

Dear Families,

Happy Easter! I hope you were all able to celebrate Easter, despite the restrictions placed on us currently. It's such a season of hope! We've just witnessed the death and resurrection of Christ which assures us that after darkness there is light. Easter falling in the middle of a pandemic fills us with hope that life will get better again. With the longer days and finally seeing some warmth and sunshine, it's definitely easier to manage self-isolation. My family has been enjoying a lot of long walks which the dog is very happy about. COVID-19 is the best thing that's ever happened to him. All his people are home all day, every day, and the quality of his walks have definitely improved. Our virtue for the rest of the year is hope. You will see hope permeated in the lessons that your child will be learning about. You might find the following videos interesting. The first one is our division video about hope (featuring yours truly), as well as a fun video about hope to the tune of YMCA, and finally, a letter from Kid President to the future. When we have hope, all things are possible.

[GSACRD Division Video #3 - Hope](#)

[Hope Virtue Video - YMCA](#)

[A Letter to the Future from Kid President](#)

Thought Exchange Feedback: I want to thank you all for your feedback on our Thought Exchange Survey. We had 60 responses and over 800 stars assigned to thoughts. The majority of the thoughts shared were all very positive towards our staff and the process of learning from a distance. We appreciate your kind words and positivity. Having said that, it was clear that many of you are feeling overwhelmed and anxious about schooling. Please know that we hear you and we are doing our best to try to meet your needs. I would like to address some of the themes that appeared in the survey in a Q&A format.

Q: How many hours of work should my child be doing every week?

A: The Minister of Education provided *minimum* guidelines:

- Students in K-3 should be doing 5 hours of work per week with the focus being literacy and numeracy.
- Students in 4-6 should be doing 5 hours of work per week with a focus on literacy and numeracy which they can do through lessons in LA, math, social, science, religion and citizenship.
- Students in grades 7-9 should be doing 10 hours per week with a focus on LA, math, science, social, and religion/citizenship.
- The time includes Google meetings and the lessons prepared for the students. Individual 1-1 teaching and small group lessons would be above the minimum time.

Q: What do I do if I, or my child, is overwhelmed by the amount of work?

A: Email your child's teacher to ask for support, reduced workload, or extra time to complete the work. In class, we always differentiate for student needs. We will continue to do so, but because we can't see your child as we normally would, we are relying on you or your child to communicate needs to us.

Q: What do I do if my child is bored and finishing his/her work too quickly?

A: Check our website for activities to enrich your child's education or email your child's teacher to ask for extension activities.

Q: Why are we continuing to reach religion and citizenship?

A: Legal School is part of Greater St. Albert Catholic Schools. As such, religion is a core class and is mandatory in our schools. Because Legal School is the only public school in town, we provide an alternative program called citizenship for students who do not partake of religion class. As a result, citizenship is also considered a core class to ensure equity amongst our students. Our Catholicity is the reason for our existence as a school and a school division. Work in religion and citizenship should be done within the time allotted by the Minister of Education, however, keep in mind, the guidelines are considered to be a "minimum". Teachers will go over or under that time depending on the lesson, project, activity, length of Google meetings, etc.

Q: Why are there so many emails?

A: We are all new to this too so we appreciate your patience. We know we're sending a lot of emails and that it can be overwhelming, especially for those of you who have multiple children in our school. As we learn new platforms, figure out how to organize our time, and decide what works and doesn't work, it sometimes means we have to send correction emails. We will get better at this as time goes on but again, we thank you for your patience with us as we learn.

Q: Why can our children not continue to visit on Google Meet after the class meeting is over?

A: Just like in school, our Google Meeting is like our classroom and requires supervision. Your child is more than welcome to create their own Google Meet or FaceTime meeting with their friends, in fact, we would encourage this to maintain socialization amongst the children.

This addresses the most common thoughts shared. If you have a question that isn't addressed here, please reach out to me at rtrottier@gsacrd.ab.ca and I will try to answer your questions.

