

IRIC IRON RIDGE INTERMEDIATE CAMPUS EAGLE NEWS

November 2020

NOVEMBER DATES

- Nov. 1 Nov. 4 Travelling Art Exhibit
 Life Lit Up
- Nov. 2 13 Virtual Scholastic Bookfair
- Nov. 6 Virtual Remembrance Day Assembly
- Nov. 9 13 Fall
 Break No School
- Nov. 24 School
 Council Facebook
 Live @ 2:30
- Nov. 26 Plaid is Rad Assembly
- Nov. 27 Staff
 Collaboration No School



Did You Know?

School Fees can be paid online anytime by accessing your parent portal. If you are having any difficulties, please call reception 403-885-6100 at IRIC.

YEAR BOOK

2019-20 Yearbooks have arrived. If you would like to order one, please go to the parent portal. They are \$20.



DRESS FOR THE WEATHER



Students will need to be prepared for Alberta Weather each day, since most PE classes will be outside along with their cohort outside blocks. Thank you for helping your child be prepared.

THANK YOU TO IRIC NUTRITION PROGRAM SPONSORS

FCSS, IGA, Lacombe Ford

The Nutrition Program at IRIC

We are pleased to introduce the NEW Nutrition program to the IRIC community starting, Nov 2. This program is made possible through funding of the government of Alberta, Blackfald FCSS, IGA and Lacombe Ford. Through this funding and sponsorship we have been able to hire Jill Pearson, to run and coordinate this exciting program. Jill has many years of experience in food and nutrition.

The goal of the program is to increase the student access of nutritional foods during the day and to introduce and offer new foods from various food groups to students in our school. Helping kids make good food choices in their daily lives leads to healthy eating habits to build strong bodies for their future.

Each Monday, Jill will be delivering a fruit bowl with apples, oranges and bananas to each classroom before 10am to provide students with a healthy snack option for the week. In addition, the program will be offering various foods, recipes and sampling of new foods and recipes once a week to each grade on a rotation. Grade 4 - 1st week, Grade 5 - 2nd week and Grade 6 - 3rd week of each month. We are very excited about this new program and the possibilities it offers our students.

MASK HYGIENE

Please remind your child to bring home their mask(s) each day to be washed.

PARKING REMINDER

Parent Parking is located on the South side of the school. Please use this parking lot when dropping off or picking up your child. Please do not park in the North Parking lot as that is designated for Staff Only.



Hello IRIC Families,

It's almost time for our first ever **Virtual Scholastic Book Fair!** Experience the joy of a Book Fair online by joining us at our **VIRTUAL FAMILY EVENT**. Let's continue to give our students access to the books they want to read! We are excited to provide this opportunity for families to shop together from the comfort and safety of their own home. Make your favourite snacks and come together as a family to view the fun, exciting and inspiring titles by clicking the following link starting on **NOV. 2**nd running until midnight on **NOV. 13**th.

https://bookfairs-canada.myshopify.com/pages/5149506

Remember, all purchases benefit our school and earn **REWARDS** that can be redeemed for books and Educational Resources for our school's classrooms and library.

<u>Orders</u> – By shopping the Virtual Book Fair, items are shipped directly to your home. All major credit cards and Visa Debit are accepted. The shop is generated by Shopify and operates like any other online shop.

<u>Shipping</u> – There is free shipping on all orders over \$35 and a \$6 flat rate shipping for orders under \$35. Orders will be fulfilled within 24-48 hours. The customer will get both a confirmation email that their order has been received plus a shipping email with tracking once the order has shipped.

Thank you for supporting our Virtual Scholastic Book Fair and Happy Reading!





Fall Minestrone with Turkey & Squash

EveryDay Nut free One Dish Meals Soups

Prep time: 15 min

Total time: 40min

Serves: 8 plus leftovers

Ingredients	Nutritional Information	
2 tsp	Olive oil	10 mL
1lb	Ground turkey or chicken	500 g
2	Celery stalks, finely diced	
1	Acorn squash, peeled and finely diced	
1	Onion, finely diced	thi. It
28 oz	1 can diced tomatoes	796 mL
3 cups	Vegetable broth	750 mL
1 cup	Small pasta, such as ditalini	250 mL
1	Bunch kale, stems removed, leaves finely chopped	
19 oz	1 can Romano or kidney beans, drained and rinsed	540 mL
1/4 cup	Chopped fresh basil, to serve	60 mL
2 tbsp	Finely grated Parmesan cheese, to serve	30 mL

