

October 4, 2021

## Bowden Grandview School



On the first National Truth and Reconciliation day, several staff members gathered to be together to embrace nature and celebrate change with a hike to Chester Lake.



The Class of 2022 show off their new grad hoodies. The excitement is in the air!



### What's Happening:

Wednesday, October 6

- BGS Awards (In School Celebration)

Friday, October 8

- No School

Monday, October 11

- No School



We recognize that navigating COVID and all of the changing restrictions can be challenging and sometimes frustrating. We ask that you remember that the decisions made about COVID protocols at the school are set out by Alberta Health Services and the Provincial Government.

Please remember that when your child is ill that they must stay at home (as per AHS guidelines). When you call in to report an absence we are required to ask questions in regards to the nature of your child's illness and then we have been directed to let you know what the Alberta Health Services guidelines are. We thank you for remembering to treat our staff with kindness and respect. They are also dealing with the challenges and frustrations of navigating these crazy times.

\*\*Please note the NEW updated Alberta Health Daily Checklist which identifies isolation requirements for individuals testing positive for COVID-19, as well as household contacts that are not fully immunized.

Mr. Jeff Thompson  
Principal

Mrs. Dawn Weststrate  
Vice Principal



## COVID-19 INFORMATION

# 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 through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

If your child has traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments.

If within the last 10 days, your child has been notified by Public Health that they are a case<sup>3</sup> of COVID-19, they are required to isolate as per Public Health instructions.

### Screening Questions for Children under 18:

<b>1.</b>	<b>Has your child been a household contact of a case<sup>2</sup> of COVID-19 in the last 14 days?</b> <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, siblings, someone who slept over, or someone who provided direct physical care to the child.</i>	<b>YES</b>	<b>NO</b>
<b>If the answer is "YES" AND they are NOT fully immunized<sup>4</sup>:</b> <ul style="list-style-type: none"> <li>Child should stay home and NOT attend school, childcare and/or other activities for 14 days from the last day of exposure and monitor for symptoms. If your child has symptoms, proceed to question 2.</li> </ul>			
<b>If the answer is "NO" to question 1, proceed to question 2</b>			
<b>2.</b>	<b>Does the child have any new onset (or worsening) of the following core symptoms:</b>		
	<b>Fever</b> Temperature of 38 degrees Celsius or higher	<b>YES</b>	<b>NO</b>
	<b>Cough</b> Continuous, more than usual, not related to other known causes or conditions such as asthma	<b>YES</b>	<b>NO</b>
	<b>Shortness of breath</b> Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	<b>YES</b>	<b>NO</b>
	<b>Loss of sense of smell or taste</b> Not related to other known causes or conditions like allergies or neurological disorders	<b>YES</b>	<b>NO</b>
<b>If the answer is "YES" to any symptom in question 2:</b> <ul style="list-style-type: none"> <li>The child is required to isolate for 10 days from onset of symptoms as per the current <a href="#">CMOH Order</a> OR receive a negative COVID-19 test and feel better before returning to activities.</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 answer is "NO" to all of the symptoms in question 2, proceed to question 3.</b>			

<sup>3</sup> A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

<sup>4</sup> A person who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

3.	<b>Does the child have any new onset (or worsening) of the following other symptoms:</b>	
	<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/conditions, such as anxiety, medication or irritable bowel syndrome	YES NO
	<b>Unexplained loss of appetite</b> Not related to other known causes/conditions, such as anxiety or medication	YES NO
	<b>Muscle/joint aches</b> Not related to other known causes/conditions, such as arthritis or injury	YES NO
	<b>Headache</b> Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES NO
	<b>Conjunctivitis</b> (commonly known as pink eye)	YES NO
<p><b>If the answer is “YES” to ONE symptom in question 3:</b></p> <ul style="list-style-type: none"> <li>Keep your child home and monitor for 24 hours.</li> <li>If their symptom is <b>improving</b> after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.</li> <li>If the symptom <b>does not improve or worsens</b> after 24 hours (or if additional symptoms emerge), use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to check if testing is recommended.</li> </ul> <p><b>If the answer is “YES” to TWO OR MORE symptoms in question 3:</b></p> <ul style="list-style-type: none"> <li>Keep your child home.</li> <li>Use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to determine if testing is recommended.</li> <li>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.</li> </ul> <p><b>If the answer is “NO” to all questions:</b></p> <ul style="list-style-type: none"> <li>Your child may attend school, childcare and/or other activities.</li> </ul>		

