



Peace River High School

peacehigh@prsd.ca

10001 91 Ave
Peace River,
AB
T8S 1Z5



Following Alberta Health Services recommendations and new restrictions, Peace River School Division will be suspending extra-curricular sports from November 13-27

More information regarding the start up on basketball will be coming soon

Please be safe over the weekend. Alberta Health Services have asked Albertans to limit any gatherings in order to reduce the spread around our communities.

Any more information or changes to the restrictions in our province we will update through website, Facebook and email/voice messages home.

**COVID-19
Information**

Just a reminder that the doors at Peace High open at 8am in the morning and the school is generally closed at 4:30.



Website: www.peaceriverhigh.ca



Contact: 780-624-4221



Email: Peacehigh@prsd.ab.ca

Calendar of Events



November 23 - PD Day/No School

November 25 - Parent Teacher Conferences
(These will be phone meetings not at the school.)

Please call office to book appointments)

December 17-18 - Grad Photos

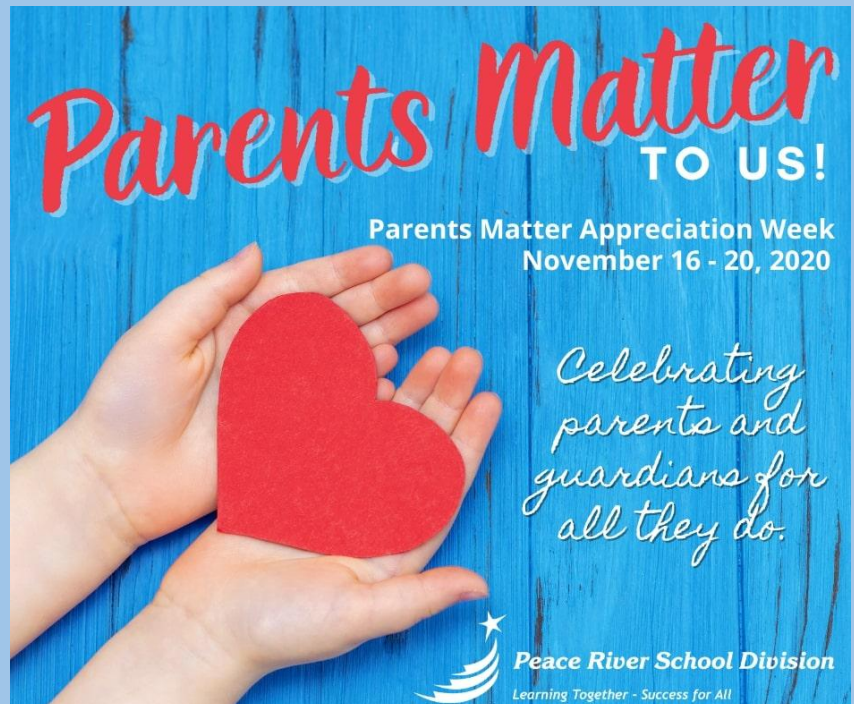
December 21-January 1 -Christmas Break

January 4th -First Day back for Students

This past week our Art classes have been creating watercolour pieces in the theme of Parents Matter. Thank you to our art students and Ms Plaizier for these beautiful pieces, and to Miss Favreau for putting these all together in the video.

We want to thank all of the Parents and Guardians for all that you do for the student's education in our Peace River High Community. We celebrate you this week!

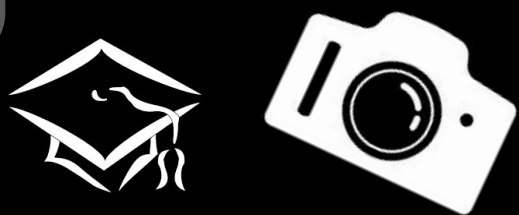
Check out our Facebook page to see our Parents Matter Presentation





“Your life journey is about learning to become more of who you are and fulfilling the highest, truest expression of yourself as a human being.”

Oprah Winfrey



Lifetouch will be at Peace High on December 17-18 for Grad Photos. Please sign up for your time online at

<https://prestigeportraits.ca/>

Click on “locate your school”, enter your city and province and find your school in the list, select your school and type you first and last name.

Choose the time that suits your schedule and follow the prompts to book it.

There is a \$30 sitting fee to be paid online or at the time of sitting.



Jostens Grad Jewelry

Jostens will not be coming into the school this year with a display. Please click below to order your grad jewelry.

[**Jostens Order Online**](#)

Ring sizer is available at the office so you can order the perfect fit!

MÉTIS WEEK

November 16 - 20, 2020



"We must cherish our inheritance. We must preserve our nationality for the youth of our future. The story should be written down to pass on." - Louis Riel

November 16-20, 2020 is Métis Week and Peace River School Division (PRSD) schools have various learning activities to honor the annual celebration of Métis people, their history, culture and contributions.

