

2021/22

maskêkosak
kiskinomâtowikamik



High School STUDENT GUIDE





Contents

School Team	3
Student/Teacher Advisors	4
School Prayer & Morning Song	5
School Intention	6
School Purpose	7
Letter from the Principal	8
COVID-19 Mitigation	9
High School Timetable	10
High School Courses	11
High School Programming	12
Teacher Advisor Groups	13
Student Success Expectations	14
Respectful Learning & Working Environments	15
Lockdowns & Evacuations	16
Teams/Activities/Clubs	17
Calendars	18
High School Diploma Requirements	25
Knowledge and Employability Courses	26
Certificate of Achievement	27
myPass	28
Diploma Exams Schedule	29
COVID-19 Screening	33
Help and Support	36
Notes	39





High School Administrative Team

Jonathan Kaiswatum	Principal
Tara Crouter	Vice Principal
Tammy Pierson	Vice Principal
Bianca Szilagyi	Data Management & Graduation Counsellor

High School Teaching Staff

Rhiannon Arcand	Cree, Food Studies, Science
Madison Bruyere	Social Studies, English, Leadership
Chelsea Cattroll	Land Based Studies
Tammy Lamouche	Drama, Aboriginal Studies
Jaime Morin	Fashion, CALM, Social Studies, Science, Work Experience
Adam Schraeder	Math, Science, Construction
Jenna Smith	Phys. Ed, Leadership

Cultural Arts

RedCloud	Arts Instructor
Bryce Morin	School Culture Liaison
Reanna Savard	Art, Social

Student Supports North Campus

Genevieve Anderson	Learning Resources Teacher
Carey Buchfink	Educational Assistant
Cal Cutknife	Cultural Support
Lynette Derksen-Witzler	Speech Language Clinician
Joe Ground	kéhtéhaya
Barbara Halladay	Librarian
Carolyn Kokeswaski	Counsellor
Sean Lessard	Student Success Strategist
Ambyr Miller	Educational Assistant
Ellen Peacock	Counsellor
Darrell Stanley	Counsellor
Kathleen Stoesz	Occupational Therapist





STUDENT _____

TEACHER
ADVISOR _____



* Our School is named
maskêkosak kiskinomâtowikamik
— this means

*A place to learn about and live
pimâtisiwin – good life ways, for the
people of the Land of Medicines -
the maskêkosak, of maskêkosihk
(Enoch).*





nohtâwînân kisemanitow
wîchinân mîna
kanaweyiminân
anohc kâkîsikâk
nîyanân kitawâsimisak
nâpewak nâpesisak
iskwewak iskwesisak
ekwa kahkîyaw
kotakak ayisiyiniwak
ôta askihk kitatamihinân
aiy hiy!



Morning Song

wa ni ska
pew a pan o ma
a say pi yes i sak ni ka ma wak
e miy o na kwan
kit a ski naw





Welcome

Intention

At maskêkosak

kiskinomâtowikamik

we are supporting every awasis

(lighted angelic being),

to reach their full potential intellectually, spiritually, emotionally and physically and to realize a strong maskêkosak identity within a safe, respectful and loving environment.

kâkakiy kâ-sîtoskâhcik awâsisak
kinistowinahkik otawîhkôsôwiniwâw
nehiyâwiwin kakaskihtamâsocik miyo
mamitonêyicikan, otâcahkîwiniwâw,
miyomahcihôwin, ekwa sohkâtisiwin ita
kôcicik.

“In the very centre of our school
framework reside our awâsisak
- our gifted, lighted, angelic beings
entrusted to us by
kisemanito.”



Purpose

A balanced, holistic approach to learning,
based on our maskêkosak values

Our beloved kêhtêhayak, educators and others recognize the priceless benefits of a balanced approach to learning.

kisêthêwin
mâmitonêcikêwin
sôhk acâhkwak
kiskinohamawâkanak

- Nurturing kind hearts
- Inquiring minds
- Strong spirits
- Life-long learners

Goals



Ongoing guidance and support from maskêkosihk kêhtêhayak.



