



RIVER VALLEY SCHOOL
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RIVER VALLEY SCHOOL

2021-22 'Learning in COVID-19' Guide

Implementation of this School Plan is subject to change based on direction from the Chief Medical Officer of Health. It is based on the best available information and conditions related to the COVID-19 pandemic. This plan will evolve and be adjusted when information becomes available as the status of the COVID-19 pandemic changes.

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HEALTH MEASURES

Daily Self-Screening Practices

- In order to prevent the spread of infection, students, teachers and staff who have signs and/or symptoms of COVID-19 (according to Ministry of Health and local Public Health guidance) must stay home and decisions about testing and return to school should be guided by the Ministry of Health in consultation with local Public Health protocols.
- Before leaving home, staff and students who will access the school for work or education must self-screen for symptoms each day that they enter the school using the [Alberta Health Daily Checklist](#).
- Families will not be required to provide a physical copy of the completed self-screening tool to the school each day; however, in order to contribute to the health and well-being of the whole RVS community, it is imperative that the tool is completed honestly and that the directions are followed exactly as indicated on the tool.
- Signs will be posted reminding persons not to enter the school building if they have COVID-19 symptoms.
- Strict stay-at-home policy will be in place for any students or staff exhibiting symptoms of COVID-19.

Returning from Travel / International Students

- Individuals who have traveled from outside of Canada are provided with specific instructions and requirements at the border. They are to follow the Government of Canada [Travel, Testing, Quarantine and Borders instructions](#).
- For 14 days following international travel, unvaccinated or not fully vaccinated students must not attend school or childcare.

COVID-19 Protocol Education

- Students, families, and staff will receive continued education regarding health measures being implemented at the school.
- Parents/students and staff will be provided a copy of the screening checklist. This can be a hard copy or a link to the digital copy of the screening checklist.
- The school will have copies of the daily checklists available for visitors to the school.
- Signs will be posted reminding persons not to enter if they have COVID-19 symptoms, even if symptoms resemble a mild cold.

Personal Protective Equipment (PPE) / Mask Use

- **NEW*** Mask use for all students will be optional (as per **Provincial mandates announced February 8, 2022.**)
- Mask use for all staff will remain mandatory in all areas of the school.
- Students who choose to continue wearing a mask in optional settings will be fully supported in their decision. Discussions about personal choice regarding mask use will be held in homerooms to



ensure students feel supported amongst their peers.

- School staff will have the option to wear face shields in addition to masks.
- As indicated in the “Illness While at School” section of this document, students who become ill at school will be provided with a clean mask, and staff will wear gloves, a mask, and a face shield while attending to the student exhibiting signs of illness.

Students and Staff with Pre-Existing Conditions

- Students and staff who have allergies or ongoing health concerns and who are exhibiting COVID-19 symptoms should be tested for COVID-19 to confirm that it is not the source of their symptoms. This will establish a baseline for the individual.
- Students and staff with pre-existing conditions involving COVID-19 symptoms will be encouraged to disclose those conditions to the school's office administrators at info@rivervalleyschool.ca. All staff will be made aware of the student's condition in order to monitor symptoms daily.
- River Valley School will keep records of students' and staff's known pre-existing conditions. If a student and/or staff member's symptoms change (e.g., worsen, additional symptom, change in baseline), the individual must follow all [isolation, testing requirements](#) (see below) before returning to the school.

Illness While at School

- Students exhibiting signs of illness will be immediately moved to a designated health station. The student's parent or guardian will be notified and advised to pick up their child within one hour of notification, as per Alberta Government guidelines. If the student's parent is unable to pick them up, they must designate an emergency contact for student pickup. It is the expectation that students are picked up by the parent, guardian, or emergency contact.
- Students in the designated health station will be supervised by staff at all times.
- All other staff and students will be kept out of the designated health station while the student exhibiting signs of illness is occupying that space.
- Students in the designated health station will be provided with a clean face mask.
- Physical distancing will be maintained in the designated health station, where possible.
- Staff will wear gloves, a mask, and a face shield while attending to the student exhibiting signs of illness.
- The staff supervising the student may use an electronic thermometer to take the temperature of the student.
- After the student is picked up, the designated health station will be thoroughly cleaned. All items that came into contact with the student will be cleaned and disinfected as soon as the student has been picked up. Items that cannot be disinfected (e.g., paper, books, cardboard, etc.) will be removed and stored in a sealed container for 72 hours.

