

April 25, 2022

Bowden Grandview School

A Brush With Art



Our very own Syrscha Holz presented her acrylic art work in the 2022 Mountain View Art Society's "A Brush With Art" show and sale April 9-10. She was featured as part of an Emerging Artists area that showcased the talents of a few local high school students. The show and sale also gives artists an opportunity to come together and learn from each other as well as meet prospective clients. Way to go Syrscha!



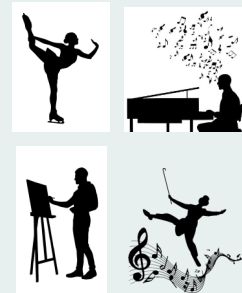
What's Happening:

Wednesday April 27

- Hot Dog Day



Elementary Talent Show



Record your talent on video and

send to your Google Classroom under the Music Topic.

Video: 2 min max.
(approx)

We'll create an online show!

Due date : Submit video
by April 29

Have fun!

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

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.

International travellers who become a case of COVID-19 after arrival in Alberta should follow isolation requirements outlined by the Government of Canada.

If your child has tested positive on a [rapid antigen test](#) or received a message from Public Health indicating that they are a case⁴ of COVID-19, they are required to isolate as per [Public Health instructions](#). For more information on isolation requirements after a positive rapid antigen test, refer to the [Rapid testing at home website](#).

Screening Questions for Children under 18:

1.	Has your child been a household contact of a case⁴ of COVID-19 in the last 10 days? <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, someone who slept over, attended a birthday party or someone who was a play date with a case.</i>	YES	NO
<p>If child answered “YES” AND they are NOT fully immunized⁵:</p> <p>Child should stay home and NOT attend school, childcare and/or other activities for 10 days from the last day of exposure and monitor for symptoms, unless they have tested positive for COVID-19 in the last 90 days AND completed the mandatory 10- day isolation period, in which case they can proceed to question 2.</p> <p>If child answered “YES” and they are fully immunized⁵ proceed to question 2: If child answered “NO” to question 1, proceed to question 2:</p>			
2.	Does the child have any new onset (or worsening) of the following core symptoms:		
	Fever Temperature of 38 degrees Celsius or higher	YES	NO
	Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	Shortness of breath Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
<p>If the child answered “YES” to any symptom in question 2:</p> <p>If the child is fully immunized⁵</p> <p style="padding-left: 20px;">Isolate for 5 days from the day of onset of symptoms or until symptoms resolve³ whichever is longer. After this isolation period, up to a total of 10 days from the day of symptom onset, they are required to wear a mask at all times when in a public place or otherwise in the company of other persons with no exceptions.</p> <p>If the child is NOT fully immunized⁵,</p> <p style="padding-left: 20px;">they must isolate for 10 days from the day of onset of symptoms or until symptoms resolve³ whichever is longer</p> <p>Whether they are fully immunized or not, even if they have a negative molecular (e.g. PCR) COVID-19 test or two negative rapid antigen tests, taken not less than 24 hours of each other, they still must isolate until symptoms resolve³.</p> <p>If they are within three weeks of the initial positive test of a previous infection they do not need to test again, and they can leave isolation when symptoms resolve³.</p> <p>They can use an at-home rapid antigen test if available or access the AHS Online Assessment Tool for advice on managing mild symptoms, and whether they are eligible for a COVID-19 molecular test.</p>			

³Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication⁴A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)A child 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

NOTE:
 If they have had a previously confirmed COVID-19 infection within the past 90 days, wait until three weeks have elapsed from the initial positive test, to take a rapid antigen test.
 Children 2 years of age and younger are not eligible for rapid antigen testing and should complete the [AHS Online Self-Assessment tool](#) to access molecular (e.g. PCR) testing.

If the child answered “NO” to all of the symptoms in question 2, proceed to question 3.

3. Does the child have any new onset (or worsening) of the following other symptoms:		
Chills Without fever, not related to being outside in cold weather	YES	N O
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	N O
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	N O
Feeling unwell/fatigued 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	N O
Nausea, vomiting and/or diarrhea Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	YES	N O
Unexplained loss of appetite Not related to other known causes/conditions, such as anxiety or medication	YES	N O
Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	YES	N O
Headache Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	N O
Conjunctivitis (commonly known as pink eye)	YES	N O

If the child answered “YES” to ONE symptom in question 3:
 Keep your child home and monitor for 24 hours and consider giving child an [at-home rapid antigen test](#).

