

*School re-entry*

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# Riverdale School Re-entry Strategy 2020–2021

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**For more information:**

Phone: 780-425-7600

Email: [Riverdale@epsb.ca](mailto:Riverdale@epsb.ca)

Website: [www.Riverdale.epsb.ca](http://www.Riverdale.epsb.ca)

## Message from the Superintendent

Parents, families and guardians,

On July 21, 2020 the Government of Alberta announced that students would return to in-person classes in September, at near-normal operations, with health measures in place.

As we prepare to welcome our 107,000 students and our staff back to school, we have been working on a strategy that focuses on three key themes:

- mitigation of risk through safety strategies
- family choice
- continuity of learning

This school year will be unlike any before. However, we remain unwavering in our focus on high-quality teaching and learning in environments that keep our students, staff and families as safe as possible.

To keep everyone as safe as possible, we have made a number of changes to school routines and practices that we will all need to adjust to. And as the situation with COVID-19 continues to evolve, so, too, will our approach and our strategies. We look forward to connecting with students in September to welcome them back and help them adjust to the new changes.

### Safety first

The changes we're making are based on provincial requirements and direction to mitigate the spread of COVID-19. These changes include:

- requiring staff and students to conduct daily health checks prior to coming to school
- strict stay-at-home protocols for those who are feeling unwell
- enhanced cleaning and disinfecting in schools and on buses
- encouraging physical distancing where possible
- creating cohorts of students
- mandatory masks for students from Grade 4–12 and for all staff in settings where physical distancing cannot be maintained, as outlined in provincial guidelines
- asking K–3 students who are physically, psychologically or developmentally able to wear a mask, to do so
  - individuals who are physically, psychologically or developmentally unable to wear a mask, or any protected ground under the Alberta Human Rights Act, may be excused from this health protocol
- hand hygiene requirements for students and staff

Physical distancing in many of our classrooms will be challenging. Given this, masks are mandatory as an additional means of protection for staff and students.

## Family choice

We recognize that returning to in-person classes may not be the best option for all students, and families know their children best. To meet the needs of all students, online learning will be offered in the 2020–2021 school year. Schools will be in contact with families four times during the school year about whether students will continue with in-person learning or online learning.

Our goal is to ensure all students receive a high-quality education, no matter what option they choose. More information about family choice is outlined in this document.

## Continuity of learning

We know that students may move between in-person and online learning throughout the year. To ensure the transition is smooth, we are co-ordinating in-person and online teaching to make sure students across the Division learn key themes or units of the curriculum at the same time during the school year. This will ensure that students who shift between in-person and online learning groups in 2020–2021 can do so without disrupting the continuity of their learning. It will also help keep students on track if they need to miss school due to illness or to self-isolate.

## Shared responsibility

As our Chief Medical Officer of Health Dr. Deena Hinshaw has said, safety is our collective responsibility. Together, we must all take measures to protect one another—we must maintain high levels of hygiene and we must all follow the provincial health guidance to the best of our ability.

We take this responsibility seriously. There is nothing more important to us than the safety and well-being of our staff and students.



**Darrel Robertson**  
*Superintendent of Schools*  
Edmonton Public Schools

## Planning the return to school

On July 21, 2020, the minister of education and Alberta’s chief medical officer of health announced the provincial [School Re-entry Plan](#) for 2020–2021.

The provincial plan is designed around three operational scenarios during the COVID-19 pandemic:

- Scenario 1: In-school classes resume (near normal with health measures)
- Scenario 2: In-school classes partially resume (with additional health measures)
- Scenario 3: At-home learning continues (in-school classes are suspended/cancelled)

The province has decided that students will return to school in September under [Scenario 1](#) of the provincial re-entry strategy.

Alberta’s chief medical officer of health and the minister of education will continue to monitor information around the COVID-19 pandemic as they decide how to best keep students, staff and the broader community as safe as possible during a pandemic.

This means that, at any point during the school year, the province could decide whether schools across Alberta, schools in a particular region, or individual schools and classrooms need to move from one scenario to another. This decision will always be made by a medical officer of health in collaboration with education officials.

To help families better understand the provincial school re-entry plan, Alberta Education has developed the [Parents’ Guide 2020–2021 School Year](#) and [Get the Facts: Back to Class for 2020–2021](#).

This school re-entry strategy follows the [COVID-19 Division Re-entry Strategy](#). It is designed to give families a clear picture of what things will look like at our school under Scenario 1 of the province’s re-entry plan.

Our strategy is developed around three key themes—safety and risk mitigation, family choice and continuity of learning—which work together to support a return to school in September.

## Safety and well-being

The safety and well-being of staff, students and families is the foundation of our return to school. Protecting each other is the shared responsibility among all members of the school community—we all have a critical role to play in following the safety protocols set out by Dr. Deena Hinshaw, Alberta’s chief medical officer of health. These protocols are intended to mitigate or reduce the risk of COVID-19, but do not eliminate all risk. The provincial re-entry plan’s focus on safety does not depend on one single strategy, but **many strategies that work together** to support the safest environment possible within the complex dynamics of a school community.

These strategies include:

- cohorts
- screening for illness
- strict illness protocols
- handwashing and sanitizing
- cleaning standards
- physical distancing
- personal protective equipment (PPE) and masks



### Cohorts

In the provincial re-entry plan, a cohort is defined as **a group of students and staff who remain together**. The size of the cohort will depend on the size of the classroom and the number of students assigned to the teacher.

Cohorting decreases the number of close contacts staff and students will have in the school, and will assist public health officials in their efforts to trace contacts and contain a COVID-19 outbreak, should there be one in the school community.

### Screening for illness

Before coming to school each day, all staff and students must complete the Government of Alberta’s [COVID-19 Information Screening Questionnaire](#) to determine whether they can attend or must stay home. The self-screening questionnaire is [available in multiple languages](#).

Families will receive a copy of this provincial questionnaire from their school in late August. They will be expected to complete the questionnaire daily and follow all Government of Alberta health instructions on the questionnaire. Students who have any symptoms noted on the questionnaire cannot attend school.

Families are not required to submit the form to the school. It is a tool to assess their child’s wellness before sending them to school.

Anyone else permitted in a school will also need to complete the daily [COVID-19 Information Screening Questionnaire](#) before entering the building. People with symptoms of COVID-19 or experiencing illness will not be allowed in the school. All schools will have posters on their doors reminding people not to enter the building if they feel sick, or if they have had close contact with someone who is ill or suspected of having COVID-19.

