

# M DÀ HÍ



## MOCCASIN TELEGRAPH



### DIYI DZINÍSÀ NIIHITS'I GUJA GÚS?ON GÚLÁDA

1. Gúló náts'tstsīī
2. Īsilā ats'īdīsī
3. Gúlot'āgà tēgúts'īdīstsīī
4. Gúlogónā tāt'sīdīstsīī
5. Gúlotsīs tāt'sīdīstsīī
6. Gúlochìnā tēgúts'īdīstsīī
7. Gúló óghà túts'īnī-hī
8. Gúló k'ásts'īsdā-hī

1. Wet hands
2. Use soap
3. Wash palms
4. Wash fingers/nails
5. Wash thumbs
6. Wash wrists
7. Rinse hands
8. Dry hands

"Let's have a good day" - Tsuut'ina Gunaha

# COVID-19 UPDATES

**TSUUT'INA NATION**  
**EMERGENCY MANAGEMENT RESPONSE**  
9911 CHIILA BLVD., TSUUT'INA NATION, AB T3T 0E1



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## **PUBLIC NOTICE TSUUT'INA NATION**

# **CURFEW IN EFFECT**

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## **EFFECTIVE APRIL 9TH 2020**

## **CURFEW FROM 10PM-6AM DAILY**

Effective 9:59 pm on Thursday, April 9, 2020 a curfew will be put in place. From 10 pm to 6 am, individuals will not be permitted to be on Reserve lands, including roadways, other than in, at or around their homes. This curfew does not apply to those individuals that may be returning from or going to work or those individuals providing essential services. We ask that you abide by this curfew.

Chief and Council understand that this may cause an inconvenience to some. However, we must take all steps to prevent COVID 19 from being brought in from the high-risk zone of Calgary. This is a first approach on protecting our borders.

While we have considered closing our borders, at this time we have decided not to do so. However, this will be reviewed on a regular basis as part of our preventative strategies.

We are doing our best to keep Nation citizens informed of decisions being made, and will continue to do so. As a Nation, we are all in this together and truly appreciate the support from our People.

TSUUT'INA NATION  
**EMERGENCY MANAGEMENT RESPONSE**  
 9911 CHIILA BLVD., TSUUT'INA NATION, AB T3T 0E1



## **PUBLIC NOTICE FOR TSUUT'INA NATION**

# **EASTER HOLIDAY**

**NO LARGE GATHERINGS OF MORE THAN 15 PEOPLE IS ALLOWED IN ONE INDOOR OR OUTDOOR LOCATION.**

People gathered in groups of fewer than 15 people must maintain a distance of 2 metres from one another. Gatherings must occur in a space that allows for mandated physical distancing (at least 2 meters between attendees).

### **RECOMMENDATIONS FOR MITIGATING RISK IN INDOOR AND OUTDOOR GATHERINGS:**

- Cancel, postpone, reschedule or explore virtual attendance options for attendees from demographic groups at greater risk of severe disease, such as people 60 years of age or older and individuals with chronic medical conditions
- Eliminate activities within gatherings that could promote disease transmission (e.g. singing, cheering, hand shaking, preparing food, sharing food or beverages, buffet-style meals)
- Exclude people who are sick with a fever or cough from attendance (even if symptoms appear to be mild or resemble a cold)
- Reduce the number of participants or change the venue to allow for physical distancing
- Stagger the time of arrivals and departures from gatherings
- Increase access to hand-washing stations or alcohol-based hand sanitizer
- Increase the frequency of cleaning of surfaces that are touched often
- Promote personal protective practices (coughing and sneezing etiquette, hand hygiene)

**HAVE A SAFE EASTER HOLIDAY LONG WEEKEND FROM THE EMERGENCY RESPONSE TEAM. PLEASE HELP US KEEP EVERYONE SAFE. PRACTICE SOCIAL DISTANCING.**

TSUUT'INA NATION

## EMERGENCY MANAGEMENT RESPONSE

9911 CHIILA BLVD., TSUUT'INA NATION, AB T3T 0E1



## TSUUT'INA NATION COVID-19 WORKPLACE RISK MANAGEMENT

### CORONAVIRUS (COVID-19) WORKPLACE RISK MANAGEMENT

The safety of our employees is critical. Tsuut'ina Nation with support from the Emergency Management team will continue to monitor the situation involving the Coronavirus (COVID-19). As we are all aware, situations are changing daily and from moment to moment.

### COVID-19 SPREADS FROM PERSON TO PERSON IN A SIMILAR WAY TO THE FLU:

- From close contact with an infected person
- From touching objects or surfaces contaminated by the sneeze or cough of an infected person and then touching your eyes, nose, or mouth.

COVID-19 can cause symptoms similar to the flu, including fever, cough, sore throat, tiredness, or shortness of breath.

Most people who are infected experience mild to moderate symptoms from which they fully recover. However, some people develop more severe illness with pneumonia and other complications. People at increased risk of serious illness include the elderly and those with chronic medical conditions (e.g., diabetes, heart and lung disease) or a weakened immune system.

We are striving to keep all workplaces as healthy and risk-free as possible. We will continually inform our employees of the best ways to protect themselves, following advice from the Public Health Agency of Alberta and Canada.

### BEST WORKPLACE PRACTICES FOR WORKERS:

- Employees, please notify the employer/manager if you have symptoms, like a dry cough, fever, fatigue, or difficulty breathing.
- Wash your hands frequently with soap and water or use an alcohol-based hand sanitizer. Soap and water are still our best defense and the most available.
- Cover your nose and mouth with a tissue or flexed elbow when coughing or sneezing, dispose of tissues immediately after use and wash your hands or apply hand sanitizer.
- Please avoid touching your face.
- All employees must follow physical (social) distancing techniques – 2-meter distance
- Essential staff, please, if possible use separate vehicles
- Face-to-face meetings will be restricted as much as reasonably practicable. Phone calls and video-conferencing are recommended whenever possible.
- All employees are required to wash their hands with regular soap and water before handling/eating food & smoke breaks.
- Employees must not share cigarettes.
- All non-essential staff will continue to work from home.

**TSUUT'INA NATION**  
**EMERGENCY MANAGEMENT RESPONSE**  
 9911 CHIILA BLVD., TSUUT'INA NATION, AB T3T 0E1



**BEST WORKPLACE PRACTICES FOR MANAGEMENT:**

- All Tsuut'ina Nation Facilities deemed closed, must remain closed from unauthorized personnel. Only approved staff are to enter buildings and offices.
- Management who have essential staff working will provide handwashing facilities & supplies. Please ensure these are kept clean, adequately stocked, and in good working order.
- Keep the workplace clean and hygienic.
- Hand Sanitizer will be placed strategically at the main entrances – high traffic areas.
- Please positively encourage workers who show cold/flu symptoms to stay home & self-isolate.
- Ensure that employees are following proper hygiene and regular disinfecting of the workplace.
- Please ensure sanitation is performed frequently on high traffic 'touched' surfaces in the workplace to prevent contamination. E.g., Main entrance doors, work stations, phones, etc.
- Assign general cleaning/sanitizing duties to one or more employees. Sanitation must be performed at the Management discretion – A cleaning schedule will be documented & will be kept on file. Cleaning schedules are to be determined appropriate to workplace operations.

**ADDITIONAL INFORMATION FOR EMPLOYEES WITH COLD/FLU SYMPTOMS:**

- Anyone who may be experiencing cold/flu symptoms, including fever, cough, sore throat, tiredness or shortness of breath, should complete an Online COVID-19 Self-Assessment.
- All employees that have been instructed to contact Alberta Health link 811 through the pre-screening process will not be allowed to return to work until cleared by a qualified healthcare provider.
- If an employee tests positive for COVID-19, the employee will self-isolate and follow AHS/Health Link instructions.
- A Negative test will allow worker to return to work – ONLY IF worker is asymptomatic plus a negative result; a positive test will quarantine as per Alberta Health Services instruction.
- There is a Mandatory 10-day self-isolation for individuals with symptoms.
- There is a Mandatory 14-day self-isolation for returning international travelers or close contacts of people with confirmed COVID-19.

**IF YOU HAVE ANY CONCERNS ABOUT YOUR HEALTH:**

- Take the COVID-19 Self-Assessment.
- Contact AHS Health Link-811 for further instructions if directed by the self-assessment tool.
- Do not go to an ER or clinic – if you need immediate medical attention, call 911 and inform them you may have COVID-19.

***Tsuut'ina Nation and the Emergency Management team will continue to communicate and work together as a team, to ensure that we all get through this pandemic as safely as we can.***



**TSUUT'INA NATION  
GAS STOP**

403-281-4455  
9911 CHILLA BLVD.,  
TSUUT'INA, AB  
T3T 0E1



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**PUBLIC NOTICE FROM TSUUT'INA NATION  
CHIEF DAVID CROWCHILD GAS STOP**

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**NEW HOURS OF OPERATIONS  
EFFECTIVE APRIL 9TH -12TH 2020**

**THURSDAY - SATURDAY  
7 AM - 9 PM**

**• EASTER SUNDAY •  
APRIL 12TH 2020 HOURS  
9 AM - 9 PM**





**TSUUT'INA NATION  
GAS STOP**

403-281-4455  
9911 CHIILA BLVD.,  
TSUUT'INA, AB  
T3T 0E1



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**PUBLIC NOTICE FROM TSUUT'INA NATION  
CHIEF DAVID CROWCHILD GAS STOP**

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**NEW HOURS OF OPERATIONS  
EFFECTIVE APRIL 13TH, 2020**

**MONDAY - SATURDAY  
9 AM - 9 PM**

**SUNDAY'S  
9 AM - 6 PM**



**TSUUT'INA NATION**  
**EMERGENCY MANAGEMENT RESPONSE**  
9911 CHIILA BLVD., TSUUT'INA NATION, AB T3T 0E1



## EMERGENCY RESPONSE UPDATE APRIL 1ST 2020

Good evening Tsuut'ina Nation,

The Emergency Management Response Team continues to follow Alberta Health Services Guidelines. We also relay important information to our Chief and Council so that they are aware of prevention and planning strategies for worst-case scenarios. On-going updates will continue from the Emergency Management Response Team so that our citizens are informed and given direction when needed, especially in uncertain times including loss.

