



# IRIC

IRON RIDGE INTERMEDIATE CAMPUS

# EAGLE NEWS

February 2021

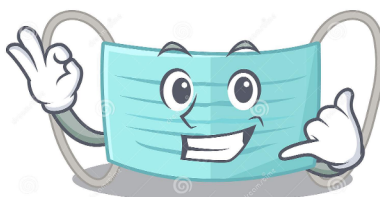
Feb 4 - IRIC Soup Day  
Feb 5 - CRM - Staff  
Collaboration Day  
Feb 15 - Family Day  
Feb 16 - In Lieu Day  
Feb 17 - CRM - Staff  
Collaboration Day  
Feb 18 - 19 - Teacher's  
Convention  
Feb 26 - February

## Did You Know?

School Fees can be paid online anytime by accessing your parent portal. If you are having any difficulties, please call reception. 403-885-6100 at IRIC.

## MASK HYGIENE

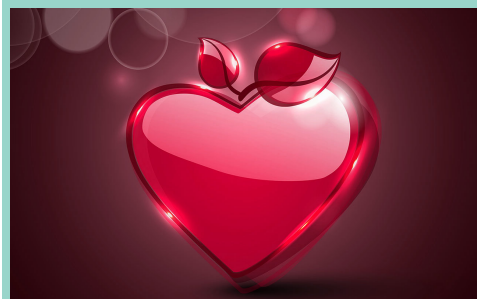
Please remind your child to bring home their mask(s) each day to be washed.



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**Happy Heart  
Month to our  
Extraordinary  
Families.**



## PARKING REMINDER

Parent Parking is located on the South side of the school. Please use this parking lot when dropping off or picking up your child. Please do not park in the North Parking lot as that is designated for Staff Only.

## DRESS FOR THE WEATHER



Students will need to be prepared for Alberta Weather each day, since most PE classes will be outside along with their cohort outside blocks. Thank you for helping your child be prepared.

### Cold Weather Reminder

With the weather getting colder, it is important that students do not arrive at school prior to supervision beginning at 8:20. **If the conditions are colder than -25 with a wind chill**, students will be invited into their classrooms early, once supervision has started at 8:20. Due to distancing protocols, they will not be allowed to wait in boot rooms prior to 8:20. On days when the weather temperature is higher than -25, students enter at 8:30 with classes beginning at 8:40.



## IRIC NUTRITION PROGRAM

In January, Ms. Jill, introduced the students to Chickpeas. While most of the students enjoyed them, they were shocked that Ms. Jill was feeding them a vegetable.

Roasted Chickpeas can be made any flavour you like. Why not try with your favorite popcorn seasoning ? Will it be salt and vinegar or maybe dill pickle.

### CINNAMON SUGAR ROASTED CHICKPEAS

1 (15-ounce) can chickpeas (garbanzo beans)

1 Tablespoon liquid honey

2 Tablespoons granulated sugar or packed light/dark brown sugar

1 teaspoon ground cinnamon

### Instructions

Preheat oven to 400°F (204°C). Line a large baking sheet with parchment paper

In a large strainer, rinse and drain the chickpeas very well to remove the starch. Spread them out onto the baking sheet and pat dry. The drier the chickpeas, the crunchier they will be. The skin of the bean may peel off as you pat them dry. That is ok. You may remove the skins or leave them on.

Once dry, place chickpeas into the oven and roast for 40 minutes until crispy, stirring occasionally.

Remove from the oven and pour into a large bowl. Drizzle honey and stir well. Then add cinnamon and sugar together and sprinkle over beans. Mix well to heavily coat each bean. Add more cinnamon-sugar if you'd like. Pour back onto baking sheet and place back into the oven and roast for another 15 minutes. Stir and let cool

Eat and enjoy .

Store at room temperature.





# P.I.R.I.S



*Parents of Iron Ridge  
Intermediate Society*

## facebook

Join our Facebook group to keep up to date on P.I.R.I.S events!  
Search "Parents of Iron Ridge Intermediate Society (P.I.R.I.S)"

We want YOUR ideas!!

Have ideas for FUNDRAISERS?! Parents of IRIC, we want YOUR input!

We love to support local! We love to provide opportunity to raise funds for our school, with things YOU will use and want to buy! Contact Becky @ (403)352-9150 or join us in a monthly meeting!

## FUNDRAISER ALERT!

### BOBTAIL NURSERY



P.I.R.I.S has teamed up with Bobtail Nursery offering flower baskets, fruit and veggie baskets, gift cards and so much more! This fundraiser will run from February 22, 2021 to March 22, 2021. Stay tuned!!

Just in time for...

**MOTHER'S DAY!**

### Where does P.I.R.I.S fundraising money go?!

This year, some of our fundraising money has gone to such things as: a fogger machine and solution so our children can use sanitized gym equipment, koosh balls, electronic whistles, books, bean bag toss games, soccer balls, music equipment, & so much more! We hope to fund many more items for the school this year as well: Gaga pit, basketball nets, wiggle stools, sensory tools, & more!



