

BANDIT NEWS



Hays School Newsletter

January 2021

HAYS SCHOOL

MESSAGE FROM PRINCIPAL

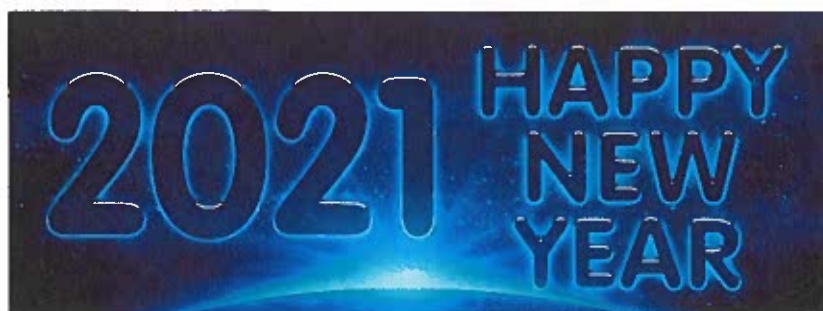
As I sit down to write this January 2021 message - it might be really nice to say "Good Bye" to 2020. I am wishing for every family to have a prosperous and new start to 2021. Let's be safe this Christmas season and keep Christmas as small as we can so that when January comes our COVID numbers will be going down. Please follow all the Alberta Health Protocols.

School starts again on January 4,5,6,7 as online learning. The teachers will be back to work calling you or zoom meeting with your children. We are all back to in school classes on Monday January 11, 2021. I look forward to seeing all the students happy, smiling faces during this time.

We have received the final payment for our Tiny House. I would like to thank all the businesses and parents who helped us build the Tiny Home. A big thank you to Mr. Kenney who has put hours and hours into this project. Mrs. Duckett and her students have done a great job on the publicity. I can positively say we made over \$40,000 dollars to go towards our schools technology and WIFI. A huge THANK YOU to our community. See the next page for all the business and people involved in this Project. Our proud owners are Don and Tracey MacKenzie-Grieve. Congratulations.

I would like to say WELCOME 2021 and pray that this year is peaceful and happy for everyone!

Tracey Nadeau
Principal Hays School



Merry Christmas &
Happy New Year

At Home Learning
Jan 4-8

Back To At School
Learning
Jan 11

Assembly Jan 12

Hot Lunch
Jan 28th

Hays School

205 2nd avenue
Hays, Alberta
T0K 1B0

403-725-3755

FROM ALL THE STAFF
HERE AT HAYS SCHOOL WE
WISH YOU ALL A VERY
MERRY CHRISTMAS AND A
PROSPEROUS, HAPPY NEW
YEAR!



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**HOT LUNCH
JANUARY 28TH
THANK YOU
SARA SIEMENS
THANK YOU MRS. NADEAU
FOR DECEMBER'S HOT
LUNCH**

ENJOY THE CHRISTMAS
BREAK WITH YOUR
FAMILIES!



During the at home learning from January 4-8 the teachers will be communicating with all the students. Teachers will be letting the students know the expectations for that week. Work may be sent home prior to the Christmas break and Grades 4-6 with internet will sign out a chrome-book to do check in's and learning online. The Junior High will remain to check in at 8:10am each school day. This week is NOT a break, students will continue to do school-work, just from home.

**The next PAA
meeting is on
January 11 at
6:30pm**

Theme of the Month:

RESOLUTIONS

**SCHOOL SPIRIT DAYS
FOR JANUARY**

JAN 14 - INSIDE OUT DAY

**JAN 26 - WEAR WHAT
YOU WANT TO BE WHEN
YOU GROW UP**

Thank you to Mrs. Huvenaars for preparing and serving nutritious snacks to us on Tuesdays & Thursdays. Some of the things we have tried are smoothies, omelet muffins, chips & guacamole, meat, cheese & crackers and veggies & dip.