Directions

- 1. Heat oil in large saucepan over high heat. Add turkey or chicken and cook, breaking up with wooden spoon, until no pink remains, about 5 min.
- 2. Add celery, squash and onion. Cook until slightly softened, about 3 min.
- 3. Add tomatoes, vegetable broth and 3 cups (750 mL) water. Bring to a boil. Add pasta and cook until al dente, 10 to 11 min.
- 4. Stir in kale and beans. Cook until kale is wilted and beans are heated through, about 5 min. Ladle into bowls and garnish with basil and Parmesan cheese.

Cookie collection and updated privacy commitment

We have updated our privacy commitment and are now collecting cookies to provide you with ads tailored to your interest across the internet. For more information about cookies and how to



disable cookies, visit our privacy commitment. Learn more
A MESSAGE TO OUR CUSTOMERS ON COVID-19



Parents of Iron Ridge Intermediate Society

facebook

Join our Facebook group to keep up to date on P.I.R.I.S events! Search "Parents of Iron Ridge Intermediate Society (P.I.R.I.S)"



PIRIS is a fundraising body for IRIC that is separate from the school, therefore we qualify for extra government grants! We use these grants for things like: playgrounds, iPads, gym equipment, cameras, projectors, drums, and much more!



Wednesday, November 25th, 2020 @ 4:30pm Saturday, December 19th, 2020 @ 4:30pm Monday, January 18th, 2021 @ 4:30pm 4 to 5 hour shifts - 10\$ Meal voucher provided.

Parents!!! When you volunteer your time to help P.I.R.I.S with BINGO, you will get your name entered for a draw for your change to win...

> Tim Horton's gift Voucher for your child's school account! ... and much

pirisiric@gmail.com to volunteer!



Running until Nov. 18th!

Get your Christma gifts/stocking stuffers & help us raise money for your children (a) the same time! Items will be available for pick facebook page! up/delivery before Christmas!!







Check out the direct link on the P.I.R.I.S.

-FREE shipping over \$40!

-Use coupon code PIRIS for 10% off!!

Lest we forget



Enjoying eat in or take out at Boston Pizza bring in your receipt to IRIC's school office



Boston Pizza donates Money to Iron Ridge Intermediate.

Boston Pizza Operation Education helps fund projects and programs at Iron Ridge Intermediate.



Thank you from Your P.I.R.I.S Board of Directors



P.I.R.I.S.



Parents of Iron Ridge Intermediate Campus Society

Christmas Fundraiser!!

Happy Hippo is a handcrafted bath and body company, located out of Red Deer, Ab. Using only the finest ingredients, everything being hand made from scratch. Cruelty free, SLS, and paraben free, making products as natural as they possibly can be! PIRIS is excited to be working side by side with Happy Hippo and hope you can check some of those things off your Christmas list, while helping support your child(s) school!

- √ 20% of what you pay goes to IRIC!
- √ 10% coupon code for online orders:
- Coupon Code:
- ✓ Paper or online ordering available; catalog items can only be ordered via paper copy.
- ✓ Free shipping directly to you for any online orders over \$40.00
- ✓ Delivery or pickup before Christmas!

Online Web Link: https://www.happyhippobath.com/?ref=94hn205j07dx

Please be sure to use full link above in order to support PIRIS and utilize discount code

Catalog access online (follow link above, Home / Fundraising / 2020 Fundraiser Catalogue

Happy Holidays from us at PIRIS!



HOLIDAY PACKS



\$100

All I Want For Christmas

C2026

A collection of all of our 2020 Holiday series, Includes: 3 of our #1 selling bombs (lack Frost, Candy Cane, & Winter Wonderland), an Epsom Bubble Bath and a Pure Epsom in Cranilla, Sugar Cookie, and Candy Cane, Reindeer Poop mini bubble bombs, a Magic Elf Bubble Bomb Dust, a Candy Cane Bubble Bomb and a Jack Frost Bubble Bomb.



\$30

Jingle Bomb

C2024

Fill your bath with lighthearted festivity! Includes: Lump of Coal Mini Bubble Bombs, Magic Elf Dust, Candy Cane Bubble Bomb, Candy Cane Original Bomb, and Jack Frost Original Bomb.



