



DRAGONS' PRIDE

ELEANOR HALL SCHOOL



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Principal's Message

September 2022

Welcome back everyone to the 2022-2023 school year at Eleanor Hall School. We were excited to welcome back our returning students this week, as well as welcoming several new families to our school! We would also like to welcome: Mrs. Smith and Mrs. Wasieczko back from their Maternity Leaves, Ms. Cloutier who will be an Educational Assistant in the Kindergarten class and Ms. Hnatiw, our new Success Coach.

Our Awards Night for last year's Grade 6-9 students is on Thursday, September 8th starting at 6:30 PM. Those students who are receiving awards were given an invitation Wednesday to bring home. Please check with your child to see if they received one; sometimes they don't make it out of their backpack.

Our Meet the Teacher Night will take place right **before** Awards Night on September 8th from 5:00-6:30.

The Terry Fox Run will be held on September 20th.

Trickster Theatre is here the last week of September. Trickster is an artist-in-residence program whose members spend the week in the school working with the students. There are performances at the end of the week, which is Thursday, September 29th. More information will be sent out closer to the date. We are in desperate need of parent volunteers. The most important position is someone who will organize the volunteers. If you are interested in doing this, please contact Mrs. Savoie by email- michelle.savoie@pembinahills.ab.ca, or call the school. The parent who was going to do this last year has moved.

Orange Shirt Day-Every Child Matters, is September 26th. This will mark the beginning of Truth and Reconciliation Week. Orange Shirt Day is a legacy of the St. Joseph Mission residential school commemoration event held in Williams Lake, BC, in 2013. It grew out of Phyllis Webstad's story of having her shiny new orange shirt taken away on her first day of school at the Mission, and it has become an opportunity to keep the discussion on all aspects of residential schools happening annually. Please have your child wear orange on that day if possible.

Upcoming events at the beginning of October include: Picture Day on October 4th, Goal Setting Evenings on October 5th and 6th: You will be able to book a time online approximately a week ahead of time. Please refer to the October Newsletter for more information. The grade 6 students will be at 'Students at the Legislature' during the week of the 11th to 14th.

The first School Council meeting of the year will be in October. It is a great way to get involved in your child's education. Everyone is welcome to attend! We will let you know the date as soon as it has been set.

Don't forget to sign up for the Parent Portal! Paper forms will not be available this year. All permission forms must be accessed through Parent Portal. If you require assistance, Mrs. Hnatiuk and Mrs. Moscaluk in the office would be happy to help!

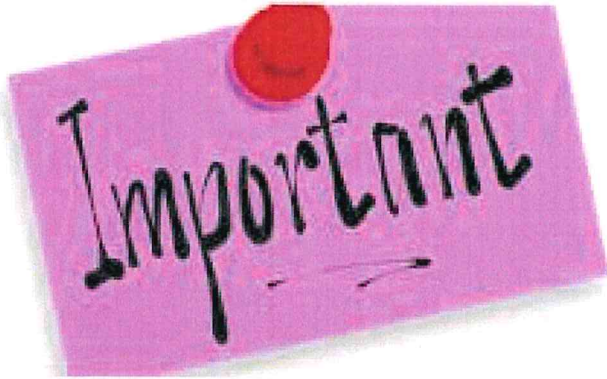
At the beginning of the school year, school staff are required to notify parents/guardians that their child will be writing provincial assessments. Please note that if your child is in Grade 6 or 9 that they will be writing Provincial Achievement Tests at the end of the year.

During the administration of provincial assessment, Alberta Education collects personal information, including student legal name, Alberta Student Number (ASN) and student responses. The personal information is collected pursuant to Section 33(c) of the [Freedom of Information and Privacy Act \(RSA2000, C. F-25\)](#).

We look forward to being part of your child's learning journey this year!

Sincerely,
Nadine Marchand, Principal

"WELCOME BACK ELEANOR HALL FAMILIES NEW & OLD"



Parent Portal
All Families Must Have a
Power School Parent Portal

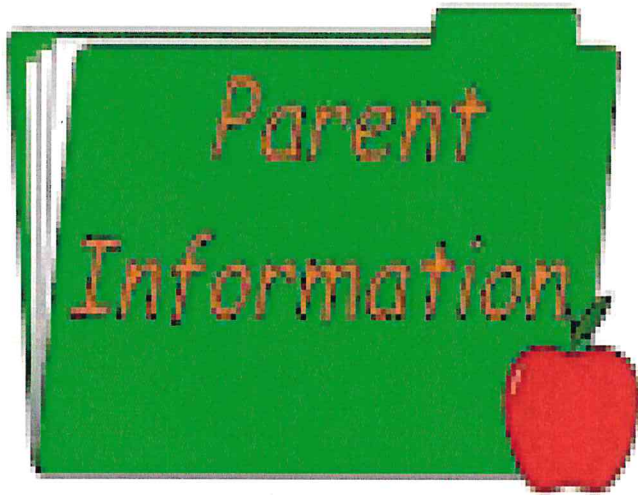
You can sign in at:
<https://powerschool.pembinahills.ca/public>

If you cannot remember your Username and/or Password, you can click "Forgot Username or Password" at the sign in screen and follow the prompts.