Reclaiming our maskêkosak heritage and principled ways of knowing.



The creation of fluent nêhiyaw language speakers.



Continuous academic improvement and success for all students.



Students who demonstrate a clear understanding of maskêkosihk nêhiyawak Foundational Principles.



A quality learning program that exceeds regional, provincial and national standards.



The school as the heart of the community.





Letter from the Principal

tanisi maskêkosak families & Nation members,

It is an honour to update the Nation about the 2021-2022 school year at maskêkosak kiskinomâtowikamik (MK).

COVID-19 is an extremely fluid situation, our priority is the health and safety of our students and staff. Thus, KEA has adopted the return to school guidelines set forth by Alberta Health Services. Our school will follow Contingency Scenario 1 meaning that we will return to in-school classes with enhanced health measures. Under this scenario, school authorities must implement routine measures to reduce the risk of transmission of COVID-19 and other respiratory illnesses including promoting and facilitating hand hygiene and respiratory etiquette, staying home when sick, maintaining ventilation, and ensuring regular cleaning and disinfection of high traffic/touch areas.

If required, the decision to move a portion of a school, such as individual grade(s) or class(es) to at-home/online learning due to operational reasons (i.e., staffing issues), will continue to be at the discretion of the local school authority and will consider any health measures that are in place. Outbreak management will continue to occur and follow similar interventions to influenza outbreak response.

Within the contents of this guide, you will find details with respect to the enhanced health measure in place at MK.

If you have any questions, or require further clarification, please feel free to contact me at (780) 470-5657 or by email at jonathan.kaiswatum@kitaskinaw.com

Respectfully,
Jonathan Kaiswatum
Principal
maskêkosak kiskinomâtowikamik





To mitigate the transmission of COVID-19, this guidance is intended to support kitaskinaw Education Authority (KEA) and maskêkosak kiskinomâtowikamik (MK) in the safe launch of in-person classes for September 2021. COVID-19 data will be monitored according to Enoch Health Services, Alberta Health Services, Alberta Education, and the Nation's recommendations on-reserve, as circumstances evolve.

This information was gathered in accordance with Alberta Health Services.

- Contingency **Scenario 1: in-school classes**
(near normal with enhanced health measures)
- Contingency **Scenario 2: at-home learning**
(in-school classes are suspended/cancelled)

At this moment, the information in our return to school guidelines focuses on the importance of:

- **The safety of students, staff, and community**
- **Student learning will continue**
- **School authorities have the autonomy to do what is best to mitigate the spread of transmission**
- **Parents/caregivers have a role in the screening process for their children's daily involvement in School**

➤ **At any point during this school year, KEA could decide to move from one scenario to another depending on COVID-19 data and recommendations. Moving forward the decision will be guided by Alberta Health Services and Alberta Education specific to school operations.**

Since First Nation schools on reserve are a federal responsibility, maskêkosak kiskinomâtowikamik will work with our local Health Centre, Indigenous Services Canada-First Nations, or Inuit Health Branch Environmental Public Health Services (ISC-FNIHB) office, In addition to consulting the standards provided by Alberta Health Services.

* Refer to pages 33, 34 & 35 for Covid Screening Questionnaire





High School Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:25	Breakfast	→			
8:25-11:35	Block 1	Block 1	Block 1	Block 1	Block 1
11:35-12:05	Lunch	Lunch	Lunch	Lunch	Lunch
12:05-3:15	Block 2	Block 2	Block 2	Block 2	Block 2

Quarter 1:

September 1, 2021 - November 4, 2021

Quarter 3:

January 24, 2022 - March 25, 2022

Quarter 2:

November 8, 2021 - January 21, 2022

Quarter 4:

April 4, 2022 - June 29, 2022



âhkamêyihmo!
Always persist
(never give up),
ekwa kîhcêyihta
ki-kâskitamâsowina
be proud of your
accomplishments.



