



## HCC *Tiger Talk*

### Important Dates in October

- **Oct 4 Mom's Pantry Fundraiser**
- **Oct 8-11 - Thanksgiving**
- **Oct 21 - Awards Ceremony**
- **Oct 25 PD Day**
- **Oct 26 First Grad Meeting for Parents and Grads**
- **Oct 29 Retakes**



### *Principal's Message*



This is a picture of me, looking for September! I am always in awe of how quickly time flies and this month was no exception! It has been very busy here at HCC, but I am happy to report that everyone is getting settled in and finding their groove.

The safety of our students and staff is a priority at HCC. Thank you for taking the time to screen your children before sending them to school. The checklist has been included later in the letter as a reminder of what to look for. Also, on September

16, 2021 the government mandated that masks are to be worn in all public places. Please ensure that you are sending your child to school with a clean mask each day. We are working together to keep our doors open and students coming to school.

As we move into October I'd like to take this opportunity to wish everyone a Happy Thanksgiving.

Mrs. MacDowall

## Mr. Murray's Message

### Indigenous Education in Peace River School Division

Ensuring that Indigenous perspectives are infused in education is very important to the Peace River School Division (PRSD). It is crucial that First Nations, Métis and Inuit students see themselves and their cultures in the curriculum and school community, and that non-Indigenous students are taught the true history of Canada, including the, at times, painful relationship between Canada and the First Nations, Métis and Inuit.



As you may be aware, the Canadian government declared September 30th as a federal statutory holiday, the National Day for Truth and Reconciliation. We fully support the importance of this day of observance and therefore the PRSD board of trustees voted to make **September 30, 2021 a non-operational day, meaning there will be no school for students and school-based staff**. The board of trustees also voted that **September 27- October 1, 2021 be declared Truth and Reconciliation Week** in PRSD schools. By dedicating a full week to Truth and Reconciliation, schools will have the flexibility to select a minimum of one school day within the week to recognize Orange Shirt Day while students learn about the history and legacy of residential schools. Other learning activities that support Truth and Reconciliation will also be encouraged.

As an educational organization, we have a great duty, responsibility, and opportunity to create change and we take this very seriously. Last year, the PRSD Board of Trustees unanimously voted to form an Anti-Racism Committee. The committee includes representation from the board of trustees, students, and staff, and is committed to further positive systemic change, with the goal of ending racism in all PRSD school communities.

We are very excited and humbled to share that on September 23, 2021, we will demonstrate our

respect for, and solidarity with, our Indigenous communities by raising the Treaty 8 flag and the Métis flag at the Grimshaw Shared School Facility. This flag raising Ceremony has been planned in collaboration with Duncan's First Nation, Métis Region VI, Holy Family Catholic Regional School Division, and the Town of Grimshaw. At PRSD, we will continue to demonstrate our commitment to Truth and Reconciliation by collaborating with our local Indigenous communities to plan future flag raising Ceremonies to be held at each of our schools.

In our classrooms it is emphasized that Indigenous history is Canadian history. It is very important to us that all students learn about the important traditions, cultures, and histories of the First Peoples of Canada. We seek out opportunities to have our staff learn from local Elders and knowledge keepers. For example, our school leaders learned more about the significance of smudging from a local knowledge keeper during their first Administrators Association Meeting of the year. This month, students in Peace River and Fairview will be building tobacco bundles with the guidance of a local knowledge keeper to support the local Sisters in Spirit events when our communities gather to remember missing and murdered Indigenous people.

Although pandemic restrictions have prevented large divisional events such as our Hand Games Tournament, other virtual opportunities have arisen. For example, in the coming weeks, all schools will have the opportunity to have students learn Cree songs with Sherryl Sewepagaham through Zoom sessions. Throughout the school year, opportunities are woven into the classroom whether that is a part of a specific event such as Remembrance Day, Métis Week, or Indigenous Peoples Day, or just as a part of what regularly happens day-to-day in the classroom.

