

Treasures

FAMILY NEWSLETTER

December 2021

Join Our Team!

We are looking for Lunchroom Aides and Bus Drivers



Lunchroom Aides

Do you want to work 3 hours a day, Monday to Friday - school days only?

We are looking for part-time Lunchroom Aides at our Janice McTighe (2050 – 21 Street NE) and Thomas W Buchanan (75 Sunpark Drive SE) Centres.

- Monday to Fridays on school days only
- 3 hours per day between the hours of 10:00am-2:00pm

Bus Driver

Are you retired or a stay-at-home parent?

Would you like to drive a 10 – 14 passenger school bus?

We are looking for a part-time permanent School Bus Driver in our Transportation Department to start immediately for the 2021/22 school year.

- Monday to Fridays on school days only
- Approximately 5 hours per day driving routes in the south-east areas of Calgary as assigned

To find out more, visit

[Careers](#)
on our website.

Important Dates

- Dec 16** Last Day of Classes *for all children*
Winter Celebrations
- Dec 17** Non-Instructional Day
No Classes, No SSP Sessions
- Jan 3** Classes Resume *for all children*



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Executive Message

News from the Executive Team



Janice McTighe
Executive Director



Kim LaCourse
Associate Executive Director



Nicki Wilson
Associate Executive Director



Terry Kirkham
Chief Financial Officer

Wishing you and your Family a Safe and Healthy Holiday Season

As the holidays approach we once again are faced with 'a different type' of holiday season. We realize for many of our families the pressures of the holidays can be challenging, and we continue to have the added stress that COVID-19 and the variants that impact the safety of our children and family members. Over the last four months we have had only a few cases of COVID within our schools – the safety of your children and our staff is our utmost priority. We are grateful that you continue to entrust your children with us, and we appreciate your support when/if you receive a call to say that your child is not well, and they need to be picked up immediately. Our protocols are in place and following them has helped keep children and staff safe.

As winter break approaches, we ask that you adhere to the regulations put in place to ensure we all return to school free of symptoms and in good health. Over the break take time to enjoy activities with your family, read stories and play outside. Keep your family celebrations in line with the restrictions and together we will do our part to make it through. We want you to know we feel very fortunate to spend time with your children as well as supporting your family. We are also proud to have dedicated Renfrew teams, and generous parent volunteers, Board Members, and committee members, who share their talents by supporting our Parent Advisory Councils, and fundraisers.

Our holidays are a time to celebrate with our family – share laughs and make memories – we wish all of you a safe and festive holiday from our Renfrew family to your family.

Donations – United Way

We would like to take this opportunity to express our sincere thanks to families who were able to direct their United Way donations to Renfrew Educational Services. We know that many Calgary businesses matched their employees' donations, which increase the amount we receive. Also, many businesses acknowledge the volunteer efforts of their employees, and donate on behalf of the employees' volunteer hours at their children's schools. We truly appreciate the continuous support of parents.

We also acknowledge the great support that United Way provides many organizations by having Renfrew staff participate in a few fundraising activities which generated a donation of just under \$800.00 to support the campaign.

Registration for the 2022-2023 School Year

Our registration process for our families will begin within the next few weeks. You will be contacted by the Manager of your child's site regarding online access to the registration package. Currently, we are offering internal registration for returning families before we open the registration to the public. If you have any questions or require support to complete you online registration, please contact the Manager of your site.

Word of mouth is often the best referral method however in today's day and age technology plays a large role and so we are asking you to tell your friends and families sourcing out specialized programs how happy you are with Renfrew. Please take a few minutes to complete a Google review by following this link, [Google Review](#) (Or right click and select "copy hyperlink" and paste it into your browser's address bar.)

Thank You

Again, parents, please accept our heartfelt thanks for your continued support and for entrusting your children to our care. Our doors are always open, and we are available to meet with parents at any time. Please feel free to contact us:

Janice McTighe
Executive Director

T 403.219.5388 F 403.291.2499
janicemctighe@renfreweducation.org

Kim LaCourse
Associate Executive Director

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Nicki Wilson

Associate Executive Director

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Terry Kirkham

Chief Financial Officer

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terrykirkham@renfreweducation.org

Warmest Regards,

*Janice, Kim,
Nicki & Terry*

Family Support



What is Family Support?

