

# Clear Vista School

October 2020



## Principal's Message

Are you interested in connecting with Clear Vista School to better understand how our school community works? Would you like to help Clear Vista School continue to grow and develop as a safe, caring and engaging learning environment for your child? Do you want to be a part of a team of parents who partner collaboratively with the school as advocates for great learning opportunities for all Clear Vista students? Our School Council is seeking out parents to get involved and join the Council, and all positions are available as of our upcoming Annual General Meeting on October 20, 2020 at 6:30 pm with regular Council Meeting to follow immediately after. School Council Meetings are held on a monthly basis, and this year they will most likely be held using a Zoom Meeting format.

The following executive positions (with brief summaries) are available at our AGM:

**Chairperson** - coordinates with Principal to set agendas for monthly Council meetings and chairs meetings.

**Vice Chairperson** - work with the Chairperson in agenda preparation, fill in as needed for the Chairperson

**Secretary** - keep minutes, correspondence and records of meetings and Council documents

**Communications Officer** - promote the activities of the School Council

Room representatives per homeroom are also to be selected at the Council Meeting to immediately follow the AGM.

If you would like more detailed information about the roles of School Council, please contact Mr. Van Someren or Mr. Daly at the school and they would be happy to share more details!

[Click here](#) for the meeting invitation.

-Mr. Van Someren



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## Vice Principal's Message

Welcome back everyone! It is so great to see all the students return to classes at Clear Vista. It has been an interesting year so far. However, all students and families should be congratulated for their patience, understanding, and acceptance of our Covid-19 guidelines.

Last year, even though the school was closed and Teachers were conducting online classes, they were also developing plans for the eventual return of our students. Knowing that Math can be difficult for some students, they created complex numeracy plans to quickly adapt to student need while focusing on the essential curriculum points. This will better enable them to be responsive to individuals through one-on-one or small group work targeted at areas of growth. They have also integrated specific re-teaching components based on these essential points so that students are continuously exposed to the critically important information. This should be an especially helpful tool as students may be required to self-isolate at various

times over the year.

Teachers have also begun working on Literacy intervention programs to assist students with their reading and writing skills. For the last month, Teachers have started to get to know their students and their individual abilities. They have also had the students take diagnostic assessments. This will all be combined to determine areas of need and potential intervention groups/strategies.

Our students admirably participated in online learning last year, but this is much different from in-person teaching. Our Teachers have been working hard to create plans that address any missed concepts while students were away. They will be focusing on individual need while trying to make school as enjoyable as possible. As I said, it's great to have all the students back! We look forward to a great year with lots of fun, academic achievement and as little illnesses as possible.

-Mr. Daly

### Mission

Clear Vista School is a positive and supportive educational community that inspires students to do their best, celebrates achievements and encourages lifelong learning.

### Beliefs

Vision: What Do We Want To Create?

A collaborative learning community that:

- models high levels of accountability in both students and staff
- builds strong student character through positive connections and experiences
- ensures all students are achieving their maximum potential in an engaging, inspiring environment
- ensures students are well-prepared, productive, engaged citizens

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*"Inspiring Students To Be The Best They Can Be"*

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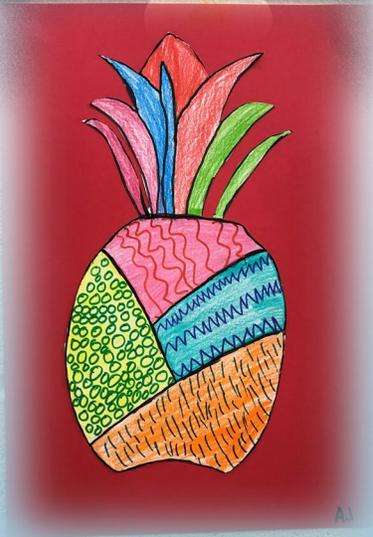
## LA 2- Mr. Barton

Welcome to the Fall season from LA 2 Program! I am pleased to welcome students to the LA 2 Program. The LA 2 class has been working on adjusting and returning back to school. Our class has worked on following safety procedures at school to stay safe daily. Academically, LA 2 students have been working on Literacy and Numeracy. In Literacy, students have been working on phonics and reading and in numeracy, students have reviewed numbers 1-20 and adding and subtraction. As we adjust to returning back to school, please don't hesitate to contact me if you have any concerns.