- English 10-1/10-2
- English 20-1/20-2
- English 30-1/30-2
- Social 10-1/10-2
- Social 20-1/20-2
- Social 30-1/30-2
- Aboriginal Studies 30
- Math 10-4/10-3/10C
- Math 20-1/20-2/20-3
- Math 30-1/30-2/30-3
- Science 10-4/14/24
- Science 10/20/30

Physical Education
10/20/30

- CALM

Elective Courses

- Art
- Construction Technologies
- Cree Language
- Drama
- Fashion Studies
- Fitness
- Food Studies
- Leadership
- Outdoor Education
- Work Experience



High School Programming Info

All students will be expected to meet with the Vice Principal to design a personalized high school program which fits their post-secondary and career goals.

High School Core & Electives

A non-traditional approach to programming will assist students in successfully completing their education and to provide them with a positive educational experience.

A wide range of teaching methods are utilized for both group and individual instruction, supplemented by success management strategies, goal setting and performance reviews.

Additionally, a variety of elective courses will be offered quarterly to students throughout the school year to provide various types of learning opportunities.



askihk
ki-mîyo pimâcihon
You are on your
(earth) journey
- Live, learn
& grow!



All high school students have been assigned a teacher advisor who will be working to support each student. The focus of support is the Four Directions Graduation Coach Approach.

This is a system that provides intensive supports to high school students and their families with the goal of seeing each student through to graduation and transition into their desired post secondary programs and post school career choices. Post secondary programs include trades and apprenticeships.

The core of the Four Directions Approach is to develop a network of committed mentors to support students and strive to facilitate their successful graduation. An integral part of the Four Directions Approach is to provide students with a Graduation Coach with deeply rooted ties to maskêkosihk - our community and culture.

Through the Four Directions approach we will:

- 1) Strengthen the knowledge and skills of educators
- 2) Establish trusting relationships with students, families and the community
- 3) Identify and remove barriers to student success; and
- 4) Identify beneficial strategies, milestones and indicators to support graduation and successful transition into post school pathways.

(Sean Lessard (PhD), Student Success Strategist)



We are proud of our school and our student's academic and other achievements. Our caring and conscientious staff is committed to supporting all student's efforts that lead to success.

Expectations of you as a learner and citizen of our school are high, and we believe you can reach and surpass these high standards.

Success can be achieved by every student if they:

- Attend all classes
- Engage in learning
- Take ownership of your education
- Get involved in extracurricular activities

Student Behavior Expectations

- Attend regularly and be punctual
- Be ready to learn and engage in their education
- Ensure their conduct contributes to a welcoming, caring, respectful and safe learning environment
- Respect diversity and a sense of belonging
- Respect the rights of others
- Refrain from, report, and do not tolerate bullying, or bullying behaviour in the school, community or by electronic means
- Comply with the rules of the school
- Co-operate with everyone authorized by KEA to provide education programs and other services
 - Be accountable for their own conduct
 - Positively contribute to their school and community



All members of our school community and Kitaskinaw Education Authority are expected to promote and demonstrate respect, civility, and responsible citizenship.

With these goals in mind, everyone must:

- Demonstrate honesty and integrity
- Respect differences in people, their ideas and opinions
- Acknowledge the right of everyone to be treated with dignity at all times
- Take appropriate measures to help those in need
- Use non violent means to resolve conflict
- Honour the roles of persons in position of authority
- Show care and regard for school property and the property of others
- Comply with all applicable laws

**We are all models for the kinds of citizens
we desire to be.**

We teach and learn by example.





Lockdowns



Lockdowns are used in response to acts or threats of violence to students and/or staff directly impacting the school. During a lockdown all doors to and within the school are locked. No one is permitted in or out of any area once it has been locked. Students and staff must respond quickly to a lockdown command to get to a safe location before doors are locked.

Procedures:

1. Staff and students will hear the announcement "Lockdown, lockdown, lockdown!"
2. Close and ensure classroom door is locked within 20 seconds of the lockdown notification.
3. Turn lights out, close all windows and blinds.
4. Move students away from doors and windows, have them sit on the floor, out of view.
 - Keep students calm and quiet and do not allow them to leave the classroom.
 - Do not allow students to use classroom phone or cell phones
 - Do not leave the classroom if the fire alarm sounds as a lockdown supersedes a fire alarm
 - Move students to a lockable classroom or safe area as quietly and quickly as possible if classes are being held in open areas of the school
 - Take students to the school's off-site location as carefully and quickly as possible if classes are being held outside when the lockdown occurs.
5. Await instructions by public address system.
6. Remain in classroom until an administrator announces "All clear, all clear, all clear!"

