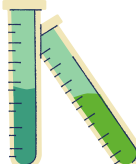




OAP NEWS

October
2023

- September is gone already! It has been a great first month, our students enjoyed the Terry Fox Walk while raising money for a good cause! Our school council meeting was well attended and I am excited to say we have great parents willing to help make OAP the Beary Best Place to Be.
- The staff has been busy getting to know our students and trying to catch students in the act of being kind. Stay tuned to our facebook page for more "Caught being kind" photos!
- Coming up in October we are looking forward to many fun fall and Halloween Themed activities. We will be having our annual Halloween parade again this year. Feel free to come stand outside and watch all of our little characters walk by.
- Please stay tuned to our facebook page for updates on upcoming community engagement regarding the new K-12 school.



Upcoming events:

- Oct 9 No School
- Oct 11 Photo Retakes
- Oct 13 Awards assembly at 1:45
- Oct 25 Parent Teacher Interviews 4-7pm
- Oct 31 Halloween Dress up and Parade
- November 9, 10, 13 No School

What's happening at OAP?

- Drop off time JK-3: Doors open at 8:35, class starts at 8:45
- Pick-up time JK: Please have students picked up by 3:15
- Pick-up time K-3: Students will be brought to the front of the building at 3:15
- Please send students with enough lunch and snacks for the day.
- Hot Lunch: Unfortunately, we do not have hot lunch set up at this time
- We will be working with PAL reading volunteers again this year, your teacher may be in touch if they feel your child would benefit from this program
- Parent teacher interviews will be on Wednesday, October 25. Please contact your teacher or phone the office to make your appointment
- **Next School Council Meeting is Wednesday, November 29.**



**AS THE WEATHER GETS
COLDER PLEASE MAKE
SURE CHILDREN ARE
DRESSED
APPROPRIATELY TO GO
OUTSIDE TWICE A DAY**

Stay in touch :

Please allow for 24 hours for a response.



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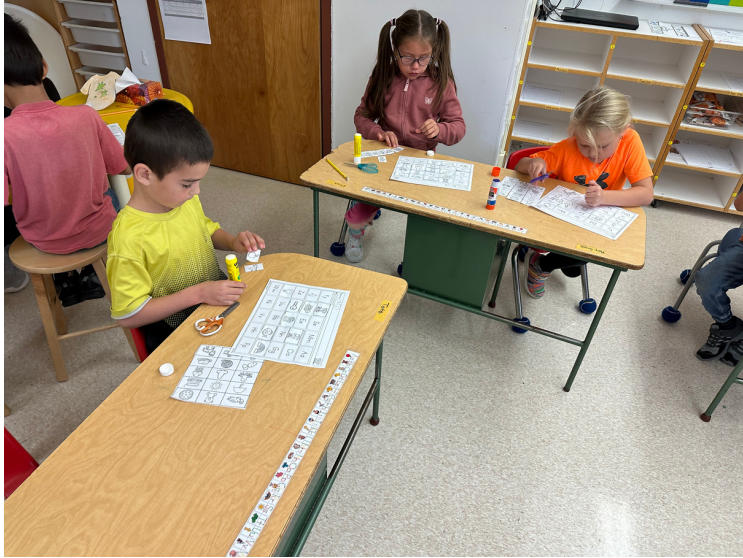
SEPTEMBER

Highlights



SEPTEMBER

Highlights



SEPTEMBER

Highlights



Mental Health Capacity Builder

OAP's new wellness coach is Mackenzie Darby. Miss. Darby is currently taking her BA in sociology and cannot wait to get to know all the students. As a wellness coach she will provide information on mental health in hopes of preventing mental illness. She will deliver programs universally, which involves large and small group work in schools and in the community. These programs emphasize spreading information, developing abilities and nurturing skills that help improve their own mental health and wellness.

Miss. Darby is excited to share her knowledge on mental wellbeing, and encourages students to show compassion in themselves and others. She cannot wait to see what the year has in store!