This important work is supported by the vision and passion of the Board of Trustees, and through the work of PRSD's management staff, Indigenous Education Program Coordinator, Indigenous Support Workers, school-based Indigenous Education leads, teachers, educational assistants and through the contributions of Indigenous community members and organizations. These programs and initiatives are supported by way of special funding from the Government of Alberta which is determined by self-declaration. Peace River School Division receives funding for each self-declared Indigenous student. Parents can declare their child's ancestry on the school registration form that is completed every year.

Thank you to our students, staff, families, Elders, knowledge keepers, community members and organizations for your important contributions and support.

Adam Murray  
Superintendent of Schools  
Peace River School Division

## 2021-2022 Students' Union!

Congratulations to those elected as this year's Students' Union representatives:

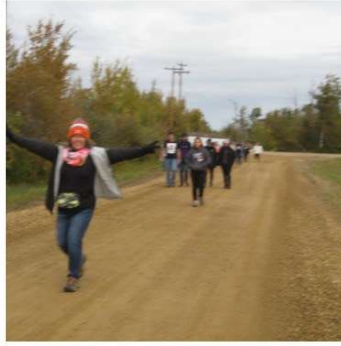
President is Keira McEwen  
Vice President is Sharlene Caballejo  
Treasurer is Emma King  
Secretary is Stephanie Grove  
Social Convenor is Sophia Polukoshko  
Grade 4 Rep: Maverick Campbell  
Grade 5 Rep: Rylan Chalmers  
Grade 6 Rep: Stephanie Grove/Marissa Campbell (alternating)  
Staff: Mrs. Bjorklund, Ms. Dalke, and Ms. Fiorini



Students' Union needed a restart after our long hiatus. While traditionally SU has been organized by Jr/Sr students we noticed a steady decline in interest from this group in the past several years. It was time for some "fresh blood" and a new perspective. A huge **Shout Out** to Mrs. Bjorklund, Ms. Dalke and Mrs. Fiorini for taking on the supervision of this extracurricular activity. So far our newly elected SU members have organized the Terry Fox Run, participated in the Smile Cookie Campaign, as well as Orange Shirt Day. The elected members are currently working on plans for future events - stay tuned for more information.



## Terry Fox Run - September 17, 2021



## What is Orange Shirt Day?

From <https://www.orangeshirtday.org/phyllis-story.html>

September 30th has been declared Orange Shirt Day annually, in recognition of the harm the residential school system did to children's sense of self-esteem and well being, and as

an affirmation of our commitment to ensure that everyone around us matters.

*Phyllis (Jack) Webstad's story in her own words...*



I went to the Mission for one school year in 1973/1974. I had just turned 6 years old. I lived with my grandmother on the Dog Creek reserve. We never had very much money, but somehow my granny managed to buy me a new outfit to go to the Mission school. I remember going to Robinson's store and picking out a shiny orange shirt. It had string laced up in front, and was so bright and exciting – just like I felt to be going to school!

When I got to the Mission, they stripped me, and took away my clothes, including the

orange shirt! I never wore it again. I didn't understand why they wouldn't give it back to me, it was mine! The color orange has always reminded me of that and how my feelings didn't matter, how no one cared and how I felt like I was worth nothing. All of us little children were crying and no one cared.

I was 13.8 years old and in grade 8 when my son Jeremy was born. Because my grandmother and mother both attended residential school for 10 years each, I never knew what a parent was supposed to be like. With the help of my aunt, Agness Jack, I was able to raise my son and have him know me as his mother.

I went to a treatment centre for healing when I was 27 and have been on this healing journey since then. I finally get it, that the feeling of worthlessness and insignificance, ingrained in me from my first day at the mission, affected the way I lived my life for many years. Even now, when I know nothing could be further than the truth, I still sometimes feel that I don't matter. Even with all the work I've done!

I am honored to be able to tell my story so that others may benefit and understand, and maybe other survivors will feel comfortable enough to share their stories.



