



GOOD SHEPHERD  
SCHOOL



# GOOD SHEPHERD SCHOOL



NEWSLETTER

## MARCH EVENTS

- **NO SCHOOL - March 5, 6 & 9 March 23-27 Spring Break**
- **SCHOOL COUNCIL MEETING - MARCH 11 @ 7:00PM**
- **REPORT CARDS GO HOME - March 13**
- **PARENT TEACHER INTERVIEWS - March 18 & 19**
- **VIRTUES ASSEMBLY March 30 K-2 & March 31 3-6**
- **Net visits Grade 6 - March 10**
- **Kindergarten Open House—Monday April 6—All day**



## MESSAGE FROM THE ADMIN

It is so hard to believe that we are already in March. This school year is flying by. We have two fundraisers going on this month as well. We appreciate all the work that our School Council is doing to fund a new playground at our school. All monies raised with these two fundraisers go toward a new playground. Thank you for helping out.

After the 95 days of January, it has felt as though February was only a week long. We celebrated our Love virtue, along with Shrove Tuesday and Ash Wednesday. Students were very grateful for the warmer weather and the ability to make snowmen.

Thank you to all grade 4 parents that took time to fill out the Alberta Education Surveys. I will be announcing the winner after March 6 as it has been extended, so it is not too late to get your name in.

One area that I would like to address with all parents is ARE YOUR KIDS INTERNET SMART? The reason I ask this is that many of our grade 4-6 students have TIKTOK accounts and as I was going through this app, I noticed that many did not have any privacy settings. I met with the students from 4-6 and urged them to ensure that they do this. TIKTOK has been reported as of late in the media for being an app that targets young children, so please ensure that if they are using this app, they are only accepting people they know and have privacy settings. Let's keep our kids safe.

Please note that report cards go home on March 13 and we have moved PTIs to March 18 5-8pm and March 19 4-7pm. We look forward to seeing you then. God bless.



## ANNOUNCEMENTS

**\*\*Just a friendly reminder to all of our parents & guardians**—The Bus Garage needs 24 hours notice in advance if your child is to ride an alternate bus or would like to be a guest on a bus.

They will not let your child/student on the bus if you do not give this notice. Please email the school [cara.boucher@hfcrd.ab.ca](mailto:cara.boucher@hfcrd.ab.ca) **OR** [taylor.nelson@hfcrd.ab.ca](mailto:taylor.nelson@hfcrd.ab.ca).

You can also call the school 780-624-3432 and leave a voicemail if you need to, to let us know this information and we can inform the bus garage. They will not let anybody on the bus without a note unless they are registered for that bus. \*\*



### ATTENTION PARENTS

For the **SAFETY** of our **STUDENTS**, please do not drop off or pick up students in the bus lane or staff parking lot during the posted hours, 8:00-9:00am and 3:00-4:00pm. There is a parent drop off/pick up lane on the west side of the school.

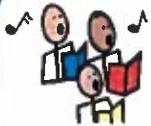
The Grade 6 French class took a field trip with Grade 5/6 from EQV to the Court House on February 19.





# 2020-2021 KINDERGARTEN OPEN HOUSE & REGISTRATION

**Monday, April 6—All day**



## *Music Festival*

The choir will be singing at the Peace River Music Festival in the morning of March 4 @ St. James Cathedral



Grade 1I & 1B will be going to watch the Music Festival

## STUDENT COUNCIL

**March 17—St. Patrick's Day Wear GREEN**

**March 31—March On! Spirit Day**



## SCHOOL COUNCIL

### March Hot Lunch Days

- March 3—Matt's Pizza
- March 10—Boston Pizza
- March 17—Subway
- March 20—Panago
- March 31—KFC



**NEXT MEETING:  
March 11 @ 7:00 pm**

The Grade 6 students will be having a Cupcake Sale on Friday March 13 at lunch hour. All proceeds will be going towards the Grade 6 trip.