EVERY CHILD MATTERS

The Importance of Being an Indigenous Ally

Northern Gateway School Division resides on Treaty 6 and 8 Territory, the traditional meeting ground, gathering place, and traveling route to the Nakota Sioux, Cree, Saulteaux, Blackfoot, Dene and Metis. We acknowledge the many First Nations, Metis, and Inuit whose footsteps have marked these lands for generations. NGPS recognizes the need to support all school staff on the recommendations put forward by the **Truth and Reconciliation Commission of Canada**. By better understanding the history, culture, context and realities of Indigenous learners, schools can move towards providing a more inclusive and supportive learning environment. Each school has a staff member designated as a First Nation, Metis and Inuit Advocate. They work alongside the FNMI lead from Division Office establishes relationships with Indigenous leaders. Advocates provide professional development and resources to build knowledge and confidence in all school staff.

WHAT IS AN INDIGENOUS ALLY?

An Ally recognizes that every person has a basic right to human dignity, respect and equal access to resources. An Ally acknowledges that building relationships between Indigenous and non-Indigenous people is work of the heart. It requires a certain humbling to allow our hearts to accept new and often changing information.

An ally speaks up, even when they are scared or uncomfortable. They plant seeds of truth in conversations with others. They believe and validate the stories they hear.

Dr. Jennifer A. Tupper, Faculty of Education University of Alberta, tells us that we can become Allies by:

Committing to deepening our knowledge. Listening, self-reflection and education

Learning about Treaties and The treaty relationship

Understanding learning is ongoing and a journey

Knowing what Treaty Territory we are in and who the Indigenous people of the Territory are

Listening and learning from Indigenous people: in-person, podcasts, articles, blogs, films, etc.

SUPPORT

National Residential School Crisis Line: **Call 1-866-925-4419**

Hope for Wellness Helpline: **Call 1-855-242-3310** Chat online: www.hopeforwellness.ca

RESOURCES:

[Orange Shirt Day Society](#), [National Centre for Truth and Reconciliation](#),

<https://calgaryfoundation.org/wp-content/uploads/Ally-Toolkit-web.pdf>

<https://indigenoustourismalberta.ca/travel-stories/six-ways-non-indigenous-people-can-be-an-ally-to-indigenous-peoples/>

This article was written by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support for schools, students, parents and caregivers to promote wellness and success in school. Tammy has been a Registered Social Worker for more than 23 years and is a mother to 4 children; 2 in high school and 2 in university.

What Are Head Lice?

Head lice, or the medical condition known as pediculosis, are a pesky problem that anyone can have at some point in their life. Most often infestations occur in children 3 to 11 years of age.

Head lice are not dangerous and they do not spread disease but they can and do spread from person to person. Having dirty hair does not cause head lice.

Head lice cannot fly or jump and you cannot get them from your pets.

While they may be ***found anywhere on the head***, they prefer to live on the scalp along the neckline and behind the ears. When lice bite the scalp they cause itching.

How Do I Know If My Child Has Head Lice?

Children may say they have a tickling feeling on their head or may be very itchy on their scalp.

It can take up to 4-6 weeks for a person to experience itching.

The only way to be sure a person has an active case of lice is to find live lice.

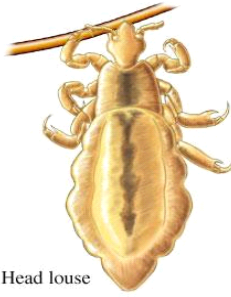
Lice are not easy to see and can be hard to find. They are about the size of a sesame seed. They are usually greyish white or brown.



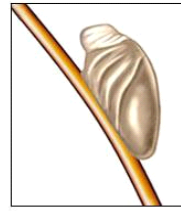
Head louse



Louse egg (nit) on hair



Head louse



Louse egg (nit) on hair

Nits are small, oval and blend into the color of the hair. Each nit is firmly attached to a hair. They cannot be washed out or flicked off like dandruff. Finding nits does not mean the individual has a current infestation and they should not be treated based on finding nits.

How Do I Check for Lice?

Detection combing is the recommended method to check for head lice.