**A very important guideline that we must comply with is to limit gatherings to 15 people; unfortunately, this includes funeral and ceremonial gatherings.**

We are aware that this is very sensitive and is not favorable to our ways; however, we also need to protect one another even within our own families by maintaining physical distance. Our Health Centre team are available to assist should anyone have any questions relating to COVID-19 safety protocols and best practices as they relate to gatherings or funeral service/ceremony.

On a positive note, we are grateful that we still have no confirmed cases of COVID19 on Tsuut'ina Nation. Please continue to look after each other, encourage each other and remain hopeful.

Gumisistay Tsuut'ina

Emergency Response Management





**TSUUT'INA NATION**  
**EMERGENCY MANAGEMENT RESPONSE**  
 9911 CHIILA BLVD., TSUUT'INA NATION, AB T3T 0E1



## UPDATED INFORMATION FOR WEDNESDAY, MARCH 25, 2020

The emergency management response team (EMRT) has set up an Isolation Support Line.

The support line will ask Nation members a set of **intake questions** to ensure the EMRT can track families in isolation and assess if they require assistance to remain in self-isolation for the full duration of time.

### ISOLATION SUPPORT LINE (403) 258-4828

The hours of phone line operation will be from:

Monday to Friday, 8am to 4pm.

We still ask community members to assist elders and those on Isolation where possible, picking up groceries or dropping off extra household supplies if needed, but for families in isolation who need help and cannot reach it the Emergency Management Team needs to know how we can Support the Nations Citizens.

**We will be confirming with callers if they have:**

Called **811** or have taken the **self-assessment tool**,  
<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

**As this is still the first contact that should be done prior to accessing the support line.**

**TSUUT'INA NATION  
EMERGENCY MANAGEMENT RESPONSE**  
9911 CHIILA BLVD., TSUUT'INA NATION, AB T3T 0E1



## TSUUT'INA NATION HEALTH CENTRE MEDICAL TRANSPORT

**NOTICE FROM THE TSUUT'INA HEALTH CENTRE:  
RE: MEDICAL TRANSPORTATION.**



MARCH 31ST 2020,

The Tsuut'ina Health Centre would like to remind all Nation Members that during these unprecedented times we must all work together to keep each other safe. In following with guidelines from the Emergency Management Team and the Government of Alberta the Health Centre will be restricting all Medical Transportation to Essential Travel only.

- ***It is important all Nation Members call their Family Doctors before a visit and if at all possible Nation Members are strongly encouraged to have appointments for prescription refills and minor assessments over the phone.***
- ***Medical Transportation will no longer be transporting clients into the city for prescription refills. We strongly recommend all Nation Members use the Pharmacy at the Tsuut'ina Health Centre during the crisis. This will decrease trips to the city and help to protect all the Community from exposure to the COVID-19 Virus***
- ***If you currently get your medications from pharmacies in the city and have been using Medical Transportation for travel, please call Homecare at the Tsuut'ina Health Centre. The homecare team will try to assist in making arrangements. (403) 251-7575***
- ***Medical transportation cannot and will not transport any clients with symptoms, drivers will refuse transportation should clients present with symptoms.***

We recognize the disruptions to everyone's lives caused by the Pandemic. While the restrictions are difficult and at times can feel harsh, they are our best protection from the Pandemic. This Pandemic will be fought by all of us, our Health Care Teams need your support. By staying at home and following precautions and guidelines you not only protect yourself. It protects everyone you may come into contact each day, you loved ones, your friends, your co-workers. What you do now will save lives, our Health community needs all the help it can get from the public, we are all in this together, we can all be hero's of our communities.

The Health Centre thanks you for your understanding and cooperation.



## TSUU T'INA NATION OFFICE OF THE PEACEMAKER

9911 Chiila Boulevard  
Tsuu T'ina, Alberta T2W 6H6  
Peacemaker Coordinator – Loni Big Crow  
Phone: (403) 281-4455 Ext. 227 (Reception) Ext. 226 (Peacemaker Coordinator)  
Email: lbigcrow@tsuutina.com

### MEMORANDIUM

**TO:** Tsuut'ina Nation employees and community  
**FROM:** Peacemaker Coordinator – Loni Big Crow  
**DATE:** April 6, 2020  
**RE:** Office of the Peacemaker – Office closure COVID-19

Please be advised The office of the Peacemaker will be closed from March 30, 2020 until further notice as per Chief and Council directive on March 23, 2020. All staff will be working off site until further notice.

If you have a matter in the **Tsuut'ina Nation Court**, there currently is a Suspension of sittings and restricted access to court facilities for the public.

Please see link for more information: <https://albertacourts.ca/pc/home>

Please feel free to contact me via email if you require further information [lbigcrow@tsuutina.com](mailto:lbigcrow@tsuutina.com) or at 587-437-3712 during regular business hours 8am – 4pm Monday to Friday.

Thank You,

Loni Big Crow – Peacemaker Coordinator  
Office of the Peacemaker  
LBC/lbc

**TSUUT'INA NATION**  
**EMERGENCY MANAGEMENT RESPONSE**  
9911 CHIILA BLVD., TSUUT'INA NATION, AB T3T 0E1



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## INFORMATION TECHNOLOGY NOTICE

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The Tsuut'ina IT department would like to ask that if you have an IT related issue to please call first to see if it can be resolved over the Phone or Team viewer.

In following the direction From Alberta Health and our Leadership, IT will be keeping a minimum distance from all (2M).

We will not be going on site, and if an issue cannot be resolved you can drop it off at the IT tech room in the admin building for assistance.

For IT assistance call 403-238-6303  
Or Email [support@tsuutina.com](mailto:support@tsuutina.com)





## TSUUT'INA NATION FOOD BANK

403-281-4455  
9911 CHIILA BLVD.,  
TSUUT'INA, AB  
T3T 0E1

March 31th, 2020,

### PUBLIC NOTICE:

## FOODBANK CLIENT SPECIFIC SCHEDULE EFFECTIVE APRIL 6TH 2020

- **MONDAYS** – CLOSED to the public, so that staff can prepare hampers for the week.
- **TUESDAYS** – OPEN only for ELDERS & DISABILITIES, please call for pick up time OR to arrange for a delivery.
- **WEDNESDAYS/THURSDAYS/FRIDAYS** – OPEN for all other Nation Citizens

### STILL REQUIRED FOR ALL HAMPER DISTRIBUTIONS ARE:

- *An appointment, please call (403) 252-5884 to schedule your pick up time*
  - *Information of number of residents in household and home address*
- *Please inform of any allergies or health issues such as; diabetes during time of call*

**(FOODBANK REMAINS A SERVICE FOR TSUUT'INA NATION  
CITIZENS LIVING ON & OFF THE RESERVE.)**





### March 30, 2020 Update from Good Workers Program

Hello to everybody from the Good Workers Program. Due to the COVID-19 Virus, we are still not able to provide you with the date that our next program will start.

We are doing everything we can to keep staff and student workers safe and we will continue to keep you updated.

We will continue to monitor and assess the impact of COVID-19 and follow the guidelines set by our leadership to limit the spread.

All classes are now postponed until further notice.

Our staff continue to work from home and are all available for you via phone, text and email.

Please take good care of yourselves and your loved ones. We will all get through these trying times and we will continue to provide you with ongoing updates.

Kind Regards,

## Gwen Tennant

Gwen Tennant, Program Manager

Good Workers Program.

TSUUT'INA NATION  
**PUBLIC WORKS**  
9911 CHIILA BLVD., TSUUT'INA NATION, AB T3T 0E1



## **ATTENTION PUBLIC NOTICE:**

Public Works has been closely monitoring the Coronavirus (COVID-19) outbreak and continues to observe Health Canada's recommendations. Our first priority is the continued safety of our employees and our customers. Public health officials continue to advise that social distancing is the most effective strategy to prevent the spread of COVID-19. As such, Public Works building will be closed to all outside visitors including customer walk-ins until further notice.

Should you need to contact us, the office will be taking call **ONLY** Monday to Friday, 10:00am to 2:00pm, please call (403) 281-0754, and one of our representatives will be in touch with you as soon as possible.

For **24Hour Housing Emergency Services** and those residents on the bottle water list, please contact (587) 227-8772

We appreciate your support and understanding of this decision.

Siyisgaas,  
Public Works



## Tsuu Tina/Stoney Corrections Society

### In response to the COVID-19 Pandemic Impacts to Public Health & Safety

**PROBATION**- Probation clients **ARE TO CALL THEIR** Probation Officer between the hours of 8:30am – 4:30pm.

Probation Officer - Everett Rabbitt's cell: **403-807-8890**

Probation Officer - Jackie Meguinis cell: **403-998-0140**

Probation Supervisor - Sheila Manyhorses **403-874-8554**

**COURT WORKER** – Court Worker Services, please call between 8:30am – 4:30pm

Jennifer Big Crow: **403-968-7555**

Tyson Crawler: **403-803-9480**

For Court Announcements, check website: [www.albertacourts.ca](http://www.albertacourts.ca)

**VICTIM SERVICES** – Individuals are to call

Frances Starlight: **403-669-0142**

Cindy Severite: **403-510-0013**

**FINE OPTION PROGRAM** – Is placed on hold at this time.

Please stay safe.



## PAYROLL & HUMAN RESOURCES

### QUESTIONS & ANSWERS

There has been a significant amount of change to everyone's daily schedule – both at work and at home. Along with the sudden and continuing changes there has been a lot of information to take in and figure out how it may impact you and your family.