## BINGO

Email [pirisirc@gmail.com](mailto:pirisirc@gmail.com) to volunteer!

### Upcoming Dates:

Wednesday February 24 @ 4:30

Saturday March 27 @ 4:30

Monday April 19 @ 4:30



*Thank you from Your P.I.R.I.S Board of Directors*



## Two Fundraisers in February

Running February 22 - March 22

Ordering and Payment will be available through the Parent Portal. Also accepting cash and all cheques are to be made payable to Wolf Creek Public Schools.

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## Great Green Fundraiser

We put the **FUN** back in **FUNDRAISING!**

**Seeds are packaged and shipped from our CANADA Plant**  
Les semences sont emballées et expédiées depuis notre usine des Canada

**All our seeds are CANADA #1**  
Toutes nos semences sont Canada #1

**Our seed selections are from traditional proven and safe varieties**  
Nos sélections de semences proviennent de variétés traditionnelles éprouvées et fiables

**We do not use any GMO seeds**  
Nous n'utilisons aucune semence OGM

**Thank-you for supporting our organization and the planet**  
Merci d'encourager notre organisation ainsi que la planète



**MAKE IT SOW INC.**  
6 Welsh Drive RR#3, Ayr Ontario, Canada NOB-1EO  
Phone: (519) 632-7247  
info@makeitsow.com / www.makeitsow.com



**IRIC** will be organizing **The Make It Sow** fundraiser and funds raised will be used for upgrading student used Chromebooks, and the Nutrition Program.



## Iron Ridge Intermediate Campus

**Our Mission:**  
**Empowering all Learners to be Extraordinary**

IRON RIDGE INTERMEDIATE CAMPUS  
101 Cottonwood Drive  
BLACKFALDS, AB. T4M 0M4  
PHONE: 403-885-6100 FAX: 403-782-8744

January 26, 2021

Dear Parents / Guardians,

Did you know that February 4 is National Homemade Soup Day? IRIC is planning to celebrate this very special day, but we need your help. During the week of January 25-29, we will be collecting ingredients for making homemade soup for our students here at school. **All fresh vegetables and macaroni will be purchased by the school.** We are asking for **prepackaged ingredients only to be brought from home.**

Staff will be supplying each class with a crockpot to cook the soup in. All crock pots will be sanitized before use. Our nutrition person, Jill Pearson, who is a certified Red Seal Chef, will collect the donated ingredients from each class. She will be responsible for washing and chopping **all the vegetables which will be purchased by the school. Macaroni will also be purchased by the school.** Once all preparation protocols have been followed, class portioned ingredients will be delivered to individual classrooms and added to the classroom crock pot by either Ms. Pearson, Mrs. Lastiwka or Mrs. Elliott. Students will then smell the delicious aroma of homemade soup simmering in their classroom throughout the morning. When the soup has finished cooking, it will be served by the classroom teacher wearing gloves and a mask and delivered to each child's desk.

**If you are uncomfortable with your child participating in this event, please inform your child's teacher or call 403-885-6100 and ask for administration. Also, if your child has any allergies, please let their classroom teacher know.**

This letter includes all the ingredients and the recipe below. Please look for the sign up sheet from your child's teacher. Help us celebrate IRIC soup Day.

**Our Vision:** At Iron Ridge Intermediate Campus we develop compassionate leaders who realize their potential and enrich the world.

## **National Homemade Soup Day**

February 4th heats up with National Homemade Soup Day. In every cuisine soup provides a rich basis of flavor and history.

Before the era of modern transportation, soup was a product of regionally available foods. Cooks all over the world season their soup from the heart giving it just the right amount of love each and every time. Whether they add it with noodles or vegetables, the broth or the cream, each cook knows there's enough to go around. That's why homemade soup heals the best. For this reason, there are thousands of soup recipes available today. We will be cooking the following recipe:

### **Vegetable Soup**

- 1 large onion (supplied by IRIC)
- 6 carrots (supplied by IRIC)
- 6 stalks of celery (supplied by IRIC)
- 5 litres of vegetable soup stock
- 2 cans of corn
- 2 cans of peas
- 2 cups of elbow macaroni (supplied by IRIC)
- 2 cans of tomatoes
- 1 package of plastic spoons
- 1 package of disposable bowls

Place all ingredients in the crock pot. Turn on the crock pot. Add macaroni half an hour before eating. Enjoy!

### **How to Observe #NationalHomemadeSoupDay**

Tell us about your favorite homemade soup. Share a recipe or a memory. Gather the family to learn how to make your best recipe and share the love.



## COVID-19: STAY AT HOME GUIDE WHEN DO I KEEP MY CHILD HOME?



### BEFORE LEAVING HOME: COMPLETE A DAILY SELF-HEALTH ASSESSMENT

Daily self-screening form available on your school website.

