

Bowden Grandview School

NOVEMBER 23, 2020

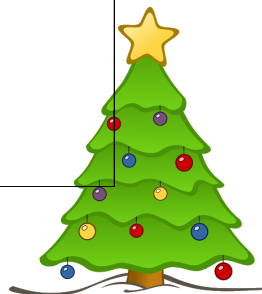
Dear Parents and Guardians,

Thank you for your ongoing support as we navigate the effects that COVID-19 is having on our learning community. Although we continue to believe that face to face learning is the best way to reach students and we recognize the tremendous impact this situation has had on our families, we will always put the safety and well-being of our students and staff first.

As you know, we have had a positive case of COVID-19 identified at our school last week and as a result most students in grades 1-10 have been identified as close contacts and have been sent home to isolate until Wednesday, December 2. During the isolation, students are legally required to stay at home as per [AHS guidelines](#). For those asked to isolate, AHS also recommends COVID testing as soon as possible by completing the [COVID-19 Self Assessment Tool](#) or calling Health Link at 811. We are working closely with Alberta Health Services to ensure necessary measures are in place to protect all students and staff. Alberta Health Services will be sending an email with these details to all close contacts.

Students in playschool, Kindergarten and grades 11 and 12 will continue to come to school on Monday (unless you have been contacted and told that your child has been identified as a close contact). Only those students who have been identified as close contacts with the positive case are required to isolate. Siblings and other family members who have not been deemed close contacts do not have to isolate.

Below please find Alberta Health Services flow chart which further explains what to do if your child has been identified as a close contact.



We want you to know teaching and learning continues at Bowden Grandview for all students. Students in grades 1-10 (and those in other grades who are also isolating) will be contacted by their teacher and will be given information about accessing their work via Google Classroom and with Google Meet. This will be the primary venue for your child's continued learning during this time.

It is very important that your child completes the work assigned in the Google classroom and joins the Meets arranged by teachers during their absence. **If at all possible students should have access to their own Chromebook.** If this is not possible, please contact the office to sign one out on Monday.

Buses will continue to run for those students who will be attending classes in person. We are so proud of the positive response from our students, families and staff, who have been incredibly understanding as we deal with this situation. Thank you, parents, for coming so quickly to pick up your child on Friday. We know that this was an inconvenience on your part.

Kindness and support of one another is so important during these unprecedented events. Now more than ever our partnership with parents is ensuring we can successfully move your child's learning forward together and we thank you for working alongside us. Please make sure you are monitoring the Google Meets and are checking the Google classrooms on a daily basis, and email your child's teacher with any questions.

We look forward to welcoming those students who are in isolation back on Wednesday, December 2. Until then, take care and we will see you online.

Jeff Thompson
Principal

Dawn Weststrate
Vice Principal



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; shortness of breath; loss of sense of smell or taste; chills; sore throat or painful swallowing; runny nose or congestion; feeling unwell or fatigued; nausea or vomiting or diarrhea; unexplained loss of appetite; muscle or joint aches; headache; 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
- 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



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 must 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. Visit ahs.ca/parentcovidguide to determine next steps.

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

Last Day for Scholastic Book Fair

 **SCHOLASTIC** Virtual Book Fairs

BOWDEN GRANDVIEW SCHOOL
2238 21ST AVENUE, BOWDEN, AB, CA, T0M0K0

Soon you will be able to build your home library with new books to

Inspire and engage the young readers in your home!

- **Every purchase earns Book Fair Rewards that can be used for resources to support your school!**
- **Orders are delivered right to your home! Safe and Easy.**
- **FREE STANDARD SHIPPING on orders over \$35!**

WHAT'S HAPPENING:

Monday, November 23

- Book Fair Ends
- DFS Fundraiser Due

Tuesday, November 24

- Poinsettia Fundraiser Due

Thursday, November 26

- Grade 9-12 Report Cards

Friday, November 27

- CESD Collaborative Day - No school for students

<https://bookfairs-canada.myshopify.com/pages/5148694>



If you have fundraising orders and are in isolation please contact the school to make arrangements.

Thank you!
403-224-3250

Last Day for Fundraisers!



Sub-Way/Sunshine Blends Wrap



Wednesday - December 9, 2020-Subway,
Online orders due by Wednesday, December 2,
2020, 7:30 a.m.

Wednesday - December 16, 2020-Sunshine
Blends Wraps. Online orders due by Wednes-
day, December 9, 2020, 7:30 a.m.



School Council has an email address

The School Council has an email address: bgscoun-
cil@gmail.com. Parents who are interested in attending an
online School Council meeting can email this address to ex-
press their interest. The next meeting is December 15 at noon.

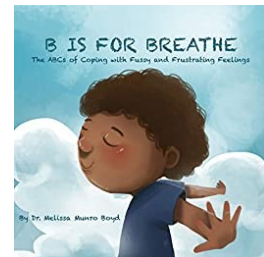


Literacy Corner

B is for Breathe: The ABC's
of Coping with Fussy and
Frustrating Feelings is a book
by Dr. Melissa Munro Boyd.
With the increase of students
experiencing high levels of
anxiety and stress, this book
is one to keep around when
we need a reminder to
breathe, unplug, and relax our
muscles. Taking that moment

and being mindful of our
breathing and our bodies can
really shift the energy not on-
ly within ourselves but within
our entire classroom and
home. Check out Dr. Boyd's
book for ways to help kids
(and ourselves) discover cop-
ing strategies for stress and
anxiety.

