

— Weekly — Newsletter



Important Dates/Calendar

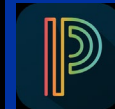
Monday, September 14 – School Photos

Wednesday, September 16 – Early Dismissal @ 2:05pm

Monday, September 21 – ICSS School Council Meeting @ 7pm

[CLICK HERE](#) to access the 2020-2021 ICSS School Calendar

STAY CONNECTED
(Click on Icon)



Bell Schedules

Attached to this newsletter are the school Bell Schedules which include our **Regular Bell Schedule** and **Early Dismissal Bell Schedule**. Please be mindful of the start and end times of school days.

COVID 19 Protocols

A **HUGE** thank-you to our parents in supporting us and to students our students with following the Alberta Education mandate for all students in Grades 6-12 to wear masks during the school day in common areas, hallways, bathrooms, busses and other situations where physical distancing cannot be maintained. **As outlined in Lethbridge School Division policies, at the start of the year, teachers of students will ask that masks are worn in classrooms.**

Masking in classrooms and easing its use will be reviewed as students and teachers establish routines, aligned with the Alberta Health regulations. In all situations, we will be reasonable when mask use is required and are not looking to be confrontational or harsh with your children. We realize that this mandate is difficult for some of our students and families and look to be solution minded and empathetic.

The **Physical Distancing** protocols are the ones we have been emphasizing the most and encouraging our students to be mindful of when in classrooms, hallways and even outside during breaks and lunches.

Most Importantly, the **Screening Questionnaire** from Alberta Education is an essential tool to assess your child's health and readiness for school. If you answer YES to any of the items on the questionnaire, your child is not permitted to attend school that day. Should your child become ill during the day, you will be contacted and advised on the next steps which may include picking up your child from school that day.

Lunch Routines

In the **Middle School**, lunches will be eaten in their homeroom classroom. This includes all snacks. Food should not be shared with classmates or eaten in hallways/common areas.

In the **High School**, lunches should be eaten in their second period classroom, outside or in designated areas approved by the administration (Small Gym, SAC). Food should not be shared with classmates or eaten in hallways/common areas.

School Entrances and Exits

As students arrive next week, they will be utilizing the entrances and exits as outline in the picture below. This practice will allow for easy flow of student movement and ensure that students are accessing sanitization protocols. Staff will be coaching students through this process in the early weeks of the school year



Parent and Visitor access to the school will be **RESTRICTED** to appointments only. Call our front office and we will be glad to arrange. **Should you need to access the school in the event of an emergency, please utilize the intercom to the right of the main entrance which is connected to the Front Office.**

Student Drop-Off and Pick-Up

In the efforts to streamline student drop-off and pick-up, here are some helpful reminders and a graphic to show zones of after school pickup.

1. Doors in the morning will be opened at 8:30am. Please do not drop off your children earlier than this time.
2. Students entering the school will use the proper entrances and go immediately to their homeroom or first period class. Students should not be congregating in hallways or common areas.
3. Pick-up of students should be as close to 3:15pm as possible. Students will not have full access to the building after school hours.
4. Pick-up zones for students are identified in the picture below. **Parents will not have access to the front staff/students parking lots** as it leads to congestion and concerns for safety of students.

September 14 -18

Please check PowerSchool for most up-to-date information

Grade 6			Grade 7			Grade 8		
ELA Mrs.Dekens	M TU W TH F	Have a book chosen for the first book project	ELA Miss Houweling	M TU W TH F	Have a free reading book	ELA Mr.Degner	M TU W TH F	
Social Studies Mrs. Dekens	M TU W TH F	Map assignment due	Social Studies Miss Houweling	M TU W TH F		Social Studies Mr.Degner	M TU W TH F	
Math Mr.McCarthy	M TU W TH F		Math Mr.Loewen	M TU W TH F		Math Mrs.Friesen	M TU W TH F	
Science Mr.McCarthy	M TU W TH F		Science Mr.Loewen	M TU W TH F		Science Mrs.Friesen	M TU W TH F	Particle Cartoon Due
Bible Miss Witten /Mr.VG	M TU W TH F	VG - Memory work - Isaian 40:28, Jesus is... poster Due	Bible Miss Houweling /Mr.VG	M TU W TH F	Miss H Memory Work - Romans 1:17	Bible Mrs.Friesen	M TU W TH F	Timeline Project Due (8B) memory work Timeline Project Due (8A)
Other	M TU W TH F		Other	M TU W TH F		Other	M TU W TH F	

