



# WE ARE CENTRAL CYCLONE SCOPE

[October 19th - 23rd, 2020](#)

## **MESSAGE FROM PRINCIPAL DeMALE:**

Our middle school students have not had access to their lockers to start the school year. This has been part of Red Deer Public's efforts to conform to physical distancing requirements from Alberta Health Services. Our hope had been that distancing regulations might change over time, however, we are seeing that they may be in place for the foreseeable future. As such, we will move forward with a trial of reintroducing lockers for Central Middle School students. We will only be distributing lockers to students whose parents fill in the locker request form from the following link. It's important that if your child does not require a locker for winter wear, please do not request one (please check with your child)

### [Locker Request Form](#)

- Students will only be able to access their locker first thing in the morning, before and after outside activity time, and at the end of the day.
- Lockers should only be used for winter wear including jackets and boots, and materials that they don't need to access during the day. As such, students will continue to require a backpack to transport their school supplies between classes.
- Students will not be able to "hang out" at their locker, and use it as a gathering place with other students.
- Students will not be able to access or keep things in anyone else's locker, you can only use your assigned locker. Homeroom teachers will assign a locker close to their homeroom classroom.
- Students are required to use physical distancing when accessing their locker. If two students' lockers are beside each other then one student is required to wait until the other student is done before accessing their locker.
- As we are using a "drop and go" system for locker, nobody should be at their locker for more than 1 minute.
- Students are required to supply their own lock. **Important. Please take the time to practice with your child how to use the combination lock before they bring it to school.**
- If a student is not abiding by the above rules, they will risk having their locker privileges removed.

We are pleased that students will be able to use lockers again. We hope that students can do their part to maintain distancing requirements and prevent congregating so that we can continue to use them for the remainder of the year.

Darrin DeMale

Principal



This week, October 19 to 23, will be our annual Multicultural Week at Central. While it will be a little different than the last couple years we are still happy that we get to celebrate the diverse cultures represented at CMS. We will spend some time looking at fables from different cultures and talking about what makes our school unique. On Friday, October 23 we will wear red and white to show we are all Canadian and students are encouraged to wear their **We Are Central** t-shirts.

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### SCHOOL PHOTOS:

Please click on this [LINK](#) to place your order. Contact your student's homeroom teacher if you are missing their order code!

**Photo retakes will be held on Wednesday, October 28th.**



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### REMINDER TO PARENTS:

THE DOORS TO THE SCHOOL ARE LOCKED DURING THE DAY. PLEASE CALL 403-346-4397 IF YOUR STUDENT WILL BE ARRIVING TO SCHOOL LATE SO WE CAN LET THEM IN.

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### WE SCARE HUNGER

**WE  
SCARE  
HUNGER**

CMS is starting the **We Scare Hunger** campaign next week. We are looking for non-perishable food items for the many CMS families who are in need of a little extra help. If you're able, please donate! There will be bins placed inside each doorway for you to drop off your food items as you enter the school. Bring in as many items that you can! The doorway with the most items will win a treat. \*Please remember to check expiration dates\*



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**Do you have an hour in the morning to volunteer to make toast for our Breakfast Program?**

**Volunteers work in a physically-distanced setting, wear PPE, and are trained in sanitization procedures. If this is something you might be interested in, please click the link for our [VOLUNTEER PACKAGE](#). If you are already screened to volunteer, please click the [VOLUNTEER SIGNUP SHEET](#) to put your name on our schedule! THANK YOU!!!**

## ATTENDANCE:

IF YOUR STUDENT WILL BE LATE OR ABSENT, PLEASE CONTACT THE OFFICE. CLICK THIS [LINK](#) FOR THE ATTENDANCE PHONE LINE AND EMAIL ADDRESS.



### STUDENTS - DID YOU KNOW...

You can access your assignments on Google Classroom from any device, anywhere, anytime?

Take a moment to log in and show your parents/guardians what you're working on in class!

- REMINDER TO PARENTS TO CLICK THIS LINK TO YOUR [PARENT POWERSCHOOL ACCOUNT](#) AND LOGIN TO SEE UPDATES ON YOUR STUDENT'S ASSIGNMENTS AND ASSESSMENTS.
- **P/T INTERVIEWS WILL TAKE PLACE AT THE CONCLUSION OF THE FIRST TRIMESTER. WATCH FOR MORE INFO AT THE BEGINNING OF DECEMBER!**



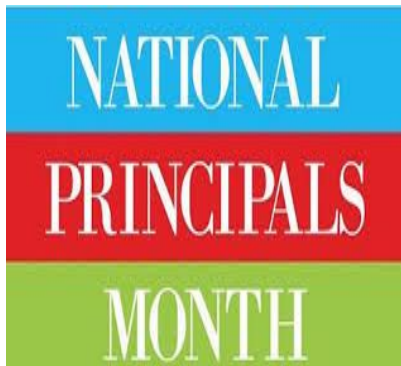
### HEALTHY HUNGER HOT LUNCH IS BACK!

