



# Grande Prairie Volunteer Services Bureau WEEKLY SANE-ITIZER

**Helpful information for Not-for-Profits, Individuals and Businesses during the COVID-19 Pandemic.**

**Best Song of the Week:**

**Mother Knows Best - You want to go outside?**

**Why, Rapunzel...**

Mandy Moore - <https://www.youtube.com/watch?v=liyKWQj4WVY>

Look at you, as fragile as a flower  
Still a little sapling, just a sprout  
You know why we stay up in this tower

That's right, to keep you safe and sound, dear  
Guess I always knew this day was coming  
Knew that soon you'd want to leave the nest  
Soon, but not yet  
Shh!  
Trust me, pet  
Mother knows best

Mother knows best  
Listen to your mother  
It's a scary world out there  
Mother knows best  
One way or another  
Something will go wrong, I swear  
Ruffians, thugs  
Poison ivy, quicksand  
Cannibals and snakes  
The plague

Also large bugs  
Men with pointy teeth, and  
Stop, no more, you'll just upset me  
Mother's right here  
Mother will protect you  
Darling, here's what I suggest  
Skip the drama

Stay with mama  
Mother knows best

Mother knows best  
Take it from your mumsy  
On your own, you won't survive  
Sloppy, underdressed  
Immature, clumsy  
Please, they'll eat you up alive

Gullible, naïve  
Positively grubby  
Ditzy and a bit, well, hmm vague  
Plus, I believe  
Gettin' kinda chubby  
I'm just saying cause I wuv you  
Mother understands  
Mother's here to help you  
All I have is one request  
Don't ever ask to leave this tower again

I love you very much, dear

Don't forget it  
You'll regret it  
Mother knows best



We are looking for the best 'theme' songs to identify with the COVID Crisis. Send us your suggestions for top pick of the week to [info@volunteergp.com](mailto:info@volunteergp.com)



WHAT IF THE QUESTION WASN'T, "SHOULD SCHOOLS REOPEN?"

WHAT IF INSTEAD THE QUESTION WAS, "WHY HAVE SCHOOLS AND EDUCATORS BECOME THE ANSWER FOR EVERY PROBLEM IN OUR SOCIETY (CHILD CARE, NUTRITION, HEALTHCARE, MENTAL WELFARE, EDUCATING, ETC.)? AND IF WE ARE THAT ANSWER, HOW COME WE HAVEN'T BEEN FUNDED THAT WAY?"

@NEATODAY

#TEACHERSOFINSTAGRAM

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# The Employer's Kitchen - *creating ideas just for you!*



My staff are primarily women, they are professional, keen, and realistic, they work hard and they work well together as a team or independently on different projects. They want to work, they like their jobs, and they are an asset to our organization. The majority of them are also mothers with children who range in age from babies to late teens. Two things are at the top of their worry lists.

The first is the return to school: How is this going to work? If one child tests positive then all the children in the class have to self-isolate with their families. So, if an employee's child was not the identified carrier then does the employee's cohort have to self-isolate? Will sick time cover this? Who will pay for this? Do we go back to

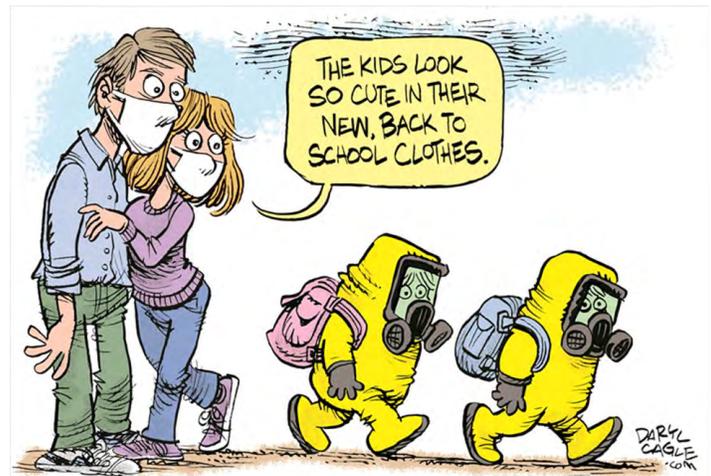
work from home? Do we close our doors? *The list of unanswered and unanswerable questions goes on and on.*

Their other worry is daycare costs. With the announcement of the loss of the \$25.00/day fees and the increase in the qualification threshold for a daycare subsidy, any of my staff members who need to have their children in daycare will have to pay \$940 a month per-child. They can't afford that and our organization does not have the operational dollars to pay them more. As parents they have to decide what is in the best interest of their families: which parent stays home, which employer loses an employee. Guess how this will end – three guesses, first one doesn't count.

