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🌐 [www.cssd.ab.ca/schools/marierose](http://www.cssd.ab.ca/schools/marierose) or <http://www.cssd.ab.ca> 🐦 [@BMRose\\_CCSD](https://twitter.com/BMRose_CCSD)

Dear Parents/Guardians:

It is with great pleasure that we write this letter to you today as we begin our new school year. We are excited about the opportunity to be part of this vibrant school community. It is evident when you walk through the front door that BMR has created a welcoming culture of community and kindness.

As Mother Teresa said "Faith in action is love. Love in action is service". We are pleased to be able to be of service and part of this team as we enter into a new school year.

After our first few days of staggered entry, we have made some changes and adjustments to ensure the safety of our students and staff. Here are some reminders and some added information for you:

- 🍁 Masks are to be worn in and around the school when the 2-metre distance is not possible. "Keep the space or cover your face" is our District's message.
- 🍁 Outside playtime - students should NOT have their masks on when playing on the playground structure OR during strenuous activity. Masks are only worn outside when games students are playing involve close contact and the 2-metre distance is not possible. Students will be given more direction on this from their classroom teachers. We are encouraging our students to have a place or pocket to put their masks, when playing. It's always best to have an extra mask in their backpack.
- 🍁 Please make sure you are completing the [Daily Health Checklist](#) (attached) with your child each morning. Junior high students will remain in their homeroom classes as much as possible. Teachers will be moving through the school for core subjects. Our junior high students will still be involved in grade-level options and be moving to classes during Option times. Physical Education classes will also be outside or in the gymnasium.
- 🍁 Every Friday you will receive the Raven's Review via email. This will have information for you and give you a look at the upcoming week's events. We will no longer be sending a monthly newsletter, however we will embed our newsletter information in our first Friday of each month's Raven Review.
- 🍁 You can always access the [BMR Calendar](#) on our website. We will be updating this online calendar throughout the year, so please check it to keep yourself in the loop. Mr. Valente has been keeping up with our Twitter page. Please follow us [BMR Twitter](#)

We look forward to having ALL students return on Tuesday September 8<sup>th</sup>, 2020. Enjoy the long weekend.

God Bless,  
Your Administrative Team

**Principal** Mrs. Alex Kingston 🌹 **Vice-Principal** Mrs. Sabrina Lee-Lieu 🌹 **Assistant-Principal** Mrs. Susan Belkie

## Lunch Procedures

Our lunch procedures have changed during COVID. We ask that students bring a hand sanitizer in their lunch kits. We also encourage lunch and snack items to be easy to open and something each child can independently open. We will have extra supervision during our lunch recess. 🌹

## **Communication Between School and Home**

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Our main source of communication to home is through School Messenger ([broadcasts@schoolmessengermail.com](mailto:broadcasts@schoolmessengermail.com)) which comes from our secretary, Tara Demchuk or Office Assistant, Joanne Gill. This can include a wide variety of information pertinent to all events happening at the school including the school monthly newsletter and the weekly Ravens Review. It is your responsibility as a parent/guardian that you are well informed by reading this information as it comes to you.

## **Calgary Transit Passes & Important Junior High Rebate Information**

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CCSD will not be able to reimburse Transit Pass purchases for eligible students if students purchase tickets electronically via Calgary Transit's "My Fare" App.

Students who wish to apply for the district's monthly Transit Pass Rebate must purchase monthly youth transit passes at convenience stores only, as you did last year. Please refrain from using Calgary Transit's new "MyFare" app until further notice. CCSD will be working with Calgary Transit later in the year to see whether we will be able to accept MyFare purchases and provide rebates for purchases made using this new electronic method.

## **Student Drop Off & Pick Up**

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Student safety is our priority, not convenience. We ask parents and students to obey the laws of the road and for pedestrians. Please use pedestrian crosswalks and we ask that drivers DO NOT make u-turns in the school zone. Please drive around a block to get back to the street you need to be on. Again, safety over convenience! Students should be dropped off and picked up at the back of the school or near the east stairwell by the new playground. All students are to enter and exit through their designated doors only. The front door should only be used for students who are late for school and required to check in at the office. Outdoor supervision of students begins at 7:50 a.m. each school day and after school students are supervised until 2:47 p.m.

IT IS YOUR RESPONSIBILITY AS A PARENT TO ENSURE YOUR CHILD IS DROPPED OFF AND PICKED UP ON TIME EACH SCHOOL DAY.