Detection combing is an organized examination of the hair, from the scalp outwards, to find head lice. Finding lice by parting the hair and looking at the scalp is not particularly efficient and likely to miss many infestations

Please see Head-Lice-Detection Combing handout

For a demonstration on detection combing: www.youtube.com/watch?v=je-cWdTrhF

Can My Child Attend School?

When parents discover that their child has head lice it is in everyone's best interest for the lice to be treated before the child continues with regular activities

Things to remember.....

- Head lice do not spread disease
- Children can have head lice for several weeks with no symptoms.
- The presence of nits indicates a past infestation that may not be currently active
- Cases of head lice are often misdiagnosed

How can you prevent the spread of head lice?

Teach your children how head lice are spread (by direct contact with the head of someone with an infestation) and to avoid this kind of activity.

Teach your children not to share brushes, combs or headgear such as hats, bandanas, etc.

It is also a good idea to braid or tie back long hair.

Check your child's head for live lice once a week all year long.

What is the Treatment for Head Lice?

- Health Canada recommends treatment with a topical insecticide (pyrethrins, permethrin 1% or lindane) or a non-insecticidal product called Resultz® (for use in individuals 4 years of age and older). These products are available over the counter at drug stores.
- Tell the pharmacist if anyone needing treatment is pregnant, breastfeeding, under 6 years of age, has allergies or a serious health problem.
- **It is very important to read and follow the package directions carefully.** Some products recommend that there should not be Crème Rinse or Conditioner on the hair, as it may prevent the treatment from working.
- Each product is different and has detailed directions for use. For example one product might say it should be put on dry hair while another should be put on wet hair. Each will say how long it should be left on the hair before rinsing out.
- Avoid unnecessary contact with the product since it can be absorbed through the skin.
- The treatment course for each of these products involves an initial application followed by a second application in 7 to 10 days as per the manufacturer's recommendations.
- Most approved treatments will kill the lice, but are not effective against the nits.
- A second treatment in 7 to 10 days will kill the lice that have hatched since the first treatment before they are mature enough to lay new eggs.
- Check the heads of anyone who was treated daily for 3 weeks after the first treatment.
- The presence of nits indicates a past infestation that may not be active.
- Public Health does recommend removal of nits within 1 ½ inches of the scalp to ease in identification of re-infestation.
- If live lice are found on the head 24 to 48 hours after the treatment, contact your pharmacist or public health nurse for advice.
- **DO NOT treat unless you are sure that you have found a living, moving louse**

Do Other Treatments Work?

Many home recipes and products sold in stores are based on mixtures of essential oils (eucalyptus, lavender, tea tree, etc), salts or other natural substances. Some people have used oils like mayonnaise, olive oil and Vaseline or hair gel to try to smother lice.

Public Health does not recommend any of these products as there is no proof that they work.

I Keep Treating My Child But He/She Keeps Getting Head Lice. Why?

The following are several common reasons why treatment for head lice may fail:

- Applying the treatment to hair that has been washed with conditioning shampoo or rinsed with hair conditioner
- Insufficient application of pediculicide (the treatment)
- Re-infestation
- Resistance of the head lice to the treatment used
- Lack of removal of live nits that are within 1 ½ inch (3.81 cm) of scalp
- Misdiagnosis: Children can scratch for 2 or more weeks after treatment or other objects in the hair (dandruff or hair spray droplets etc) can be misidentified as lice

What Cleaning Needs To Be Done?

Lice cannot live for more than 2-3 days away from the scalp so excessive cleaning is not necessary.

Choose the best method to clean the following items (washing in hot water for 15 minutes or running through a drier on the hottest setting):

- All personal hair care items such as combs, barrettes, etc. Repeat this daily until the lice are gone.
- Items that have been in prolonged or intimate contact with the child's head (bedding, hats, etc.) at the time of first treatment.

Items that cannot be washed should be placed in a sealed plastic bag for two weeks, or placed in the freezer for 48 hours at -10° C. (to prevent any eggs from hatching)

There is no need to vacuum or wash floors, carpets or furniture. Do not use household sprays or lice sprays. They do not work and may be harmful to people.