



Mustangs Memo



October 15, 2021



Special Visitor at Muir Lake School

We had an unexpected visitor this morning from the neighboring field. As a precaution, we asked all classes to remain in the building as Mrs. Marcinew, Mrs. Brownlee, & Principal Fune went out and assisted with the wrangling.

Just another day in a rural school.

NEW! Immunization Information for Parents from Westview School Health Nurses: Many parents have had questions regarding school immunizations this year. Here are the highlights for this year.

- Current Grade 6 students should have had an information and consent package sent home for Hepatitis B and Human Papilloma Virus vaccines. These are scheduled with the school in October or November. Second doses will be scheduled 6 months later.
- Current Grade 9 students will be receiving consent/information packages home in later November or December for dTap (Diphtheria-Tetanus-Pertussis) and Meningococcal Vaccines. These are to be scheduled at the school in the New Year.
- Current Grade 7 and 8 students who did not complete Grade 6 vaccines will be updated at the school between January and April 2022. If your child had a signed consent in Grade 6 it is valid for this second dose.
- Please note that there is no longer a spacing recommendation between the above vaccines, influenza vaccine and COVID 19 vaccines.
- Students who are 12 years of age (or turning 12 years of age by December 31st of 2021) are eligible for COVID-19 vaccinations. Bookings for first and second doses are available province wide. Albertans can book appointments through AHS online at ahs.ca/covidvaccine, by calling 811 or through [participating pharmacies](#). First and second dose walk-in clinics are also available at multiple locations. Please refer to the following link for information on routine and seasonal immunization information: [Routine and seasonal immunization during COVID-19 frequently asked questions \(FAQ\) \(alberta.ca\)](#)

For tips on preparing your child for immunizations, please refer to <https://www.immunize.ca/pain-management-children>.

If you have any immunization related questions or concerns, please contact your School Health Nurses at 780 968 4268 or 780 984 0342.

[COVID-19 Vaccine Frequently Asked Questions | Alberta Health Services](#)

NEW! Terry Fox Run Donations: Way to go Muir Lake! Together as a school, WE have raised over \$3000 in donations for the Terry Fox Foundation. Thank you to everyone who donated and thank you to Ms. Garrison and Mrs. Rich for organizing this amazing event for our students. Collections at the school are complete, but if you would like to make an ONLINE donation, please feel free to do so by following [THIS LINK](#).



NEW! Halloween Celebrations at Muir Lake:

- Students can wear their costumes to school or change at lunch time if they do not require assistance. This ensures that teachers are not helping students get costumes on, etc
- Each class will hold their own festivities which will start in the afternoon
- Only pre-packaged items can be sent in for the class to share, ie. food, candy, or snacks

NEW! Cold Weather Attire: The temperatures are beginning to dip, especially in the morning! Please ensure that your child is dressed appropriate for the cooler weather. Lunch recess is ½ hour long and it can be chilly out there.

NEW! From our School Council Chair:

Hello Muir Lake Parents,

Welcome back to our 2021/2022 school year. We have seen some changes happening and I want to take this time to welcome all of the new staff and students to our wonderful school! Also, we would not be the school we are without the familiar faces we see every day. So a thank you to them as well.

I wanted to take this opportunity to introduce myself as your new School Council Chair. My name is Amber Dory. I have a son in grade 4. I have been a part of the school for 4 years and couldn't think of a better school than the one we have. I have worked in schools in the past and have a wealth of knowledge that I am excited to bring to the table this school year. When I am not working, volunteering or running my boy to ski races, my family enjoys skiing, camping, fishing, boating and my all-time favorite activity of paddle boarding.

If you would like to stay informed on what is happening at the school I welcome you to join our school council meetings, our next one being October 19th, 2021, 7pm. [Please visit the LINK here to request a Google Meet link](#). The link will be shared with those interested in attending the day of the meeting.

We have an incredible community here in Muir Lake and I feel we are all so lucky to be Mustangs!

NEW! Welcome to our Muir Lake Mental Health Navigator: Simonne Massner is a Community Connector with the Westview PCN Youth Mental Health Clinic and the Change Health Clinic.

- She helps youth aged 11-25 with resource navigation and information
- She assists students and parents find counseling, a doctor, community programming, crisis services, LGBTQ+ services, etc.
- Simonne is a certified and registered Child and Youth Care Counselor and can provide debriefing and emotional skills coaching or life skills coaching but not therapy or formal counseling (under PSD).

- She can directly connect with parents and youth at the school on Fridays from 9:00am-2:00pm and is also available via phone at 780 217 4146 and email at simonne.massner@westviewpcn.ca during the week for questions and referrals
- To book a student in with Simonne for Friday, contact her directly or Amy Garrison at Amy.Garrison@psd.ca

Repeat! Dropping Off Items for Your Child (including lunches & water bottles): If your child forgets their lunch or water bottle at home please be assured that we have food and bottled water here for them in this situation. Please do not drop off items for them as we are limiting visitors into the school. We appreciate your cooperation and understanding with this matter.

Repeat! School Health Champion Did you know that Muir Lake has a School Health Champion? Miss Gilmour will be taking on this role for 2021/22 as she supports our school community in seeking out health and wellness opportunities. This includes connecting our school families to community based and online resources. Look out for a short monthly health and wellness section in the Mustangs Memo. This month... [10 Fun Autumn Activities for Kids and Families by Active For Life](#). A fun and active way to get outside as a family and enjoy nature at its best this Autumn.