Isolating, Testing and Demonstrating Clearance to Return

- Anyone with symptoms should isolate immediately and can determine if COVID -19 testing is necessary by accessing the [AHS Online Self-Assessment Tool](#).
- COVID-19 testing by AHS is currently limited to individuals in high-risk settings or for those who are at high risk of severe outcomes.



- Please refer to the [Alberta Health Daily Checklist](#) and/or the [Isolation and Quarantine Requirements](#).
- Unvaccinated household contacts of a case of COVID-19 should stay home for 10 days from the last day of exposure and monitor for symptoms.
- Adults over 18:
 - Fully immunized: must isolate for 5 days from the onset of symptoms or until they resolve whichever is longer.
 - Must wear a mask for up to 5 days after your isolation period if you are outside of the home in a public place or otherwise in the company of other persons out of your household (no exceptions permitted)
 - NOT fully immunized: must isolate for 10 days from the onset of symptoms or until they resolve whichever is longer
 - OR Until symptoms resolve if you receive a negative PCR COVID-19 test
 - OR Until symptoms resolve if you receive two negative rapid antigen tests, with at least 24 hours between tests.
- Children under 18
 - With core symptoms (fever, cough, shortness of breath or loss of sense of taste or smell)
 - Fully immunized: they are required to isolate for 5 days from onset of symptoms or until symptoms resolve whichever is longer.
 - They must wear a mask for up to 5 days after their isolation period if you are outside of the home in a public place or otherwise in the company of other persons out of your household (no exceptions permitted)
 - NOT fully immunized: they must isolate for 10 days from the onset of symptoms or until they resolve, whichever is longer
 - OR Until symptoms resolve if they receive a negative PCR COVID-19 test
 - OR Until symptoms resolve if they receive two negative rapid antigen tests, with at least 24 hours between tests
 - With non-core 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 (commonly known as pink eye))
 - Only 1 symptom: keep home, monitor for 24 hours and consider giving the child an at-home rapid test.
 - If at-home rapid testing is not done and the symptom is improving after 24 hours, the child can return to school.
 - If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge) continue to isolate and use rapid tests if available.*
 - 2 or more symptoms: continue to isolate and use rapid tests if available.*

Rapid Testing

- PCR testing for Albertans is currently only available for those who have clinical risk factors for severe outcomes and those who live and work in high-risk settings.
- *Please refer to [COVID-19 Rapid Testing Guidelines](#)
- Instructions on how to take a COVID-19 Antigen Rapid Test: <https://youtu.be/SWPa39AuFkY>.



Confirmed Cases of COVID-19

- In the event that a student or staff tests positive for COVID-19, we request that they notify a member from our Senior Leadership Team, although there is no legal obligation for you to share this information.
- We will continue to contact families via Seesaw if a COVID-19 case has been identified in their child's class grouping or cohort. Class groupings or cohorts will not be required to self isolate unless directed by Alberta Health Services.
- The whole school community will be notified of any identified COVID-19 case(s) via email communication.
- River Valley School has the authority to shift a class or individual grade to short-term at-home/onlinelearning if needed to address operational challenges at a school.
 - If 3 or more COVID-19 cases are identified within one class grouping, within a span of 5 days, the Head of School will determine if the class should be excluded. This will be communicated to parents/guardians by phone with a follow up email communication to the school community.

Cleaning Protocols

- Enhanced, and as needed cleaning will be performed by custodial staff, along with monitoring to ensure all necessary supplies are available. Daytime custodians will disinfect contact surfaces and high contact areas. Evening professional cleaning services will thoroughly clean all areas.
- School staff will clean and disinfect shared equipment and surfaces between uses and as needed during the course of the school day.
- Disinfectant stations have been placed inside the doorways of all classrooms and inside all external doors of the school. Use will be required upon entry and exit of all rooms of the school.
- An extra emphasis will be placed on hand hygiene, respiratory etiquette, cleaning and disinfecting on a regular basis before and after activities.
- Our facilities staff will continue with the use of sanitizing foggers and a variety of personal protective equipment (PPE).
- The sanitizing dishwasher will be used for regular deep cleaning of tools, manipulatives, and educational toys used in classrooms.

