

IRIC IRON RIDGE INTERMEDIATE CAMPUS EAGLE NEWS

March 2021

Feb 22- March 22 - Make it Sow and Bobtail Nursery Fundraiser

March 2 - Grade 4 Pancake Day

March 3 - Grade 5 Pancake Day

March 4 - Grade 6 Pancake Day

March 4 - April 7 TREX Traveling Art Exhibition

March 12 - CRM - Staff Collaboration Day

March 18 - Prairie Gourmet Perogies Fundraiser

March 19 - Break-A-Rule Day

March 25 - March Assembly

March 26 - CRM - Staff Collaboration Day

March 29 - April 5 - Spring Break and Easter Holidays

April 6 - School Resumes

MASK HYGIENE

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

See.

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.

Happy Shamrock

Month to our

Extraordinary

Families.

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.

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.

Cold Weather Reminder

With the weather getting colder, it is important that students do not arrive at school prior to supervision beginning at 8:20. If the conditions are colder than -25 with a wind chill, students will be invited into their classrooms early, once supervision has started at 8:20. Due to distancing protocols, they will not be allowed to wait in boot rooms prior to 8:20. On days when the weather temperature is higher that -25, students enter at 8:30 with classes beginning at 8:40.



IRIC NUTRITION PROGRAM

February 4th was Homemade Soup Day at IRIC

The smell of the soup cooking filled the hallways and at lunch time the bellies of students.

NEXT MONTH....PANCAKES

Vegetable Soup

Ingredients

- ·1 chopped yellow onion
- ·1 Tbsp olive oil
- ·3 carrots peeled and chopped carrots
- ·3 stalks of chopped celery
- ·3 I litres low-sodium chicken broth* or vegetable broth
- ·1 (14.5 oz) cans diced tomatoes (undrained)
- ·1 1/4 cups frozen or fresh corn
- ·1 cup frozen or fresh peas
- ·2 Tbsp Italian Seasoning

Instructions

Heat olive oil in a large pot over medium-high heat.

- 1.Add onions, carrots, and celery and saute 4 minutes
- 2.Add in broth, tomatoes, corn and peas
- 3.Bring to a boil,
- 4.Reduce heat to medium-low, cover and simmer
- 5.Serve warm.





P.I.R.I.S



we want YOUR

ideas!!

Parents of Iron Ridge Intermediate Society

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

Have ideas for

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)"



FUNDRAISER

ALERT

R.I.O.T (Running Is Our Therapy) is a group of local people who all love to get out and walk or run! Recently, they have started choosing a new monthly charity and donating their bib 'fees' to! P.I.R.I.S was February's lucky recipient!! THANK YOU, R.I.O.T!

meeting!

BOBTAIL NURSERY

Order forms due by March 22, 2021.

Payment can be made by cash, cheque, or through your Parent Portal!

PICK UP available at: Bobtail Nursery May 1st -5th OR

IRIC on May 6th from 3:00

- 5:00

P.I.R.I.S has teamed up with Bobtail Nursery offering flower baskets, fruit & veggie baskets, gift cards and so much more! WILL BE IN FOR MOTHER'S DAY!!!!!



Saturday, March 27 Monday, April 19 Sunday, May 30

Due to the uncertainty of Covid 19, we won't know if Bingo will be open until a later date. Keep an eye on our Facebook page!

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

Two Fundraisers in February

Running February 22 - March 22

Ordering and Payment will be available through the Parent Portal. Also accepting cash and all cheques are to be made payable to Wolf Creek Public Schools.

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BOBTAIL NURSERY



P.I.R.I.S has teamed up with Bobtail Nursery offering flower baskets, fruit and veggie baskets, gift cards and so much more! This fundraiser will run from February 22, 2021 to March 22, 2021. Stay tuned!!

Just in time for..

MOTHER'S DAY

Great Green Fundraiser We put the FUN back in FUNDRAISING!



IRIC will be organizing **The Make It Sow** fundraiser and funds raised will be used for upgrading student used Chromebooks, and the Nutrition Program.



BOBTAIL NURSERY

P.I.R.I.S has teamed up with Bobtail Nursery offering flower baskets, fruit and veggie baskets, gift cards and so much more!



Delivery right to the school or go pickup your flowers, and check out what Bobtail Nursery has to offer.

With a portion of all purchases going back to IRIC!

JUST IN TIME FOR

MOTHER'S DAY!

http://bobtailnurserv.ca

Order Forms due by March 22, 2021.

Payment can be made by cash or cheque (please make cheques payable to 'The Wolf Creek School Division') or you may place your order online and pay through your Parent Portal.