September 14 -18

Please check PowerSchool for most up-to-date information

Grade 9			Grade 10			Grade 11			Grade 12		
9A ELA Miss G	TU TH F		ELA 10 Miss G	M W F		ELA 20-1 Miss G	M W F		ELA 30-2 Mrs.O	TU TH F	
9B Social Studies Miss M	TU TH F		Social Studies 10 Miss M	M W F		ELA 20-2 Mrs.O	M W F		Social Studies 30-1 Miss M	TU TH F	
9B Math Mr.K/Mr.D	M W F		Math 10C/10-3 Mr.M/Mr.D Mr.K	M W F		Physics 20 Mr.P	TU TH F		Social Studies 30-2 Miss M	M W F	
9A Science Mrs. O	M W F		CALM Mrs. O	TU TH F		Biology 20 Mr.P	TU TH F		Physics 30 Mr.P	M W F	Review Quiz
Health Mrs.B	M W F		P.E. 10 Mr.D/Mr.B	TU TH F	Bicycle/Helmet, Waterbottle	French 20 Mrs.N	M W F		Math 30-1 Mr.M	TU TH F	
French Mrs.N	M W F		Band Mrs. Heins	TH		Sociology 30 Mr. VG	M F	Instant Gratification Article Response Questions "Violinist in the Metro Response" -	Math 30-2 Mr.K	TU TH F	

ICSS Bell Schedule – 2020/2021

Regular Schedule

High School	Middle School																
<p>Devotions = 8:45-9:00 (15 min)</p> <p>Block 1 = 9:00 - 11:55 (175 min)</p> <ul style="list-style-type: none"> A Break – 10:00-10:15 (15) B Break – 10:15-10:30 (15) C Break – 10:30-10:45 (15) <p>Block 2 = 12:00-3:15 (195 min)</p> <p>Break One (Lunch)</p> <ul style="list-style-type: none"> A Break – 12:00-12:30 (30) B Break – 12:30-1:00 (30) C Break – 1:00-1:30 (30) <p>Break Two</p> <ul style="list-style-type: none"> A Break – 1:45-2:00 (15) B Break – 2:00-2:15 (15) C Break – 2:15-2:30 (15) <table border="1"> <thead> <tr> <th>Group</th><th>Grades</th></tr> </thead> <tbody> <tr> <td>A</td><td>9, 12</td></tr> <tr> <td>B</td><td>10</td></tr> <tr> <td>C</td><td>11</td></tr> </tbody> </table>	Group	Grades	A	9, 12	B	10	C	11	<p>Devotions = 8:45-9:00 (15 min)</p> <p>Block 1 = 9:00-10:25 (85 min)</p> <ul style="list-style-type: none"> A Break – 9:20-9:35 B Break – 9:35-9:50 C Break – 9:50-10:05 <p>Block 2 = 10:25-11:55 (90 min)</p> <ul style="list-style-type: none"> A Break – 10:45-11:00 B Break – 11:00-11:15 C Break – 11:15-11:30 <p>Lunch = 11:55-12:15 (20 min) - In Class</p> <p>Block 3 = 12:20-1:50 (90 min)</p> <ul style="list-style-type: none"> A Break – 12:50-1:05 B Break – 1:05-1:20 C Break – 1:20-1:35 <p>Block 4 = 1:50-3:15 (85 min)</p> <ul style="list-style-type: none"> A Break – 2:10-2:25 B Break – 2:25-2:40 C Break – 2:40-2:55 <table border="1"> <thead> <tr> <th>Group</th><th>Grades</th></tr> </thead> <tbody> <tr> <td>A</td><td>6</td></tr> <tr> <td>B</td><td>7</td></tr> <tr> <td>C</td><td>8</td></tr> </tbody> </table>	Group	Grades	A	6	B	7	C	8
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ICSS Bell Schedule – 2020/2021

Wednesday Early Dismissal Schedule

High School	Middle School																
<p>Devotions = 8:45-9:00 (15 min)</p> <p>Block 1 = 9:00 - 11:20 (140 min)</p> <ul style="list-style-type: none"> A Break – 10:00-10:10 (10) B Break – 10:10-10:20 (10) C Break – 10:20-10:30 (10) <p>Block 2 = 11:25-2:05 (160 min)</p> <p>Break One (Lunch)</p> <ul style="list-style-type: none"> A Break – 11:25-11:50 (25) B Break – 11:50-12:15 (25) C Break – 12:15-12:40 (25) <p>Break Two</p> <ul style="list-style-type: none"> A Break – 1:00-1:10 (10) B Break – 1:10-1:20 (10) C Break – 1:20-1:30 (10) <table border="1"> <thead> <tr> <th>Group</th><th>Grades</th></tr> </thead> <tbody> <tr> <td>A</td><td>9, 12</td></tr> <tr> <td>B</td><td>10</td></tr> <tr> <td>C</td><td>11</td></tr> </tbody> </table>	Group	Grades	A	9, 12	B	10	C	11	<p>Devotions = 8:45-9:00 (15 min)</p> <p>Block 1 = 9:00-10:05 (65 min)</p> <p>Block 2 = 10:05-11:25 (80 min)</p> <ul style="list-style-type: none"> A Break – 10:05-10:20 (15) B Break – 10:20-10:35 (15) C Break – 10:35-10:50 (15) <p>Lunch = 11:25-11:45 (20 min)</p> <p>Block 3 = 11:45-12:45 (60 min)</p> <p>Block 4 = 12:45-2:05 (80 min)</p> <ul style="list-style-type: none"> A Break – 12:45-1:00 (15) B Break – 1:00-1:15 (15) C Break – 1:15-1:30 (15) <table border="1"> <thead> <tr> <th>Group</th><th>Grades</th></tr> </thead> <tbody> <tr> <td>A</td><td>6</td></tr> <tr> <td>B</td><td>7</td></tr> <tr> <td>C</td><td>8</td></tr> </tbody> </table>	Group	Grades	A	6	B	7	C	8
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Early Dismissal Days: September 16, October 21, November 18, December 9, December 18, January 13, February 10, March 10, April 14, May 12, June 9

