

# Dr. K. A. Clark Newsletter

drclark.fmpsdschools.ca



February 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 push through the colder winter months, we want to talk this time to remind parents of the importance of ensuring children are properly dressed for the cold weather. We encourage children to dress in layers and make sure they have an adequate coat, snow pants, mittens and hat to brave the cold winter temperatures. FMPD's cold weather policy states that students are able to go outside for any temperature up to -24 degrees Celsius. At these temperatures it only takes a short time to get frostbite if dressed improperly. When temperatures do drop below -24 degrees Celsius students will stay in for recesses, and will be allowed into the school starting at 8:40 am when supervision is present.

In addition, a safety concern that continues to arise is the number of parents and students cutting through the busy parking lot at pick-up and drop off times. We are asking all parents that are using the front parking lot to **please walk along the sidewalks instead of cutting through the parking lot.** Although this may take a couple additional minutes, our children's safety is the utmost priority.

On a positive note we are excited to be able to have two virtual presenters for our students this month. On February 5th we will be having Jill Heinerth who is a world renowned scuba diver, as well as the Earth Rangers on February 19th. We know these will be excellent opportunities for our students to enhance the learning they are already doing in their classes.

February is a short month so we want to remind parents that there will be no school for students on February 12th for PLF, Family Day February 15th, and through the teachers convention which runs from February 22nd-26th. If parents have any questions or concerns they are always encouraged to reach out to the office at (780) 743-2444.

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.\*\***

### Important Dates

#### February

**1** - Black History Month Begins  
**2** - Groundhog Day  
**5** - Jill Heinerth Presentation @2pm  
**8** - Joint Networks Meeting @6pm  
**8** - Spirit Day - Hat Day  
**11** - Have a Heart Day/Valentine's Day Celebration (wear **RED** or **PINK**)  
**11** - Moose Hide Campaign  
**15** - Family Day (no school)  
**17** - DC's Spotlight on Education at Board Meeting  
**19** - **Pink Shirt Day**, Earth Rangers Presentation  
**22-26** - Teacher's Convention (no school for students)

#### March

**2 and 3** - School Science Fair  
**3** - 100 Day  
**10-11** - Parent Teacher Interviews @ 4:30-7:30  
**12** - PLF #9 (no school for students)  
**15-19** - Grade 4 at Heritage Village  
**17** - **St. Patrick's Day**  
**19** - Report Cards go home  
**27** - Regional Science Fair



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.

### Show Your Heart Some Love

This month, students are learning how to keep their heart healthy through a monthly campaign called Show Your Heart Some Love. Here is a summary of the learnings.

#### What is heart disease?

It's a general term meaning the heart is not working properly. Some forms of heart disease are present at birth, and others develop as we age. Many forms of heart disease can be prevented by living an active, healthy lifestyle<sup>1</sup>.

#### How can I prevent heart disease?

The Heart and Stroke Foundation of Canada has 9 recommendations for reducing your risk of developing heart disease. This campaign will address 3 of them:

- Physical activity
- Eating a healthy diet
- Reducing stress

As an APPLE school, we strive to build healthy habits around these recommendations in our day-to-day life.



#### A good place to start is to GET STRESS FIT!

Give yourself a break  
Eat a healthy diet  
Talk it out with someone

Spend time with loved ones  
Take time for yourself  
Relax with a book or music  
Exercise: walk, swim, bike  
Set priorities  
Schedule your time

Find new hobbies  
Increase stress awareness  
Take action

#### References

<sup>1</sup><http://www.heartandstroke.ca>



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



## Presentations

**Geography EXPEDITIONS**

**JILL HEINERTH**  
EXPLORER-IN-RESIDENCE

An acclaimed polar explorer, cave diver, author, speaker, filmmaker, and climate advocate, Jill is the first Explorer-in-Residence of the Royal Canadian Geographical Society. Jill leads expeditions into extreme environments to advance scientific and geographic knowledge. Her projects have been broadcast on the CBC, BBC, PBS, Discovery Channel.

Jill is a dynamic presenter, and has delivered sessions to students in all provinces of Canada. Sessions can be for a whole school, groups of classes, or individual classes. The topics can be tailored to match curricular outcomes for Grades 2-12. Topic areas include chemistry, underwater ecosystems, animals, Arctic, coral reefs, underwater archeology, paleontology, caves, geology, climate change.

Sessions typically run about 40 minutes of slides, videos and explanation, with a 20 minute question and answer period afterward.

Thanks to the Wet & Wild Scuba Diving Society, for covering the speaker fee.

