



April

2020

I would like to begin our April 2020 with gratitude. Exshaw School is so grateful for the wonderful students, families, community and staff that we are so lucky to have in these unprecedented times. We are sending health and happiness to all families during this new reality that have encompassed us. It has definitely been a time to slow down and appreciate each other and the simple pleasures such as sharing a story and joke together. The certain fact that I can state is that we miss our students immensely and wish all good health.

COVID-19 Information

In order to stay up to date with the most current information, please check our Exshaw website, Exshaw Facebook page and our Canadian Rockies Public Schools website so that you are aware of the current information being shared. It is also very important to follow the information from the Chief Medical Officer in Alberta. Each day she shares information about COVID- 19. It is full of important information that guides our policies moving forward.

Web <http://exs.crps.ca/>



Find us on Facebook: Exshaw School

Student Work

You will notice that the teachers have spent a lot of time designing worthwhile learning opportunities for all students. It is VERY IMPORTANT that we continue to learn journey with our students.

Teachers will be connecting with students and with families as we discover this new method of teaching and learning. Families please connect with teachers during this time.

We care deeply about the learning for your children and want this to continue. The partnership between home and school is very important, now more than ever! Connect with us through text, phone or email. We want to see all students achieve to their high level possible!

Tips

Here are some useful tips for students who will be working with paper packages:

- Please if a child or parent has any symptoms they should not be the handling paper packages. Take time to be well. Rest.
- Families should clean the surface where students are working before they start working on any material that will be returned to school.
- Families and students should practice good hand hygiene while before and while working on materials that are to be returned to school (These details will be determined at a later date - stay tuned!) and
- Packages should be wiped down before they are returned to school.

School Counsellor

Just a reminder that Ms. Brynlyn Moore, our School Counsellor, is available for support services via phone/text (403 673 3656) or email (brynlyn.moore@crps.ca) between the hours of 8:30 - 3:30 p.m. each day to connect with those students and/or families that may be experiencing anxiety as a result of the Coronavirus situation.

Mental Health Supports

The following is also a list of Mental Health Supports which may change as the situation with COVID 19 evolves.

- Urgent Mental Health (Alberta Health Services)
Canmore General Hospital, confidential walk in service from 2 to 9 p.m.
Banff Mineral Springs Hospital, confidential walk in service from 2 to 9 p.m.
 - ★ For now, this face to face service is still operating, as per usual.
- Alberta Health Services (for counselling and/or addictions)
In order to access clinic appointments for both Canmore Mental Health
Banff Mental Health, please call the Access Mental Health/Intake Line at 1-844-943-1500.

Best Wishes

The staff at Exshaw School wishes all health as we continue to work through these new learning times. Stay connected. Please check our Facebook page and our school website for the most up to date information.

Mental Health Supports continued

- If you are already a client and need a regular clinic appointment for Banff, Canmore or Lake Louise, please call 1-403-678-4696.
 - ★ The clinics in Banff, Canmore and Lake Louise are now completing ALL clinic appointments through phone contact only.
- Cochrane Community Health Centre
60 Grande Boulevard, Cochrane
Open 8 - 10 daily for medical and mental health
- Stoney Nakoda Nation
Stoney Health Centre
Open Monday - Friday, 8:30 to 4:30, Telephone: 1-403-881-3920
Turning Points Telephone: 403. 881.2877
Turning Points will be offering telephone counselling support and can assist the community with a wide variety of issues ranging from: crisis intervention, ongoing support for anxiety and depression, help with self-management of anger, grief, stress management, relationship and family conflict.
- Nakoda EMS 403.932.2222
- First Nations & Inuit Hope for Wellness Helpline 1.855.242.3310
- Kids Helpline: 1-800-668-6868 or text: 686868
- <https://www.anxietycanada.com/>
- Resources related to COVID 19:
<https://www.albertahealthservices.ca/>

Yours in education,
Nadine Dack-Doi (principal)

Please follow our Exshaw School Facebook page, Twitter feed and website for updates:

