

## ROUND HILL SCHOOL NEWS



### Round Hill School News

Here are the answers to some of the questions you may have regarding our COVID-19 Protocols at Round Hill School:

#### **What if my child is sick?**

Round Hill School, like all other schools across the province, has strict protocols about health. School staff is not equipped to determine the seriousness of an illness. If a student experiences symptoms **during the school day**, a phone call will be made to the parents/guardian, asking that the child be picked up from school. The students will be isolated from the other students in the meantime. Students sent home should complete the [COVID-19 Self-Assessment Tool](#) on the Alberta Government website to determine their next steps.

In the same way, families must complete the **Daily Self-Assessment** each morning, with everyone who is going to school. Anyone who is not feeling well must stay home and is asked to use the [Self-Assessment Tool](#) as well. In some cases, this AHS-mandated protocol will mean that your child should stay home until symptoms resolve themselves. In other cases the student may be asked to get a COVID-19 test and asked to stay home until they get a negative result. If the test result is positive, Alberta Health Services will notify the school division.

Here are some of the more common COVID-19 symptoms: If your child has any of these symptoms you must arrange testing.

- Fever
- Shortness of breath
- Sore throat
- Runny nose
- Cough (new cough or worsening chronic cough)
- Loss of taste or smell

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If you have any of the **symptoms listed below**, stay home and minimize your contact with others until your symptoms resolve.

- Chills
- Stuffy nose
- Painful Swallowing
- Headache
- Muscle or joint aches
- Nausea, vomiting, diarrhea or unexplained loss of appetite.
- Conjunctivitis, commonly known as pink eye

### **Do I have to keep ALL my children home if one of them is sick?**

At this time, there is no directive that children from the same family who are not sick or showing symptoms of illness cannot come to school.

### **What if my child is late to school or needs to be picked up early?**

It is completely normal for students to leave the school during the day for appointments or other family matters. At the same time, students will at times arrive at school late for a variety of reasons. If you are arriving at the school to pick up your child, simply call ahead and we will have your child waiting for you at the front door. If you arrive at school late, have your child ring the doorbell at the front door and we will let them in. All signing in and out will be managed through the school office by Mrs. McManus.

### **What if my child is absent?**

Please contact the school office if your child is going to be absent.

You can call 780-672-6654 and leave a message or email

[rhsgenvm@brsd.ab.ca](mailto:rhsgenvm@brsd.ab.ca)

### **JR High Volleyball**

Volleyball practices will run twice weekly on Tuesday and Thursday from 3:30 to 4:50. Even though there will be no competitions, it is important to provide the students with an opportunity to maintain and improve their skills. Mrs. Stacey Hartinger will be working with the students on Tuesdays and, Mr. Horbay will be coaching this same group of boys and girls on Thursdays. There will be no fee for these practices but we do ask that students make a commitment and approach it seriously. There will no practices on early dismissal days.

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If you have any other questions, please contact the school at 780-672-6654 and leave a message or email [rhsgenvm@brsd.ab.ca](mailto:rhsgenvm@brsd.ab.ca). You can also call or text Mr. Horbay, the school principal, at 780-678-6588.

## ROUND HILL SCHOOL NEWS



We're keeping things simple this fall so that we can transition more easily between scenarios should we need to. If you're looking for a program and you don't see it on this menu, there is a good chance we plan to offer it during the winter (beginning in January). Chat with your school's Wellness Coach with any questions or requests you have.

*A focus on...* **SAFE, CALM, CONNECTED.**

### **GR. 7-8**

#### **CREATING A RESTORATIVE CLASSROOM**

Utilizing restorative practices, build a connected classroom community. Get comfortable with authentic dialogue, understanding one another, and making things right by harnessing the power of restorative circles. 8 sessions, once a week for a full block.

### **GR. 7-8**

#### **SUPPORTING A HEALTHY DIGITAL LIFE**

MHCB has a variety of discussion based presentations and short programs to help support a healthy digital life. Choose from session topics such as: critical thinking, body image, healthy relationships, positive and negative experiences and building digital resilience, cyberbullying, and sexting and peer pressure. Each presentation requires 1-2 full blocks.