Please be sure to send your child with appropriate winter gear as we will continue to go outside until the temperature reaches -20°C .

If your child will not be attending school please call and let us know or it will be marked as an unexcused absence and School Messenger will automatically call you.



January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 	2
3 Happy Birthday Kip Duckett & Franz Wall	4 All students at home learning	5 All students at home learning	6 All students at home learning	7 All students at home learning	8 NO SCHOOL	9
10	11 All students return to school PAA Meeting 6:30pm	12 Assembly	13 Happy Birthday Angelina Bueckert	14 School Spirit Inside Out Day	15 NO SCHOOL	16
17	18 Staff Meeting	19	20 Happy Birthday Ayda Siemens	21	22 NO SCHOOL	23
24	25	26 School Spirit What you want to be when you grow up	27	28 HOT LUNCH Last Day of 1 st Semester	29 NO SCHOOL First Day of 2 nd Semester	30
31 						



Sponsors of the Tiny House Project

Thank you Thank you Thank you Thank you

Thank you Thank you

Corporate Sponsors:

Oasis Trailer
Black Iron Steel Fabrications In.-Taber
Prime Rentals-Taber
Van Rijn Electric
South Country Co-op
Haven Agencies-Insurance
D&M Plastics
Flexibility Learning Systems
Johnson's Drug Store-Taber
CNRL
TFS Expanse Feedlot
Taber Flooring-product
Granite Rocks- countertop reduction
Co-op Taber
Holiday RV - Wall Oven and Steps
Rivers Electrical
Built Environment- Lunos E2 HRV
Canadian ECO Products - Composting Toilet
Crawford Dental
Fabricland-prize
Hampton Inn & Suites
Quality Inn Lethbridge-Hotel Stay
Canalta Center - Prize
Sculpt Salon-prize
Kal Tire-prize
Escape Salon & Spa - prize
Millsey's Mobile - Duane Mills
Carl's AG - Carl Huvenaars
Kost Fire
Medicine Hat Mavericks
Medicine Hat Tigers
Brooks Bandits - Prize
Nutrien - Wickenheiser - Prize
Princess Auto - Prize
Hays Fire Department - Prize

Everest Liquor Store - Prize
Nutters Medicine Hat - Prize
Skinny's Smokehouse - Todd Lindsay - Food
Dulux Paints - Prize
Coaldale Copperheads - Prize
The Shoe Gallery - Prize
NAPA Medicine Hat - Prize

Service Group Sponsors:

VHS Grad 2019-money donation
Hays Adult Volleyball-money donation
Hays PAA-money donation
Hays 4-H-money donation

New Owners of the Tiny House:

Don and Tracey Mackenzie Grieve.

Congratulations!!

**THANK YOU FOR YOUR SUPPORT OF
HAYS SCHOOL**



Thank you Thank you Thank you

Thank you Thank you Thank you

Individuals:

