



# IRIC

IRON RIDGE INTERMEDIATE CAMPUS

# EAGLE NEWS

January 2022

## JANUARY DATES

Jan 14 - PD/Staff  
Collaboration

Jan 19 - Annies (PIRIS)

Jan 21 - Battle of Alberta  
Dress Up Day - Wear your  
colours

Jan 24 - Booster Juice (PIRIS)

Jan 26 - Hot Dog (IRIC)

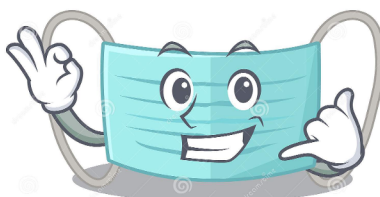
Jan 31 - Hot Chocolate Day

Jan 31-January Assembly -  
Block 6 (1:30)

Jan 31 - Report Cards Home

## 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.

## 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.

## Rapid Test Kits

Order your child's RTK through the Parent Portal.

Kits will be sent home with your child when they become available.

## IRIC NUTRITION PROGRAM

During the week of December 6th, our Nutrition Coordinator Ms. Jill, presented "Make Your Own Parfaits" to students. Ms. Jill talked about quick healthy breakfast/snack ideas that students can make at home, independently. Students choose from vanilla or strawberry yogurt and toppings that included mixed berries, granola, Special K Red Berries cereal and chia seeds.

Ms. Jill encourages the students to try new nutritious snacks ideas. Many students had never eaten chia seeds before and found that they loved them.

Kids who are involved in meal prep in the kitchen are more likely to try something new and make good food choices.

Thank you to Blackfalds IGA, Lacombe Ford and The Blackfalds Food Bank for supporting the Nutrition Program at IRIC.





HAPPY  
NEW  
YEAR

## BINGO

Volunteer with us and receive a gift card from PIRIS & a delicious meal at the bingo hall!!



**Jan. 15 @10:30**

**Feb. 27 @ 4:30**

**Mar. 19 @ 4:30**

**Apr. 21 @ 4:30**

*We are still looking for  
1 volunteer for Jan. 15  
Bingo! Please consider  
donating your time!*

Email [pirisiric@gmail.com](mailto:pirisiric@gmail.com)  
to volunteer!

## HOT LUNCH!!

Not sure how  
to order?!



*This Month -*

**Jan. 19**



&

**Jan. 24**

### Booster Juice

1. Go to IRIC's website, on the top right, there is a drop down called QUICKLINKS.
2. Under that tab, go into PARENT PORTAL.
3. Scroll down to STUDENT FEES, choose your student at the top.
4. Scroll down to HOT LUNCHES and click to order!



Last month, P.I.R.I.S funds helped our school purchase:



Join our Facebook page to keep up to date on events and volunteer opportunities!



Parents of Iron Ridge  
Intermediate Society  
(P.I.R.I.S)

*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 2022-23 school year in the Fall. If you are interested in joining PAC, please contact Lacey Elliott at 403-885-6100.





## COVID-19 INFORMATION

# COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR ADULTS 18 YEARS AND OLDER)

### Overview

This tool's purpose is to support Albertans in protecting others and reducing the risk of transmission of COVID-19. Adults 18 years and older can complete this checklist every day to self-monitor for symptoms of COVID-19.

If you have 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.

If within the last 10 days, you have been notified by Public Health that you are a case<sup>1</sup> of COVID-19, you are required to isolate as per Public Health instructions.

### Screening Questions for Adults 18 Years and Older:

1.	<b>Have you been a household contact of a case<sup>1</sup> of COVID-19 in the last 14 days?</b> <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, someone who is a caregiver or an intimate or sexual partner of a COVID-19 case.</i>	YES	NO
<b>If you answered "YES" AND you are NOT fully immunized<sup>2</sup>:</b> <ul style="list-style-type: none"><li>You should stay home for 14 days from the last day of exposure and monitor for symptoms. If you have symptoms, proceed to question 2.</li></ul> <b>If you answered "NO" to question 1, proceed to question 2</b>			

<sup>1</sup> A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

<sup>2</sup> A person who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

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## 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.

If within the last 10 days, your child has been notified by Public Health that they are a case<sup>3</sup> of COVID-19, they are required to isolate as per Public Health instructions.

### Screening Questions for Children under 18:

1.	<b>Has your child been a household contact of a case<sup>2</sup> of COVID-19 in the last 14 days?</b> <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, siblings, someone who slept over, or someone who provided direct physical care to the child.</i>	YES	NO
<b>If the answer is "YES" AND they are NOT fully immunized<sup>4</sup>:</b> <ul style="list-style-type: none"><li>Child should stay home and NOT attend school, childcare and/or other activities for 14 days from the last day of exposure and monitor for symptoms. If your child has symptoms, proceed to question 2.</li></ul>			
<b>If the answer is "NO" to question 1, proceed to question 2</b>			
2.	<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 answer is "YES" to any symptom in question 2:</b> <ul style="list-style-type: none"><li>The child is required to isolate for 10 days from onset of symptoms as per the current <a href="#">CMOH Order</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 answer is "NO" to all of the symptoms in question 2, proceed to question 3.</b>			

<sup>3</sup> A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#)

<sup>4</sup> A person who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

3.	<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 answer is "YES" to ONE symptom in question 3:**

- 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 answer is "YES" to TWO OR MORE symptoms in question 3:**

- 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 answer is "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.