Evacuations



An evacuation requires all students and staff to leave the school and go to an alternate location. This may mean only going outside and away from the building until it is safe to re-enter the school. In other cases, students and staff may need to go to an evacuation centre.

Procedures:

1. Fire alarm sounds.
 - Keep students calm and quiet
2. Evacuate to the soccer field.
 - Take class list with you
 - Red & Green flag
 - Close window(s) and door
 - Classroom door remains unlocked
 - Leave lights on
3. Take attendance at the muster point.
4. Hold up green or red flag
 - Green to indicate everyone is accounted for (this includes students and staff). Red flag indicates someone is not accounted for.

Muster point: Front of School on the boulevard



WILDCATS



Students are encouraged to participate in and support our teams and activities which help to provide balance and physical, emotional and mental wellbeing.

Volleyball Team

Cross-Country Team

Basketball Team

Dungeons and Dragons Club

Sewing Club

Traditional Games

Badminton Team

Track and Field Team

Golf Team





December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17 P.D. Day No Class	18
19	20 Winter Break	21 Winter Break	22 Winter Break	23 Winter Break	24 Winter Break	25 Christmas Day
26 Boxing Day	27	28	29	30	31	



January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Winter Break New Years Day
2	3	4 1st Day Back to School	5	6	7	8
9	10	11 Diploma Exams	12 Diploma Exams	13 Diploma Exams	14 PD Day no classes	15
16	17	18 Diploma Exams	19 Diploma Exams	20 Diploma Exams	21 Diploma Exams	22
23	24 Diploma Exams	25 Diploma Exams	26 Diploma Exams	27 Diploma Exams	28 PD Day No Classes Diploma Exams	29
30	31					





February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18 Teacher's Day in Lieu No Teachers or Students	19
20	21 Family Day	22	23	24	25	26
27	28					

March 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18 PD Day No Classes	19
20	21	22	23	24	25	26
27	28 Spring Break	29 Spring Break	30 Spring Break	31 Spring Break		





April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Spring Break	2
3	4	5	6	7	8	9
10	11	12	13	14	15 Good Friday	16
17	18 Easter Monday	19	20	21	22	23
24	25	26	27	28	29	30

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Teacher's Day in Lieu No Teachers or Students	21
22	23 Victoria Day	24	25	26	27	28
29	30	31				





June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10 PD Day No Classes	11
12	13 Diploma exams	14 Diploma Exams	15 Diploma Exams	16 Diploma Exams	17 Diploma Exams	18
19	20 DiploExams	21 National Indigenous People's Day	22 Diploma Exams	23 Diploma Exams	24 Diploma Exams	25
26	27 Diploma Exams	28 Diploma Exams Last Day of Classes	29 Operational Day No Students	30		



Requirements for an Alberta High School Diploma

The chart below outlines one way of achieving Alberta High School Diploma graduation requirements. Course sequencing and selection will vary for individual students.

ALBERTA HIGH SCHOOL DIPLOMA: GRADUATION REQUIREMENTS (ENGLISH)

The requirements indicated in this chart are the minimum requirements for a student to attain an Alberta High School Diploma. The requirements for entry into post-secondary institutions and workplaces may require additional and/or specific courses.