Renfrew's Family Support Program is dedicated to the wellbeing of the families and children we serve. Our program offers a variety of family-centred services to facilitate connections and to support families in the home, neighbourhood and community. Every Renfrew school location has a Family Support Worker.



Holiday Helping Project 2021 - THANK YOU!

Family Support would like to thank everyone for their generous contributions to the Holiday Helping Project this year! Your donations will be used to purchase gift cards for Renfrew families to brighten up their holiday season.

Community Education Service (CES)

Community Education Service (CES) is a program of Alberta Health Services (AHS). CES offers upwards of 100 free online presentations each year. Speakers deliver timely, credible information and best-practice strategies to support the development and mental health of children or youth in your life. For more information, visit <http://community.hmhc.ca/sessions/?p=webex>.

Upcoming presentations include topics such as:

- Managing the Holidays through Mindfulness: Supporting your Child's Social and Emotional Well-Being
- Burnout and Boundaries during Covid

The Family Support Team

The Family Support team is available if you have questions, need resources, are looking for ways to increase your social connections or if you would just like to talk.

Renfrew Schools



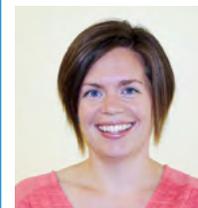
Cory Francis
Family Support Worker
Team Lead

Janice McTighe Centre
403.291.5038 ext. 1351
cfrancis@renfreweducation.org



Jill Randall
Family Support Worker
Intake

Child Development Centre
403.291.5038 ext. 1244
jrandall@renfreweducation.org



Sarah Livingstone
Family Support Worker

Bowness Centre
403.291.5038 ext. 1811
slivingstone@renfreweducation.org



Jaye Harry
Family Support Worker

Thomas W. Buchanan Centre
403.291.5038 ext. 1606
jharry@renfreweducation.org

First Nations



Jill Randall
Family Support Worker

Bighorn
403.721.2262
jrandall@renfreweducation.org

SCHOOL INFORMATION SESSIONS

The following information sessions are offered through Zoom. Family Support can help you if you have questions about setting up or attending a Zoom online meeting. Additional School Information Sessions will be offered in 2022.

Transitioning out of Renfrew's Preschool Program

Are you wondering where your child will go when he or she leaves a Renfrew preschool or Kindergarten program? Do you have questions about the process of transitioning to a new school? You are not alone! Please join us for one of these School Information Sessions. It is helpful to begin preparing for this transition as early as possible. Please note: these sessions will be offered online using Zoom.

December 9, 2021 6:30 pm

Register by December 3, 2021
by emailing Cory Francis at
coryfrancis@renfreweducation.org

Please include your name, your child's name, and
Renfrew location in your email.

January 25, 2022 1:30 pm

Register by January 18, 2022
by emailing Jill Randall at
jrandall@renfreweducation.org

Please include your name, your child's name, and
Renfrew location in your email.

January 14, 2022 9:30 am

Register by January 7, 2022
by emailing Jaye Harry at
jayeharry@renfreweducation.org

Please include your name, your child's name, and
Renfrew location in your email.

February 8, 2022 1:30 pm

Register by February 1, 2022
by emailing Jill Randall at
jrandall@renfreweducation.org

Please include your name, your child's name, and
Renfrew location in your email.