Air Purification

- RVS has secured a brand new UVC Air Purification System.
- This unit will be installed into the main handling unit of our building and purify the school's air 100%, four times an hour throughout every space of our building.

SCHOOL OPERATIONS

Student Cohorting

- Cohorting of our students and their timetables will continue.
- A cohort is defined by Alberta Education as a group of students and staff who remain together.



Classroom Setup

- We have ensured carpets and non-wipeable fabrics/furniture have been removed from all classrooms. Wipeable cushions are available in classrooms for student use during floor activities.
- Efforts will be made to arrange the classroom furniture to leave as much space as possible between students. Our smaller class sizes naturally aid in physical distancing.
- Teachers will give consideration in their daily planning to encourage activities that lend themselves to physical distancing in the classroom.
- Individual supply kits (e.g., scissors, pencils, erasers, etc.) have been purchased for all students to limit shared items.
- In a situation where it is necessary to share items, the items will be sanitized between uses.
- In situations where physical distancing is not possible alternative health measures will be followed, including extra emphasis on hand hygiene, respiratory etiquette, and cleaning and disinfecting on a regular basis before and after activities.

Shared School Spaces

- Mask use for students in Grade 1 to Grade 6, as well as all school staff, will be mandatory in all shared spaces including:
 - Entrances/Exits of the school
 - Hallways
 - Washrooms
 - Busses
- Pre-Junior Kindergarten, Junior Kindergarten, and Kindergarten specialist teachers will deliver their respective programs in homeroom classrooms.
- Grade 1-6 students will continue to attend Music, French, Art, and Drama in specialist classroom spaces. An effort has been made to stagger the timetable to ensure that cohort groups use these spaces on the same day, reducing contact between cohorts.
- Mask use for students in Grade 1 to Grade 6, as well as all specialist, learning support, and Arrowsmith teachers, will be mandatory in these classrooms.
- Our gymnasium space will be used to deliver physical education programming.
 - Mask use for students in Grade 1 to Grade 6, as well as all physical and outdoor education teachers, will be mandatory in this space; however, students will be asked to remove their masks when physically exerting themselves.
 - Shared items or sports equipment will be cleaned and disinfected between uses.
- All classes will continue to use the library once per week. An effort has been made to stagger the timetable to ensure that cohort groups use the library on the same day.

Water Fountains, Water Bottles

- Water fountains remain open; however, they can be used for filling water bottles only. Please ensure that your child brings a water bottle to school each day.
- Water fountain knobs and push buttons are considered high-touch surfaces and will be regularly cleaned and disinfected.



Lunch, Snacks, and Healthy Hunger

- As usual, students will remain in their classrooms for the lunch period.
- Lunches and snacks will be stored with student belongings.
- Hand hygiene will be practiced prior to and after snack/lunch breaks, and eating surfaces will be wiped clean before and after these breaks.
- Students will be physically distracted while eating and maskless.
- In response to COVID-19, as well as for the protection of students with allergies, there will continue to be no sharing of lunches or snacks.
- The Healthy Hunger lunch program will continue on Tuesdays and Thursdays.

School Uniform

- We will resume our usual uniform guidelines for the 2021/22 school year.
 - Students in grades 3-6 will resume changing into the uniform gym strip for Physical Education (PE).
- Please refer to the [2021-22 Uniform Guidelines](#) document for uniform expectations.

School Staff

- All Staff are required to self-screen for symptoms using the [Alberta Health Daily Checklist](#) before entering the school and are expected to follow all health measures that are in place, including mandatory mask use, physical distancing.
- All staff have provided proof of vaccination (defined as 2 doses or more) to the Head of School or Director of Finance.

Substitute Teachers

- Staff absences will be covered internally, where possible.
- When an external substitute teacher/instructional aides is required, priority will be given to substitute teachers who have committed to working exclusively at River Valley School.
- Substitute teachers/instructional aides will be required to self-screen for symptoms using the [Alberta Health Daily Checklist](#) before entering the school, provide proof of vaccination (defined as 2 doses or more), and will be expected to follow all health measures that are in place, including mandatory mask use, physical distancing.