## LA 3- Mrs. Bourget

Our LA3 class is off to a great start! We have an awesome group of students that work hard and are very helpful. We are learning to catch onto routines and protocols and have done a few fun activities. The students have been working in their workbooks, completed a few art projects and have done recycling for the school. I'm proud of their efforts and have already noticed some improvements. "Way to go LA3!"





## **ECS- Miss. Marquardt**

This month in Kindergarten we focused on learning routines and procedures. The kindergarten classes caught on very quickly to our new reality. They have been working on various activities and crafts that are centered around their names. The Kinders have been enjoying the beautiful fall weather with plenty of outdoor time. We have also been reading several versions of the gingerbread man, and comparing them. The students completed many activities related to the story, and they even had the chance to act it out. They are a very talented bunch! Miss Marquardt, Mrs. Orleni and Mrs. Schnell are all very excited for this years adventures with these wonderful students.





## Class 1P- Mrs. Henson

In 1P we are learning that we belong to Clear Vista School in Social Studies. We are learning about the seasons and the colors in Science. We are reviewing our letters and their sounds, as well as the numbers to ten. There are many fun routines we learned in September that will help keep us safe at school.



## Class 1H- Ms. Holliday

This month, we have been reviewing the kindergarten concepts of alphabet letters and sounds, and numbers to 10. The children have been introduced to 5 sight words a week. Sight words are common words found in early readers. We have also been learning number words as we review the numbers.

The children have been adapting well to our Covid world. They are learning to keep distance from each other's bubble area. They are also understanding the need for good handwashing and sanitizing. It has been a super learning month in grade 1H!



## Grade 2

Welcome back to school! We are so happy to have students in front of us that we can teach. September has been filled with getting used to being back in the school and getting to know each other.

In math we are moving from reviewing numbers 1-10 to patterns. In writing, we will be exploring the mischief a mouse can get into at our school. We continue to read each day and increase our stamina when reading on our own.

Mrs. Priebe and Mrs. Wieclaw



## 2020-2021 Teaching Staff

Academic Support Teachers - Mrs. Jager, and Mrs. Krec

Learning Assistance Program - Mr. Barton and Mrs. Bourget

Kindergarten - Miss. Marquardt

Gr. 1 - Mrs. Henson and Ms. Holliday

Gr. 2 - Mrs. Priebe and Mrs. Wieclaw

Gr. 3 - Mrs. Brulotte and Miss Moisan

Gr. 4 - Mrs. Hebert and Miss Lee

Gr. 5 - Mr. Mennear and Mrs. Werner

Gr. 6 - Mr. Doyle and Mr. Senghera

Gr. 7/8 Language Arts & Social - Mrs. Friesen and Mrs. Osterwoldt

Gr. 7/8 Math & Science - Mrs. Hemsing and Miss Thurmeier

Career and Technology Foundations - Mr. Schuman

Administrators - Mr. Daly and Mr. Van Someren

## Class 3M- Miss. Moisan

My name is Miss Moisan and I am teaching grade 3 for 2020-2021 school year!

The 2020-2021 school year will be my first year teaching at Clear Vista school. I might be a familiar face to some of you because after Christmas this past year, my class from Centennial got relocated to Clear Vista after our school fire. This will be my fourth year of teaching, but it will be my first time teaching Grade 3 and I am very excited! I love spending time outside with friends and family, hanging out with my puppy Benji and watching Blue Jays baseball!

We are getting settled into our new routines and classroom practices! During the month of October, we will be diving head first into our Daily 5 (Language Arts) and Daily 3 (Math). In Science, we have started our first



unit on Rocks and Minerals. For Social, we are making progress on our Map Skills and will continue to work through this unit for the next couple weeks. We have also been learning about building and having a positive, growth mindset. It has been great getting to know the students and have them back in the classroom!





## **Class 4L- Miss. Lee**

4L has been doing a great job staying healthy and safe! We have been very busy reviewing our mapping skills and learning how to help the environment through recycling and reducing waste. We even got to get our hands dirty and dissect our own lunch garbage into the different categories of waste!