We know that many of you have questions, that it can be hard finding the answers, and that you need information to know the best way to help your family.

Below is a list of questions we have been asked over the past couple of weeks – please take some time to read and if you have more questions, please email any payroll questions to: [payroll@tsuutina.com](mailto:payroll@tsuutina.com). Do not email to a specific individual in Payroll – all questions are handled through the address above.

With HR questions send them directly to [hrd@tsuutina.com](mailto:hrd@tsuutina.com).

Emails will be answered as soon as possible and we will provide another update the week of April 6.

### YOUR PAY

1. **Who do I contact to Change my banking or address information?** Updated information should be sent to [payroll@tsuutina.com](mailto:payroll@tsuutina.com) only. You must have an official bank direct deposit form that you have signed or a form that you downloaded from the bank that you have printed and signed. If you cannot scan the document at home, please send a picture. There is a form you can use included with this email/memo.
2. **Will I still receive a Mileage Allowance?** Due to office closures, most staff working from home, and budget constraints, there will be no mileage allowance paid until further notice.
3. **Why am I no longer getting a Cell Phone Allowance?** The Senior Management Team decided to provide cell phones for work purposes as of April 1, 2020 instead of an allowance. If your manager has not discussed this with you yet, please speak with them immediately.
4. **Will I still receive acting pay and/or additional duty pay?** Due to budget constraints, there will be no increases until further notice.
5. **What if I am asked to perform in an acting role?** A change form will be submitted and HR will track how long you are in an acting position. At a future date, all role changes will be evaluated and may result in back pay for acting positions.
6. **Do I still have to pay my revolving loan(s)?** Yes, loans must continue to be paid. You will also be deducted for any purchases made at a private business such as White Eagle.

7. **Can I get a pay advance, early release, or revolving loan?** There will be no pay advances, early releases, or new revolving loans at this time. You cannot add to the balance of a current revolving loan.
8. **The Daycare was closed for part of March, will I get a refund?** Payroll refunded the portion of overpayment on your last pay cheque, March 27<sup>th</sup> and will not be making deductions moving forward.
9. **If I've been laid off, can I pick up my Record of Employment from the Main Office?** Chief Joseph Big Plume Building is closed to the Public. Tsuut'ina Nation sends the Record of Employment (ROE) electronically to Service Canada, and will not be able to provide you with a paper copy. However, you can retrieve ROE's and print them using your "My Service Canada Account" (MSCA). If you don't have access to the Internet, please leave your name and phone number with Main Reception and a copy will be mailed to the address you have listed on file.
10. **Can you email me my ROE?** The ROE contains highly confidential information and for this reason, it cannot be emailed. You will need to contact Service Canada directly.

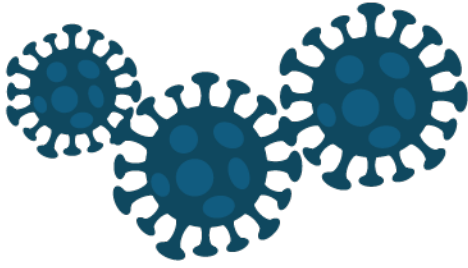
## **HUMAN RESOURCES**

1. **Can I still hire new employees for my team?** Since we are practicing social distancing and closing the Main office on March 30<sup>th</sup>, there will be no new hires except for essential service requirements.
2. **Can I extend contracts that are expiring?** Again, due to office closures, we will not be extending contracts at this time.
3. **Will wage increases be processed?** Due to budget constraints, there will be no increases processed at this time.
4. **Can I bank overtime?** To conserve limited funds, we encourage you to distribute the work amongst all your team members to keep operations moving forward. If you think you or a member of your team will incur overtime, please discuss with your Executive Director in advance.
5. **Can I get paid out banked overtime?** At this time, we will not be paying out overtime. If you have accumulated overtime, this can be taken as paid time off. Please discuss this with your Manager and/or the HR Business Partner supporting your program.
6. **Can I hire someone through a funding program?** This depends on the funding program, whether the program is deemed essential, and whether the program can be run following the health protocols in place to safeguard staff and the Nation during the COVID-19 health emergency and without incurring any costs to the Nation.
7. **Can I post a job?** There is a hiring freeze on all jobs with the Tsuut'ina Nation organization.

8. **Can I submit my resume?** Please do not submit your resume at this time as we do not have any active posting.

**EMPLOYMENT INSURANCE (EI) BENEFITS:**

1. **How do I apply for Employment Insurance (EI) Benefits?** To submit an application, visit [Canada.ca](https://Canada.ca). Select “Employment Insurance and leave”, and then click on the type of benefits that best suits your situation. Finally, follow the instructions to start your online application to claim EI benefits. At the end of the online application process, you **will be presented with a confirmation page**. It contains a lot of useful information, including what to expect in the next steps. **Please take some time to read it.**
2. **When should I apply for EI Benefits?** Apply for EI benefits as soon as you stop working. You do not need to wait for your Record of Employment to submit your EI application.
3. **How long will it take to get an Access Code?** Service Canada is backlogged with applications at this time. Typically, you will receive an Access Code in the mail within 5 to 10 business days, however, due to the high volume of applications at this time, you should be prepared that it might take substantially longer.



For more information:  
[Canada.ca/coronavirus](https://Canada.ca/coronavirus)

Information for Indigenous communities:  
[Canada.ca/coronavirus-info-indigenous](https://Canada.ca/coronavirus-info-indigenous)

# COVID-19 UPDATE

## Accessing financial benefits and support during the COVID-19 outbreak

On March 18, 2020, the Prime Minister announced a new set of economic measures to help stabilize the economy during this challenging period. These measures will provide up to \$27 billion in direct support to Canadian workers and businesses.

**All Indigenous People have access to these financial benefits.**

**First Nations, Inuit, Métis, regardless of where they reside**

### IMPORTANT

Everyone is encouraged to file their 2018 income tax return to ensure they receive the benefits and credits to which they are entitled. To access some of the benefits below, a tax return must be filed. ISC is working with CRA to explore simplified methods of accessing benefits.

### Support for individuals and families

#### Increasing the Canada Child Benefit (must have filed your 2018 tax return)

- If you already receive the Canada Child Benefit payment and have an eligible child under your care in May 2020, you will receive \$300 more per child in addition to your regular payment.
- **No need to re-apply.**
- To apply, click [here](#) or call 1-800-387-1193; or, for Yukon, Northwest Territories and Nunavut: 1-866-426-1527.



Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada



### Special Goods and Services Tax credit payment (must have filed your 2018 tax return)

- There will be a one-time special Goods and Services Tax credit payment by early May available for low- and modest-income families.
- The average additional payment will be close to \$400 for single individuals and close to \$600 for couples.
- **There is no need to apply for this payment. If you are eligible, you are enrolled automatically when you file your income tax return.**

### Extra time to file income tax returns

- For individuals (other than trusts), the tax return filing due date will be extended until June 1, 2020.
- When you file in your income tax return, if you owe money, payment will only be due September 1, 2020, and will not incur interest or penalties.

### Mortgage support

- Canadian banks have committed to work with their customers on a case-by-case basis to find solutions to help them manage hardships caused by COVID-19.
- If that is your situation, **contact your financial institution** to ask about flexibility for a mortgage deferral.
- If a lender approves a payment deferral on a Ministerial Loan Guarantee, no extra approval from ISC is needed, unless the terms and conditions of the payment deferral exceed the existing Ministerial Loan Guarantee.

## Support for people facing unemployment, who are sick, quarantined, impacted by self-isolation or are unable to work

### The new Canada Emergency Response Benefit

- This new financial support, which provides a taxable benefit of \$2,000 a month for up to 4 months, will be accessible through a secure web portal starting in early April. Applicants will also be able to apply via telephone. More information will be shared soon. Click [here](#) for more information.
- Register for direct deposit on CRA's [My Account](#) for the quickest and most reliable way to get benefit and credit payments.

### Improved access to Employment Insurance sickness benefits

- If you are sick, quarantined or have been directed to self-isolate, the Government of Canada will waive the requirement to provide a medical certificate to access EI sickness benefits. Click [here](#) to apply.





## Apply for Employment Insurance

- Apply online first for regular EI benefits at [Employment Insurance](#) or call toll-free: 1-800-206-7218. You will be automatically enrolled in the Canada Emergency Response Benefit if you are eligible.

**If you require assistance accessing services, please complete an online request. A Service Canada officer will contact you within 2 business days.**

[Canada.ca/service-canada-e-service](https://Canada.ca/service-canada-e-service)



## Support for Indigenous communities and people who are vulnerable

### A new Indigenous Community Support Fund

- The [Indigenous Community Support Fund](#) will provide \$305 million to help Indigenous communities prevent, prepare and respond to coronavirus disease 2019 (COVID-19).
- This funding will help Indigenous communities to address their unique priorities and needs such as support for Elders, food insecurity, educational and other support for children, mental health assistance and emergency response services.
- Through this fund, \$290 million has been allocated to First Nations, Inuit and Métis communities. The remaining \$15 million will be available for regional and urban Indigenous organizations supporting their members living away from their communities, and to regional organizations such as Friendship Centres and the Métis Settlements General Council of Alberta.
- A call for proposals will be launched shortly for the regional and urban Indigenous organizations fund.

### Enhancing the Reaching Home initiative

- To support people across Canada experiencing homelessness during the COVID-19 outbreak by providing \$157.5 million to the Reaching Home initiative.
- This support can help address needs such as purchasing beds and physical barriers for social distancing and securing accommodation to reduce overcrowding in shelters.
- Shelters and other non-profit organizations can apply for funding [here](#).





