



New Myrnam School

Striving for Excellence

5105 - 50 Street Box 160 Myrnam, AB T0B 3K0 Phone: (780) 366-3801



MYRNAM OUTREACH & HOMESCHOOL CENTRE

PROMOTING CHOICE IN EDUCATION

Box 160 Myrnam, Alberta T0B 3K0 Phone: 780-366-3801 Fax: 780-366-2332

NOVEMBER

Friendly Reminders:

December:

Nov 30th-18th- Grades 7-12 Online Schooling

3 - Mom's Pantry Order Pick-up 3:20-5:00pm

18 - Early Dismissal K-6 @ 2:00 p.m.

19 - Jan. 3 - Christmas Break

January:

4- First day back to Online Classes K-12

11-First day back in school learning

29- PD Day

THE
COMEBACK
IS ALWAYS
STRONGER
THAN
THE
SETBACK

Good Morning...

Remembrance Day



Lest We Forget

The 11th hour on the 11th day of the 11th month

Principal's Message: Mrs. Adrienne Owen



Greetings everyone,

This year we have all had to adapt quickly to changing circumstances. With the shift to online learning for our grades 7-12 students beginning on Monday, November 30th, students and staff have been preparing and working tirelessly to ensure this transition is as smooth as possible. Grades K-6 will continue classes in-person until Dec. 18, and will return to at-home learning for one week following Christmas break. While we will miss seeing our students in-person, we are excited to greet

them online on Monday. We will also look forward to seeing everyone back in person on Jan. 11!

With this adjustment, students and teachers will be following their regular timetables. Teachers have been building routines and structures with their students to make sure they know where to access information and assignments. Lessons will also be recorded and available online after each class. While we recognize there are some unique challenges with these circumstances, we will be prepared to adjust as needed. We recognize also that students may require additional academic and/or emotional support during this time. Our school staff will continue to be available for one-on-one support or extra assistance.

In the midst of so much change, our students continue to work hard and achieve great things. I am so proud of our students and their accomplishments. This past month, we celebrated our students' success by presenting our achievement awards in a modified ceremony. Our students continue to learn and surprise us on a daily basis with their projects and activities. In shop class this month, students have worked on fixing up pocket bikes and modifying electric golf carts to run on solar panels, as well as completing advanced woodworking projects and welding intricate machines. With so many projects on the go in our building, it is difficult to talk about all of them. In each classroom, students are learning hands-on skills that will serve them well in the future.

Our Students' Union team has also been dedicated to planning activities and events for our school community. Thanks to all their efforts our Fall Festival was a huge success at the end of October. With Christmas around the corner, they have been working on coming up with festive activities to engage and help us all keep in the Christmas spirit! On Nov. 27, students will be dressing up in their choice of either "formal" or "pyjama" attire - or a combination of both! We will also be making handmade Christmas cards to send to the residents of Eagleview Lodge. Our Students' Union will continue meeting virtually to plan new activities and events that the whole school can participate in.

We thank everyone for their patience and support as we navigate this transition. If you have any questions or concerns, please do not hesitate to contact our office at 780-366-3801.

Sincerely,

Adrienne Owen



Congratulations to our own Samantha O'Reilly for being recognised as a positive role model for other Métis youth. Her strong character will enable her to live a positive and meaningful life. We are all so proud of you



In Flanders Fields

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place, and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.*

*Take up our quarrel with the foe:
To take you from failing hands we throw
The torch, be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*

Major John McCrae

Canadian doctor and WWI artillery commander

Lest We Forget

(Photo: Monica Galentino)



The Kindergarten class
made some beautiful
poppies in honor of
Remembrance Day



Congratulations to
Olivia Saruk for plac-
ing 1st in the Jr. Poster
Colour category at the
District Level through
our local Royal Cana-
dian Legion. We are
all very proud of you!

Remembrance Day Ceremony



Why we remember...

"By remembering their service and their sacrifice, we recognize the tradition of freedom these men and women fought to preserve. They believed that their actions in the present would make a significant difference for the future, but it is up to us to ensure that their dream of peace is realized. On Remembrance Day, we acknowledge the courage and sacrifice of those who served their country and acknowledge our responsibility to work for the peace they fought hard to achieve."

Why wear a poppy?



John McCrae Historical Minute



This years Remembrance Day ceremony was different from years past. This year we all watched a video ceremony to honor our veterans.



In Flanders Fields



Highway of Heroes



Lest We Forget



Barons Athletics Update



Sr Boys basketball

Our Sr Boys basketball team has new uniforms.