All parents **MUST HAVE** a Parent Portal Sign In, as this will be where **ALL** forms (including permission slips) will be located for the year.

If you are having difficulty setting this up or do not have a computer at home please do not hesitate to call us and we will assist you in any way possible.

This is **VERY, VERY IMPORTANT**. Please contact the school office at 780-348-5341 if you have any questions or concerns.



Welcome to Eleanor Hall School!

If your child is going to be away from school please call Mrs. Hnatiuk or Mrs. Moscaluk in the office at 780-348-5341 or email the school at eh.main@pembinahills.ca

When your child is arriving late or leaving early, please have them sign in or out at the office.

If your child requires medication to be administered during the school day, or they have an inhaler or EpiPen please contact Mrs. Hnatiuk or Mrs. Moscaluk at the office to complete the necessary forms.

Thanks for keeping our students safe!



September 8th 2022
Meet The Teacher 5-6:30pm
&



Awards Night at
6:30pm
Last years Gr. 4-9 students.

CHEESE!



Hello Parents!
Picture Day is coming
Tuesday, October 4th.



First School Council Meeting
of the
2022-2023 TBA
Everyone is welcome to
attend!

Breakfast Program

Healthy breakfasts are available
to all students from 8:15
to 8:30
Thank you!



Grade 6 hard
at work on
Math



School fees for K-5 of \$35
is now due. Payments may
be made online through
your parent portal, by
cheque made out to Elea-
nor Hall School or cash.
Thank you



RUN WITH
TERRY



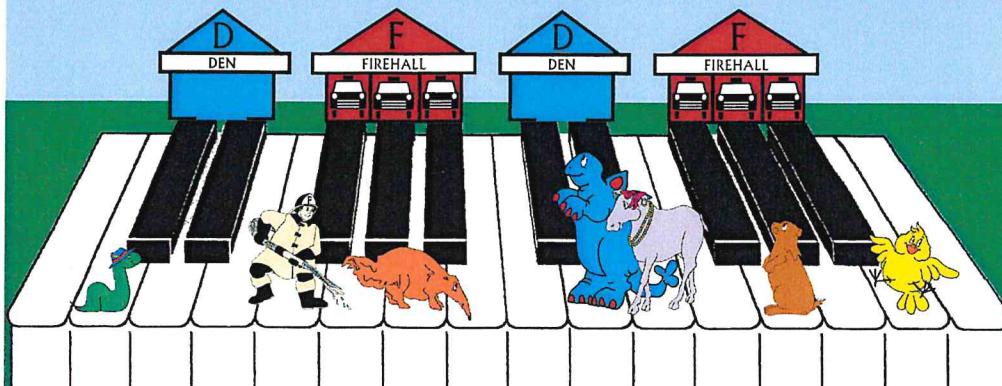
Terry Fox Run
Friday, Sept. 20th
Pledge forms will be
sent home next
week.



Registration is now open for level 1 classes!

Heather Brown
780-349-5338 • hnbrown@mcsnet.ca

Goal Setting
(Parent/Teacher Interviews)
October 5 & 6 4:00 PM-7:00 PM
More details to follow