## My child is sick. How long do they need to stay home?

### CORE COVID-19 SYMPTOMS

- Fever (38 °C or higher)
- Cough (continuous, more than usual)
- Shortness of breath/ difficulty breathing (continuous, out of breath, unable to breathe deeply)
- Loss of sense of smell or taste

### THIS IS MY CHILD. NOW WHAT?

If your child has one or more of the Four Core COVID-19 Symptoms, they must do one of the following before they will be allowed to return to school.

1. Stay home and isolate for a minimum of 10 days from when symptoms began.

Isolation requirements are set by the Alberta Government. More information on isolation requirements are available at: [www.alberta.ca/isolation.aspx](http://www.alberta.ca/isolation.aspx)

2. A student can return before 10 days ONLY if they receive a negative COVID-19 test result, AND symptoms are gone, AND they are not a close contact of someone with COVID-19.

**Please Note:** Siblings of a child with symptoms can still attend school, unless they too have symptoms, or are a close contact of someone with COVID-19.

### How do I book a test?

Parents can fill out the **COVID-19 AHS Online Self-Assessment Tool** at: <https://myhealth.alberta.ca/journey/COVID-19/Pages/COVID-Self-Assessment.aspx> or call Health Link 811.

### What if my child tests positive for COVID-19?

**AHS will contact you with your child's test results.**

If positive for COVID-19, your child will have to isolate for a minimum of 10 days from the start of symptoms or until they resolve, whichever is longer.

Close contacts of confirmed cases (siblings, parents/guardians) are legally required to isolate for 14 days and monitor for symptoms.

AHS will work with the school and Division on contact tracing. Continued learning will be supported for students in self-isolation.

### OTHER COVID-19 SYMPTOMS

- chills (without fever, not related to being outside in cold weather),
- sore throat/painful swallowing,
- runny nose/congestion,
- feeling unwell/fatigued,
- lack of energy,
- nausea, vomiting and/or diarrhea,
- unexplained loss of appetite,
- muscle or joint aches,
- headache,
- conjunctivitis (commonly known as pink eye)

### THIS IS MY CHILD. NOW WHAT?

If your child has **ONE** of the above other symptoms, they can return to school if they are feeling better, as long as it has been at least 24 hours.

Testing is not needed if they only have one of the above other symptoms, and it improves after 24 hours.

If they are not getting better, if they get worse or develop another symptom, keep your child home until symptom(s) go away.

If a child has **TWO** or **MORE** of the above other symptoms, they can return to school once symptoms go away, as long as it has been 24 hours since symptoms started.

A COVID-19 test is recommended for two or more other symptoms but not required.

### What if my child has traveled outside of Canada in the last 14 days?

When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days unless enrolled in the Alberta COVID-19 International Border Pilot Project. More info at: [www.alberta.ca/international-border-pilot-project.aspx](http://www.alberta.ca/international-border-pilot-project.aspx)

### What if they had close contact with a case of COVID-19 in the last 14 days?

The child is required to quarantine for 14 days from the last day of exposure.

More information at: [www.wolfcreek.ab.ca/covid-19](http://www.wolfcreek.ab.ca/covid-19)

For more information on the Government of Alberta COVID-19 measures: [www.alberta.ca/covid19](http://www.alberta.ca/covid19)

## **TOWN (URBAN) BUS STUDENTS**

**Students living in Blackfalds**

**MUST re-register for busing each spring for the fall!**



User Pay fees are applied to students who live less than 2.4 km from school.

User Pay students are accepted on a first come first served basis  
and only if there is space available on a bus.

User Pay students will be put on a waiting list if their registrations are  
received late and/or the bus in that area is full.

If you have moved you must notify the school of the address change prior to registering for busing.

*\*Cross Boundary students must re-apply each year by filling out the regular application as well as the  
cross boundary application (cross boundary fees will apply).*

Fees are currently under review and will be release by the School Board in late spring 2021.  
(Distances are calculated using a routing software and Alberta Education criteria.)

**REGISTER ONLINE USING YOUR PARENT PORTAL  
OR THROUGH SCHOOLENGAGE**

**DEADLINE FOR REGISTERING IS JUNE 15, 2021**

*For more information please contact Wolf Creek Public Schools Transportation Services*

E-mail - [transportation@wolfcreek.ab.ca](mailto:transportation@wolfcreek.ab.ca)

Phone - 403-785-0726 (Direct) or 403-341-4153 (Red Deer) or 403-782-8726 (Lacombe) ext. 1332

<https://www.wolfcreek.ab.ca/school-division/transportation/bus-status-page2>

## **COUNTRY (RURAL) BUS STUDENTS**

**Blackfalds students who live in the country and are new to  
busing (i.e. kindergarten students or students changing schools)**

**OR have moved to a new rural location are required to  
register for transportation.**



To register your full legal land description AND complete  
blue sign (911 address) are required on the application.

*\*Unsure of which school your child should attend, please call us  
with your legal land description.*

If you have moved you must notify the school of the address change prior  
to registering for busing.

*\*Cross Boundary students must re-apply each year by filling out the regular  
application as well as the cross boundary form (cross boundary fees will apply).*

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