Matching reversible jerseys and shorts. Red on one side, white on the other. They look great and the players were stoked to have them. They will be looking sharp on the court.

The Barons Athletic community extends a huge thank you to Don and Debbie Guylac for their donation to these uniforms. This support is one of the things that makes the Myrnam/Derwent/Beauvallon community so special.

Jr Girls volleyball-

Wow, what a show of participation this team was. We had 12-15 girls coming out for each practice. They were loud and they were enthusiastic. While we did not have a chance to play any games, their skills improved tremendously and they had a lot of fun. Thank you to Ms. Benzen for being the teacher supervisor for this group. A huge thank you to Deena Machney for preparation, commitment and fine coaching and to Kendra Porcina for all of her work as an assistant coach.

Jr Boys volleyball-

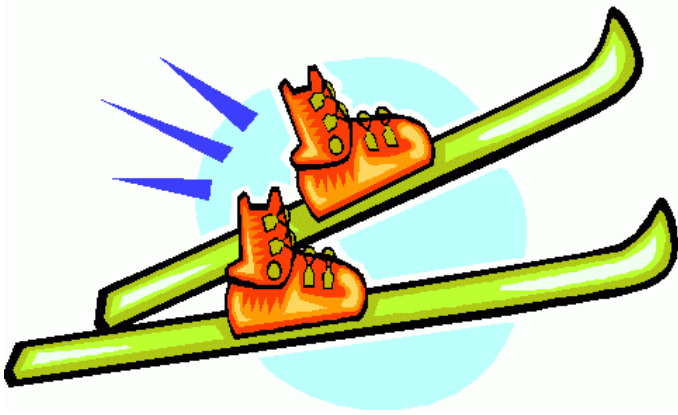
The enthusiasm was tremendous with this group as well. We consistently had double digit participation. It was a great opportunity to get together. We could tell by their smiling faces that they were having a good time. Thank you to Miss Moskowy for all of her help. A big thank you to Mr. Tymofichuk for his fine work as an assistant coach. (Only having 2 balls lost in the rafters is a new record low for jr boys volleyball.) Massive thanks to Miss Kayleigh Zacharuk for her guidance, patience and leadership. You did a great job of helping to instill the Baron core values.

Sr Girls volleyball-

A big thank you to Mackenzie Evans for all the time and work you put into this team. The individuals that came out improved a lot. Thank you also to Mrs. Ostropolski for her work with this team as well.

Sr. Boys volleyball-

This year was a great year to work on a few things, a time to focus on the details. Thank you gentlemen for your commitment, positive attitude and willingness to do the routine things over and over until you get it right.



Cross country skiing and Snowshoeing

Our school has a large supply of cross country skis and snowshoes that are available for community members to borrow. There are numerous trails in our area that are groomed and specific to this activity. As well, this is an activity that you can do just about anywhere, as long as we have enough snow. These two activities are considered by many exercise scientists to be one of the best total body exercises.

It costs nothing to rent, but you will need to leave a damage deposit, so that we can replace/repair any damage that is caused to the equipment. The rental period is TBD by the renter and Mr. Riley.

To rent a pair, call Mr. Riley at the school to make arrangements.



Invitation to Cross Country Ski in St Paul!

St Paul's Lakeland Cross Country Ski Club, in cooperation with Spirit North, invites everyone in our St Paul region to join us to Learn How To Cross Country Ski this winter.

Interest in cross country skiing is growing exponentially across Canada this winter, as a healthy outdoor activity that allows for physical distancing during our pandemic.

Join us every Tuesday from 4:00pm to 5:15pm at the St Paul Golf Course, to learn how to cross country ski.

FREE of Cost for our First Three Lessons for Beginners on Tuesdays November 17th, 24th & December 1st...and possibly until Christmas. We will provide free equipment for our lessons, for those who don't own any.

All are welcome, including people who have never skied before!

Bring your friends & family!

Don't be Shy...Give it a Try!

Our club is Very Friendly & FUN!

In our effort to build positive relationships between our Indigenous & non-Indigenous communities, we are inviting:

Indigenous youth ages 10-18 from our Saddle Lake Schools - Spirit North Program, plus Ashmont & all other schools in our St Paul Region + their teachers and parents

Non-Indigenous students ages 10-18 from all schools in our St Paul region + their teachers & parents;

All Adults in our St Paul region...especially adults who are interested in volunteering to learn how to help lead ski programs!

Coach Les Parsons, from Spirit North (www.spiritnorthxc.ca) is co-coaching with the leaders & coaches from our Lakeland Cross Country Ski Club. Les was the club coach of Olympic Gold Medalist Beckie Scott from Vermilion.

