



Mustangs Memo



January 14, 2022

NEW! At-Home Test Kits and Masks: On Wednesday January 12th at approximately 1:30 pm, an email went out inviting all Muir Lake School families to submit their request for at-home Covid Test Kits and masks that have been provided to us by the Provincial Government. Please check your inbox and Junk Mail to ensure that you have received this email. This is what it said:

*As previously communicated, the government of Alberta is providing schools with shipments of rapid tests and masks. The first shipment has arrived and distribution to students and staff has started. In order to distribute test kits and medical grade masks we are asking that you take a moment to complete the form [LINKED HERE](#) once for **each student** who attends Muir Lake School.*

*Initially, boxes of five at-home rapid test kits will provide enough supply for each student to test twice per week for 2.5 weeks. At this time we anticipate being able to provide **one box** per student once our shipment arrives. These rapid tests are for at-home use, at the discretion of individuals and families and will not be used at or by the school.*

It is recommended that students test twice per week, 72 hours apart (e.g. Sunday and Wednesday or Monday and Thursday). There are instructions about how to administer the test included with the test kit. Additionally, a how-to video and a rapid test program fact sheet translated into multiple languages offers tips on how to use the rapid test kits. Both are available online at <https://www.alberta.ca/k-12-learning-during-covid-19.aspx>.

In the event that a student tests positive for COVID-19 please follow the directions on the PSD Stay at Home Guide found [here](#), and let the school know. If you have any questions please contact the school office. Thank you for your support

NEW! COVID-19 Isolation Requirement Changes: As we settle back into our daily routines following the Winter Break, we'd like to draw your attention to some changes to the provincial health measures that will have a direct impact on schools. These changes are summarized in the Division's updated [Stay at Home Guide](#). Please keep your child home if they are ill so we can all do our part to keep our school community healthy, safe and so we can remain open.

As more of the general population becomes fully vaccinated, this will play a factor in how soon your child may return to school following a legally required isolation due to a positive COVID-19 test. Fully vaccinated individuals only need to isolate for 5 days or until symptoms resolve, whichever is longer. **PLUS** a new measure includes 5 days of wearing a mask at all times when around others at school. We can work with families to help facilitate this upon a student's return to class. Those partially vaccinated or not vaccinated students remain legally required to isolate for 10 days or until symptoms resolve, whichever is longer, before returning to school.

For all the latest including links to the latest Guidance for Schools, please visit the PSD [COVID-19 Info page](#).

NEW! Interruption to Internet & Phones: Our internet service provider has an outage planned for Muir Lake School so that they may do some upgrades to the system. This means that our PHONES and internet will be out on Friday January 21st from 11:45am to 1:45pm. This will be minimal disruption for our students as they will be on lunch and recess break during this time. We apologize for the inconvenience that this may cause and thank you for your patience and understanding.

Repeat! Student Drop Off and Pick Up: For the safety of our students and staff;

- **For everyone's safety we ask that EVERYONE please walk or stand INSIDE the blue fence when picking up their child(ren) from school.**
- Please park in the Muir Lake Community Hall parking lot and for your child in the parent muster area which is located inside the blue fence in between the Community Hall and the school.
- If driving your child(ren) to school, please drive through the drop off lane and drop them off at the crosswalk at the **south** end of the school **OR** drop them off at the Community Hall and have them walk inside the blue fence to and from the school
- Please do not cut through the staff parking lot to jump the line of cars waiting to drop off children in the drop off lane
- If you are late and dropping your child(ren) off (after 8:00am), please have them come in the main doors and report in to the office and get a late slip.

Repeat! From our School Council Chair: Should you wish to contact our School Council Chair, Amber Dory, please use our NEW School Council Chair email that has been set up; it is MuirLake.SCChair@partner.psd.ca. School Council meetings are virtual and are set for the third teaching Tuesday of the month. The next meeting is set for January 25, 2021, 7pm as our December meeting has been cancelled. [Please visit the LINK here to request a Google Meet link](#). The meeting link will be shared with those interested in attending the day of the meeting.

Repeat! Sledding at MLS: Due to the insurance regulations, please be aware that students are not able to toboggan, tube, crazy carpet, bobsled, or sled on a slope of greater than five meters in height or with an incline of greater than 35 degrees. The hill behind the school is too long and too steep for these purposes.

Repeat! Health Champion: With so many hilarious Elf on the Shelf scenarios these days, it can be hard to narrow down your choices to only 24. Okay, for lots of us it would be hard to ever possibly think of 24. Either way, at Active for Life we've decided to have a little fun with this elvish tradition and share a few of our favourite active Elf on the Shelf ideas.