**Cupcakes will sell for \$ 1.50**



***LOVING, CARING, SHARING***



A **Big Thank You** to the parents who were able to volunteer their time and come along with the French Immersion students to the Carnaval in St. Isidore on February 12!



## THE BOOK FAIR IS COMING!

Don't forget to stop by our **BOOK FAIR** during Parent Teacher Interviews happening on March 18th & 19th. Looking for an addition for the Easter Basket, how about a book, we have a great selection for the whole family! While you are there, look for details about our Family Book Draw, if you win, so does your child's classroom. We look forward to seeing you!

What: Scholastic Book Fair hosted by Good Shepherd School

When: Wednesday March 18th from 4:00pm – 8:00pm & Thursday March 19th from 4:00pm – 7:00pm.

Where: Good Shepherd School Courtyard

**Give the gift of reading with classroom wish lists** - during our book fair teachers will have the opportunity to view our selection and create a list of books they could use to enhance their classroom libraries, lists will be displayed at the book fair and families may purchase book(s) to donate to any classroom. Full details available at our fair.....Thanks in advance for your continued support of our library and classrooms through purchases made during our book fair events!

Grade 2F & 3R watched videos on how to build an Igloo and a teepee and then they got to make their own smaller versions with Mrs. Buruma



## DID YOU KNOW

**We can now accept E-Transfer payments for Swimming lessons, skiing, etc.**

E-Transfer [ap@hfcrd.ab.ca](mailto:ap@hfcrd.ab.ca)

Password **goodshepherd**  
(ensure spelling is correct)

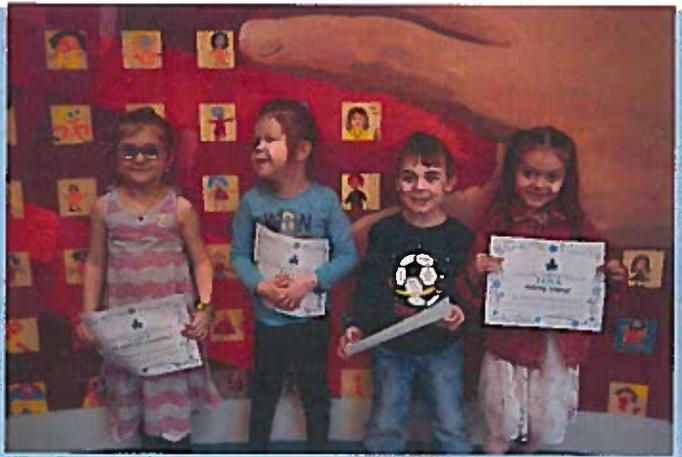
The bank message box **MUST** contain the following details:

- 1.1. Name of sender;
- 1.2. Name of child(ren) the payment is for;
- 1.3. Amount of payment and split if paying for more than one transaction;
- 1.4. What the payment is for;
- 1.5. School that the payment applies to

Please email [cara.boucher@hfcrd.ab.ca](mailto:cara.boucher@hfcrd.ab.ca) with any questions regarding E-Transfers.

We will be doing a Colibri school fundraiser **starting March 3—March 16**. You **will not** be able to order online until the start date listed. You will be able to order through the website [www.colibrifundraising.com](http://www.colibrifundraising.com)—once you get to the website you can just look up our school name—Good Shepherd School—and place your order. If for some reason you are unable to place your order online please come into the school office and we will have order forms here—**you will need to have exact change or a cheque**. There will be a pamphlet (as shown) sent home for your reference as well.





