

# TROJAN TRIBUNE

The purpose of Delburne Centralized School is to facilitate each student's success.

## What's Happening at Delburne School ...

April 10 – Good Friday (no classes for students)

April 13 – Easter Monday (no classes for students)

Apr. 14-17 – Spring Break (no classes for students)

May 1 – Collaborative Day (no classes for students)

School Phone: 403-749-3838

School Fax: 403-749-3012

Website: [www.delburneschool.ca](http://www.delburneschool.ca)

School Begins at 8:40am, ends 3:05pm

Lunch from 12:00am-12:40pm



## Send us Your Photos...

We are asking students to send in photos of their activities while participating in at-home classes. Show us experiments, reading your latest book, cooking or other school related activities. They may be used on our website or in the 2019-2020 yearbook. Please email photos to [khouston@cesd73.ca](mailto:khouston@cesd73.ca).

## DCS Misses Their Students...



## Principal's Message

As we move towards Easter and Spring Break, a time where families traditionally gather for meals, things are certainly going to be different. I do hope that you have a further chance to connect and catch up. This time of year is busy for many families in our community and we completely understand that having students home instead of at school makes for a very different situation.

Our online PAC meeting last week made it clear that families have been forced to make some major adjustments. Our greatest

wish for you is that you stay healthy and safe.

If you require anything, please don't hesitate to contact me via email [thutchings@cesd73.ca](mailto:thutchings@cesd73.ca) or give me a call at the school.

Sincerely,  
**Ted Hutchings,**  
Principal

## Strong Leadership in a Time of Upheaval

### A Message from the Superintendent

Our current situation has made it abundantly clear that the leaders we have in our Chinook's Edge schools are unparalleled in

their compassion, skill and devotion to students. Our school and division leaders have guided teachers and staff to an entirely online learning platform in a matter of days. This means our goal, that learning continues to move forward for all students, can be met.

We are so proud of our teachers and support staff who are committed to making this work. Our teachers are aware of which outcomes are reasonable and essential – in other words, which strand of learning is the most essential to set our students up for success as they proceed into next year.

This time of social distancing can be trying for all of us, but for our very young students in Pre-Kindergarten and our students with complex needs, it may also be confusing. Thanks to the compassion and skill of one of our staff, we are able to share a pictogram that helps explain COVID-19 in its simplest terms. This resource accompanies information that has been developed for children and teens, and we will continue to provide information on our division's COVID-19 webpage as we move forward.

I would personally like to thank our parents and our school staff as we work together towards a common goal of student success.

**Kurt Sacher,**  
Superintendent of Schools

## Trustees at Work for Students

As a Board of Trustees, we wanted to share how incredibly amazed we are with the way our learning staff have moved so quickly to ensure they are ready to meet the changing needs of students. Please read more in the [Anril Board eNews](#).

## Important Contacts for Students and Parents



**Teresa Ainscough, BSc HEC**  
Family School Wellness Program

2116 - 18th Street  
Delburne, AB T0M 0V0  
Kids Help Phone: 1-800-668-6868  
www.cesd73.ca

Phone: 403-749-3838  
Cell: 403-506-4853  
tainscough@cesd73.ca

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**Kids Help Phone** 

Free professional counselling  
Available online or by phone  
Anonymous and confidential  
Download our free chat app today

[KidsHelpPhone.ca](http://KidsHelpPhone.ca) **1-800-668-6868**

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**CASASC**  
CENTRAL ALBERTA  
SEXUAL ASSAULT SUPPORT CENTRE

24 Hour Sexual Assault Crisis Line

**Call or Text 1-866-956-1099**  
**Text 403-986-HELP (4357)**  
**Webchat [www.casasc.ca](http://www.casasc.ca)**

## Cumberland Scholarship

Cumberland Community is offering a \$1,000.00 scholarship to a 18-20 year old student, for attendance to an Alberta secondary institution. Applications should be submitted by May 31<sup>st</sup> in order to be considered for the 2020-2021 school year. The scholarship will be awarded in September upon proof of registration. Please obtain an application form from Delburne School or e-mail us at [Cumberland-Club@hotmail.com](mailto:Cumberland-Club@hotmail.com).



