



November 6, 2020



WESTBORO ELEMENTARY

Weekly Newsletter

IMPORTANT UPCOMING DATES:

November 9-13: Fall Break - No school for students or staff

November 16: First day back after Fall Break

November 17-18: Picture Retake Day

Please see the **UPDATED**
STAY AT HOME GUIDE:
When do I keep my child
home?



STAY AT HOME GUIDE: When do I keep my child home?

Use this guide to determine when to keep your child home from school and when it's safe to return

Complete the [COVID-19 Screening Questionnaire](#) with your child every day. The questionnaire will help determine if it's safe to send your child to school. If the answer is "Yes" to any of the questionnaire questions, **DO NOT** send your child to school. Stay home and see the instructions below. If the answer is "No" to all the questions, your child can attend school. Always follow the advice of Alberta Health Services.

MY CHILD IS SICK WITH:

Primary COVID-19 Symptoms

- fever
- cough
- shortness of breath
- loss of smell or taste

Secondary COVID-19 Symptoms:

- chills
- sore throat
- painful swallowing
- runny nose
- congestion
- headache
- muscle or joint aches
- feeling unwell, fatigue
- nausea, vomiting, diarrhea
- loss of appetite
- pink-eye

WHAT SHOULD I DO?

1. Complete the online [COVID-19 self-assessment tool](#) or call [Health Link 811](#).
2. Isolate your child for at least 10 days from the start of symptoms or until symptoms resolve, whichever is longer—a legal requirement.
3. Testing for COVID-19 is recommended. Book an appointment through the [COVID-19 self-assessment tool](#).

1. If the child has ONE symptom stay home and monitor symptom for 24 hours. Only return to school if symptom improves after 24 hours.
2. If the child has TWO or more symptoms, or if the one symptom worsens, stay home and complete the online [COVID-19 self-assessment tool](#) or call [Health Link 811](#). Do not send your child to school until symptoms resolve.
3. Testing for COVID-19 is recommended. Book an appointment through the [COVID-19 self-assessment tool](#).

WHEN CAN MY CHILD RETURN TO SCHOOL?

- After the 10-day isolation is complete, and symptoms resolve, whichever is longer, OR
- After receiving a negative COVID-19 test result—and your child has no known exposure to the virus—and symptoms resolve.

- After symptoms resolve and your child is feeling better.

WHAT IF MY CHILD HAS SYMPTOMS BECAUSE OF A PRE-EXISTING MEDICAL CONDITION?

If your child has primary or secondary COVID-19 symptoms because of a known pre-existing medical condition, such as allergies, they must stay home if there is no record of the condition. Follow the above directions for either primary or secondary COVID-19 symptoms. Alternatively, provide the school with medical documentation of the pre-existing condition and return your child to school.

NOTE: The Stay at Home Guide is based on the province's guidelines for [Student Illness](#). Information contained within this guide is subject to change as additional information about COVID-19 becomes available.

Revised Nov. 2, 2020 | e!ps.ca



Click on the image for a larger view

Hello Westboro Families

Welcome to a new (in every way) school year! We are hoping to run another Christmas giving campaign this year for families in need. This has been a tough year for many but an even more difficult one for some. Last year we collected specific items for specific families in and around Edmonton. This year, because of Covid 19, purchasing, handling and delivering these items is not recommended. In light of that, we are hoping we can purchase gift cards to be distributed to the same charitable group that we did last year.

Gift cards suggested are for the following:

*Grocery stores

*Restaurants

*Bus passes

*Wal Mart

*Any other ones that could be beneficial to providing a good Christmas, whether it be in the form of food, travel or gifts.

We are asking that you begin thinking of what you may contribute towards many families in need (please know this is optional). Perhaps next time you are at a till, or even shopping online, we ask that you consider buying a gift card from that store for someone else. We would like to drop these off to the organization early in December so that they may be put in the right hands before Christmas. With this in mind, please have all gift cards handed in to your homeroom teacher on or before **Monday, November 30, 2020**.

Gift cards will be donated to the organization we supported last year. This group is called "Hearts Thrift Store" or "The Christmas Campaign for Families in Need" (see both on Facebook). We will not be adopting a family per se but will give these cards to Teresa Roque who heads up these groups and they will be distributed as needed. If you are a family in need, feel free to reach out to this organization. Every year, more and more families seek her help for necessities and everyday things. It is sad to hear, but we are happy to help, even in a small way!

Thank you for your generosity, your kindness and your empathy. We are a strong school full of warriors with very big hearts! Take good care everyone. Stay healthy and happy and may you be blessed by this giving as much as myself and others are!