# K-2 Our Virtue Winners (LOVE)

*LOVING, CARING, SHARING*



HOLY FAMILY CATHOLIC REGIONAL DIVISION NO. 37





## 3-6 Our Virtue Winners (LOVE)

*LOVING, CARING, SHARING*



HOLY FAMILY CATHOLIC REGIONAL DIVISION NO. 37



# MARCH 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Gr 5/6 Skiing Music Festival	5 <b>NO SCHOOL</b>	6 <b>NO SCHOOL</b>	7
8 Daylight Savings Spring Forward	9 <b>NO SCHOOL</b>	10 Net Visits Gr 6	11 School Council Meeting 7pm	12	13 Report Cards Go Home  Cupcake Sale	14
15	16 KG Skating 1-2pm	17 KG Skating 1-2pm 	18 PTI's	19 PTI's	20	21
22	23	24	25	26	27	28
<b>** SPRING BREAK NO SCHOOL **</b>						
29	30 K-2 Virtues	31 3-6 Virtues				



## ABOUT GAMBLING

- **GAMBLING IS THE ACT OF RISKING MONEY, PROPERTY OR SOMETHING OF VALUE ON AN ACTIVITY WITH AN UNCERTAIN OUTCOME.**
- **ADOLESCENTS OFTEN USE THE TERMS "BETS, WAGERS, AND DARES" TO DESCRIBE GAMBLING ACTIVITIES.**
- **GAMBLING CAN TAKE MANY FORMS INCLUDING CARD GAMES, SPORTS BETTING, POOL RAFFLES AND 50-50 TICKETS/DRAWS, SCRATCH TICKETS, LOTTO, BINGO, ARCADES, COIN FLIPPING, HORSE RACES AND MIDWAY GAMES.**
- **ANOTHER FORM OF GAMBLING IS A PROPOSITION WAGER. A PROPOSITION WAGER INVOLVES MAKING WAGERS OR BETS ON EVENTS THAT OCCUR IN DAILY LIFE. EXAMPLES: BETS ON SPORTS OR WHO WILL BE DATING WHOM IN A SPECIFIED TIME PERIOD. SOMETIMES THE PAYOFF FOR THIS TYPE OF WAGER IS POSSESSIONS OR MONEY, SOMETIMES IT IS PRESTIGE OR JUST BRAGGING RIGHTS.**

### SIGNS OF PROBLEM GAMBLING:

- **SPENDING MORE TIME OR MONEY ON GAMBLING THAN YOU INTENDED**
- **TRYING TO WIN BACK MONEY OR POSSESSIONS THAT YOU LOST**
- **FEELING BAD ABOUT THE WAY YOU GAMBLE OR WHAT HAPPENS WHEN YOU GAMBLE**
- **TELLING OTHERS THAT YOU WERE WINNING MONEY OR OTHER THINGS FROM BETTING WHEN YOU WEREN'T**
- **WANTING TO QUIT GAMBLING**
- **KEEPING YOUR GAMBLING FROM FRIENDS AND FAMILY**
- **SKIPPING SCHOOL TO GAMBLE**
- **BORROWING, STEALING MONEY OR SELLING POSSESSIONS TO GAMBLE**



[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

## PEACE RIVER ADDICTION SERVICES

Office hours are  
Monday – Friday 8:00  
AM – 4:30 PM

Addiction & Mental  
Health Building 10015 –  
98 St, Peace River, AB  
T8S 1T4

Services are available in  
all schools

Outreach offices in  
Manning and Fairview

Available to all  
Albertans: adults,  
youth, family and  
friends

For more information or  
to schedule an  
appointment with an  
addictions counsellor call  
**780-624-6151**

Outpatient services are  
voluntary, confidential,  
and free of charge.