Following provincial health protocols around illness is a key strategy to slow down or stop the spread of COVID-19. **We all must do our part and stay home when we are sick.**

### Showing signs of illness while at school

If a student or staff member shows symptoms during the school day, they will need to leave the school. When a student is sick, the student will continue to wear a mask if they can do so safely. School staff who supervise the student will also wear a mask and will:

- bring the student to a private area away from others, if possible, or keep them at least two metres away from others
  - all schools have been provided thermometers, which will be a tool for when children are not feeling well and will enable schools to report health information to families
- contact parents or guardians to pick up their child immediately
- follow health protocols around personal protective equipment (PPE) and cleaning and disinfecting the area

### Students with pre-existing conditions

Any student with a pre-existing health condition that causes symptoms of illness should be tested for COVID-19 at least once before they return to school.

A negative test would help show that their symptoms are related to their pre-existing condition, and not to an illness. This would establish what their baseline for being healthy looks like. Families should notify their school about any pre-existing condition and the symptoms it causes. As long as these symptoms remain the same, the student can attend school.

If symptoms change or worsen, the student will need to leave the school, follow illness protocols and have another COVID-19 test to determine if the symptoms are still related to the pre-existing medical condition. If the test is negative, the student may return to school. Families can [learn more about COVID-19 testing and book a test online](#) through Alberta Health Services.

## If there is a case of COVID-19 at school

If health officials confirm a case of COVID-19 in a school community, Alberta Health Services will take the following steps:

- the zone medical officer of health will work with school authorities to quickly:
  - identify cases
  - identify close contacts
  - create isolation measures when needed
  - provide follow-up recommendations
- a COVID-19 case will not automatically lead to school closure—it could be that only the group of students and staff who came in close contact will be required to stay home for 14 days
- parents will be notified if a case of COVID-19 is confirmed at school and public health officials will contact those who were in close contact with the person
- each school authority will support students and staff to learn or work at home if they are required to self-isolate

## Handwashing and sanitizing

Everyone who enters a school will be required to use hand sanitizer or wash their hands immediately. Students and staff will be required to wash and/or sanitize their hands throughout the day, including:

- every time they enter or exit the school
- before they enter classrooms
- before and after they use shared equipment
- before eating

Schools will provide hand sanitizer throughout the building to support these requirements. It is also encouraged that families send their children to school with personal hand sanitizer.

Schools will also promote proper hand hygiene and respiratory etiquette with verbal reminders and posters throughout the school.

## Cleaning standards

We are developing a COVID-19 cleaning standard for all Division schools that aligns with provincial directives around cleaning and disinfecting. These increased measures include:

- purchasing provincially recommended COVID-19 cleaning supplies
- additional training for custodial staff
- removing any soft furnishings and area rugs from classrooms and common areas that cannot be cleaned to provincial standards
- frequently cleaning and disinfecting high-touch surfaces such as water fountains and door handles
- more frequent cleaning and disinfecting throughout the school, with specific attention to washrooms, high-traffic areas and classrooms

Our Division is purchasing all COVID-19 cleaning and safety items on behalf of all of our schools. This will help ensure all schools use products that adhere to health standards and meet requirements to mitigate the spread of COVID-19. It also ensures that all schools have equitable access to these supplies.

## Physical distancing

Physical distancing is one component of the provincial COVID-19 plan. However, it is not always possible, particularly in the school setting. Schools will put controls in place to promote physical distancing throughout their buildings, where possible, including in classrooms, hallways, washrooms and common areas. These controls may include:

- removing excess furniture in classrooms to make more space to spread student desks and tables farther apart
- removing and rearranging seating in common areas to prevent students from gathering
- staggering the times that classes start and end to prevent crowded hallways
- posting signs and using floor markers to control the flow of foot traffic and support physical distancing
- plexiglass shields in the school office
  - we are currently looking into the efficacy of plexiglass shields, recognizing the challenges with proper cleaning and disinfecting

In classrooms where physical distancing is challenging, the provincial government requires assigned seating plans and recommends positioning students to help mitigate the spread of the virus. The province further indicates, where physical distancing isn't possible, students will be seated in desks or at tables so that they are not directly facing each other. This way, if a student coughs or sneezes, they are less likely to cough or sneeze directly into the face of another student.



In situations where physical distancing is not possible (e.g. buses, classrooms and some sporting activities), extra emphasis on hand hygiene, respiratory etiquette, not participating when sick and cleaning and disinfecting on a regular basis before and after activities is strongly recommended.

— *Government of Alberta, Guidance for School Re-entry – Scenario 1*

## Personal protective equipment (PPE) and masks

Not all forms of PPE are required for all staff, but additional PPE is important in the following situations:

- PPE will be part of plans to support students with special needs who require complex medical supports
- custodial staff will receive appropriate PPE to support their work cleaning and disinfecting
- all Division staff will be provided with reusable masks and offered a face shield, as part of the Division’s strategy to support a safer return to school
  - masks are still required for staff who are wearing face shields

### Wearing masks at school

Masks are emerging as an important way to mitigate the risk of spreading COVID-19, particularly when people are indoors and physical distancing is a challenge.

**All staff and students in Grades 4–12 will be required to wear a mask** when physical distancing at school and in the classroom is not possible, as one way to help reduce the risk of spreading the virus. We are asking K–3 students who are physically, psychologically or developmentally able to wear a mask, to do so.

Some important things to know about the use of masks are:

- individuals who are physically, psychologically or developmentally unable to wear a mask, or any protected ground under the Alberta Human Rights Act, may be excused from this health protocol
- families will work with the school principal to discuss this relative to their child
- masks are required for staff who are wearing face shields
- please follow the provincial health guidelines for [how to choose and wear a mask](#)
- masks will be an important item on school supply lists for families
- every student in the Division will be provided with two reusable masks
- if someone forgets their mask, schools will ensure there are supplies available for students and staff

## What school will look like

We look forward to welcoming students and staff back into our classrooms. However, it will be different in many ways as our whole system works together to support the safety and well-being of our students and staff during the COVID-19 pandemic.

We want to help students, families and staff better understand how schools will operate and what teaching and learning will look like in 2020–2021.

### Arriving at school

All students will have an assigned door to use every time they enter and exit their school. When students arrive at school, they will:

- go to the area outside their assigned door
- follow physical distancing guidelines to stay at least two meters apart while they wait outside
- follow physical distancing guidelines to line up when it is time to enter the school
- wait for staff to bring them into the school

School staff will be outside to remind students of these requirements, and to help students line up and keep an appropriate distance from each other.

Many schools will develop staggered entry schedules to limit how many students enter the school at once. This schedule may be **slightly** different from the regular bell schedule.

During extreme weather, such as severe cold or rain, schools will have a plan in place so students can enter the school early.

**Adults bringing students to school will be asked to stay in their vehicle or outside the school, and to maintain a safe physical distance between themselves and others.** Those who need to enter the school must book an appointment with the school office. Individuals without an appointment will not be able to enter the school.

Parents and guardians of children who have complex needs and require support to enter the building should contact their school office in late August. Staff will work with them to develop a plan that is safe for both students and staff.