**At HCC we honoured Orange Shirt Day together in an assembly. Ms. Dalke put together a wonderful slideshow presentation for our students and staff to learn more about Truth and Reconciliation and about Rita Joe, a residential school survivor.**

**One of Rita Joe's poems was shared during the assembly:**



# **I Lost My Talk**

**Rita Joe**

**I lost my talk  
The talk you took away.  
When I was a little girl  
At Shubenacadie school.**

**You snatched it away:  
I speak like you  
I think like you  
I create like you  
The scrambled ballad, about my word.**

**Two ways I talk  
Both ways I say,  
Your way is more powerful.**

**So gently I offer my hand and ask,  
Let me find my talk  
So I can teach you about me.**

***Please Continue Screening***

To ensure the safety of all, please make sure you are using the screening checklist every day. We all need to work together to keep our students and staff safe.

<https://open.alberta.ca/dataset/56c020ed-1782-4c6c-bfdd-5af36754471f/resource/58957831-a4ab-45ff-9a8e-3c6af7c1622e/download/covid-19-information-alberta-health-daily-checklist-2021-08.pdf>



## 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.

### Screening Questions for Children under 18:

1.	<b>Does the child have any new onset (or worsening) of the following core symptoms:</b>		
	<b>Fever</b> Temperature of 38 degrees Celsius or higher	YES	NO
	<b>Cough</b> Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	<b>Shortness of breath</b> 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> 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 1:</b>			
<ul style="list-style-type: none"><li>The child is required to isolate for 10 days from onset of symptoms as per <a href="#">CMOH Order 39-2021</a> OR receive a negative COVID-19 test and feel better before returning to activities</li><li>Use 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>			
<b>If the child answered "NO" to all of the symptoms in question 1, proceed to question 2.</b>			

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

**If the child answered "YES" to ONE symptom in question 2:**

- Keep your child home and monitor for 24 hours.
- If their symptom is **improving** after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.
- If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use 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 2:**

- Keep your child home.
- Use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.
- Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.

**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 COVID-19 test result and feel better.

## *Coming back soon...Student of the Month*

Teachers nominate students every month who have shown teamwork, integrity, giving behaviour, excellence, respect or success. Names are then put into 2 hats (Elementary & Jr./Sr. High) and one name is drawn from each hat. Once chosen, the selected students are interviewed and we then



celebrate these awesome individuals with everyone in our newsletter.

