to help students get the most out of their school year. They help students handle all types of issues. For example, a counsellor can help if someone is:

- being bullied at school
- new to the school
- upset about a family problem
- having trouble concentrating in the classroom
- having friendship troubles
- feeling worried or nervous about something
- feeling stressed about home, school or friends
- dealing with loss and/or change

Teachers, school staff and parents can refer students to see me during the school day. To reach me, please email lisa.doiron@fmppsd.ab.ca or call Dr. Clark at 780-743-2444.

PEAK Soccer Academy



PEAK Soccer Academy is offered at Dr. Clark for grades 4-6. This year we have 15 students attending!

The major focus of the soccer program is on individual player development. Throughout training sessions they practice soccer specific skills such as dribbling, passing techniques and precision, ball striking, attacking and defending principles, and many other technical and tactical tasks. These fundamental soccer lessons are delivered in a fun, effective, and organized manner so the player can leave every session with a sense of pride and achievement.

Practices are scheduled for every Monday & Wednesday starting on Monday, Sept. 21, 9-10 a.m.

Reminders for Students



- If you are in grade 4 and above, please remember to wear your mask
- Please ensure that you bring your water bottle to school as we currently do not have access to our drinking fountain.

School Parking

A friendly reminder to please NOT park in our “Kiss and Drop” section of our parking lot, as this is our quick flow lane for dropping children off. Please use the alternate parking in any of the designated parking areas if you have to park for any length of time.

Important Dates

September

18 - PLF - No School for Students
25 - School Spirit Super Hero Day and Virtual Assembly
28 - Oct. 1 Week - Terry Fox Walk and Fundraising
30 - Orange Shirt Day
30 - Picture Day

October

2 - PLF - No School for Students
12 - Thanksgiving - No School
30 - ATA Institute Day - No School for Students

November

11 - Remembrance Day
15 - Rock Your Mocs
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

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