## LET'S TALK TOBACCO

### **DID YOU KNOW?**

- ALL TOBACCO AND TOBACCO-LIKE PRODUCTS HAVE NICOTINE IN THEM (INCLUDING TRADITIONAL AND ORGANIC TOBACCO, AS WELL AS SOME HERBAL PRODUCTS AND E-CIGARETTES)
- NICOTINE IS THE STRONG ADDICTIVE DRUG IN TOBACCO AND MANY TOBACCO-LIKE PRODUCTS. FOR MOST PEOPLE, THE BODY BECOMES ADDICTED TO NICOTINE NO MATTER WHAT WAY TOBACCO IS USED
- NICOTINE WORKS FAST, SENDING A SENSE OF PLEASURE TO THE BRAIN WITHIN SECONDS. HOWEVER, BECAUSE THIS SENSE OF PLEASURE DOESN'T LAST LONG, YOU NEED TO USE TOBACCO AGAIN TO GET THAT FEELING BACK OR TO KEEP IT
- INITIATION OF TOBACCO USE ALMOST ALWAYS BEGINS IN YOUTH OR YOUNG ADULTHOOD. AMONG ADULTS WHO START SMOKING DAILY, NEARLY ALL FIRST USED CIGARETTES BY 18 YEARS OF AGE (88%), WITH 99% FIRST USING THEM BY AGE 26 YEARS
- WHILE THE PREVALENCE OF TOBACCO USE AMONG CANADIAN YOUTH IS DECLINING – 23% OF STUDENTS IN GRADES 6-12 HAD TRIED ANY FORM OF TOBACCO PRODUCT IN 2014-2015, DOWN FROM 28%. IN 2012-2013 – TOBACCO DEPENDENCE IS STILL A SERIOUS PEDIATRIC CHRONIC DISEASE
- TALK TO YOUR CHILD ABOUT TOBACCO. EXPERTS SUGGEST TO START TALKING ABOUT TOBACCO WHEN YOUR CHILD IS 5 OR 6 YEARS OLD. LISTEN TO WHAT YOUR CHILD HAS TO SAY ABOUT USING TOBACCO. ASK ABOUT THE PRESSURES THEY MAY BE FACING OR HOW TOBACCO USE IS PORTRAYED IN THE MOVIES OR ON TELEVISION. TALK ABOUT WHAT THEY COULD DO IF THEY WERE OFFERED TOBACCO. LET YOUR CHILD KNOW THEY CAN TELL YOU WHAT IS REALLY HAPPENING AND THAT YOU CAN HELP
- PARENTS WHO SMOKE CAN HELP THEIR CHILDREN BE TOBACCO – FREE. RESEARCH HAS SHOWN THAT WHEN PARENTS WHO SMOKE TALK TO THEIR CHILDREN ABOUT TOBACCO, THEIR CHILDREN ARE MUCH LESS LIKELY TO SMOKE. TELL YOUR CHILD HOW YOU GOT HOOKED ON TOBACCO AND HOW HARD IT IS TO QUIT. TELL THEM HOW MUCH IT COSTS AND HOW IT AFFECTS YOUR HEALTH AND HOW YOU LOOK.
- IF YOU ARE THINKING ABOUT STOPPING, WE CAN HELP. FOR MORE INFORMATION AND SUPPORT CALL ALBERTAQUITS AT 1-866-710-7848 (WWW.ALBERTAQUITS.CA) AND/OR THE PEACE RIVER ADDICTIONS AND MENTAL HEALTH OFFICE AT 780-624-6151

## **PEACE RIVER ADDICTION SERVICES**

Office hours are  
**Monday – Friday  
8:00 AM – 4:30 PM**

Addiction & Mental  
Health Building  
10015 – 98 St  
Peace River, AB  
T8S 1T4

Services are available in  
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Available to all  
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## LET'S TALK ALCOHOL