**At Riverdale school, the following processes will be used to support the safe arrival of students:**

- All staff, students, and parents/guardians entering the school will be required to complete the COVID 19 Information Screening Questionnaire before coming to school.
- The playground will not be available for use during arrival/drop off time.
- Upon arrival at school students will go to their designated line area outside of their assigned door while maintaining physical distancing.
- Designated line areas will be marked and labelled
- Morning Schedule:
  - Supervision Begins at 8: 30 a.m.
  - Morning Bell : 8:36 a.m.
  - First grouping begins entering at 8:36 a.m. in the following order:
    - East Doors: Grade 2 - proceed to west staircase
    - East Doors: Kindergarten
    - East Doors - Grade 1
  - Second grouping begins entering at 8:41 a.m. in the following order:
    - South Doors: Grade 3 - proceed to west staircase
    - South Doors: Grade 4/5 - proceed to west staircase
    - South Doors: Grade 6 - proceed to west staircase
  
- Students should not plan to arrive at school before 8:30 a.m.
- Being on time to start the school day is very important. Students that arrive late will enter through the east doors, sanitize their hands, report the office to sign in, and then proceed to their class, sanitizing their hands at the entrance to the class.
- In the case of inclement weather, students will be met at their designated doors by a staff member, be provided hand sanitizer and go directly to class.
- To support our students in the transition back to in person schooling and the associated changes Riverdale school will be facilitating a school wide staggered entry on September 3rd and 4th with regular instruction for all students beginning September 8th, 2020. Students with last names beginning with A-L will be attending school September 3rd. Students with last names beginning with M-Z will be attending school on September 4th. Kindergarten students will follow the same staggered entry plan and will be dismissed each day at 11:35 a.m.
- For the first week of school all staff members will be outside at 8:30 am to assist students with line up and physical distancing requirements and entrance protocols.

### **COVID-19 signage on entrances**

All school doors will have COVID-19 signs posted to indicate that anyone with symptoms cannot enter the school.

### **Hand sanitizer and hand washing**

As soon as students enter the school, they will be required to use hand sanitizer or immediately wash their hands. Schools will create plans to support hand hygiene by considering washroom locations, the

number of students entering the school and other relevant factors. Students will be required to use hand sanitizer again before they enter their classroom.

Schools will provide hand sanitizer throughout the building to support these requirements. It is also encouraged that families send their children to school with personal hand sanitizer.

At Riverdale school the following hand hygiene protocols will be in place:

- Hand Sanitizer
  - Hand Sanitizer will be placed at each classroom entrance and each main door. All people entering the school will be expected to sanitize their hands the moment they enter the building. All students will sanitize their hands as they enter their learning environments and before and after they engage in any activity that involves the use of shared items.
  - Each teacher will carry hand sanitizer with them while on supervision and during class pick-up and drop-off.
  - Hand Sanitizer will be available in the office, gym, workrooms, staff room, and common areas.
  - Students are encouraged to bring their own hand sanitizer.

### Traffic flow within the school

Schools will use a variety of visual cues (posters and arrow/standing-dot floor markers) to help students maintain physical distancing within the school.





## Lockers

At this time, students will not use lockers. Students will keep their personal belongings with them at all times.

At Riverdale school the following strategies will be used to support students with their personal belongings:

- Riverdale school does not have lockers.
- Students will have the use of the classroom coat rooms and will be assigned a hook that is clearly labelled.
- At the start of the school day, recesses, and at the end of the school day students will hang up or retrieve their jackets in three groupings to minimize congestion in the coat-rooms and coat hook areas.

## Assigned seating in classrooms

Students will follow assigned seating plans throughout the day in the classroom, including for eating lunch. Assigned seating is a strategy to mitigate the potential spread of COVID-19 throughout a cohort of students. It will also support health contact tracing should that be required.

## Student supplies and learning materials

Students will have their own personal supplies to use that are stored separately. Teachers will plan learning activities to reduce or minimize the need to share equipment, textbooks or materials. If items are shared, they must be cleaned and disinfected after use. Students will wash or sanitize their hands both before and after using the shared items.

Riverdale staff will use the following strategies to support the safety of student access to materials:

- Student Supplies:
  - Each student will have their own set of supplies, materials, etc. These items will be stored at each student's assigned seat and/or on a nearby shelf.
- Chromebooks
  - Chromebooks will be allocated to classes for blocks of days at a time. Chromebooks will be cleaned prior to being transferred to a new cohort.
  - Students are able to bring their own digital devices. Each student will be responsible for their own device and will need to clean their own device. Each student would also need to take it home each night to recharge the device.
- Textbooks
  - Textbooks will be allocated to classes for blocks of days at a time to support units of study
- Share Resources
  - When shared resources are to be used students will sanitize their hands prior to, and after using the resource. The resource will then be sanitized.
- Library
  - Should teachers or students require a resource from the library. A designated staff member will gather and distribute the resources. The same staff member will be responsible for collecting, cleaning, and re-shelving the resource.

## Washroom protocols

Washrooms will be cleaned and disinfected several times throughout the day. There will be a maximum number of students permitted in the washroom at one time. Depending on the size of the school and the location of washrooms, schools may assign students to specific washrooms.

To support physical distancing, maximum occupancy, and cleaning protocols, the following guidelines have been put in place at Riverdale School:

- Student washrooms are located on the main floor of the school. The occupancy limit for each washroom will be set at a maximum of two students.
- Maximum occupancy signs will be posted outside each washroom.
- Students in grades 2-6 will be required to use the east stairwell to go down the stairs in order to access the student washrooms and access the west stairwell to then return upstairs to their classroom.

- Students will be asked to stand outside the washrooms until it is appropriate for them to enter.

## Water fountains

Under provincial guidelines, water fountains can continue operating. In schools, students will be encouraged to fill their water bottles from the fountain instead of drinking from it directly.

In schools that have water-bottle refilling stations, those stations will remain operational and water fountains will be turned off. Fountains will be cleaned and disinfected several times throughout the day, with particular attention to the knob and push buttons.

## Common areas

Schools will have measures in place to promote physical distancing in spaces where students often gather, such as foyers, learning commons or T-intersections in hallways. Measures will include:

- limiting the number of students allowed in certain areas at certain times
- requiring students to walk straight through some areas so they don't crowd together in groups
- having staff supervise high-traffic areas and remind students to adhere to physical distancing protocols

Around school offices and other high-traffic areas, signage (posters and floor markers) will remind students and staff to keep a safe physical distance. There will also be a maximum number of individuals allowed in the school office at one time.

Schools will also develop protocols to mitigate risk in other spaces such as prayer rooms, staff workrooms and utility spaces.