Repeat! PSD COVID 19 Recommendation Update: In our ongoing navigation of the Covid-19 pandemic and recommendations from Alberta Health Services, we have a couple of updates that we wanted to bring to your attention.

Household Contacts: Some of you may have noticed that the [Alberta Health Services Daily Checklist](#) received a wording change on Thursday, September 23rd regarding household close contacts.

The AHS recommendation states that any unvaccinated or partially vaccinated individuals (including children under 12) should stay home for 14 days when a person who lives in the same house as them tests positive for COVID-19. This means that anyone who is not protected with 2 doses of vaccine after a household positive case should quarantine for 14 days.

This request to stay home for 14 days is a strong recommendation from AHS and we respectfully ask families to follow the recommendation should any member of your household test positive for COVID-19.

Another key point from this AHS recommendation is that it only applies to household contacts of a positive COVID individual (e.g. sibling or parent that has tested positive) and not school-based close contacts (e.g. in the same classroom cohort at school).

Please continue to reference PSD's [Stay-At-Home Guide](#) when making decisions to keep your child at home or not.

Masks: In order to be prepared for situations that may require a mask. (e.g. your child presents symptoms once they arrive at school and must be sent home) we ask that you please ensure your child has a mask with them at all times. This includes Pre-K to Grade 3 families.

Also, please join us in supporting our bus drivers by sending your child onto the bus with their masks. All students, regardless of age, MUST wear a mask while riding a bus as outlined by the Chief Medical Officer of Health's [latest order](#).

Our supply of disposable masks is extremely low, we are unable to provide masks to individuals on a daily basis, we ask that students please bring their own reusable mask on a daily basis.

Repeat! School Fees: Statements for the 2021 2022 school year fees went out via email, if you did not receive it then check your junk mail or let the office know. Upon receipt, fees can be paid online by debit or credit card through our [PowerSchool Parent Portal](https://powerschool.psd70.ab.ca/public) at <https://powerschool.psd70.ab.ca/public> or by cash or cheque payable to Parkland School Division (PSD). These school fees were due in to the office by the end of September. If for some reason you are unable to pay the fees right away arrangements may be made by calling Andy Fuñe at 780-963-3535.

Repeat! Free Family Counselling: If you are looking to support your students there is a youth & family solution focused wellness counselling program available through Alberta Health Services Primary Care Network. For more information please click [here](#).

Repeat! Parkland School Division Family Supports: Please see attached which contains information regarding the services available to families this school year.

Repeat! PSD Domain and Email Addresses: You may have noticed that Parkland School Division has a new look; a new logo as well as a new domain name. You can now find Parkland School Division at <https://www.psd.ca> and Muir Lake School's new website URL is <https://muirlake.psd.ca>. With the domain name change came new email addresses. An easy way to find your child's teacher's email address is on our school website at <https://muirlake.psd.ca/about/staff-directory>, but our new address format is as follows: [firstname.lastname@psd.ca](#). Please adjust your email address books accordingly as eventually the mail-forward feature will end.

As always, should you have any questions, please feel free to contact us via email at MuirLake@psd.ca or by phone at 780-963-3535.

Thank you, have a great weekend!
Muir Lake School Admin Team

STAY AT HOME GUIDE

THE
BOTTOM
LINE

The amount of time a student needs to stay home from school depends on the type of symptom(s).



PARKLAND
SCHOOL DIVISION

psd.ca

WHICH SYMPTOM DOES YOUR CHILD HAVE?



Does your child have ANY of these new or worsening symptoms?

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Loss of sense of smell or taste

Yes, that's my child.
Now what?

- Your child must isolate at home for a minimum of 10 days from when symptoms started **OR** receive a negative COVID-19 test and feel better before returning to activities.
- If your child's test results are positive for COVID-19, isolate at home for at least 10 days and follow instructions received from Alberta Health Services (AHS).



Does your child have ANY of these new or worsening symptoms?

- Chills
- Sore throat/painful swallowing
- Runny nose/congestion
- Feeling unwell/fatigued
- Nausea, vomiting or diarrhea
- Unexplained loss of appetite
- Muscle or joint aches
- Headache
- Pink eye (conjunctivitis)

Yes, that's my child.
Now what?

- **Keep your child home from school and monitor him/her for 24 hours.** If after 24 hours symptoms improve, your child may return to school, if feeling better.
 - ▶ A COVID-19 test is not required.
- **If your child has any two of the above symptoms or after 24 hours his/her condition gets worse or a second symptom develops:**
 - ▶ Use the AHS Online Assessment Tool to see if testing is recommended.
 - ▶ Your child may return to school after symptoms are gone, even without a COVID-19 test or results.
 - ▶ If test results are positive, isolate at home for at least 10 days and follow instructions received from AHS.



REMEMBER

It is the parents' responsibility to screen their child(ren) for symptoms each day before school. Visit psd.ca and click on the [COVID-19 quick link](#) to complete the AHS Daily Checklist.

Close Contact: If your child is deemed a close contact of a positive COVID-19 case, he/she will not be required to isolate unless his/her own symptoms present.