# Education At-Home Rapid Testing Program

Information for parents, students and school staff

## How the program works

With the Education At-Home Rapid Testing Program, parents can choose to test their children in their homes. Staff can also test themselves at home. All schools are eligible to receive the tests.

Rapid screening tests are another tool, along with health measures already in place at schools, to keep students and staff safe.

## Participation is voluntary

Participation in the Education At-Home Rapid Testing Program is optional.

Students and staff who choose to participate will receive rapid tests produced by a company called BTNX. Rapid tests are to be used twice a week. Testing is recommended to be done three to four days apart; for example, on Monday and Thursday or Tuesday and Friday. There is no requirement for students or staff to report their rapid test results.

The rapid tests provided by Alberta Health as part of this program cannot be used to support a restrictions exemption program.

Unvaccinated staff members and students 12 and older who wish to enter an organization participating in a restriction exemption program must pay to obtain a negative COVID-19 test through a private vendor.

## Who can take part

Students and all school staff are eligible to receive test kits. Siblings and family members of eligible students are not eligible. Schools will determine how to send the tests home. It is safe for children to put them in their backpacks.

Vaccinations do not impact the results of a rapid test. Recently vaccinated students and staff may still use a rapid test to screen for COVID-19.

## How to use the test kits

A how-to video for parents and staff is available on [alberta.ca/return-to-school](https://alberta.ca/return-to-school). The company, BTNX, also has a [how-to video](#) you can watch.

A rapid screening test nasal swab is only inserted 1.5 to 2 cm inside the nostril and is typically more comfortable, less invasive and less irritating than the swab usually used for a PCR COVID-19 test at an AHS testing centre.

Each test kit (5 tests per package) comes with:

- a sterile swab that looks like a Q-tip
- a tube and stand
- a nozzle and filter
- a plastic container with a small amount of liquid inside.

A test will take about 20 minutes to complete.

## Steps for doing the test

- Before you do the test, wash your hands with soap and water. The person being tested should blow their nose into a tissue and discard it.
- Unpack all of the test materials from the kit. Pour the testing liquid into the test tube.
- Take the sterile swab out of the package carefully. Make sure it does not touch anything.
- Insert the swab 1.5 to 2 cm inside the nostril. Move the swab in a circle for at least five seconds. Then, press the nostril down against the swab and spin the tip for five more seconds.
- Using the same swab, do the same thing in the other nostril.
- Next, put the swab in the test tube with the testing liquid. Make sure the swab tip is fully covered by the liquid.
- Set a timer for two minutes to let the swab contents mix with the test fluid.
- When the two minutes are up, pinch the tube so that you squeeze as much liquid as possible out of the swab.

- Throw the swab in the garbage.
- Place the filter nozzle on the test tube.
- Turn the tube over and squeeze three drops of the solution into the spot marked "S" on the test device.
- Set a new timer for 15 minutes. Once 15 minutes are up, check your test results.

Once you are finished, you can throw the test away.

## Results

### Example of BTNX Rapid Test Results



### What to do

Please visit [alberta.ca/rapidtesting](https://alberta.ca/rapidtesting) for current information about what to do if you or your child test positive or negative on a COVID-19 rapid test. You may also phone 811.

[This information sheet](#) also contains up-to-date information on what to do.

### If something goes wrong with the test

- If something went wrong with the test, you won't see any lines—or you may see a line next to the 'T'.
- If that happens, you can throw the test away and start over. You may get a new test from the school if there are any additional tests available.

### If a student or staff tested positive for COVID-19 in the past

- If someone tested positive for COVID-19, screening of these individuals is not recommended until at least six weeks after a COVID-19 diagnosis.

### How accurate are rapid tests?

Rapid screening tests are not as accurate as lab-based tests done through an AHS assessment centre. The likelihood of someone with no symptoms having a false positive result from a rapid test is low. The likelihood of someone with no symptoms having a false negative result is higher. A negative result on a rapid screening test does not mean that person is not infected or could not become infectious.

When a rapid COVID-19 test is used for people without symptoms, it is a screening test, not a diagnostic test. Screening individuals with rapid tests can identify some, but not all, contagious individuals and, as a result, rapid screening does not replace public health measures such as physical distancing, masking, hand hygiene, staying home and accessing testing when sick and the mandatory isolation of COVID-19 cases.

### If you have more questions

If you have questions about this school rapid screening test program, please email [EDC.SchoolRapidTesting@gov.ab.ca](mailto:EDC.SchoolRapidTesting@gov.ab.ca).

For the latest COVID-19 information visit [www.alberta.ca/Covid19](https://www.alberta.ca/Covid19).

If you have questions regarding test results or health outcomes, please contact Health Link at 811.