



**Percy Baxter**  
Middle School



101 Mink Creek Road  
Whitecourt, AB T7S1S2  
780-778-3898  
www.percybaxter.ca

## ROCK STARS REVIEW

### ADMINISTRATOR'S MESSAGE — Mr. Turcotte, Principal

It is with pleasure and excitement we welcome all PBS staff, students and families back from the well-deserved Christmas break! We hope that all members of our school community were able to relax, rejuvenate, and enjoy the time they had together over the Holiday Season.

As we say goodbye to 2020 and welcome 2021, we know that we still have a very long journey ahead of us. With students working online for the first week of classes in the New Year, we truly look forward to their return to in-person learning on January 11. The return after a significant break, provides an opportunity to re-establish a focus on learning and is an excellent opportunity to set and achieve new goals.

In returning to in-person learning, the PBS staff will be working with students to review expectations pertaining to the many COVID-19 safety measures and guidelines put in place in schools to ensure the health and safety of all school community members. Staff and students are reminded of the importance of ensuring guidelines, including those pertaining to masking, hand hygiene, and social distancing, continue to be a focus of our daily practice.

With COVID-19 still very present in society, parents and/or caregivers are reminded of the importance of keeping children home when they are displaying any of the symptoms associated with COVID-19. As a school, we will continue to work with families to support our learners when they are out of the building due to illness. We have done a great job to date, and are confident that in working together as a school community, we can continue to move forward with teaching and learning during this school year.

On behalf of the staff of Percy Baxter School, we wish all of PBS families a safe and prosperous New Year!



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Wanting to stay  
connected to Percy  
Baxter school? Look  
for updates and school  
@ percybaxter.ca



Our Twitter feed  
can be found on our  
webpage  
or  
**@ngpspbs**

# PERCY BAXTER

# CONGRATULATES

# OUR TERM 1

# CITIZENSHIP

# &

# ACADEMIC STARS

**Citizenship**—All learning behaviors in PowerTeacher must be an achievement indicator of Consistently. Must be in exemplary standing with the office. (No THINK TANKS, or Level 2 or 3 referrals)

**Academic**— Students must attain excelling in three of four core subjects. Excelling achievement indicators of 75% of each subject's outcomes.

# CITIZENSHIP STARS

Addison Watson  
Addyson Carter  
Aliyah Westlund  
Alyssa Delorey  
Aspen Chamryk  
Austin McDonald  
Cameron Johnson  
Carver Moebes  
Cassius Chapados  
Clara Cox  
Denae Gaultier  
Destiny Eade  
Dylan Walsh  
Elizabeth Stark  
Emily Spivak  
Emma Wilson  
Ethan Chambers  
Gavin DeJong  
Izzy Kowalski  
Julian Salazar  
Kaleb Callihoo  
Kloey Ratzlaff  
Krystal Penuela  
Lacey Skiffington  
Lily Meikle  
Logan Czemerer  
Mason Munro  
Max Dickson  
Mya Blackburn  
Mylah Haug  
Natalie Skrzekowski  
Natalie York  
Nolan Shields  
Presley Madsen  
Ryleigh Darville  
Rylyn MacKay  
Victoria Layton



# GRADE 6 AWARDS

## ACADEMIC STARS

Addison Watson  
Aspen Chamryk  
Austin McDonald  
Cameron Johnson  
Emma Wilson  
Ethan Kane  
Evan Lopushinsky  
Gavin DeJong  
Leah Kluin  
Max Dickson  
Ryleigh Darville  
Victoria Layton

# GRADE 7 AWARDS

## ACADEMIC STARS

### CITIZENSHIP STARS

Abby Evans  
Aiden Cameron  
Abby Puddicombe  
Avery Duchesne  
Alissa Harris  
Alex Gadwa  
Andie Kennedy  
Beckett Holloway  
Ali Deveau  
Bradley Marin  
Cam Scheck  
Chyanne Fast  
Conner Paul  
Drayden Bull  
Eden Osborne  
Ella Millington  
Ethan Gallant  
Ethan MacDougall  
Ethan Martin  
Hailey Detta  
Hayden Robertson  
Jadyn Moore  
Jalisa O'Dell  
Jersey Cunningham

