



# The Inferno

The Newsletter of Greystone Centennial Middle School

## Principal's Message

**Mr. Anil Padayas**

Hello Greystone School Community!

As Covid-19 placed some constraints on our staff and students, Greystone staff have done their best to keep students as safe as possible by following the division-wide protocols for masking, sanitizing, and keeping cohorts together as much as possible. Our frontline staff have diligently flexed student learning by use of technology such as Google classroom, Google meets and IXL when shifting from in-class learning to online learning and back when necessary.



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We know that this latest shift to at-home learning will bring some new challenges to the Greystone school community. However, our staff will continue to be diligent in teaching and learning for our students as we move forward to end the school year. We appreciate the flexibility and understanding of our parents and students.

Bring on the warmer weather, outside activities, and the fresh air. Let's knock this virus(es) out of the park by following the AHS Daily screening checklist, health protocols, and keeping our loved ones as safe and possible.

# GCMS Reminders and Updates

## VISITORS AND GUESTS

All visitors to Greystone are asked to wear a mask, check-in at the office, and sign in and complete the COVID-19 screen if necessary.

## SIGNING OUT YOUR CHILD

If you are picking up your child early, please come into the office to sign out your child. You may be asked to show identification.

## CONTACTING YOUR CHILD

Just a reminder, that if you would like to get in touch with your child please feel free to contact the school office and we will happily pass the message on to them.

We are trying to minimize distractions to the learning environment from personal devices. As such it is expected that cell phones and other personal devices will remain in lockers during instructional time.

Homeroom begins at 9:00am and the final bell rings at 3:45pm. Student break times are from 11:05-11:20 (Gr 5, 7, 9), 11:25-11:40 (Gr. 6 & 8) and 12:45-1:45.

## LOST AND FOUND

If you are missing a jacket or sweatshirt, ask your child to check the lost and found. Smaller items, such as phones etc. are turned in at the office.



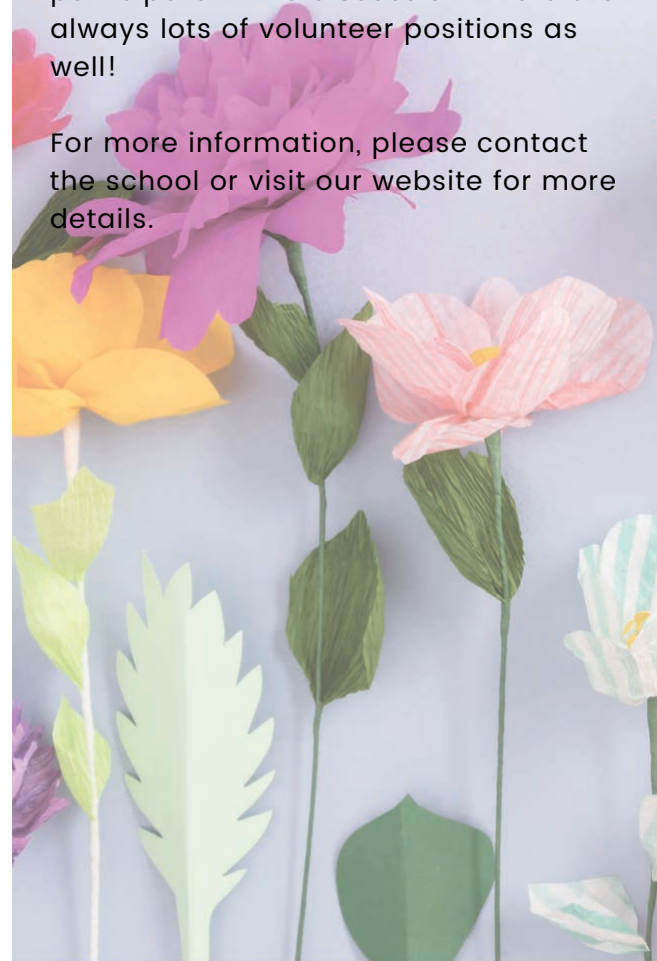
## School Council

Our GMCS School Council meets once a month from approximately 6:30-7:30 pm. All parents are welcome to join us to learn more about the school. School Council provides the Greystone Administration Team with parent and community perspectives, enabling decision-making that meets the needs of home and school.