Please click on the link to create your parent account and place your order:

<https://healthyhunger.ca/>

- **The Pizza Boxx - Monday, October 26th (order deadline: October 21st)**
- **Original Joe's - Monday, November 23rd (order deadline: November 18th)**
- **Taco Time - Monday, December 14th (order deadline: December 9th)**
- **Opa! - Monday, January 18th (order deadline: January 13th)**
- **Memphis Blues BBQ - Monday, February 22 (order deadline: Feb 17th)**
- **Chopped Leaf - Monday, March 22nd (order deadline: March 17th)**
- **Quiznos - Monday, April 19th (order deadline: April 14th)**
- **The Pizza Boxx - Monday, May 17th (order deadline: May 12th)**





Did you know...  
October is National Principal's month?!  
We happen to think we have three of the best and would like to recognize them for all they do!  
Madame Ruest - Grade 6 V.P.  
Mr. DeMale - Principal  
Mr. Good - Grade 7 V.P.



**October 5th was World Teacher's Day!**  
**But...our amazing teachers deserve to be celebrated every day!**  
**Thank you to all of our teachers for your dedication and compassion - we appreciate you!**

**October 2nd was National Custodial Worker's Appreciation Day. Bruce, Jacob, Tanya, and Veronica work so hard to keep our school safe and clean for our students and staff.  
WELL DONE - THANKS SO MUCH!**



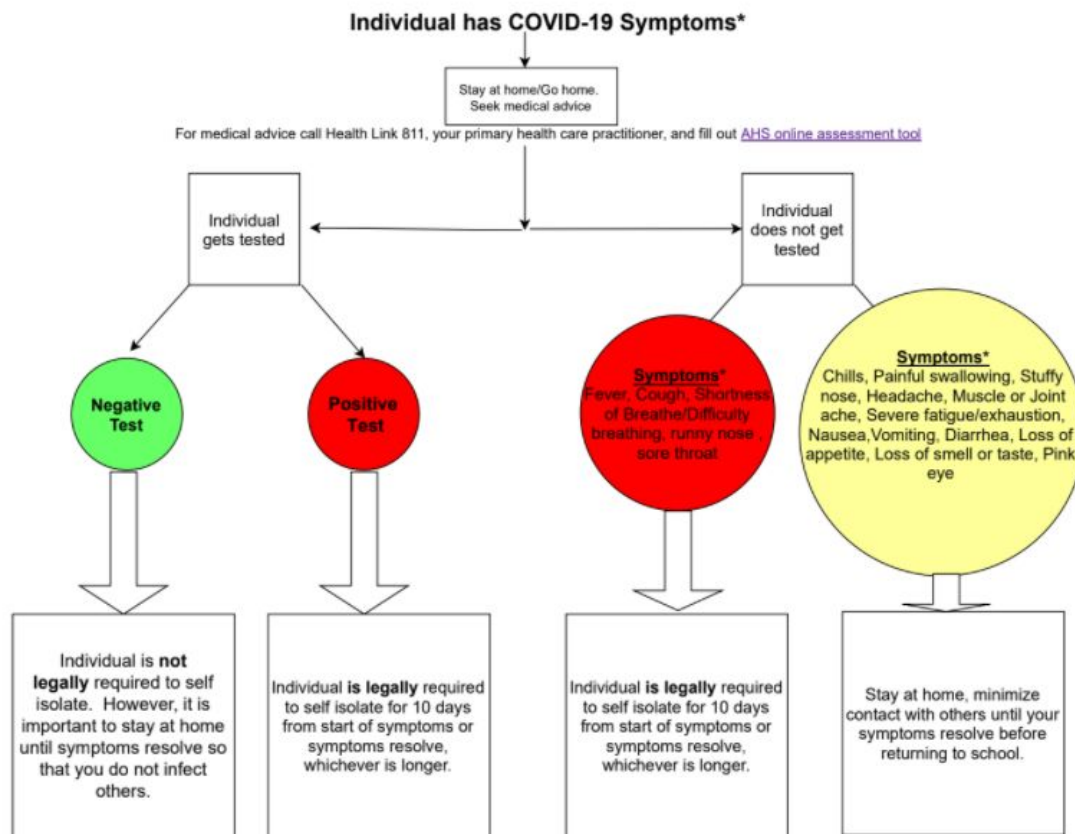
## DAILY SCREENING CHECKLIST:

Please remember to complete the updated [COVID-19 Alberta Health Daily Checklist](#) with your student before they leave for school each morning.