Rod & Bev Huvenaars-equipment and time

Paul Huvenaars- time

John Flaws- time

Jared Huvenaars- money and time

Kaden Jouroud- money

Kaleb Olfert-time and prize

Ernie Olfert-time

Siemens/Olfert- Money Donation and prize

Chris & Sara Siemens-time

Andrew Olfert-time

Lina Vanier-safety glasses

Jake Heide-tools

Blaine & Leslie Wickenheiser-prize

Sandra Degroot-money and time

Pete Wall- welding time 20 hrs

Kala Howg-donation of bottles and cans

Anita Richardson-money

Jim Garrett-money

Joost Van Ham - money

Jake Rozendaal-donation for Gala

Gary Maclean-electrical work

MLA - David Schneider - Prize

Tracy Sidam- time

Rene Lavoie-time

Guy Nadeau-time

Tracey Nadeau-money and time

Monique Huvenaars-prize and time

Jamie Mack-time

Doug Kenney-time

Melissa Duckett-time

Jeremy Poettcker-time

Andrea Degroot-gift for silent auction

Doug and Kevin- prize

Andrea DeGroot - Prize

Sharla Huff

Lynn Rattai - Prize

Rudy G - Prize

saak Wiebe - Prize

Amy Bueckert - Prize

Ashlyn Retzler - Prize

Ernie G - Prize

Cornelius Friesen - Prize

John Kress - Prize

Agatha Wiebe - Prize

Grades 1, 2 & 3 - Prize

MLA David Schneider - Prize

Aaron Funk - Prize

Keith Tucker & Extreme Gym -prize

Melissa Eresman-Prize



5 Easy Ways to Cultivate Wellness at Home

Life can be a balancing act for families at the best of times; with work, school, extra-curricular activities and other commitments. With the added stress of the COVID-19 pandemic, it's more important than ever before to take care of our mental, emotional and physical well-being. Start small—choose activities that are realistic and achievable within your family structure and schedules. Here are a few simple things you and your child can do to stay well at home.

Practice Mindfulness. Mindfulness is about being in the present moment, in a calm, non-judgmental way. It's about paying attention

to our thoughts, feelings, bodily sensations, and to the space around us. Like other skills, mindfulness gets stronger with practice—try this mindful breathing or grounding exercise.

In its simplest form, mindful breathing involves taking one breath in through your nose, and out through your mouth. If your mind wanders, bring it back to your breathing. Try it first thing when you wake up or during the day when you transition from one activity to another. Try this for as long as you can and work up to 2 minutes or longer.

Healthy Children

To do a basic grounding exercise, think about your feet and how they are holding you to the floor. Pay attention to your breathing. Then look around you and name out loud:

- 5 things that you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Create calm and welcoming spaces.

Your home can be a great place to create a calm, inviting space for your child. Reflect on your home environment and visualize a calm and welcoming space and work together as a family to bring that vision to life.

Tip: Use bedrooms for sleep, not screen time! You can make sleep spaces more calming and inviting by keeping technology out. Instead, store devices like cellphones and tablets in a central space in your home. Create a new family routine – put all devices away a few hours before bed time.

Move your body. Evidence confirms what we inherently know to be true—when you get moving and boost your heart rate, you improve your mood and reduce stress! Take time to move your body every day—your body and brain will thank you for it! Try to focus on physical activities you enjoy doing— you're more likely to stick with them. Some families find it helpful to schedule exercise time in advance to help to keep them accountable and on track.

Tip: Sign up for the [One Nature Challenge](#) as a family which is about getting outside

December 2020 Parent Newsletter

30 minutes/day for 30 days. Extra bonus points for starting this challenge during the colder winter months!

Keep a gratitude journal. Make note of the positive things you experience every day. When we look at life as a whole, gratitude encourages us to identify the goodness in our lives. Keeping a gratitude journal is one of the most widely tested happiness practices.

Tip: There's no wrong way to keep a gratitude journal. In general, write down up to five things for which you feel grateful. Keeping a physical record is important—don't just do this exercise in your head. The goal is to recall a positive event, experience, person, or thing in your life, and to write it down. You'll experience positive emotions all over again.

Be kind. Research shows that a wide range of kindness activities are good for us. Better yet-- kindness in any form helps others feel good too.

Tip: Being kind towards others means being kind to yourself too. Go for it—shovel snow for a neighbour, phone a friend you've been meaning to connect with, or just smile! Kindness is all around us.

Now it's time to gather your family together, grab a pen and paper, and create your family wellness plan. Try one activity and build on it. Remember, you don't have to do everything all at once.

Healthy Teens

December 2020 Parent Newsletter



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Create calm and welcoming spaces.

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Tip: Bring nature inside by adding fresh plants to your space. You can even grow an indoor herb garden that your teen can care for. Bonus--you'll be able to incorporate fresh herbs into healthy recipes!