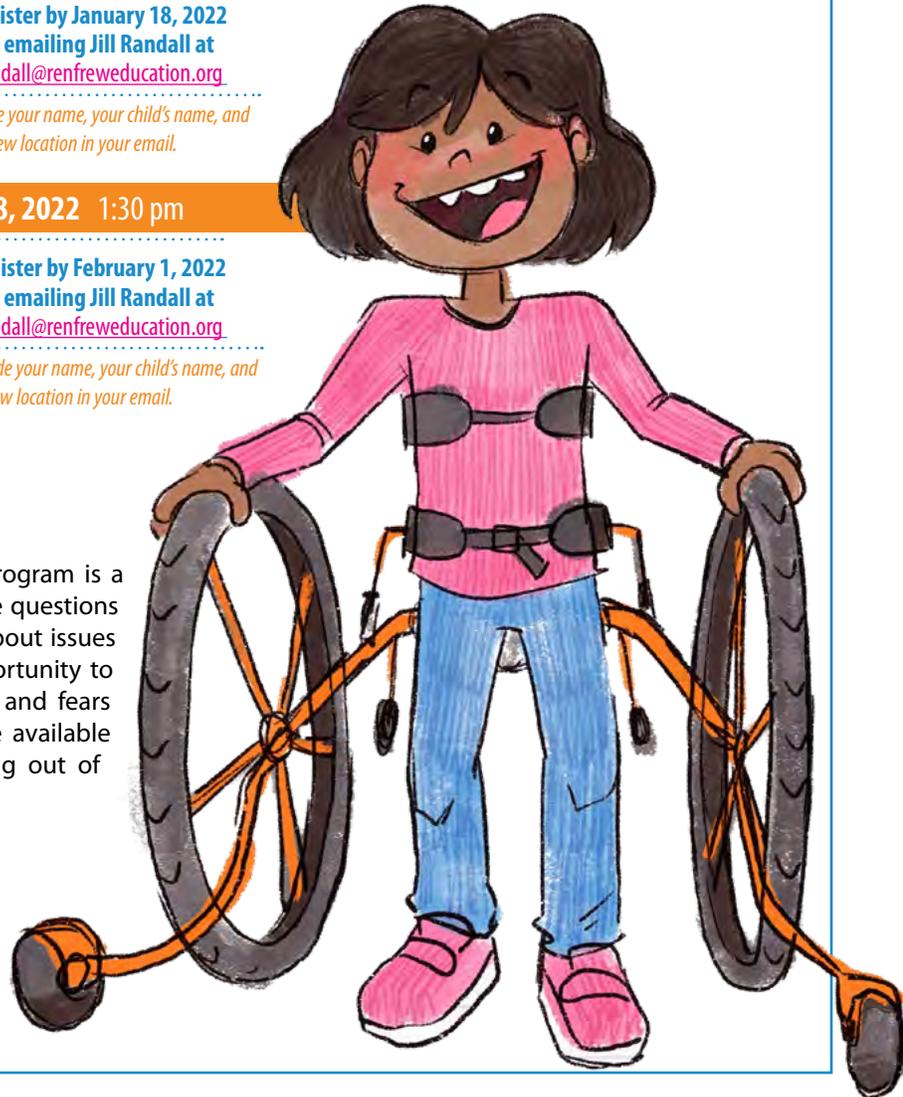
Transitioning out of Renfrew's Elementary Education Program

Transitioning out of Renfrew's Elementary Education Program is a big life event that affects the whole family. Do you have questions about the process of transitioning to a new school or about issues related to junior high school? This will be a great opportunity to meet other parents over Zoom and share your hopes and fears for the coming year. A Family Support Worker will be available to answer questions about the process of transitioning out of Renfrew.

February 22, 2022 6:30 – 8:00 pm

Register by February 15, 2022
by emailing Cory Francis at
coryfrancis@renfreweducation.org

Please include your name, your child's name,
and Renfrew location in your email.



Social Media

Please follow us on all social media platforms and take a moment to write a Google Review so we can share with the community the experiences of our families first-hand. Simply search for Renfrew Educational Services on Google and look for the "Write a review" button. Please share your happiness with our programs for others who are looking.



Facebook

Search: Renfrew Educational Services



Instagram

RenfrewEducationalServices



Twitter

@RESCalgary



LinkedIn

Search: Renfrew Educational Services

COVID-19 Vaccines for 5-11 year olds

Important information for families from Dr. Deena Hinshaw



10025 Jasper Avenue NW
PO Box 1360 Stn Main
Edmonton, Alberta T5J 2N3
Canada
www.health.alberta.ca

November 24, 2021

Dear parents and guardians:

COVID-19 continues to cause pressures on our health care system, and has challenged our work, social and recreational activities, particularly for families with young children. I know that the pandemic has impacted children in many difficult ways, and now that Health Canada has approved the Pfizer-BioNTech (Comirnaty) COVID-19 vaccine made for young children aged 5 to 11 years, you may have questions about this vaccine. I want to share some information as you consider the option of immunization for your children.

In recent months, I have heard from parents who are concerned their young children have not yet been eligible for vaccine protection from COVID-19. I have also heard from parents who are worried about whether the vaccine is safe for their young children. As a parent of young children myself, I know that all of us want to make the best choices to protect our families.