**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 or until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.



# VOLLEYBALL



The Junior A volleyball team played their first game of the season vs RVS on Monday. Although they walked away with a loss, the team played hard and kept their spirits high!



- Emily Funk
- Jordyn Galay
- Jessie Grenier
- Sierra Hutchings
- Brooke Kinder
- JayAuna Lazowski
- Patience Morin
- Savanah Nielsen
- Reece Sahli
- Rebecca Scott
- Olivia Stoutenburg
- Paige Van Sickle
- Kaitlyn Werdal







# TERRY FOX MARTON

THE TERRY FOX RUN

SACRED HEART HIGH SCHOOL  
TERRY FOX SCHOOL RUN  
WEB SITE

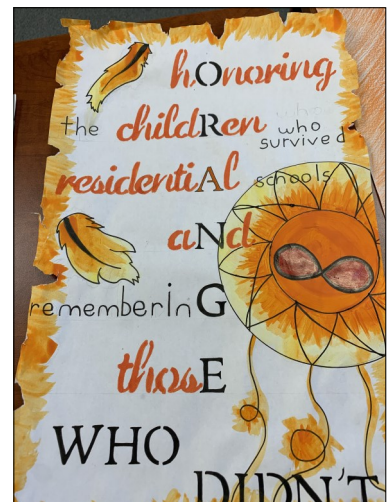
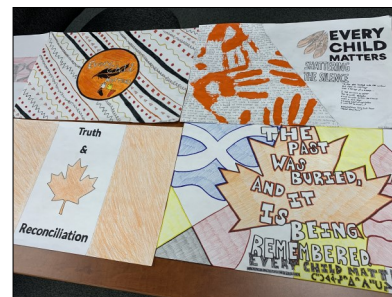
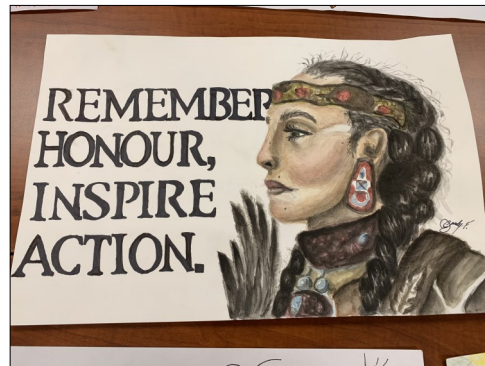




# Orange Shirt Day/Truth and Reconciliation Day

On September 29th the staff and students of Bowden Grandview School acknowledged and took part in various Orange Shirt Day activities, however our learning did not end there. We vow as a school to listen, learn/unlearn and help become part of the solution with Truth and Reconciliation.

Many of our staff and students wore the colour orange; one that relates to the experience of Phylis Webstad, a Northern Secwepemc, on her first day of school, where she arrived dressed in a new orange shirt that was taken away from her. It is now a symbol of the stripping away of culture, freedom and self esteem experienced by Indigenous children over generations.







# ACTIVE PARENTING

## VIRTUAL



Sessions: Every Tuesday from 1pm-2:30pm  
or  
Every Wednesday from 7pm-8:30pm  
for the Month of October



A comprehensive parenting program helping parents of kids ages 5 to 12 raise responsible, cooperative children who are able to resist negative peer pressure and thrive.

Please pre-register by contacting Kristin at  
403-877-7163



Innisfail and Area FRN



# CHIPS Program

ACTIVE PLAY, LEARNING AND MORE!