Move your body. Evidence confirms what we inherently know to be true--when you get moving and boost your heart rate, you improve your mood and reduce stress! Take time to move your body every day--your body and brain will thank you for it! Try to focus on physical activities you enjoy doing--you're more likely to stick with them. Some families find it helpful to schedule exercise time in advance to help to keep them accountable and on track.

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Holiday Celebrations

It is holiday season, and normally that means spending time with family and friends, sharing food and being close to one another. While many of us take a break over the holidays, COVID-19 will not be taking a break. This means that in order to keep ourselves and our loved ones safe, the holidays will look a little different this year.

Gatherings during COVID-19

During this holiday season, in person celebrations are safer within your own household cohort. Indoor gatherings inside homes with others outside of your immediate family can spread Covid-19 and put your family and friends at risk.

With that said, there are still some ways to meet with loved ones safely during this holiday season.



Here are some fun and simple ideas:

Host a virtual gathering over the internet on platforms like Skype or Zoom. Play games virtually like Pictionary or Charades. Or have everyone cook the same meal and then eat together in the virtual gathering.

Another idea is to get down to your Canadian roots and have an outdoor gathering. While Christmas gatherings are generally centered on food, this is an opportunity to switch that focus to being a bit more active this season while creating great memories. Go snow shoeing, sledding, skating or go for a winter walk followed by a festive bon fire. Remember to keep six feet or two metres distance apart with no more than 10 people.

Also, be sure to follow the gathering restrictions in your area. For current gathering restrictions see www.alberta.ca/coronavirus



Healthy Eating and Immunity

While no certain food can protect us from getting sick, eating a well-balanced diet can help our immune systems work their best.



Throughout the holidays, try to follow the **Eat Well Plate** from [Canada's Food Guide](https://www.canada.ca/food-guide).

Have plenty of vegetables and fruits. Try making half of your plate vegetables and fruits. They have important nutrients such as fibre, vitamins and minerals.

Eat protein foods. Choose protein foods that come from plants more often. Plant-based protein foods can provide more fibre and less saturated fat than other types of protein foods.

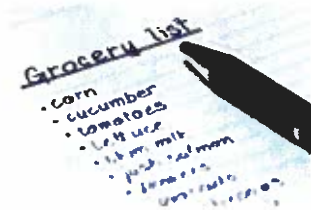
Make water your drink of choice. Drinking water is important for your health. Water is a great way to quench your thirst and stay hydrated without calories.

Choose whole grain foods. Whole grain goods have more fibre than refined grains.

Smart Shopping During Holidays

Avoid last minute shopping at peak times by planning ahead.

- Shop online and arrange pick up without entering store
- If you are sick, do not go to the store. Use contactless delivery
- Respect senior hour, but find a time that is not so busy
- To reduce store crowding, shop by yourself
- Write a list to reduce time spent in the store



- Sanitize upon entering and after leaving the store
- Wear a non-medical face mask
- Do not touch your face or mask while in the store

- Keep two metres (six feet) distance from others
- Only touch what you take



- Use contactless credit or debit instead of cash
- If using your own bags, wash them before and after
- Wash produce when you get home

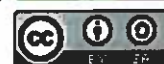
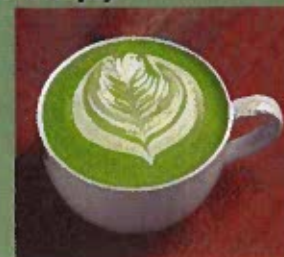


Healthy eating can also help improve mental health and reduce the stress of Covid-19.

Including healthy foods and beverages that help you relax can be a great way to manage stress. During this holiday season try this hot beverage to relax and enjoy.

Calming Green Tea Matcha Latte

- Stir together one teaspoon of matcha green tea powder, two teaspoons honey and three tablespoons of warm water.
- Add mixture to one and a half cups of hot milk and mix until blended. Sit back, relax and enjoy!



Jason Leung photo on Unsplash

Upcoming Nutrition Classes

Due to the ongoing COVID-19 situation, all in-person nutrition classes are now being offered online via Zoom.

