



## Mustangs Memo



January 21, 2022

**NEW! Quarantine Requirement Update:** Quarantine requirements have changed since prior to the Winter Break related to an individual's vaccination status. These are outlined on the [Alberta Health Daily Checklist](#) and reflected on [PSD's Stay-at-Home Guide](#).

Alberta Health Services has changed the [isolation requirement](#) from 10 days to 5 Days for **fully vaccinated** individuals. If your child does test positive for COVID-19, please advise the school. Fully vaccinated individuals may return to school after a legally required 5-day isolation. **Partially vaccinated or unvaccinated** individuals who test positive for COVID-19 will continue to be legally mandated to isolate at home for 10 days from the start of symptoms, or until symptoms resolve, whichever is longer. Upon returning from a 5-day or 10-day isolation, those individuals will be required to wear a mask\* at all times when around others outside of home. This includes while at school.

\* This includes all staff and students. Those staff/students are required to eat/drink while physically distanced from all others. Students are required to wear a mask during all physical activity and recess since they are unable to remove their mask at all around others, including when seated in the classroom. If parents feel that their child cannot wear their mask at all times during these 5 days following the isolation requirement (due to age, health or ability), they are asked to keep their child home from school for the 5 days before returning to school.

When reporting a COVID-19 related absence, parents/guardians will be asked:

- When did your child test positive?
- When did symptoms present (if any)? Note: if no symptoms are present, Day 1 of the isolation will be considered the day the rapid test was administered.

- Will your child be returning after 5 days or 10? Upon their return, they will be expected to wear their mask at all times for the the 5 days. (Note: if they are not able to wear the mask at all times, they will need to stay home for the 5 days)

Note: Students with mask exemptions will be asked to stay home as they cannot meet the 5-day mask requirement after coming back from their isolation at home.

**+ 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.

**Repeat! 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](mailto: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

## 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<sup>4</sup> 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.   | <b>Has your child been a household contact of a case<sup>4</sup> of COVID-19 in the last 14 days?</b><br><i>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.</i> | YES | NO |
| <b>If child answered "YES" AND they are NOT fully immunized<sup>5</sup>:</b> <ul style="list-style-type: none"><li>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</li></ul> <b>If child answered "YES" and they are fully immunized<sup>5</sup> proceed to question 2:</b><br><b>If child answered "NO" to question 1, proceed to question 2</b>   |   |     |    |
| 2.   | <b>Does the child have any new onset (or worsening) of the following core symptoms:</b>   |     |    |
|  | <b>Fever</b><br>Temperature of 38 degrees Celsius or higher   | YES | NO |
|  | <b>Cough</b><br>Continuous, more than usual, not related to other known causes or conditions such as asthma   | YES | NO |
|  | <b>Shortness of breath</b><br>Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma  | YES | NO |
|  | <b>Loss of sense of smell or taste</b><br>Not related to other known causes or conditions like allergies or neurological disorders  | YES | NO |
| <b>If the child answered "YES" to any symptom in question 2:</b> <ul style="list-style-type: none"><li>If the child is fully immunized<sup>5</sup> they are required to isolate for 5 days from onset of symptoms or until symptoms resolve<sup>3</sup> 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) <b>OR</b></li><li>If they are NOT fully immunized<sup>5</sup>, they must isolate for 10 days from the onset of symptoms or until they resolve<sup>3</sup> whichever is longer <b>OR</b></li><li>Until symptoms resolve<sup>3</sup> if they receive a negative PCR COVID-19 test <b>OR</b></li><li>Until symptoms resolve<sup>3</sup> if they receive two negative rapid antigen tests, with at least 24 hours between tests</li></ul> |   |     |    |

<sup>3</sup> Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication

<sup>4</sup> A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

<sup>5</sup> A child who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

- 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.**

| <b>3. Does the child have any new onset (or worsening) of the following other symptoms:</b>  |     |    |  |
|--|-----|----|--|
| <b>Chills</b><br>Without fever, not related to being outside in cold weather   | YES | NO |  |
| <b>Sore throat/painful swallowing</b><br>Not related to other known causes/conditions, such as seasonal allergies or reflux  | YES | NO |  |
| <b>Runny nose/congestion</b><br>Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather  | YES | NO |  |
| <b>Feeling unwell/fatigued</b><br>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 |  |
| <b>Nausea, vomiting and/or diarrhea</b><br>Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome   | YES | NO |  |
| <b>Unexplained loss of appetite</b><br>Not related to other known causes/conditions, such as anxiety or medication   | YES | NO |  |
| <b>Muscle/joint aches</b><br>Not related to other known causes/conditions, such as arthritis or injury   | YES | NO |  |
| <b>Headache</b><br>Not related to other known causes/conditions, such as tension-type headaches or chronic migraines   | YES | NO |  |
| <b>Conjunctivitis</b> (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.