We are currently looking for someone to hold a variety of executive and volunteer positions. It is a great opportunity to work with a wonderful team. Elections will be held in May so if you are interested, please watch for more information.

If you are not ready for an executive position, but would still like to be involved, you are welcome to attend a meeting to hear information and participate in the discussion. There are always lots of volunteer positions as well!

For more information, please contact the school or visit our website for more details.



## Virtual Learning Options for 2021-2022

Parkland School Division is already busy planning and preparing for the 2021-2022 school year, which can be challenging, considering the unknowns that are associated with the COVID-19 pandemic.

Parkland School Division is pleased to offer a Virtual Learning option for families in the upcoming school year. Launched in September 2020, Virtual Learning is a teacher-directed program, supported by the staff from Connections for Learning, that allows students to work full-time from home using virtual learning tools and remote access to content.

The Virtual Learning program will be the primary option for families choosing to remain at home while still accessing school-division support. It is a full-time program, requiring a full-year commitment. Those families currently in Option 2 who wish to continue with an at-home online program similar to this year, will have their online needs met by registering for school at Connections for Learning in the Virtual Learning program.

**Please note, there will be no multiple set re-entry dates to return to in-class delivery.**



## Transition to At-Home Learning

Alberta has entered a critical stage of the pandemic - the arrival of highly transmissible variants has put pressure on our health care system. Public health measures are required to protect the health system and reduce the rising spread of COVID-19 provincially.

Additional restrictions come into effect for regions with high case rates, starting May 5. Provincially measures continue to apply to all other areas. This includes a temporary move to at-home learning that will affect all PSD students beginning Friday, May 7th with a return to in-school learning on May 25.

Please watch for information from your child's teachers. Learning will continue, even if it is in a modified form. Google classroom is the main platform for many assignments and meetings between teachers and students. If your child requires a Chromebook for use at home, please contact the school as we do have some available. We do require advance notice and there is a loan agreement that needs to be completed. If your child requires materials from the school or paper packages, please coordinate this with your child's homeroom teacher and the school.

The school office will remain open from 8:30 -4:00. Please call to make an appointment for item pick-up.

**AT HOME LEARNING**  
May 7 - May 24



# GCMS School Council & F.O.G.S News



We are wrapping up our current fundraisers through Kiwi Nursery (April 30th) and Wilhauk (May 5th). Thank you for the continued support with our fundraising efforts and don't forget to pick up your orders!

We have one Parent Council and FOGS meeting left for the year, scheduled on May 18th at 6:30pm. The meet link is on the calendar on the schools website. If you are interested in a Council or Fogs position or just want to put your name down as a helper for next year we welcome you to join us then. You can also email the Council Chair or Fogs President and let us know of your interest if you're unable to make the meeting.

Our Casino fundraiser is still a go though we are uncertain of the dates and will keep you posted as soon as we find out. In the mean time if you would like to put your name down as a volunteer you may email Christina Raw at [Chrisraw@telus.net](mailto:Chrisraw@telus.net) and put "casino" in the subject line.

Thank you again for your continued support of Greystone and we look forward to letting you know how our latest fundraisers fair.

Kaeli Weir  
School Council Chair

[greystone.scchair@psd70.ab.ca](mailto:greystone.scchair@psd70.ab.ca)  
[fogsfriendsofgreystonesociety@gmail.com](mailto:fogsfriendsofgreystonesociety@gmail.com)



## Inferno Sports

Extra curricular sports have been very different at Greystone this year.

We are hoping to get back to some more regular sport and other activities for our students next year. Stay active over the next few months and the summer. We need our Inferno athletes to be in top shape for the season ahead!