Kara Benesch  
Kevin Jeon  
Kyle Merrifield  
Lilli Pierce  
London LeCoure  
Lucas Boudreau  
Lucas Wilson  
Malia Kendall  
Marley Robinson  
Nathan Weed  
Nevaeh Stubbs  
Nino Kemp  
Odessa Paulson  
Oliver Trenchard  
Radley Western  
Rebecca Thompson  
Rylan Collins  
Samara Learmonth  
Sammy Casanas  
Sania Nawar Rashmiya  
Sara Sadoway  
Seth Wesenberg  
Sydney Ross  
Zannab Myshak

Abby Puddicombe  
Aiden Cameron  
Avery Duchesne  
Beckett Holloway  
Bradley Marin  
Cam Scheck  
Connor Paul  
Kyle Merrifield  
London LeCoure  
Lucas Boudreau  
Mia Devaleriola  
Nathan Weed  
Oliver Trenchard  
Radley Western  
Rebecca Thompson  
Sammy Casanas  
Sania Nawar Rashmiya  
Sara Sadoway  
Seth Wesenberg



# GRADE 8 AWARDS

## CITIZENSHIP STARS

Abbygail Wilson  
Carter Strebchuk  
Carly Lai  
Kami de Jong  
Jayda Robinson  
Chris Layton  
Kal-El Amistad  
Kayden Highmoor  
Hope Wierstra  
Keaton Pearce  
Kyla Johnson  
Lauren Davio  
Liam Gagnon  
London Peever  
Mackenzie Boon  
Makayla Beaner  
Matthew Hill  
Ryann Van der Meer  
Sara Pashko  
Tori Steiger-Sarivi  
Treyden James  
Trinity Cairns



## ACADEMIC STARS

Abbygail Wilson  
Christopher Layton  
Hope Wierstra  
Keaton Pearce  
Liam Gagnon  
London Peever  
Luke Johnson  
Sara Pashko  
Viktor Styba

# IN THE SPOTLIGHT.....

## STUDENTS OF THE MONTH

PRESLEY MADSEN

G  
R  
A  
D  
E  
  
6



BRADLEY MARIN

G  
R  
A  
D  
E  
  
7



ABBYGAIL WILSON

G  
R  
A  
D  
E  
  
8



# FOOD BANK DRIVE

PERCY BAXTER WOULD LIKE TO THANK THE STUDENTS AND THEIR FAMILIES FOR THEIR VERY GENEROUS DONATIONS TO THE WHITECOURT FOOD BANK.

WHITECOURT  
Food  
Bank

COMMUNITY HELPING  
COMMUNITY





Thank you to everyone who purchased books from our online Book Fair!!

20% of all purchases are donated to our Learning Commons!

Thank you all so much for your help, keeping our library an exciting place to be, filled with wonderful books to read!



SCHOLASTIC





## How can I help?

- You are able to give a donation through Percy Baxter School Cash online

THANK YOU TO UR FAMILIES WHO HAVE DONATED  
TO THE COMMUNITY LUNCH BOX.  
WE HAVE RAISED \$260.76!!

The Community Lunch Box Society (The CLB) provides emergency breakfast and lunches to our school every week.

- The CLB is NOT government funded – The income sources include fundraising events, bottle revenue, federal and municipal grants, and both corporate and personal donations
- The program is 100% inclusive
- The Society's Board of Directors is 100% volunteer driven

For more information:  
Call: 780-778-8252 or  
Email: [admin@communitylunchbox.ca](mailto:admin@communitylunchbox.ca)

Paying for school items just got easier!  
Sign up to get started today.

What is School Cash Online?  
School Cash Online is an easy to use and safe way to pay for your children's school fees.  
[Learn more](#)



[Register](#) [Sign In](#)



## COVID-19 INFORMATION – HOW LONG TO STAY HOME FROM SCHOOL

This summary, based on the October 2020 Government of Alberta update, [COVID-19 Symptoms – Student illness](#), provides further clarity to parents about the 'isolation' period or 'stay home' period if a child has presenting symptoms.