Drop-off and Pick-up Procedures

- Following Alberta Health Services guidelines, measures have been taken to reduce the risk of exposure to COVID-19. These measures include limiting the number of students and staff interacting with each other at drop-off and pick-up times and promoting physical distancing as much as possible.
- All staff and students must utilize hand sanitizer prior to entering the building and before entering their classroom. Once in the school, students will move directly to their classrooms.
- Parents/guardians and guests may not enter the school during drop-off and pick-up times.
- No person should enter the drop-off or pick-up area if they have symptoms of COVID-19 or have



been in contact with any person who has tested positive for COVID-19.

Drop-off

- Our morning drop-off window from 8:10-8:30 AM will remain the same, as this arrangement, along with early morning Kids Club and Bussing, naturally promotes staggered entry into the school.
- Students have been assigned to a specific entrance and must only use the doors indicated below to enter the building at drop-off:
 - *Front Door:*
 - All JK Students (and siblings)
 - Grade 1-5 students with NO siblings
 - *Back Door:*
 - Little Kids Club
 - All walk-in students
 - Pre-JK, Kindergarten and Grade 6 Students (and siblings)
 - Grade 1-5 Students WITH siblings
 - *Exterior Gym Door:*
 - Big Kids Club
 - Bussing Students
- If students arrive after 8:30 AM, they will be required to use the front entrance, as our receptionist will need to buzz them in.
- Students in Kindergarten to Grade 6 will be expected to independently walk from their vehicle to their designated entry point (see above).
- Families with students in Pre-Junior Kindergarten may temporarily park their vehicles on the far side of the traffic circle at the rear of the school in order to unbuckle their children and walk them to the steps at the back door, where they will be met by a staff member.
- Families with students in Junior Kindergarten may temporarily park their vehicles in the parking spots to the right of the front entrance in order to unbuckle their children and walk them to the front steps, where they will be met by a staff member.
- Families who are utilizing the walk-in option are to follow the walking path parallel to Bowness Rd. and students will enter through the back door.

Pick-up

- In order to promote physical distancing and to minimize traffic congestion during pick-up, we will be staggering traffic route pick-up times, as well as walk-in times as follows:
 - *3:00 PM:*
 - Pre-JK, JK and Kindergarten students WITHOUT siblings
 - *3:30 PM:*
 - Pre-JK, JK and Kindergarten students WITH siblings
 - All Grade 1-6 students



- All students being picked up via the traffic route option, including those in Pre-JK and JK, will wait outside at the back of the school in their supervised designated areas, while following physical distancing guidelines. It is imperative that families arrive at their designated times in order to reduce congestion and avoid traffic back-ups.
- Families who are utilizing the walk-in option are to follow the walking path parallel to Bowness Rd. and pick up at the indicated walk-in area.
- Mask use and physical distancing is encouraged for all parents and/or guardians using the walk-in pick-up option within the walk-in pick-up area.
- The maximum number of exit doors will be utilized at the end of the day to mitigate the flow of students within the building.
- During inclement weather, alternate arrangements will be made and communicated to all families.

Visitors, Parents, and Volunteers

- While we value the partnership we have with our families, we will be temporarily limiting day-to-day access to the school building to students and staff only.
- Pre-scheduled Parent Network meetings will be held via Zoom. Zoom links for these meetings will be shared through the school's various communication channels.
- In lieu of in-person meetings with teachers and/or administrators before and after school hours, families may schedule Zoom meetings. Teachers and administrators will also remain available via email or phone.
- Visitors (limited only to independent contractors, school maintenance, etc) will be required to self-screen for symptoms using the [Alberta Health Daily Checklist](#) before entering the school, provide proof of vaccination (defined as 2 doses or more), and will be expected to follow all health measures that are in place, including mandatory mask use, physical distancing.

School Events

- Large in-school assemblies and community events will continue to be held virtually until further notice.

Community Use of the School Building

- All community use of our school building has been suspended until further notice.

STUDENT LEARNING

Courses and Subjects

- Teachers will give consideration in their daily planning to encourage activities that lend themselves to physical distancing in the classroom.
- All courses and subject areas will continue, including specialists.