## **Class 4H- Mrs. Hebert**

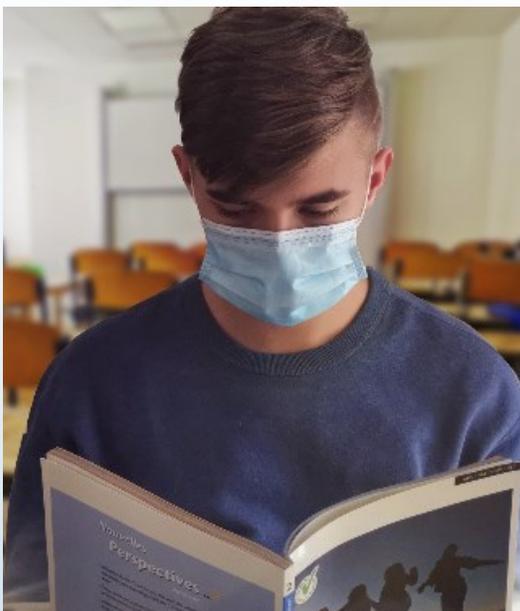
4H has been doing awesome with all the new routines! We have been working on place value, expository writing, reading strategies, and so much more!



## Class 6D- Mr. Doyle

Welcome to 6D! My name is Mr. Murray Doyle and I am teaching Grade 6 this year at Clear Vista School. This is my first year teaching at Clear Vista School. I have been a teacher for six years at: Gwynne School, Norwood School, Griffiths-Scott Middle School, Canadian International School (Abu Dhabi, United Arab Emirates), and most recently, Pigeon Lake Regional School. I graduated with a Bachelor of Elementary Education degree from the University of Alberta with a minor in Social Studies.

Some of my own personal interests include sports (hockey, volleyball, golf, baseball, curling, and many more) and also long distance running. I am looking forward to getting to know all of my students and what their passions are as well.



I will use Google Classroom and Remind consistently in my classroom this year. If you have any questions or concerns, please feel free to contact me at : [murray.doyle@wrps11.ca](mailto:murray.doyle@wrps11.ca) or by phoning Clear Vista School.

Looking forward to a great year in 6D!

### Curriculum Update:

**Language Arts:** students are focusing on reading comprehension and writing

**Math:** The focus is reviewing basic operations and the next topic is order of operations.

**Science:** The unit of study is Trees and Forests. Students are identifying reasons why trees and forest are valued and analyzing different perspectives.

**Social:** Students are investigating the concept of Democracy. We are analyzing the four pillars of Democracy - freedoms, justice, equity and representation.

## Class 6S- Mr. Senghera

Welcome to grade six! I am so excited about teaching your child this year! My name is Mr. Senghera and I am the grade six teacher. A little about myself, I attended the University of Alberta where I graduated with a degree in Elementary Education with a minor in Educational Psychology. I have taught grade six, grade three and grade one. I love sports and have a passion for teaching. I look forward to working very diligently to ensure that your child gets the most out of this year. To have a place of growing knowledge and acceptance is what I want for my classroom. Grade six is such a special year and I look forward to a successful year!



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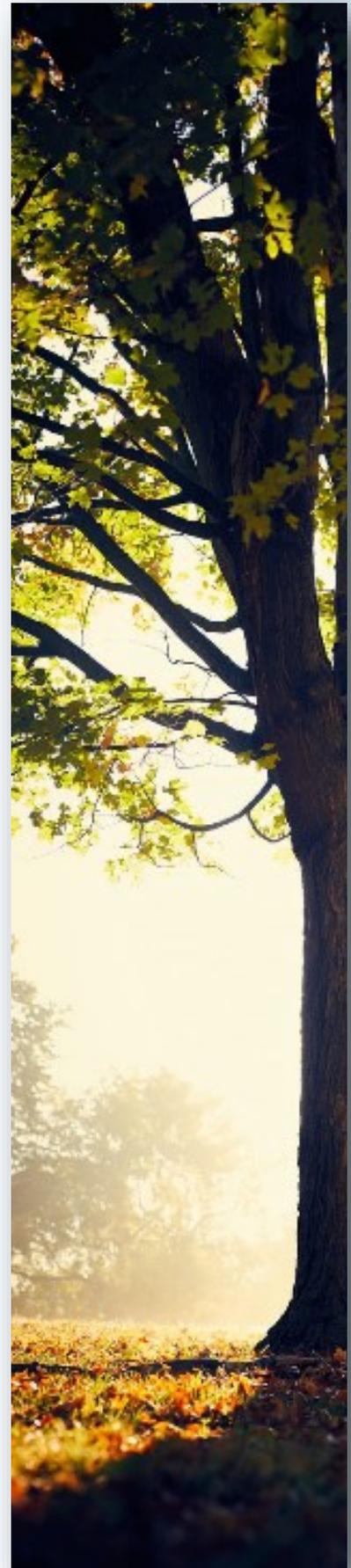
\*If you would like to be invited to your child's google classrooms, please email me. Thank you.\*

Have a great month and enjoy the fall colours!