It is still expected that parents complete [Alberta Health's Daily Checklist](#), each day, before sending you child to school.

### If a student has these symptoms:

- Fever (temperature of 38°C or higher)
- Cough (continuous, more than usual, not related to other known causes or conditions such as asthma)
- Shortness of breath
- Loss of sense of smell or taste (not related to other known causes or conditions)

### What to do:

- The child is to isolate for 10 days from the start of symptoms.
- Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation.

### Your child may return to school:

- Once the 10-day [isolation](#) is complete and symptoms have resolved
- OR**
- When your child has received a negative COVID-19 test result, has no known exposure to the virus, and symptoms have resolved.

### Other symptoms:

- Chills
- Sore throat/painful swallowing
- Runny nose/congestion
- Feeling unwell/fatigued
- Nausea, vomiting and/or diarrhea
- Unexplained loss of appetite
- Muscle/joint aches
- Headache
- Conjunctivitis (pink eye)

### One of these other symptoms:

- Keep your child at home and monitor for 24 hours.
- If the symptom improves after 24 hours, your child can return to school and activities when they feel well enough to go. Testing is not necessary.
- If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use the [AHS Online Assessment Tool](#) or call Health Link 811 to check if testing is recommended.

### Two or more of these other symptoms:

- Keep your child home.
- Use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.
- Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.



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3. Does the child have any new onset (or worsening) of the following other symptoms:

<b>Chills</b> Without fever, not related to being outside in cold weather	YES	NO
<b>Sore throat/painful swallowing</b> Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
<b>Runny nose/congestion</b> Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
<b>Feeling unwell/fatigued</b> Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
<b>Nausea, vomiting and/or diarrhea</b> Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
<b>Unexplained loss of appetite</b> Not related to other known causes or conditions, such as anxiety or medication	YES	NO
<b>Muscle/joint aches</b> Not related to other known causes or conditions, such as arthritis or injury	YES	NO
<b>Headache</b> Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	YES	NO
<b>Conjunctivitis (commonly known as pink eye)</b>	YES	NO
<p><b>If the child answered "YES" to ONE symptom in question 2:</b></p> <ul style="list-style-type: none"> <li>Keep your child home and monitor for 24 hours.</li> <li>If their symptom is improving after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.</li> <li>If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to check if testing is recommended.</li> </ul> <p><b>If the child answered "YES" to TWO OR MORE symptoms in question 2:</b></p> <ul style="list-style-type: none"> <li>Keep your child home.</li> <li>Use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to determine if testing is recommended.</li> <li>Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.</li> </ul> <p><b>If the child answered "NO" to all questions:</b></p> <ul style="list-style-type: none"> <li>Your child may attend school, child care and/or other activities.</li> </ul>		

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started/until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.

# COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

## Overview

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

## Screening Questions

### 1. Has the child:

*(Choose any/all possible exposures)*

Traveled outside Canada in the last 14 days? When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days (see note below)	YES	NO
Had close contact with a case <sup>1</sup> of COVID-19 in the last 14 days? Face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging	YES	NO
<p>If the child answered "YES" to any of the above:</p> <ul style="list-style-type: none"> <li>The child is required to quarantine for 14 days from the last day of exposure. Note: If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times.</li> <li>If the child develops any symptoms, use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to determine if testing is recommended.</li> </ul> <p>If the child/youth answered "NO" to both of the above:</p> <ul style="list-style-type: none"> <li>Proceed to question 2.</li> </ul>		

### 2. Does the child have any new onset (or worsening) of the following core symptoms:

Fever Temperature of 38 degrees Celsius or higher	YES	NO
Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
Shortness of breath Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
<p>If the child answered "YES" to any symptom in question 2:</p> <ul style="list-style-type: none"> <li>The child is to isolate for 10 days from onset of symptoms.</li> <li>Use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to arrange for testing and to receive additional information on isolation.</li> </ul> <p>If the child/youth answered "NO" to all of the symptoms in question 1:</p> <ul style="list-style-type: none"> <li>Proceed to question 3.</li> </ul>		

<sup>1</sup>A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#).