From the start of this crisis to today we and many others have followed all the rules, backed the science, explained things, laughed and cried with people, offered help, accepted help, closed our doors to the public, worked from home, did the video conferencing thing ad-nauseam, researched, supported, lamented, cheered, rode the emotional roller coaster with our fellow citizens. We did everything possible to keep afloat and our people working.

With the relaunch we made sure we have the PPE, we have the policies in place to protect – made sure our staff understand them. We have the distance thing down pat. When people meet with us, we offer a shot of hand sanitizer, a face mask and a cup of coffee. No one shakes hands or hugs; we sit apart at the required spacing....

As an employer I don't want to lose good people. As with the majority of employers none of us can afford to lose good people. And these two decisions, made without real thought as to the real impact on working parents who do not make the big wages, is going to cost small business and the civic sector good people. There is no logic to this. The whole situation needs to be rethought!



Current research clearly indicates that without women returning to work, the economy is not going to recover. The 1950 model of Mother stays home with the children and spends her time vacuuming the house in pearls, and plastic wrap does not touch on reality and quite frankly never did. To go back to that kind of patronizing simplistic thinking is unhealthy and demeaning for everyone. The majority of families need to have both parents working simply to afford a roof over their heads, food and clothing, never mind the extras. Affordable daycare is not a luxury, it is vital to the rebuilding process.

In a perfect world schools would not be used as part of the childcare equation, but they are and have been for generations. No one is suggesting that schools should remain closed, however any parent can tell you (and research will support) kids are mobile germ magnets. Put a hoard of them together in a classroom and you have a virus café, with free hors d'oeuvres and entrées.

Two recent studies show that the COVID-19 coronavirus is no different, children can contract it and they can spread it. Here's a suggestion to whoever came up with the idea that schools should simply reopen and just wing it; take the anticipated 'income' from the NHL games and give it to the school districts to keep the kids safe. If a bubble can be created for an entertainment industry than for heavens sake FUND one for the future voters in the province!

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# Screening Questionnaire

**PARENTS/GUARDIANS/STUDENTS MUST USE THIS QUESTIONNAIRE DAILY TO DECIDE IF THE STUDENT SHOULD ATTEND SCHOOL**

**Risk Assessment: Initial Screening Questions**

1.	Do you, or your child attending the program, have any of the below symptoms:	CIRCLE ONE	
		YES	NO
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of Breath / Difficulty Breathing	YES	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Runny Nose / Nasal Congestion	YES	NO
	• Feeling unwell / Fatigued	YES	NO
	• Nausea / Vomiting / Diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle/ Joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (Pink Eye)	YES	NO
2.	Has the person attending the activity/facility travelled outside of Canada in the last 14 days?	YES	NO
3.	Have you/your child had close unprotected* contact (face-to-face contact within 2 meters/6 feet) with someone who has travelled outside of Canada in the last 14 days <b>and who is ill**?</b>	YES	NO
4.	Have you/your child attending the program or activity had close unprotected* contact (face-to-face contact within 2 meters/6 feet) in the last 14 days with someone who is ill**?	YES	NO
5.	Have you/your child or anyone in your household been in close unprotected* contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

\* "unprotected" means close contact without appropriate personal protective equipment (PPE).

\*\* "ill means someone with COVID-19 symptoms on the list above"

If you have answered "Yes" to any of the above questions, please **DO NOT** enter the school at this time. You should stay home and use the [COVID-19 Self-Assessment Tool](#) to determine whether you need to be tested for COVID-19.

If you have answered "No" to all the above questions, you may attend school.



## Alberta parents call province's back-to-school plan unsafe, push for changes

By Nicole Stillger Global News –With files from Allison Bench,



Alberta teachers and parents are expressing unease at the current preventive measures put in place to cope with COVID-19. EDDIE KEOGH / Reuters file

*Some Alberta parents are criticizing the province's school reopen plan, calling it unsafe*

Now they plan on letting the government know how they feel, starting a group called the "Wall of Alberta Moms and Dads."

"It's such a lazy response that it should make anyone with a child in school or with a friend who's a teacher absolutely furious," organizer David Gray said Sunday.