At the Innisfail Library

**When: Every Tuesday**

**Time: 9:30am-10:45am**

**Ages: 0-5**

**Sept 7th- Space Week**


**Sept 14th- Hawaiian Week**

**Sept 21st- Disney Week**

**Sept 28th- STEM Week**

**Pre-registration is required**

**Please call or text Kristin at 403-877-7163**

 Innisfail and Area FRN





7th Annual *Creating a Vision  
for Non-Violence Conference*

November 12, 2021

**NOW  
VIRTUAL**

8:30 am - 3:30 pm

*Speakers Include:*

**Dr. Scott McLean:** "Trauma and Victimization - A Child's Lens"

**Sheryl Krill:** "RESILIENCY: The Power of YOU"

**Elena Esina:** "Supporting the Supporters: The Role Informal Supporters Play in Preventing Domestic Violence"

**Veronika Ilich:** "Patriarchy Hurts Men Too: Engaging Men and Boys as Stakeholders in Gender Equality"

**Camilla Jones:** "The Gift of Laughter"

\$50/person, includes Speakers and Draws  
**FREE MAILED GIFT FOR THE FIRST 100 REGISTRANTS**

Please register by October 22 @  
<https://www.townofpenhold.ca/p/regional-vision-for-non-violence-conference-2021>

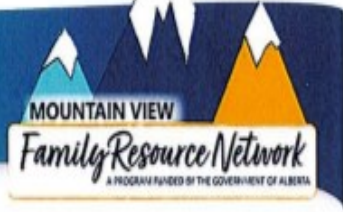
Email [fcss@townofpenhold.ca](mailto:fcss@townofpenhold.ca) or  
visit [visionfornonviolence.weebly.com](http://visionfornonviolence.weebly.com)  
for more information.

REGISTER BY  
SEPT. 30 FOR A  
CHANCE TO WIN AN  
EARLY BIRD PRIZE





# UPCOMING EVENTS - MIDDLE YEARS



## FEAR - LESS GROUP TRIPLE P PROGRAM

Anxiety can affect day-to-day functioning and family, school, and social life. Fear-Less Group is a 6 session workshop that helps parents and caregivers understand anxiety and offers specific strategies that will support you and your child. This group is for parents/caregivers of children who struggle with anxiety between the ages of 6-14 years.



**THURSDAYS**  
September 2nd to October 7th  
Time: 100'



## FEAR - LESS TRIPLE P PROGRAM

Thursday's  
September 2nd to October 7th  
Time is to be determined based on registration.

**Register!**

Register online by visiting [mvfrn.ca](http://mvfrn.ca) or by email at [info@mvfrn.ca](mailto:info@mvfrn.ca)

# TEEN STRESS 101

Online via Zoom

Are you between the ages of 12-17 and feeling stressed out? Join us for this interactive 2 part workshop where we will pick apart what stress is, where we feel stress and what we can do to help manage it.

**SESSION 1: September 28th 7:00 pm - 8:00 pm**  
**SESSION 2: October 12th 7:00 pm - 7:45 pm**

Email [info@mvfrn.ca](mailto:info@mvfrn.ca) or visit [www.mvfrn.ca](http://www.mvfrn.ca) to register!