## **FSL- Mrs. Lucas**

My name is Laura Lucas and I am excited to be the Family School Liaison here at Clear Vista. I am new here but have been in this position with WRPS for 16 years. I am looking forward to meeting all the students and families. As a member of the learning support team I collaborate with district staff, school-based staff and community service providers to promote mental wellness and support emotional development of students. I also provide individual support services to Clear Vista students and their families. There is a confidential referral form for parents, students and school staff on the school webpage. Please feel free to contact me at the school or through my email [laura.lucas@wrps11.ca](mailto:laura.lucas@wrps11.ca).



## Wellness Coach– Mrs. Mennear

I am thrilled to be back at Clear Vista this year (Mondays and Tuesdays). My name is Paula Mennear and I am the school's Wellness Coach. I spend my time in the classrooms facilitating and promoting positive mental health programs. These are research based programs that demonstrate that both mental and emotional wellbeing can be developed, nurtured and supported through promotion and prevention efforts. The best part of my job is getting to connect with the students and seeing them get excited about taking care of their minds and bodies. We will start the year off with the Worry Woos--take a look at this amazing program (for grades 1-5) below.



The banner features a central logo for "WorryWoos monsters" with a purple and pink color scheme. Above the logo are navigation buttons in cloud shapes: "MEET", "TEACH", "PARENTS", "ABOUT", "SHOP", and "CONTACT". Below the logo are two rows of character icons. The first row consists of seven circular icons, each with a name in a colored box below it: NOLA (green), RUE (yellow), FUDDLE (orange), SQUEEK (pink), WINCE (blue), TWITCH (purple), and ZELLY (orange). The second row consists of seven character illustrations, each with a name in a colored box below it: LONELINESS (green), INSECURITY (yellow), CONFUSION (orange), INNOCENCE (pink), WORRY (blue), FRUSTRATION (purple), and ENVY (orange).

The WorryWoos Monsters is an award winning series of books and plush dolls written and illustrated by Andi Green. Emotions themselves are turned into lovable quirky characters that embark on delightful journeys of self-awareness. Created to promote healthy emotional wellness, each WorryWoos adventure concludes with an upbeat message of "Hey, it's OK" and present the perfect opportunity to openly discuss topics that don't have easy answers.

# “Meet” the Teacher Virtually

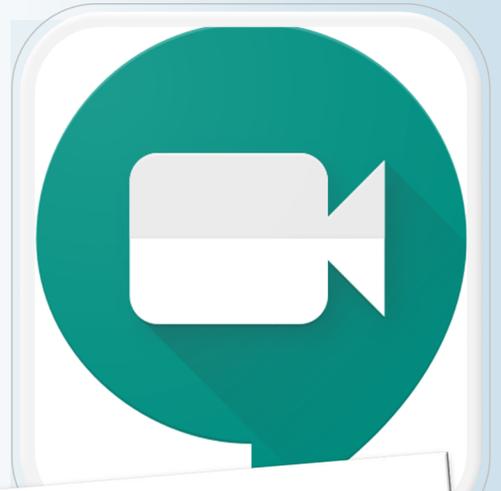
October 6 & 7

3:30pm-5:00pm

-Virtually meet your child’s teacher  
via “Google Meet”

-Teachers will connect with parents  
to set up 10 minute appointment  
slots (“Google Meet” OR a phone  
call) ahead of time

-Families that do  
not have a Google  
account can use  
their child’s school  
email



# October

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 11:45AM PRACTICE FIRE DRILL #2	3
4	5	6 VIRTUAL MEET THE TEACHER NIGHT 3:30PM-5PM	7 VIRTUAL MEET THE TEACHER NIGHT 3:30PM-5PM	8	9 PD DAY- NO SCHOOL	10
11	12 HAPPY THANKSGIVING- NO SCHOOL	13	14	15	16	17
18	19	20 SCHOOL COUNCIL ZOOM MEETING 6:30PM	21	22	23	24
25	26	27	28	29	30 PD DAY- NO SCHOOL	31 HAPPY HALLOWEEN

## Clear Vista School

4510 47 Street  
Wetaskiwin, AB  
T9A 1B8



# Helpful Links

*please click*

- **[COVID-19 Self Assessment Tool](#)**
- **[COVID-19 info for Albertans](#)**

## COVID-19 INFORMATION

# PARENTS' GUIDE 2020–21 SCHOOL YEAR

## Return to near normal daily in-school classes with health measures



### Learning in the new school year

Students will return to school daily at the beginning of the new school year. There are health measures that everyone has to follow to reduce the risk of COVID-19 and help stay safe.