Watch for
information
coming out on Lit-
tle Caesar's Pizza
Fundraiser

FIRST DAY OF SCHOOL PICTURES



Look for CPrep & Kindergarten picture in Octobers Newsletter

Grade 1 Mrs. Conn



Grade 2 Mrs. Rauscher



Grade 3 Mrs. Smith



Grade 3 Mrs. Brand



Grade 4 Mr. Laughy



Grade 5 Mrs. Thue



Grade 6 Mr. Gezmish



Grade 7 Mrs. Sovieo

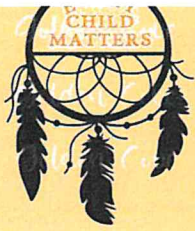


Grade 8 Mr. Perreault



Grade 9 Mrs. Wasieczko





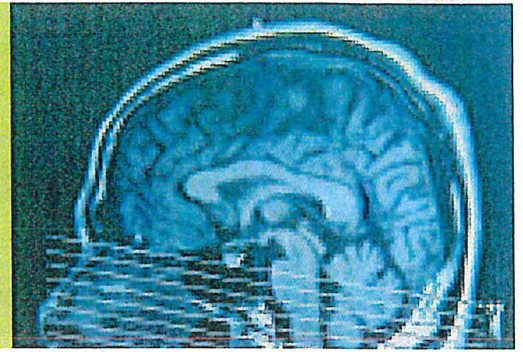
September 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	29 First day For Grades 1, 3, 5, 7, 9	30 First day For Grades 2, 4, 6, 8 Staggered Entry Kindergarten	31 All Students	1 Staggered Entry Kindergarten	2	3
4	5 No School Labor Day	6 Kindergarten	7	8 Meet the Teacher & Awards Night Kindergarten	9	10
11	12	13 Kindergarten	14	15 Kindergarten	16 No School Eleanor Hall Day	17
18	19	20 TERRY FOX RUN Kindergarten	21	22 CROSS COUNTRY Kindergarten	23 No School PD Day	24
25	26 ORANGE SHIRT DAY Trickster Theatre	27 Kindergarten	28	29 Kindergarten	30 Stat- No School	

Concussion Guidelines for

PARENTS & CAREGIVERS



WHAT IS A CONCUSSION?

A concussion is a brain injury that cannot be seen on routine x-rays, CT scans, or MRIs. It affects the way a child may think and remember things, and can cause a variety of symptoms.

WHAT ARE THE SYMPTOMS AND SIGNS OF CONCUSSION?

A CHILD DOES NOT NEED TO BE KNOCKED OUT (LOSE CONSCIOUSNESS) TO HAVE HAD A CONCUSSION.

THINKING PROBLEMS	CHILD'S COMPLAINTS	OTHER PROBLEMS
<ul style="list-style-type: none">• Does not know time, date, place, period of game, opposing team, score of game• General confusion• Cannot remember things that happened before and after the injury• Knocked out	<ul style="list-style-type: none">• Headache• Dizziness• Feels dazed• Feels "dinged" or stunned; "having my bell rung"• Sees stars, flashing lights• Ringing in the ears• Sleepiness• Loss of vision• Sees double or blurry• Stomachache, stomach pain, nausea	<ul style="list-style-type: none">• Poor coordination or balance• Blank stare/glassy eyed• Vomiting• Slurred speech• Slow to answer questions or follow directions• Easily distracted• Poor concentration• Strange or inappropriate emotions (ie. laughing, crying, getting mad easily)• Not playing as well

WHAT CAUSES A CONCUSSION?

Any blow to the head, face or neck, or a blow to the body which causes a sudden jarring of the head may cause a concussion (ie. a ball to the head, being checked into the boards in hockey).

WHAT SHOULD YOU DO IF YOUR CHILD GETS A CONCUSSION?

Your child should stop playing the sport right away.

They should not be left alone and should be seen by a doctor as soon as possible that day. If your child is knocked out, call an ambulance to take him/her to the hospital immediately. Do not move your child or remove any equipment such as helmet, in case of a cervical spine injury. Wait for paramedics to arrive.

HOW LONG WILL IT TAKE FOR MY CHILD TO GET BETTER?

The signs and symptoms of a concussion often last for 7-10 days but may last much longer. In some cases, children may take many weeks or months to heal. Having had previous concussions may increase the chance that a person may take longer to heal.

HOW IS A CONCUSSION TREATED?

THE MOST IMPORTANT TREATMENT FOR A CONCUSSION IS REST.

The child should not exercise, go to school or do any activities that may make them worse, like riding a bike, play wrestling, reading, working on the computer or playing video games. If your child goes back to activities before they are completely better, they are more likely to get worse, and to have symptoms longer. Even though it is very hard for an active child to rest, this is the most important step.

Once your child is completely better at rest (all symptoms have resolved), they can start a step-wise increase in activities. It is important that your child is seen by a doctor before he/she begins the steps needed to return to activity, to make sure he/she is completely better. If possible, your child should be seen by a doctor with experience in treating concussions.

WHEN CAN MY CHILD RETURN TO SCHOOL?

Sometimes children who have a concussion may find it hard to concentrate in school and may get a worse headache or feel sick to their stomach if they are in school. Children should stay home from school if their symptoms get worse while they are in class. Once they feel better, they can try going back to school part time to start (eg. for half days initially) and if they are okay with that, then they can go back full time.

WHEN CAN MY CHILD RETURN TO SPORT?