Thanks to everyone for supporting our program! Stay tuned to our [website](#) and [FB page](#), and the [Greystone Athletics FB](#) page for more details!

A special thank you to our School Council and FOGS, and our school community for their fundraising efforts. Because of you, we were able to get new jerseys this year!

# GCMS Reminders and Updates



## LUNCH ROUTINE

Students eat lunch with other students in their homeroom classroom from 12:45 to 1:15 pm (Gr. 6, 8) or 1:15-1:45 (Gr. 5, 7, 9). Students are also given an opportunity for recreation, which is generally outside from 12:45-1:10 (Gr. 5, 7, 9) or 1:15-1:40 (Gr. 6 & 8).

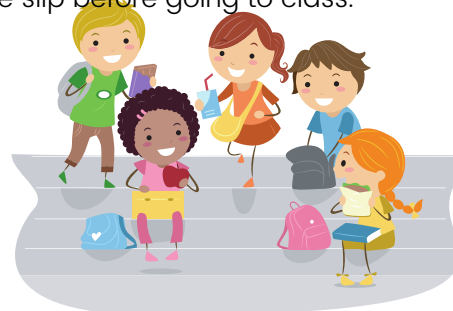
We expect students to stay in the assigned area for their grade level, as we are doing our best to keep students with their grade-level peers at breaks. Students are asked to maintain physical distance when possible and wear masks when they can't.

All students in Grades 5-8 are expected to remain on the school grounds, within boundaries, during recess time. Grade 9 students are able to go to the store, or to their own home, but are not to go to other students' homes for lunch.

At this point in time recess breaks are expected to be outside. The gym and library commons are not open to students at break times.

Students with the signed permission letter to go home for lunch must sign out and back in with the school office.

Students arriving after the bell must report to the office for a welcome slip before going to class.





## INFERNO SPIRIT WEAR

Show your Greystone Centennial Middle School Inferno pride in custom Inferno Spirit Wear.

Shop the online apparel store for a wide selection of clothing, sportswear, gear, merchandise and accessories, including masks, t-shirts & shorts. You can shop, order and pay online. Orders are then shipped directly to your home.

Order today at

<https://urstore.ca/greystone-centennial-school>.



## GREYSTONE HOT LUNCH

The GCMS hot lunch program is operated through "The Lunch Lady". Ordering is now available for Fridays. Order by Wednesday for Friday's lunch.

The Lunch Lady Program follows all necessary food handling safety guidelines as well as additional Covid-19 safety measures. Food is individually packaged for each student.



This program gives a wide variety of choices for our students each week, including healthy choices, larger portions and smaller servings. Try a few new things! Try something tasty today at <https://order.lunchlady.ca>

*Connect with us!*

Visit our website at [greystone.psd70.ab.ca](https://greystone.psd70.ab.ca)

Like us on facebook: [www.facebook.com/GCMMSGCMS](https://www.facebook.com/GCMMSGCMS)

Follow us on Twitter @greystoneschool

# "Around Greystone" #GoInferno

We had some fabulous art pieces represented in the PSD Visual Art celebration, which this year is available virtually [here](#). What a great way to celebrate all of PSD's student artists!



We will also have 3 pieces of art displayed at Parkland School Division Centre for Education for the year. Thank you to Emmitt, Zoe and Zylar for allowing their art to be displayed.



# Dress for the Weather!

The weather can be unpredictable at this time of year, but students always need to be dressed appropriately in order to safely enjoy outdoor activities such as nutrition breaks, lunch breaks and physical education classes. Students should always have a coat or sweater in their backpack ready in case the weather changes.

As the weather can be wet and the ground muddy it is increasingly important that students have a pair of outdoor shoes or boots that they change into in order to keep the floors dry, clean and safe. All students are expected to have a clean pair of indoor shoes for use in the gym.

If you are missing a jacket or sweatshirt, ask your child to check the lost and found. They are quite full already. Feel free to come in at the end of the day and check it yourself as well.