### Support for women's shelters and sexual assault centres

- Up to \$50 million will be provided to women's shelters and sexual assault centres across Canada to help with their capacity to manage or prevent an outbreak in their facilities.
- This funding includes up to \$10M to be provided to Indigenous Service Canada's network of 46 emergency shelters on reserve and in Yukon to support Indigenous women and children fleeing violence.

### Support for First Nations and Inuit health

- Funding requests for community public health needs in First Nations and Inuit communities can be submitted to First Nations and Inuit Health Branch offices in each of the regions (in British Columbia, through the First Nations Health Authority).
- Funding applications can be for measures including but not limited to:
  - Identified needs to update and/or activate pandemic plans
  - Public health and primary health care capacity to respond to the COVID-19 outbreak
  - Align response efforts with evidence
  - Address immediate needs in the short term
- A [community guide](#) has been developed to assist First Nations with accessing these funds and regular discussions are occurring with the Inuit Public Health Task Group (comprised of Inuit representational organizations, federal and provincial and territorial governments).

### Support for Emergency Management on reserve

- First Nation communities on reserve may need emergency assistance services that can be provided through the [Emergency Management Assistance Program \(EMAP\)](#).
- At this time, EMAP assistance is dedicated to ensure the immediate health and safety response of First Nations related to COVID-19, in addition to other expenses that would typically be supported by the EMAP.

## Support for seniors

### Reduced minimum withdrawals for Registered Retirement Income Funds

- A new measure in place to reduce the required minimum withdrawal amounts from Registered Retirement Income Funds (RRIFs) by 25% for 2020.

## Support for students and recent graduates

### A pause on the repayment of Canada Student Loans

- Effective March 30, we are placing a six-month interest-free pause on the repayment of Canada Student Loans for all student loan borrowers. No payment will be required and interest will not accrue during this time.
- **Students do not need to apply for the repayment pause.**





## Support for businesses

There are also suite of measures which have been released to support businesses. These include support to avoid layoffs, access to credit, and more. Visit the Government of Canada's [COVID-19 Economic Response Plan](#) for details.

**For more information, visit the Government of Canada's  
[COVID-19 Economic Response Plan](#)**





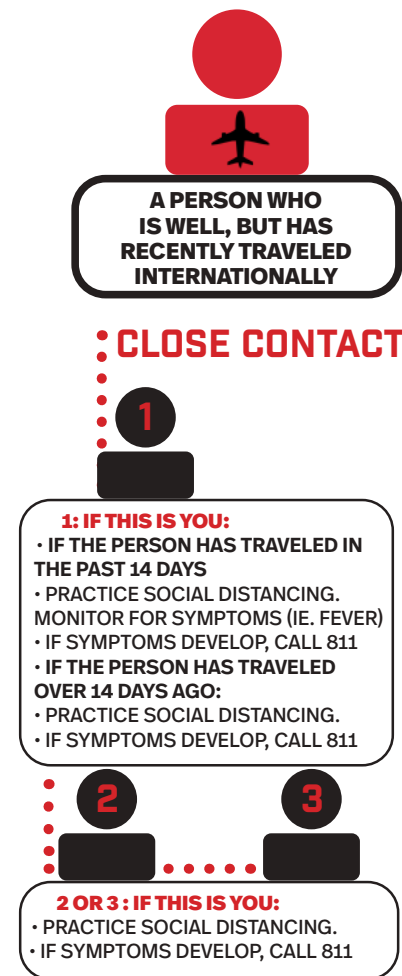
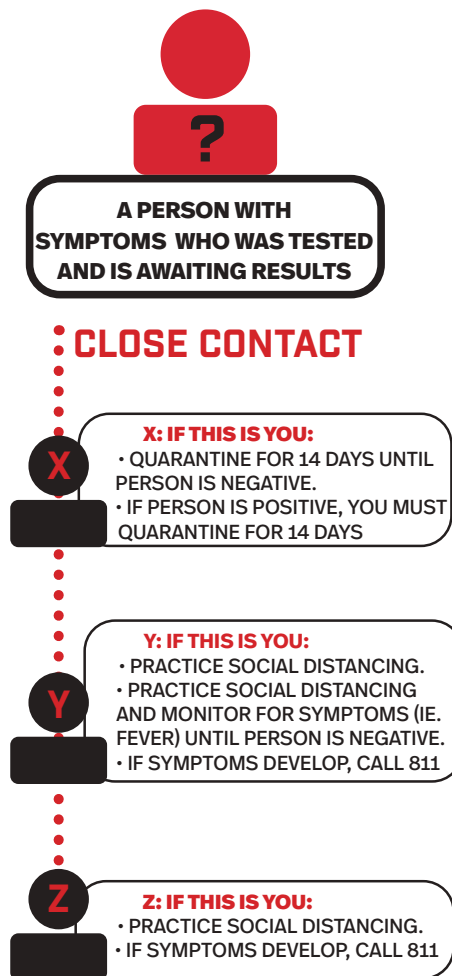
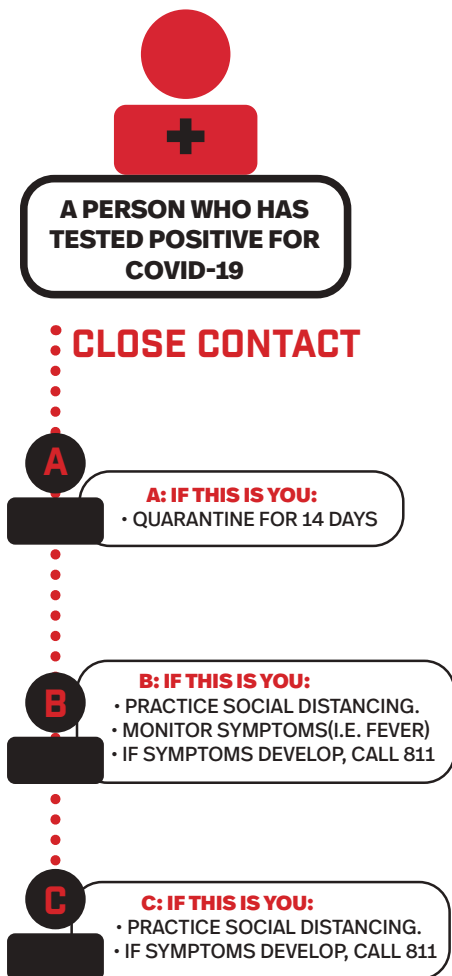
**TSUUT'INA NATION  
EMERGENCY MANAGEMENT RESPONSE  
9911 CHIILA BLVD., TSUUT'INA NATION, AB T3T 0E1**



# DO YOU NEED TO SELF ISOLATE FOR COVID-19 ?



## IF I HAVE HAD CLOSE CONTACT WITH:



# Novel coronavirus (COVID-19): Weekly Bulletin to First Nations in Alberta: April 03, 2020

Office of the Senior Medical Officer of Health

Please email questions about COVID-19 to: [sac.cdemergenciesab-urgencesmtab.isc@canada.ca](mailto:sac.cdemergenciesab-urgencesmtab.isc@canada.ca)

The COVID-19 global pandemic remains a public health emergency in Alberta. Alberta continues to see an increase in the number of cases of COVID-19 and the situation is evolving daily.

## Status Update

Number of cases reported\*, as of April 03, 2020:

*\*numbers are changing rapidly and may change after this bulletin is released*

|           | Alberta<br>(Alberta Health) | Canada<br>(Public Health Agency of Canada) |
|-----------|-----------------------------|--|
| Cases     | 968                         | 11,268                                     |
| Deaths    | 13                          | 138  |
| Recovered | 174                         | 1,744                                      |

- There are identified cases of COVID-19 in all Alberta Health zones: Calgary zone (589); Edmonton zone (247); Central zone (59); South zone (14); North zone (55) and Unknown (4).
- COVID-19 affects people of all ages. In Alberta there are over 75 COVID-19 cases in youth between the ages of 1 and 24. Over half of these cases are people between the ages of 15 and 24 and a death has occurred in a man in his 30s in Alberta from COVID-19.
- There has been **no confirmed case** of COVID19 in First Nations communities in Alberta to date
- Aggregate data on COVID-19 cases and laboratory testing in Alberta is available at <https://www.alberta.ca/covid-19-alberta-data.aspx>.

## Testing in Alberta - update

- Alberta’s targeted approach to testing for COVID-19 prioritizes at-risk populations and those at the highest risk of local exposure. This approach is consistent with testing happening across Canada.
- Testing is prioritized for the following individuals, if they are symptomatic:
  - People who **are hospitalized** with respiratory illness.
  - Residents of **continuing care and other similar facilities**.
  - People who **returned from travelling abroad between March 8 and March 12** (before the self-isolation protocols were in place).
  - **Health-care workers** with respiratory symptoms. An online [Healthcare Worker Self – Assessment tool](#) has been developed for all healthcare workers that think they may have COVID-19 or may have been exposed to COVID-19.
- FNIHB recognizes the importance of increasing COVID-19 testing in Alberta First Nations. Efforts are underway to finalize measures to support appropriate testing in communities for the early detection of COVID-19 cases. Testing in communities will continue to be a collaboration between local physicians and nurse practitioners, FNIHB MOH, and nurses in the community.
- Anyone who is waiting for their COVID-19 test results is **required** to remain in self-isolation, at home. While at home, individuals are advised to continue to follow good respiratory etiquette, and good hand hygiene practices.



Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada

### **Current Public Health Actions - update**

- Alberta implemented **public health orders** restricting mass gatherings, certain businesses and workplace closures to protect the health of Albertans and limit the spread of COVID-19. **New restrictions** on mass gatherings and businesses are now in place to limit the spread of COVID-19. **Mass gatherings must now be limited to no more than 15 attendees.**
- Law enforcement agencies continue to have full authority to enforce public health orders and issue fines for violations.
- **Public health orders** issued by the Chief Medical officer of Health remain in place. These orders **legally require** returning international travelers, close contact of confirmed cases, and people exhibiting COVID-19 symptoms to self-isolate.
- Exemptions will continue to be assessed on a case-by-case basis by public health officials.