Sharing Métis facts during announcements, virtual assemblies focused on the contributions of the Métis to Alberta, playing the Métis anthem, Métis jigging and outdoor fires with sharing circles and bannock on a stick are a few examples of activities planned in PRSD schools. Also, students at Peace Regional Outreach Campus will take part in the raising of the Métis flag in Peace River on November 16, 2020.

Métis Week is celebrated each year during the week of November 16 in recognition of the anniversary of Louis Riel's death. Louis Riel has been recognized in modern times as one of the fathers of Confederation and is widely admired by the Métis community for his dedication to Métis rights and culture.

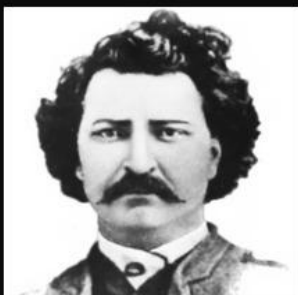
"It is very important that Indigenous history is shared, honored and respected in our schools and communities" says Darren Kuester, Board Chair. "Our Indigenous families are an important part of our schools, communities and society and Métis Week is a great opportunity to celebrate and highlight the history, culture and traditions of Métis people and their contributions to our country."

Louis Riel



We must cherish our inheritance. We must preserve our nationality for the youth of our future. The story should be written down to pass on.

Louis Riel








You got to be brave and have courage, believe in yourself, because that is the first thing to success is believe in yourself.

AZ QUOTES

AZ QUOTES

Hot Lunch at Peace High

Monday	Kita North 	Low Mein Noodles (Veggie), Chicken Fried Rice, Chicken balls OR California Rolls
Tuesday	Baptist Church 	Check Announcements or at the office for availability. Not running at this time
Wednesday	Subway 	6 inch sub and a cookie (veggie, ham, turkey or pizza) add your own sauce and veggies
Thursday	Matt's Pizza 	Cheese, Hawaiian and Pepperoni/Bacon
Friday	TBA 	Check Announcements

Hot lunch available for \$5

**Lunch cards can be purchased on SchoolCash online or debit/tap
as payment options**

<https://prsd.schoolcashonline.com/>



A Note on SUCCESS



Students have SUCCESS classes that run from 10:12-10:59 each day. Each day has different options available.

Mondays are mandatory for all students to attend their homeroom teachers class for either Health 9, Learning Strategies, or Grade 12 preparation courses.

Tuesday through Thursday, different options might be available to the students for tutoring or catch up, or their teachers might 'lock' them in for a mandatory class or for extra help. For those students that are all caught up, open rooms are available (sometimes even the gym!).

However, it is not a spare block. Students are expected to sign in to a room or will be marked unexcused absent. This will mean an automated phone call at the end of the day unless the parent has called to excuse.

2020/2021 School Registrations Due



Peace River School Division has introduced our new Online Registration System. We do require a registration form completed every year for each student. This allows us to update information, confirm enrollment and comply with Alberta Education requirements. For returning students, Guardians are emailed a link with a 'snap code' for their students. By following the link, you are able to review the information in our system and make any changes. Please watch your email for this important link. If you have not received your 'snap code' email. Please contact the school.

Peace River School Division will be going to an online payment system to purchase school items and pay any fees or hot lunch cards. We will no longer be accepting cash or cheques from parents/students. You can pay online by using school cash. It's easy and simple to sign up for. Sign up at www.przd.schoolcashonline.com. Look further down in this newsletter for information on how to sign up.



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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)

Traveled outside Canada in the last 14 days? 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
Had close contact with a case of COVID-19 in the last 14 days? Face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging	YES	NO
If the child answered "YES" to any of the above: <ul style="list-style-type: none"> The child is required to quarantine for 14 days from the last day of exposure. <ul style="list-style-type: none"> If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times. If the child develops any symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. 		
If the child answered "NO" to both of the above: <ul style="list-style-type: none"> Proceed to question 2. 		

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, out of breath, 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
If the child answered "YES" to any symptom in question 2: <ul style="list-style-type: none"> The child is to isolate for 10 days from onset of symptoms. Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. 		
If the child answered "NO" to all of the symptoms in question 2: <ul style="list-style-type: none"> 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	NO
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
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	NO
Nausea, vomiting and/or diarrhea Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite Not related to other known causes or conditions, such as anxiety or medication	YES	NO
Muscle/joint aches Not related to other known causes or conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO
<p>If the child answered “YES” to ONE symptom in question 3:</p> <ul style="list-style-type: none"> 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. <p>If the child answered “YES” to TWO OR MORE symptoms in question 3:</p> <ul style="list-style-type: none"> 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. <p>If the child answered “NO” to all questions:</p> <ul style="list-style-type: none"> 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.