To listen to B is for Breathe,
check out this link [https://
www.youtube.com/watch?
v=sEmKSIzZNo](https://www.youtube.com/watch?v=sEmKSIzZNo)



Indigenous Education

Louis Riel devoted and sacri-
ficed his life defending the
rights of Métis people. On
November 16, 1885, he was
executed.

The Métis are the descendants
of French Canadian or Scot-
tish fur traders and First Na-
tions mothers, who have
evolved to develop their own
unique and distinct culture.
The infinity sign, a Métis

symbol, is used to represent
the coming together of two
cultures. Michif is the lan-
guage of the Métis; however,
many Métis people also speak
Cree, Saulteaux, Dene and
French. The Métis are also
known as the “flower bead-
work people” because the
flower pattern is often fea-
tured on their clothing and
footwear.

The Métis have a significant
place in Alberta’s history.
Many early Francophone
communities were established
through the fur trade through
a strong relationship between
Métis and Francophone peo-
ple. Alberta is also the only
province in Canada to estab-
lish Metis Settlements,
providing some Métis with a
land base.

Community Resource Navigation Team

**HAS COVID
AFFECTED
YOUR FAMILY?**

Are you and
your family
feeling isolated?

Are you not
sure where to
go for help?

**We can help you navigate
& connect with Community
Supports and Services**

Complete Intake Form at www.fsca.ca
or contact Lynette at 403.309.8204
lbraun@fsca.ca



The Cinemates!



- Come join the Movie Club for a 'theatre-like experience'!
- Once a month the YES Program will be hosting a Movie Day in the Music Room. We will start @ 10:00 AM and wrap up by noon.
- Participants will have the opportunity to vote on which movie is shown! (details to follow).
- Please have your parent/guardian fill out, sign and return the permission form to the YES Room **before December 1st**. This is a first come first serve program, with a max. of 15 students allowed. Forms are in the YES Room and Library.
- Cinemates groups will be organized by grade cohort.
- Access to the school will be through the West Side Elementary doors (by the playground).

NOTE All COVID-19 Guidelines will continue to be in effect while on school premises. As this is a school based program, all school policies will be enforced during The Cinemates.**



Movie Dates

February 5

March 5

April 2

May 7

June 4



Where Family
Comes First

Family Services of Central Alberta
5409-50th Avenue
Red Deer, AB T4N 4B7
Ph: 403-343-6400
Fax: 403-343-6407
E-mail: fsca@fsca.ca
Web: www.fsca.ca

Introducing the Community Support Navigation Team

The Community Resource Navigation team exists to support families in accessing social supports as they reintegrate to schools and community post isolation and to build capacity for community resource navigation. COVID has affected and continues to affect many individuals and families in numerous ways. People throughout the community are struggling and trying to figure out where to go but just do not know where to start. FSCA supported by FCSS has created a pilot project called The Community Resource Navigation Team. We are here to support families in accessing appropriate Community Supports and Services working together to strengthen families, and to enhance their sense of safety and well-being.

What can we do?

- Support in Connecting to appropriate resources within the community.
- Meet with the family via phone, video meetings such as ZOOM, and we can arrange safe, in-person meetings if needed.
- Provide community referrals or help in obtaining referrals to the appropriate resource/agency.
- Offer info and understanding in navigating intake processes such as completing forms, assisting in booking appointments and even attending appointments with the family to provide extra support when possible.
- We have a diverse team with extensive backgrounds of experience and understanding in working with families and navigating community resources.

Complete the intake form online at <https://fsca.ca/community-resource-navigation-team/> or contact Lynette Braun at 403-309-8204 / lbraun@fsca.ca

We look forward to working together with you to support families and individuals in our communities to get back on their feet.

Thank you,
Lynette Braun for the Community Resource Navigation Team,
Family Services of Central Alberta



Community Education Service



Improving emotional health and well being

Helping Our Children & Youth Cope

Panelists:

Kathy Jarrell, Lead - Alberta School Mental Health Literacy Project, AHS

Brian Madill, Coordinator of Student Services - Red Deer Public Schools

Jodie Mattia, Director of Support Services - Wetaskiwin Regional Public Schools

Let's boost the resiliency of our children and our families!

Has the current pandemic affected our mental health?

What can we believe?

Should we be worried?

Mental health is an essential component of personal well-being. Join our panelists as they discuss coping skills, balance and resiliency which can serve us well through the COVID-19 pandemic and beyond. Their insights and tips will support both your and your child's mental health and overall well-being.

Prior to the session, please send questions you would like addressed to
ces@ahs.ca

FREE Webinar
Tuesday December 1 2020
6:30 – 7:30 pm

Register <https://community.hmhc.ca/sessions>