## Upcoming Events

**HOT LUNCH** -<http://thelunchlady.ca>

Fridays - order by Wednesday

**GCMS SCHOOL COUNCIL/FOGS**

Tuesday, May 18 @6:30 pm

All welcome, including our future parents!

**CASINO FUNDRAISER - CANCELLED**

Future date TBD

**SCHOLASTIC BOOK ORDERS (Library)**

Due May 19

Due June 16

**STAFF PLANNING AND DEVELOPMENT DAY**

(No School for Students)

Friday, May 21

Wednesday, May 30

**VICTORIA DAY**

(No School for Students)

Monday, May 24

**NATIONAL INDIGENOUS PEOPLES DAY**

Monday, June 21

**LAST DAY OF SCHOOL FOR STUDENTS**

Tuesday, June 29

**TERM 3 REPORT CARDS AVAILABLE**

Tuesday, June 29





# GCMS Library Learning Commons

Be sure to check out the Scholastic Digital flyers, both for classroom essentials and the reading clubs!

<https://classroomessentials.scholastic.ca/s/cec-ca/en/digital-catalogues>

**SCHOLASTIC**

May/June 2021  
Prices valid until June 30, 2021

**Dive Into Great Books with READING CLUB**

Teacher Class Code: **RC239143**

**5 EASY STEPS!**

- 1 Browse this flyer with your child.
- 2 To find the items on this flyer, search by title or item number on [scholastic.ca/clubshop](https://www.scholastic.ca/clubshop)
- 3 Use your Teacher's Class Code on every order to give back to the classroom.
- 4 Books ship directly to your home!
- 5 Read with your child.

**YOU'RE A READING HERO!**

**ALL AGES**

**NEW!**  
**Baby Shark and Friends: If You're Happy and You Know It, Clap Your Fins!**  
Picture Book  
17019084 Paperback! \$7.00  
Retail \$7.99

**NEW!**  
**The Puppy Place #63: Donut**  
Chapter Book  
32546202 Paperback! \$6.00  
Retail \$7.99

**DOG MAN IS BACK!**  
**DOG MAN #10: Mothering Heights**  
Graphic Novel  
3609586 Full-Colour Hardcover! \$15.00  
Retail \$15.99

**NEW GRAPHIC NOVEL!**  
**ONLY ONE YOU**  
Picture Book  
3283322 Paperback Exclusive! \$3.00  
Hardcover Retail \$16.95

**NEW GRAPHIC NOVEL!**  
**MINECRAFT™, Volume 2**  
Graphic Novel  
14133373 Full-Colour Reading Club Paperback! \$12.00  
Retail Edition \$14.99

**ALSO AVAILABLE:**  
**Dog Man #1–#9 Pack**  
Graphic Novels  
64679345 9 Full-Colour Hardcovers! \$90.00  
Retail \$125.91

**SUMMER FUN WITH FRIENDS!**

**\$3**

**Perfect for graduation!**

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Online orders can be placed anytime and delivered to your home. When you're checking out, please enter the CLASS CODE, this lets our school earn 20% of the order value in rewards, and you get free shipping on your order of \$40 or more. The rewards help us to purchase new materials for the GCMS Library Learning Commons.

Visit <https://classroomessentials.scholastic.ca/> to order

Mrs. Marshall will also take orders in person  
(cash or cheque)

Orders due May 19 and June 16

(no shipping fees for orders through the library)



## FCSS Programming

Spruce Grove Family and Community Support Services (FCSS) is a partnership between the City of Spruce Grove, Parkland County and the Government of Alberta. The mandate of FCSS is to provide locally-driven, preventative social programs and initiatives to enhance the well-being of individuals, families and the community. Our programs enable people of all ages to improve their quality of life and their ability to prevent and / or deal with crisis situations should they arise. Our support resources connect people with programs and services.

For more information visit our website at <https://www.sprucegrove.org/government/departments/community-and-protective-services/family-and-community-support-services-fcss/>



# Supports for Students & Families

## Crisis Hotlines

Most of these services are available 24/7 to both families and individuals in need. Click on the name of each service to learn more about it. Always call 9-1-1 if someone is in immediate danger.