100 CREDITS including the following:

ENGLISH LANGUAGE ARTS – 30 LEVEL
(English Language Arts 30-1 or 30-2)

MATHEMATICS – 20 LEVEL
(Mathematics 20-1, Mathematics 20-2
or Mathematics 20-3)

PHYSICAL EDUCATION 10 (3 CREDITS)

SOCIAL STUDIES – 30 LEVEL
(Social Studies 30-1 or 30-2)

SCIENCE – 20 LEVEL
(Science 20, Science 24, Biology 20,
Chemistry 20 or Physics 20)

CAREER AND LIFE MANAGEMENT
(3 CREDITS)

10 CREDITS IN ANY COMBINATION FROM

- Career and Technology Studies (CTS) courses
- Fine Arts courses
- Second Languages courses
- Physical Education 20 and/or 30
- Knowledge and Employability courses
- Registered Apprenticeship Program courses

Locally developed courses in CTS, fine arts, second languages or Knowledge and Employability occupational courses

10 CREDITS IN ANY 30-LEVEL COURSE

(IN ADDITION TO A 30-LEVEL ENGLISH LANGUAGE ARTS AND A 30-LEVEL SOCIAL STUDIES COURSE AS SPECIFIED ABOVE)

These courses may include

- 30-level locally developed courses
- Advanced level (3000 series) in Career and Technology Studies courses
- 30-level Work Experience courses
- 30-level Knowledge and Employability courses
- 30-level Registered Apprenticeship Program courses
- 30-level Green Certificate Specialization courses
- Special Projects 30



Knowledge and Employability courses:

- Are available to students who meet specific requirements
- Provide students with opportunities to experience success and become well prepared for employment, further studies, active citizenship, and lifelong learning.

Enrollment in Knowledge and Employabilities courses include:

- Creating a Learning plan for each student through consultation
- Individual course selections, based on student assessment, level of ability in each course and career and post secondary goals
- Possible transition from K & E courses to courses needed for an Alberta High School Diploma
- Continuing education and training opportunities
- Reviewing student learning plans on an annual basis, and adjusting their goals and courses as needed.





EARN A MINIMUM OF **80 CREDITS**

AND COMPLETE THE FOLLOWING COURSES:

- ▶ English Language Arts 20-2 or 30-4; and
- ▶ Mathematics 10-3 or 20-4; and
- ▶ Science 14 or 20-4; and
- ▶ Social Studies 10-2 or 20-4; and
- ▶ Physical Education 10; and
- ▶ Career and Life Management (CALM)

AND EITHER EARN 5 CREDITS IN

- ▶ 30-level Knowledge & Employability occupational course, or
- ▶ 30-level Career and Technology Studies (CTS), or
- ▶ 30-level locally developed course (learn more at your high school) with an occupational focus

AND 5 CREDITS IN

- ▶ 30-level Knowledge & Employability Workplace Practicum course, or
- ▶ 30-level Work Experience course, or
- ▶ 30-level Green Certificate course, or
Special Projects 30

OR EARN 5 CREDITS IN

- ▶ 30-level Registered Apprenticeship Program (RAP) course.





myPass is an Alberta Education secure self service website for high school students to:

- View and print diploma exam results statements
- Order transcripts
- And more

Visit myPass.alberta.ca to request access

Talk to your High school Coordinator or Teacher Advisor if you require assistance.

Alberta 



January 2022

Diploma exams must be administered in accordance with the scheduled dates and times.

▶ All diploma exams must remain SECURED before and during the administration. All diploma exams except those that are asterisked (*) must remain SECURED after the administration and returned to Alberta Education.

Tuesday, Jan., 11	9:00 A.M.–12:00 P.M.	English Language Arts 30–1 Part A* English Language Arts 30–2 Part A*
Wednesday, Jan., 12	9:00 A.M.–12:00 P.M. 9:00 A.M.–11:30 A.M.	Social Studies 30–1 Part(ie) A* Social Studies 30–2 Part(ie) A*
Thursday, Jan., 13	9:00 A.M.–12:00 P.M.	Français 30–1 Partie A French Language Arts 30–1 Partie A*
Wednesday, Jan., 19	9:00 A.M.–12:00 P.M.	Français 30–1 Partie B French Language Arts 30–1 Part B
Thursday, Jan., 20	9:00 A.M.–12:00 P.M.	Mathematics 30–1 Mathematics 30–2
Friday, Jan., 21	9:00 A.M.–12:00 P.M.	English Language Arts 30–1 Part B English Language Arts 30–2 Part B
Monday, Jan., 24	9:00 A.M.–11:30 A.M.	Social Studies 30–1 Part(ie) B Social Studies 30–2 Part(ie) B
Tuesday, Jan., 25	9:00 A.M.–12:00 P.M.	Biology 30
Wednesday, Jan., 26	9:00 A.M.–12:00 P.M.	Chemistry 30
Thursday, Jan., 27	9:00 A.M.–12:00 P.M.	Physics 30
Friday, Jan., 28	9:00 A.M.–12:00 P.M.	Science 30

All students are provided with up to double the official time noted above, if they require it.





