



The Inferno

The Newsletter of Greystone Centennial Middle School

SYNERGY,
CREATIVITY,
Citizenship



Principal's Message

Mr. Anil Padayas

Hello Greystone School Community!

We are so happy to have our students back for the 2020/2021 school year. Some of our students and families have chosen to come back to in-school learning sometime later in the school year. The health and welfare of our students and staff will always be the greatest priority.

We have many health and safety protocols ([Alberta Health Services Guidelines for Schools](#)) in place at Greystone School and we want to remind students, parents and the community to follow them to reduce the risk of contracting COVID-19.

Our Greystone School Website contains numerous information on [PSD 2021-2021 Plan for School Re-entry](#). We have also published and sent out to our parents the [Greystone Re-Entry Handbook](#).

Our staff is working diligently to give the best possible education in a safe and caring environment. As we move forward (with health measures), we are hoping to offer co-curricular and extracurricular activities to our students, so they can engage in a healthy and mindful lifestyle. Be well.

Visit us: greystone.psd70.ab.ca

In this issue:

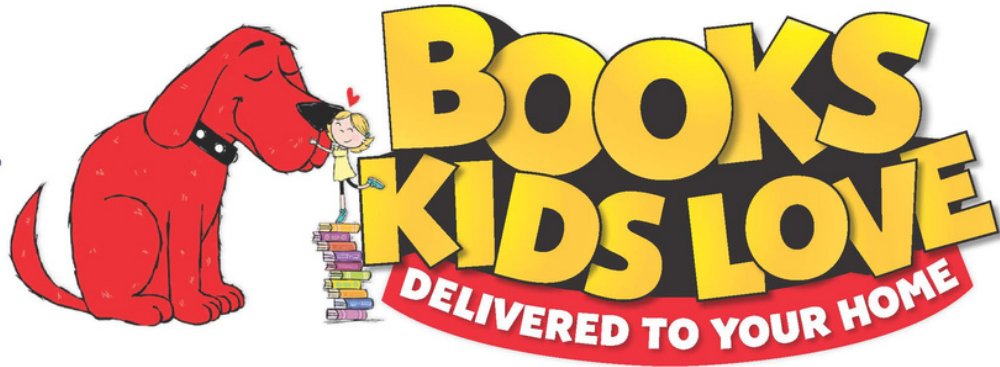
- Library Learning Commons ...2
- Terry Fox Run ...3
- GCMS Reminders and Updates ...4
- GCMS Inferno Spirit Wear ...6
- Hot Lunch ...6
- Orange Shirt Day ...7
- Community Resources ...8
- PSD Strong Families Series ...11
- Feeling Sick? Here's What to Do ...12



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>



CUTFORD THE BIG RED DOG illustration © 2020 The Norman Bridwell Trust. All rights reserved.

Dear Parents/Guardians,

This year our class will be participating in the **Scholastic Reading Club program**. Reading every day is the best way for children to become independent readers.

NEW this year: your order will now **ship to your home** and you can order online whenever you want at **scholastic.ca/clubshop**.

When you checkout, please enter my **Class Code**. When you use my Class Code our class earns **20%** of the value of the order in rewards and you get **Free Shipping** on your order of \$35 or more*. The rewards earned can be put towards books, digital teacher resources, and more!

*Orders below \$35 will be charged \$3.50

Here's to a great year of reading!

Your Teacher

MY CLASS CODE:

RC239143

For full Class Code and Free Mini Book details visit:
scholastic.ca/rc/terms



DOG MAN™/® Dav Pilkey.

GET A SNEAK PEEK OF DAV PILKEY'S New Series!

With an order of \$10 or more

USE CODE: CATKID AT CHECKOUT TO GET YOUR COPY!
While quantities last!

40 PAGES FULL-COLOUR MINI BOOK

**Mrs. Marshall will also take orders in person (cash or cheque).
Orders due Sept. 29
(usually the 3rd Thursday of every month)**

Terry Fox Run

This year marks the 40th Anniversary of Terry Fox's Marathon of Hope and we are excited to share that Greystone Centennial Middle School will be proudly supporting this cause again this year. While this year's event might look a little different, the end result remains the same; to raise funds for cancer research. Let's all use Terry's message of hope and strength to inspire us during these challenging times.

It is our priority to maintain the safety of students and staff while supporting this wonderful cause. To help support safety measures in all schools, The Terry Fox Foundation has created an online fundraising page for our school as well as provide classroom/individual "Terry" activities.

Here are some of the ways you can support your child for this year's Terry Fox event:

- Donate online to the [GCMS Terry Fox School Page](#)
 - Click the link above to donate or search for our school name at terryfox.org

- Have your child bring in a "Toonie for Terry" to donate to this worthwhile cause.
- Support your child's "What's Your 40" activity at home
 - Try one of the [suggested activities](#) online or come up with your own.
 - Share your activity on social media and tag others to join

We are very excited to be a part of this year's Terry Fox event. This is our opportunity to make a difference in the lives of those suffering from cancer as well as build school spirit. We hope you will join us as our school community works together in the fight against cancer.

Thank you in advance for your support! Stay safe, stay strong,

[#terryfoxschoolrun](#)
[#tryliketerry](#)
[@terryfoxfoundation](#)

'anything
is possible
if you try.'



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 6:30-7:30pm. The first meeting of the year is October 13th. 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.

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



Inferno Volleyball

Extra curricular sports look a bit different at Greystone right now, but we are happy to have so many students and staff involved in some modified volleyball teams.