### Mental Health Help Line (24/7)

This helpline provides toll-free, 24/7 confidential and anonymous telephone service for Albertans with mental health concerns. Callers can get information about mental health programs and services, and be referred to other agencies if necessary.

**Phone: 1-877-303-2642**

### Kids Help Phone (24/7)

Kids Help Phone is Canada's only 24/7, national support service. They offer professional and confidential counselling, information and referrals, and volunteer-led, text-based support to young people. You can connect with them by phone, text or live chat, whenever you want, however you want.

**Phone: 1-800-668-6868**

**Text: Text CONNECT to 686868**

**Live Chat: [kidshelpphone.ca](http://kidshelpphone.ca)**

### Provincial Support Line

Provides referrals to community and government support as well as social services

**Phone: 211**



# Supports for Students & Families

## Tri-Region Bunch

A network of youth-serving providers committed to connecting youth with activities, resources, and safe adults in the Tri-Region. Check out our [video](#) on the Community Compass and visit us at [bit.ly/triregionbunch](https://bit.ly/triregionbunch).

## Youth Mental Health Clinic

The Youth Mental Health Clinic is a referral-based specialty clinic offering wrap-around mental health services for youth ages 11-25. The main focus for accessing the YMHC would be for diagnosing and managing ADHD, anxiety, and depression. Contact the Community Connectors listed below for your area. There is no longer walk-in therapy available.

## Community Connectors

Community Connectors support youth ages 11-25 and their families in the Tri-region with accessing and navigating community and mental health supports and services by working collaboratively with a coalition of community stakeholders, social service agencies, and health care providers. Community Connectors work out of the Youth Mental Health Clinic, Parkland Area schools/outreaches, the Stony Plain Youth Centre, and the Lions Log Cabin Spruce Grove.

## To access these services:

- **Prab** – Spruce Grove & Greater Parkland Area
  - email [prab.gill@westviewpcn.ca](mailto:prab.gill@westviewpcn.ca) or call/text 780-217-8701
- **Michelle**– Stony Plain & Greater Parkland Area
  - email [michelle.enright@westviewpcn.ca](mailto:michelle.enright@westviewpcn.ca) or call/text 780-217-4146
- Check out the Community Connector Instagram [@triregioncc](#)



## Caregiver Education Through AHS

- **Caregiver Education Sessions**
  - 90 minute online sessions intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children/youth.
- **Lunch & Learn Webinars**
  - 60 minute informational webinars for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency.





## Wise-Mind Wednesdays for Youth

March 24 to May 12 Spruce Grove FCSS and Stony Plain Youth Centre will be offering virtual programs for youth every Wednesday from 4:00 pm-5:30 pm. The programs are free, but registration is required. Once registered youth are able to access any or all of the Wise-Mind Wednesday programs.

These preventative programs will focus on creating a safe (virtual) space where youth can find community and build connections. Each week youth will have the opportunity to learn about new topics and develop useful life skills to strengthen their resiliency and increase their self-esteem.

## Registration

To register for a program, visit [sprucegrove.org/onlinereg](http://sprucegrove.org/onlinereg) or call 780-962-7618. For more information, please email [fcss@sprucegrove.org](mailto:fcss@sprucegrove.org)

Find and follow them on Facebook, Instagram or Snapchat for up-to-date info and to find out what will be happening each week!