Pick up available at Bobtail Nursery: May 1-5, 2021

Pick up at IRIC: May 6, 2021, 3 to 5 pm



Bobtail Nursery Mother's Day Fundraiser 2021



12" hanging baskets sun. 12" hanging basket with mixed colours that you can hang in part to full sun

12" hanging basket shade. 12" hanging basket with either begonia's or fuchsias. Perfect for your shady area's. will tolerate morning or evening sun.





Colourful 12" patio planter. Color full pots with mixed annuals to enjoy on your deck. Planted for part to full sun

Mosquito repellent planter. These work like a charm, look pretty and keep the mosquitos at a distance! Give it a try! Size 16"





Round Succulent Planter. Succulents have been a huge trend! This lovely planter needs little care and will look great on any table. Size 10"

12" cherry tomato hanging basket. This tomato basket will produce cherry tomatoes all summer long.





12" strawberry hanging basket. Pick your strawberries right off of your hanging basket. The strawberry plants are hardy to our zone and will survive the winter if you plant them in the ground in fall.

19" veggie's in a pot. This is a nice size pot that you can pick veggies from all summer. This pot will have a variety of vegetables like a tomato plant, lettuce, beets, celery, etc. Enjoy your own little vegetable garden right on your deck without having to pick weeds ⁽ⁱⁱⁱ⁾





Gift certificate (s). these always make a great gift to others or yourself. Come and enjoy some time in our greenhouses and pick from a large assortment of unique items to enjoy your outdoor living this summer.



Iron Ridge Intermediate Campus

Our Mission: Empowering all Learners to be Extraordinary

IRON RIDGE INTERMEDIATE CAMPUS 101 Cottonwood Drive BLACKFALDS, AB. T4M 0M4 PHONE: 403-885-6100 FAX: 403-782-8744

February 22, 2021

Dear Parents / Guardians:

Re: Make It Sow Fundraiser Information

This is an ideal opportunity for anyone who is considering planting a vegetable or flower garden (large or small!) to purchase a variety of seeds and support Iron Ridge Intermediate Campus at the same time. We will be running the program from February 22nd to March 22nd. Attached is a brochure with all of the different seeds available, ranging from flowers to vegetables and renewable coco starter soil Greenhouse kits.

Make It Sow Inc. only uses high quality seeds and stands behind their products with 100% guaranteed satisfaction. **They do not supply any GMO seeds** and only use germination tested seeds ideal for Canadian climates. If you, your friends, neighbors or family members, love gardening or are simply interested in getting a head start on your spring planting supplies, please fill out the order form attached to this letter along with your payment, cash or cheque (payable to 'The Wolf Creek School Division'). Orders can also be placed and paid for online through your Parent Portal. Please submit your orders no later than March 22, 2021.

Make It Sow Bonus program will also plant trees on our behalf. For every ten packages we sell they will plant one tree in Canada on our behalf with certificate, so if we sell 200 packages, they will plant 20 trees.

Seeds make a great gift or donation.

Thank you for your continued support of Iron Ridge Intermediate Campus. These funds will be used for upgrading student used Chromebooks and the Nutrition Program.

D. Lastinka

Della Lastiwka Principal

Our Vision: At Iron Ridge Intermediate Campus we develop compassionate leaders who realize their potential and enrich the world.









Addiction & Mental Health News

March 2021

Family resiliency: your family's ability to cope with life's challenges and to bounce forward from difficult times.

> A family is two or more people who depend on one another.

Each family has its own challenges and strengths; there are some things all families can work on to build their resilience.

Talk together to identify your family's strengths and make a plan to "grow" your family's resiliency.

Build a sense of togetherness to help your family create closer relationships where everyone feels they belong.

Tips to build your sense of togetherness:

- Eat together as a family when you can.
- Play games together.
- Take turns planning a family activity.
- Practice daily rituals, like reading together at bedtime.

These suggestions may keep your family strong and help you get through the tough times.

MORE RESOURCES Visit: ahs.ca and search Simple Connections, Stronger Families Toolkit Communication strengthens your family's resilience.

- Listen with understanding and empathy.
- Talk about problems and brainstorm solutions together.
- Laughing together is a great way to build connection.
- When you are not sure what to say, remember a hug may be more powerful than words.

Building connections with extended family widens your family's network of support.

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Extended family members can be mentors and can lend a helping hand. Connect your children with their elders; supportive caring relationships with trusted adults help children to be healthy and resilient.