## COVID-19 INFORMATION

# COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR ADULTS 18 YEARS AND OLDER)

### Overview

This tool was developed to support Albertans in protecting others and reducing the risk of transmission of COVID-19. Adults 18 years and older can complete this checklist every day to self-monitor for symptoms of COVID-19.

If you have 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 after arrival in Alberta should follow isolation requirements outlined by Government of Canada.

If you have received a message from Public Health indicating that you are a case<sup>1</sup> of COVID-19 or if you have tested positive on [a rapid test](#), you are required to isolate as per current [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 Adults 18 Years and Older:

| 1.   | <b>Have you been a household contact of a case<sup>1</sup> of COVID-19 in the last 14 days?</b><br><i>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 is a caregiver or an intimate or sexual partner of a COVID-19 case.</i> | YES | NO |
|--|---|-----|----|
| <p><b>If you answered “YES” AND you are NOT fully immunized<sup>2</sup>:</b></p> <ul style="list-style-type: none"><li>You should stay home for 14 days from the last day of exposure and monitor for symptoms.</li></ul> <p><b>If you answered “YES” AND you are fully immunized<sup>2</sup> proceed to question 2:</b></p> <p><b>If you answered “NO” to question 1, proceed to question 2</b></p> |   |     |    |

<sup>1</sup> A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

<sup>2</sup> A person who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series or one dose in a one dose series (i.e., Janssen vaccine)

|   |  |     |    |
|---|--|-----|----|
| 2.  | <b>Do you have any new onset (or worsening) of the following symptoms:</b> |     |    |
|   | • Fever  | YES | NO |
|   | • Cough  | YES | NO |
|   | • Shortness of breath  | YES | NO |
|   | • Runny nose   | YES | NO |
|   | • Sore throat  | YES | NO |
|   | • Chills   | YES | NO |
|   | • Painful swallowing   | YES | NO |
|   | • Nasal congestion   | YES | NO |
|   | • Feeling unwell / fatigued  | YES | NO |
|   | • Nausea / vomiting / diarrhea   | YES | NO |
|   | • Unexplained loss of appetite   | YES | NO |
|   | • Loss of sense of taste or smell  | YES | NO |
|   | • Muscle / joint aches   | YES | NO |
| • Headache  | YES  | NO  |    |
| • Conjunctivitis (commonly known as pink eye)   | YES  | NO  |    |
| <p><b>If you answered “YES” to any symptom:</b></p> <ul style="list-style-type: none"> <li>• Stay home.</li> <li>• You can use an <a href="#">at-home rapid test</a> if available or the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to arrange for testing and to receive additional information on isolation.</li> </ul> <p>If you have fever, cough, shortness of breath, runny nose, sore throat or loss of sense of taste or smell, you are required to isolate as per the current <a href="#">CMOH Order</a>:</p> <ul style="list-style-type: none"> <li>▪ If you are fully immunized<sup>2</sup> you must isolate for 5 days from the onset of symptoms or until they resolve<sup>3</sup> whichever is longer. You must wear a mask for up to 5 days after your 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) <b>OR</b></li> <li>▪ If you are NOT fully immunized<sup>2</sup>, you must isolate for 10 days from the onset of symptoms or until they resolve<sup>3</sup> whichever is longer <b>OR</b></li> <li>▪ Until symptoms resolve<sup>3</sup> if you receive a negative PCR COVID-19 test <b>OR</b></li> <li>▪ Until symptoms resolve<sup>3</sup> if you receive two negative rapid antigen tests, with at least 24 hours between tests.</li> </ul> <p><b>If you answered “NO”:</b></p> <ul style="list-style-type: none"> <li>• You may attend work, school, and/or other activities.</li> </ul> |  |     |    |

<sup>2</sup> A person who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series or one dose in a one dose series (i.e. Janssen vaccine)

<sup>3</sup> Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication



# 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 >>