We need your help! Staff from Schools & Adults from our region, are encouraged to share our invitation with our Indigenous youth & their families. Non-Indigenous members of our community are welcome to join us.

Student-Athletes who enjoy outdoor sports, will love skiing. Skiing is excellent "Cross-Training" for all school sports, especially cross country running, soccer, swimming, biking, triathlons, and also hockey, basketball, volleyball & other sports.

On Saturdays, we are organizing mid-day Cross Country Ski programs near St Paul, Bonnyville, Vermilion, Lac La Biche, Cold Lake and Athabasca...alternating sites each weekend.

List of Things to Bring on Tuesdays & Saturdays: xc ski equipment (if you don't have equipment, Coach Les will provide it), layers of warm winter clothing for very cold wind chill of -20, very warm mitts, toques, winter jackets, buffs, water bottle, winter boots, full water bottle, healthy high energy snacks to eat before & after practises. Remember to bring your running shoes in case our snow melts.

We will provide everyone with a training program to follow each week, including a strength training circuit you can do at home + skiing-walking-jogging-running training you can do near your home.

Our Lakeland Cross Country Ski Club main trails are located at the Wengzynow SKI Ranch, a 15 minute drive north-east of St Paul, are a wilderness winter wonderland of forest trails along Dog Rump Creek.

For more information, we encourage you & your friends & family to join St Paul's Lakeland Cross Country Ski Club:

website: www.lakelandski.ca

Facebook: www.facebook.com/www.lakelandski.ca

email address: lakelandccsc@gmail.com

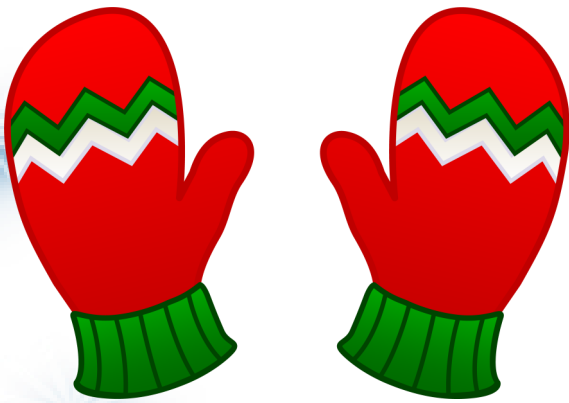
phone number: 780-614-5522 for more information and details



Winter Clothing

Now that the winter weather is upon us, it's now time to remember to dress warmly for recess and for the ride into school on the bus.

Dress in a jacket, snow pants, a toque, gloves or mittens, and boots to stay nice and warm. It may also be good idea to send an extra set of hat and mitts as this year we are unable to provide extras due to Covid regulations.



Library Message

Busy, Busy, Busy!! That's how I'd describe the Learning Commons.

The first reporting period ended on November 10 with the new one starting on November 17. Almost all the elementary students met their goals. Well done!!

ECS have been working on guided lessons on education.com, reading books about different community members then doing a quick craft reflecting what they have learned and about the how to care for a library book.

Grades 1 & 2 have been focused on listening skills and comprehension as I read them a book so they can answer the questions I ask about the book. Some of the grade 2 students are also learning how to do AR quizzes on the books they've read. Soon they will be learning about parts of a book.

Grades 3 & 4 have been focusing on learning how to request books they think they'd like to read as well as doing AR quizzes. We have started to learn how to request books on tracpac.

Grades 5 & 6 have been very busy doing a refresher on how to request books off TracPac, checking out AR book finder to see if a book they have been reading is an AR book, Learning how to order books off OPAC as well as how to open and send emails. We will be learning how to use goodreads in order to find the order of books in series as well as books a particular author has written.

With the new Covid restrictions, JR / SR high students are being asked to order books through TracPac or to call me (780 366 3801) to request books. I will call once the books are in and have been processed (The government requires me to let all books being brought into the library to sit for 72 hours before processing them.) I will then send home books with a sibling or they can then be picked up. These books can be picked up Monday to Friday during school hours or on Tuesdays and Thursdays until 7:00pm. This is by appointment only so I can bring the books to you at the door. Please feel free to call me if you need more information or have any questions.

Elementary school students book delivery will run the same as it has been since the beginning of the school year. The students are encouraged to request the books they want to read. They can do this by ordering off TracPac or Opac or filling out a Library Book Request Form. I check my computer daily and fill the requests, order them or if the book they request is not available I choose them books that are similar to what they requested. Students return their books into bins that are either in their class rooms, outside the library or I pick them up. I have made up book bags containing 5 books for Grade 1 & 2's of random easy readers. They take these books home once every 6 days, return all the books and receive a different bag the same day they return the first bag.

