Hello END Families

Please refer to this week's edition of the *Husky Howler* to stay informed of important information and events happening at END!

**Calendar**
- Sept. 21 & 22 - Terry Fox Run - during Phys. Ed. Blocks
- Sept. 25 - No school - PD day
- Sept. 30 - Orange Shirt Day
- Oct. 12 - No school - Thanksgiving
- Oct. 13 - No school - PD Day
- Oct. 14 & 15 - PTI - tentative - online/phone call format
- Oct. 22 - Picture Day

**Good News!**
Last week we celebrated our Open School Liturgy, though we were not able to come together physically, we celebrated virtually, broadcasting live into all classrooms streaming on the Smartboard. We were thankful that Fr. Trini joined us, as well as some wonderful grade 5 readers. This was a wonderful way to celebrate our faith and give thanks to God for the many blessings that we share at END! This week we will be participating in the Terry Fox run! The Terry Fox run is a long standing tradition to continue Terry’s Marathon of Hope, while raising funds and awareness for cancer research. Students are encouraged to bring in a ‘toonie for Terry’, this week and all runs will be taking place with individual class cohorts during regular Phys. Ed. blocks.

**Protocols for when students may be sick or showing symptoms of illness.**
As we continue to be proactive in ensuring the health and wellness of students and staff at END, we ask that families self follow the outlined expectations regarding illness at school as identified in [GSACRD Parent Guidebook for Re-entry](#)

Alberta Health Services’ website is updated regularly. Currently, guidelines for what to do next are as follows:
AHS advises that you should get tested if you have any COVID-19 symptoms. Go online to book an appointment for a COVID-19 test.

If you have any of these symptoms you are legally required to isolate for at least 10 days, from the start of your symptoms or until they resolve, whichever is longer:
- fever
- cough (new cough or worsening chronic cough)
- shortness of breath or difficulty breathing (new or worsening)
- runny nose
- sore throat

If you have any of these other symptoms, stay home, and minimize your contact with others until your symptoms resolve:
- chills
- painful swallowing
- stuffy nose
- headache
- muscle or joint aches
- feeling unwell, fatigue, or severe exhaustion
- gastrointestinal symptoms (nausea, vomiting, diarrhea, or unexplained loss of appetite)
- loss of sense of smell or taste
- conjunctivitis, commonly known as pink eye

Students with pre-existing health conditions that cause symptoms of illness should be tested for COVID-19 at least once. A negative test will help show that symptoms are related to their pre-existing conditions and not to COVID-19. This will establish what their baseline for being healthy looks like. Families should notify their school about any pre-existing condition and the symptoms it causes. As long as these symptoms remain the same, the student can attend school.

If symptoms change or worsen, the student will need to leave the school, follow illness protocols, and have another COVID-19 test to determine if the symptoms are still related to the pre-existing medical condition. If the test is negative, the student may return to school. Families can learn more about COVID-19 testing and book a test online through Alberta Health Services.

Illness at School: Parents' Next Steps
Alberta Health Services' website provides information on the following steps:
1. Take the COVID-19 Self-assessment: Go online to take the COVID-19 Self-assessment.
2. Book a COVID-19 test: AHS advises that you should get tested if you have any COVID-19 symptoms. Book an appointment online.
3. Parents should follow AHS' isolation guidelines.
4. Monitor your health, and call Health Link 811 if you have questions or concerns. Call 911 immediately if you are experiencing severe symptoms of COVID-19, including difficulty breathing, severe chest pain, feelings of confusion, or loss of consciousness.

**AHS - Student Illness Guidelines**  
**GSACRD Parent Guidebook for Re-entry**

We respect that the self-isolation timeline is challenging for many families, however, for the safety of our entire school population, we need families to respect the outlined timelines and follow all AHS guidelines.

In order to assist students who are away from school for an extended period of time, **ALL** teachers are updating their google classrooms or websites to include material of daily lessons. Arrangements to pick up hard copies of material can be made with your child's classroom teacher. We thank all our families for their pinging understanding and support!

**Arrival at School**
Once students arrive at school they are to move to their grade specific entrance (see map attached) **The playground is off limits at the beginning of the day.** Students are to go directly to their entrance doors upon arrival where they are to line up maintaining physical distance expectations. Classes will follow their teachers into the school in a staggered entry format, moving directly to the classroom to begin their day.

**Dismissal from School**
At the onset of the school year, teachers will be leading students out of the school on a staggered schedule to ensure physical distancing measures are adhered to. Students will be dismissed from school utilizing their specific grade level entrance (see map Attached). All students will be dismissed from school by 3:10 PM. **Please note that the playground is off limits at the end of the day to help ensure there are no large congregations of people around the school yard.**

Please refer to the school entry and dismissal map for locations of specific class entry/exit.

**To help us ensure that we maintain positive physical distance, we ask that parents do not mingle around school property both at drop off and pick up times. Also we ask that students and families do not use the playground before school time and directly after school at the end of the day.**
Parking
For both drop off and pick up we are encouraging families to park in the neighbourhood and walk to the school to keep traffic around the school to a minimum. We respect that mornings and afternoons are very busy times for families, however, for the safety of all our students following the outlined parking guidelines will help ensure limited congestion around the school. Let us all be patient and kind!

Parents
At this time GSACRD policy articulates that the school is open to staff and students only. All parents and guardians wishing to access the school must do so by appointment only. Appointments may be made by calling the school office at 780-939-4020. We understand the challenges facing all school stakeholders at this time and we trust that all families will be
respectful of the safety protocols in place, we ask for your patience and cooperation as we navigate the opening of the school.

**Technology for Learning**
This year we are asking students to bring a robust device (chromebook/laptop/tablet) with them as a tool for learning. Our safety measures ensure students will not be sharing supplies and we want each student to have access to technology in the classroom. Please watch for communications from your child’s teacher outlining their technology requirements for their specific class. At the onset of the school year, all students will participate in ‘digital learning’ lessons that teach online safety and digital citizenship. Though the school will not take responsibility for students’ technology, all devices will be stored in a secure location in the classroom. We respect this may not be a viable option for all families and will work to provide a device to students who may not have access to their own.

**GSACRD Voice**
**Self Care September**
It is important to take care of our physical and mental health daily, and not just when we are sick. There are so many wonderful self care activities in which we can partake, there is something for everyone. Practicing self care everyday though is not always easy with how busy our lives can get. Here are some wonderful videos that help explain the importance of self care and some different ways we can do it with minimal time.

- Why we all need to practice emotional first aid (Guy Winch)
- All it takes is 10 mindful minutes (Andy Puddicombe)

For a full list of self care videos, check out the following link:
The Importance of Self-Care Playlist (Ted Talks)

**Parent Council / Parent Fundraising Association**
Parent Council is a wonderful opportunity to get involved with differing aspects of END, we encourage any and all interested parents and guardians to participate and share your voice and talents with us! This year we welcome Laura Brkic as our PAC Chair and Amy Neumann as Vice-Chair. Also, we welcome Lauren Gauthier as our new PFA Chair, Emily Marples as Vice-Chair and Laura Brkic as Treasurer. Our next meeting will be on Wednesday, Oct. 7 at 6PM, all parents/guardians are invited to attend.