Diploma Exams Schedule

April 2022

Diploma exams must be administered in accordance with the scheduled dates and times.

▶ All diploma exams remain SECURED before, during, and after the administration.

Thursday, March 31	9:00 A.M.–12:00 P.M.	Français 30–1 Partie A French Language Arts 30–1 Partie A
Friday, April 1	9:00 A.M.–12:00 P.M. 9:00 A.M.–11:30 A.M.	Français 30–1 Partie B French Language Arts 30–1 Part B
Monday, April 4	9:00 A.M.–12:00 P.M.	English Language Arts 30–1 Part A English Language Arts 30–2 Part A
Tuesday, April 5	9:00 A.M.–12:00 P.M. 9:00 A.M.–11:30 A.M.	Social Studies 30–1 Part(ie) A Social Studies 30–2 Part(ie) A
Wednesday, April 6	9:00 A.M.–12:00 P.M.	English Language Arts 30–1 Part B English Language Arts 30–2 Part B
Thursday, April 7	9: 00 A.M.–11:30 A.M.	Social Studies 30–1 Part(ie) B Social Studies 30–2 Part(ie) B
Friday, April 8	9:00 A.M.–12:00 P.M. 1:00 P.M.–4:00 P.M.	Mathematics 30–1 Mathematics 30–2 Biology 30
Monday, April 11	9:00 A.M.–12:00 P.M. 1:00 P.M.–4:00 P.M.	Chemistry 30 Science 30
Tuesday, April 12	9:00 A.M.–12:00 P.M.	Physics 30

All students are provided with up to double the official time noted above, if they require it.

When more than one diploma exam is scheduled on one day, principals may decide to start the administration early, provided these rules are followed:

- Diploma exams scheduled in the morning must not be started before 8 A.M. A diploma exam that is scheduled in the afternoon must not be started before 11:00 A.M.
- Students writing morning diploma exams cannot be dismissed until 10:00 A.M. and students writing afternoon diploma exams cannot be dismissed until 2:00 P.M.
- The order of diploma exams that are scheduled on the same day cannot change.

Diploma Exams Schedule



June 2022

Diploma exams must be administered in accordance with the scheduled dates and times.

▶ All diploma exams must remain SECURED before and during the administration. All diploma exams except those that are asterisked (*) must remain SECURED after the administration and returned to Alberta Education.

Monday, June 13	9:00 A.M.–12:00 P.M.	English Language Arts 30–1 Part A* English Language Arts 30–2 Part A*
Tuesday, June 14	9:00 A.M.–12:00 P.M. 9:00 A.M.–11:30 A.M.	Social Studies 30–1 Part(ie) A* Social Studies 30–2 Part(ie) A*
Wednesday, June 15	9:00 A.M.–12:00 P.M.	Français 30–1 Partie A French Language Arts 30–1 Partie A*
Thursday, June 16	9:00 A.M.–12:00 P.M.	Français 30–1 Partie B French Language Arts 30–1 Part B
Friday, June 17	9:00 A.M.–12:00 P.M.	Mathematics 30–1 Mathematics 30–2
Monday, June 20	9:00 A.M.–12:00 P.M.	English Language Arts 30–1 Part B English Language Arts 30–2 Part B
Wednesday, June 22	9:00 A.M.–11:30 A.M.	Social Studies 30–1 Part(ie) B Social Studies 30–2 Part(ie) B
Thursday, June 23	9:00 A.M.–12:00 P.M.	Biology 30
Friday, June 24	9:00 A.M.–12:00 P.M.	Chemistry 30
Monday, June 27	9:00 A.M.–12:00 P.M.	Physics 30
Tuesday, June 28	9:00 A.M.–12:00 P.M.	Science 30

Tuesday, June 21, 2022 is National Indigenous Peoples Day—no diploma exams are scheduled.