The Myrnam Community Library patrons are being asked to order books through TracPac or to call me (780 366 3801) to request books. I will call once the books are in and have been processed (The government requires me to let all books being brought into the library to sit for 72 hours before processing them.) These books can be picked up Monday to Friday between 8:30 - 3:30 or on Tuesdays and Thursdays until 7:00pm. This is by appointment only so I can bring the books to you at the door. Please feel free to call me if you need more information or have any questions.

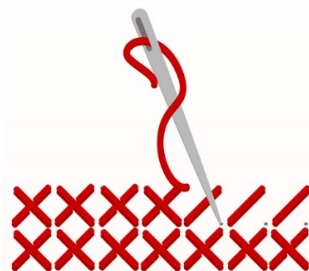
Happy Reading

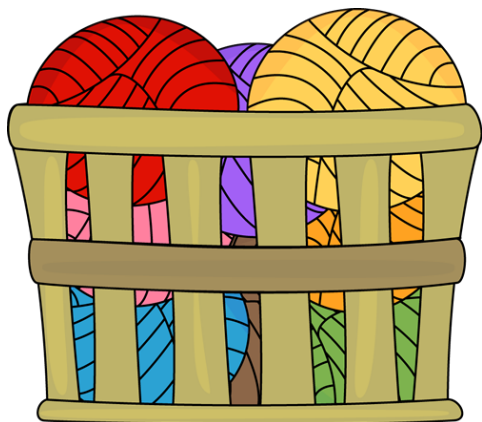
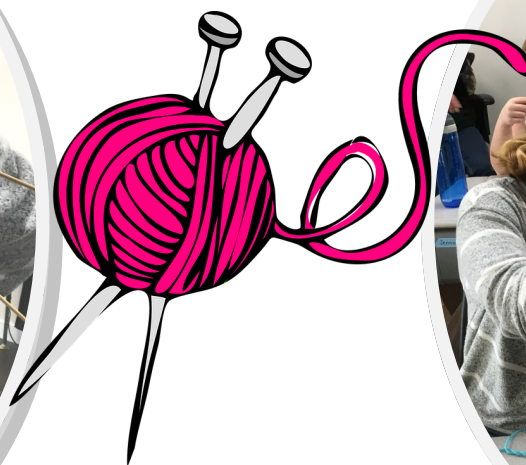
Mrs. Evans



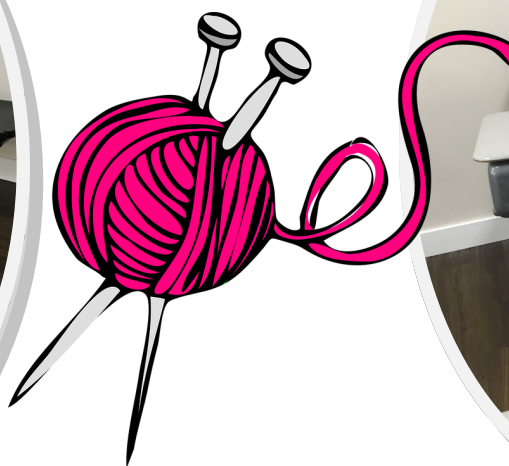
Art 5/6

In November the Grade 5/6 Class learned how to cross stitch and how to knit. Some enjoyed the knitting more and others enjoyed the cross stitching more.





The Grades 5/6's had a great time learning how to knit!