While your school will develop a plan to meet the government's health recommendations, everyone will have a role to play.

## PARENTS' ROLE IN KEEPING SCHOOLS SAFE

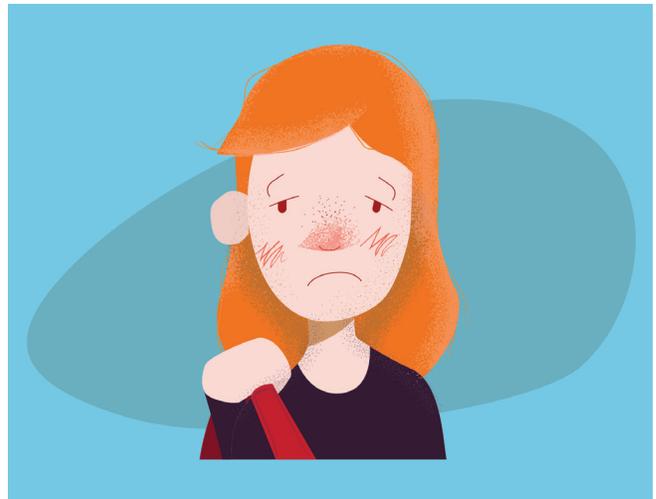
### Screen for symptoms every morning

Check every morning to see if your child has any of these symptoms.

If yes, they must stay home:

- Fever, cough, shortness of breath/difficulty breathing, sore throat, chills, painful swallowing
- Runny nose/nasal congestion, feeling unwell/fatigued, nausea/vomiting/diarrhea, unexplained loss of appetite
- Loss of sense of taste or smell, muscle/joint aches, headache, Conjunctivitis (Pink Eye)

Use the [Self-Assessment tool](#) to check if your child should be tested for COVID-19.



### Stay home when sick or if in contact with someone who is sick

Students, parents or family members must not enter school if they:

- Feel sick or have symptoms of COVID-19
- Had close contact with a confirmed case of COVID-19 in the last 14 days
- Had close contact with a symptomatic close contact of a confirmed case of COVID-19 in the last 14 days
- Have traveled outside of Canada in the last 14 days



For more details: [alberta.ca/returntoschool](https://alberta.ca/returntoschool)

## Mask requirements

Parents can help older children get comfortable wearing [masks](#) as they are required for students in grades 4–12 where physical distancing cannot be maintained such as:

- In all shared areas, such as in hallways
- On a bus
- When activities inside the classroom involves close interactions between students, or students and staff.

[Exemptions](#) will be made for students and staff who are unable to wear a mask due to medical or other needs.

Mask use in students up to grade 3 is not required.

All adult school visitors are required to wear a mask

***\*Your school board may have additional mask use practices.***

## Keep a safe distance

Keep two metres between you and others when possible:

- During drop-off and pick-up
- During interactions with a teacher, school staff or other parents and students

## Pick up students promptly if they show symptoms at school

You will be asked to pick up your child from school immediately if they show symptoms. Please ensure the school has your most up-to-date contact information so they may reach you if your child needs to be picked up.

## Taking your child to school

If your child normally takes the bus, consider taking them directly to school if your personal situation allows for it. This would help with physical distancing on the bus for students who do not have other options besides taking the bus.



## WHAT STUDENTS NEED TO KNOW

Talk to your child about some of the new health measures to help them prepare for the first day of school:

### Cohort

A cohort—or bubble—is a group of students and staff who remain together. The size of the cohort will depend on the physical space of the classroom.

The risk of COVID-19 is reduced by limiting exposure to others. Staying in a cohort also makes contact tracing easier and faster if there is a suspected case of COVID-19.

- Sanitize hands before entering school and classrooms
- Keep a distance between others and follow marks in hallways
- [Wearing mask](#) for students in grades 4–12
- Do not share food or personal items
- Cover coughs and sneezes
- Tell staff if feeling sick at school
- Lunch and recess time may change to allow for more physical distancing
- Students may be asked to stay in their own cohort to decrease contact with others
- Students who take the bus will have to sit in the same seat every day.

