

Tofield School Newsletter

April 2020



Administrative Message

We have all been adjusting to the new normal that the Covid-19 situation has created. We wanted to thank you all for the cooperation and kindness that you have extended as we try to mitigate all of the moving parts that are involved in shifting from 'in school learning' to online learning.

We are available at the school to answer questions via email or phone call. Our student reporters and staff have been working to provide weekly updates on our BRSD Tofield School Facebook Page. Please like our Facebook Page so that you can stay current on all of the events. Our website is also kept up to date to ensure everyone is aware of key information.

As your child's first and forever teachers, we want all parents to know that you are the best judge of your child's well being. If they need mental health breaks, a day off from their studies or to work at an adjusted pace~it is OKAY! We are already planning for next year and will adjust, catch kids up if they need that and review the key outcomes from the previous year's learning.

To our Graduating Class, we are here to support you. We know that graduation is postponed and that the executive is already planning to ensure that the day will be honoured and that future plans will be discussed. Stay well, stay safe and be kind to one another



Janice Muench
Principal

Chad Kendall
Assistant Principal

Drop off/ Pick up

School work can be dropped off or picked up on Tuesdays from 9-3 at the school. This option is available for students who require paper copies of work. Remember to contact teachers if you need new materials.

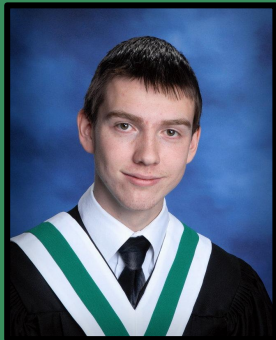


Don't forget on Fridays to check out our Tofield Facts and Fun Newsflash on youtube.