- Part 1: Understanding Anger – March 24
- Part 2: Setting Boundaries – March 31
- Part 3: Effective Listening – April 7
- Part 4: Respectful Assertiveness – April 14
- Navigating Change & Loss – April 21
- Super You – Learning to Self Empower – April 28
- Understanding Stress – May 5
- Social-Emotional Skills &\* Strategies for Self Regulation – May 12



**VIRTUAL PROGRAMS FOR YOUTH**  
now offered online

 @SPRUCEGROVEFCSSYOUTH

[SPRUCEGROVE.ORG/YOUTH](http://SPRUCEGROVE.ORG/YOUTH)





# Parkland School Division Strong Families Series:

Presented FREE in partnership with  
Alberta Parenting for the Future

## Why Won't My Child Eat?

In our upcoming Strong Families session, pediatric occupational therapist Tracey Urquhart will offer families valuable information about the eating habits of children, and ways to tell if their food fussiness is a normal response, or a sign of something more serious, such as an eating disorder. In addition, Tracey will offer participants practical tips for managing any stressful situations that may arise at mealtime, including picky eating, tantrums, sensory issues and food avoidance.

This session will help you uncover the root of your child's picky eating, addressing common mealtime conflicts and providing means to manage them. Join us to learn some useful strategies to help you guide your child towards enjoying a more varied, healthy diet.

**Date:** Tuesday, May 18, 2021  
**Time:** 6:00 pm - 8:00 pm  
**Location:** Online Zoom Webinar / Discussion Group  
**Presenter:** Tracey Urquhart  
(Pediatric Occupational Therapist)



## Autism Society of Edmonton Area

<https://www.autismedmonton.org/programs-and-resources>

### Occasio

- is a social-recreational respite program for children and youth on the autism spectrum. The junior group is for children ages 7-12; the senior group is for ages 13-18 (past program participants can choose which age group to stay with). Occasio means "opportunity" in Latin, and although opportunity looks different for each participant, the goal of the program is to provide opportunities for growth.

### Community Connections

#### All Ages

- is a social-recreational community program for all ages. Community Connections Program includes recreational events and community outings that are hosted on weekends throughout the year and are open to everyone - individuals on the spectrum, their families members and caregivers.

Check out our website's event [calendar](#) to learn more.

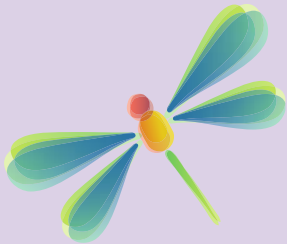
Call 780.453.3971 or email [info@autismedmonton.org](mailto:info@autismedmonton.org)

# FEELING SICK? HERE'S WHAT TO DO

Updated February 18, 2021

## You are legally required to self-isolate if:

- You test positive for COVID-19.
- You have a cough, fever, shortness of breath, loss of taste or smell that is not related to a pre-existing illness or health condition.
- You have been in contact with someone known to have COVID-19.
- You have travelled outside Canada within the last 14 days.



## Close Contacts of Confirmed Cases

You are legally required to isolate for 14 days and monitor for symptoms if you are a close contact of a person who tested positive for COVID-19. A close contact is someone who provides care to, lives with, has close physical contact with of someone with COVID-19.

Please visit the [Parkland School Division](#) and [Greystone Centennial Middle School](#) websites for the most up-to-date information.

Additional information on school re-opening can be found on the Government of Alberta website in the [K to 12 school re-entry section](#).

There may be some confusion as to when parents should keep their children home from school or when parents are allowed to return their children back to class. First and foremost, it is the parents' role to screen their child(ren) for symptoms every morning.

Each day before going to school:

**Step 1** - Use the [COVID-19 Screening Questionnaire](#) (there is an over 18 version, and an under 18 version)

**Step 2** - If you answer "Yes" to any of the questions, stay home and use the [AHS Online Self-Assessment Tool](#)

**Step 3** - Follow the recommendations outlined by the self-assessment tool or take direction from your primary health care practitioner (family doctor)

For a helpful summary of this important information, please refer to [Parkland School Division's Stay At Home Guide](#).

## STUDENTS WHO ARE NOT FEELING WELL SHOULD STAY HOME FROM SCHOOL.

According to Alberta Health Services guidelines, if a child develops symptoms that could be caused either by COVID-19 or by a known pre-existing condition (e.g. allergies, chronic cough), the child should be tested for COVID-19 to confirm that it is not the source of their symptoms before returning to school.

Thank you for helping to keep our school, staff, students and communities safe and healthy!