Gray said his late wife was a teacher for 30 years at a junior high school.

"Every year, she would come home with a new cold, flu and pneumonia," he explained. "There's no way they're going to keep kids safe inside of schools."

Co-organizer Daphne Simkin has two children in high school, both with health issues.

The group said it plans to use all social media channels to get their concerns across.

"We want the government to know that there are hundreds of thousands of parents willing to write letters, write emails, phone MLAs, phone ministers & take to the streets to protect our kids," Gray said.

"I think it's resonating very deeply with all families in Alberta," Simkin added.

They are calling on the government to reduce class sizes and increase spending.

"Everyone I've talked to as a parent is absolutely

mortified at what they're doing," Gray said.

Earlier this week, Premier Jason Kenney stood behind the back-to-school plan, saying school boards will be able to access their reserve funding if needed.

In a statement Sunday, Education Minister Adriana LaGrange's press secretary told Global News that "any adjustments will be based on public health advice."

"Minister LaGrange understands that parents and education staff may have concerns about returning to school. That is why ensuring the safety and well-being of all of our staff and students [have] guided all decision-making around school re-entry since we first cancelled in-person classes in March," Colin Aitchison said.

"We continue to follow the expert medical advice of our chief medical officer of health, who approved our school re-entry plan, and will continue to work with Dr. Hinshaw and our education system to adjust our guidelines as necessary."

A group of educators and parents has also penned an open letter to Kenney and LaGrange, also raising concerns about the current plan.

"At the moment, due to the minimal offer of resources like guaranteed Personal Protective Equipment and no effort to cap class sizes, the Alberta government's plan for schools re-opening strikes us as an experiment that renders the lives of children and school staff disposable.

Dia Da Costa, who co-penned the letter and is an education professor at the University of Alberta, said Monday that educators and students deserve a safe learning environment.

"Teachers want to go back and teach children," Da Costa said. "From what I can tell, there's a lot of eagerness... But we have to support them in their demand for the safe working conditions.

"It's also important to have a public letter that allows people to see that they are not each alone in their worries and their circumstance and their interpretation of the situation," he said

With about a month left until students and teachers return to the classroom, organizers of the Wall of Alberta Moms and Dads said that's plenty of time to make changes.

"This is a huge challenge. I think it's time that Albertans all come together [and] put together a plan that we all feel confident about," said Simkin.

[Source: <https://globalnews.ca/news/7246950/coronavirus-alberta-parents-criticizing-back-to-school-plan/>]



## Coronavirus (COVID-19): Helping Kids Get Used to Masks

<https://kidshealth.org/en/parents/coronavirus-masks.html?WT.ac=pairedLink>

In many places, people are wearing masks or cloth face coverings when they're in public because of coronavirus (COVID-19). It's an important way to help slow the spread of the virus.

At first, it was mostly doctors, nurses, and others in health care settings who wore masks. But now, as other people wear them, more and more kids are seeing something they're not used to seeing. For them, it can be strange or a little scary, especially if they need to put on masks too.

Most kids can feel comfortable seeing people in masks, as long as adults:

- Use simple words to explain why people are wearing masks.

- Give kids time to look, watch, and get used to what's new.

- Answer kids' questions.

- Give support.

Some toddlers and young children may feel uneasy about masks. They may need extra support and comfort from parents. Parents also can help kids understand why they might need to wear a mask, and make them more comfortable and even fun to wear. **Kids under 2 years old should not wear a mask.**

### How Do Kids React to Masks?

How kids react to seeing masks partly depends on their age. Older kids might not react much at all. To them, masks might seem like no big deal. Most are able to adjust pretty quickly.

Some kids may even be eager to wear a mask. They might embrace their new look as a medical superhero.

But for babies, toddlers, and young kids, seeing people in masks might take some getting used to. At first, they may feel cautious. They may need a few minutes to look and watch. That can help them get used to what's new. They may need a parent to gently say, "It's OK." That can help them relax.

Some babies, toddlers, and young kids may feel upset or afraid. They might cry, hide their face, or cling to a parent. Soothing words, comfort, and the safety of a parent's lap can help calm them.

### Why Do Some Young Kids Feel Scared of Masks?

Masks hide part of a person's face. Young children rely on faces. From the time they are babies, young children look at faces for the signals they need to feel safe.