Stacey Bouwers (on behalf of our Christmas committee: Mary Christenson, Sherry Cameron, Cheryl Reyburn and Shawna Resalat)



November 20th is National Child Day!

This year's theme is '*Children have the right to be seen and heard*'.

You can find some information about recognizing this day from Strathcona County [here](#).

[Here](#) you will find some events that are being organized nationally.

The Alberta information can be found [here](#). This [article](#) has 6 ways to celebrate National Child Day and you may wish to share this with families. Wear **blue** and show your support for children's rights around the world!

Inclement Weather

With the winter season almost here, we want to remind families to dress children appropriately for the weather when getting ready for school or the bus. The weather often changes unexpectedly throughout the day, so please select suitable outerwear and ensure your child is prepared for changing conditions. If inclement weather conditions occur, Elk Island Public Schools (EIPS) advises families of any bus cancellations using various communications tools, which may include automated-telephone messages, alerts posted on www.eips.ca and school websites, through the Bus Status app, Twitter, Facebook and on Versatrans My Stop. Morning bus cancellations are posted on www.eips.ca by 6:30 a.m. Decisions regarding bus cancellations are guided by EIPS administrative procedures that states, "school bus service may be suspended...when Environment Canada reports a temperature of -40 C." Other reasons for suspending or delaying school bus services include adverse weather and poor road conditions. When school bus services are suspended, schools remain open to students. EIPS believes families have the right and responsibility to make choices for their children based on their beliefs and perceptions of safety during times of inclement weather. For more information, contact EIPS Student Transportation at 780-417-8151.

Strathcona County Christmas Bureau Referrals

If you know a family in need who might benefit from a Strathcona Christmas Bureau delivery this holiday season, submit a referral. Your name, and the names you refer, are kept in strict confidence. You can make a referral by contacting the **Hamper Co-ordinator at 780-918-2521**. The referral deadline is **November 25**.

Alberta Health Services Information

Refer to the links below to access resources for the school community and their families.

[School Immunizations during COVID-19 Frequently Asked Questions](#)

[Back to School During COVID-19](#)

Strathcona County Information

Youth Painting Parties

The Strathcona County Youth Connect program has scheduled a handful of upcoming Youth Painting Parties throughout the fall break. Scheduled dates include November 10, 12 and 13 at various locations—including a virtual option. [Register here.](#)

Safe. Supported. Connected.

The COVID-19 pandemic has caused stress, hardships, and pressure for Strathcona County residents in ways some may have never experienced before. Trying to balance everything can feel overwhelming. Strathcona County Family and Community Services is here to support you through these challenging times. If you're stressed about finances, parenting, or just need to talk, call us at 780-464-4044.

Click [here](#) for more information.

Reach Out Speak Out

November is Family Violence Prevention Month in Alberta. Strathcona County is supporting the community by highlighting #WHERETOTURN as part of a campaign called Reach Out Speak out. Family violence is the attempts by one person in an intimate relationship to dominate and control the other. Family and Community Services is here to support - if family violence is affecting your life, learn where to turn or how to help someone you care about. We all have a role to build a safe, supported and connected community strathcona.ca/SCspeakout 780-464-4044.



A dark blue poster for the 'Reach Out Speak Out' campaign. At the top right is a QR code with the text 'Scan for more resources'. A large white speech bubble in the center contains the text 'REACH OUT SPEAK OUT' and the website 'strathcona.ca/SCspeakout'. Below the speech bubble, the text asks 'Do you feel unsafe or scared?' and 'Do you ever wonder if others feel unsafe or scared around you?'. At the bottom right, there are silhouettes of people and the hashtag '#WHERETOTURN'. A white box at the bottom left lists 'Help is available.' with contact information for various services. At the bottom right, there are logos for 'VOLUNTEERS STRATHCONA', 'SAFFRON', 'A Safe Place', 'STRATHCONA COUNTY VICTIM SERVICES', and 'STRATHCONA COUNTY'. At the very bottom, it says 'Let's build healthy relationships and end family violence'.

REACH OUT
SPEAK OUT
strathcona.ca/SCspeakout

Scan for more resources

Do you feel unsafe or scared?
Do you ever wonder if others feel
unsafe or scared around you?

#WHERETOTURN

Help is available.

A Safe Place (24hr)	780-464-7233
Family and Community Services	780-464-4044
Saffron Sexual Assault Centre	780-449-0900
Victim Services	780-449-0153

VOLUNTEERS STRATHCONA
SAFFRON
A Safe Place
STRATHCONA COUNTY VICTIM SERVICES
STRATHCONA COUNTY

Let's build healthy relationships and end family violence

[Click on the image for a larger view](#)