If [at-home rapid antigen testing](#) is not done and the symptom is improving after 24 hours, your child can return to school and activities when they feel well enough to go.

If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use an [at-home rapid antigen test](#) if available or follow the [AHS Online Assessment Tool](#) for advice on managing mild symptoms, and whether you need to be tested for COVID-19.

If the child answered “YES” to TWO OR MORE symptoms in question 3:
 Keep your child home
 Use an [at-home rapid antigen test](#) if available or follow the [AHS Online Assessment Tool](#) for advice on managing mild symptoms, and whether you need to be tested for COVID-19.

NOTE:
 If they have had a previously confirmed COVID-19 infection within the past 90 days, wait until three weeks have elapsed from the initial positive test, to take a rapid antigen test.
 Children 2 years of age and younger are not eligible for rapid antigen testing, and should complete the [AHS Online Self-Assessment tool](#) to access molecular (e.g. PCR) testing.

For at-home rapid antigen testing result instructions:
 If [at-home rapid antigen test](#) is negative they can return to school and activities when they feel well enough to go.
 If [at-home rapid antigen test](#) is positive, the child is required to isolate as outlined above for **question 2**.

If the child answered “NO” to all questions:
 Your child may attend school, childcare and/or other activities

Friends of Grandview would like to thank everyone for their continued support in our Centennial Meat Fundraiser and our Lohr-a-Lee Flower Fundraiser. Bowden Grandview School appreciates it!



Kindergarten Slime!

Kindergarten had a wonderful time making and playing with SLIME! If you want to make slime at home, it is a great sensory opportunity and strengthens children's fine motor skills.



(4-ounce) bottles washable school glue, Elmer's is best

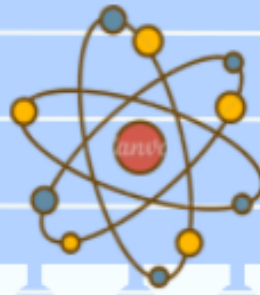
1 to 2 drops. liquid food coloring (optional)

1 teaspoon. baking soda.

2 to 3 tablespoons contact lens solution (with boric acid)

Mix until it doesn't stick to your hands. Add more contact solution if still sticky.





Bowden Play & Learn

Registration for 2022/2023 school year is now open!
Children need to be 3 years olds and fully potty trained to
join our classroom.

Full time (2 half days a week) \$80.00/month

Part time (1 half day a week) \$45.00/month

Currently running Monday and Wednesday

\$30.00 NON-REFUNDABLE registraion fee is due
with application.

For More information or to register please email us

bowdenplayandlearn@gmail.com



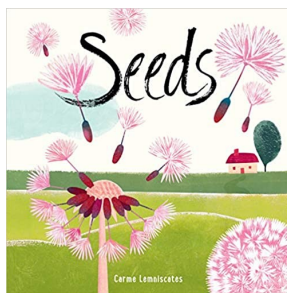
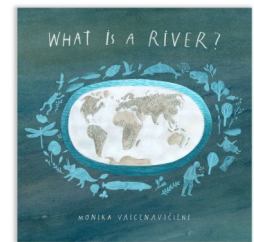
LITERACY CORNER

Every year on April 22, Earth Day marks the anniversary of the birth of the modern environmental movement in 1970. Let's take a look at some great Earth Day books for kids!

Say "hello" to worms, dirt, peas, and more in this **gentle how-to guide for connecting with nature**. This great new book was just published in February this year!



As informative as it is lyrical, this is a visually stunning work of narrative nonfiction. Spanning science, history, geography, and myth, *What Is A River?* leads its readers to look at the natural world with attention, from a perspective infused with wonder, intimacy, and love.



Some seeds are whisked away by the wind, while others are carried by creatures to their destinations. Once seeds find their spot, they go through breathtaking transformations, multiplying in number and size and thriving in even the most unseemly places.

INDIGENOUS EDUCATION



We have recommended this book several times but it is such a beautiful read and so fitting for our collection of books about Earth Day. Inspired by the many Indigenous-led movements across North America, *We Are Water Protectors* issues an urgent rallying cry to safeguard the Earth's water from harm and corruption—a bold and lyrical picture book written by Carole Lindstrom and vibrantly illustrated by Michaela Goade.