## **Long Distance Phone Numbers**

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A large number of our families have only provided us with phone numbers that are long distance; this has resulted in very costly phone bills for the school. Please ensure that you have a local number on file for your child. If you are not able to provide a local phone number, your child will still be able to contact you, but you will be asked to phone the school to continue the conversation so that any costs incurred are not being paid by the school. It is your choice to not have a local phone number, however, the school cannot be responsible for the cost of these phone calls as those funds are intended to enhance the student's education at Blessed Marie-Rose School. In the event of an emergency, we will always act in the best interest of your child. Thank you for your understanding in this matter.

## **Students Using Names Other Than Their Legal Name**

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Many of our students go by names that are not their legal first name. Did you know you can add an 'other' name to your child's file? This is the name that they like to be called and would be displayed on all documents, including their Progress Report. The benefit of adding an 'other' name, is it removes any confusion with which name your child goes by, especially in the event a guest teacher is in the classroom. These names can be updated on the demographic form that you received on the first day of school.

## **Counsellor's Corner – Greetings Parents and Guardians of the Blessed Marie Rose Community**

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My name is Paula Knox. I am excited to join the Blessed Marie-Rose team in my role as School Counsellor and Diverse Learning Teacher. My passion to support student wellness motivates me to build relationships, facilitate community supports for families, and to empower students to recognize their strengths. I am familiar with the many challenges that youth face today and am here to serve you and your child(ren)! My hope is to reduce mental health stigma and provide resources

to students, parents and teachers that will enhance student well-being, while adhering to high ethical practice and Catholic values. I believe that with the proper supports in place, *all* students can achieve success. I am available to assist students with any concerns related to:

- Transition back to school
- Academic achievement
- Classroom supports
- Organizational skills
- Attendance
- Attention
- Self Esteem
- Social Emotional Skills
- Sudden life changes
- Relationships (Family/Peer)
- Behaviour
- Anxiety
- Depression
- Grief and loss
- Self-identity

I believe in taking a proactive approach whenever possible, so please do not hesitate to contact me. I look forward to meeting you, and being part of your child's journey this year! I will be introducing myself to all students to ensure they are aware of my role, and how to connect with me if they are interested. Please feel free to contact me via email ([paula.knox@cassd.ab.ca](mailto:paula.knox@cassd.ab.ca)) or phone to arrange a meeting to discuss any concerns or questions you might have at this time.

### **COVID-19 Intervention Services: Strong Mind, Strong Me Program**



This FREE Counseling program is being offered to support children and their families who may be looking for support and strategies to successfully manage feelings of worry or frustration about COVID-19 and the challenges the back-to-school transition may pose. To learn more, [click here](#).

### **Yearbooks from 2019-2020**



We have not received the 2019-2020 yearbooks. Once received, they will be distributed to students who pre-ordered/paid last school year. We expect them to arrive at the end of September or in early October. Once we receive them we have ensured distribution to students who paid for a yearbook is complete, there may be a limited number for sale at the office. We will announce when the sale will begin in the Ravens Review (Weekly) or monthly newsletter.

### **Celebrating Birthdays in the Classroom**



Occasionally families send/bring treats to celebrate their child's birthday. Please note that we need to impose restrictions to this, particularly under the health restrictions during COVID. Please refrain from bringing in treats for birthdays until further notice. We will continue to announce our birthdays on our morning announcements. We appreciate your cooperation in this matter.

### **Be Prepared for Unexpected Weather Changes**



Parents are asked to discuss the importance of proper planning prior to leaving for school each day with their children. Fall weather in Calgary is extremely unpredictable. The best advice seems to be to dress in layers to accommodate the changing temperatures on any given day. Extra socks are great to have in the backpack for rainy days.

### **Please Label Your Child(ren)'s Belongings**



With many students having identical items and coming to school in layers which may be removed throughout the day, it is important to label their clothing and other belongings.

### **School Fees & Start Up Packages**



Students have been given a package with many forms that need to be filled out/corrected, signed and returned by September 11<sup>th</sup>. Please read the welcome letter which provides an explanation and the expectations for each form. Individual Student Account Statements (fees) will be sent home at a later date - more details to follow.

## **Physical Education Dress Code**

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For the start up this year, students **will not** be changing for physical education class. Please make note of when your child(ren) will be having PE class and send them with proper footwear and clothing. Some classes will take place outdoors.

## **School Resumption Handbook**

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This handbook is updated on a regular basis; for the most up to date information, [click here](#).