### **GR. 9**

#### **HIGH SCHOOL AND MENTAL HEALTH**

Teens turn more to one another than the adults in their life for help and support. Understanding mental health empowers students to act as informed advocates for themselves and their peers, and as a suicide prevention measure. In this program, students learn about mental health, stigma, mental disorders, coping strategies, and support networks. 6-8 sessions, once a week for a full block.

### **GR. 7-9**

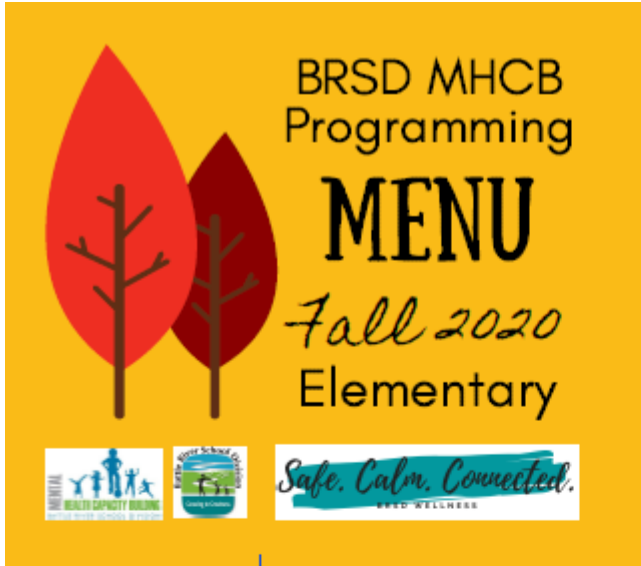
#### **MINDFUL SCHOOLS**

Increase classroom capacity to cope with stress/anxiety, regulate bodies and emotions, and increase attention through Mindfulness practices. 6 sessions, once a week for 20 minutes.

### **GR. 7-9**

#### **WELLNESS BREAKS**

15 minutes wellness sessions to support co-regulation, relaxation, mental health and give brains a break. 8 sessions, once a week for 15 minutes.



BRSD MHCBC  
Programming  
**MENU**  
Fall 2020  
Elementary

Health Capacity Institute  
Round Hill School  
Safe. Calm. Connected.  
WOOD WELLNESS

We're keeping things simple this fall so that we can transition more easily between scenarios should we need to. If you're looking for a program and you don't see it on this menu, there is a good chance we plan to offer it during the winter (beginning in January). Chat with your school's Wellness Coach with any questions or requests you have.

*A focus on...*  
**RESILIENCE**

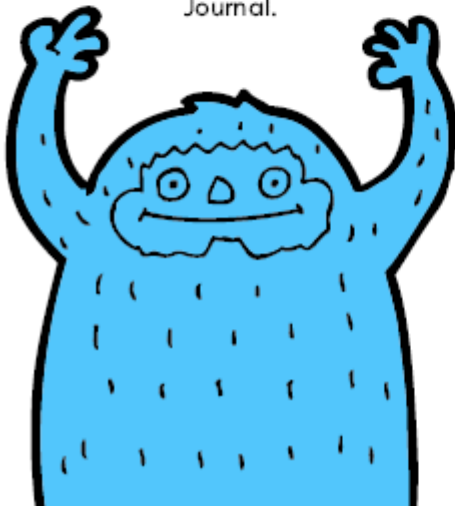
*and...*  
**CO-REGULATION**

**K - GR. 2**  
**YET, SET,**  
**GROW!**

Growth mindset programming that helps build kids that *bounce back, keep trying, and don't give-up.*

Students enjoy stories, art, games and fun activities to practice creating growth mindset thinking.

This program utilizes materials from Big Life Journal.



**GR.3-4, GR. 5-6**  
**'YET'S BE**  
**BRAVE!**

**GR. 1-4**  
**ZONES OF REGULATION**



Zones offers a framework for classrooms to consciously regulate their bodies, emotions and actions. Explore calming tools, thought strategies, sensory supports, and body awareness.

**GR. 1-6**  
**MINDFUL SCHOOLS**

Increase classroom capacity to cope with stress/anxiety, regulate bodies and emotions, and increase attention through Mindfulness practices.



**GR. 4-6**  
**CREATING A RESTORATIVE CLASSROOM**

Utilizing restorative practices, build a connected classroom community. Get comfortable with authentic dialogue, understanding one another, and making things right by harnessing the power of restorative circles.