### DID YOU KNOW?

- ALCOHOL IS A DEPRESSANT DRUG. IT SLOWS DOWN THE PARTS OF YOUR BRAIN THAT AFFECT YOUR THINKING AND BEHAVIOUR, AS WELL AS YOUR BREATHING AND HEART RATE.
- THE IMPACT OF ALCOHOL'S EFFECT ON JUDGMENT, BEHAVIOUR, ATTITUDE AND REFLEXES CAN RANGE FROM EMBARRASSMENT, TO UNWANTED OR HIGH-RISK SEXUAL CONTACT, TO VIOLENCE, INJURY OR DEATH.
- ALCOHOL CAN BE ADDICTIVE. MOST ALCOHOL-RELATED ILLNESSES, SOCIAL PROBLEMS, ACCIDENTS AND DEATHS ARE CAUSED BY "PROBLEM-DRINKING." THIS TERM DESCRIBES ALCOHOL USE THAT CAUSES PROBLEMS IN A PERSON'S LIFE.
- RESEARCHERS DEFINE BINGE DRINKING AS HAVING MANY DRINKS ON ONE OCCASION: FIVE OR MORE DRINKS FOR MALE, FOUR OR MORE DRINKS FOR A FEMALE.
- YOUNG PEOPLE WHO BINGE DRINK ARE ESPECIALLY AT RISK. THIS IS BECAUSE THEY ARE LESS FAMILIAR WITH THE EFFECTS OF ALCOHOL, AND ARE MORE LIKELY TO DO SOMETHING IMPULSIVE OR DANGEROUS.
  - ALMOST ONE IN THREE (32%) CANADIANS BETWEEN 20-34 YEARS REPORT BINGE DRINKING 12 OR MORE TIMES IN THE PAST YEAR.
- ALBERTA YOUTH IN GRADES 7 THROUGH 12 INDICATED THE FOLLOWING:
  - 39% (VERSUS 41% NATIONALLY) REPORTED HAVING A DRINK OF ALCOHOL THAT WAS MORE THAN JUST A SIP.
  - 76% OF THAT GROUP (VERSUS 72% NATIONALLY) HAD FIVE DRINKS OR MORE OF ALCOHOL ON ONE OCCASION.
- RECENT TRENDS SUGGEST THAT YOUTH ARE COMBINING ALCOHOL WITH OTHER DRUGS OR CAFFEINATED ENERGY DRINKS. THESE SUBSTANCES CAN INTERACT TO INCREASE RISKY BEHAVIOURS AND CAN CAUSE DANGEROUS AND UNPREDICTABLE EFFECTS IN THE BODY, INCLUDING ALCOHOL POISONING, DRUG OVERDOSE AND DEATH.

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**Alberta Health  
Services**

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

## Day Treatment Program

Offered one day per month at the Addictions Office. Registration required.

## "12 O'Clock, Let's Talk" Addictions Support Group

For individuals who have concerns about alcohol, other drugs, tobacco and gambling or who have concerns about someone else's use.

Friday lunch hour (12-1pm)  
Room 314 Addictions Services  
Drop-In

## Outreach Offices

Outreach offices are located in Fairview and Manning. They provide services on the following day:

Fairview – Thursday – Fairview  
Provincial Building

Manning – Monday – Manning  
Community Health Centre

Appointments for these offices can be made by calling the Peace River Area Office at 780-624-6151 or toll free by calling 310-0000 then 780-624-6151.

Phone 780-624-6151  
Fax.....780-624-6565

Bag 900-8  
10015-98 Street  
Peace River, Alberta T8S 1T4

Hours  
Monday to Friday.....8:00am to 4:30pm

## Helplines 24/7

Addictions.....1-866-332-2322

Mental Health.....1-877-303-2642

Health Link .....811

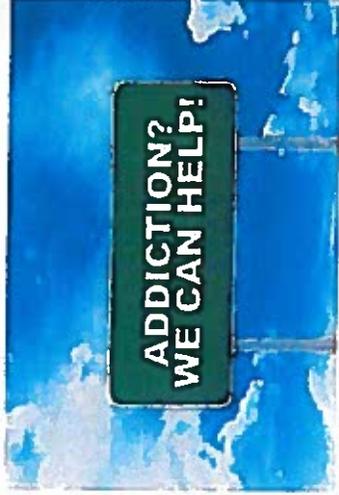
## Websites

[www.myhealth.alberta.ca](http://www.myhealth.alberta.ca)

[www.ahs.ca](http://www.ahs.ca)