# Percy Baxter Mental Health Newsletter

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## Anxiety: Information and Help

Hello and welcome back to Percy Baxter! We hope that you have all had a wonderful holiday season and are excited to be back to school.

Our main topic this month is anxiety. With the COVID-19 pandemic, the lockdown measures, school, and more, it is important to keep an eye on our anxiety levels as well as the anxiety being experienced by those around us.

### What is anxiety in the first place?

Anxiety is our body's natural response to stress. It's a feeling of fear or apprehension about what is to come. There are times when Anxiety is normal and to be expected. When we have a test to write or are moving to a new school a little anxiety can motivate us to work hard to do



well. This is ordinary anxiety and it comes and goes without interfering with daily life.

However when anxiety begins to interfere with daily life, doesn't go away, and gets too intense it becomes very important to address it.

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## Symptoms

Each person may experience anxiety differently. Someone may experience their heart beating rapidly or butterflies in their stomach while some may experience a disconnect

between their mind and body. Some people may have trouble sleeping, nightmares, or panic attacks. It is important to remember that not everyone experiences anxiety in the same way

and that it could be very different for you than for someone else.

*The greatest weapon against stress is our ability to choose one thought over another.*

*-William James*

## What Causes Anxiety?

There is no one root cause for anxiety. Anxiety comes can be influenced by a wide number of factors.

Difficult experiences growing up can contribute to anxiety later in life.

Being too tired or not getting enough sleep also contributes.

Conflict at home or at school.

Feeling lonely or separated from people you care about.

Some health problems or concern about physical well being.

Diet can also play an important role. Too much caffeine has been linked to increased levels of anxiety.

## How to Help

There are several ways to help with anxiety:

Get enough sleep! Being well rested will help lower anxiety levels and prepare you to take on your day.

Get outside everyday. Even though school has been from home it is important to still go outside and get fresh air and exercise.

Avoid drinking too much Caffeine which can increase existing levels of anxiety.

Talk to someone. If things are overwhelming talk to someone you feel safe with and can trust.

Practice Deep Breathing and Meditation. These strategies have been shown to decrease the levels of stress hormones

in your body and help you relax.

## Resources

365 Breathing – A great simple video with visual and audio prompts to help guide deep breathing and regulate stress.

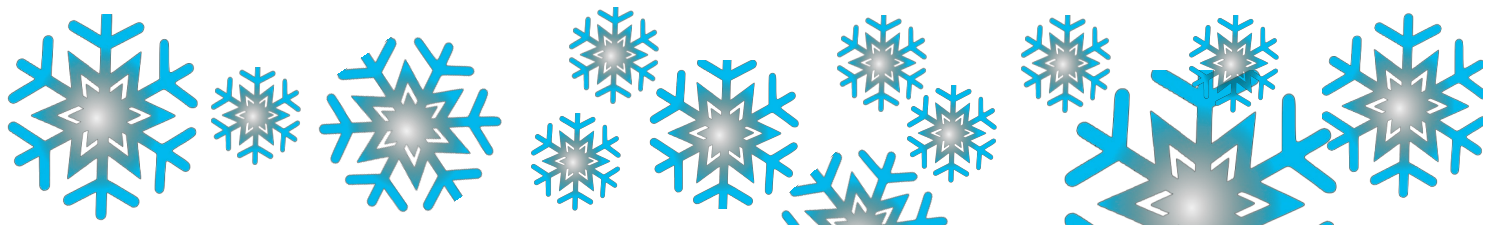
[https://www.youtube.com/watch?v=BURK01vNAZY&ab\\_channel=tanukidenfert](https://www.youtube.com/watch?v=BURK01vNAZY&ab_channel=tanukidenfert)

15 Skills to help manage anxiety. This video offers an brief overview and practice of anxiety management techniques.

[https://www.youtube.com/watch?v=aT-vNG34gel&ab\\_channel=TherapyinaNutshell](https://www.youtube.com/watch?v=aT-vNG34gel&ab_channel=TherapyinaNutshell)

Resources for Teachers!

