



Horace Allen School Newsletter



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Principal: Elaine Garner
Vice Principal: Myrna Dembicki

October / November 2019

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Student Conversation meetings have gone well with families, students, and teachers having an opportunity to discuss the transition back to school and a new grade / teacher, in addition to establishing specific goals for student learning and behavior. If you were unable to meet with your child's teacher and would like an opportunity for a conversation, please email your child's teacher to look at an alternate time. It is important for parents and teachers to communicate with each other to ensure that learning is supported and relationships are maintained. We value what you bring to the team in your child's learning journey! Our first term report card will come home November 29, 2019.

LRSD is implementing a new initiative in support of staff wellness. Please see the attached documents outlining the initiative called 'Weekdays 'Til 6'. This will be fully implemented in all of LRSD by Nov. 1, 2019.

Students, staff and visitors of HAS have completed two fire drills this fall. The entire school was able to exit the building and complete a check-in to ensure that all were accounted for in just under five minutes. We were fortunate to have the fire department here for our second drill and they were able to provide valuable feedback for us to implement in future drills. If weather cooperates, the school will try to complete one more this fall in addition to one lock-down drill. Each time we practice these as a school, students become more aware of the role that they play in keeping themselves and others safe in stressful situations.

We look forward to seeing you at our Halloween Parade on Oct. 31; and our Remembrance Day Service on Nov. 7, 2019 which will be hosted by Gr. 1 students. Elaine Garner, Principal



L.A.N.D. Classes and Outdoor Days (Learning And Nature Discovery) This year grades 1, 2, and 3 classes will build on the work started in Kindergarten by Kara Kulak with Wonder Walks and Forest Fridays. LAND classes are concept-based (nature and outdoor learning) and will focus on place-based learning and environmental stewardship through 45 minute classes, once weekly for each class. All classes have outcomes taken from across the Alberta curriculum, and will cover a variety of concepts. The first 6 weeks of LAND classes have been very successful. We hope to be outside each week for L.A.N.D. classes.

Students and staff have the opportunity to learn, explore, and play outside on Friday, October 25, 2019. The day will start with an assembly at 9:00 that will review the play areas, schedule and guidelines for the day. Following this, students and staff will spend the day outdoors on the south field, and in Flumerfelt Park. A 'banana break' will be provided in the morning through our nutrition program. Lunch may be outside (weather dependent). To help your child enjoy this day, help him/her dress for the weather. We will go out rain or shine. Waterproof mitts and boots, a hat, warm jacket, and maybe a neck scarf or tube will add to the enjoyment of the day.

To meet the school's insurance criteria, and to ensure safety, we require a ratio of 1 adult for each 6 students when off the school grounds for L.A.N.D. classes or outdoor days, e.g. to Flumerfelt Park. If you are interested in helping out, please contact your child's teacher.

Welcome to HAS! University of Lethbridge Education students will be joining HAS for their first teaching practicum Nov 12 - Dec. 12. We look forward to having Ms. Breckenridge in 1A; Ms. Hochstein in 2A; and Mr. McDougall in 2B. Thank you to Mrs. Tarcon, Mrs. Margetak and Mrs. Fast for supporting and mentoring these education students.

Upcoming Events

Oct. 25 - L.A.N.D. Day
(Learning and Nature
Discovery Day - see website
for more information)

October 31 - Halloween
Assembly 10 a.m. (gym)

Nov. 7 - Remembrance Day
Service 11 a.m. (hosted by
Gr. 1 students)

Nov. 8 - Staff Collaboration
Day (NO SCHOOL for
students)

Nov 11 - NO SCHOOL

Nov 18 - Photo Retake Day

Nov 29 - First Report Card
home

White milk is available for
purchase. Milk tickets can be
bought from the office and are
good for the 2019-20 school year.
(5 tickets for \$1). The milk
program is subsidized by the
school's Nutrition grant.



Halloween Costumes Students are already excited about Halloween! Students may come to school Thursday, Oct. 31 dressed in their costumes. As you prepare costumes for school, please consider the following:

- ~weapon-like accessories must remain at home- these are not allowed on school busses or in the school;
- ~keep 'bloody' and zombie-like make-up to a minimum. This extreme make-up can be disturbing and/or scary for some children in our school-your child can enjoy this on Halloween evening instead;
- ~send your child in costumes that allow him/her to move freely and access the bathroom independently;
- ~Students will go outside for recesses, so costumes need to allow for weather-appropriate clothing, or have coats fit over.

Information about Emergency School Closures

The most common reason for school closure is related to weather. Closure happens in the event of temperatures -40C and colder. There are other situations as well that might cause a school closure. If a majority of bus drivers decide to cancel their routes, the school will be closed by the Transportation Department at Livingstone Range Central Office. They will contact school administrators and media about the closure. The bus icon on the LRSD and school's webpages will be shown in red if one, or all, busses are not running. This icon is located in the top right of the websites. Ideally, this will happen by 6:45 a.m. The school must remain open (unlocked, with at least one staff member), in case a child is dropped off, in which case the parent will be asked to take the child home, or called to pick up the child. Also, any bus driver may cancel his/her route if roads are impassible. In this situation, **the driver will contact the parents**, and the icon on the school and LRSD website will be changed to the colour red.