### **What the Government of Canada and ISC/FNIHB-AB is doing - update**

- ISC-AB, through the Emergency Management Assistance Program, provided each First Nation in Alberta with initial Response and Recovery funding allocations of \$125,000 each to support emergency management and planning needs.
- First Nations in Alberta will also be receiving a total of \$26,267,000 of the \$305 million Indigenous Community Response Fund. Letters were sent to all Chiefs and Councils in Alberta on March 28, 2020 confirming funding allocation. Individual Nation's allocation will be sent in the coming weeks.
- FNIHB-AB previous telehealth sessions were recorded and are available at <http://www.fnfn.ca>. The next telehealth session will be held on **Thursday April 9, 2020**. The topic for the next session as well as information on how to register will be sent shortly.

### **Guidance for appropriate use of Personal Protective Equipment (PPE)**

- Health care workers must use appropriate PPE when providing direct care (i.e. within 6 feet) for individuals with symptoms of respiratory illness (fever, cough, sneezing, runny nose).
- PPE is not required for employees or visitors of healthcare facilities that do not perform direct patient care. Activities that do not involve contact with individuals with respiratory symptoms do not require the use of PPE.
- Masks should be worn by:
  - Persons with symptoms of respiratory illness when they are required to go out in a public setting, this will prevent the spread of germs.
  - Individuals providing personal care at home (within 6 feet) for individuals who have symptoms of respiratory illness.
- People who do not have any symptoms of respiratory illness do not need to wear a mask.
- Masks are only effective if used properly. Properly discarding the masks and hand hygiene are important, if not done correctly, germs on the mask can be a source of infection.

### **Mandatory Self-Isolation - update**

- Mandatory self-isolation is still **legally required** for individuals who have recently returned from international travel; individuals who are a close contact of a person who tested positive for COVID-19; Albertans with symptoms of COVID-19 that is not related to a pre-existing illness or health condition; and Albertans who test positive for COVID-19.
  - Individuals under mandatory self-isolation **who do not show symptoms** must self-isolate for 14 days.
  - Individuals **who show symptoms** must self-isolate for an additional 10 days from the beginning of symptoms or until they are feeling well, **whichever takes longer**.
- A Public Health directive has been issued for individuals **in mandatory self-isolation**:
  - **Stay home** – do not leave your home or attend work, school, social events or any other public gatherings.
  - Avoid close contact with people in your household, especially seniors and people with chronic conditions or compromised immune systems.
  - You are **prohibited** from taking public transportation like buses, taxis or ride-sharing.

- **Do not go outside for a walk** through your neighbourhood or park. This includes children in mandatory self-isolation.
- You can get fresh air in your backyard, if you have one, **but you must remain on private property not accessible by others.**
- If you live in an apartment building or high-rise, you must stay inside and cannot use the elevators or stairwells to go outside. If your balcony is private and at least 2 metres away from your closest neighbour's, you may go outside on the balcony
- For **more information** on self-isolation please go to <https://www.alberta.ca/self-isolation.aspx>

### **Mass Gatherings, Business and Workplace restrictions – update**

- Exemptions to the current mass gathering restrictions of **no more than 15 people** includes:
  - Public transit – if 2 metres (about the length of a hockey stick) of physical distancing is observed.
  - Operators of shelters and temporary or transitional housing facilities may provide shelter to more than 15 people but **risk mitigation strategies must be followed**, including maintaining 2 metres of physical distancing.
    - All non-essential gatherings inside and outside these facilities must include no more than 15 people.
  - Risk mitigation strategies can be found at <https://www.alberta.ca/assets/documents/covid-19-mass-gatherings-fact-sheet.pdf>.
- Businesses and services on the essential services list can continue to provide services at locations accessible to the public, **but** they must have proper risk mitigation measures in place, such as sanitation stations and appropriate distancing between customers.
- List of retailers that can remain operational with appropriate public health measures in place are identified at <https://www.alberta.ca/essential-services.aspx>.
- Non-essential retail businesses are **prohibited** from offering services in a location accessible to the public.
- Businesses or workplaces are **prohibited** from offering close contact personal services, including personal services facilities, cosmetic enhancement services, wellness studios and clinics, non-emergency and non-critical health services
- **Violation of the public health order is subject to a substantial fine.**

### **Information for Youth**

- There is a growing concern from Chiefs in the Alberta Region that Indigenous youth are not heeding to public health messaging regarding physical distancing, not unlike youth across the country.
- All Albertans including the youth **MUST** take personal steps to help prevent the spread of COVID-19 and other respiratory infections. These are some actions the youth can take:
  - Practice physical distancing – stay at least 2 meters or 6 feet away from other people if you need to leave your home.
  - Stay home – don't go out unless absolutely necessary.
  - Wash your hands with soap and water often.
  - Protect the elders and elderly by respecting and following the public health measures.
  - Don't share cigarettes, cannabis or vaping devices from mouth to mouth. Vaping and smoking can weaken the lungs and make them more susceptible to respiratory disease.
  - Don't consume food or drinks from common containers – stop passing the bottle around or sharing food.

### **Preventing the Spread**

#### **Physical distancing**

- All Albertans are asked to practice physical distancing to help protect themselves and limit the spread of COVID-19.
- Physical distancing is not the same as self-isolation. It involves taking steps to limit the number of people you come into close contact with and can help you reduce the risk of getting sick.

- To protect yourself and others:
  - Keep at least 6 feet (about the length of a hockey stick) from others when going out for groceries, medical trips and other essential needs
  - Limit the number of times you leave your home for errands
  - Try to shop at less busy times
  - Order online to have groceries or other items delivered if possible
  - Go for a walk in your neighbourhood or park while maintaining distance from others
  - Avoid overcrowding in elevators or other enclosed spaces
  - Follow Alberta's mandatory restrictions on mass gatherings
  - Wash or sanitize your hands after touching communal surfaces. Protect your loved ones by practicing physical distancing. We all have a role to play!

### *Mental health and coping*

- The COVID-19 pandemic can have a significant impact on Albertans' mental health. Resources are available if you, or someone you know, is struggling or needs a little extra support.
  - Please visit <https://www.albertahealthservices.ca/assets/info/amh/if-amh-mhpiip-disaster-pandemic-covid-19-and-your-mental-health.pdf> and <https://www.albertahealthservices.ca/assets/info/amh/if-amh-mhpiip-disaster-pandemic-practical-and-emotional-preparedness.pdf>
  - To learn more about coping and connections for children and families during COVID-19 please go to <https://www.albertahealthservices.ca/assets/info/amh/if-amh-mhpiip-disaster-pandemic-coping-for-children-families.pdf>
  - The Mental Health Help Line [1-877-303-2642](tel:1-877-303-2642) is available 24/7 to provide advice and referrals to community supports near you.
  - Hope for Wellness Help Line [1-855-242-3310](tel:1-855-242-3310), 24 hours a day, 7 days a week.
  - Kids and teens can call the Kids Help Phone: [1-800-668-6868](tel:1-800-668-6868).
  - Text COVID19HOPE to [393939](tel:393939) to subscribe to a free service supporting mental health and wellness in a time of stress and isolation.

**Updates and additional information**

If you have general questions about COVID-19 or require current information, please refer to the following websites which are trusted information sources and are being regularly maintained and updated.

**Alberta Health – Coronavirus info for Albertans**  
<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

**COVID-19 Data for Alberta**  
<https://www.alberta.ca/covid-19-alberta-data.aspx>

**Alberta Health Services – novel coronavirus (COVID-19)**  
<https://www.albertahealthservices.ca/topics/Page16944.aspx>

**Public Health Agency of Canada – 2019 novel coronavirus: Outbreak update**  
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

**World Health Organization – Coronavirus disease (COVID-19) outbreak**  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

**Indigenous Services Canada COVID-19 Updates available in several languages -**  
<https://www.gotoinfo.ca/ISInfo>  
<https://www.sac-isc.gc.ca/eng/1581964230816/1581964277298>

**For helpful advice on handling stressful situations and ways to talk to children please visit**

- [Mental health and coping with COVID-19 \(CDC\)](#)
- [Talking with children about COVID-19 \(CDC\)](#)
- [Help in Tough Times \(AHS\)](#)

**Johns Hopkins University Interactive Dashboard –**  
<https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>

**Previous information bulletins and additional information and resources for health staff can be found at [OneHealth.ca](https://www.onehealth.ca)**

**Anyone with specific questions or concerns about their health is encouraged to call Health Link at 811 for health advice.**

**Should you have questions about COVID-19, please do not hesitate to email:**  
[sac.cdemergenciesab-urgencesmtab.isc@canada.ca](mailto:sac.cdemergenciesab-urgencesmtab.isc@canada.ca)



Tsuut'ina Education Department

Information Update

April 2, 2020

K to Grade 12 | Gunaha Atsidilashi | Bullhead Adult Learning Center

## WELCOME BACK!

Tsuut'ina Education acknowledges the efforts of its entire learning community in responding to the current world health emergency. It is unprecedented and during the two weeks in which all schools were closed to students, Tsuut'ina Education has worked rapidly to reorganize and restructure our learning organization to offer students an at-home learning plan. We are mindful that many families are experiencing significant changes and disruption in their daily lives. We are committed to maintaining a slow, calm, comforting, and supportive approach, allowing maximum flexibility for students, parents, guardians, and/or their caregivers – whether that be an older sibling, grandparent or babysitter.