\$30

Believe in Magic

C5053

Soak into the holidays with a scents that are sure to help you escape. Includes: 1 Cranilla Epsom Soak, 1 Candy Cane Epsom Soak, 1 Sugar Cookie Bubble Bath, and 1 Jack Foost Bubble Bomb



\$50

Santa's Workshop

C2025

Santa's elves have been busy! Try our newest additions to our Holiday Collection with this incredible sampler pack!

Includes: Lump of Coal and Reindeer Poop Mini Bubble Bombs, Sugar Cookie Bubble Bath, Jack Frost and Candy Cane Bubble Bombs, Magic Elf Bomb Dust and Jack Frost Original Bomb.

\$30 BUNDLES







Bubble Overload

5200

Soak, relax, and emerge from the bath balanced, and restored. Not to mention with amazingly soft skin!

Includes: 6 bubble bombs (two of each): Circus Circus, Jack Frost, and Electic Berry.

Mighty Men

52009

Yes, real men use bath and body products tool Get this set for the hardworking man in your life. You will thank us later! Includes: Bag of Manly Soak, Manly hand and body lotion, Manly Soap on a rope, and a Manly Shower Spritzer.

Creative Kids

52010

Bath time will never be the same again after your little ones get their hands on this playful package!

Ins payrus package: Includes: Unicom Dust, Zombie Dust, Grape Happy Doh Bath Soap, Watermelon Bath soap with toy, Bath Crayons, Sugar Cookie Animalz Bath Bomb, and a shower sponge.

\$30 BUNDLES





Cleanse & Renew

52005

Your skin will thank you with this all natural pack. Cleanse the day away and renew your natural gloss.

Includes: Natural hand and body lotion, Honey and Cotmeol Natural Soap, Lime Cordial Sugar Scrub, and a Natural Loofe.

Shower Power

52006

Fill your shower with beautiful aromas and

Fill your shower with Deautina archies and start your day off right. Includes: 8 shower spritzers (one of each): Antistiress, Bliss, Coldouster, Energizer, Dream Catcher, Manly, Relax,

Plenty of Bubbles

52007

Our mini bubble bombs are a new fun way to enjoy a bath. Place as many cubes into the water and enjoy a swirt of colour. Includes: 3 bags of mini bubble bombs (one of each): Miami Vice, Eucalyptus.

\$30 BEST SELLERS



Bucket of 8 Original Bombs

\$2001

Our Original Bombs are packed with natural ingredients like Epsom salts that soothe and leave your skin so soft. Includes: 8 of our #1 selling bombs. (One of each): Cotton Candy, Eucalyptus, Grape Expectations, Hawaiian Sunrise, Miami Vice, Strawberry Banana, Sunberry, and Triple Berry



4-Pack of Epsom

52001

Relax in a see of soothing Epsom salts and melt all your womes away. Includes: Four Signature Epsom Salts (One of each): Relaxation Lavender, Eucolyptus, Cotton Candy, and Hawaiian Sunrise,



Bucket of Animalz Bombs

Who doesn't want a fun bucket of delicious smelling animals?! We promise these ones don't hite.

Includes: 12 animal shaped bath bombs, (Two of each): Sugar Cookie, Sunberry, Triple Berry, Strawberry and Banana, Banana Split, and Birthday Cake.



4-Pack of Bubble

Relax in a sea of bubbles and soothing Epsom salts that melt all your

worries away.
Includes: Four Signature bubble
Epsom Salts (One of each): Relaxation
Lavender, Eucalyptus, Cotton Candy, and Hawaiian Sunrise.

\$15 BUNDLES







Bath Fun (B)

52020

Bring bath time to the next level with this fun bundle that kids can't keep their hands off of. We promise you loads of bubbles

and a secret toy! Includes: Zomble Dust, Dinosaur Discovery Bomb, and Grape Bath Bomb.

Tough Guy 52021

Men can love shower and bath products tool This is a great way to give them a try without heavy commitment. Includes: 2 mini bags of Monly Sook, a Manly and Energizing Shower Spritzer.