# September 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
		1	2 Day 1 Staggered Entry Grades 1, 4 & 7	3 Day 2 Staggered Entry Grades 2, 5/4, 5 & 8	4 Day 3 Staggered Entry Grades 3, 6 & 9	5
			Welcome to Kindergarten 1-hour Small Group Sessions		Kindergarten Staggered Entry	
6	7 Labour Day	8 Day 4	9 Day 5	10 Day 6	11 Day 1 Opening Liturgy for Students Only 10 am.	12
				Kindergarten Staggered Entry		
13	14 Day 2 Kindergarten First Day with Entire Class	15 Day 3	16 Day 4 Parent/Student/Teacher Conferences (Virtual) 3:30 - 5 pm. 6 - 7 pm	17 Parent/Student/Teacher Conferences - (Virtual) No Classes 8:30 - 11 am. 12 - 2 pm	18 Professional Growth Day - No Classes	19
20	21 Day 5	22 Day 6	23 Day 1	24 Day 2 Terry Fox Run	25 Day 3	26
27	28 Day 4	29 Day 5	30 Day 6 Orange Shirt Spirit Day			

# COVID-19 ALBERTA HEALTH DAILY CHECKLIST

## Overview

This tool has been developed to support activity organizers, employers, businesses and facility operators in reducing the risk of transmission of COVID-19 among attendees/staff. The tool is meant to be used to assist with assessing attendees who may be symptomatic, or who may have been exposed to someone who is ill or has confirmed COVID-19.

Attendees should fill out this checklist prior to participating in the activity or program. If an individual answers **YES** to any of the questions, they **must not** be allowed to attend or participate in the activity or program. Children and youth will need a parent to assist them to complete this screening tool.

As the COVID-19 pandemic continues to evolve, this screening tool will be updated as required.

## Screening Questions

		CIRCLE ONE	
1.	Does the attendee have any new onset (or worsening) of any of the following symptoms:		
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of Breath / Difficulty Breathing	YES	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Runny Nose / Nasal Congestion	YES	NO
	• Feeling unwell / Fatigued	YES	NO
	• Nausea / Vomiting / Diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle/ Joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (commonly known as pink eye)	YES	NO
2.	Has the attendee travelled outside of Canada in the last 14 days?	YES	NO
3.	Has the attendee had close contact* with a confirmed case of COVID-19 in the last 14 days?	YES	NO
4.	Has the attendee had close contact with a symptomatic** close contact of a confirmed case of COVID-19 in the last 14 days?	YES	NO

\* Face-to-face contact within 2 metres. A health care worker in a occupational setting wearing the recommended personal protective equipment is not considered to be a close contact.

\*\* 'Ill/symptomatic' means someone with COVID-19 symptoms on the list above.



# Creating Calgary Catholic Together



CALGARY CATHOLIC  
SCHOOL DISTRICT

SEPTEMBER 2020

Welcome back! We are excited to share with you our refreshed Connections newsletter, Creating Calgary Catholic Together Updates. Coined by our Chief Superintendent Dr. Bryan Szumlas, Creating Calgary Catholic together means embracing this next chapter together, walking side by side with Jesus to build on our four district priorities of Student Success, Student Wellness, First Nations, Métis and Inuit Success and Faith Formation through faith, hope and love.

## Board Chair's welcome back message

On behalf of the Board of Trustees of the Calgary Catholic School District, I am delighted to welcome back our students, families, staff and administration for the 2020-2021 school year. Despite the unusual circumstances we find ourselves in—returning to school for the first time since the March 13 suspension of face-to-face education due to the COVID-19 pandemic—this is a time of gratitude. Gratitude for our students' and their families' resilience as they continue to navigate the new reality that unprecedented events have imposed upon us. Gratitude for our school staff who, despite the sudden change in circumstances, embraced the challenges and established wonderful, creative learning experiences for our students in the new normal. Gratitude for our administrative staff and our Senior Administration team, led by Chief Superintendent Dr. Szumlas, who, over the summer, immersed themselves in the creation of our dynamic resumption plan to ensure a safe environment for our students and staff this fall. Visit our [website](#) to read the full message.

## Did you Know?

Collectively, our Board of Trustees has nearly 85 years of trusteeship experience serving CCSD. Learn more about your seven locally elected trustees [here](#).

## Chief Superintendent's welcome back message

Welcome students, families, staff, community partners and trustees to the 2020-2021 school year. We all began an unfamiliar journey in the spring of 2020 with the COVID-19 pandemic. We embraced the challenges together and discovered different ways to conquer them. While this new school year will continue to present many unknowns, we can—and we certainly will—overcome the trying obstacles ahead by working together, adapting our actions and guiding our next steps with faith, hope and love. We understand some students and staff may feel anxious about returning to schools and worksites. We recognize the new realities of living in a world with COVID-19 and, most importantly, we hear your concerns. Our district cares deeply about the well-being of our families and our staff, and we want to assure you that health and safety is of utmost importance. Visit our [website](#) to read the full message.