Specialist Classes, Learning Support and Arrowsmith

- Services provided by our Learning Support Team, including resource, enrichment, speech pathology, occupational therapy and Arrowsmith will continue, as necessary.
- High-touch areas and equipment utilized in these areas will be regularly cleaned and disinfected.
- Staff and students must utilize hand sanitizer prior to entering the Learning Support Team workspace and before leaving the space.
- Specialists, Learning Support and Arrowsmith will remain accessible to students who are required to remain home due to self-isolation and to students who continue with the remote learning model.
- Shared items or sports equipment will be cleaned and disinfected between uses.

Music and Singing

- Learning experiences involving wind instruments will be postponed.
- During singing activities, mask use for students in Grade 1 to Grade 6, as well as for all staff, will be mandatory.
- During singing activities, students should be physically distanced, as much as possible.
- Groups will not sing for more than 30 minutes at a time, with a 10-minute break afterwards to allow for air exchange in the room.

Field Trips

- Field trips (off-site activities) requiring group transportation will be postponed until further notice.
- Walking field trips within 5 kilometres of the school building will be permitted.
 - Groups will be required to remain within their cohorts or homeroom groupings during these activities.
 - Health measures such as physical distancing, hand hygiene and respiratory etiquette will be practiced.
- When in-school field trips/presentations occur, visiting presenters/specialists will be expected to follow all health measures that are in place, including mandatory mask use, physical distancing and will provide proof of vaccination (defined as 2 doses or more).

School Technology

- Each Grade 1-6 student will be assigned a school iPad to use for the year. This will eliminate the need to share iPads between students.
- Shared devices, such as laptop computers, will be divided into cohorts and/or grade levels to limit the number of students that contact the device.
- All shared devices will be cleaned after each individual use.

Recess and Daily Physical Activity (DPA)

- Recess and DPA will be staggered by cohort, allowing reduced student flow in hallways and more space for physical distancing in the playground area.
- Students and staff will be required to sanitize hands when exiting the school for recess and DPA and upon entering the school after recess and DPA.



- Students will not be permitted to bring items from home to play with at recess or during DPA.
- Each class will be assigned a bag of outdoor play equipment to use during recess and DPA. This equipment will remain with the class to which it was assigned and will not be shared between classes.

Learning At Home

- As experts in early childhood and elementary school learning, we know that In-person learning is best for students, academically, socially, and emotionally. As such, we strongly support in-person attendance.
- If a student is ill, the priority is rest and recovery. Ailing students will not be expected to access classes or complete assignments during their recovery period.
- If a student is self-isolating but feeling well enough to complete daily schoolwork, classes will be accessible to the student live via Zoom, and lesson materials and assignments will be available via Seesaw (or Google Classroom in Grade 6).
- If your child's homeroom teacher is notified by 12:00 pm they will be able to set your child up for learning at home for the next day. Any notifications after that will require the next full school day to set your child up.
- Lesson materials and assignments will be supported through the use of Seesaw (or Google Classroom in Grade 6), and student work will also be submitted and assessed using that platform.
- Families will be required to make arrangements with homeroom teachers to pick up course-specific supplies.
- Knowing that your child will be assessed on grade level outcomes in all subjects/areas, it is important that they participate in ALL classes as well including specialists.
- For more information on this, please refer to the [Learning-At-Home Quick Facts](#)

KIDS CLUB

Health Measures

- Please refer to the school [Daily Self-Screening Practices](#) before entering Kids Club.
- Mask use for all Kids Club staff will be mandatory.
- Mask use for students attending Big Kids Club (Grades 1-6) will be mandatory, except when students are physically exerting themselves or when they are outdoors.
- Mask use for students attending Little Kids Club (Pre-JK-Kindergarten) will be optional, but highly recommended during drop-off and pick-up.
- Hand sanitizing will take place after entering and before leaving the Kids Club space, before and after snacks and meals, before and after outdoor play, and after using the washroom or using a tissue.
- Children may not bring personal items such as toys or stuffies to Kids Club. No personal items other than water bottles and snacks will be allowed in school (with the exception of blankets or bedding for students who are napping).
- If a child develops symptoms while in Kids Club, the child will be isolated away from other children and provided with a mask, and the parent or guardian will be notified to come and pick up the child



immediately.