## Don't Forget to Brush... Tips from My Dentist!

Make sure students are brushing at least twice a day if not more and hopefully flossing several times a week (daily is ideal).

While everyone is sitting at home we tend to eat more often and not usually foods that are the best for us, which allows that food to sit on the teeth and start forming cavities. Try to eat healthy snacks and brush more often or at least rinse with water after snacks. This can help minimize plaque build-up and cavity formation.

Manual tooth brushes work fine, as long as they are used properly. Brush thoroughly with small circles making sure to get all areas. If you have, or can get an electric toothbrush, those work great too.

Ms. Robin would like to thank **Dr. Chad Aitken, DMD of Vista Dental Care**, Red Deer for the dental tips at this unusually long time spent at home!

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## **TROJAN** **TRIBUNE**

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Published the second Wednesday of each month. Please have entries to Robin by 4:00pm the Thursday before publishing date.

**Robin Ritchie**  
[rritchie@cesd73.ca](mailto:rritchie@cesd73.ca)

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COVID-19 INFORMATION

# SELF-ISOLATED DOESN'T MEAN ALONE



Call 911 if in  
immediate danger



Family Violence  
Info Line



Online  
supports

[alberta.ca/covid19](https://alberta.ca/covid19)

Alberta

For latest updates on **services, supports, or resources:**

- Follow us on twitter: [@AlbertaCSS](https://twitter.com/AlbertaCSS)
- **Family Violence Info Line**
  - Call **310-1818** | 24/7 | 170+ languages
  - Chat online [alberta.ca/SafetyChat](https://alberta.ca/SafetyChat) | 8 a.m. - 8 p.m. daily | English
- Information on the Government of Alberta's response to COVID-19:
  - [alberta.ca/COVID19](https://alberta.ca/COVID19)



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## Coronavirus (COVID-19) Update

April 8, 2020



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On behalf of the Board of Trustees, our leadership team, and our staff from across Chinook's Edge, I would like to sincerely thank you for your patience as we transition to a new learning environment for our 11000 students.

Over the past few weeks our teachers have done their very best to support your child. They are working hard to help your child achieve the essential learning outcomes in their program without overwhelming them. Students will need this foundation as they move into the next school year. Our teachers have also been particularly sensitive to the unsettled environments that many of their students are living in.

To help us gain a clear sense of how we are doing as a school division and to make improvements, we would like input from parents across Chinook's Edge. Please click on the [Parent Survey](#) when you are ready to provide your feedback. Students in grades 7-12 will also be surveyed.

Spring break for our jurisdiction begins this Friday, April 10th and it ends on Sunday, April 19th. This will allow our students, our parents and our staff to recharge and spend time with their families. There are no expectations to continue the learning at home during this time.

That said, if you have young children looking for something to do over the break we would recommend the [SIS4Teachers YouTube Channel](#) and the [SIS4Teachers Facebook page](#) which provide engaging math activities and games. For students of any age, there are free audio books available from [Amazon Audible](#) until June 30th.

If at any time you or your child need support from a wellness perspective there is help available. If you would like to contact your school's Family School Wellness Worker over the break, please visit your school website and message them directly. If you or your child are experiencing distress, please contact the Kids Help Phone at 1-800-668-6868 or text CONNECT (686868). This [link](#) also provides resources that you may find helpful.

When we return from Spring break, on Monday, April 20th, we will continue to support your child with their school work. At that time, please help us at home by encouraging them to fully engage in their learning whenever possible.

Thanks for supporting our teachers and our school division as we do our best to support you and your family in a new learning environment.

During these unprecedented times, I sincerely hope that you are able to stay safe and healthy, and that you find strength among your family and friends.

Kurt Sacher  
Superintendent of Schools



# SO YOU'VE GOT QUESTIONS ABOUT **Coronavirus**



## **What is Coronavirus?**

Coronavirus or COVID-19 is a virus that affects the respiratory system (lungs, nose, mouth, throat, bronchi, and all other body parts involved in breathing). It is passed from person to person through droplets from sneezes, coughs, runny noses, and saliva. So if someone sneezes on their hand and touches a bathroom door handle, and then another person touches that same bathroom door handle and then touch their face, they can become infected with the virus. This is why it is so important to wash our hands and avoid touching our faces!