It is very important that your child not go back to sports if he/she has any concussion symptoms or signs. Return to sport and activity must follow a step-wise approach:

STEP 1) No activity, complete rest. Once back to normal and cleared by a doctor, go to step 2.

STEP 2) Light exercise such as walking or stationary cycling, for 10-15 minutes.

STEP 3) Sport specific aerobic activity (ie. skating in hockey, running in soccer), for 20-30 minutes. **NO CONTACT.**

STEP 4) "On field" practice such as ball drills, shooting drills, and other activities with **NO CONTACT** (ie. no checking, no heading the ball, etc.).

STEP 5) "On field" practice with body contact, once cleared by a doctor.

STEP 6) Game play.

Note: Each step must take a minimum of one day. If your child has any symptoms of a concussion (e.g. headache, feeling sick to his/her stomach) that come back at any step, **STOP** activity, wait 24-48 hours, and resume activity at previous step.

When should I take my child to the doctor?

Every child who gets a head injury should be seen by a doctor as soon as possible. Your child should go back to the doctor **IMMEDIATELY** if, after being told he/she has a concussion, he/she has worsening of symptoms such as:

1. being more confused
2. headache that is getting worse
3. vomiting more than twice
4. strange behaviour
5. not waking up
6. having any trouble walking
7. having a seizure

Problems caused by a head injury can get worse later that day or night. The child should not be left alone and should be checked throughout the night. If you have any concerns about the child's breathing or how they are sleeping, wake them up. Otherwise, let them sleep. If they seem to be getting worse, you should see your doctor immediately. **NO CHILD SHOULD GO BACK TO SPORT UNTIL THEY HAVE BEEN CLEARED TO DO SO BY A DOCTOR.**

A parent's guide to dealing with concussions

Heads Up!



Be Alert: Know that concussions are brain injuries

Concussions pose a significant injury risk to Canadians. They are often viewed as minor events that are tacitly accepted as part of sports. In reality, concussions are injuries to the brain that can have lasting effects. A group of world-renowned researchers recently defined concussion as a complex issue, in which one's brain is injured as the result of a direct force to the body, such as a blow to the head or elsewhere that causes a shaking or jarring to the brain¹.

As a busy parent, you may not understand the full complexity of concussions – they are a tricky topic! It's easy to identify your child's bruise or scrape, but it's not always as simple to identify an injury inside the head. If your child has experienced a sudden blow or impact, some signs of concussion include: headache, nausea, difficulty concentrating and various emotional issues – a full list of symptoms is available on the Parachute website². You

need to be alert to these symptoms – just as you would treat a sprained ankle, you also need to make sure you treat and respond to “sprained brains”!

Another way to be alert is to understand your role – parents are key influences on children's risk-taking patterns, particularly through the knowledge they have about their children's lives and experiences^{3,4,5}. As a parent, you may wonder how you can help reduce your child's risk of concussion. First, be aware of the behaviours you display to your children as they are constantly looking to you for examples. In fact, research has demonstrated that parents' risk-taking behaviours are strong predictors of children's behaviours in the present and future⁶. Setting proper examples and encouraging safe practices will help ensure your children are learning and viewing the best ways to keep their most important body part safe and healthy!



PREVENTING INJURIES. SAVING LIVES.

www.parachutecanada.org

36 Eglinton Ave. W., suite 704
Toronto, ON M4R 1A1

647.776.5100

info@parachutecanada.org

Be Safe: Have the tools that help to prevent and identify concussions

Beyond being alert to the symptoms and being a good role model, parents can also find the tools and information to prevent, identify and manage concussions. These tools are available online and include:

- Pocket Concussion Recognition Tool⁷
- Hockey Canada's Concussion App⁸
- Things to Know About Concussions Tip Sheet²

Another important way to prevent concussions is ensuring that you teach children to respect the rules of sports and the players. As a parent, you should talk with your children about the meaning of good sportsmanship. One helpful example is the *Player Code of Conduct* form⁹, which was developed for hockey players but could be adapted for other activities.

Here are some common myths about concussions that might surprise you...

Concussions: Myths and Facts

Myth	Fact
Helmets can protect against concussions	There is no helmet available to make your child concussion-proof
My child didn't get hit on the head, so there's no way he has a concussion	A hit does not have to be directly to the head in order to result in a concussion
As long as I keep my child out of sports until she's better, she can do anything else	Concussions require mental and physical rest, beyond avoiding the activity where the concussion occurred
As long as my child rests, it is not necessary to see a doctor	Concussions are injuries - they are best treated by someone with experience
If my child did not lose consciousness, he probably doesn't have a concussion	Concussions do not always include a loss of consciousness and symptoms can take time to emerge

Be Aware: Know how to manage concussions

Even when following the rules of fair play, concussions can still happen. In the event that your child suffers a concussion, you need to be aware of how to best manage and treat this injury. First, it's always better to be safe than sorry – *when in doubt, sit them out*. It's better to miss a few games or classes and have a healed brain! Second, if you are unsure whether your child may have suffered a concussion or if they are healing properly, see a doctor – *when in doubt, check them out*.