Screening Questionnaire

COVID-19 ALBERTA HEALTH DAILY CHECKLIST

PARENTS/GUARDIANS/STUDENTS MUST USE THIS QUESTIONNAIRE DAILY TO DECIDE IF THE STUDENT SHOULD ATTEND SCHOOL

The tool is meant to be used to assist with assessing attendees who may be symptomatic, or who may have been exposed to someone who is ill or has confirmed COVID-19.

Attendees should fill out this checklist prior entering school daily. If an individual answers YES to any of the questions, they must not be allowed to attend school. Children and youth will need a parent to assist them to complete this screening tool.

As the COVID-19 pandemic continues to evolve, this screening tool will be updated as required.

Screening Questions

1.	Does the attendee have any new onset (or worsening) of any of the following	CIRCLE ONE	
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of Breath / Difficulty Breathing	YES	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Runny Nose / 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 (Pink Eye)	YES	NO
2.	Has the attendee travelled outside of Canada in the last 14 days?	YES	NO
3.	Has the attendee had close contact* with a confirmed case of COVID-19 in the last 14 days?	YES	NO
4.	Has the attendee had close contact with a symptomatic** close contact of a confirmed case of COVID-19 in the last 14 days?	YES	NO

* Face-to-face contact within 2 metres. A health care worker in a occupational setting wearing the recommended personal protective equipment is not considered to be a close contact.

** 'Ill/symptomatic' means someone with COVID-19 symptoms on the list above

Student illness

If a student has COVID-19 symptoms

Students with symptoms must not attend school. If a child develops symptoms that could be caused by either COVID-19 or by a known pre-existing condition (e.g., allergies, chronic cough), the child should be tested for COVID-19 to confirm that it is not the source of their symptoms before returning to school.

Anyone that reports symptoms must stay home and seek health care advice as appropriate. Parents can call Health Link 811 or their primary health care practitioner, and fill out the [AHS Online Self-Assessment tool](#) to determine if their child should be tested.

Parents, household members, and contacts of a student who has symptoms but is not a COVID-19 case, are not required to quarantine.

Only the people identified as close contacts of an individual who is a case of COVID-19 need to quarantine. The contacts of the close contacts do not need to quarantine.

Book a test

Book a testing appointment online with the AHS assessment tool or call Health Link 811. <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

Symptoms

You should get tested if you have any COVID-19 symptom.

If you have any of these symptoms you are [legally required to isolate for at least 10 days](#) from the start of your symptoms or until they resolve, whichever is longer:

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

If you have any of these other symptoms, stay home and minimize your contact with others until your symptoms resolve:

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis, commonly known as pink eye

Monitor your child's health and call [Health Link 811](#) if you have questions or concerns. Call 911 immediately if experiencing severe symptoms of COVID-19, including difficulty breathing, severe chest pain, feelings of confusion or loss of consciousness.

COVID-19 INFORMATION

Isolation requirements

Albertans with symptoms

- You are legally required to isolate for a minimum of 10 days if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition.
- The mandatory isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

Tested positive for COVID-19

- You are legally required to isolate for a minimum of 10 days if you have tested positive for COVID-19.
- Isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

Have symptoms but tested negative for COVID-19

- If you tested negative and have known exposure to COVID-19, you are legally required to quarantine for 14 days from the last date of your exposure.
- If you tested negative and have no known exposure to the virus, you are not legally required to isolate. However, it is important to stay home until your symptoms resolve so that you do not infect others.

Close contacts of confirmed cases

- You are legally required to quarantine for 14 days and monitor for symptoms if you are a close contact of a person who tested positive for COVID-19 (provides care, lives with or has close physical contact without appropriate use of personal protective equipment, or comes into direct contact with infectious body fluids).
- If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.

If you are self-isolating:

- Stay home — do not go to school, work, social events or any other public areas or community settings.
- Avoid close contact with other people, including household members but especially seniors and people with chronic conditions or compromised immune systems.
- Do not use public transportation or ride sharing.
- Do not go for walks in public places. This includes children in mandatory self-isolation.
- If you go outside, you must remain on private property not accessible by others.

If a student has symptoms related to allergies or a pre-existing medical condition

- The student should be tested at least once before returning to school and have a negative COVID-19 test result.
- These symptoms would be their baseline health status. As long as the cough or runny nose is always the same and does not get worse, the student can attend school.
- Talk to your school about your child's pre-existing medical condition so the school may keep a confidential record of this condition.

Note

As the COVID-19 pandemic continues to evolve, information regarding COVID-19 will be updated as required. Please check online for the latest information and links to testing, symptoms and isolation requirements: alberta.ca/covid19