All students are provided with up to double the official time noted above, if they require it.





Diploma Exams Schedule

August 2022

Diploma exams must be administered in accordance with the scheduled dates and times.

▶ All diploma exams remain SECURED before, during, and after the administration.

Tuesday, August 2	9:00 A.M.–12:00 P.M. 1:00 P.M.–4:00 P.M.	English Language Arts 30–1 Part A English Language Arts 30–2 Part A Français 30–1 Partie A French Language Arts 30–1 Partie A
Wednesday, August 3	9:00 A.M.–12:00 P.M. 9:00 A.M.–11:30 A.M.	Social Studies 30–1 Part(ie) A Social Studies 30–2 Part(ie) A
Thursday, August 4	9:00 A.M.–12:00 P.M.	Mathematics 30–1 Mathematics 30–2
Friday, August 5	9:00 A.M.–12:00 P.M. 1:00 P.M.–4:00 P.M.	English Language Arts 30–1 Part B English Language Arts 30–2 Part B Français 30–1 Partie B French Language Arts 30–1 Part B
Monday, August 8	9:00 A.M.–11:30 A.M.	Social Studies 30–1 Part(ie) B Social Studies 30–2 Part(ie) B
Tuesday, August 9	9:00 A.M.–12:00 P.M. 1:00 P.M.–4:00 P.M.	Chemistry 30 Biology 30
Wednesday, August 10	9:00 A.M.–12:00 P.M. 1:00 P.M.–4:00 P.M.	Physics 30 Science 30

All students are provided with up to double the official time noted above, if they require it. When more than one diploma exam is scheduled on one day, principals may decide to start the administration early, provided these rules are followed:

- Diploma exams scheduled in the morning must not be started before 8 A.M. A diploma exam that is scheduled in the afternoon must not be started before 11:00 A.M.
- Students writing morning diploma exams cannot be dismissed until 10:00 A.M. and students writing afternoon diploma exams cannot be dismissed until 2:00 P.M.
- The order of diploma exams that are scheduled on the same day cannot change.



COVID-19 Screening

Screening Questionnaire

This checklist applies for all children and students who attend kindergarten to Grade 12, including high school students over 18.

Children and students should be screened every day by completing this checklist before going to school, child care or other activities.

Please assist your child(ren)/student to complete this screening tool every day.

Thank you for being safe, kind and patient.

We're in this together, we'll get through it together.

1. Has the child/student: *(Choose any/all possible exposures)*

<p>Traveled outside 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</p>	YES	NO
<p>Had close contact with a case of COVID-19 in the last 14 days? Face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging</p>	YES	NO

If you have answered YES:

- The child/student is required to quarantine for 14 days from the last day of exposure
 - o If the child/student is participating in the Alberta COVID-19 International Border Pilot Project, the child/student must comply with the program restrictions at all times.
- If the child/student develops any symptoms, use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.

If the child/student answered "NO" to both of the above:

- Proceed to question 2.





COVID-19 Screening

2. Does the child/student have any signs of the following core symptoms:

Fever Temperature of 38 degrees Celsius or higher	YES	NO
Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
Shortness of breath Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO

If the child/student answered “YES” to any symptom in question 2:

- The child/student is to isolate for 10 days from onset of symptoms.
- Use the [AHS Online Assessment Tool](#) or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If the child/student answered “NO” to all of the symptoms in question 2:

- Proceed to question 3.

3. Does the child/student have any new onset (or worsening) of the following other symptoms:

Chills Without fever, not related to being outside in cold weather	YES	NO
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO

Continued on next page





COVID-19 Screening

Feeling unwell/fatigued 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
Nausea, vomiting and/or diarrhea Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite Not related to other known causes or conditions, such as anxiety or medication	YES	NO
Muscle/joint aches Not related to other known causes or conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO

If the child/student answered “YES” to ONE symptom in question 3:

- The child/student must stay home and monitor for 24 hours.
- If the child/student symptom is **improving** after 24 hours, he/she can return to his/her regular activities when he/she feels well enough. 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 child/student answered “YES” to TWO OR MORE symptoms in question 3:

- The child/student must stay home.
- Use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.
- The child/student can return to regular activities once the symptoms go away, as long as it has been at least 24 hours since the symptoms started.