Grade 7/8 Science



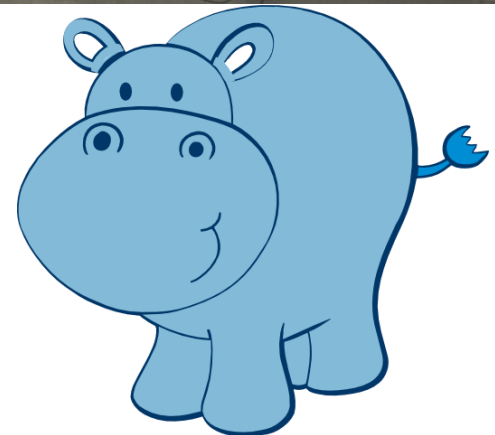
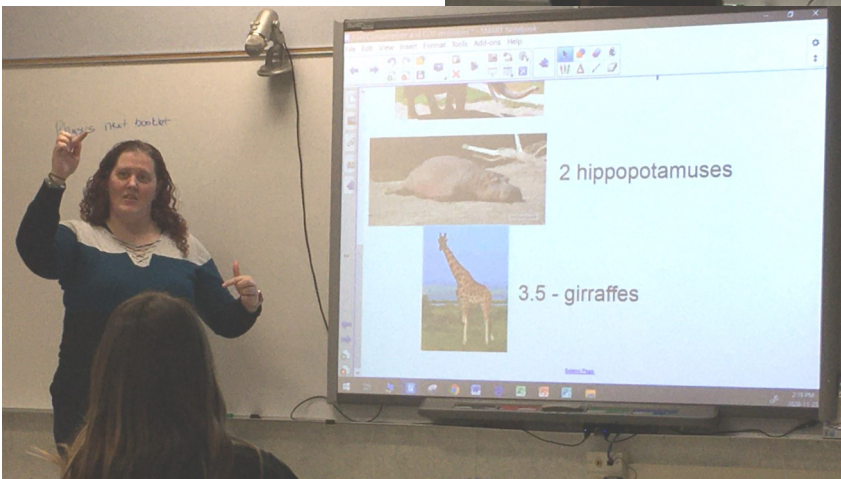
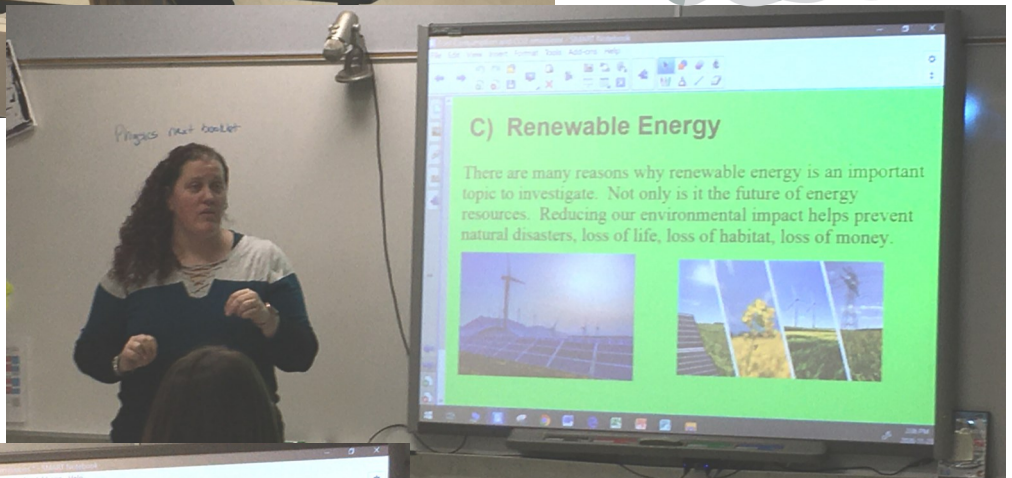
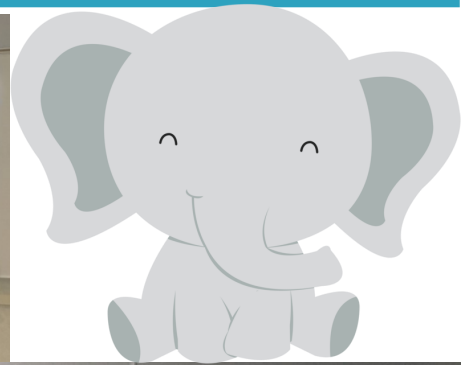
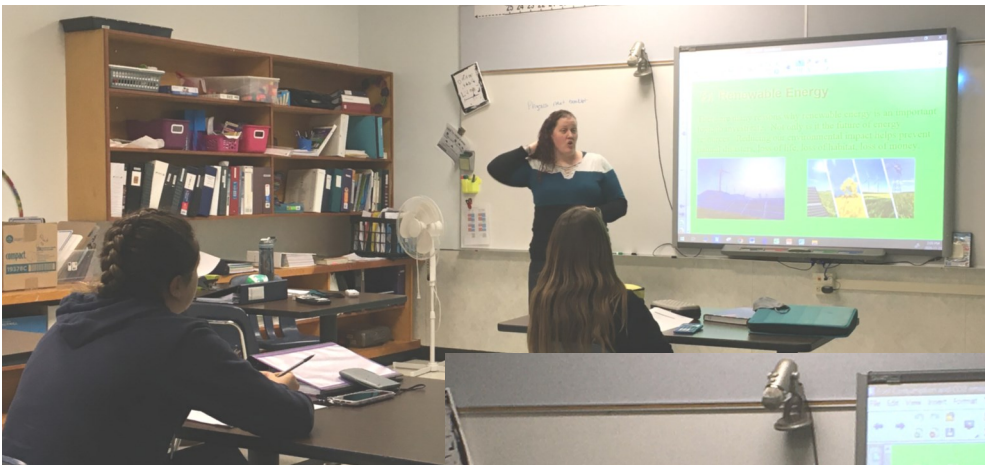
In our unit Plants for Food and Fibre, we explored capillary action using celery, as the coloured water moves up the celery the leaves and stems change colour. We also germinated various seeds.