The following measures have been put in place to mitigate risk in common areas at Riverdale school:

- When students are entering or exiting the building they will follow directional arrows in the main hallways and walk straight through to their destination.
- The Riverdale school office will have an occupancy limit of two students. Floor markers will be in place to remind students to adhere to physical distancing protocols.
- The west staircase will only be used to go upstairs and the east staircase will only be used to go downstairs.
- Staggered entry and dismissal times have been put in place to avoid congestion.

### Dismissal times

Schools will take measures to prevent crowding in hallways and to support appropriate physical distancing, including:

- assigning a specific exit door to each student
- staggering dismissal times **slightly**, if needed—this staggered schedule may differ **slightly** from the school’s regular bell schedule, and will not interfere with transportation schedules

**Adults who come to pick up students from school will be asked to stay in their vehicle or outside the school, and to maintain a safe physical distance between themselves and others.** School staff will bring students outside to meet the adults who are picking them up.

- Students in Kindergarten, grade 1, and grade 2 will exit the school through the east doors of the school
- Students in grade 3, 4, 5, and 6 will exit the building through the south doors of the school
- Kindergarten students will be dismissed for the day at 11:35 am
- Students in grade 1, grade 2, and grade 3 will be dismissed for the day at 3:25 pm
- Students in grade 4, 5 and 6 will be dismissed for the day at 3:30 pm
- Students are asked to leave the school grounds promptly at dismissal and we ask that parents do not congregate together while on school property

In support of physical distancing the following pick-up schedule will be put in place at Riverdale school:

**Mondays-Tuesdays-Wednesday-Fridays**

Grade	Pick Up Time	Pick Up Area
Kindergarten	11:35 a.m.	In front of the School Playground
Grade 1	3:25 p.m.	Designated Zone along the North/East Wall of the School
Grade 2		Designated Zone along the South/East Wall of the School
Grade 3		Designated Zone outside the the South entrance of the school on the tarmac
Grade 4/5	3:30 p.m.	Designated Zone outside the the South entrance of the school on the tarmac
Grade 6		Designated Zone outside the the South entrance of the school on the tarmac



**Thursdays**

Grade	Pick Up Time	Pick Up Area
.Kindergarten	11:35 a.m.	In front of the School Playground
Grade 1	2:30 p.m.	Designated Zone along the North/East Wall of the School
Grade 2		Designated Zone along the South/East Wall of the School
Grade 3		Designated Zone outside the the South entrance of the school on the tarmac
Grade 4/5	2:35 p.m.	Designated Zone outside the the South entrance of the school on the tarmac
Grade 6		Designated Zone outside the the South entrance of the school on the tarmac

**Recess and playground equipment**

Students will remain in their assigned learning cohort for recess activities. Schools will ensure each cohort has an area outside that supports physical distancing and promotes play and physical activity. Schools may stagger break times or assign student cohorts to specific areas of the schoolyard.

Schools will follow the Government of Alberta’s [Guidance for Playgrounds](#) when using schoolyard and outdoor equipment.

Before and after school, school staff will be assigned to supervise areas outside school entrances. This supervision will help support physical distancing and is part of our Division’s COVID-19 Re-entry Strategy.

With this in mind, schools will not be assigning staff to supervise playground equipment before and after school. To support safety, this equipment will be off limits to students during these times.

Families who wish to take children to the playground at other times of the day are encouraged to follow the province’s [Guidance for Playgrounds](#) to use the equipment as safely as possible.

Riverdale school will have the following organization in place to help support health restrictions during recess and lunch recess times:

- For morning and afternoon recesses:
  - In accordance with the re-entry guidelines, Riverdale will have staggered recess times. Each class will be scheduled into a recess time and designated a zone in the field.
  - Supervision will support students remaining in their learning cohort and zone.
  - Transition times have been implemented to support a staggered entry and exit of students. Students will be required to use hand sanitizer upon reentry. Students will use their designated exit and entry doors.
  - Students on the playground zone will follow Alberta Health guidelines for playground use. A staff member will be designated to the playground zone. They will have hand sanitizer available for student use. Staff will also support students in following distancing guidelines.
  - Each classroom cohort will have limited equipment that will be cleaned daily to use during this time.
  - In the case of inclement weather:
    - Students will remain in their classrooms as a learning cohort during their scheduled recess time.
    - In class, recess activities will be established by the classroom teacher.
- For lunch recess:
  - Students will remain with their cohort to eat and during lunch recess.
  - Half of Riverdale's school cohort will eat lunch in their classroom while the other half participate in recess in their designated cohort zone.
  - Lunchroom supervisors and all staff will have hand sanitizer available to them while they are outside.
  - In the case of inclement weather:
    - Students will remain in their classrooms as a learning cohort during their scheduled recess time.
    - In class recess activities will be established by the classroom teacher.

## Lunch

It is important for students who stay at school for lunch to remember to bring their lunch each day—schools will not be able to accommodate family members who want to drop off lunches. If a student forgets their lunch, families should phone the school to work out a solution.

Students will store lunches with their other personal belongings.

All students must wash their hands before eating, and eat only their own food. Students are not permitted to share food under provincial health guidelines.

At this time, **microwaves will not be available to students** and vending machines will not be operating.

**Schools will not be able to support any food being brought into the school through a food delivery service (such as pizza or Skip the Dishes).**

Elementary students will remain in their cohort to eat lunch. Multiple cohorts will not gather together to eat. Under Scenario 1, schools will be able to hire lunchroom supervisors to help supervise students. These staff must adhere to all COVID-19 health protocols and will not be able to enter the school if they have symptoms of illness.

Junior high and high school students who stay on campus will be assigned to an area of the school for lunch.

If the school is using a common lunch area, cohorts of students will eat in staggered shifts and the space will be cleaned and disinfected between each cohort. When scheduling lunchtimes, schools will make sure students have a full 20 minutes to eat their lunch.

School cafeterias and canteens must follow the Alberta government's strict [COVID-19 health guidelines](#).

Riverdale school will have the following organization in place to help support health restrictions during lunch:

- Students will remain with their class/learning cohort. Each cohort will remain in their classroom and will eat in their assigned seats.
- School staff and lunchroom supervisors will facilitate access for students to wash their hands prior to eating. All Riverdale classrooms are equipped with a sink.
- Lunchroom supervisors will be designated to specific cohorts. School staff will then be supervising the remaining cohorts.
- If a student forgets their lunch at home arrangements must be made through calling the school office at 780-425-7600 to set up a time the lunch can be dropped off at the main school entrance on the east side of the school.

#### Lunch Eating and Recess Schedule

Grades	Eating Time	Recess Time
1,2,3	11:40 a.m. - 12:02 p.m.	12:02 p.m. to 12:25 p.m.
4,5,6	12:02 p.m. to 12:25 p.m.	11:40 a.m. - 12:02 p.m.