## **I'm a kid. Doesn't that mean I can't get Coronavirus?**

No. Some people have been saying that kids aren't affected by Coronavirus. Scientists believe that Coronavirus may not make kids as sick as adults. But kids can still become infected with the virus.



## **Why are we staying home from school?**

All of the adults at school want you and your family to be safe and healthy. Scientists are recommending that we stay home and avoid being in crowds or large gatherings (like a classroom full of friends!). We are staying home from school to slow the virus from spreading.

## **What should I do to stay safe?**

1. Wash your hands often and before you eat. Wash them for at least 20 seconds and make sure you get the space in between your fingers and the backs of your hands clean!
2. Try to avoid touching your nose, mouth, eyes, and whole face with unwashed hands.
3. Practice healthy habits! Eat healthy foods, drink lots of water, get some exercise, and get plenty of sleep.
4. If you need to sneeze or cough, sneeze into a tissue or the inside of your elbow.
5. Follow directions from the trusted adults in your life. They want to take care of you!





# WHAT CAN I DO IF I'M FEELING **worried?**

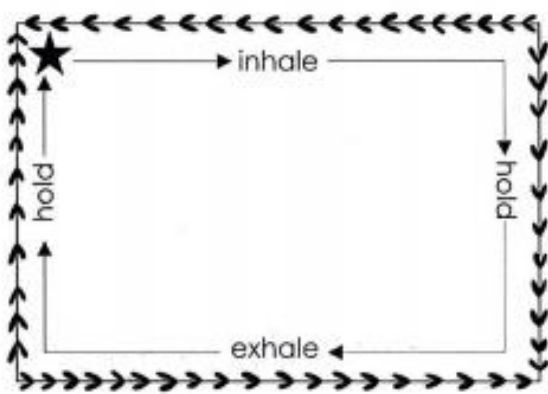


## Circle of Support

1. Talk about how you are feeling with the people you trust at home.
2. If you have questions, ask the people you trust to help you understand.
3. Keep in touch with friends, even if you're not seeing them at school every day.
4. Video chat or call loved ones who don't live near you.

## Breathe it Out

If your body is feeling restless or keyed up, take some time to sit and slow your breathing. Try these easy exercises by tracing your finger over the lines and breathing along with them. Repeat at least 5 times!



## Set Small, Daily Goals

Keep your focus on real things you can do! Set small, daily goals for yourself and keep track of your goals. Set a goal about how much you will read each day, how long you'll practice your free throws each day, how many nice things you'll say to family members each day, or something else that's important to you!

## Look for the Fun

Shift your focus away from the worries and do something fun!

1. Play a board game with your family.
2. Have a dance party.
3. Paint, draw, write, or create!



## Let the Worries Go

Having trouble letting go of the worries? Try these strategies:

1. Set a 3-minute timer. During those 3 minutes, think about the worries all you want. When the timer goes off, worry time is over! Get up, move to a new space, and think of something else!
2. Write your worries on a piece of paper. Tear or wad it up and toss it in the trash can.

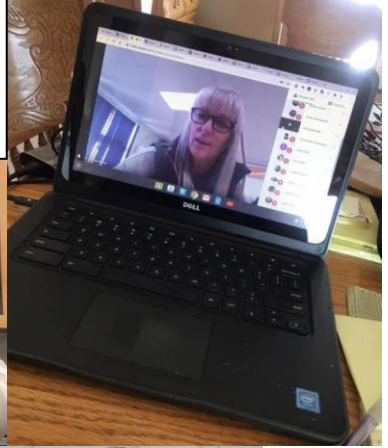
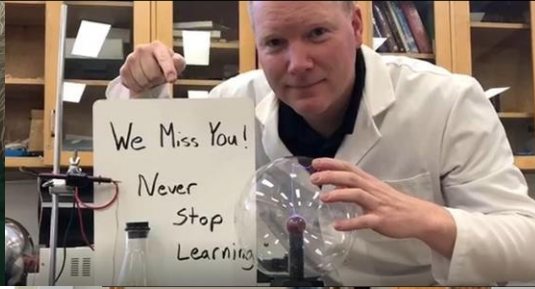


**Remember, it's okay to have worries. Talk to someone you trust about how you are feeling!**





It's a Whole New World...







April 7,  
2020