Simple ways to connect:

- Use technology to chat, play games, share stories, and hang out together.
- Create a family photo album and tell stories about all the family members.

Information on mental health, community supports, programs and services in your area:

A MyHealthAlberta.ca

Addiction Services Help Line 1-866-332-2322

Mental Health Help Line 1-877-303-2642





November 2020

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 (continous, 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://myheaith.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.

AH5 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,
- nauses, vomiting and/or diarrhea,

olf Creek Public Schools

- 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

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

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

Blackfaids students who live in the country and are <u>new</u> to busing (i.e. kindergerten 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 <u>AND</u> 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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February 23, 2021

Dear Parents,

You may be aware that there is a growing movement in many schools to reintroduce the concept of school pets as a way of teaching all children responsibility and providing a source of pleasure and learning.

Of particular interest, is the current move towards "Animal Assisted Activities (AAA)" pets. AAA pets are being used in recreational and visitation programs to help people with special needs including a wide range of interventions. They may be animals visiting hospitals and long-term health care facilities, literacy programs in libraries, and much, much more. Whatever the intervention – which is limited only by our creativity – AAA are based on an age-old concept. Pets are a friendly, non-threatening common denominator in most homes. Most children have experienced positive emotional connections with animals while growing up. Pets' non-judgmental affection-on-demand can bring a sense of serenity and self-confidence that reduces anxiety and stress, stimulates social interaction and conversation, gives us opportunities for nurturing, exercise and play, and distracts us from the cares of our fast-paced world. They amuse and entertain us, make us feel needed, and ask for little in return except to be loved, respected and cared for.

With these ideas in mind, I would like to introduce IRIC's AAA pet, Chevy, to the school community. Chevy is a Pembrooke Welsh and Cardigan mix Corgi. This very special dog is 7 months old and he is just a gem. I purchased Chevy at 8 weeks as a someday replacement for my 12 year old Pembrooke Welsh Corgi, Carson. I was looking for a dog that could interact and provide companionship to students who struggle with anxiety and who have difficulty managing their emotions. Carson ticked all the boxes and I quickly adopted him into my own family and the school community that I worked for at the time. It's now time for Carson to retire so I am introducing Chevy as his replacement. Chevy has a very gentle empathetic nature and he loves people. He rarely barks and is not aggressive by nature. He loves to play with puzzles or just sit near a person while they shower him with pats and hugs. I have seen Chevy lay softly by a student who was distressed or struggling and completely calm them into a giggle or a new growth mindset. He is still a puppy, so he does get over-excited when he first arrives at school, but soon settles down and patrols the office area or naps.

Chevy's role here at IRIC will include meet and greet activities with students, assist with literacy, motivation, he will bring a sense of serenity and self-confidence to some students, he can stimulate social interaction and conversation, he may interact with students at recess by playing fetch and students can engage in conversation with the handler and other students while they play, and he will provide some students with opportunities for nurturing. Chevy will not attend school every day. The goal will be for him to come twice a week and occasionally three times depending on the AAA opportunities on a given week. The reaction from students and parents has been extremely positive and like Carson did, Chevy may help many students to feel comfortable and bring them out of their shell. He's making a difference to some of these young people.

Our Vision: At Iron Ridge Intermediate Campus we develop compassionate leaders who realize their potential and enrich the world. Chevy has all of his shots and is regularly groomed. He lives with me and I am responsible for all costs associated with his well-being and health. As we introduce him into the school community it would be helpful to know whether we have any children who are allergic to dogs' hair or who have a particular phobia concerning dogs. I can assure you that Chevy will not be around the school off the leash and will only have access to restricted areas, but it is sensible to be aware of everyone's needs. We are very mindful, that introducing a dog into the school setting should not be a distraction to the children's learning and for this to enhance our school experiences we offer our children. I have reviewed WCSD's policies around AAA pets and I have completed a risk assessment document.

I would appreciate if you would complete the attached paper if your child has any relevant allergies or phobias, or if for any reason you would prefer your child not to have contact with Chevy, the Pembrooke Welsh and Cardigan mix Corgi.

Sincerely,

N. Lasturka

Della Lastiwka

AAA School Dog

Name of Student

Class

Please check off as applicable:

My child is allergic to dogs and I would prefer them not to be in contact with the AAA school dog.

My child is allergic to dogs. I am happy for them to be in the same room but not touch the dog.

My child has a fear of dogs and I would prefer them not to meet the dog.

____My child has a fear of dogs and I would like them to slowly be introduced to the dog in time to overcome their fear.

Additional Comments:

Signature of Parent/Caregiver

Contact Number

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