It is the school's decision about whether recesses will be "inside" or "outside". On very cold days, Administration consults the Canada Environment website (http://weather.gc.ca/city/pages/ab-17_metric_e.html) for current temperature and wind chill. If the wind chill is reported as -27°C or colder, recess will be indoors. As often as possible, we want students to be outside to enjoy some fresh air and exercise. **Please help your child be prepared for outdoor recesses and outdoor learning opportunities with appropriate clothing choices.**

Peanut Allergy Alert:

As we have students with peanut and nut allergies attending HAS, we are committed to being a nut-free school.

Drop Off & Parking

Parents/Guardians, please remember to park in the parking lot and walk your child to the pavement if you are dropping them off. When picking students up at the end of the day, please meet your child on the pavement and walk them to your vehicle. Student safety is a priority at Horace Allen School.


The newsletter is available to anyone interested in receiving it electronically by subscribing for it on the HAS website:
<http://www.horaceallenschool.ca/>
Subscribe by providing your email address under the Newsletter section on the front page. Paper copies will be available from the school by parental request.
Keep updated with community events by checking the Community Info section of the school's website.

Volunteers & Visitors

Parents and others wishing to volunteer in the school or on field trips must complete a police information check. Forms are available in the school office and are valid for 2 years. Thanks to all volunteers & visitors for signing in at the office before going to classrooms.

"Achieving our personal best in a safe and caring environment"

October 16, 2019

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Pertussis outbreak declared in west part of AHS South Zone

Confirmed cases in Lethbridge, Lethbridge County, Raymond

LETHBRIDGE – Alberta Health Services (AHS) has declared an outbreak of pertussis (whooping cough) in the west part of AHS South Zone, including the communities of Lethbridge, Lethbridge County and Raymond.

There have been 15 new cases of pertussis confirmed in the South Zone in the last two weeks, bringing the total number of confirmed cases to 42 for 2019. There were 58 confirmed cases in the South Zone last year.

For the protection of the most vulnerable patients at Chinook Regional Hospital in Lethbridge, visitor restrictions are now in place for the neonatal intensive care unit (NICU), as well as the labour and delivery, pediatrics and maternity units. This will restrict access to visitors under 16 years of age and limit visitors to two at a time per patient. People with symptoms – including a cough or runny nose – are reminded to not visit when they are ill.

Pertussis – a bacterial infection that causes severe coughing that may last for weeks – can impact all age groups; however, infants one year of age and younger are at greatest risk of serious complications, including pneumonia, convulsions, brain damage and even death.

Immunization is the best method to protect against and limit the spread of pertussis. All residents in AHS South Zone are encouraged to ensure that they, and their children, are up-to-date on their immunizations. People who are uncertain of their immunization history, or their child's, can contact Health Link at 811, or their local community health centre or public health office to discuss and/or to book an appointment.


In Alberta, vaccine that protects against pertussis is offered to children, free of charge, through [Alberta's Routine Childhood Immunization schedule](#). Pregnant women in the third trimester (26 weeks) are also offered pertussis-containing vaccine. All adults 18 years of age and older are advised to receive one adult dose of pertussis-containing vaccine.

Regardless of age, everyone is reminded not to share water bottles, lipstick, lip balm or drinks.

Pertussis illness starts with a runny nose, sneezing, fever and mild cough. Typically, over about a week, the cough will become more severe with repetitive coughing spells. In younger children, these coughing spells are usually followed by a “whooping” sound when inhaling. Vomiting following a coughing spell is also common.

Older children and adults may experience milder symptoms, such as a prolonged cough or whooping sound. However, in anyone, the cough may last for two months or longer.

People who suspect they, or a family member, may be sick with pertussis should stay at home and call a family physician or Health Link 811 before seeking medical care. Individuals with a confirmed case of pertussis should stay home from work, school or childcare until five days of antibiotics have been completed.

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Additional information about pertussis and the importance of immunization is available online at <http://immunizealberta.ca/i-need-know-more/diseases-covered/pertussis-whooping-cough>.

Dr. Vivien Suttorp, Medical Officer of Health, South Zone, will be available to speak with media at the main entrance of the Lethbridge Health Unit, 801 1 Ave. S. at 10:30 a.m. today.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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For media inquiries, contact:

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Staff wellness is a priority at Horace Allen School. Across Livingstone Range School Division we are taking a bold, new approach to the challenges associated with the increasing number of emails and texts we face in the evenings and on weekends and the expectations for staff to respond immediately.



Beginning November 1, 2019, all LRSD staff are encouraged to send work-related emails and texts prior to 6pm on weekdays. And not at all in the evenings and on weekends. We believe after-hours activities should include rest, exercise, time with family and friends, hobbies, volunteering, and other responsibilities, but NOT work emails and texts.

The shift is called "Weekdays 'Til 6" and is focused on respecting our staff's after-work hours.

"We believe the Weekdays 'Til 6 initiative will help improve the work/life balance, health, and wellbeing for all Livingstone Range staff," says Superintendent Darryl Seguin.

We ask all staff to limit emailing or texting one another and parents to weekdays before 6pm. Parents can help us out by not expecting a reply from a teacher until the following school day. A Friday evening message will be responded to after the weekend. Phone calls are not included in Weekdays 'Til 6, so teachers can still call parents in the evenings as needed. Some urgent or crisis situations may require discretionary exceptions, and our facilities staff will continue to be available for after-hours emergencies.

"Weekdays 'Til 6 can benefit parents and families as well," says Seguin. "We would love to see everyone get on board and unplug in the evenings and weekends to improve balance in their lives."

We look forward to implementing this as a staff at Horace Allen School. Thank you for choosing to unplug and help our staff do the same.