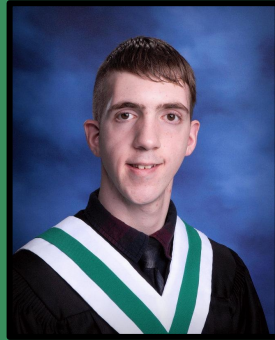
Tofield Graduating Class of 2020



Hailey
Anderson



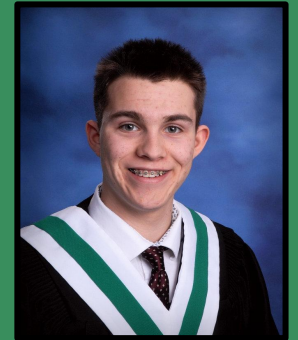
Aidan
Beatson



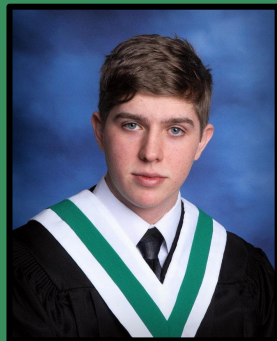
Jayson
Billard



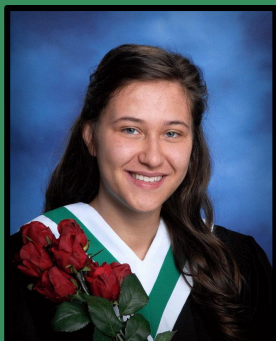
Mason
Canney



Ryan
Daigle



Alex
Derksen



Laura
Didusenko



Sam
Didusenko



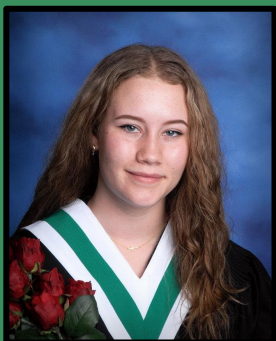
Roman
Didushenko



Kaylee
Gorniak



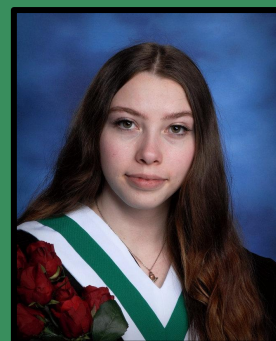
Christian
Guangco



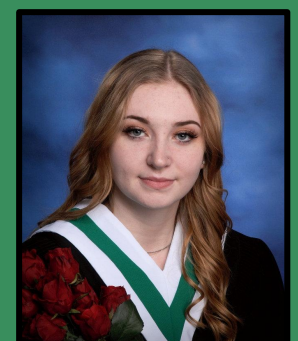
Skylar
Helman



Thomas
Hoban



Shelby
Hood



Austin
Jennings



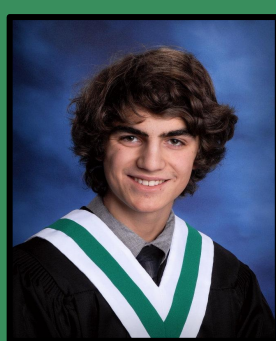
Jeremy
Koloski



Kylie
Kufly



Colt
Lawrence

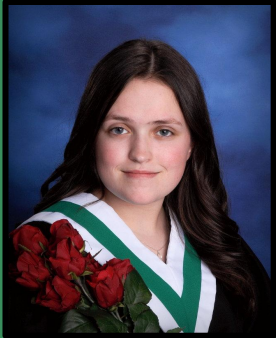
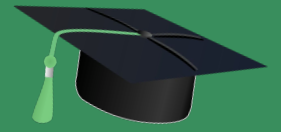


Joe
Lyslo-Loranger



Sunnie
Mack-Russell

Tofield Graduating Class of 2020



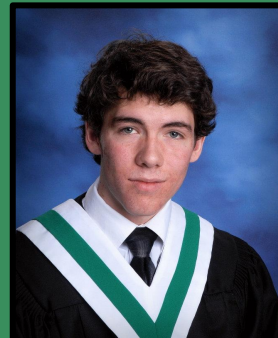
Caitlyn
McLaughlin



Lincoln
Miskew



Italia
Nagy



Cameron
Neufeld



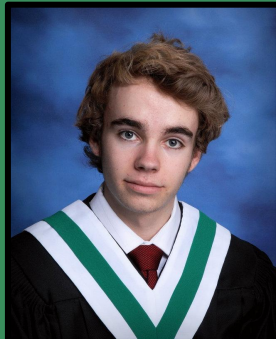
Riley
Nordin



James
Paul



Damien
Saumer



Cameron
Schoff



Nadia
Schultz



Tyler
Sekulich



Kolby
Siemens



Sarah
Spinks



Elizabeth
Storvold



Joel
Tiedemann



Dominik
Whitford



Ty
Yoder

Congratulations to this
year's graduating class!

"This is our Vision!"

Help Tofield School Celebrate our Grads

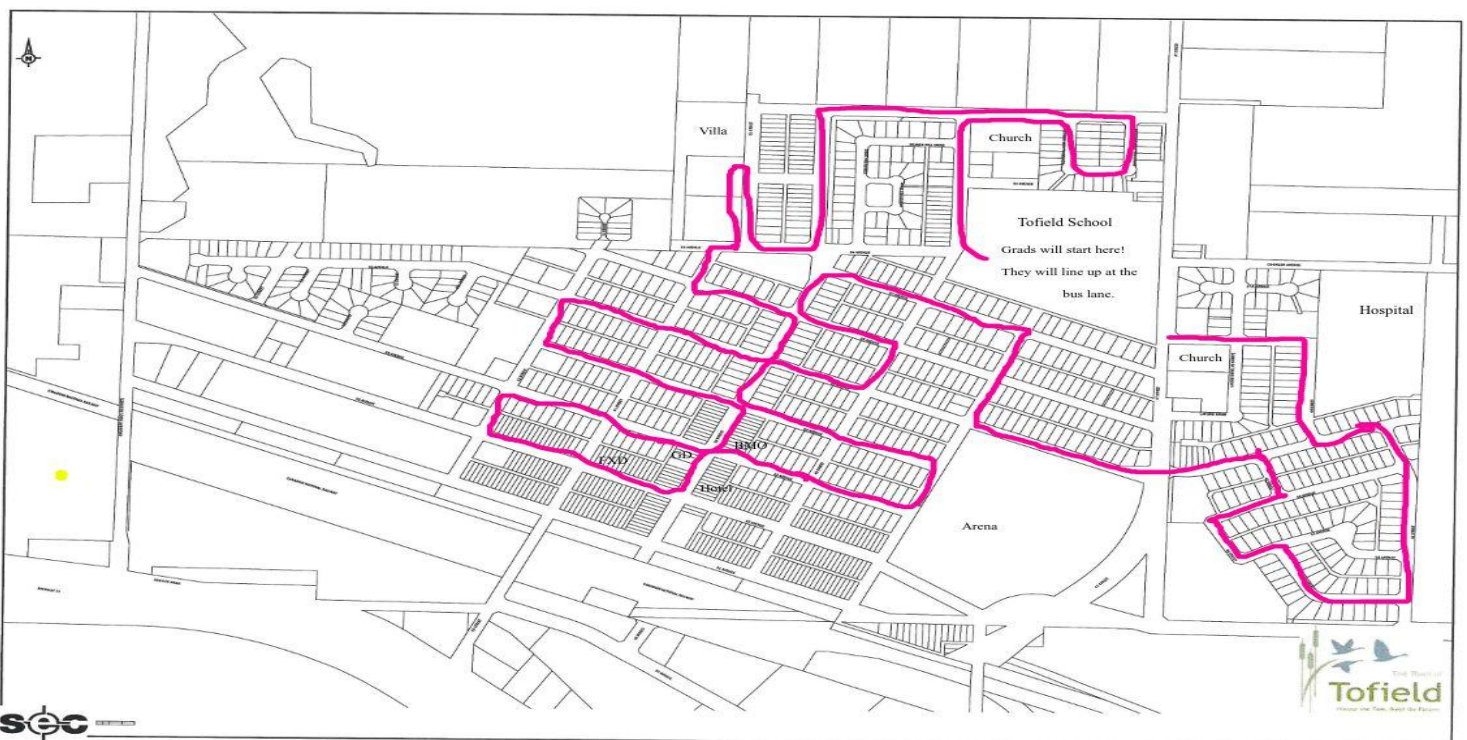
Friday, May 8 was the original date for this year's grad at Tofield School. Grad is postponed until a new date can be set. In the meantime, we would still like to honour and recognize Tofield School Grad Class of 2020 on Friday, May 8th with a Grad CAR PARADE! The Town of Tofield approved this, and the RCMP will help monitor and regulate safety and health guidelines.

