



# IRIC

IRON RIDGE INTERMEDIATE CAMPUS

# EAGLE NEWS

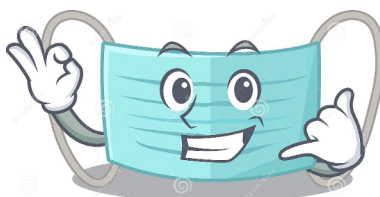
January 2021

## JANUARY DATES

Jan 15 - CRM - Staff  
Collaboration Day  
Jan 22 - Report Cards  
due to administration  
Jan 29 - Assembly and  
Everyday  
Superheroes Spirit  
Day and Hot  
Chocolate Day  
Jan 29 - Report Cards

## MASK HYGIENE

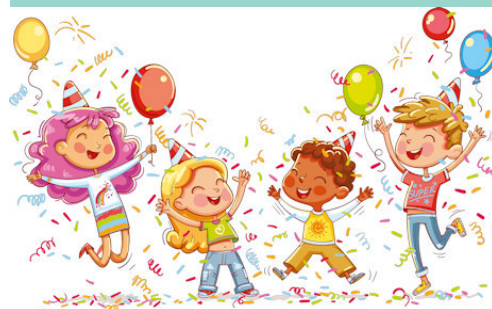
Please remind your  
child to bring home  
their mask(s) each  
day to be washed.



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**Happy New Year  
to our  
Extraordinary IRIC  
Family!**



## Did You Know?

School Fees can be paid online anytime by accessing your parent portal. If you are having any difficulties, please call reception.

## 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.

## 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.

## IRIC NUTRITION PROGRAM

In December, Ms.Jill brought each class Banana Chocolate Chip Muffins that were enjoyed by all students. The students are already trying to guess what January's special nutritional snack will be.

Why not make muffins at home with your kids?

Did you know that cooking teaches kids valuable skills like problem solving, following directions, reading, math and science?

A BIG thank you to Blackfalds IGA and Lacombe Ford for supporting the Nutrition program at IRIC.

1/12/2021

Banana Chip Muffins | Recipe | Allrecipes

allrecipes

### Banana Chip Muffins I

★★★★☆

Cake-like texture with the popular banana chocolate taste.

Prep: 10 mins

Cook: 25 mins

Total: 35 mins

Servings: 12

Yield: 1 dozen muffins



### Ingredients

- 1 ¾ cups all-purpose flour
- ½ cup white sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- ½ cup semisweet chocolate chips
- 1 egg
- ¼ cup vegetable oil
- ¼ cup milk
- 1 cup mashed bananas

### Directions

#### Step 1

Measure flour, sugar, baking powder, salt, and chocolate chips into a large bowl. Mix thoroughly, and make a well in the center.

#### Step 2

Beat the egg in a small bowl until frothy. Mix in cooking oil, milk, and bananas. Pour mixture into the well. Stir only to moisten. Batter will be lumpy. Fill greased muffin cups ¾ full.

#### Step 3

Bake at 400 degrees F (205 degrees C) for 20 to 25 minutes.

### Nutrition Facts

#### Per Serving:

198 calories; protein 3.1g; carbohydrates 31.5g; fat 7.4g; cholesterol 15.9mg; sodium 228mg.

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<https://www.allrecipes.com/recipe/6957/banana-chip-muffins-1/> printview

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# P.I.R.I.S. 2021

Parents of Iron Ridge  
Intermediate Society



*From everyone at P.I.R.I.S., we hope 2021 brings you and your family much joy, laughter, health and prosperity!*

Although we haven't been able to do hot lunches this year, let's not forget about the great businesses that have helped us out with that! They have supported us, now it's our turn to support them!



Also sending a

**BIG**  
**Thank**  
**You!**

to Vermilion Energy  
for their generous  
donation in support of  
IRIC

**VERMILION**  
**ENERGY**

**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.)"

Have ideas for  
**FUNDRAISERS?!** Parents of  
IRIC, we want **YOUR** input!

We love to support local! We love to provide opportunity to raise funds for our school, with things **YOU** will use and want to buy! Contact Becky @ (403)352-9150 or join us in a monthly meeting!



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

## **School Council Moving to Principal Advisory Committee (PAC)**

IRIC will be moving to a Principal Advisory Committee (PAC). This is not unusual when schools are not able to establish a School Council. In fact, IRIC has had a PAC for the last several years. This is in accordance with the Alberta School Council Regulations: Section 16 (1) If a quorum is not available for a meeting of a school council and the meeting has been rescheduled on 2 or more occasions, the board may suspend the operation of the school council until the following year. (2) If the operation of a school council is suspended, the principal may establish an advisory committee to carry out one or more of the duties or functions of the school council until a new school council is established under subsection (3). We will revisit the establishment of a school council for the 2021-22 school year in the Fall. If you are interested in joining PAC, please contact Della Lastiwka at 403-885-6100.





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



### BEFORE LEAVING 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 (continuous, more than usual)
- Shortness of breath/ difficulty breathing (continuous, 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.

1. 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.alberta.ca/isolation.aspx](http://www.alberta.ca/isolation.aspx)

2. 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.alberta.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 until 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 work 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 outside 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](http://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](http://www.wolfcreek.ab.ca/covid-19)

For more information on the Government of Alberta COVID-19 measures: [www.alberta.ca/covid19](http://www.alberta.ca/covid19)

## **TOWN (URBAN) BUS STUDENTS**

**Students living in Blackfalds**

**MUST re-register for busing each spring for the fall!**



User Pay fees are applied to students who live less than 2.4 km from school.

User Pay students are accepted on a first come first served basis  
and only if there is space available on a bus.

User Pay students will be put on a waiting list if their registrations are  
received late and/or the bus in that area is full.

If you have moved you must notify the school of the address change prior to registering for busing.

*\*Cross Boundary students must re-apply each year by filling out the regular application as well as the  
cross boundary application (cross boundary fees will apply).*

Fees are currently under review and will be release by the School Board in late spring 2021.  
(Distances are calculated using a routing software and Alberta Education criteria.)

**REGISTER ONLINE USING YOUR PARENT PORTAL  
OR THROUGH SCHOOLENGAGE**

**DEADLINE FOR REGISTERING IS JUNE 15, 2021**

*For more information please contact Wolf Creek Public Schools Transportation Services*

E-mail - [transportation@wolfcreek.ab.ca](mailto:transportation@wolfcreek.ab.ca)

Phone - 403-785-0726 (Direct) or 403-341-4153 (Red Deer) or 403-782-8726 (Lacombe) ext. 1332

<https://www.wolfcreek.ab.ca/school-division/transportation/bus-status-page2>

## **COUNTRY (RURAL) BUS STUDENTS**

**Blackfalds students who live in the country and are new to  
busing (i.e. kindergarten students or students changing schools)**

**OR have moved to a new rural location are required to  
register for transportation.**



To register your full legal land description AND complete  
blue sign (911 address) are required on the application.

*\*Unsure of which school your child should attend, please call us  
with your legal land description.*

If you have moved you must notify the school of the address change prior  
to registering for busing.

*\*Cross Boundary students must re-apply each year by filling out the regular  
application as well as the cross boundary form (cross boundary fees will apply).*

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