| Guiding Principles of the Plan  | At-Home Learning   |
|---|--|
| <ul style="list-style-type: none"> <li>• Focus on the health, wellness and safety of students through regular teacher connection and support</li> <li>• Flexible learning plans where all students have the opportunity to succeed</li> <li>• Weekly learning plans and activities communicated to parents</li> <li>• Digital and/or paper-format delivery depending on the needs of each family</li> <li>• Digital resources/tools made available to families based on availability from school-to-school</li> <li>• Use of current digital platforms already in use at the school</li> <li>• Ongoing assessment/communication through TTNE PowerSchool Parent Portal</li> </ul> | <p>In alignment to Alberta Education's guidelines for at-home learning, Tsuut'ina Education learning continuity plan demonstrates a thoughtful and responsive approach. To be rolled out on April 6, and April 13, 2020, with the focus on literacy/numeracy learning outcomes from K to Gr. 3, with the addition of science and social for Gr. 4 – 9. For semester two the high school will focus on courses required for high school graduation, including English ELA, Sciences and Tsuut'ina Language and Culture at all levels. Families with students enrolled in Preschool Intervention Program also will receive guidance on how families can support learning at-home. On April 6, 2020, or shortly thereafter, all families can expect to hear from their child's teacher with details about the digital communication and learning platforms being used and the hours the teacher will be available. Detailed weekly learning plans will start, Monday April 6, 2020.</p> |

### Tsuut'ina Education's Continued Learning

|   |  |
|---|--|
| <b>SUPPORTS FOR AT-HOME LEARNING</b>  |  |
| <p>What are the technology needs to support your child's learning? To determine how best to deliver at-home learning opportunities, teachers will be reaching out to families to identify students' access to technology.</p>   |  |
| <p>Questions teachers will ask:</p> <ul style="list-style-type: none"> <li>• Does your child have access to a computer, laptop, iPad/tablet or smart phone?</li> <li>• Does your child have access to the Internet?</li> <li>• Is your only option a paper-based learning package for your child?</li> </ul>  | <p><b>Loan A Device</b><br/>Schools have a limited number of devices to loan and will try to accommodate families in need. A Loan Agreement will need to be signed upon pick-up of the device.</p> <p><b>Paper-Based Format</b><br/>Accommodations can be made for families that require their child's learning materials in a paper-based format. Teachers will communicate directly with these families to identify the process for picking-up and returning learning packages from their child's school.</p>  |
| <p><b>MAKING LEARNING MANAGEABLE</b></p> <p><b>Learning Outcomes</b><br/>All teachers have been asked to evaluate the curricular outcomes not yet covered in class to prioritize the content to be covered based on what is manageable for students working from home. Each week, parents and students will receive a weekly learning plan with specific tasks and activities for students, along with weekly suggestions for physical literacy activities.</p> <p><b>Learning Supports for Students with Special Needs</b><br/>In consultation with each school's Diversity and Inclusive Learning Team – and Tsuut'ina Education where deemed necessary – teachers will review each student's success plan to identify strategies that can be easily translated into home-life and learning. Tsuut'ina's Education Educational Assistants and/or school counselors, too, will maintain their connection with students, guardians, and families, with a focus on social and emotional well-being.</p> <p><b>Assessment of Learning</b><br/>Schools have been asked to ensure teachers do not require more than two summative assessments, i.e., quizzes, book reports, or assignments per week for any one student, regardless of the number of courses the student is currently enrolled. As is the normal process, marks and comments will be posted in Tsuut'ina Education's PowerSchool.</p> | <p><b>CURRICULUM &amp; HOURS OF LEARNING</b></p> <p><b>Preschool Intervention Students</b></p> <ul style="list-style-type: none"> <li>• Goals, supports and services outlined in Individual Program Plans</li> </ul> <p><b>K – Gr. 3 Students</b></p> <ul style="list-style-type: none"> <li>• Language/literacy and mathematics/numeracy curriculum outcomes</li> <li>• An average of five (5) hours of work per student per week</li> </ul> <p><b>Gr. 4 – 6 Students</b></p> <ul style="list-style-type: none"> <li>• Language/literacy and mathematics/numeracy outcomes, with opportunity to incorporate science and social studies outcomes through cross-curricular learning</li> <li>• An average of five (5) hours of work per student per week</li> </ul> <p><b>Gr. 7 – 9 Students</b></p> <ul style="list-style-type: none"> <li>• Core mathematics, language/literacy, science and social studies curriculum outcomes</li> <li>• An average of 10 hours of work per student per week</li> </ul> <p><b>Gr. 10 – 12 Students</b></p> <ul style="list-style-type: none"> <li>• Specified and core courses second semester required for high school graduation, including ELA at all levels and Sciences at all levels.</li> <li>• An average of three (3) hours of work per course per student per week</li> </ul> |



## Tsuut'ina Education's Continued Learning

### OVERALL EXPECTATIONS

#### EXPECTATIONS OF STUDENTS & PARENTS

- Set up a learning space for your child;
- Watch for your child's teachers to communicate their learning continuity plan and weekly learning plans each Monday;
- Ensure your child connects, individually, with their teacher each week;
- Don't be afraid to reach out and share any problems/issues that may occur – we're here to support you;
- Have fun learning together and practice patience with one another; and
- Get lots of exercise.

#### EXPECTATIONS OF TEACHERS

- Complete the learning continuity plan template distributed by your principal;
- Evaluate the curricular outcomes not yet covered in your class to prioritize the content to be covered;
- Connect with your learning support team to plan implementation of student success plans;
- Communicate your learning continuity plan to parents/students on or after April 6, 2020;
- Share weekly learning plans with parents/students each Monday, with the exceptions of Professional Development Days and statutory holidays;
- Connect with the whole class through established means (virtual connection, Learning Management System, e-mail, etc.);
- Attempt to connect directly with each student once a week and identify any student who cannot be reached to your administration and learning support team;
- Identify students that may be struggling to your school's learning support team;
- Communicate to your principal when, and if, you will not be accessible during regular work hours;
- Be accessible for scheduled meetings; and
- Be aware that there may be times when your attendance will be required at school as determined by Tsuut'ina Education.

### EXPECTATION OF LEARNING

#### SUPPORT TEAMS

- (Learning support teachers, child development advisors/school counselors/guidance counselors)
- Complete the learning continuity plan template distributed by your principal;
  - Support teachers and identify strategies that can be easily translated into home-life and learning;
  - Maintain regular connection with students, guardians and families, focusing on social and emotional well-being;
  - Identify any student who cannot be reached to your principal; and
  - Engage in regular consultation, collaboration and coaching with Tsuut'ina Education's Diversity and Inclusive teams.

#### EXPECTATIONS OF ADMINISTRATORS

- Establish a staff communication plan for daily messaging and touch points to meet individually with each staff member;
- Establish a teacher buddy system, recommending common break times for teachers to connect;
- Establish a teacher continuity plan in the event a teacher falls ill;
- Coordinate teacher office hours;
- Approve teachers' learning continuity plans, with a focus on building consistency among grade levels;
- Coordinate an assessment schedule, ensuring students receive no more than two assessments for any one student per week, regardless of the number of courses the student is currently enrolled; and
- Encourage staff to join a professional learning community and engage in professional learning opportunities to be announced shortly.

## Tsuut'ina Education's Continued Learning

### TIPS FOR AT-HOME LEARNING AND WORKING FROM HOME

As the COVID-19 pandemic has presented an alternate reality for Albertans, many families are struggling to adapt to this new way of learning and working. With inevitable distractions on the home-front, it's important for students and adults alike to set realistic expectations and establish new routines that can help them achieve their goals and maintain their physical and mental well-being.

#### LEARNING FROM HOME:

- **Set realistic expectations** – It is understandable that parents want to keep their child's learning journey moving forward. However, this is an unprecedented time and realistic expectations should be established early.
- **Maintain a routine** – Like their parents, it's critical for students to maintain a consistent daily routine. Wake up at the same time each day, get 'ready' for school and eat a healthy breakfast before settling into the 'classroom.'
- **Create a dedicated workspace** – Create a separate learning space for your child away from any possible distractions (TV, video-games, phone, etc.)
- **Implement tech-free time** – While the use of technology, especially now, will be important to learning, access to social media and gaming should be kept to a minimum.
- **Stay connected** – Frequent check-ins with teachers and fellow peers will help students maintain a connection and sense of community.
- **Manage emotional wellness** – At-home learning may be a reality for some time, so managing students' emotional wellness is key. Encourage students to take regular lunch breaks and daily study breaks, just like they would if they were at school. Be sure your child gets plenty of fresh air.
- **Stay active** – While social distancing is essential, creating opportunities to stay active at home is equally important. For example, set up a space in the basement where students can do workouts, jump rope or practice yoga.
- **Make learning fun** – For younger students, parents can help make at-home learning a positive experience by doing hands-on activities such as puzzles, painting, drawing and crafts. Independent play also can be used in place of structured learning. For example, encourage children to build a fort.
- **Ask for help** – Learn to ask questions! Teachers will be available via e-mail and other online platforms to students and parents.

#### WORKING FROM HOME:

- **Maintain a routine** – Wake up at the same time each day, get 'ready' for work and eat a healthy breakfast, before settling into your home office space.
- **Create a dedicated workspace** – Carve out a separate workspace. If possible, this space should be away from any distractions (TV, playroom, etc.) and have a door. If this is not possible, creating an effective workspace is still critical, even if it's in the bedroom, living room, dining room etc. Clear out any clutter and make the space usable.
- **Create separate workspaces** – When there are multiple people working from home, it's even more important to create separate workspaces where possible. For example, have one person work on the lower level, while the other person works on the upper level. In single-level homes, create as much distance between you and other people as possible. Get creative!
- **Stay connected** – Frequent check-ins with supervisors and fellow colleagues will help you to be more effective and maintain connections and a sense of teamwork.
- **Manage emotional wellness** – Don't isolate! Take a lunch break and a couple of coffee breaks each day. Get some fresh air and go for a walk – but be sure to adhere to social distancing guidelines.
- **Maintain a realistic work schedule** – Make sure to have a clock nearby, so you can manage your time effectively. Don't overwork yourself!
- **Be kind to yourself** – Life and distractions will happen. Do the best that you can and above all, be kind to yourself during this very challenging time. Reach out to your supervisor if you're feeling overwhelmed and require some additional support.