Starting at 2 PM, the Grads, along with the RCMP, will work their way through the streets of Tofield (please see the map below). If you and your family are at home that day, it would be fantastic if you could cheer and celebrate from your front steps and/or lawn as the Grads pass by you. Feel free to throw some decorations/messages/signs up in your windows for the Grad Class.

To stick with the provincial mandate of social distancing and safety, we are ensuring that it will be just the Grads in their individual vehicles (some immediate family members may be with them). We are asking that if you want to watch the parade, please do not congregate together with neighbours and friends on your lawns and sidewalks. Everyone's health and safety are most important right now. You can cheer from the comfort and safety of your own lawns.

For those who want to drive into town to cheer on the Grads, there are locations on the parade route (like on Main Street or by the ball diamonds) where you can park your vehicle and cheer as the Grads pass by you. Feel free to honk!

Hope to see everyone on Friday, May 8th cheering on our Tofield School Grad Class of 2020!





Community Connector

Helpful Phone Numbers Resource List

(dial 1– when required)	
Emergency	911
Tofield RCMP	780-662-3353
Beaver County Victim Services/24 Hour Cell	780-662-2258/780-910-2258
Beaver Emergency Services Commission	780-336-3041
Tofield and Ryley Area Food Bank	780-662-3511
Town of Tofield	780-662-3269
Town of Tofield Utility Emergency	780-220-3712
Tofield/Ryley/Beaver County West FCSS	780-662-7067
Village of Ryley	780-663-3653
Beaver County	780-663-3730
Tofield Health Centre	780-662-3263
Tofield Medical Clinic	780-662-2080
Health Link	811
Camrose Addiction and Mental Health	780-679-1241
Canadian Mental Health Association	780-672-2570
Kalya PCN	780-603-4455
Support Network Distress Line	780-482-4357
Mental Health Help Line	1-877-303-2642
Suicide Distress Line	780-482-4357
Camrose Open Door 24 Hour Outreach	780-679-4357
Kids Help Line www.kidshelpphone.ca	1-800-668-6868
Youth Emergency Shelter	780-468-7070
Children’s Mental Health Crisis	780-427-4491



