



HLPS will shift to online instruction beginning on Monday, November 30 until January 11th. Students will continue instruction in their current subject, with the same teacher and peer cohort.

Good Morning HLPS video announcements will continue at 9am, with students receiving an email invitation with the daily link. Announcements will continue to be followed by our daily Mindful Minutes mental health program with Ms Michael.

Teachers will share a schedule in their weekly update of daily online class times and related details. Staff will be available throughout the day to support learning of online instruction through Google classroom, Google Meet, email, and phone. There will also be an opportunity for students requiring extra help to make an appointment for in person support. Such arrangements must be made in advance with your child's teacher in order to help us adhere to updated covid guidelines.

Students will use their school chromebooks and chargers at home to access online classes. Please contact the school if students run into issues with technology, we are here to help you. Teachers will be contacting families who have no access to the internet to make arrangements to support student learning.

Students requiring specialized programming that is not possible to deliver online will be attending in person classes, with their regular support team in place.

Student Mental Health supports will not be interrupted, please see the weekly newsletter for contact and referral information.

Weekly Cohort Challenges will continue and focus around wellness themes, information will be shared in Google Classrooms.

Parents and students are encouraged to continue using Powerschool to stay up to date with student marks and progress. If you are having trouble logging in please contact the office.

Morning Coffee with the Principal will continue on Friday mornings at 10am, please contact us for the zoom link.

Christmas break will begin on December 24, with students returning on January 11th. Please note these dates are an adjustment from the original FVSD calendar.

We will continue to collect food donations for our Christmas baskets until December 11th. To share a donation please ring the front doorbell during the day and we will gladly come meet you. Thank you for supporting the Christmas Basket Project.

If you have any questions, please do not hesitate to contact us, 780 926-3706.

## *Top 6 Tips for Online Learning Success*

***Stay connected*** with both your teacher and cohort peers. Being isolated can be hard, and while staff will be checking in regularly during class, if you are struggling please reach out, we are here to support you.

***Healthy Habits*** - your brain, like your body, needs rest and exercise. Get sleep, stay hydrated, go outside, eat well.

***Schedule Breaks*** - get up and walk around, go outside, don't forget to move!

***Minimize Distractions*** - as much as possible minimize distractions both in your physical environment and your digital environment. Close web browser windows not relevant to your learning, keep the tv off, put away your gaming controllers, and keep your Among Us group matches for break times only.

***Keep your teacher informed:*** Ask your teacher for help when needed, let them know when you are ill, unable to log in etc.

***Remember: You are not alone,*** keep coming to class, and keep reaching out. When in doubt, pick up the phone and call the office, 780 926-3706.

For this complete list of online learning tips visit: [\*Tips for Successful Online Learning\*](#)