## Tiger Awards



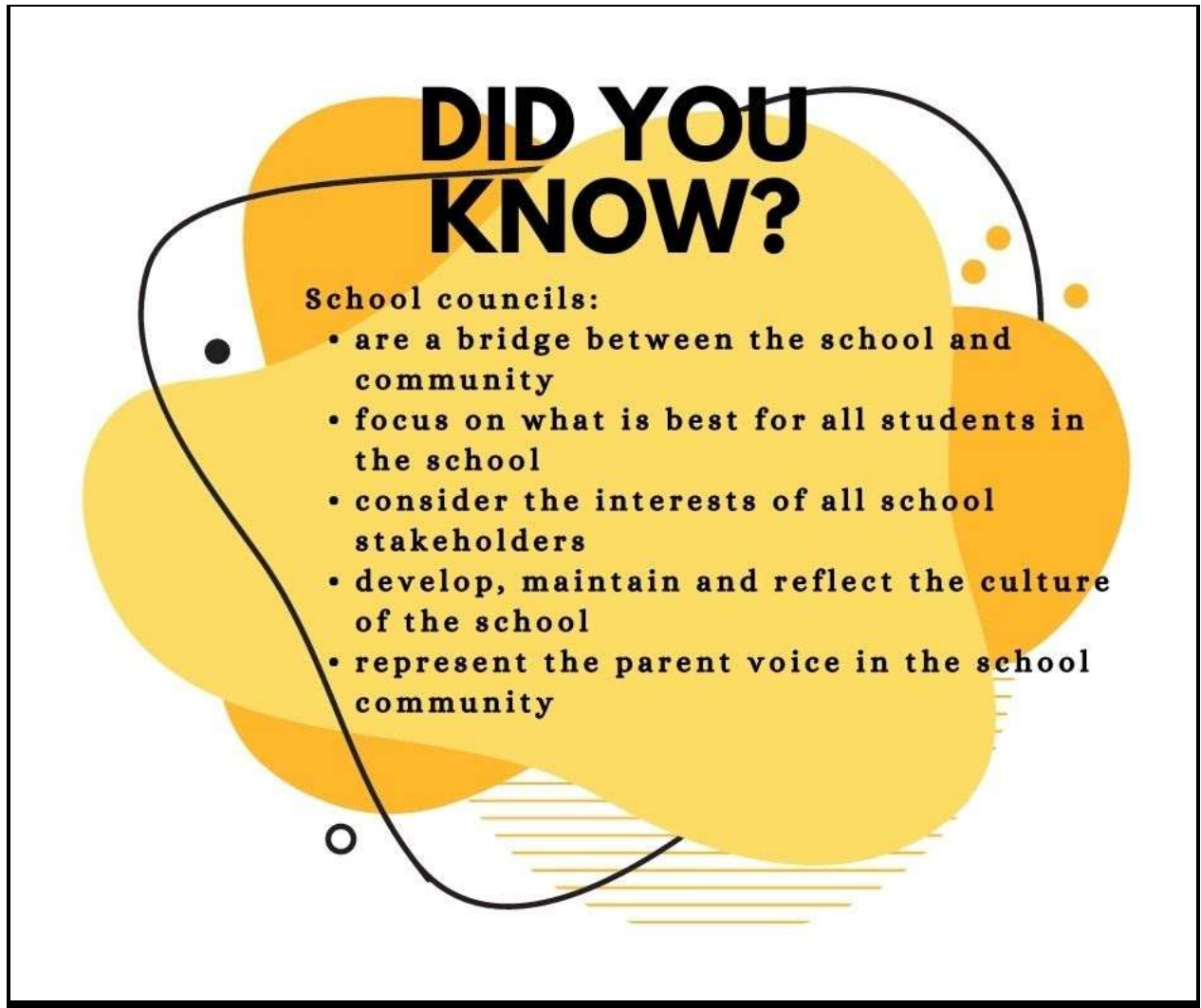
BR: Skylar Hutchings, Sheldon Chaykowski , Jackson Buker , Jace Hoffman ,  
Daisha Smith , Darci Fortier, Deo Kubbernus, Calla Blake

FR: Jaden Bennett, Magnus Bjornson , Sebastian Olson, Rocyln Basnett, Haelyn Basnett,  
Verna Olson, Arabella Ostrem, Jaxton Dibb, Tawny Blake

## School Council

We were not able to hold our annual AGM at our September meeting due to low numbers. Our next meeting is scheduled for October 12. 2021 @ 6:30 p.m. If you would like to receive School Council reminders and notifications please join our

Remind (see instructions below ). The link to google meets is posted on the Remind message board every month.







## Sign up for important updates from Mrs. MacDowall.

Get information for **ParentCouncil** right on your phone—not on handouts.

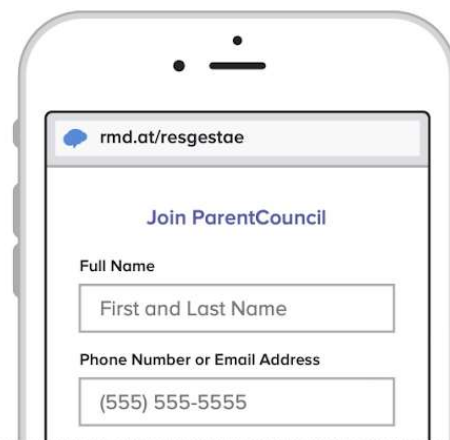
Pick a way to receive messages for **ParentCouncil**:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/resgestae](https://rmd.at/resgestae)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message [@resgestae](https://t.me/resgestae) to the number **(581) 702-0035**.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/resgestae](https://rmd.at/resgestae) on a desktop computer to sign up for email notifications.