What we know about the vaccines for children

Health Canada approval for younger children was based on a clinical trial involving over 3,000 young children receiving the Pfizer vaccine. This study found that vaccine efficacy (protection level) against symptomatic COVID-19 was 90.7%. This is similar to the level of protection that the vaccines provide for older children and adults. The study also showed that if immunized children did get infected, they experienced milder illness. While some children in the study experienced mild vaccine reactions like a sore arm or fever, there were no safety issues found.

Vaccine safety

Ensuring COVID-19 vaccine safety is critically important. We closely watch for reports of adverse events following immunization (AEFIs) in Alberta, the rest of Canada, and around the world. For a summary of all AEFIs in Alberta to date, you can go to the [COVID-19 statistics on vaccination](#). Adverse events do happen, but they are very rare. Of 6,796,955 doses administered in Alberta to date, across all ages, there have been 2,005 AEFIs, or 0.03%.

Informed decision making

Whether to vaccinate your children is an important choice. I encourage you to base your decision on the available evidence after weighing the benefits and risks.

Although the risk of severe disease, hospitalization and death due to COVID-19 is low for children aged 5 to 11, I hope that you will consider the following benefits of immunization:

- Vaccinating young children will protect other family members, and help prevent hospitalizations by reducing overall community transmission.
- During the fourth wave of the pandemic in Alberta, the rate of COVID-19 cases has been highest among those aged 5 to 11 years compared to other age groups. Vaccine will help protect them from getting sick with COVID-19 and reduce outbreak and personal disruptions that result in kids being home from school and other important activities.

- While serious outcomes from COVID-19 infection in children are rare, throughout the pandemic, to date there have been 78 cases hospitalized and 20 cases admitted to ICU in children age 5 to 11. Preventing infection further reduces the risk of having a serious outcome.
- COVID-19 infection can cause a rare but severe condition in children called MIS-C (multisystem inflammatory syndrome in children). In Alberta, there have been 29 cases of MIS-C linked to COVID-19 infection in children age 5 to 11. Preventing infection can reduce the risk of this outcome.
- There is still a lot we don't know about [post-COVID syndrome](#), in children, but it is possible for children to have symptoms for months after infection, even if they don't have severe outcomes at first. Preventing infection reduces this risk.

There is a very small risk of myocarditis (inflammation of the heart muscle) associated with COVID-19 vaccines that has been seen in older children, particularly teenage males. In Alberta, there have been 23 confirmed cases of myocarditis after COVID-19 vaccination in youths aged 12 to 17 years, which works out to 9 cases per 100,000 vaccinated youths in that age group. We know that the risk of myocarditis after any infection is typically higher in the teenage population than in younger children, so it is possible that this risk after vaccine will be lower in younger children. It is also important to remember that the risk of developing myocarditis is significantly higher following COVID-19 infection than following vaccination.

How to get your child vaccinated

If you choose to get your 5 to 11 year old child vaccinated, they will be able to get their first dose of the [Pfizer-BioNTech \(Comirnaty\) COVID-19 vaccine](#) soon. The timing is based on vaccine arrival, so please check online for the most up to date information. Two doses are needed to be fully protected, and second doses are recommended at least eight weeks after the first dose. We also recommend that if your child is getting other vaccines in addition to COVID-19 this fall, that the spacing is at least fourteen days between the different vaccines. While in other age groups we have seen that taking other vaccines with the COVID vaccine has been safe and effective, this spacing for 5 to 11 year olds is recommended for now as a precaution in our monitoring to watch for any side effects.

When vaccine is available, you will be able to book an appointment by using the [online booking tool](#) or by calling 811. Parent or guardian consent is required for children to get their vaccine, either provided in-person or by signing a consent form, at the vaccine appointment.

Where to find more information

For more information about COVID-19, you can visit: [Alberta Health](#), [Alberta Health Services](#), and the [Government of Canada](#). Information in 13 other languages is also [available](#). Please speak to your child's health care provider if you have any questions about the vaccines.

The pandemic continues to create stress for our children and families so if you need support or information about mental health and well-being, please visit the Alberta Health Services website [Help in Tough Times](#), or you can call Health Link for information and help by dialing 811.