[www.albertaquits.ca](http://www.albertaquits.ca)

# Addiction Services Peace River



Addiction & Mental Health Services



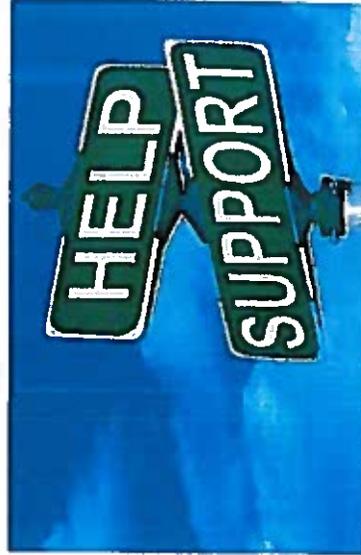
Revised January 2020

### No Waitlist

Addiction counsellors return calls within 24 hours and schedule appointments within 1-2 weeks.

Addiction Services help Albertans who have concerns about alcohol, tobacco, other drugs, and gambling.

Addiction Services offer information, prevention, and treatment services in Peace River and surrounding communities.



### Information

Library Peace River Addiction Services offers a variety of resources (fact sheets, brochures and books) for adults, children, youth, parents and teachers. Fact sheets and brochures are free of charge and available at our office. Books are available for a two-week loan.

**Toll-Free Help Line** The Help Line offers information, support and referral regarding alcohol, tobacco, other drugs and gambling. The Help Line operates 24 hours a day, seven days a week. Call toll-free at 1-866-332-2322.

### Prevention

The focus of our prevention services is to raise awareness and understanding of alcohol, tobacco, other drug and gambling-related issues.

- Working closely with local groups, agencies, schools and employers, provide support to projects aimed at mobilizing the community to prevent and address these issues.
- Resource packages targeting children, youth, seniors, the workplace and parents are available to group facilitators and teachers.
- Training and consultation services are available to professionals working with people who experience alcohol, gambling, and other drug-related issues.

### Youth Services

#### Information, Prevention, Treatment

- Assessment, outpatient counselling and referral to treatment (when appropriate) for youth.
- Educational workshops and seminars for teacher, students and parents.
- Day treatment programming offered bimonthly.
- "Let's Talk" peer group (schedule will vary at participating schools).
- School Strategy includes curriculum support materials available online or through the area office.

### Treatment

Are you worried about your own or someone else's alcohol, other drug or gambling problems? Outpatient counselling services are available to individuals, family members and others (adults or youth) seeking help in overcoming problems associated with alcohol, other drugs or gambling.

- Clients participate in an assessment that examines how substance abuse or gambling affects their lives.
- This information assists in identifying the most appropriate treatment.
- The counsellor and client design a personal treatment plan for continuing care.
- Referrals can be made to detoxification programs where appropriate.
- Outpatient services are confidential and free of charge, and admission is voluntary.
- Fees are charged for most residential services and for the Business & Industry Clinic.

# Register for Notifications of Bus Route Delays and Cancellations by Text Messaging

Go to <https://busplanner.prsd.ab.ca/>

Click "LOG IN"

