

September 14, 2021

COVID-19 Update ! Remember to stay home when sick - Anyone entering a school will need to screen for symptoms using the [Alberta Daily Checklist](#) and follow the requirements for isolation that are in that document. Students and staff who show signs of illness while at school will be sent home. Students becoming symptomatic at school will be asked to mask and wait in our infirmary area to be picked up by parent or guardian. Use the SafeArrival app or phone the school to report your child's absence.

Extra Curriculars are BACK! Please sign up on the gym white board and pay fees via SchoolCash:

- Grade 4 through 6 boys triple volleyball - Tuesdays with Coach Kevin, 3:30-5pm
- Grade 4 through 6 girls triple volleyball - Friday with Coach Mah 3:30-5pm
- Grade 7 & 8 boys volleyball - Tues & Thurs with Coach Kevin, 3:30-5:30pm
- Grade 7 & 8 girls volleyball - Mon & Wed with Coach Mah, 3:30-5pm
- Volleyball fee is \$15; all fees should be paid through [SchoolCash Online!](#)

- Grade 5 through 8 mountain biking with Coach Shulko and Coach Shulko! Mountain Biking meet will take place in the last week of September! Any grade 4 student interested in practicing must bring an adult to ride with them.
- Mountain Biking practices Sep 7 and Sep 20 at Churchill Park, with district competition on Sep 23 in Cold Lake! Contact erin.shulko@nlsd.ab.ca for more information.
- Mountain Biking fee is \$10; all fees should be paid through [SchoolCash Online!](#)

- Grade 5 through 8 Cross-country Running - practices will be at lunch time with Coach Mogrhabi and Coach Mah. Contact wayne.mah@nlsd.ab.ca for more details!

Nutrition Program We are an [APPLE School](#) so nutrition is a top priority! The Breakfast Program will be up and running with fruit, cereal, yogurt, muffins, and other offerings available free of charge each morning from 8:20am-8:40am in the cafeteria. This year, for lunch, we have affordable, healthy, hot meals provided that align with Vera's Nutrition programming [MENU](#). Pre-purchase of meals through [School Cash](#) is

required, as there will be no cash sales. In order for our chef to order enough supplies, parents will typically need to purchase meals a week in advance. There will be no beverage purchases at this time, so please send your child with a refillable water bottle and snacks for morning snack break. The [Kids are Worth It](#) program will continue to support hungry students throughout the year!

Parent Volunteers Needed! Our future dates for BINGO worker days in 2021 are: **Oct 9, Nov 25, and Dec 19!** Enjoy a free meal while watching the BINGO action and helping out the students of our school! The shift runs from 5pm to about 9pm and we require three people to work the shift. Free food and wonderful people make for a great Sunday night out. Please call or text our amazing and hard-working BINGO Fundraising parent volunteer coordinator Joyce Cloutier at (780) 623-8203 if you are able to volunteer. Our next PAC Meeting is Wednesday September 22 at 6:30pm via [Google Meet](#) !

Picture Day! Our picture day with Lifetouch is scheduled for October 19 ! Stay tuned for details! If you missed our startup newsletter, you can download it [here!](#)