

January 17, 2022

Bowden Grandview School

BGS Literacy Day

Bowden Grandview School will wrap up their Accelerated Reader contest on January 19th in collaboration with Literacy Day. How many words do you think BGS can read before January 19th? There will be prizes for top class, top reader in each class, and many random draws.



What's Happening:

Tuesday, January 18

- School Council Mtg @ 12:00pm

Wednesday, January 19

- BGS Literacy Day

Dress as your favorite character



Friday, January 21

- Last day of classes Gr 9-12

Jan 24-28—Exam week

Jan 31—No School

- Organizational day

Tuesday, Feb 1

- 1st day of semester 2

CANCELLED
POSTPONED

BGS Spellathon

The BGS Spellathon has been cancelled again for the 2021-22 school year.

We thank our families for their overwhelming support of our elementary fundraiser over the years. It is because of your generosity that we have been able to scale back our fundraising efforts during these unprecedented times.

We look forward to a splashy Spellathon next year!!!



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. 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 received a message from Public Health indicating that they are a case of COVID-19 or if your child has tested positive on [a rapid test](#), they are required to isolate as per [Public Health instructions](#). For more information on isolation requirements after a positive rapid 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 14 days? 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.	YES	NO
If child answered "YES" AND they are NOT fully immunized⁵: <input type="checkbox"/> 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 child answered "YES" and they are fully immunized⁵ proceed to question 2: If child answered "NO" to question 1, 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, 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: If the child is fully immunized ⁵ they are required to isolate for 5 days from onset of symptoms or until symptoms resolve whichever is longer. They must wear a mask for up to 5 days after their isolation period if you are outside of the home in a public place or otherwise in the company of other persons out of your household (no exceptions permitted) OR If they are NOT fully immunized ⁵ , they must isolate for 10 days from the onset of symptoms or until they resolve ³ whichever is longer OR Until symptoms resolve ³ if they receive a negative PCR COVID-19 test OR Until symptoms resolve ³ if they receive two negative rapid antigen tests, with at least 24 hours between tests <input type="checkbox"/> They can use an at-home rapid test if available or 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, proceed to question 3.			

They can use an [at-home rapid test if available](#) or 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, 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/conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite Not related to other known causes/conditions, such as anxiety or medication	YES	NO
Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO

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 test](#). If the test is positive or negative see below for further instructions.

If [at-home rapid 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 test](#) if available or the [AHS Online Assessment Tool](#) or call Health Link 811 to check if testing is recommended.

If the child answered “YES” to TWO OR MORE symptoms in question 3:
Keep your child home
Use an [at-home rapid test](#) if available or use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.

For at-home rapid testing result instructions for those without symptoms:
If an [at-home rapid test](#) is done and is negative, they can return to school and activities as long as they remain asymptomatic.

If [at-home rapid](#) 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

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 PCR COVID-19 test result or two negative rapid test results at least 24 hours apart **and** feel better.



Oobleck and Dinosaurs



The kinders had fun exploring with and saving their dinosaurs from Oobleck! The Oobleck mixture isn't your typical liquid—or solid. The cornstarch-and-water mixture creates a fluid that acts more like quicksand than water: applying force (squeezing or tapping it) causes it to become thicker.



Ready, Set, Go!

Welcome to Kindergarten

**Online Kindergarten
Registration for the
2022-2023 school year
begins on January 10!**



Literacy Education



Literacy Day at School and Home

AT SCHOOL

This year, Bowden Grandview School will be hosting their Literacy Day Wednesday, January 19th! Last year's event was a huge success with students and staff dressing as their favorite story book character! We cannot wait to see the story book characters in the halls on the 19th!!

AT HOME

Family Literacy Day is a national awareness initiative created by ABC Life Literacy Canada in 1999 to raise awareness of the importance of reading and engaging in other literacy-related activities as a family. This year's Family Literacy Day theme is Learning in the Great Outdoors. Spending time in nature provides many benefits, not just for bodies, but for minds too. This year, get outside and exercise both your mind and body together as a family. You can make outdoor time fun family learning time all while enjoying the wonders of Canada's Great Outdoors!

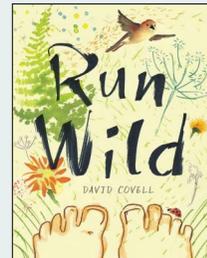
Family Literacy Day is held January 27th - we hope you take part in some way at home!

Literacy Corner & Indigenous Education

With this year's Family Literacy theme being Learning in the Great Outdoors, we wanted to suggest books that support outdoor learning.

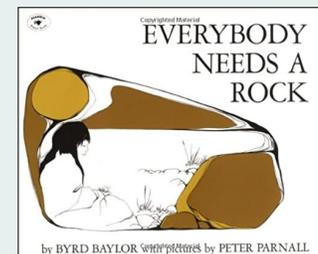
Run Wild – David Covell

A wonderful reminder that there are so many adventures to be found when you put down your screen. Lovely rhythmic text and detailed illustrations!