## Food in schools

There are clear provincial guidelines around food in schools during COVID-19. As a result, treats cannot be sent from home for birthdays or other special days, and teachers will not hand out food or treats in the classroom. Potluck events, barbecues, food trucks or special lunch days (e.g. hot dog day) are all postponed at this time.

## School nutrition programs

Schools that offer school nutrition programs will need to adhere to the following provincial guidelines:

- only designated staff will be permitted in food preparation areas
- under Scenario 1, partner staff responsible for operating the school nutrition program will be allowed in the school to help deliver the program
- partner staff must adhere to all COVID-19 health protocols and will not be able to enter the school if they have symptoms of illness
- all food served to students needs to be served in prepacked portions or served to students by designated program staff
- utensils will be used any time food is served to students
- there will be no shared food condiments or seasonings, such as ketchup or salt and pepper
- any leftover food will be thrown out—schools will not be able to package leftovers to send home to families

Riverdale school will have the following guidelines in place to help support health restrictions involving food:

- Hot lunch
  - Hot Lunch days will be canceled until further notice.
- Birthday/Celebratory Treats
  - Students will not be allowed to bring treats to share with their class during times of celebration.

## 2020-2021 Division calendar

The approved [2020-2021 Division calendar](#) will remain in effect for the entire school year, no matter which provincial re-entry scenario we are operating under.

## Visitors to the office and the COVID-19 visitor log

### Volunteers and visitors

In-person visitors and volunteers will not be allowed in Division schools at this time. This includes guest speakers, sports-team coaches and artists in residence. Individuals are encouraged to communicate with the school through email or by phone.

Currently, parent volunteers are not permitted in the school building. However, we are optimistic that we will find ways to work with parent volunteers later in the school year.

Individuals authorized to enter the school include Canada Post, delivery and maintenance personnel who support the running of the school, and emergency responders. These people will only enter the school if the [COVID-19 Information Screening Questionnaire](#) indicates they are safe and if they have no symptoms. They must also sign the school's COVID-19 visitor log.

Individuals entering the school will be required to wear a mask.

### Edmonton Public Schools staff entering school buildings

At this time, under Scenario 1, all Division staff are permitted to enter school buildings as required. This includes supply staff, facilities maintenance personnel, delivery employees, teaching and learning support staff and Division security staff. These staff will only enter the school if the [COVID-19 Information Screening Questionnaire](#) indicates they are safe to do so and if they have no symptoms. They must also sign the school's COVID-19 visitor log.

Division staff entering the school will be required to wear a mask.

### Family and school communication

Families can stay in contact with their schools through email and over the phone. Families who need to go into the school must book an appointment in advance. Family members with a scheduled appointment will need to use the Government of Alberta's COVID-19 Information Screening Questionnaire before going to the school to determine if it is safe for them to attend.

Families who are contacted to pick up a sick child can attend immediately. The person picking up the student must be safe to enter the school based on the [COVID-19 Information Screening Questionnaire](#). Family members attending the school for any reason will be asked to complete the school's COVID-19 visitor log.

Family members entering the school will be required to wear a mask.

### COVID-19 visitor log

Division staff not regularly assigned to the school, authorized visitors and family members attending the school must fill out the school's COVID-19 visitor log to:

- confirm they are not ill and do not have COVID-19 symptoms

- provide their name
- indicate who they are meeting with
- note the time they arrived at the school
- note the time they left the school
- provide a signature confirming the information is true and accurate

At Riverdale School all visitors are to:

- Enter through the east set of doors.
- Sanitize their hands immediately and put on their mask.
- Upon entry visitors must immediately report to the school office for their COVID-19 check-in.
- At this time only authorized individuals, those with an appointment or family members picking up a sick child will be able to enter the school. Advance appointments at agreed upon times can be made through telephone or e-mail communication. Telephone calls can be made to the school office at 780-425-7600, alternatively email communication to set up an appointment can be sent to [riverdale@epsb.ca](mailto:riverdale@epsb.ca)
- Upon leaving the school visitors must:
  - Sanitize their hands.
  - Indicate the time they are leaving the school on their COVID questionnaire.

## Student teachers

The Division will continue to support the placement of student teachers. Student teachers will be expected to follow all safety and health protocols in place for Division staff and students, including the daily [COVID-19 Information Screening Questionnaire](#). They will not be permitted to attend the school if they have symptoms of illness.

At this time Riverdale school is not planning on hosting student teacher practicum placements.

## Community use of schools

All community use of indoor school space is currently suspended—this is required to support the proper cleaning and disinfecting of the school facility and to limit access to the school by individuals who are not regular members of the school community.

## Joint use agreements

All indoor joint use of schools for community members is currently suspended. School fields, tennis courts and ball diamonds will remain available for community use through the joint use agreement in the evenings and on weekends.

The Division will work with joint use partners on an ongoing basis to work toward safely reopening school spaces for community use.

## Tenants

Staff from our property management area will work with all tenants to ensure they follow both Alberta Health and Division health and safety expectations and protocols around COVID-19.

## Transportation

### Yellow bus service

Students with COVID-19 symptoms or experiencing illness will not be permitted on the bus.

To help keep students and staff as safe as possible:

- students in Grades 4–12 who are physically, psychologically or developmentally able to wear a mask will be required to do so
- K–3 students are encouraged to wear a mask
- students will be assigned regular seats, using a seating plan that limits close contact with others and requires members of the same household to sit together
- students will respect physical distancing while they get on and off the bus, and staff will remind them of this
- there will be a protective zone between the driver and student passengers
- the bus will be cleaned according to COVID-19 cleaning standards prior to each run, and this cleaning will be recorded by the driver

Families are encouraged to consider getting their children to and from school if they are not comfortable with their child riding on the yellow bus with other children.

## Public transit

Effective August 1, 2020, the City of Edmonton requires passengers to wear masks in all public vehicles such as city-operated buses and the LRT. Students taking Edmonton Transit Service (ETS) transportation will need to follow the city bylaw.

## School libraries

Schools will need to decide if they will use the learning commons or school library space as instructional space. Schools that decide to use this space for instruction must follow COVID-19 strategies that support physical distancing. These spaces will be cleaned and disinfected between each cohort of students.

If the space is used for instruction, students and staff will not be permitted to access books and resources.

The protocol to access library materials and resources will be as follows, based on provincial recommendations:

- students and staff will not access directly
- staff will submit a request for the resources
- a library staff member wearing a mask and gloves will pull the resources
- the resources will be disinfected and then delivered to the classroom
- inside the classroom, resources will be disinfected after each use by a student
- after the resources are returned to the library, they will sit for two days and then be disinfected and reshelved

When staff are assigned to work in the library, all hard surfaces and the overall space will be cleaned and disinfected daily according to COVID-19 cleaning standards.

