



# IRIC

IRON RIDGE INTERMEDIATE CAMPUS

# EAGLE NEWS

February 2022

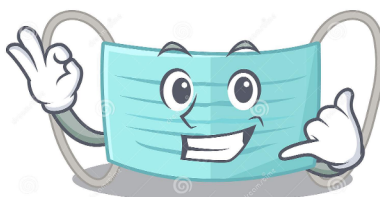
Feb 4 - IRIC Soup Day  
Feb 10 - Winter Olympic Spirit Day  
Feb 11 - CRM - Staff Collaboration Day  
Feb 17 - Pink Shirt Day  
Feb 21 - Family Day  
Feb 22 - In Lieu Day  
Feb 23 - CRM - Staff Collaboration Day  
Feb 24 - 25 - Teacher's Convention

## 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.

## MASK HYGIENE

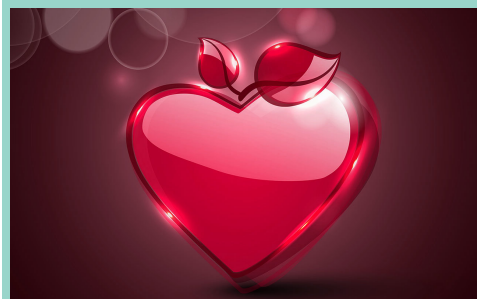
Please remind your child to bring home their mask(s) each day to be washed.



© dreamstime.com

© 150480708 - iStockphoto

**Happy Heart 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 than -25, students enter at 8:30 with classes beginning at 8:40.



## IRIC NUTRITION PROGRAM

Thank you to Blackfalds IGA, Lacombe Ford and Blackfalds Food Bank for your continued support of IRIC's Nutrition Program

January 31st was National Hot Chocolate Day. Our students enjoyed a cup of Hot Chocolate on this cold blustery day when they came in from recess.

Feb 4th Is National Homemade Soup Day please bring in your donations this week and don't forget to send a plastic reusable bowl and spoon on Feb 4th.

School Mornings are busy. Statistics show that 20% of children and adults do not eat breakfast because of feeling rushed.





**WINTER OLYMPIC SPIRIT DAY 2022  
GO CANADA GO!**

**FEB. 10, 2022**



### Masks and Rapid Test Kits

Our second shipment has arrived and we will be sending out information on how to access a second test kit for your child. Please watch for a power announcement coming to you soon.

**Report Cards** were emailed home on **Monday, January 31, 2022**. Please plan to spend time reviewing and celebrating your child's accomplishments.



### Wolf Creek - Let's Connect

Boundary & Grade Configuration  
Community Engagement

**Wolf Creek Public Schools is adding a new High School in Blackfalds!**

Students from Blackfalds and area currently attend high school in Lacombe. A new school will bring some new changes. The division is excited about the opportunities the new school will provide, this includes assessing the current attendance boundaries and the grade configurations of all schools in Blackfalds and Lacombe.

**We want all Blackfalds and Lacombe and area families, students, staff, and the broader community to have their say in this process.**

#### How to get started

You may participate in the online engagement process between **February 1-15, 2022** by scanning the QR code, or by visiting the web address below. Then click on the "Let's Connect" link on the homepage. The engagement is a multi-step process that will seek input from stakeholders on attendance boundaries for Blackfalds and Lacombe, as well as on grade configurations.

We will use the information to develop options for public input, before finalizing a recommended option(s) for consideration by the Wolf Creek Public Schools' Board of Trustees.

Let's Connect at:  
[www.wolfcreek.ab.ca](http://www.wolfcreek.ab.ca)



**Wolf Creek Public Schools**  
We inspire success, confidence and resilience in every student.





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



**Feb. 27 @ 4:30**

**Mar. 19 @ 4:30**

**Apr. 21 @ 4:30**

*We are still looking for volunteers for Feb. 27 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 -*

**Feb. 9**



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!

## THANK YOU

To all of you who continually help us by being a wonderful



WE APPRECIATE YOU!!



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*



## 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

January 26, 2021

Dear Parents / Guardians,

Did you know that February 4 is National Homemade Soup Day? IRIC is planning to celebrate this very special day, but we need your help. During the week of January 25-29, we will be collecting ingredients for making homemade soup for our students here at school. **All fresh vegetables and macaroni will be purchased by the school.** We are asking for **prepackaged ingredients only to be brought from home.**

Staff will be supplying each class with a crockpot to cook the soup in. All crock pots will be sanitized before use. Our nutrition person, Jill Pearson, who is a certified Red Seal Chef, will collect the donated ingredients from each class. She will be responsible for washing and chopping **all the vegetables which will be purchased by the school. Macaroni will also be purchased by the school.** Once all preparation protocols have been followed, class portioned ingredients will be delivered to individual classrooms and added to the classroom crock pot by either Ms. Pearson, Mrs. Lastiwka or Mrs. Elliott. Students will then smell the delicious aroma of homemade soup simmering in their classroom throughout the morning. When the soup has finished cooking, it will be served by the classroom teacher wearing gloves and a mask and delivered to each child's desk.

**If you are uncomfortable with your child participating in this event, please inform your child's teacher or call 403-885-6100 and ask for administration. Also, if your child has any allergies, please let their classroom teacher know.**

This letter includes all the ingredients and the recipe below. Please look for the sign up sheet from your child's teacher. Help us celebrate IRIC soup Day.

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



## **National Homemade Soup Day**

February 4th heats up with National Homemade Soup Day. In every cuisine soup provides a rich basis of flavor and history.

Before the era of modern transportation, soup was a product of regionally available foods. Cooks all over the world season their soup from the heart giving it just the right amount of love each and every time. Whether they add it with noodles or vegetables, the broth or the cream, each cook knows there's enough to go around. That's why homemade soup heals the best. For this reason, there are thousands of soup recipes available today. We will be cooking the following recipe:

### **Vegetable Soup**

- 1 large onion (supplied by IRIC)
- 6 carrots (supplied by IRIC)
- 6 stalks of celery (supplied by IRIC)
- 5 litres of vegetable soup stock
- 2 cans of corn
- 2 cans of peas
- 2 cups of elbow macaroni (supplied by IRIC)
- 2 cans of tomatoes
- 1 package of plastic spoons
- 1 package of disposable bowls

Place all ingredients in the crock pot. Turn on the crock pot. Add macaroni half an hour before eating. Enjoy!

### **How to Observe #NationalHomemadeSoupDay**

Tell us about your favorite homemade soup. Share a recipe or a memory. Gather the family to learn how to make your best recipe and share the love.

## 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



## 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>3</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.

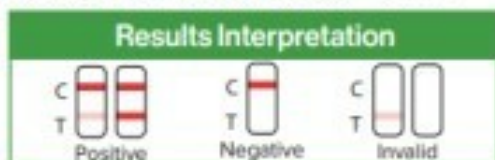


- Throw the swab in the garbage.
- Place the filter nozzle on the test tube.
- Turn the tube over and squeeze three drops of the solution into the spot marked 'S' on the test device.
- Set a new timer for 15 minutes. Once 15 minutes are up, check your test results.

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.

## **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 2022.  
(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 1, 2022**

*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.**

**SIGN UP**

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).*

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

**DEADLINE FOR REGISTERING IS JUNE 1, 2022**

*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>