<https://www.anxietycanada.com/resources/educator-resources/>



# January 2021

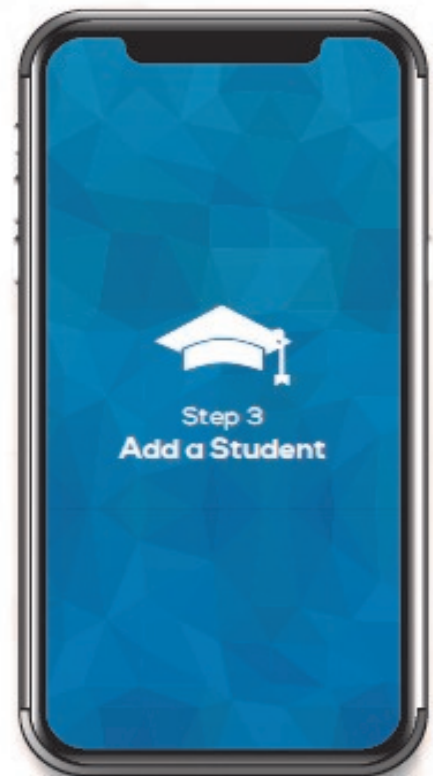
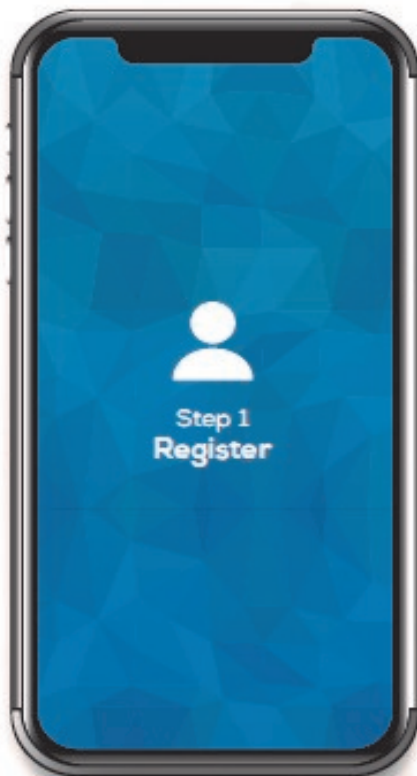
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 	2
WINTER BREAK						
3	4 BACK TO ONLINE SCHOOL	5	6	7	8	9
10	11 BACK TO IN-SCHOOL LEARNING	12	13 VIRTUAL SCHOOL COUNCIL	14 GRADE 7 IMMUNIZATIONS	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29 NO SCHOOL PD DAY	30
31	Feb. 1	2	3	4	5	6
				NO SCHOOL TEACHERS CONVENTION		

# Welcome to SchoolCashOnline

Fast. Safe. Convenient.

For safety and efficiency reasons, Northern Gateway Schools would like to reduce the amount of cash & checks coming into our schools. Please join the thousands of parents who have already registered and are enjoying the convenience of paying ONLINE!

It takes less than 5 minutes to register. Please follow these step-by-step instructions so you will begin to receive email notifications regarding upcoming events involving your child.



Go to  
<https://ngps.schoolcashionline.com/>

and click on Register.

- ✓ Enter in your first name, last name, email and create a password.
- ✓ Select a security question.
- ✓ Check YES to receive email notifications

A registration confirmation email will be forwarded to you. Click on the link provided inside the email to confirm your email and School Cash Online account (check spam).

The confirmation link will open the School Cash Online site, prompting you to sign into your account. Use your email address and password to log in.

This step will connect your child to your account.

- Enter the School Board Name.
- Enter the School Name.
- Enter Your Child's Student Number, Last Name and Birth Date.
- Select Continue.
- On the next page confirm that you are related to the child, check in the Agree box and select Continue.
- Your child has been added to your account.

If you require assistance, select the SUPPORT option in the bottom right hand corner of the screen or go to [helpdesk.supportschoolcashionline.com](https://helpdesk.supportschoolcashionline.com)





# Absences

## Add up!

**#SCHOOLEVERYDAY**

Missing just 2 days a month  
means a child misses 10% of the  
school year.

RUPERT GANZER