Even if your child says they feel better, specific guidelines and recommendations outline how best to return to sports and education:

- Return to Play Guidelines¹⁰
- Return to school: information for teachers and parents¹¹

Concussions are not always a one-time event: symptoms may reappear or get worse, and after the first concussion, a child may be more susceptible to a second and subsequent concussions. It is important to be aware that multiple concussions can add increased strain to your child. Repeated concussions should be taken seriously and activities may need to be altered or even permanently stopped. The advice of a physician is important to consider when making these decisions.

References

- 1 McCrory, P., Meeuwisse, W.H., Aubry, M. et al. (2013). Consensus statement on concussion in sport: the 4th international conference on concussion in sport held in Zurich, November 2012. *British Journal of Sports Medicine*, 47, 250-258.
- 2 'Things to Know About Concussions' Retrieved May 6, 2013, at http://www.parachutecanada.org/downloads/programs/safekidweek/Concussion_supplement_e06-handout.pdf
- 3 Morrish, J., Kennedy, P. and Groff, P. (2011). Parental influence over teen risk-taking: A review of the literature. SMARTRISK: Toronto, ON
- 4 Stattin, H., & Kerr, M. (2000). Parental Monitoring: A reinterpretation. *Child Development*, 71, 1072-1085.
- 5 Willoughby, T. & Hamza, C. (2011). A longitudinal examination of the bidirectional associations among perceived parenting behaviors, adolescent disclosure and problem behavior across the high school years. *Journal of Youth and Adolescence*, 40, 463-478.
- 6 Morrongiello, B., Corbett, M. & Bellissimo, A. (2008). 'Do as I say, not as I do?': Family influences on children's safety and risk behaviours. *Health Psychology*, 27, 4, 498-503
- 7 *Pocket Concussion Recognition Tool*. Retrieved May 6, 2013, at: <http://www.parachutecanada.org/downloads/programs/safekidweek/Pocket-Concussion-Recognition-Tool2013.pdf>
- 8 Hockey Canada Concussion Mobile App. Information retrieved May 6, 2013, at: <http://www.hockeycanada.ca/en-ca/mobile-apps.aspx>
- 9 Smart Hockey Pledge Form. Retrieved May 6, 2013, at http://www.parachutecanada.org/downloads/programs/activeandsafe/Concussion_PlayerPledge.pdf.
- 10 Return to Play Guidelines. Retrieved May 6, 2013, at http://www.parachutecanada.org/downloads/programs/activeandsafe/Concussion_Guidelines_for_the_Coach/Trainer.pdf
- 11 Concussion guidelines. Retrieved May 6, 2013, at <http://www.parachutecanada.org/active-and-safe>

Dear Parents:

Re: Fair Notice of Threat Assessment Process

The safety of our students is a top priority for us all. Children and youth increasingly face many difficult situations and challenges in their lives. When they lack the ability to resolve these problems, high risk behavior can sometimes occur. We believe there is a shared community responsibility to respond and support all children and youth. As a school division, and in cooperation with Evergreen Catholic School Division, government, RCMP and community partners, we have completed intensive safety training through the Canadian Centre for Threat Assessment and Trauma Response. Together, we have also developed a prevention and intervention protocol for responding to situations in which students may be posing a threat to themselves or others. This protocol is reviewed and updated on a regular basis.

This letter is to inform you that as a school division, we have an administrative procedure that requires school administrators to complete a "risk assessment" in cases of students making significant threats to harm themselves or others. The purpose of the assessment is to determine the level of risk and identify supports which may be required. This letter is intended to serve our community with fair notice that we, as a school community, will address and respond to incidents of high risk behaviours in a proactive manner that provides for a healthy and caring learning environment. Our goal is to promote safe schools and communities, and respond to threats in a preventative approach.

We are proud to be able to provide this level of support to our school communities and are most fortunate to have our community partners at our side. Additional information on this topic can be found in our Administrative Procedure 50-09 Student Code of Conduct, available on the school division website.

Providing students and staff with a safe and caring learning environment is our top priority. We are very grateful to our community partners for joining us in this effort.

If you have questions, please don't hesitate to give me a call at 780-348-5341

Sincerely,

Nadine Marchand, Principal

Eleanor Hall School