Because, if there's one thing we know, it's that those crazy elves sure do love to move.

Here are our top 10 favourite active Elf on the Shelf ideas (be sure to scroll down on some of these pages to find the image):

1. [Flour snow angels](#)
2. [Swinging on a toilet paper roll](#)
3. [Snowball fight with Buzz Lightyear](#)
4. [Sledding](#)
5. [Skating](#)
6. [Potato sack race](#)
7. [Gymnastics](#)
8. [Ziplining](#)
9. [Bowling](#)
10. [Ballet](#)

Maybe that silly elf will even inspire your family to be a bit more active this holiday season, too. We're pretty sure that extra activity would encourage some positive reports back to the North Pole, after all.

Thank you to Active For Life for this information.

Repeat! Winter is Here: It is looking & feeling like Winter is finally upon us and probably here for the duration. With the snow comes the colder weather, especially in the morning! Please ensure that your child is dressed appropriately. Updates on the buses and whether or not they are running can be found on the PSD Website at <https://www.psd.ca/transportation/bus-status>, we encourage you to check there if you have any questions.

Repeat! Winter Gear: With winter being here, you wouldn't believe how many pairs of snow pants and boots we have in this building, LOL. Please mark your child's snow pants and boots with their names so that we can ensure that the proper owner has them.

Repeat! Parkland School Division Family Supports: Please [CLICK THIS LINK](#) for your latest [Stronger Together newsletter](#). There are a lot of great articles and tips about emotional regulation included as well as some great upcoming sessions that are open for registration.

Repeat! Free Family Counselling: If you are looking to support your children 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! 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.

Thank you,
Muir Lake School Admin Team

STAY AT HOME GUIDE

FOR CHILDREN UNDER 18



PARKLAND
SCHOOL DIVISION

Monitor your child's symptom(s)

- If your child is sick, he/she should stay home until they feel better.
- Refer to the [Alberta Health Daily Checklist](#) for complete instructions.

Core symptoms (under 18)

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

You are legally required to self-isolate your child if he/she exhibits any of the core symptoms of COVID-19.

Other symptoms (under 18)

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

1 symptom: Stay home for 24 hours, get tested if symptoms don't improve.

2+ symptoms: Get tested and stay home until well or test is negative.

At-Home Rapid Testing

Albertans who do not meet the high-risk exceptions are not required to book a PCR test if they get a positive result from a rapid antigen test. Please refer to [alberta.ca](#) for current [rapid testing at home information](#).

+ POSITIVE WITH SYMPTOMS +

- **Isolate immediately**
Fully vaccinated: 5 days or until symptoms resolve, whichever is longer, plus 5 days of wearing a mask at all times when around others outside of home.
Not fully vaccinated: 10 days or until symptoms resolve, whichever is longer.
- **Do not continue rapid testing.**
- **Book a PCR test, if eligible.**

+ POSITIVE NO SYMPTOMS +

- **Isolate immediately**
- **Take second rapid test in 24 hours:**
 - **If negative**, isolation can end unless you develop symptoms.
 - **If positive**, continue isolating and book a PCR test, if eligible.

- NEGATIVE WITH SYMPTOMS -

- **Isolate for 24 hours**
- **Take second rapid test in 24 hours:**
 - **If negative**, continue isolating until symptoms resolve before cautiously resuming normal activities.
 - **If positive**, continue isolating:
Fully vaccinated: 5 days or until symptoms resolve, whichever is longer, plus 5 days of wearing a mask at all times when around others outside of home.
Not fully vaccinated: 10 days or until symptoms resolve, whichever is longer.

- NEGATIVE NO SYMPTOMS -

- **A negative result does not rule out infection.** Isolation is not required but continue monitoring symptoms and following all public health guidelines.



REMEMBER:

It is a parent's responsibility to screen their child for symptoms each day before school. Refer to the [Alberta Health Daily Checklist](#) for instructions.



STAY INFORMED

Visit [psd.ca](#) for current COVID-19 information from the Division.

Scan this code for
Alberta's symptoms
and testing info.





VACCINE PROTOCOL IN EFFECT

Please have your vaccine record and ID ready.

- All visitors, volunteers and parents must show either official proof of vaccination (digital/paper copies accepted) or a negative test result (from the last 72 hours) or a medical exemption letter, along with government-issued ID.
- Students are not required to show proof.
- Any person coming to a school or Division Building, who is only there to conduct a brief interaction/transaction that will take less than 15 minutes while appropriate health measures are observed (e.g. masking, physical distancing), will NOT require proof of vaccination.



Forgot your proof?

Scan this code to download your Alberta vaccine record >>