Play Time 52022

Bubbles and Play Doh make everything better! Now you can have it all. Includes: Circus Circus Bubble Bomb, Berry Blast and Barrana Spilt Happy Doh Bath Soap

\$15 BUNDLES



Escape

52017

Take some time for yourself and escape with the soothing aromas of this bundle. Includes: Lavender Bubble Bath, Antistress Epsom, Dream Catcher and Coldbuster Shower Spritzers.



The Bomb Dot Com

Enjoy these delightful bath bombs and bryot these delighted both bornes and wash your worries away. Includes: 4 Bath Bornes (one of each): Escape, Stawberry Banana, Eucalyptus, and Cotton Candy.



Bath Fun (A)

52019

Bring bath time to the next level with this fun bundle that kids can't keep their hands off of. We promise you loads of bubbles and a secret toy! Includes: Unicom Dust, Dinosaur Discov-

ery Bomb, and a Bubble Gum Bomb.

\$15 BUNDLES







Bath Fun (B)

Bring bath time to the next level with this Bring bath time to the next level with this fun bundle that kids can't keep their hands off of. We promise you loads of bubbles and a secret toy! Includes: Zombie Dust, Dinosaur Discovery Bomb, and Grape Bath Bomb.

Tough Guy

Men can love shower and bath products too! This is a great way to give them a try without heavy commitment. Includes: 2 mini bogs of Manly Sook, a Manly and Energizing Shower Spritzer.

Play Time

52622

Bubbles and Play Doh make everything betteri Now you can have it all. Includes: Circus Circus Bubble Bomb, Berry Blast and Barrana Split Happy Doh Bath Soap

\$15 BUNDLES



Escape 52017

Take some time for yourself and escape with the soothing aromas of this bundle. Includes: Lavender Bubble Bath, Antistress Epsom, Dream Catcher and Coldbuster Shower Spritzers.



The Bomb Dot Com

52018

Enjoy these delightful bath bombs and wash your worries away. Includes: 4 Bath Bombs (one of each): Escape, Stawberry Banana, Eucalyptus, and Cotton Candy



Bath Fun (A)

52019

Bring bath time to the next level with this fun bundle that kids can't keep their hands off of. We promise you loads of bubbles and a secret toy!

Includes: Unicom Dust, Dinosaur Discov-ery Bomb, and a Bubble Gum Bomb.



Student Accident Insurance

The Board of Trustees of Wolf Creek School Division provides Student Accident Insurance for all of our students during school days and for school activities. The <u>Policy</u> details the specifics of the insurance. The following is a list of the coverage areas.

Accidental Death Benefit Accidental Dental Reimbursement Benefit Artificial Limbs, Eyes, Hearing Aids, and Other Prosthetic Appliances Benefits Confinement Disability Benefit Counselling Benefit Critical Illness Benefit Dentures and Artificial Teeth Benefit Dismemberment and Specific Loss Indemnity Emergency Out of Province /Country Accident Benefit **Emergency Transportation Benefit** Eyeglasses and contact Lenses Fracture, Dislocation, Tendon Severance and Miscellaneous Indemnity Hospital and Paramedical Reimbursement Benefit Permanent Total Disability Private Tuition Expense Rehabilitation Benefit Repatriation Benefit Special Treatment Travel Benefit Limited Air Travel Coverage

In regards to claim forms, parents can visit https://www.solutionsinsurance.com/client-centre. This coverage is a reimbursement plan whereby the parent pays for the expense and submits the claim to recover the benefit outlined in the policy detail.

Claim

Parents with other insurance (employer benefits, etc) must submit claims to the other insurance carrier(s) first.

The Blanket Student Accident claim form is available online: https://www.solutionsinsurance.com/client-centre

The nature of the claim will determine what (if any) additional forms must be completed. A Financial Group reserves the right to request additional information when processing the claim.

Original receipts must be attached for eligible expenses being claimed, except in the case where they were already submitted to another insurance carrier. In those instances the explanation of benefits from the other insurer must be submitted along with the IA. Financial Group claim form.