Your child may feel nervous about what school will be like. While there will be changes, the key school experience will be the same as before—they will learn in class with their teacher and see friends.



## HEALTH MEASURES AT SCHOOLS

Schools will follow detailed [health guidelines](#) to prepare for the return of students. For example:

- More cleaning and disinfection of high touch areas and shared equipment
- Allow for physical distancing when possible, which may include:
  - Stagger pick-up and drop-off times
  - One-way or marked hallways and designated entrance and exit doors
  - Leave space between desks and tables
  - Stagger start and end-times for classes and lunchtime to avoid crowded hallways and lunchrooms
  - Limiting bathroom occupancy
- When physical distancing is not possible, extra emphasis will be on hand hygiene, covering coughs and sneezes, and cleaning.
- Students, where possible, will be cohorted by class.

For more details: [alberta.ca/returntoschool](https://alberta.ca/returntoschool)

## **Mental Health: Coping and Connection for Children & Families During COVID-19**

Children react, in part, on what they see from the adults around them. Coping with COVID-19 calmly and confidently, can help you support your child. Here are some things you can do to support your child.

### **Get the facts about COVID-19.**

Find a few credible sources of information. Understanding the latest facts about the outbreak and knowing where to turn for reliable information can help you talk to your kids open and honestly and help them think more realistically about the risk visit, <https://www.albertahealthservices.ca/topics/Page16944.aspx>

### **Check in with your child, encourage questions to make sense of the current situation.**

- Start by asking your child what they know about this situation.
- Pay attention to what your child says and really listen with your head and heart.
- Encourage them to talk about their feelings and thoughts. If they have difficulty expressing their emotions in words, help them express their feelings through creativity (e.g., drawing, music).
- Accept their feelings without judging. Emotions come and go. It's okay to feel sad, upset, or distressed. In most cases, these feelings won't last long. It's how we act when we feel these emotions that can get us into trouble.
- Answer questions calmly, reassuringly, and honestly. Give answers that your child will understand for their age and ability.
- Correct misinformation.
- Avoid telling them not to worry. The goal is to help your child realistically evaluate risk based on reliable information.
- Focus on how they can protect themselves and others from getting sick.
- Ask your child to come to you if they have questions or concerns as they may hear strange things or see strange things and wonder if they are true.
- Provide comfort and be patient.
- Check on your child's feelings on a regular basis.

### **Encourage positive activities and thoughts of safety**

Continue doing regular activities (e.g., having family meals, bedtime routines, games, movies, faith activities, keeping physically active, listening to music). It helps provide a sense of security and safety. Talk about all of the people who are working hard to prevent the spread of illness and how you and your child can help protect yourselves and the community too (e.g., good handwashing, coughing or sneezing into your elbow).

### **Self-care for parents and caregivers**

The high volume of information, concerns, and potential uncertainty in these situations can be overwhelming. Care for yourself by keeping routines, eating healthy meals, getting enough sleep, keeping physically active, staying connected, and handling stress. Take deep breaths and breaks to handle stress. Be honest about your feelings and show that you can still do things, and finish tasks, even if you're feeling worried. Look for creative ways to adapt your go-to activities, as needed, (and perhaps discover new opportunities to enhance your wellness and self-care). You are best able to support your children when you take care of yourself too.



## Limit media coverage

Keep informed but limit your time for media and social media. It can leave you and your children feeling overwhelmed. (<https://www.caringforkids.cps.ca/handouts/screen-time-and-digital-media>)

## Seek support and continued connections

If you need to isolate yourself from others, call, text, email, video conference, and communicate through social media. You can also try playing online games with friends or family to keep entertained and connected with others.

## Keep active

Although it's tough to stay indoors away from friends and sports we enjoy, we can still keep those screens away and be active. There are a lot of physical activities that can be done in our homes with each other. Look with your loved ones for small space activities that would be fun and would keep you physically active. Here are two great ideas:

1. Riverbank – This is an indoor version of Red Light, Green Light that is a lot of fun.
  - Form a line with string, tape, or an item already on the ground.
  - The leader will yell “river,” “bank,” or “riverbank.”
  - Players hop forward when they hear “river” and backward when they hear “bank.”
  - When the leader calls out “riverbank,” players hop sideways with one foot in the river and one foot in the bank.
  - Add an additional physical activity component by having participants do jumping jacks when they make a mistake before rejoining the game.
2. Everyone Around Me
  - Form a circle with chairs or specific spots on the floor with tape or string.
  - Select one person to stand in the middle (without a chair or space) as the caller.
  - The caller shouts out a fact about himself or herself. Example: Everyone around me wearing a blue shirt.
  - Anyone wearing a blue shirt must find a new seat as quickly as possible, including the caller.
  - The person left without a chair or spot becomes the caller.