Whatever decision you make about vaccines for your children, I want to thank you for all you have done to keep our families and communities healthy and safe.

Sincerely,



Dr. Deena Hinshaw, BSc, MD, MPH, CCFP, FRCP
Chief Medical Officer of Health



Whatever the weather!

Tips to get kids active outside on cold or wet days

As fall turns to winter, some kids can't wait to venture out into the cold, wind, and snow. They're unfazed by the weather and ready to build snow forts, skate, and explore. Others can be much more reluctant.

It's natural to have different comfort levels when it comes to spending time outside. Some kids need more support than others to brave the cold, but everyone benefits from heading out. When young people are physically active outdoors, they move and play more, sit less, and feel better. Help your kids and family keep active outdoors this winter, whatever the weather! Here's how to make it happen.

Layer up

Make sure your child knows [how to dress for](#)

[the weather](#). As temperatures drop, focus on keeping their head, hands, and feet warm and dry. It's okay to skip the big clothing brands—just try to find gear that fits well and keeps moisture out. Second-hand jackets and toques, mittens or gloves, and boots will do!

Teach your child to dress in layers, so they can add or remove clothing to keep comfortable. Watch for long scarves or drawstrings – they can get in the way of safe play. Younger kids may need some practice getting their gear on and off. Be patient and let them try independently.

Older kids might resist layering up at all. Listen to their concerns, and try to offer flexibility and choice. For example, negotiate

a temperature range for when winter jackets and toques are required, and another when they can wear hoodies and ball caps.

Explore the great outdoors

As much as you can, give your child time, space, and opportunity to be outside. Resist the temptation to direct their activities. Let them be curious, playful, and imaginative.

Each season presents unique opportunities for play and leisure. Whether they're splashing in rain, sliding on ice, or knee-deep in mud, kids can create their own ways to wonder, learn, and move outside. Young people of all ages benefit from spending time in nature in ways that make sense to them.

Follow your child's lead and join in the fun. Together, you can explore and play creatively with the weather! For example:

- On a windy day, fly a kite or make a wind sock
- On a wet day, jump in puddles or make a rain catcher
- On a snowy day, make a snow maze or build a snow sculpture

Shift the status quo

As a family, challenge the notion that outdoor activities are only possible in nice weather. Be intentional about getting out there, and take pride in adapting for all kinds of conditions. These ideas can help:

- Set a family goal for spending time outside each day. Start small and build up to longer outings as you find your groove.
- Get everyone involved in planning outdoor activities. Kids are more likely to

get excited about venturing out when they have a say in the decision-making.

- Challenge yourselves to try new activities—go ice fishing, shovel driveways in your community, or try stargazing! Use the [My Active Family Bucket List](#) for inspiration.
- Focus on having fun and being social. Some kids are more likely to head out when friends are involved. Look for after-school clubs and sports that involve spending time outdoors, and be sure to follow [public health guidance](#).
- Keep doing routine daily activities outside, even when it's cold and wet. Walk the dog together, bike to school or work, or go to the park! Instead of dwelling on the challenges the weather brings, focus on how good it feels to get moving outside.
- Celebrate coming back inside on a cold weather day! Peel off the layers, admire the rosy cheeks, and settle in with a warm drink or snack.

No matter what your family gets up to this winter, remember that it's not the activity or the destination that matters. The real win is quality time outside.

Get tips to keep your kids and family safe this winter at MyHealth.Alberta.ca:

- [Quick tips: Staying active in cold weather](#)
- [Safety and winter activities](#)

IMPORTANT DATES

December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16 Last Day of Classes for all children Winter Celebrations	17 Non-Instructional Day No Classes, No SSP Sessions	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
<div style="border: 1px solid black; padding: 5px;"> <p>Coming up:</p> <p>Jan 1 New Year's Day <i>Schools Closed</i> Jan 28 Non-Instructional Day <i>No Classes, No SSP Sessions</i> Jan 3 Classes Resume <i>for all children</i></p> </div>						



Renfrew's Suggestion Box

Do you have an idea or suggestion you want to pass on to us? A question that you want answered? Something about Renfrew that you like or don't like?

Email your suggestion to:

Renfrew@renfreweducation.org

or use this form, remembering to include your name and contact information.

Name: _____ Phone: _____

Email: _____