I really want to express to all of you that your child will not fall behind. The whole world is going through the same thing right now so no one will be "behind". Just like in school, your child is going to have good days and bad days with learning. At school, when your child is upset we don't force them to learn (a stressed brain can't learn). We let them take a break, we get them a snack, they go for a walk or to the bathroom. They take the time they need to regulate their emotions and then we try again. Sometimes, we don't try again until several hours later or even the next day. We meet your child where they are at emotionally, intellectually, physically, and we

will do that when we're all back in school again. It's what we do. It's important that you communicate yours or your child's needs to the teachers. Please don't suffer in silence. We are here to help you but we can't help if we don't know that something isn't working for you.

Counselling services and mental health - We are continuing to provide mental health and counselling support services to your child. Please see our "Learning from Home" section on our website for more information about how to contact Mrs. Connell and Miss Josey as well as several activities that they have provided for you or your child to do. If you need help for yourself or your family, please reach out as well. We are able to connect you to the appropriate agency.

Website - Don't forget to check out our website for our "Learning from Home" section where we provide resources to support you and your child and to provide extra activities that your child can do if they need it. <https://www.ls.gsacrd.ab.ca/>

Birthdays - Happy Birthday to:

April 19 - Josh Moylan

April 20 - Samuel Bullock

April 24 - Jenelle Blackmore



Virtual Caregiver Sessions for Children and Adolescents with ADHD

Please see below for information about virtual caregiver sessions on Children and Adolescents with ADHD.

In addition to the virtual parenting sessions listed on the posters, we are offering **Children & Adolescents with ADHD: An Introduction** as a virtual caregiver session next Tuesday evening.

https://www.cyfcaregivereducation.ca/caregiver-education_1

Week at a Glance:

Time	Monday April 20	Tuesday April 21	Wednesday April 22	Thursday April 23	Friday April 24
8:30-9:00					
9:00-9:30	Grade 5/6 Meet				
9:30-10:00	Grade 2/3 Meet				
10:00-10:30		Mr. Paik's Social 5 Google Meet		Grades 4-6 Citizenship Meet (link in classroom) AM Pre-K/Kinder Meet	Social 7 Meet
10:30-11:00	Grade 1/2 Meet				Social 8 Meet
11:00-11:30		Math 9 Meet Grades 1-6 Religion Prayer	LA9 Meet	Science 9 Meet Grades 1-6 Religion Prayer	Social 9 Meet
11:30-12:00	Grade 4/5 Meet	Grades 1-3 Religion Meet		Grades 4-6 Religion Meet	
12:00-12:30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
12:30-1:00		Math 7 Meet	LA 7/8 Meet	Science 7 Meet	Early Dismissal Staff Meeting/PD Day No School for students
1:00-1:30		Math 8 Meet <i>Miss Josey-Open Office Hours</i>		Science 8 Meet	No School
1:30-2:00		<i>Miss Josey-Open Office Hours</i>			No School
2:00-2:30			Grade 4/5 Meet (link in classroom)	PM Pre-K/Kinder Meet	No School
2:30-3:00					No School

Thanks to everyone who has already submitted an entry for our Titan Talent Show. We decided to leave it open for another week. Please send your entries to rtrottier@gsacrd.ab.ca. Thanks!



Got Talent?

Take a 10-20 second video clip of your child/children performing a talent and send it to Mrs. Trottier at rtrottier@gsacrd.ab.ca. We will make a Titan Talent Show

Movie that we'll share via YouTube.

Consent for posting online is assumed if you participate.