Written notice of claim is to be given to iA Financial Group within a period of 30 days from the date of the accident. Completed claim forms must be filed with iA Financial Group within 90 days after the date of the injury and no later than one year regardless of whether the full extent of loss is known.

or assistance with submitting a claim or to obtain claim status, parents may contact (A Financial Group at (800) 266-5667

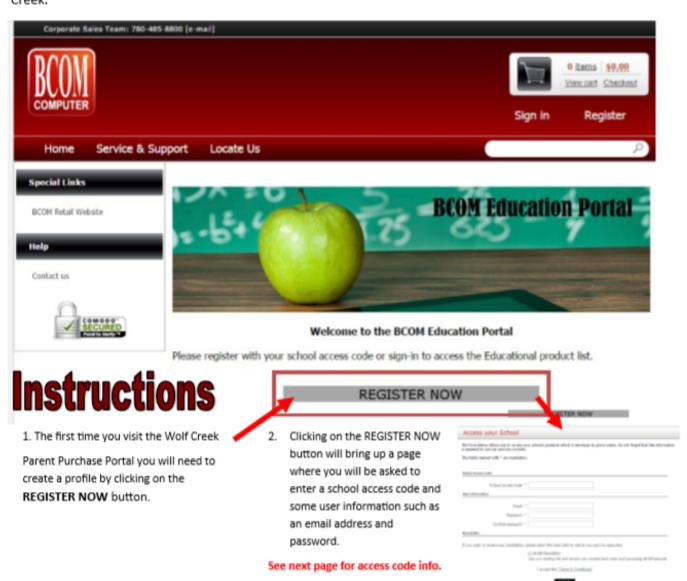
If parents should wish to purchase individual additional insurance that extends beyond the limits indicated in this policy they may visit https://solutionsinsurance.com/mercer to look into 24 hour coverage.

Wolf Creek Public Schools Creating Success For All Learners Chromebook Parent Purchase Program

Wolf Creek Public Schools is

pleased to be working with BCom Computer to provide an option for our families to purchase a Chromebook that can be used to support their students' learning in Wolf In partnership with Wolf Creek Public Schools, BCom Computer has built a section of their online store specifically for Wolf Creek parents and students. This website can be accessed by navigating to the following address:

www.b-com.ca/wolfcreek/



3. In order to be granted access to the Wolf Creek specific section of this website you will need to enter the following case sensitive code into the School Access Code window:

School Access Code



Success4all!

We ask that our Wolf Creek families keep this access code confidential as it pertains specifically to a program designed for Wolf Creek students. As per our agreement with BCom we are not able to extend the Parent Purchase Program to families who are not members of the Wolf Creek Public Schools community.

 Once you have successfully created an account on the Parent Purchase website, you will get access to a made for Wolf Creek selection of Chromebooks, accessories, and warranty options.

If you have any questions about the devices, warranty options, or need any other information about the Parent Purchase Program please do not hesitate to touch base with an administrator at your student's school.



 Once you have completed adding items to your virtual "shopping cart" and you choose to checkout, you will be asked to enter some personal information which is important for warranty, delivery, and set up of each Chromebook.

Each Chromebook ordered will be delivered to Wolf Creek Public Schools division office for final set up and delivery.

IMPORTANT:



below allows you to access your schools products which is necessary to place orders. Do not forget that this information is essential to use our se

Provide Sharkest Storage Transfers *			
Provide Student Name, Teacher, *	Cindy Lou Who - Mrs. Esteves - Iron Ridge Elementary		
& School for each Chromebook	Johan Bach Who - Mr. Lougheed - Lacombe Composite High School		
	Let same *		

The fields marked with " are mandators

Parent Name: *
Parent Phone: *

Address (See 2)

For each Chromebook purchased, please make sure you include the Student name, Teacher Name, and School information for each device **separately** so that we can ensure delivery of each Chromebook to the correct student.

City *

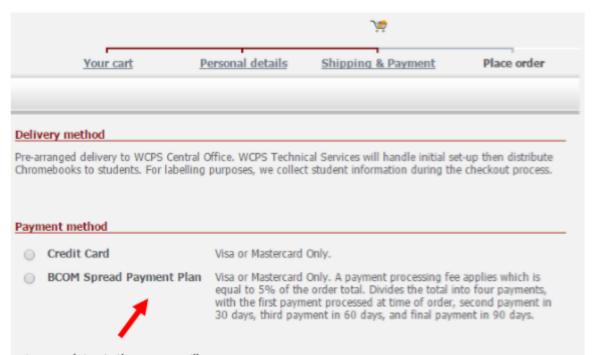
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Phone

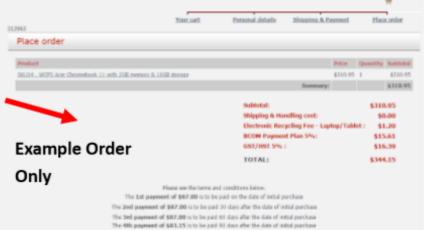
Password Change password



6. The next screen / step in the process will provide you with some specific information about shipping and also the available payment options for the Parent Purchase Program.