Right now we have students at a number of skill and age levels practicing and playing together in cohort groups.

Right now we are not permitting spectators, in order to minimize the number of individuals in our school building.

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



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.

At this point in time recess breaks are expected to be outside. At this point 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. 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

Like us on facebook: www.facebook.com/GCMMSGCMS

Follow us on Twitter @greystoneschool



every child matters

ORANGE SHIRT DAY

Orange Shirt Day

Orange Shirt Day is a national movement in Canada. In this annual event, Indigenous and non-Indigenous people come together in the spirit of hope and reconciliation to honour former residential school students, their families and communities. It is intended to commemorate the residential school experience, to witness and honour the healing journey of the survivors and their families, and to commit to the ongoing process of reconciliation.

Orange Shirt Day began in Williams Lake, BC in 2013 at the St. Joseph Mission (SJM) residential school commemoration event at which survivor Phyllis Webstad told the story of her shiny new orange shirt taken away from her on her first day of school at the Mission.



Orange Shirt Day occurs in early Fall because this is the time of year when children were removed from their families and forced to attend residential schools. The day inspires Canadians to take part in anti-racism and anti-bullying initiatives at school and work.

The residential school era began in the early 1870's, with the last school closing in 1996. More than 150,000 Indigenous, Métis and Inuit children attended these schools. There are an estimated 80,000 survivors living today.

Schools across the division, including GCMS will be taking part in Orange Shirt Day on Wed. Sept. 30. "Every Child Matters"





safeTALK

Learn the basic steps for suicide prevention, how to spot the signs, connections for safety, and getting comfortable talking about suicide.

- 16 years +
- Cost \$50, Subsidy available
- Register at pfcss@stonyplain.com or call 780-963-8583
- September 24. Choose morning 9-12:30 or afternoon 1:30-5p.m. session
- Location 4613 52 Ave #107, Stony Plain

For more information about suicide visit our website at <https://www.thecspp.org> or contact Angela at 587-338-3802
afetch@stonyplain.com



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 help line 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](https://www.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.

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 or call/text 780-217-8701
- **Michelle**– Stony Plain & Greater Parkland Area
 - email michelle.enright@westviewpcn.ca or call/text 780-217-4146
- Check out the Community Connector Instagram @triregioncc

Community Helpers Program

A free peer training program to empower and build skills in youth to enable them to support friends and peers safely. This program is an Alberta Health Services program.

- The program runs online for 8 weeks.
- Choose Tuesdays or Wednesdays from 4:30-6:00
- Register by calling 780.963.8583 or email pfcss@stonyplain.com
- Links will be sent to participants prior to first session.





Youth Centre Activities



As of Sept. 1, the Stony Plain Youth Centre will be reopening for limited in-person activities and programs!! They are geared towards youth aged 11 to 17 and are located at 4902-51 Avenue in Stony Plain.

They will be open Tuesdays and Thursdays from 2pm – 6pm for scheduled activities and/or programs and you must register in advance.

There is a new booking system so you can save your spot, whether it be for one of our "Activities of the Day" or reserve some time at a computer station. Look for the new "Booking" button at the top of the [Facebook](#) page, check the link in the Instagram bio ([spyouthcentre](#)), go to our [webpage](#) or call to reserve.

As with most places, you will need to social distance, sanitize and wear a mask to participate, so bring one if you have one.

You will also be asked a few screening questions once you arrive--and anyone exhibiting symptoms will sadly not be allowed to participate. So if you aren't feeling well, please stay home and rest up till you are feeling better!

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



Parkland School Division "Strong Families" Series: Understanding the Science of Children's Sleep

Presented FREE in partnership with Alberta Parenting for the Future

We've all heard that getting a good sleep is essential to maintaining good health in both adults and children: it can improve our mood, concentration, physical coordination, memory and immunity, while reducing our risk of obesity, diabetes, high blood pressure and heart disease. Getting a good sleep, however, may be easier said than done, as numerous factors can influence each individual's ability to do so.

Date: Tuesday, October 13, 2020

Time: 6:30pm

Location: Online Zoom Webinar / Discussion Group

Presenter: Dr. Cary Brown (University of Alberta)

In our upcoming Strong Families session, Dr. Cary Brown, a U of A teacher and researcher in the areas of knowledge translation, health literacy, sleep, and chronic pain, will offer families practical tips for helping their children get quality sleep. Learn how to recognize signs of poor sleep hygiene in children, and how to manage the various biological and environmental factors in their lives to ensure they are able to get the best sleep possible.

Please register early to reserve your spot by visiting <https://www.eventbrite.ca/e/strong-families-understanding-the-science-of-childrens-sleep-registration-121630300503>.

For more information, please contact:
Vicky Mamczasz Family Supports Facilitator
Email: vmamczasz@psd70.ab.ca



School-aged children still need somewhere between 9 and 10 hours of sleep each night. Your child is getting the right amount of sleep if they:

- Can fall asleep in 15 to 30 minutes
- Can wake up easily at the time they need to get up and don't need you to keep bugging them
- Are awake and alert all day, don't need a nap, are alert and awake in school

FEELING SICK? HERE'S WHAT TO DO

Updated Sept. 24, 2020

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](#)

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](#).

The bottom line: students with symptoms must not attend school UNLESS THEIR COVID TEST COMES BACK NEGATIVE.

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

You are legally required to self-isolate if:

- You test positive for COVID-19.
- You have a cough, fever, shortness of breath, runny nose, or sore throat 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.