Community Connector

Helpful Phone Numbers Resource List

Bullying Prevention	1 - 888 - 456 - 2323
Child Abuse Hotline	1-800-387-5437
Addiction Helpline	1-866-332-2322
Alberta Quits Helpline	1-866-710-7848
Association for Communities Against Abuse	1-866-807-3558
Family Violence Info Line	310-1818
Senior's Abuse Hotline	1-780-454-8888
Protection for Persons in Care	1-888-357-9339
Office of the Public Guardian	1-877-427-4525
Poison & Drug Information	1-800-332-1414
Alberta Supports	1-877-644-9992
24hr Emergency Income Support Centre	1-866-644-5135
AISH	310-0000 or 1-800-232-7215
Employment Insurance Regular Benefits	1-800-206-7218
<u>COVID-19 Various Assistance Lines</u>	
Canada Emergency Response Benefit	To Be Announced April
Employment Insurance Sickness Benefits	1-833-381-2725 or 1-800-O-Canada
Emergency Isolation Support Alberta	310-4455
ATB COVID-19 Customer Relief Program	1-800-332-8383
Bank of Montreal—Financial Hardship Support	1-877-788-1923
Canada COVID Economic Response Plan	1-800-622-6232
Pubic Health Agency of Canada COVID Information	1-833-784-4397



PROGRAM SERVICES AND OPERATIONS UPDATE

Due to the Covid-19 Pandemic, Tofield/Ryley/Beaver County West FCSS is changing how we will serve our clients.

To help mitigate the potential spread of Covid-19 our office is closed to the public, but we are here taking calls. **We kindly ask that customers call our team at 780-662-7067 for assistance.**

Our office hours/contact remain:

Monday to Friday	Director	Administrative Assistant	Community Programmer
8:30 am to 12:00pm	Tracey Boast Radley	Jamie Sutton	Sam Giegold
1:00pm to 4:30pm	780-662-7066	780-662-7067	780-662-7068

Program Changes

- **FCSS General Family Counselling** – All counselling sessions will be conducted over the phone. Clients will be contacted weekly.
- **Volunteer Income Tax** – Please contact the office at 780-662-7067 to discuss alternate arrangements to accept documents. The deadline for filing has been changed to June 1, 2020.

Programs and Events Postponed

New dates **“To Be Determined”**.

- **Youth Cooking** - All participants who registered will have their spaces honoured.
- **Norm of the North Ryley Family Movie** – Tuesday, March 24th
- **Frozen II Tofield Family Movie** – Thursday, March 26th
- **Volunteer Appreciation** – April 21st/April 23 (Ryley/Tofield)

Programs and Events To Be Determined

- **Chipman Dinner Theatre/Salsibury** – Cancelled. Participants will be contacted.
- **Meals on Wheels** - There is no change to the Meals on Wheels program. An update will follow should a change occur.

Thank you in advance for your assistance during these unprecedented times.

~ Tracey Boast Radley
Director



Understanding Emotions

Grief is a normal and healthy reaction that occurs when you lose someone or something important.

Many children are experiencing the loss of school, celebrations, and time with friends due to COVID-19.

It is natural to have uncomfortable feelings when experiencing loss.

Help children understand that their feelings are normal.

For resources and information to help your family,

visit: ahs.ca/helpintoughtimes

myhealth.alberta.ca



Am I experiencing feelings of grief and loss?

Feelings can be difficult to identify, and may be conflicting, such as sadness, anger, or confusion.

Activities may help stimulate thinking, deepen understanding and identify feelings. (e.g.) writing and drawing.

Remember to talk & write about what brings you joy and comfort.

Get the facts about COVID-19, talk with your children and answer their questions calmly and honestly.

For resources and information to help your family,

visit: ahs.ca/helpintoughtimes

myhealth.alberta.ca



Tips for Managing Emotions

It may be hard to accept your feelings. Simply acknowledge them.

Give yourself permission to express your feelings.

Be kind to yourself; your feelings may be unpredictable or uncomfortable.

Reach out and talk to someone you trust or connect with a health professional for assistance.

For resources and information to help your family,

visit: ahs.ca/helpintoughtimes

myhealth.alberta.ca



Building Resilience during a Pandemic

- Practice gratitude. Share 3 things you are grateful for each day with a friend.
- Set goals in your daily routine.
- Stay connected to your family & friends.
- Be patient with yourself.
- Participate in activities that bring you joy.
- Eat healthy & be physically active.
- Stick with a sleep routine.

[Text4Hope](#) provides daily, positive messages.
To subscribe text COVID19HOPE to 393939

For resources and information to help your family,

visit: ahs.ca/helpintoughtimes

myhealth.alberta.ca



OPEN

Tuesday: 10-12 noon

Wednesday: 2-4 pm

Friday: 10-12 noon

If you need assistance, even if you have never accessed the food bank before this COVID-19 crisis, please call us for a hamper for your household. Please call by 9 PM the day before you require the hamper and leave a message. One of our volunteers will return your call.

780-662-3511