Public Information Handout for Plains Midstream Canada's Rainbow II pipeline

Potential Health Effects from HVP Products Exposure

SKIN	Irritation of skin may occur and progress to dermatitis. One component, benzene, may be absorbed through the skin.
EYES	Irritation of eyes may occur.
BREATHING	Breathing mists or vapours may cause accumulation in the lungs and/or central nervous system depression, dizziness, headaches, giddiness, drowsiness, fatigue, nausea, unconsciousness or death.
SWALLOWING	Swallowing mists or vapours may cause accumulation in the lungs and/or central nervous system depression, dizziness, headaches, giddiness, drowsiness, fatigue, nausea, unconsciousness or death.
LONG-TERM HAZARDS	Defatting and drying of skin may occur and cause dermatitis. Inhalation of one component, benzene, has been associated with blood disorders including anemia and leukemia. Repeated exposure to high vapour concentrations may cause eye and respiratory irritation, giddiness, staggered gait, nausea, abdominal pain, loss of appetite, liver damage, kidney damage, and damage to the bone marrow including cancer.
CARCINOGENICITY	Benzene is listed with IARC, NTP, ACGIH or OSHA as a carcinogen.

Response Consideration

Environment, Health & Safety

Plains adheres to the highest environmental and safety standards throughout our organization. We provide a workplace that protects the health and safety of our employees, contractors and the communities surrounding our facilities.

Plains' operations are subject to stringent federal, provincial and local laws and regulations governing the discharge of materials into the environment or otherwise related to protecting the environment.

Our Environment, Health and Safety (EH&S) Management Programs are at the core of our operations. These programs include management commitment and leadership, employee training and awareness, inspections and audits, performance and achievement recognition, emergency preparedness and response, communications and continuous improvement.

Notification

If you are contacted by Plains Midstream Canada to advise you of an emergency situation, the caller will:

- Identify themselves by name.
- Announce that they are a Plains Midstream Canada representative.
- Describe the problem and what is being done.
- Give you instructions to protect your safety (shelter / evacuation).
- Verify the information you have provided.
- Address any concerns which you may have.
- Provide a telephone number which you can call to get additional information.

Emergency Contacts

If you suspect a problem at a Plains facility in your area, please call Plains Midstream Canada's 24-hour Emergency Response number:

1-866-875-2554

In the event of an emergency, Plains will be working with the AER and local authorities.

Alberta Energy Regulator (AER)

AER 24-hour emergency line 1-800-222-6514

Local Authorities

Northern Sunrise County 780-624-0013
M.D. of Lesser Slave River No.124 780-949-4888
Westlock County 780-349-3346
Sturgeon County 780-939-4321
Town of Legal 780-961-3773
City of Edmonton 780-442-5311
Strathcona County 780-464-8111

AMBULANCE/POLICE/FIRE 9-1-1



Pipeline Safety

Keeping Pipelines Safe and Reliable



Public Awareness Information for landowners and area residents related to Plains Midstream Canada's Rainbow II pipeline.

- Emergency notification
- Public protection measures
- Pipeline safety: Call or Click Before You Dig

JANUARY 2020



Our Operations in your Area

Plains Midstream Canada ULC (Plains) is the operator of the Rainbow II pipeline system. These pipelines are licensed as Crude Oil, Low Vapour Pressure (LVP) and High Vapour Pressure (HVP) and forms part of Plains Midstream Canada's Alberta pipeline network. The maximum Emergency Planning Zone (EPZ) is 1.1 km for the Rainbow II pipeline system. Refer to the map on the back of this brochure for more details.

High Vapour Pressure (HVP) Products

HVP products include propane, butane, pentane, and Natural Gas Liquids (NGLs). At atmospheric pressure, HVP products are gases. Under pressure, HVP products exist in a liquid state. In humid air, a leak of an HVP product may form a visible white cloud of cold vapour considerably heavier than air. Under extreme conditions, pools of super-cooled liquid may briefly form. When HVP products vaporize, they expand (70 to 300 times) and can form a plume, which may drift downwind from the source under moderate wind speed conditions. Under higher wind speed conditions, the vapour would dissipate faster.