[CLICK THIS LINK TO ACCESS THE AHS ONLINE ASSESSMENT TOOL](#)

## STUDENT ILLNESS PROTOCOL:

### Illness Response For Individuals With No Known Exposure To The COVID-19 Virus



\*Note: If these are symptoms of a pre-existing condition and a person has tested negative to exclude these as COVID-19, then these rules do not need to be applied

Source: GOA Student Illness Sept. 3/20



[Addiction and Mental Health News](#) - Help for Back to School Stress, September 2020

[McMan Family Resource Network](#) - Services are available for all Albertans with children age 0-18. Click [HERE](#) for the Referral Form and [HERE](#) for more information.

[Tips to Help Your Child Be Comfortable and Confident Wearing a Mask](#)

The Dome is excited to be launching our PD Day Drop-in sessions for both Red Deer Public and Catholic School Districts!

Session Description: These sessions can be classified as structured multi-sport fun! Our in house staff and coaches will provide a low consequence, fun, educational, and encouraging environment for all who participate. Every session will have structured games and free play built in. Pack a lunch or pre sign up for a delicious lunch from our in house Chef. If you are looking for a safe, fun, and cost effective program for your child on his/her day off from school while you are at work, look no further and sign up today!



- 3 hour sessions: 8:30-11:30 (morning) 11:30-12:30 (lunch) 12:30-3:30 (afternoon)
- Structured Rec Games and Sport Specific Games
- Age separated groups (will be separated in person)

Dates: Nov 6 - Dec 10, 11 - Jan 15 - Feb 12, 18, 19 - Mar 18, 19 - Apr 23 - May 21 - Jun 11

Single Session (\$25):

<https://TheDomeRedDeer.ezfacility.com/Cart/ShoppingItemsDirect?type=package&id=224208>

\* Lunch Package:

<https://TheDomeRedDeer.ezfacility.com/Cart/ShoppingItemsDirect?type=package&id=224364>

Six Session Package (\$135 - 10% Discount):

<https://TheDomeRedDeer.ezfacility.com/Cart/ShoppingItemsDirect?type=package&id=224209>

\* Lunch Package:

<https://TheDomeRedDeer.ezfacility.com/Cart/ShoppingItemsDirect?type=package&id=224367>

Twelve Session Package (\$240 - 20% Discount):

<https://TheDomeRedDeer.ezfacility.com/Cart/ShoppingItemsDirect?type=package&id=224210>

\* Lunch Package:

<https://TheDomeRedDeer.ezfacility.com/Cart/ShoppingItemsDirect?type=package&id=224368>

## Counselling Corner and Resource Information

### Community Connections

#### **Big Brothers Big Sisters:**

Big Brothers Big Sisters is still providing mentorship opportunities, though it looks a little different! They are offering opportunities for virtual mentorship. "With virtual mentoring their mentee will need to have access to a device and be able to spend 30 minutes to an hour a week at a scheduled time to engage with their mentor.

With the support and help with the Program Coordinator, this program allows the mentor to help their Little (mentee) in many ways like homework, social interactions, learning a new skill, and the list goes on."

#### **Move Your Mood**

Virtual 4 week program focused on mindfulness, moving and fueling your body, as well as building healthy relationships! Open to all youth aged 9 and up! The program runs in the month of November, the deadline for sign up is Oct.28! To register visit [www.sparcreddeer.ca](http://www.sparcreddeer.ca) and click on Move Your Mood!

#### **Rise Up! Teen Anxiety Group-Vantage Community Services**

Runs from 4:45pm-6:45pm on Thursdays, starting Nov.05 on Zoom! For youth aged 13-17

Topics will include the ways anxiety can impact our lives, mindful strategies for coping when feeling overwhelmed, and skills to practice stopping anxiety before it starts. Our groups are facilitated by experienced psychologists.

Register today by clicking visiting: [www.vantagecommunityservices.ca](http://www.vantagecommunityservices.ca) Call 403-340-8995 if you have any further questions.

**CONNECT with the Community Liaison Worker, Kersten Johnson Monday-Friday, 8am-4pm**

**Call or Text: (403)350-4577**

**E-mail: [Kersten.Johnson@rdpsd.ab.ca](mailto:Kersten.Johnson@rdpsd.ab.ca)**

**If your family requires assistance to be connected to community resources, family/student support, or referrals to other services, you can call, text, or e-mail Kersten Johnson Monday-Friday from 8am-4pm.**

**CONNECT with the School Counsellor, Karen Sveinson, Monday-Wednesday and some Thursdays,**

**8:30am-3pm**

**Call: (403) 342-3777**

**E-mail: [karen.sveinson@rdpsd.ab.ca](mailto:karen.sveinson@rdpsd.ab.ca)**