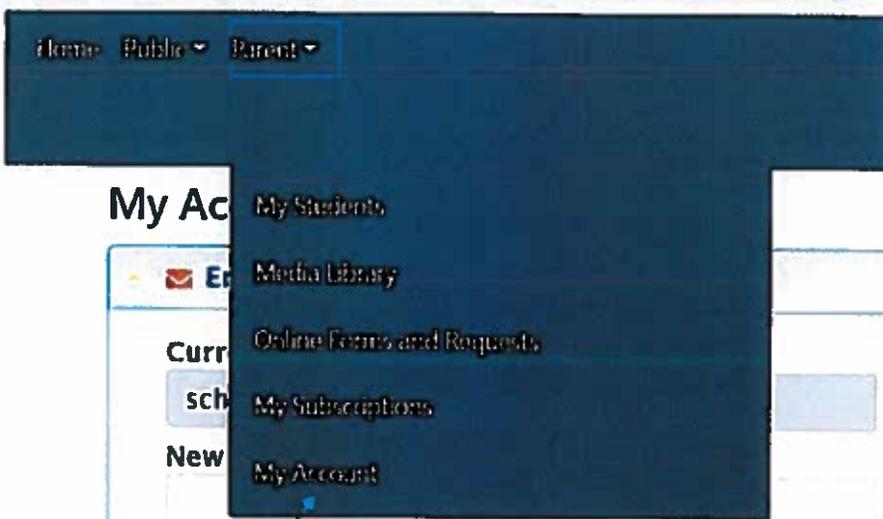


Select "PARENT PORTAL"

If you already have an account, enter your username and password. If you do not have an account, please follow the instructions on "create an account" on the webpage.

You will now see the students registered to your account.

Select "Parent"



Select "My Account"

Select "Mobile Numbers"

## My Account

The screenshot shows a user interface for managing mobile numbers. It features a navigation menu with 'Email' and 'Mobile Numbers'. The 'Mobile Numbers' section contains five input fields labeled 'Mobile 1' through 'Mobile 5'. Below these fields is a checkbox labeled 'I want to receive text alerts' and a blue 'Update' button. A blue arrow points from the text 'Check the "I want to receive text alerts" box' to the checkbox.

Check the "I want to receive text alerts" box

Then you can enter up to 5 phone numbers (use ###-###-#### format)

Click UPDATE to save.

## Memorandum

February 6, 2020

Dear Alberta school staff and parents/guardians of school children,

**Subject: Novel coronavirus**

I am writing to give you updated information on the novel Coronavirus (2019-nCoV) – a new virus that causes respiratory illness.

We know that Albertans, including school staff and parents, are concerned about this particular coronavirus. It is important to remember that the current risk to Albertans is low. **There are no confirmed or probable cases of the 2019-nCoV in Alberta at this time.**

Because this is a new virus, information can change as we learn more. For the most up to date information, go to the Alberta Health and Alberta Health Services websites:

- [www.alberta.ca/coronavirus](http://www.alberta.ca/coronavirus)
- [www.ahs.ca/ncov](http://www.ahs.ca/ncov)

Our knowledge of the 2019-nCoV continues to grow as new information becomes available, and this new evidence informs adjustments to our public health advice and actions. Although there is uncertainty on the issue of "asymptomatic transmission" (if an infected person can spread the virus before they get sick and start coughing, etc.), it is unlikely to contribute much to the spread of the virus. The highest risk of virus spread would be from a person who has symptoms like fever and cough.

Alberta and other provinces are providing advice based on the best current evidence and guidance from the Public Health Agency of Canada. Please read the following information for recommendations that apply to you and your family.

**Have you or your family been in Hubei province, China in the last 14 days?**

If yes, we recommend the following:

- It is best for anyone who traveled from Hubei to self-isolate (stay at home, not going to school, work, or social gatherings), even if you are feeling well, until 14 days have passed from your last visit to Hubei province. See the information sheet on self-isolation for details.
- This advice is focused on travelers returning from Hubei province as the risk of community transmission is currently the highest in this part of China.
- You should also closely watch for symptoms like fever, cough, or difficulty breathing in any family member who has been in Hubei province in the last 14 days, and call Health Link 811 if any of these symptoms begin.

**Have you or your family returned from any other parts of mainland China (outside Hubei province) in the last 14 days?**

If yes, we recommend the following:

Peace River, Alberta – Wednesday April 8<sup>th</sup> 2020

Peace River Municipal Library – 9807 97<sup>th</sup> Ave

10 AM – 4 PM

# WHAT WAS LOST

*Reflections from the 60's Scoop*

Come and share in the experience of what was lost when Indigenous children were separated from their families and communities while being displaced around the world.

