



IRIC

IRON RIDGE INTERMEDIATE CAMPUS

EAGLE NEWS

April 2021

March 29 - April 5 - Spring Break

April 15 - Prairie perogy Due Date

April 22 - Spring Photos and Class Pictures

April 23 - April Assembly

April 26 - 30 - Virtual Meetings or Phone Call Parent/Teacher Conferences

April 26 ~ May 7 - Virtual Scholastic Book Fair

MASK HYGIENE

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



Happy Spring Break to our Extraordinary Families.



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.

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

March 2, 3, 4 were Pancake Days at IRIC.

The smell of the pancakes cooking filled the hallways and students really enjoyed their breakfast.

Birthday Cake Pancakes

- 2 + 1/4 cups all-purpose flour
- 4 + 1/2 teaspoons baking powder
- 1/3 cup granulated sugar
- 1/4 teaspoon sea salt
- 2 large eggs
- 2 cups milk
- 1 tablespoon vanilla extract
- 5 tablespoons melted butter, slightly cooled (plus more butter for greasing the griddle)



VANILLA GLAZE

- 3 cups powdered sugar
- 4+ tablespoons milk
- 2 teaspoons vanilla extract

VANILLA GLAZE

Add the powdered sugar, milk and vanilla to a [mixing bowl](#). Whisk, whisk, whisk until the glaze is smooth without lumps. For a thinner glaze, add a little more milk and whisk again.

PANCAKE BATTER

1. In a large [mixing bowl](#), add the flour, baking powder, granulated sugar, and salt. Mix briefly until blended.
2. In a medium bowl, whisk together the eggs, milk, vanilla, and melted butter.
3. Add the wet ingredients to the dry ingredients. For fluffy pancakes, briefly mix until blended taking care not to over mix the batter. The pancake batter will be thick with some small lumps, which is perfectly fine.
4. With a silicone spatula, slowly, gently, carefully fold the rainbow sprinkles into the pancake batter until just incorporated. Do not stir as this may cause the colorful sprinkles to bleed into the batter.
5. Generously butter a pancake griddle. Place it on your stovetop over medium heat. Once the butter is melted and hot, ladle pancake batter onto your griddle using a 1/4 measuring cup. Allow the pancakes to cook undisturbed for approximately one minute. When the sides of the pancakes begin to look cooked AND you see small bubbles rising to the surface, quickly flip the pancakes over. Allow the pancakes to continue cooking until done (about 2 minutes). Remove the griddle from heat and butter it up again. Pour the batter onto the griddle, and then place the griddle over medium-low heat and repeat the cooking process.

P.I.R.I.S.

APRIL 2021



*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!

THANK YOU!!



We recently ran a fundraiser through a local home based business, Pampered Chef & Jill Kohlman generously donated her commissions, on top of the funds raised!! Thank you, Jill!

DON'T FORGET!

Bobtail Nursery PICK UP will be at:

Bobtail Nursery May 1st - 5th

OR AT

IRIC on May 6th from 3:00-5:00



*Stay Tuned.
Coming Soon!*

P.I.R.I.S. may be holding one final fundraiser for the school year... just in time for **FATHER'S DAY!**

&

Interested in joining **P.I.R.I.S.**, or just learning more about us? Head on over to our Facebook page to find out when our AGM will be held!

JOIN US!

BINGO



➔ pirisirie@gmail.com to volunteer!

Monday, April 19
Sunday, May 30
Sunday, June 20

Due to the uncertainty of Covid 19, we won't know if Bingo will be open until a later date. Keep an eye on our Facebook page!

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

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

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

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

For more information on the Government of Alberta COVID-19 measures: 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

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.

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Look forward to LESSENING THE DIFFICULTY OF YOUR SEPERATION OR DIVORCE

ONLINE WORKSHOP

Triple P Transitions Group assists parents who need extra support to adjust and manage the transition from a two-parent family to a single-parent family. It focuses on skills to resolve conflicts with former partners and how to cope positively with stress.

5 sessions
starting
April 8, 2021
8:00 PM - 9:30 PM



Enjoy the interactivity and
peer support of this Triple P
Family Transition Group.
Sessions are FREE,
Workbook provided & delivered



REGISTER SOON !!



Session is facilitated by an accredited Triple P
Practitioner from the Camrose Family Resource Centre,
proud to be part of the Camrose & Area Family
Resource Network.

Register via zoom link provided with this poster. If you have
any questions please call Karen @ 403.896.3408



Outreach Centre™

YOUTH PROGRAMMING

VIA ZOOM

FRIDAY, MARCH 26:

10-11

HOW I COPE

**WHAT IS STRESS AND HOW TO COPE WITH IT
BETTER UNDERSTAND HOW AND WHY WE
MIGHT FEEL STRESS**

1-2

SOCIAL MEDIA & SELF-ESTEEM

**SELF-ESTEEM, MENTAL HEALTH, SOCIAL
MEDIA BOUNDARIES AND GENERAL ONLINE
SAFETY**

Alberta 

*Provincial Family
Resource Networks*