## Our school resumption plan

We recognize this school year will be different for our families and staff as we return to school under Scenario 1: In-school classes resume (near normal with health measures). To minimize risk and help keep our schools as safe as possible, our district administrators, with direction from Alberta Health Services and Alberta Education, have diligently prepared a [School Resumption Handbook](#).

The realities of living in a world with COVID-19 have made it essential we implement health and safety measures to make sure we continue to do all that we can to ensure student and staff well-being, as this remains our top priority. Key safeguards from our extensive re-entry plan include:

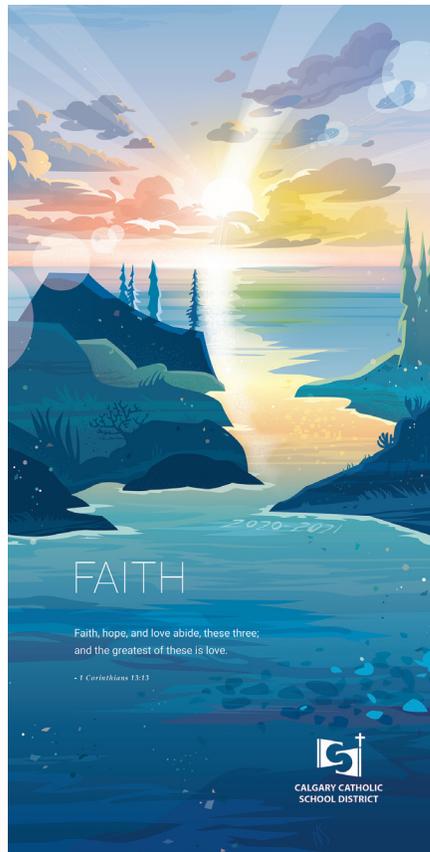
- daily health monitoring
- enhanced cleaning and sanitizing
- staggered entry and scheduling strategies
- frequent handwashing
- wearing masks (K-12)
- physical distancing (where possible)

We want to assure our families that we are working closely with the province's health and education experts to meet and exceed safety measures to reduce the spread of illness. As the COVID-19 situation evolves, so too, will our approach and best practices. Visit our website for more [school resumption](#) and [COVID-19](#) information.

Additionally, the mental health of our students and staff is highly important to us. We understand the current COVID-19 uncertainties may have increased your stress. To further support your school re-entry, we are providing resources for principals to share with staff and lessons for staff to share with students. Our regular school-based and district supports for addressing mental health for students and staff are also available as needed.

## Introducing the 2020-2021 faith theme

The three theological virtues of faith, hope and love help us to live in a relationship with the Holy Trinity. This trio of gifts of grace from God is the foundation of our moral activity; they guide us, instruct us and give life to and inform all other virtues. Over the next three years, we will focus on each virtue as we explore our new faith theme from 1 Corinthians 13:13: "Faith, hope, and love abide, these three; and the greatest of these is love." This year, our focus is faith. We will look to grow in faith by allowing God's grace to fill our lives more deeply and by sharing His grace with others.



# Supporting in Stressful Times

## What is Stress?

Stress is a **normal reaction** when challenges occur. Stress can make the body respond physically, mentally, or emotionally. Big and little stressors are important to help our children learn coping tools and skills, which builds **resilience**.

Your children will look to you for support and reassurance. **Listen** to your children when they share how they are feeling, **accept** how they feel, **support** where they are at.

Take care of yourself and your family! The basics are important – sleep, exercise and healthy eating.

Click here <https://youtu.be/VgYmIsYmUIU> for a video on understanding mental health terms.

## Stress Explained: Video Series

For elementary students:

[link: <https://www.youtube.com/watch?v=k8FiAxAgqYE>]

For junior high students to adults:

[link: <https://youtu.be/jHjkEfwfECo>]

## When to Get Help



### STOP & GET HELP

- Thoughts of self-harm/suicide, excessive mood swings, threat to others, disoriented

### PAUSE & SUPPORT

- Change in eating or sleeping habits, loss of interest in activities, isolating

### GO & MAINTAIN

- Normal moods, typical sleep patterns, engaged in activities, playing with friends

## Where to Get Help

### AHS Resources:

AHS Mental Health Helpline | 1-877-303-2642

Community Resources and Supports | Call 211

AHS Help in Tough Times Complete Support List

<https://www.albertahealthservices.ca/amh/page16759.aspx>

Access Mental Health

<https://www.albertahealthservices.ca/services/Page11443.aspx>

### School Resources:

Please contact your school administrator, school counsellor, school support worker or DLCT for resources or support.