## Emergency procedures

We are working with City of Edmonton Fire and Rescue to ensure that emergency drills (such as fire drills or lockdowns) reflect COVID-19 safe protocols.

# Teaching and learning

## Family choice

In March, the Alberta government announced that in-person classes were cancelled indefinitely and students shifted to distance and online learning. Students, families and staff across our Division did a great job navigating this sudden change.

As we organize for 2020–2021, we know that all our students need access to high-quality instruction. We also recognize that in-person classes might not be appropriate for all families and staff, depending on their personal circumstances and well-being. That is why we are offering choice.



## **A quarterly system for 2020–2021**

Families will be able to decide, at four key times throughout the school year, whether their child will attend school in person or choose to learn at home through online instruction.

To offer this choice, we are organizing the school year into four instructional quarters (two-month periods of learning).

- **Quarter 1:** September 3 to November 10
- **Quarter 2:** November 16 to January 29
- **Quarter 3:** February 1 to April 20
- **Quarter 4:** April 21 to June 29

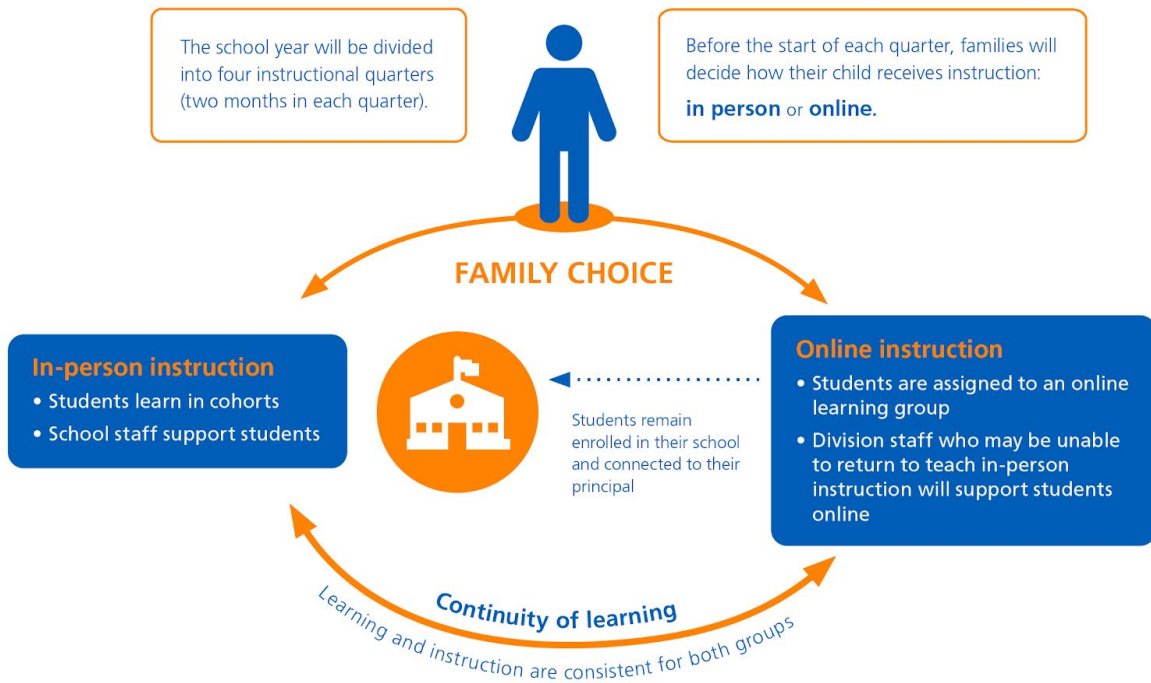
## **How it works**

First, schools will reach out to families in mid-August to find out if each child will return to school in person or if they will choose online learning at home. Then, schools will organize resources and staff to support the choices that families make for that quarter.

Three weeks before the start of each quarter, families will be asked to indicate their choice for the following quarter. Whether families choose in-person or online learning, they remain enrolled in the school where they registered or pre-enrolled for 2020–2021.

## **High-quality resources for all students**

To make sure we're ready to deliver excellent online instruction throughout 2020–2021, we have invested significant funding to develop comprehensive resources for students. This will help ensure that quality student learning is consistent for families, no matter which type of instruction they choose for their child.



## School fees

Schools will charge fees to families each quarter, based on whether the family is choosing in-person learning or online instruction for that quarter.

Lunch fees and transportation fees will be included in each quarterly fee schedule. Families may continue to pay these fees on a monthly basis within the quarter.

Because schools will organize their operational spending to best support family choice in their community, schools are not able to refund fees once they have been received for that quarter.

Riverdale school will charge lunchroom supervision fees for each quarter of instruction. The lunch time supervision fee will be \$50 for each quarter and will be due at the beginning of each quarter.

- **Quarter 1:** September 3 to November 10
- **Quarter 2:** November 16 to January 29
- **Quarter 3:** February 1 to April 20
- **Quarter 4:** April 21 to June 29

## Students enrolled at Argyll Centre

[Argyll Centre](#) has been delivering home education and online learning services to Edmonton families for more than 20 years. Home education through Argyll Centre is different from the online learning option families will have as part of the Division's re-entry strategy. According to Alberta's [Education Act](#), a home education program is provided by a parent under the supervision of a board of trustees of a school division or an accredited private school. The parent must make sure their home education program meets the requirements in the [Home Education Regulation](#).

Students who are registered at Argyll for the 2020–2021 school year will remain registered there and be supported by Argyll programming for the entire school year.

## In-person instruction under Scenario 1

Students who attend school will be assigned to a class where a classroom teacher will support their learning. If the student is registered in an alternative or language program, they will continue to receive instruction in that program.

If a student needs to stay home due to illness, their classroom teacher will provide work to support their learning. The teacher will not provide online instruction.

## Online instruction under Scenario 1

Students who learn online will be part of an online learning group with an assigned teacher. This learning format will include live online teacher instruction, directed activities and assignments that students will complete independently.

Online students will remain enrolled at the school where they registered for 2020-2021. However, their online teacher may not be a staff member at that school. As well, students in an online learning group will often be from more than one Division school.

Online instruction will cover all the required areas of the provincial curriculum. Teaching will focus on the core subject areas, with a modified focus on complementary courses. Instruction in French as a second language will continue.

The Division will explore meaningful ways to deliver alternative programming to online students, but we cannot guarantee that all alternative programming options will be available online. Families with children registered in an alternative program will continue to receive information from their school about the program. Online students will also be welcome to participate in any special events related to the alternative program. At this time, schools are limited to hosting virtual events.