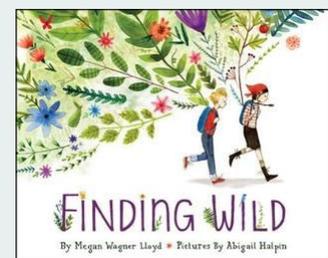
Everybody Needs a Rock – Byrd Baylor

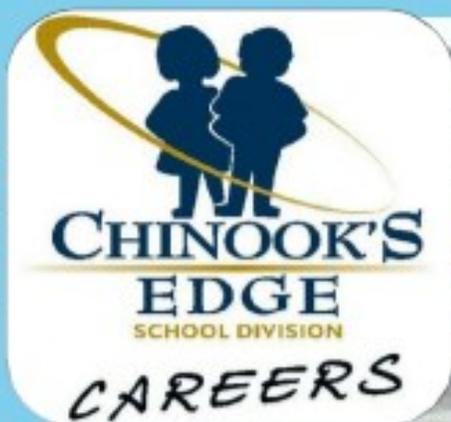
Byrd Baylor invites readers to find their “perfect rock” and gives 10 “rock rules” to follow while searching. So many lessons and activities stem from this book – a perfect introduction to rocks and minerals unit in science; students can find their own rock to learn about; learning Indigenous ways of knowing perspective; students to find a special rock and write a description and about their journey to find it.



Finding Wild – Megan Wagner Llyod

Breathtaking illustrations and enchanting language, this book takes readers on a sensory journey through nature. Would be a great anchor book for visualizing and sensory details. Would also be inspiring for kids to find their wild!





We are currently looking for School bus drivers in all areas. If you are interested in becoming a school bus driver please apply online at www.cesd73.ca under Careers/Casual

Support Staff, by email at transportation@cesd73.ca or by calling our office at 403-227-7072

Chinook's Edge is one of the largest school divisions in the province, serving over 11,000 students in 43 Central Alberta schools between Calgary and Red Deer. Our schools are located in 13 small communities that sprawl east and west from the Highway 2 corridor, conveniently providing Chinook's Edge staff and families with the best of both worlds

PROJECT GETTING ENOUGH

SLEEP

ONLINE VIA ZOOM

[AGES 13 - 17]

JANUARY 17, 2022 | 7:30 - 8:30 PM

THE IMPORTANCE OF SLEEP, HOW TO GET BETTER SLEEP AND WHAT CAN AFFECT IT.

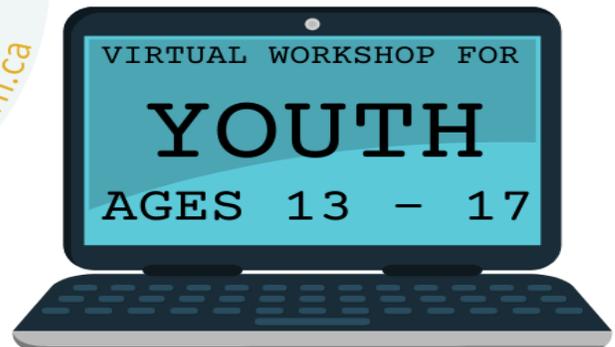
YOU WILL LEAVE WITH GREAT TOOLS AND TIPS FOR A BETTER NIGHTS REST!



REGISTER AT WWW.MVFRN.CA OR EMAIL US AT INFO@MVFRN.CA

TOOLS FOR YOUTH COPING WITH STRESS

Online via Zoom



Tuesday, January 11
7:00 - 8:00 pm

Join Provisional Psychologist, Melissa Kroker, to explore stress management and coping strategies for youth.



ONLINE VIA ZOOM



PARENTING THRU SEPARATION AND DIVORCE SUPPORT GROUP

JAN 31, 2022 | 7 - 8 PM
FEB 23, 2022 | 7 - 8 PM
MAR 30, 2022 | 7 - 8 PM

Join us monthly for this online support group offering connection, education, skill-building, and sharing to parents preparing to or going thru a divorce/ relationship ending. Let's talk about hard things, build support, share resources and learn valuable skills to navigate thru this life transition. Registration is required, zoom access is also required. Accommodations can be made for those unable to access zoom.



Alberta Provincial Family Resource Networks

REGISTER AT WWW.MVFRN.CA OR EMAIL INFO@MVFRN.CA

ONLINE VIA ZOOM

MONEY AND PAYMENT OPTIONS

MONEY MENTORS WORKSHOP (AGES 9-11)

JANUARY 12, 2022 | 6:30 - 7:15PM

- LEARN THE HISTORY OF MONEY, CHARACTERISTICS AND FUNCTION
- GET INTRODUCED TO PAYMENT OPTIONS, SUCH AS CASH, DEBIT, GIFTCARDS
- EXPLORE ALL THE PROS AND CONS OF USING THESE PAYMENT OPTIONS



Alberta Provincial Family Resource Networks



REGISTER AT

WWW.MVFRN.CA OR

INFO@MVFRN.CA

Registration deadline January 11, 2022