Drop-off and Pick-up

- Separate doors have been designated for drop-off and pick-up. Big Kids Club will be accessed using the outer gymnasium door (bus door) and Little Kids Club will be accessed using the back door.
- No parents, family members, or guests will be allowed in the building, in an effort to reduce exposure and mitigate risk for our staff and students. Children will be met at the door by a staff member and accompanied to their program.
- Each family must accompany their own child(ren) to the door of the school and wait for them to enter the building. According to physical distancing regulations, carpooling with other families is not recommended.
- Families are asked to respect AHS physical distancing guidelines while dropping off and picking up their children.
- Students must be able to enter the building on their own. If a child has difficulty separating from their parent(s), staff will be there to reassure them and guide them to their program space.

TRANSPORTATION

Health Measures

- Students and staff should refer to the school [Alberta Health Daily Checklist](#) before getting on a bus.
- Mask use will be mandatory for all students who ride the bus, as well as for all bus drivers.
- Students will be assigned seats and a record of this seating plan will be kept in order to assist with contact tracing in the case of a student testing positive for COVID-19.
- Students who live in the same household will be seated together.
- When possible, physical distancing of 2 metres between all persons (except household members) will be supported during student loading, unloading and transfers.
- Students will start loading from the back seats to the front of the bus.
- Students will start unloading from the front seats to the back of the bus.
- If a child becomes symptomatic during the bus trip to school, the school will contact the child's family to make the appropriate arrangements to pick up the student at school.
- High-touch surfaces, such as door handles, window areas, rails, steering wheel, mobile devices and GPS will be cleaned and disinfected prior to each run.
- Thorough cleaning and sanitization of the bus interior will take place after every trip.

COVID-19 Resources

- [Alberta Health Daily Checklist](#) (January 2022)
- [COVID-19 Self-Assessment Tool](#)
- [Staying Safe and Healthy This School Year](#) (January 2022)
- [Isolation and Quarantine Requirements](#)
- [Covid-19 Rapid Testing Guidelines](#)
- Instructions on how to take a COVID-19 Antigen Rapid Test: <https://youtu.be/SWPa39AuFkY>.



- [COVID-19 information for K-12 schools and school buses](#) (January 2022)
- [Letter from the Chief Medical Officer of Health on vaccinations for children ages 5-11](#) (November 2021)
- Calgary's [Response to COVID-19](#)
- [COVID-19 Info for Albertans](#)
- Government of Canada - [Travel, testing and borders](#)
- [Learning-At-Home Quick Facts](#)

Mental Health

- As a school, we are proud of the resiliency we have shown during these uncertain times, and hopeful as we continue our journey together towards improved mental health outcomes for all.
- The return to near normal, will have important mental health benefits to students and staff alike.
- We will continue to focus on positive mental health practices and support of staff, students and parents, throughout the 2022-23 school year.
- If your child is struggling please let your child's teacher and/or an administrator know as soon as possible.
- If you and/or one of your family members are struggling at this time, you may find the following resources helpful:
 - [Kids Help Phone](#)
 - Phone 1-800-668-6868
 - Text CONNECT to 686868
 - [Mental Health Helpline](#)
 - Phone 1-877-303-2642
 - [Alberta COVID-19 Youth Mental Health Resource Hub](#)
 - Health Link - Phone 8-1-1
 - Alberta Health Services - [Addiction and Mental Health](#)
 - Alberta Community and Social Services - [Children's Mental Health](#)
 - [211 Alberta](#)
 - Call 2-1-1
 - Text INFO to 211
 - [The Heart of Recovery: Creating supportive school environments following a natural disaster](#)
 - [Working Together to Support Mental Health in Alberta Schools](#)
 - [Government of Alberta K-12 Instructional Supports](#)
 - [Government of Alberta: Children's Mental Health](#)
 - [Alberta Health Services: Healthy Together](#)
 - [Mental Health Online Resources for Educators \(MORE\)](#)
 - [Mental Health Literacy](#)
 - [Mental Health Promotion and Illness Prevention: Self Care in Disaster Times and Beyond Toolkit](#)
 - [Joint Consortium for School Health](#)
 - [Schools Healthier Together](#)
 - [Student Learning Hub](#)
 - [Supporting Learning at Home](#)