## Family choice mid-way through a quarter

### Shifting from in-person to online learning

In some cases, a family may decide part way through a learning quarter that in-person instruction is no longer appropriate for their child. The family should let their school know they plan to move their child to an online learning group for the following quarter. Students who make this change before a quarter ends will continue to receive work from their classroom teacher. The family will be responsible for guiding their child as they complete this work at home. Once the quarter ends, the student will start the next quarter online with a different teacher.

### Shifting from online to in-person learning

Families who chose online instruction and want to transition to in-person learning have the opportunity to do so at the start of each new quarter. When their child moves to in-person instruction, the student will be in a learning group with a different teacher.

## A closer look at in-person instruction under Scenario 1

### Pre-K and Kindergarten programming

Pre-Kindergarten and Kindergarten programming under Scenario 1 will be half days of in-person instruction, with the exception of the Division's 26 full-day Kindergarten programs, which will remain full-day programs.

Classrooms will be cleaned and disinfected between morning and afternoon classes, and each half-day cohort of students will have their own set of toys, manipulatives and resources to support learning. These materials will also be cleaned and disinfected daily.

Additional information around programming for children's learning in Pre-Kindergarten and Kindergarten during COVID-19 can be found in Edmonton Public Schools' Pre-Kindergarten and Kindergarten COVID-19 Guiding document, which will be released soon.

Riverdale school will implement the following routines and protocols related to COVID-19 for Kindergarten children:

- Students will remain in their learning cohort at all times.
- Students will be met at the east entrance doors each morning and be walked to the exit doors to be picked up by parents/guardians at the designated area for dismissal at 11:35 a.m.
- If students are sharing centre materials they will use sanitizer before and after use.
- Students will need to bring a set of extra clothes appropriate for the season to keep in their backpacks should they need to change clothing.
- Riverdale School will have a morning kindergarten class for the 2020-2021 school year.
- When school starts in September, Riverdale school will be staggering entry to school with smaller groups of children so they can become familiar with routines and expectations before the entire cohort is together. Staggered entry will take place on September 3rd and 4th with regular instruction for all Kindergarten students beginning September 8th, 2020. Students with last names beginning with A-L will be attending school September 3rd.

Students with last names beginning with M-Z will be attending school on September 4th. Kindergarten students will be dismissed each day at 11:35 a.m.

- Children participating in face-to-face learning in Kindergarten may not be aware of maintaining physical distancing at all times and may not be able to wear a mask. School staff working in Kindergarten classrooms may not be able to maintain physical distancing when assisting children with certain tasks, providing support for children's social-emotional well-being, or managing conflicts that can arise. When physical distancing cannot be maintained, school staff will be required to wear personal protective equipment, including a mask, in alignment with Alberta Health Services' direction, Occupational Health and Safety requirements, and the Edmonton Public Schools COVID-19 Division Re-Entry Strategy.
- Children can bring food from home and keep it with their belongings, but food cannot be shared with other children under the provincial health guidelines. Children must wash their hands before and after eating and may only eat their own food.
- A virtual parent event will be scheduled prior to school start up to meet the teacher and to learn about COVID-19 safety protocols, program schedule, access to SchoolZone, etc.
- Regular communication with parents will take place through email, phone calls or Google meets. Families will only be allowed into the classroom or school with a scheduled appointment. All families in the school must adhere to health restrictions and protocols, which includes using the daily [COVID-19 Screening Questionnaire](#) with their child before coming to school each day.

## Elementary

Students in Grades 1–6 will be organized into learning groups. Each learning group will be considered to be a cohort. Students will remain in their cohort for all instruction and for non-instructional times such as lunch and recess. In most cases, there will be one teacher assigned to the cohort. In some instances, there may be two teachers who share primary instructional responsibilities for a cohort.

Other adults who enter the classroom to interact with a cohort of students (e.g. school administrators, the music teacher, a lunch supervisor) will follow strict provincial health protocols that include hand sanitizing and wearing a mask.

Cohorts will be assigned to enter and exit the school by a specific door and to use a specific washroom.

The following routines and protocols related to COVID-19 will be in place at Riverdale school:

- All students will be grouped into learning groups/cohorts and will remain together for learning, lunch and recess.
- Students will be assigned specific seats. All attempts will be made to socially and physically distance and students will not be sitting face-to-face.
- In support of reducing movement within the school, students will remain in their classroom and teachers will move to specific classrooms.

- Staggered access to high volume areas, such as, coat rooms, pencil sharpeners, and garbage cans will be part of classroom routines to support physical and social distancing.
- When a music teacher, french teacher, lunch supervisor or school administrator enters the classroom they will be required to use hand sanitizer before entering the classroom and wear a mask.

## Supporting students with special needs

Returning to school can cause additional concern or anxiety for families of students with special needs. Families need to know we are taking steps to support them. This includes:

- working with Alberta Health Services on COVID-19 safety protocols for some of the complex medical interventions and supports some students require, to keep both students and staff as safe as possible
- adding COVID-19-specific strategies as needed to student-support plans, such as Individual Program Plans (IPPs), Medication Management Plans or Individual Student Behaviour Plans
- addressing effective learning strategies for online learning in IPPs

More information about how we're supporting students with special needs during COVID-19 will be available in the Division's guiding document, which will be released soon.

## International students

Only international students already here in Canada and who have pre-registered for the 2020–2021 school year will be accommodated. The province has indicated that after Canada lifts current travel restrictions and non-essential travel resumes, international education programs can resume. Any students would need to follow quarantine requirements and any relevant public health orders.

## Use of Technology

Schools will organize in-person instruction to minimize sharing of devices such as Chromebooks and iPads. That could mean schools assign technology to specific cohorts at certain times, or to individual students for extended periods of time. Devices will be disinfected between uses according to Division COVID-19 cleaning guidelines.

Students may be encouraged to bring their own devices to school. In most cases, we recommend Chromebooks because they work with the Google Suite of tools we use across our Division. Families interested in buying a Chromebook for their child may access special pricing from our Division suppliers through the [Chromebook parent purchase program](#). Students who bring their own device will be responsible for taking it home to charge it every night.

Families who choose to have their child participate in online instruction require access to a device and a reliable internet connection at home. Families without this access should contact their school to borrow a device and arrange internet access, if needed. Subject-specific information (Scenario 1)

## Music

Music instruction will continue, but it will look different. In-person singing, cheering or shouting, and playing wind instruments is postponed at this time. Instruction will focus on music appreciation, theory and playing percussion or string instruments. If music instruction is provided in the music room, it must be cleaned and disinfected between each cohort of students.

Music programming at Riverdale School will

- Predominantly be taught in the student's home room.
- Periodically be taught in the music room (one class per week with deep cleaning occurring in between).
- Will have modified lessons including such things as music theory, and instrument design.

## Physical Education

Schools will continue to provide physical education instruction. The province's plan indicates that delivery of programming outside is most desirable, and activities that support physical distancing, such as badminton, are recommended.