**BOOK YOUR SESSION TODAY**  
Contact [kathleen.cochrane@fmppd.ab.ca](mailto:kathleen.cochrane@fmppd.ab.ca)

On February 5, Dr. Clark has the unique opportunity to have a virtual presentation with Jill Heinerth. Jill is a world renowned explorer, scuba diver, and an amazing speaker. The presentation will engage our students from Grade 1-6, and will cover a wide range of topics, including underwater diving in caves and icebergs, discovering new species of animals, creating mapping tools, underwater archeology and geology, and overcoming the fear of the unknown. Don't forget to ask your child about this awesome experience!

On February 19, we will have a virtual presentation from Earth Rangers! Earth Rangers is the kids' conservation organization, dedicated to educating children and their families about biodiversity, inspiring them to adopt sustainable behaviours, and empowering them to become directly involved in protecting animals and their habitats. During the circumstances of



COVID-19, Earth Rangers has developed an innovative and interactive live virtual program that will continue to bring the positive impact of our assembly to students across Canada!

The Virtual School Program includes:

- Real-time broadcasting live from the Earth Rangers Centre
- Educational, curriculum-linked information appropriate for Grades 1-6
- Integration of technology like green screens, video segments, and multiple camera angles to create a unique and immersive virtual experience
- Interactive elements like trivia and a choose-your-own-adventure format to keep students attentive and engaged
- Demonstrations by our beloved Animal Ambassadors like Kateri the Peregrine Falcon, Gizmo the Eurasian Eagle Owl, and Quillow the Prehensile-tailed Porcupine.

### Winter Walk



This month, students will be participating in Shape Alberta's Winter Walk Day! We are just waiting on the weather to cooperate a little more temperature wise so that we have an enjoyable day out walking. Stay tuned for dates!

Winter Walk day encourages people across Alberta to find joy in being active outdoors during the Winter months. Students will bundle up and explore the great outdoors during their physical education classes through the first week of February (pending the temperatures). Please contact Alyssa for more information.

### Pink Shirt Day



Dr. Clark Public School will be wearing PINK on February 19th to raise awareness around bullying and to help raise funds to support programs that foster children's healthy self-esteem. Stay tuned for social media updates and emails on how Dr. Clark will be supporting this day.

Please visit <https://www.pinkshirtday.ca/> for more information about Pink Shirt Day.



## 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/>



### **Black History Month**



Every February, people in Canada are invited to participate in Black History Month festivities and events that honour the legacy of Black Canadians and their communities.

The 2021 theme for Black History Month is: "The Future is Now".



### School Council & Fundraising Committees

Thank you to our School Council for being inspired by our Bell Let's Talk discussions this week! They held a parent drop in informing all of our parents who had the opportunity to talk with our School Council President, Jennifer Dahl. Our School Council is looking to host virtual "chats" in the future, so stay tuned for this upcoming information! Their next meeting is **Tuesday, February 9, 2021 at 7:00pm - 8:30pm** and would love for you to join in virtually!

### **ECDP & Kindergarten Open House**



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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 5:00 PM -7:00 PM

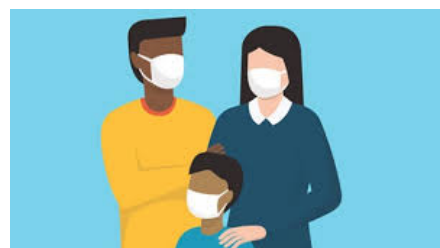
Friday, March 5th 8:30 AM - 3:30 PM

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

Thursday, March 18th 5:00 PM -7:00 PM

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

### **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**

## 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 takes place March 27. 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 Day:  
February 8 - Hat Day

## Social Media



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

**Facebook:** @DrClarkFMPD

**Twitter:** @DrClarkSchool

**Instagram:** @drclarkfmpsdschools

**Website:** [drclark.fmpsdschools.ca](http://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

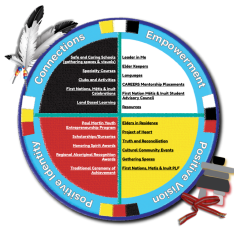
Thank you to Telus for this generous offer for BC and Alberta students!

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



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>

### Spotlight on Education



Dr. Clark will be highlighted at February's Board Meeting during the Spotlight on Education. During this portion of the meeting schools across FMPSD get to showcase some of the wonderful programming and events at their schools. This year's Spotlight, Dr. Clark will be highlighting the wonderful Indigenous, curriculum related activities that many of our classes have been working on. Please tune in to the LIVE YouTube channel on **February 10th at 6:30pm** where you will be able to watch this showcase of our students' work. We will share the LIVE YouTube link the day of the Board Meeting.



# 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  
Dec 20-31 Christmas Break

Mar 3-4 Teachers' Convention

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.