Gr 8 Math

Exploring Environmental Issues Using Math

Students in grade 8 math used math to explore the issue of climate change. They were asked to calculate how much (weight in kg and lbs) carbon dioxide is created from a car with a 45L tank. Students learned that in 1 year, a 45L car can create 4600 kg of carbon dioxide, the equivalent of 1 Asian elephant or two hippos!



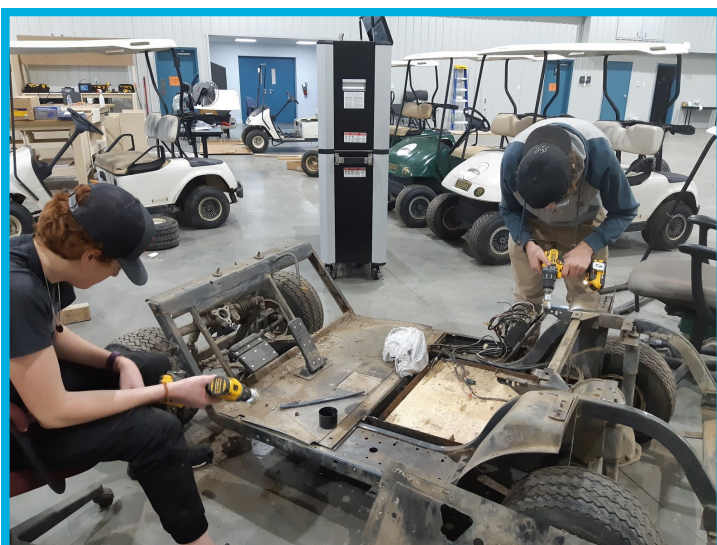


Project Update



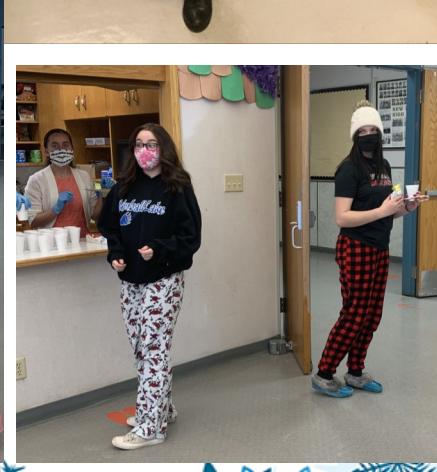
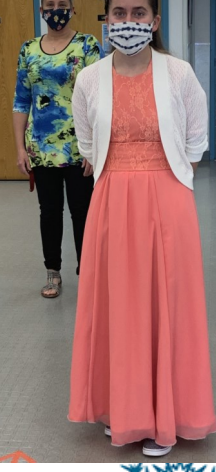
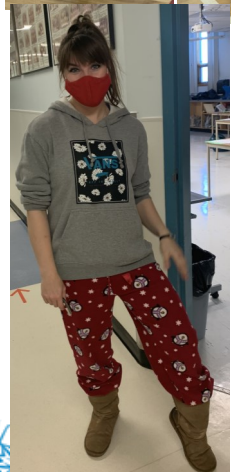
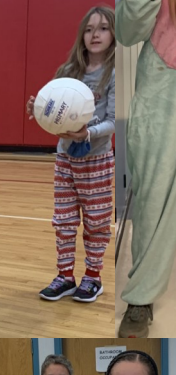
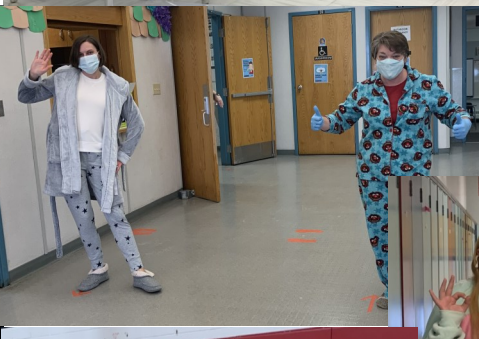
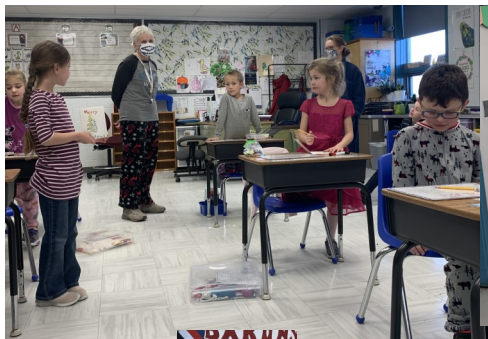
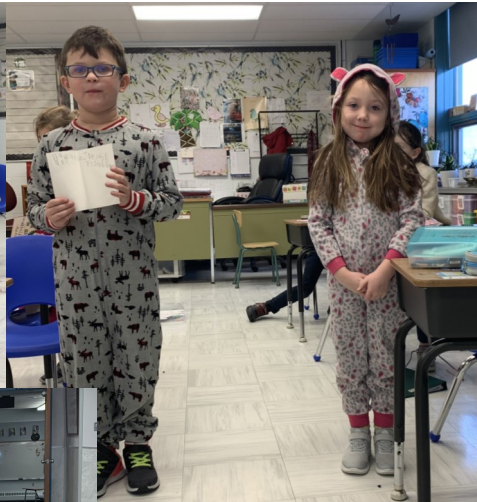
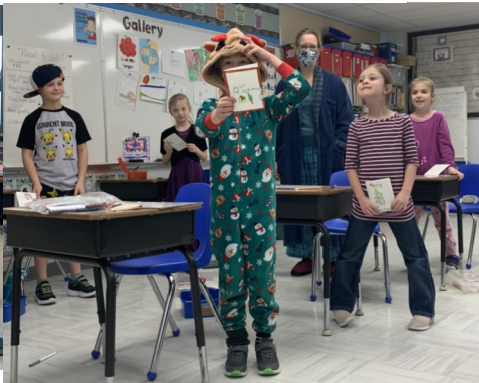
New Myrnam, horticulture and shop, students have been busy assembling last years' A+ For Energy Project. It is looking great, and will soon be ready to plant this year's first vegetable crop. Stay tuned for the harvest from this amazing project!