Main Hazards:

- Potential explosion hazards from delaying ignition of drifting vapour cloud.
- Fire hazard from burning gas and radiant heat.
- Critical hazard because of oxygen deficiency as expanding gas cloud or plume displaces air at ground level.

If You Suspect a Problem

Please call Plains Midstream Canada's 24-hour emergency number if you suspect a problem (1-866-875-2554).

While the chance of an uncontrolled spill or problem is remote, the Plains Emergency Response Plan (ERP) for this area is in place to ensure your safety. If a leak should occur, emergency crews will take immediate steps to minimize the risk to the public and environment.

Additional emergency response personnel will be notified and dispatched to the area to safely manage the emergency.

Public Protection Measures Evacuation, Shelter & Ignition Procedures

Evacuation Procedures

If it is necessary to evacuate, you will be contacted by telephone immediately. If there is no answer to our calls, we will proceed to your residence to inform you of the situation. The following steps should be taken if "Evacuation" procedures have been implemented:

- Gather all residents and bring any medicines required.
- Lock all windows and doors.
- Turn down thermostat and shut off any air exchange fans to outside.
- Drive safely on the route provided and proceed directly to the evacuation centre and check in with the representative.
- Wait for further instruction.

Shelter-in-Place Procedures

If you are advised to stay sheltered, do not leave your house or attempt to start any vehicles until a Plains representative advises you that it is safe to do so. The following steps should be taken if "Shelter-In-Place" procedures have been implemented:

- Immediately gather everyone indoors and stay there.
- Tightly close and lock all windows and outside doors, if convenient, tape any gaps around exterior door frames.
- Extinguish indoor wood-burning fires and close flue dampers if possible.
- Turn off appliances or equipment that either blows out or uses indoor air, such as:
 - furnaces
 - kitchen fans
 - bathroom fans
 - built-in vacuum systems
 - clothes dryers
 - gas fireplaces
 - gas stoves
 - air conditioning
 - ventilators
- Turn off appliances or equipment that suck in outdoor air, such as
 - Heating, ventilation, and air conditioning (HVAC) systems
 - Fans for heat recovery ventilators or energy recovery ventilators
- Turn down furnace thermostats to the minimum setting, turn off air conditioners
- Leave all inside doors open.
- Wait in an interior room upstairs for further instruction.
- Avoid using the telephone, except for emergencies, so that you can be contacted by Plains emergency response personnel.
- Call Plains if you are experiencing symptoms, smelling odours or have contacted government agencies (so the response can be coordinated).
- Stay tuned to local radio and television for possible information updates.
- Even if you see people outside, do not leave until told to do so.
- If you are unable to follow these instructions, please notify Plains emergency response personnel.

After the hazardous substance has passed through the area you will receive an "all-clear" message from Plains emergency response personnel. You may also receive, if required, instructions to ventilate your building by:

- opening all windows and doors
- turning on fans
- turning up thermostats

During this time the air outside may be fresher and you may choose to leave your building while ventilating. Once the building is completely ventilated, return all equipment to normal settings and operation.

Ignition Procedures

If it is determined that ignition is required, the Incident Commander is fully authorized to ignite the release at the pipeline, facility or terminal. Ignition of the gas source would ensure your safety if evacuation was not practical.



Plains Midstream Canada's
24-hour emergency number
1-866-875-2554



CLICK OR CALL BEFORE YOU DIG

To create a safe work environment for everyone, before undertaking any ground disturbance, you must contact your provincial One-Call centre. Go to www.clickbeforeyoudig.com for the One-Call information you need before conducting any ground disturbance activity within the prescribed area (which extends 30 metres on each side of the centre line of pipe). You may also require written consent for your activity, please contact Plains at landrequests@plainsmidstream.com for more information on permissions.

clickbeforeyoudig.com

ALBERTA ONE-CALL 1-800-242-3447





**PLAINS
MIDSTREAM**
CANADA

RAINBOW II PIPELINE SYSTEM

COUNTIES/MUNICIPAL DISTRICTS