*Adapted from: asphaltgreen.org*

## Be mindful of how you speak

Rather than placing blame on certain communities or groups of people, put people first. This is a person who has the COVID-19 virus.

## Need more help?

If your child is having on-going trouble coping with their emotions or is experiencing symptoms of stress (e.g., problems with sleep, goes back to having separation anxiety, needs a large amount of reassurance, stops having interest in friends, does repetitive behaviours such as excessive hand washing) ask your healthcare professional for help.

# Tips to help your child be comfortable and confident wearing a mask

To help protect each other and to prevent the spread of COVID-19 it is recommended masks be worn when [physical distancing](#) cannot be maintained. This includes in places like schools, buses and public transit, health care facilities, and some community public places. Many stores and businesses also request that customers wear masks.

Talk to your child about why masks are important, and help them feel confident and comfortable wearing a mask.

Here are some simple tips and helpful resources:

A simple act of kindness.



## Masks provide protection.

Masks help keep everyone safe during the COVID-19 pandemic, especially in public places like a school. It is a simple act of kindness: My mask protects you. Your mask protects me. Masks offer a way to cover your mouth and nose to prevent germs that can go from your body onto someone else or on to surfaces that people touch. Germs can come from your body when you do things like sneeze, cough, talk, yell, laugh or sing. Wearing a mask may stop you from touching your nose and mouth which can also help prevent the spread of the virus. Watch this [short video](#) to learn more about why wearing a mask matters. For more helpful tips, visit [alberta.ca/masks](https://alberta.ca/masks).



## Choosing a mask? Let your child help.

If possible, have your child choose the color and design of their mask, and the fabric that will feel comfortable for them. Mask extenders (ear savers) that connect the elastics behind the head rather than hooking them behind the ears may help your child feel more comfortable wearing a mask. If your child experiences touch sensitivities, look for masks made of soft material. When a child-sized mask is not available, follow the steps in [this video](#) to adjust an adult-sized mask.



## Wear your mask properly.

Proper handwashing is the first step to proper mask use! To learn more, check out this [short video](#) from Alberta's Chief Medical Officer of Health, Dr. Deena Hinshaw. She explains how to safely put on, wear, and take off a mask. Here are some other great resources for children, families, and schools:

- [Masks for school video](#)
- [Wear a mask poster](#)
- [My mask protects you, your mask protects me poster](#) from Alberta Health Services



## How to care for your cloth mask.

Store masks in a sealed and clean storage bag (like a sandwich bag) to keep them clean and ready for use. When you remove your cloth mask, place it back in the bag until you need to wear it again. Practice this at home with your children. This will help get them into the habit of caring for their mask. Be sure to wash your masks after each use, and throw out used storage bags. Visit [alberta.ca/masks](https://alberta.ca/masks) for tips on cleaning your mask.



## Role model mask-wearing for your children.

Show your children how you put on and take off your mask, while practicing good hand hygiene. Try wearing your masks at home for short periods of time and wear them when you are out in your community. For creative ideas about how to help young children adapt to wearing masks, check out these [7 quick tips for parents](#).

## Tips to help your child be comfortable and confident wearing a mask

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Use reliable information and resources about COVID-19 to support your family.

Use websites, information, and resources from the Government of Alberta and Alberta Health Services to help your family through these challenging times. Here are some key sources:

- To help your family head back to school, visit: [alberta.ca/returntoschool](https://alberta.ca/returntoschool) and [ahs.ca/covidschools](https://ahs.ca/covidschools)
- For mental health and wellness support, visit [ahs.ca/helpintoughtimes](https://ahs.ca/helpintoughtimes)
- For the latest guidance from the Government of Alberta, see: [alberta.ca/covid19](https://alberta.ca/covid19)
- For the latest guidance from Alberta Health Services, visit [ahs.ca/covid](https://ahs.ca/covid)
- If your child has questions about COVID-19, check out [COVID-19: What kids need to know](#)