CTS students have done an incredible job of diagnosing the golf carts for their newest A+ For Energy project, solar powered electrical golf carts! We've been able to get two running and know that the mechanics are in good shape! They've disassembled a couple, right down to the frame, in order to clean it up and make it shine again. Through this disassembling the students are learning a wealth of mechanical skills, that will benefit them in the future.





Formal or Fuzzy Day





\$8 each

1) Choose your fabric

2) Fill out order form

Or email SaruOliv@students.sperd.ca

Eight dollars each

What fabric would you like? _____

Full Name : _____ **Date:** _____

Grade: _____ **Contact info:** _____

Would you like a receipt: yes no (please circle)

Eight dollars each

What fabric would you like? _____

Full Name : _____ **Date:** _____

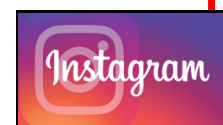
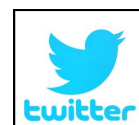
Grade: _____ **Contact info:** _____

Would you like a receipt: yes no (please circle)

"COMMUNICATION is the KEY"

Our school always has something happening or something being planned. We love to keep our families and our community informed and involved as much as possible! Our success stems from this great partnership. **Ways to stay up to date are our:**

- ♦ **Website** - You can find all sorts of information about the school on this site. We blog events from the past, present and future which also links to our school Facebook and Twitter. Our monthly newsletters and Community Library news are also available.
- ♦ **Google Calendar** - There is a quick link set on the front page of our website or under the "Parents" or "Students" tabs. This calendar is updated regularly with all sorts of school events, their times and any details that may be needed. Also under the above listed tabs, parents and students can find out their academic schedules (exams). There is also a link to the School Division Calendar detailing PD Days and Holidays.
- ♦ **Newsletters** - These are distributed monthly to the youngest in the family. ****It is encouraged for families to sign up to receive newsletters by email** (this allows for: full colour viewing; clicking on interactive links; easy sharing with family and friends; and SAVING paper which means saving trees!! *Please send an email to Miss Neufeld. (neufagat@spend.ca or click the icon) with your family name and school children listed for organizing a newsletter group.*



- ♦ **Facebook** - Our school's Facebook is an extension of our school's Blog. It also is a



School Logo Clothing Store

Enjoy browsing a wide selection of products from a variety of brands that you can then customize with the approved logos and graphics found on the site. Display your pride in fantastic apparel customized entirely by you. The site lets students, parents, fans, & staff choose from approved merchandise to fit their needs 24/7 with no minimum order quantities.