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR ADULTS 18 YEARS AND OLDER)

Overview

This tool was developed to support schools, activity organizers, employers, businesses and facility operators in reducing the risk of transmission of COVID-19 among attendees/staff. The tool is meant to assist with assessing attendees who may be symptomatic, or who may have been exposed to someone who is ill or has confirmed COVID-19.

Attendees should complete this checklist prior to participating in the activity or program.

If an individual answers **YES** to any of the questions, they **must not** be allowed to attend or participate in the activity or program. *Individuals with fever, cough, shortness of breath, runny nose, or sore throat, are required to isolate for 10 days per [CMOH Order 05-2020](#) **OR** receive a negative COVID-19 test and feel better before returning to activities.

Use the [AHS Online Assessment Tool](#) to determine if testing is recommended and follow information on [isolation requirements](#).

As the COVID-19 pandemic continues to evolve, this screening tool will be updated as required.

Screening Questions

1.	Does the attendee have any new onset (or worsening) of any of the following symptoms:	CIRCLE ONE	
		YES	NO
	• <i>Fever*</i>	YES	NO
	• <i>Cough*</i>	YES	NO
	• <i>Shortness of breath / difficulty breathing*</i>	YES	NO
	• <i>Runny nose*</i>	YES	NO
	• <i>Sore throat*</i>	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Nasal congestion	YES	NO
	• Feeling unwell / fatigued	YES	NO
	• Nausea / vomiting / diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle/ joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (commonly known as pink eye)	YES	NO
2.	Has the attendee travelled outside Canada in the last 14 days? (Individuals are legally required to quarantine for 14 days when entering or returning to Alberta from outside Canada unless exempted by the Alberta COVID-19 Border Testing Pilot Program.)	YES	NO
3.	Has the attendee had close contact ¹ with a case of COVID-19 in the last 14 days?	YES	NO

¹ Face-to-face contact within 2 metres. A health care worker in an occupational setting wearing recommended personal protective equipment is not considered to be a close contact.



Superintendent's Message Parental Involvement

We know that children experience higher levels of success when their parents are involved in their school and education. Now, more than ever with the Covid-19 pandemic, parental involvement looks different for every family and is based on many factors.

Although the types of opportunities for involvement may look different - one thing that stays the same is the importance of communication. Staying connected with your child's school experience is important and equally important is that your child see, feel, and know through both action and conversation that you are keeping connected. Whether that means attending parent-teacher conferences, helping with homework, emails with staff, reviewing school correspondence or following the school website and social media - being involved demonstrates to your child that you care.

I would like to take a moment to thank and commend our parents for their extraordinary efforts as in-person classes were cancelled in March. The way our families have rallied together to support learning at home, to provide child-care, and to support one another is absolutely incredible. The COVID-19 pandemic has shown us what we can accomplish when we work together and our families deserve to be commended for their tireless efforts to support students learning at home. The pandemic has certainly caused a variety of stressors to our lives and for our parents who are already juggling many roles and responsibilities - thank you. I recognize and appreciate the time, sacrifice, coordination and effort you have and are all making.

In the next few weeks, schools will be hosting their first School Council meetings of the year. The meetings run once per month and it is a great way to stay connected and have a voice in education. Please check with your local school to learn more about School Council and how School Council will operate this school year.

Your involvement makes a difference and we truly appreciate the important work you do. We believe that PARENTS MATTER and that is why Peace River School Division declared a week to celebrate the important contributions of our parents. Please mark your calendars for November 16-20, 2020 and join in the celebration of parental involvement at your child's school during PRSD's "PARENTS MATTER Appreciation Week."

Wishing you a wonderful school year and thanking you in advance for your involvement and support.

Paul Bennett,
PRSD Superintendent of Schools





Spotlight on Health and Safety

Safety message – PRSD safety protocols and communication

Online Safety

The internet is an integral part of our lives. It provides us with information, entertainment, and various ways to communicate and socialize. It can be used to research school reports, communicate with teachers, peers and play interactive games.

While this creates great opportunities for society, online access comes with risks such as inappropriate content, cyberbullying and online predators.

Both at school and at home, it is essential that we educate ourselves and our children about being safe online. The internet has become a part of our day-to-day lives and to keep our children safe, it is important that we have conversations about online safety and model and encourage safe online practices.

For more information regarding safe online practices, check out the following links:

<http://www.humanservices.alberta.ca/InternetSafety/internetsavvy.html#module1-0>

<http://www.rcmp-grc.gc.ca/is-si/index-eng.htm>

https://www.cybertip.ca/app/en/internet_safety

<https://canadasafetycouncil.org/child-safety/online-safety-rules-kids>

Joint Worksite Health & Safety Committee