# OCTOBER 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
					1 Stay, Play & Learn 10am-11am  Lego Club 3:30pm-4:30pm	2
	<b>ALL MATERIALS ARE FREE &amp; CAN BE DELIVERED</b>	<b>CALL OR TEXT 403-877-7163 TO REGISTER</b>				
4	Creative Masters 5:30pm-6:30pm	5 Stay, Play & Learn 9:30am-10:45am Active Parenting 1pm-2:30pm Impact Youth Club 4pm-5pm	6 Stay, Play & Learn 11am-12pm Un Limited Champions 4pm-5pm Active Parenting 7pm-8:30pm	7 Stay, Play & Learn 10am-11:30am	8 <b>PDDAY</b> Active Kids 10am-11am  Art Attack 1pm-2:30pm	9
11	<b>HAPPY THANKSGIVING NO PROGRAMS</b>	12 Stay, Play & Learn 9:30am-10:45am Active Parenting 1pm-2:30pm Impact Youth Club 4pm-5pm	13 Stay, Play & Learn 11am-12pm  Active Parenting 7pm-8:30pm	14 Stay, Play & Learn 10am-11:30am	15 Stay, Play & Learn 10am-11am  Lego Club 3:30pm-4:30pm	16
18	Creative Masters 5:30pm-6:30pm	19 Stay, Play & Learn 9:30am-10:45am Active Parenting 1pm-2:30pm Impact Youth Club 4pm-5pm	20 Stay, Play & Learn 11am-12pm Un Limited Champions 4pm-5pm Active Parenting 7pm-8:30pm	21 Stay, Play & Learn 10am-11:30am	22 <b>PDDAY</b> Active Kids 10am-11am  Art Attack 1pm-2:30pm	23
25		26 Stay, Play & Learn 9:30am-10:45am Active Parenting 1pm-2:30pm Impact Youth Club 4pm-5pm	27 Stay, Play & Learn 11am-12pm  Active Parenting 7pm-8:30pm	28 Stay, Play & Learn 10am-11:30am	29 Stay, Play & Learn 10am-11am  Lego Club 3:30pm-4:30pm	30



# CYBER /STREET SAFETY



Teens 12+ Join me and Constable Nelson  
for an information session about Street and Cyber Safety.

When: Tuesday October 5th  
Where: Zoom  
Time: 4pm-5pm



To pre-register please contact Kristin  
at 403-877-7163

 Innisfail and Area FRN

[innisfailfamilyresourcenetwork](http://innisfailfamilyresourcenetwork.ca)

# ART ATTACK


6-10YRS  
VIRTUAL



When: Every Other Friday Starting  
October 8th  
Time: 1pm-2:30pm



Please Pre-Register by Contacting Kristin at 403-877-7163

 Innisfail and Area FRN

Family  
Resource  
Network



# CREATIVE MASTERS

6-14YRS

VIRTUAL

Every Other Monday Starting October 4th  
Time: 5:30pm-6:30pm

Pre-registration is required  
Please contact Kristin at 403-877-7163



Innisfail and Area FRN

Family  
Resource  
Network



# Lego Club

6+yrs  
Virtual

When: Every Other Friday Starting  
October 1st

Time: 3:30pm-4:30pm



Pre-register by contacting Kristin  
at 403-877-7163



Innisfail and Area FRN

Family  
Resource  
Network

# IMPACT YOUTH CLUB

12+  
Virtual

**When: Every Tuesday**

**Time: 4pm-5pm**

**Please Pre-Register by Contacting  
Kristin at 403-877-7163**

## Bowden

FCSS Building, Beside Igloo Arena

**When: Every Friday**

**Time: 10am-11am**

**Ages: 0-5yrs**



**Sept 3rd- Active Park Play**

**Sept 10th- Space Week**

**Sept 17th- No Programs**

**Sept 24th- Disney Week**

Pre-registration is required

Please call or text Kristin at 403-877-7163



# Stay, Play and Learn

**2-5yrs  
Virtual**

**Tuesday's: 9:30am-10:45am**

**Wednesday's: 11am-12pm**

**Thursday's: 10am-11:30am**

**Every Other Friday: 10am-11am**

**Pre-registration is required**

**Please call or text Kristin at**

**403-877-7163**



**Innisfail and Area FRN**

**Family  
Resource  
Network**



# FREE Family Swimming

**Held at the Innisfail Aquatic Centre from 3 - 5 p.m.  
on the 2nd Sunday of each month.  
Space is limited. Pre-registration is required.**

**Sunday, October 10  
Sunday, November 14  
Sunday, December 12**





# Helping Kids Grow Up Great

**FREE** parenting workshop!

Learn about the

**40 Developmental Assets.**

The more assets your child

has, the more likely they

are to thrive!



**DATE:** Tuesday, October 12th

**TIME:** 6:00pm to 7:00pm

**LOCATION:** Zoom Session