If the child/student answered “NO” to all questions:

- The child/student can return to his/her regular activities.



WHO CAN HELP, WHERE CAN I GO, AND HOW DO I GET SUPPORT?

I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line	780-482-4357(HELP)
Addiction Helpline	1-866-332-2322
Child Mental Health (3am-11:30pm)	780-427-4491
Kids Help Phone	1-800-668-6868
Bullying Helpline	1-888-456-2323
Seniors Abuse Helpline.....	780-454-8888
Family Violence Info Line	310-1818
Sexual Assault Center (12am-2pm).....	780-423-4121
First Nations & Inuit Mental Health	
Hope for Wellness	1-855-242-3310

I NEED IMMEDIATE HELP Call 911

Emergency Financial Assistance.....	780-644-5135
Access 24/7 (ADULTS)	
Addictions & Mental Health	780-424-2424
Westview Health Centre	780-968-3600
Child Intervention Services.....	780-422-2001
Kids Cottage Crisis Childcare	780-944-2888
Parkland RCMP	825-220-2000
Poison Control	1-800-332-1414
NeighbourLink Parkland (Practical Crisis Help)	
Monday-Friday 8am-4pm	780-960-9669
Pay Forward Kindness (Homeless Support)	
.....	587-286-4663

Continued on next page





AND HOW DO I GET SUPPORT?

WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

George Spady (Men & Women)	780-424-8335
Women's Emergency Accommodation Centre	780-423-5302
Hope Mission (Ages 16+, Men & Women).....	780-422-2018
Youth Empowerment & Support Services (YESS)	780-468-7186
Salvation Army (Transitional Housing \$12/day)..	780-429-4274

I NEED A DOMESTIC ABUSE SHELTER

Alberta Council of Women's Shelters.....	1-866-331-3933
---	----------------

I NEED DETOX SUPPORT

George Spady.....	780-424-8335
AHS Detox Centre.....	780-427-4291
Youth Edmonton Detox.....	780-422-7383

I NEED A SAFE CONSUMPTION SITE

Boyle Street Community Serv.....	780-424-4106
George Spady Centre	780-424-8335
Boyle McCauley Health Centre	780-422-7333

Continued on next page



WHO CAN HELP, WHERE CAN I GO, AND HOW DO I GET SUPPORT?

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Addictions and Mental Health (Adults).....	780-424-2424
Youth Addiction Services.....	780-422-7283
Access Open Minds (Youth 15-25)	780-415-0048
Child and Adolescent Mental Health Services.....	780-342-2701
Westview PCN Youth Mental Health Clinic (Ages 11-25)	780-960-9533

I NEED HEALTH INFORMATION

Health Link Alberta (24/7)..... 811

WHERE CAN I FIND FOOD?

Parkland Food Bank

105 Madison Cres., Spruce Grove 780-962-4565

Auggies Café (Tuesday Free Lunch)

131 Church Road, Spruce Grove 780-962-5131

I DON'T EVEN KNOW WHERE TO START?



24-hour information and
referral line connecting
you to social health and
government services.

or

download **HelpSeeker**
onto your phone to
find local supports
and resources.



Spruce Gove FCSS
#105-505 Queen Street,
Spruce Grove, AB
780-962-7618

Stony Plain FCSS
#107, 4513 - 52 Avenue,
Stony Plain, AB
780-963-8583



School Pledge 

nikahkamêyimon tahto kîsikâw
osâm nikiskinwâhamâsôwin
ôma ohci ninîkîyihkwak
nîcisânak, nitaskîyinân
êkwa nîci maskêkosak

I will try hard every day because my
education is for my parents, my
siblings, my land (community)
and my people of the
Land of Medicines.