Bowden & District Residents:

Do you enjoy eating pizza &
helping out? You're invited!

“Volunteer A-PIZZI-ation Supper”

No cost to attend!

Paterson Community Centre

Wednesday, April 27th!

2101 - 27 Avenue

Doors open at 5:30 p.m.

Home Alone Safety for Kids! Ages 9-12+

Sat. April 30th

9:00 AM TO 3:00 PM

***Parents must attend 2:30-3:00pm**

Includes:

Street Smarts, People Safety,
Routines, Family Rules, Safe
Activities & Snacking, Online Safety,
Fire Safety, Basic First Aid

Cost: \$30

**Penhold Multiplex
2nd floor**

For more information:
FCSS: (403) 886-3288
jblaylock@townofpenhold.ca

Payment via
OptionPay online,
or
Town Office -
cash/credit card



I feel confident
and ready!



REGISTRATION:



WWW.TOWNOFPENHOLD.COM



Innisfail Recreation & Culture

April 5 at 9:19 AM · 🌐



Youth Action Innisfail is hosting a FREE BOWLING DAY at the Innisfail Bowling Lanes!

Enjoy a game on us on Wednesday, April 20, between 3:00 pm and 10:00 pm, and a hotdog and non-stop pop! Bowling and shoe rental are included, but participants are encouraged to bring a donation for the Innisfail Food Bank.

Pre-registration is required. To register, call 403-227-5342 or message [Innisfail Bowling Lanes](#) through Facebook.





Please Bring:

- Doll to practice with for the course. A doll will be provided, if you do not have one.
- Bagged lunch, snack (nut free), and water

To Register:

Online: www.townofpenhold.ca
Payment via OptionPay, or at
Town Office - cash/credit/debit.

Babysitter's Course

Ages 11-15+

JUNE 18 | 9AM-4:30PM

Fee: \$40/youth - must pre-register
Location: Penhold Multiplex - 2nd floor

Registration Deadline: June 13th

For more information contact us at



(403) 886-3288 or
fcss@townofpenhold.ca



COMMUNITY

Be true.
Be brave.
Be proud.

Thursdays | Ages 13-17
3:30pm-6:00pm
Drop In Anytime
Youth HQ, 4633 49 St, Red Deer

For more info, contact:
codym@youthhq.ca



YOUTH
HQ
YOUTHQ.CA

LGBTQ2S+
& Allies
Welcome



Junior Counsellor Training

June
2022



To Register:
Call 403-342-6500
or head to youthhq.ca



**YOUTH
HQ**

The Jr. Counsellor Training Program is designed to give youth the skills they need to successfully work with younger children in a camp setting. With an emphasis on hands-on learning, youth will learn conflict resolution skills; problem solving-skills; and leadership skills.

WE'RE BACK!



THIS IS YOUR PLACE TO CREATE MEMORIES!

AFTER A TWO-YEAR HIATUS, CAMP ALEXO IS BACK!

**REGISTER TODAY:
YOUTH.HQ.CA**



Red Deer & District Club

OUR 2022 CAMP DATES:

Thunderbird: July 4 - July 9

Ages: 10 - 12

Phoenix Adventure Camp: July 12 - July 21

Ages: 13 - 17

Mikisew: July 25 - July 29

Ages: 7 - 12

Shunda: Aug 2 - Aug 5

Ages: 7 - 11

Wapiabi: Aug 8 - Aug 12

Ages: 7 - 12

Waskway Leadership Camp: Aug 15 - Aug 19

Ages: 13 - 17

Bighorn: Aug 22 - Aug 26

Ages: 10 - 12

Call: 403-342-6500



Teen & Young Adult Clinic



Mental health & Addiction problems

Self Esteem & Body Image

Dating, Abuse & Violence Problems

Relationship support

General Health problems

Sexual Health problems



If you want to talk about your health or problems you can call Irma (Registered Nurse) at 403-586-0371 on Tuesday – Thursday.

She will help you or set you up with a doctor to talk with if needed.

www.peakstoprairiespcn.com



Look,
It's Bowling O'Clock!