BCom Computers offers the choice to:

- pay the total cost of the order all at once or;
- a payment plan where the total cost of the device and any optional accessories and warranty can be paid over the course of 4 payments.



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Partment

I accept the "Terms 8. Conditions", "BCOM Spread Payment Terms", and "Privacy statement"

Submit order

Submit order

7. Once you have entered your credit card information for payment, you will need to check off "I accept the Terms and Conditions ..." button and press the Submit Order button at the very bottom of the page.

You will receive an emailed receipt at the address you provided when making your account.

Wolf Creek Public Schools will work with BCom Computer to ensure that turn around and delivery times are reasonable and meet our expectations. Your student's device will be delivered by Wolf Creek Tech Services Staff to your son / daughter's school.

COVID-19: STAY AT HOME GUIDE WHEN DO I KEEP MY CHILD HOME?



BEFORE LEAMING HOME COMPLETE A DAILY SELF-HEALTH ASSESSMENT

Daily self-screening form available on your school website.

My child is sick. How long do they need to stay home?

CORE COVID-19 SYMPTOMS

- Fever (38 °C or higher)
- Cough (confinous, more than usual)
- Shortness of breath/ difficulty breathing (continous, out of breath, unable to breathe deeply)
 - · Loss of sense of smell or taste

THIS IS MY CHILD. NOW WHAT?

If your child has one or more of the Four Core COVID-19
Symptoms, they must do one of the following before
they will be allowed to return to school.

 Stay home and isolate for a minimum of 10 days from when symptoms began.

Isolation requirements are set by the Alberta Government.

More information on isolation requirements are available at:

www.olberta.co/isolation.aspx

A student can return before 10 days ONLY if they
receive a negative COVID-19 test result, AND symptoms
are gone, AND they are not a close contact of someone
with COVID-19.

Please Note: Siblings of a child with symptoms can still attend school, unless they too have symptoms, or are a close contact of someone with COVID-19.

How do I book a test?

Parents can fill out the COVID-19 AHS Online Self-Assessment Tool at: https://myhealth.aiberta.ca/journey/ COVID-19/Pages/COVID-Self-Assessment.aspx or call Health Link 811.

What if my child tests positive for COVID-19?

AHS will contact you with your child's test results.

If positive for COVID-19, your child will have to isolate for a minimum of 10 days from the start of symptoms or untill they resolve, whichever is longer.

Close contacts of confirmed cases (siblings, parents/guardians) are legally required to isolate for 14 days and monitor for symptoms.

AHS will works with the school and Division on contact tracing. Continued learning will be supported for students in self-isolation.

OTHER COVID-19 SYMPTOMS

- chills (without fever, not related to being outisde in cold weather).
- sore throat/painful swallowing,
- · runny nose/congestion,
- · feeling unwell/fatigued,
- . lack of energy,

- nausea, vomiting and/or diarrhea,
- unexplained loss of appetite,
- · muscle or joint aches,
- · headache,
- conjunctivitis (commonly known as pink eye)

THIS IS MY CHILD. NOW WHAT?

If your child has ONE of the above other symptoms, they can return to school if they are feeling better, as long as it has been at least 24 hours.

Testing is not needed if they only have one of the above other symptoms, and it improves after 24 hours.

If they are not getting better, if they get worse or develop another symptom, keep your child home until symptom(s) go away.

If a child has TWO or MORE of the above other symptoms, they can return to school once symptoms go away, as long as it has been 24 hours since symptoms started.

A COVID-19 test is recommended for two or more other symptoms but not required.

What if my child has traveled outside of Canada in the last 14 days?

When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days unless enrolled in the Alberta COVID-19 International Border Pilot Project. More info at: www.alberta.ca/international-border-pilot-project.aspx

What if they had close contact with a case of COVID-19 in the last 14 days?

The child is required to quarantine for 14 days from the last day of exposure.

More information at: www.wolfcreek.ab.ca/covid-19

For more information on the Government of Alberta COVID-19 measures: www.alberta.ca/covid19