Sharing equipment is discouraged. Equipment that is used must be cleaned and disinfected before and after each use. Students must wash or sanitize their hands before and after using equipment.

Use of lockers in the change room will not be permitted.

The following procedures will be in place to support physical education at Riverdale school:

- Students at Riverdale school will continue to receive physical education instruction.
- Teachers will make use of outdoor programming as much as possible. Please ensure your child is dressed for the weather.
- Only one cohort of students will be able to access the gymnasium at any one time.
- Activities will be planned for students that support physical distancing guidelines, for example running, fitness, and badminton.
- Students and staff will use hand sanitizer upon entry and exit of the gym.
- Equipment that is used by a cohort will be placed in a container and sanitized before it is used again.

## Art

Students will have their own personal materials. If the art instructional space is a shared classroom, it must be cleaned and disinfected between each cohort of students.

## Labs

Schools will follow COVID-19 health protocols to determine how to deliver lab-based learning as safely as possible. In some cases, students will participate directly in the learning experience. In other situations, teachers may need to demonstrate the learning experience.

## Languages

Students in Grades 4–9 participating in in-person learning will continue to receive instruction in a second language program. Schools will provide 150 minutes of instruction per week. These minutes may only be reduced to allow for learning intervention supports for students where appropriate. Schools will work with families when making these programming decisions.

## Curriculum resources to support continuity of learning

We are co-ordinating in-person and online teaching to make sure students across the Division learn key themes or units of the curriculum at the same time during the school year. This will ensure that students who shift between in-person and online learning groups in 2020–2021 can do so without disrupting the continuity of their learning. It will also help keep students on track if they need to miss school due to illness or to self-isolate.

We have also developed resources to help families support their child’s learning.

## Alternative programs

Edmonton Public Schools respects the choice of families—both when they registered for school last spring and now, as they navigate a return to school during COVID-19. With this in mind, it is important to recognize the following:

- Students registered in a Division alternative program who are participating in in-person instruction will continue to receive instruction related to the alternative program.
- Students registered in a Division alternative program who are participating in online instruction will receive instruction that covers all required areas of the provincial curriculum. The Division will explore meaningful ways to deliver alternative programming to online students, but we cannot guarantee that all alternative programming options will be available online. Families with children registered in an alternative program will continue to receive information from their school about the program. Online students will also be welcome to participate in any special events related to the alternative program.



## Assessment

Teachers will assess students throughout the school year, for both in-person and online learning. Student progress will be reported to parents at four key times throughout the year. At the end of each learning quarter, families will receive the following information about their child’s learning growth and progress:

- Kindergarten to Grade 9:
  - November 2020: an interim report summarizing growth and progress
  - February 2021: a mid-year progress report indicating achievement across all subject areas
  - April 2021: an interim report summarizing continued growth and progress
  - June 2021: a final progress report indicating year end achievement for all subjects
- Grades 10 to 12:
  - Students will receive a report summarizing achievement and providing a final course grade at the end of each instructional quarter: November 2020, February 2021, April 2021, June 2021

At this time, all parent-teacher conferences will be arranged online.

The Division will be revising the assessment plan template to reflect the quarterly schedule. More information around progress reports and specific dates for reporting and learning conferences will be coming soon.

## Provincial exams across the scenarios

Exam	Scenario 1	Scenario 2	Scenario 3
<b>Provincial Student Learning Assessments Grade 3</b>	Optional for individual schools	Optional for individual schools	Cancelled
<b>Grades 6 and 9 Provincial Achievement tests</b>	English Language Arts, French Language Arts and Mathematics	English Language Arts, French Language Arts and Mathematics	Province will determine
<b>Grade 12 Diploma exams</b>	Mandatory (30% towards final grade)	Mandatory (30% towards final grade)	Province will determine

## School-based activities

### Field trips

Field trips that require students to ride a bus are currently postponed, in keeping with provincial guidelines. As well, our Division has decided that:

- international field trips are suspended for the 2020–2021 school year because of uncertainty and risks associated with travel during COVID-19
- field trips within Canada are suspended but will be reviewed as chief medical officers of health adjust recommendations about traveling between provinces (learn more about [Alberta's COVID-19 travel restrictions](#))
- overnight trips are suspended, and the opportunity to plan and participate in these trips will be reviewed throughout the year as Alberta's chief medical officer of health adjusts local COVID-19 guidelines
- virtual field trips, in-class/classroom field trips and socially distanced community walking trips that follow COVID-19 health and safety protocols are permitted

### Assemblies and special events

Gatherings that bring multiple cohorts of students together are not permitted at this time. This includes such things as performances, book fairs, guest speakers, school dances, in-person meet-the-teacher events and group fundraisers like bike-a-thons.

Virtual assemblies may be held within the school community.

This year's READ IN Week event will be limited to school staff reading with students and virtual guest readers.

### Extracurricular activities (including athletics)

Schools will evaluate whether they can offer extracurricular activities that follow COVID-19 protocols, and let families know which activities are available. Students will be able to participate in those activities regardless of whether they choose in-person or online learning.

### Graduations

At this time, the Division has not made a decision about traditional graduation ceremonies for the class of 2021. Schools may begin to plan celebrations for the class of 2021. These plans **must** include a COVID-19 contingency plan.

## School council meetings

School council meetings for the 2020–2021 school year may go ahead. These meetings must follow Alberta Health restrictions for social gatherings as well as the safety protocols and expectations outlined in both the provincial [School Re-entry Plan](#) and the [COVID-19 Division Re-entry Strategy](#).

Schools will support their school council members to determine if they will hold in-person meetings or online virtual meetings.

Any in-person meeting must adhere to COVID-19 health and safety protocols.

Riverdale School will continue to hold virtual school council meetings. The first virtual school council meeting will be held on Tuesday, August 26th starting at 6:00pm. A link will be shared through SchoolZone.

## Supporting mental health and well-being

COVID-19 is causing a lot of uncertainty for families and our communities. To support students and families, our Division is working on a set of mental health resources that families and caregivers can use. These will be released in the coming weeks.

Parents or guardians who are concerned for their child's well-being can reach out to these community resources:

- Mental Health Helpline: 1-877-303-2642
  - This toll-free helpline provides confidential and anonymous services, crisis intervention, information about mental-health services and referrals to other agencies.
- Kids Help Phone: 1-800-668-6868
  - [kidshelpphone.ca](http://kidshelpphone.ca)
  - Text CONNECT to 686868
- Health Link: 811
- Alberta Health Services
  - [Help in Tough Times](#)
  - [Healthy Together](#)
- The federal First Nations and Inuit Hope for Wellness Help Line, at 1-855-242-3310, is available 24 hours a day, seven days a week; online chat at [Hope for Wellness](#).