Fri | April 22 | 6:15PM-10:00PM

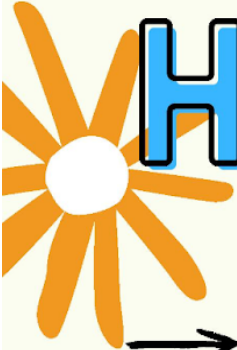

Bowling at The Bowl in Olds.
Transportation & Pizza included.
Cost: \$10

Registration required www.mygnp.org

***No Drop-In Schedule for
Spring Break Week**



ADOLESCENT MENTAL HEALTH




Hugh Sutherland School
Library, May 12 @ 6:00-7:30 pm

Presented by Amy Antony,
Registered Psychologist @ Snowy
Owl Medical Clinic

Parents, please join us for a very
informative evening, addressing
adolescent's social-emotional
health.

Please RSVP to Janet Cornell at
jcornell@cesd73.ca or phone
HSS 403-337-3326

NO FEE!





APRIL 29 - MAY 1
YOUTH AGED 13-17
CAMP ALEXO

RSVP BY APRIL 15 **\$40 EACH**



YOUTH HQ.CA
403-342-6500
heatherj@youthhq.ca



HOW TO TRANSFORM YOUR FUTURE IN 2 FUN-FILLED HOURS



THE REWIND YOUTH EVENT

FREE ADMISSION **APRIL 30 ~ 1-3 PM** **GIFTS & PRIZES**

LET'S GO BACK TO:

- **CONNECTING WITH FRIENDS**
(BONFIRE + MUSIC + SNACKS)
- **THE GOOD THINGS IN LIFE**
(A 'VALUABLE' FOREST TREASURE HUNT)
- **FEELING CONFIDENT IN YOURSELF**
(‘HANDS ON’ LEADERSHIP GAMES)
- **YOUR STRENGTHS TO SUCCEED**
(HORSES GUIDE YOUR PERSONAL GROWTH)

Special Event Sponsored by:

INNISFAIL YAC & YPAC

Open to all *Innisfail Youth* age 13 - 18

Hosted by: **CONFIDENT KIDS CANADA**

Sylvan Lk, AB - transportation available

PARENTS - PLEASE JOIN US!!

More Info & Registration at

WWW.CONFIDENTKIDSCANADA.CA

Limited spaces available



Confident KIDS CANADA

2022 Programs

Strengthening the Mental Health of Youth & Families!

CURRICULUM PROGRAMS

'WARRIORS' 8 Week Program

Thursdays May 19 - July 7
 Saturdays May 28 - July 16
 Tuesdays Aug. 9 - Sept. 27
 Saturdays Aug. 20 - Oct. 8

'LEGENDS' 12 Week Program

Tuesdays May 10 - July 26
 Thursdays Aug. 11 - Oct. 27

WORKSHOPS

May 14 - 'BRAIN HACKS'
 skills to handle fear, stress & anger
 Aug. 6 - 'LEVEL UPS'
 overcoming limiting behaviours

COMMUNITY EVENTS

May 7 MOTHER'S DAY Event
 June 18 FATHER'S DAY Event
 July 23 'TRADITIONAL GAMES'

Details & Registration at:
www.confidentkidscanada.ca



Every success builds CONFIDENCE!
 Every struggle teaches RESILIENCE!

Learning how to
 have HEALTHY
 RELATIONSHIPS
 provides the
 framework for
 HEALTHY MINDS!



*Ages 10 - 18
 Sylvan Lake, AB*

Kids & Drugs: A Parent's Guide to Prevention

A two part event for parents looking to learn more about how to have conversations with their children about substance use

Education (6 - 7 pm)

Presentations by Turning Point and AHS - Addiction & Mental Health on how to have conversation with your school aged child (K-12) around substance use.

email

OldsSubstanceUse@gmail.com
to register (please include the number of attendees)

space is limited

Resource Fair (7 - 8 pm)

Join some community agencies to learn about resources available to further educate yourself and your child on substance use, harm reduction and accessing support if your child is already using substances

resource fair is open to the community - no registration required

Date: April 28, 2022

**Location: Olds High School
(follow signs)**





TRY IT WEEK

APRIL 25-28 @ OLDS AQUATIC CENTRE



MON - THURS

5:15 - 7:00

\$25

www.oldsrapids.com