## Tsuut'ina Education's Continued Learning

### At-Home Learning – Parent Q & A

#### At-Home Learning

##### How will schools be providing at-home learning?

Schools will offer at-home learning opportunities, either online or through other accommodations, such as paper-based learning packages. On April 6, 2020, or shortly thereafter, all families can expect to hear from their child's teacher with details about the digital communication and learning platforms being used and the hours the teacher will be available. Detailed weekly learning plans will start on Monday, April 6, 2020.

##### What subjects will be covered/taught?

Teachers have been directed to evaluate key curricular outcomes that have not yet been covered, prioritize remaining outcomes based on what is manageable for students learning at home and plan specific tasks and activities for students. The focus for each grade can be found in the accompanying communique.

##### This is a stressful time for students. What considerations are being made for their mental health?

With this disruption in their education, students will be experiencing a range of emotions and will deal with stress in a variety of ways. Tsuut'ina Education will be working collaboratively with school counselors/health partners to ensure supports are in place for students during this difficult time. Parents are encouraged to share any difficulties with their child's teacher, who will then work with their Diversity/Inclusive team to connect the family with a child development advisor, school counsellor or other community resources such as Alberta Mental Health.

##### If the focus in the early years is literacy and numeracy, what happens to subjects like science and social studies?

Foundational to any student learning is literacy and numeracy. It remains vital for all learners, but it is very important for early years learners to maintain and develop literacy and numeracy competencies. There are guidelines for science and social studies instruction for students starting in Gr. 4 and up.

##### How do I get help if I don't understand what is being asked of my child in terms of assignments?

Your child's teacher will be providing information on how you can connect with them, as questions arise.

##### If I e-mail a teacher with a question(s), when can I expect to receive an answer?

Teachers will try to respond as quickly as possible to all questions, with a response provided no later than two (2) business days.

##### Will teachers be implementing a standing one-hour time with their students each day to broadcast their lesson?

No. To provide flexibility for students and families, teachers have been asked to avoid synchronous requirements. Teachers have been given permission to record and broadcast a component but have been advised to structure it so students can watch at a time that works for them.

##### Will teachers be permitted to implement optional online drop-in help sessions for students?

Yes, teachers may choose to identify a drop-in help session for their students as part of their weekly lesson plan.

##### Do the expected hours for students include homework?

The hours defined in Tsuut'ina Education's learning continuity plan are all inclusive, meaning the time students engage in their lessons, plus completing necessary homework and assessments.

#### Assessment

##### How will teachers grade or assess at-home learning content?

Students will be provided feedback on their learning on an ongoing basis. Formal assessments will be included in the teacher's weekly learning plan. Final marks will be assigned in June. Every student who was on track to progress to the next grade will do so for the upcoming school year.

## **Tsuut'ina Education's Continued Learning**

### **How can I see my child's current grades?**

Parents can login to PowerSchool to view their child's current marks and comments beginning April 13<sup>th</sup> 2020.

### **Will every student receive a final report card?**

Yes, students will receive final grades and a report card, appropriate to their grade level, in June.

### **Are PATs and Diploma Exams cancelled?**

Yes, all Gr. 6 and 9 Provincial Achievement Tests are cancelled for the 2019/20 school year. Grade 12 Diploma Exams also are cancelled through to the end of June 2020.

### **Can I make a special request that my child write a Diploma Exam?**

Under very special circumstances, students can request to write a Diploma Exam. Students wishing to do so should speak to their school administrator.

### **For High School Students**

#### **Will Gr. 12 students still receive a high school diploma this year?**

Every student who is eligible to graduate from Gr. 12 this year will receive a high school diploma. The provincial government will be working with post-secondary institutions to ensure that these extraordinary circumstances do not prevent students from being eligible for admission to post-secondary studies for the upcoming school year.

#### **How will students earn enough credits to receive a high school diploma?**

Students on track to earn 100 or more credits will still be eligible to graduate and receive a high school diploma. Principals will have the ability to award up to 15 unassigned credits to students in Gr. 12 whose program has been negatively impacted by class cancellations. For any courses that had started, schools will complete them with the student to the best of their ability, provide a final mark and award credits. If the student is unable to complete a course that would have led them to achieving a high school diploma, such as work experience or a career and technology studies course, principals can award unassigned credits to ensure the student graduates.

#### **Why not just lower the credit requirement for graduation this year?**

It is important for student transcripts to be complete with 100 credits or more, as to not create issues for students in the long-term. Most students graduate with more than 100 credits, so the 15 unassigned credits that principals will be able to use are only for students whose program has been negatively impacted by class cancellations, affecting their ability to graduate this year.

#### **For Gr. 10 and 11 courses, can unassigned credits be used to move students to the next level?**

Student learning for Gr.10 and 11 courses is continuing, and teachers have the flexibility in determining alternative ways for students to still learn the course material and to use their professional judgement to assess the student and assign a final grade. There will be some courses where there just is not an effective alternative to in-class learning, such as automotive or cosmetology classes, and students won't be able to complete these courses in this school year.

#### **How will option courses be handled?**

Tsuut'ina Education is assessing Gr. 10 – 12 option courses on a course-by-course basis. Tsuut'ina Education recognizes it might not be possible to offer some courses with hands-on learning or requiring specialized equipment.

#### **If the option course is offered, is it mandatory for my child to complete the course?**

Starting April 6, 2020, option teachers who have been approved to continue by school administration will reach out to students enrolled in their classes to determine whether they wish to continue with the course. At that time, students will be given an outline of course content and expectations. Students/parents will have the choice to opt-in to continue optional programming. If a student chooses not to continue, they will be awarded course credit for work completed.

## Tsuut'ina Education's Continued Learning

### When will instruction for option courses begin?

Instruction will begin April 20, 2020, following the Easter Break.

### What if the course is no longer being offered?

Principals will award credits to ensure student progression in option courses that are no longer being offered.

### How are high school graduation ceremonies going to be affected?

Graduation ceremonies are important milestones for high school students. It is still too early to know how long this situation will last, but any plans being considered will have to follow the direction from the Chief Medical Officer of Health at that time.

### Other Student Considerations

#### What supports will be provided for students with complex needs?

Staff who provides specialized supports and services to students with complex needs will be in communication with families to identify strategies that can be easily translated into home-life and learning.

#### How will at-home learning work for students in Tsuut'ina Education's Preschool Intervention Program (PIP)?

Teachers will connect with families to plan for and ensure continuity of each child's educational program.

#### For students that are in crisis situations, how will they be supported?

Families in crisis are encouraged to call the Distress Centre at 403-266-HELP (4357). Students also can call the Kids Help Line at 1-800-668-6868.

### General Questions

#### Does this situation change spring break?

Tsuut'ina Education's spring break March 23 to April 3, 2020. Nation schools will reopen with the continued learning plan on April 6, 2020. Provincial Schools will continue with their intended Spring and Easter Breaks: Calgary Board of Education March 23 – 27, 2020; Calgary Catholic School Division April 10 to 17, 2020; Rocky View School District April 10 to 17, 2020.

#### What happens if schools are allowed to resume in-person classes before the end of the school year?

Tsuut'ina Education in conjunction with Alberta Education, will come up with a plan on how best to manage that transition, if it happens. However, we are not at a point right now to provide any details.

#### Are you considering extending school into the summer?

No, not currently.

Adapted and copyright: RVSD

# EDUCATION DEPARTMENT TSUUT'INA NATION

82 Cow Camp Road, Tsuut'ina, Alberta T3T 0A9

Telephone: (403) 238-5484

Fax: (403) 238-9850



April 2020

Dear Parents and Guardians

Tsuut'ina Education Department appreciates your patience as we work through the necessary planning to implement a process for a structured and continued learning for all students from K5 to Grade 12 and Adult Learning. Attached is our details to the continued learning plan which will provide students with at-home learning opportunities. Starting April 6, 2020, all teachers and staff will be back to deliver some form of learning whether it is through online learning or school packages.

We understand many families are experiencing significant changes and disruptions in their daily lives. Tsuut'ina Education is carefully examining different approaches to at-home learning and being flexible during this uncertain situation.

To assist families in preparing for a formal delivery of at-home learning, teachers will be contacting students and parents starting April 6, 2020, to provide details around digital communication and learning platforms to be used in their classes as well as hours they will be available to provide support. Teachers will also be identifying students access to technology, to help determine how best to deliver at-home learning for individual families.

Starting April 6, 2020, teachers will be emailing weekly learning plans with specific tasks and activities for students, along with weekly suggestions for physical literacy, culture and language. Teachers and school counselors will be in regular contact with families to ensure health, wellness and safety of our students during this uncertain time.

Please see attached documents for full details for continued learning. We look forward to formally reconnecting with our students. It would be greatly appreciated if students and parents can forward their email address to the following: [contact.info@tsuutinaeducation.com](mailto:contact.info@tsuutinaeducation.com).

Siyigaas

Valerie McDougall  
Director of Education



## TSUUT'INA NATION PROPERTY MANAGEMENT

403-281-4455  
9911 CHIILA BLVD.,  
TSUUT'INA, AB  
T3T 0E1



## **PUBLIC NOTICE FROM PROPERTY MANAGEMENT**

**AS OF MARCH 30, 2020,  
THE CHIEF JOSEPH BIG PLUME  
BUILDING WILL BE CLOSED TO THE PUBLIC**

THE MAIN RECEPTIONIST IS STILL ANSWERING PHONE CALLS AND  
DIRECTING THE CALLS TO THE APPROPRIATE DEPARTMENTS.