To look for upcoming infant and toddler classes, please go to: szonenutrition.eventbrite.com/

Alberta Healthy Living Program: Classes are offered virtually throughout South Zone to help manage chronic conditions. Topics include Diabetes, Weight Management, Stress Management, Healthy Eating to Reduce your Risk, Emotional Eating and more. To register call: Lethbridge 403-388-6654, Medicine Hat 403-529-8969, Brooks 403-793-6659.

Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat 403-502-8200
Brooks 403-501-3300
Lethbridge 403-388-6666

For more information on this or other nutrition topics and Covid-19, go to www.healthyeatingstartshere.ca, <https://www.albertahealthservices.ca/covid19>



Student illness

If a student has symptoms

Students with new or worsening symptoms that are not related to other known causes must not attend school.

The duration students need to stay home from school depends on the type of symptoms.

Parents and household members of a student who has symptoms are not required to quarantine if:

- the child with symptoms has not been identified as a close contact of a COVID case
- the child has not tested positive

Symptoms

If a student has any of the following core COVID-19 symptoms (new, or worsening and not related to other known causes), the child is to isolate for 10 days from onset of symptoms.

- **Fever** (temperature of 38 degrees Celsius or higher)
- **Cough** (continuous, more than usual)
- **Shortness of breath or difficulty breathing** (continuous, out of breath, unable to breathe deeply)
- **Loss of sense of smell or taste**

A student can return to school before 10 days only if a COVID-19 test is negative AND symptoms are gone AND the student is not a close contact of someone with COVID-19.

Use the [AHS Online Assessment Tool](#) or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If a student has one of the following other symptoms, they can return to school if their symptom is improving, as long as it has been at least 24 hours.

- **Chills** (Without fever, not related to being outside in cold weather)
- **Sore throat/painful swallowing**
- **Runny nose/congestion**
- **unwell/fatigued**
- **Nausea, vomiting and/or diarrhea**
- **Unexplained loss of appetite**
- **Muscle/joint aches**
- **Headache**
- **Conjunctivitis** - Commonly known as pink eye

Testing is not necessary if the child has only one of these other symptoms and it improves after 24 hours. If the symptom does not improve, gets worse or another symptom develops, continue to keep your child home until their symptom(s) go away.

If a child has two or more of the other symptoms, they can return to school once their symptoms go away, as long as it has been 24 hours since their symptoms started. A COVID-19 test is recommended but not required.

COVID-19 INFORMATION

Use [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.

Book a test

Book a testing appointment online with the AHS assessment tool or call Health Link 811.

<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

Tested positive for COVID-19

- You are legally required to isolate for a minimum of 10 days if you have tested positive for COVID-19.
- The isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

Close contacts of confirmed cases

- You are legally required to quarantine for 14 days and monitor for symptoms if you are a close contact of a person who tested positive for COVID-19.
- Follow instructions received from Alberta Health Services.

If you are isolating or quarantining:

- Stay home — do not go to school, work, social events or any other public areas or community settings.
- Avoid close contact with other people, including household members but especially seniors and people with chronic conditions or compromised immune systems.
- Do not use public transportation or ride sharing.
- Do not go for walks in public places. This includes children isolating.
- If you go outside, you must remain on private property not accessible by others.

If a student has symptoms related to allergies or a pre-existing medical condition

- The student should be tested at least once before returning to school and have a negative COVID-19 test result.
- These symptoms would be their baseline health status. As long as the cough or runny nose is always the same and does not get worse, the student can attend school.
- Talk to your school about your child's pre-existing medical condition so the school may keep a confidential record of this condition.

Note

As the COVID-19 pandemic continues to evolve, information regarding COVID-19 will be updated as required. Please check online for the latest information and links to testing, symptoms and isolation requirements: alberta.ca/covid19

For more information: alberta.ca/covid19

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