FREE SHIPPING

Receive free ground shipping with all orders over \$75 to anywhere in Canada.



St. Paul Education
Regional Division No.1

[Click here](#) to
access our
School Division
website!

[Click here](#) to
access
our



[Click here](#) to access our school
website!



COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

Overview

This checklist applies for all children, as well as all students who attend kindergarten to Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

Screening Questions

1. Has the child:

(Choose any/all possible exposures)

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	YES	NO
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	YES	NO
If the child answered "YES" to any of the above: <ul style="list-style-type: none">The child is required to quarantine for 14 days from the last day of exposure.<ul style="list-style-type: none">If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times.If the child develops any symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. If the child answered "NO" to both of the above: <ul style="list-style-type: none">Proceed to question 2.		

2. Does the child have any new onset (or worsening) 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 answered "YES" to any symptom in question 2: <ul style="list-style-type: none">The child 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 answered "NO" to all of the symptoms in question 2: <ul style="list-style-type: none">Proceed to question 3.		

3. Does the child 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
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
<p>If the child answered “YES” to ONE symptom in question 3:</p> <ul style="list-style-type: none"> Keep your child home and monitor for 24 hours. If their symptom is improving after 24 hours, they can return to school and activities when they feel well enough to go. 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. <p>If the child answered “YES” to TWO OR MORE symptoms in question 3:</p> <ul style="list-style-type: none"> Keep your child home. Use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started. <p>If the child answered “NO” to all questions:</p> <ul style="list-style-type: none"> Your child may attend school, child care and/or other activities. 		

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started/until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.

TWO HILLS FAMILY RESOURCE NETWORK
**Celebrating the Holiday
Season Activity Kits**

Email: th.frn.coordinator@twohillsfoss.com

Phone or Text: 780-915-7176

Nov
23-27

**ARTIC
FUN**

PENGUIN CRAFT
ARTIC ICEBERG MELT SENSORY ACTIVITY
SANTA BEARD ADVANT CALENDAR



SNOWFLAKE CRAFT
LETTERS TO SANTA
SNOW BALLS, MEN, & FORTS!



LET IT SNOW!
LET IT SNOW!
LET IT SNOW!

Nov 30 -
Dec 4

Dec
7-11

**TRIM THE TREE
& HANG THE
STOCKINGS**

PAPER PLATE CHRISTMAS TREE
DECORATE YOUR STOCKING



1 GINGERBREAD HOUSE KIT
PROVIDED PER FAMILY



**FAMILY
GINGERBREAD
HOUSE BUILDING**

Dec
14-18

Dec 21 -
Jan 4

THE TWO HILLS FAMILY RESOURCE NETWORK
WILL BE CLOSED FOR THE HOLIDAY SEASON!

**TODAY OR BY NOON THE FRIDAY
BEFORE ACTIVITY KIT WEEK**

**SIGN
UP**



DECEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Gr 7-12 Online Day 1 (K Day)	2 Gr 7-12 Online Day 2	3 Gr 7-12 Online Day 3 (K Day)	4 Gr 7-12 Online Day 4	5
6	7 Gr 7-12 Online Day 5 (K Day)	8 Gr 7-12 Online Day 6	9 Christmas Sweater Day Gr 7-12 Online Day 1 (K Day)	10 Gr 7-12 Online Day 2	11 Hot Chocolate Day Gr 7-12 Online Day 3 (K Day)	12
13	14 Gr 7-12 Online Day 4	15 Gr 7-12 Online Day 5 (K Day)	16 Gr 7-12 Online Day 6	17 Gr 7-12 Online Day 1 (K Day)	18 Early Dismissal 2:00pm Perogy Dinner Gr 7-12 Online Day 2	19
20	21	22	23	24	25	26
Christmas Break						
27	28	29	30	31 		



JANUARY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Years Day	2
3	4 First day of Online Learning for K-12 Day 3 (K-Day)	5 Online Learning Day 4	6 Online Learning Epiphany Day 5 (K-Day)	7 Online Learning Day 6	8 Online Learning Day 1 (K-Day)	9
10	11 First day back of in School Day 2	12 Day 3 (K-Day)	13 Day 4	14 Day 5 (K-Day)	15 Day 6	16
17	18 Day 1 (K-Day)	19 Day 2	20 Day 3 (K-Day)	21 Day 4	22 Day 5 (K-Day)	23
24 31	25 Day 6	26 Day 1 (K-Day)	27 Day 2	28 Day 3 (K-Day)	29 PD Day No School	30