### **ESSENTIAL SERVICES:**

- FINANCE
- INCOME SUPPORT
- EXECUTIVE DIRECTORS
- CONTINGENCY
- CHIEF AND COUNCIL/CEO
- COMPANIES

### **ANY DOCUMENTS CAN BE DROPPED OFF AT THE MAIN ENTRANCE**

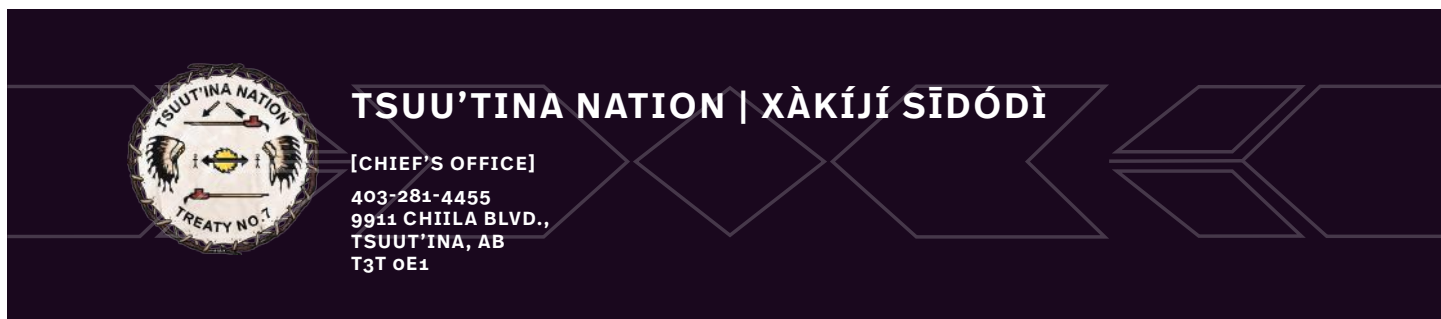
MONDAY TO FRIDAY FROM 8:00 AM – 11:00AM AND 1:00PM TO  
3:00PM, THERE ARE DROP BOXES PROVIDED.

- Security will monitor and notify the department when they have items for pick up.
- Please provide security with a contact number for individuals working from home to arrange pick up.
- Please use sanitation station before entering the building for drop off.

Siyisgaas,

**PROPERTY MANAGEMENT**





## PUBLIC NOTICE

*March 25th 2020,*

At a duly convened meeting held on **March 23, 2020**, Chief and Council by majority,

- 1. Extended the date for non-essential staff to work from home until further notice.**
- 2. Extend the closure of school and the daycare for the remainder of the 2020/21 school year.**

*Please note, with the school buildings closed, teachers will continue to provide student curriculum through online resources.*

- 3. In the event circumstances change, consider opening the daycare before the end of the school year.**







# 7 CHIEFS FITNESS

issue 1



## STAYING FIT DURING QUARANTINE

PATRICK GLADUE, BPE

*What's inside this issue:*

NUTRITION TIPS  
HOME WORKOUT PLANS  
CARDIO WORKOUT PLANS  
EXERCISE TIPS  
HEALTHY CHOICES

Welcome to our first newsletter of 2020 in this very interesting time. We felt it would be a good time to reach out to our members and the community and provide you with some information on fitness and some tips on working out from home.

It is hard to say when things will get back to normal and when we will be able to open the 7 Chiefs Sportsplex. However it will be very important for you to stay active and incorporate daily activity and fitness during this very stressful time.

We are required to stay home and stay away from public places. Some tips for activity is to purchase a tubing with handles and begin adding some walks or runs into your daily routine. In this newsletter we will provide a sample workout week for both beginners and regularly active people.

You can also follow us on Facebook where we have already begun putting daily exercise ideas.

Outdoor Exercise is one of the only options for safe exercise, however with the most recent closure of national parks. You will have to be creative and ensure you are finding safe places for outdoor activity

So it will be very important for those of you that live a healthy lifestyle and those just beginning. There are 5 areas we consider for fitness: Cardiovascular, strength, endurance, flexibility and body composition.

Cardiovascular entails both your aerobic and anaerobic system.

Muscular Strength is the ability to lift or move something in one single maximal effort

Muscular Endurance is the ability to use a muscle or group of muscles through repeated contractions for an extended period of time.

Flexibility is the range of motion in a joint or group of joints.

Body composition is the proportion of fat and non fat mass in your body.

The goal is to improve the ability of the body to function at optimal efficiency in all these 5 areas.

The benefits include:

Cardio-Respiratory: Reduced heart rate, increase in energy, reduction in blood pressure, quicker recovery after activity, reduction in lifestyle-related diseases i.e. heart attack, strokes, diabetes, obesity, etc.

Muscular Strength and Endurance: Increase in lean body mass, increase in metabolism, increase in bone density,

Increase in strength and endurance for work and daily activities, improve performance in all daily, sport and recreational activities. Prevent injury.

Body Composition: Reduce body fat, increase lean body mass, decrease in body weight, decrease waist line, increased self-esteem and self-image, improved mobility in daily life.

Flexibility: Increased range of motion, injury prevention, decreased lower back pain

But most importantly are the Psychological benefits which include: Enhanced sense of well-being, increased energy, reduce anxiety, reduce stress, alertness, decreased levels of depression, increase self-esteem, reduce mental tension, improve quality of sleep.

## Sample Beginner workout

| Day One                                  | Day two | Day three | Day four | Day five                    | Day 6  | Day 7 |
|--|---------|-----------|----------|-----------------------------|--------|-------|
| 30 min                                   | Str     | off       | Repeat   | Str workout                 | Repeat | off   |
| Walk OR<br>(see below)                   | Workout |           | Day 1    | (See below)<br>Add 5-10 min | Day 1  |       |
| Walk 5 min                               |         |           |          |                             |        |       |
| Run/Walk                                 |         |           |          |                             |        |       |
| 20 min of<br>(1 min run:<br>1 min walk ) |         |           |          |                             |        |       |

## Sample Advanced workout

| Day One   | Day two                | Day three    | Day four | Day five        | Day 6     | Day 7 |
|-----------|------------------------|--------------|----------|-----------------|-----------|-------|
| warm-up   | Strength               | warm-up      | off      | Strength        | warm up   |       |
| 5-10 min  | workout<br>(see below) | 5-10 min     |          | or<br>Endurance | 5-10      |       |
| 30-45 min |                        | 20-40 min    |          |                 | 40-50 min |       |
| Run       |                        | Run          |          |                 | long slow |       |
| moderate  |                        | hilly course |          |                 | distance  |       |

\* note: You could incorporate a run: walk option to any of the runs i.e. 9:1 9 min run : 1 min walk for the allocated time.

## Home endurance workout:

2-3 x (20 squats, 10 push ups, 20 jumping jacks rest: 10-30 sec)

2-3 x (20 lunges, 5 burpees, 20 tubing rows rest: 10-30 sec)

2-3 x (20 hip lifts, 20 Kb/backpack swings rest 10-30 sec)

2-3 x (20 side lying leg lifts per side , 20 - 1 arm kb/backpack swings, 20 sit-ups or crunches)

## Strength workout

Perform 2-3 sets of 10-20 reps as a superset

Superset: 2 exercises performed back to back with no rest, after the superset. Option to rest from 10-30 sec

Wide grip tubing row/ push up

Narrow grip tubing row/ elevated push up

Tubing shoulder press/ bicep curl

Vsit torso twist / 2-3 reps of stairs 1 leg extension hold 10-30 sec/ 2-3 reps of stairs

**” JUST REMEMBER THAT THESE WORKOUTS ARE JUST MEANT TO KEEP YOU ACTIVE AND MAINTAIN SOME LEVEL OF FITNESS”**

## MAKING HEALTHY CHOICES A PRIORITY DURING THE CORONOVIRUS (COVID 19) PANDEMIC

PATRICK GLADUE, BPE

These are unprecedented times, with virtual classrooms and all non-essential businesses being closed. We don't know how long this will last, it presents a perfect time to protect and improve your health while practicing social distancing.

It won't happen overnight, getting into a healthy way of life will be tough during these times. Take it day by day and aim to incorporate one healthy choice per day whether it's nutrition, physical activity or thinking positive.

1. Minimize trips to the supermarket during the pandemic
  - a. Plan ahead: Breakfast, lunch and supper for at least 3-5 days.
  - b. Since most of us are working from home, we may have more time to prepare foods.
  - c. Plan out different meals.
  - d. Include children in preparation, meal planning
2. Healthy meals emphasize whole grains, vegetables and fruits.
3. Make a shopping list and use it!
4. Think POSITIVE! Mindset is vital to getting through this physically and mentally healthy.
  - a. Incorporate positive stress management strategies; go for daily walks in the woods or in a quiet park or residential area.
  - b. Plan a daily routine and try to stick with it. Go to bed and get up on your normal schedule. Eat meals at regular times.
  - c. Manage boredom. Stay busy and engaged-avoid endless T.V watching. Take up a hobby, read a book, start a scrapbook, stay in touch with family, friends and work mates.

5. Incorporate 2 strength/muscular endurance workouts per week at home. Like us on 7 Chiefs Fitness facebook for different exercise ideas. You could also do exercise videos on t.v or online.
7. Plan a longer walk one time per week. A few areas close by include fish creek, weaselhead or edworthy park. You could also just explore new areas of calgary. Key thing is to find places that are not busy. Places with little or no people.

Stay tuned for our next newsletter.

COVID-19 INFORMATION

# MAINTAIN SOCIAL DISTANCING

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Keep 1-2 metres between you and others. If you are too close to someone who coughs or sneezes, you risk breathing in tiny droplets that could contain the COVID-19 virus.

[alberta.ca/covid19](https://alberta.ca/covid19)

Alberta