When faces are partly hidden by masks, kids can't see the friendly smile or familiar look that usually puts them at ease. When kids can't see the person's whole face, it's harder to feel safe. It's natural to feel scared.

But slowly and gently, parents can help kids feel more comfortable. Even very young kids can learn that something that seemed too scary at first is not so scary after all.

### How Can Parents Help Kids Wear a Mask?

Masks or cloth face coverings on adults and kids over 2 years old can help slow the spread of the virus. Here are some ways to help kids wear masks when you go out:

**Help kids get used to masks.** As much as you can, give kids time to practice wearing their masks before they might need to wear one outside of your home. Teach them how to put them on and take them off.

**Encourage kids to decorate their mask.** This might help them feel a sense of ownership and control over the situation. A personal touch can help make it more of a normal part of their routine, and make it more likely they'll want to wear their mask. Depending on the type of mask, kids can draw on it with markers or put stickers on it.

**Make them together.** If you make masks or cloth face coverings at home, let older kids help you. There are no-sew masks that are easy to make, often with materials you probably already have (T-shirts, bandannas, etc.). If you sew masks, maybe kids can select the fabric or patterns for the masks they'll wear.

*Continued on next page.*

**Help make it fun.** With younger kids, introduce a sense of play. Kids can pretend to be a doctor or nurse while wearing their masks. They might want to use a doctor kit and "take care" of a stuffed animal or doll.

**Have a few masks handy while kids play.** This lets them use their imagination about how to use them during playtime. It also helps make masks a more normal part of their everyday world. You can ask your child to put a mask on a stuffed animal, and then ask follow-up questions about why the stuffed animal is wearing the mask. Depending on your child's response, you can clear up any confusion and offer reassurance.

## How Can I Help My Child During Medical Visits?

### For older kids:

**Tell kids what to expect and why.** Mention masking before the visit, if you can. For kids old enough to understand, you might say, "I think we'll see doctors and nurses wearing their masks today. It's a new thing they're doing to stop germs." Explain it in a way that seems matter of fact and calm.

If you will wear masks, tell your child, "We might get to wear masks too. We want to stop germs too, right?" Knowing what to expect helps kids of all ages feel prepared and more at ease.

**Explain the upside.** Be honest, but focus on the good that masks can do, rather than the bad things a virus can do. For example, you might say, "Because of the coronavirus that's going around, everyone is doing extra things to stop its germs from spreading. Wearing masks is one of the ways we can stop the virus."

**Let kids show what they know.** Invite school-age kids to tell you the other things you already do as a family to stop germs. For example, prompt kids to say or show how they wash their hands. Give them a word of praise to help them feel proud and capable. When kids know there are things they can do, they feel confident and more at ease.

### For younger kids who feel upset by masks:

**Accept how they react.** Know that it's normal for young kids to react with caution to things they don't expect, understand, or feel familiar with. Let them take their time to warm up to what's new.

**Comfort them.** Kids will look to you to soothe and support them. Let them sit on your lap.

Tell them, "You're OK, I'm here." When you help them feel safe, they can start to adjust to what's different or new. They can start to feel less cautious and more curious.

**Be playful and show love.** If the moment seems right, find a way to be playful with your child. While you're still at the medical visit, is there a way to help your child laugh, smile, or giggle? Laughing is relaxing. And a few sweet moments help balance out the stressful ones.

**After the visit:** If your child seemed upset, worried, or stressed during the visit, doing these things can help:

**Talk about it.** After the visit, it can help to talk with your child. You might say, "Everybody looked different today wearing those masks, didn't they?" Then listen. Let your child tell you what it was like for them. Find ways to praise your child. "It wasn't easy. You did great. I'm proud of you." Call out a bright spot. "I'm glad we got to wave to the nurse who took care of you last time. I think it made him feel happy too."

**Invite your child to draw or play about it.**

Together, you could draw pictures of people wearing masks and not wearing masks. Or make a play mask and let a doll or stuffed animal try it on.

Play and drawing can help kids work out what they saw and felt. They are a way to rehash and rehearse. And that helps kids feel a little more prepared for next time.

### Tips for Talking to Children and Teens About COVID-19:



Try to check in with your child or teen about how they are feeling. Keep the conversational tone curious, relaxed and reassuring.



Find out what your child or teen already understands about COVID-19.



Follow their lead. Allow your child's questions or comments to help guide the information you share about COVID-19. Try to keep information consistent and developmentally appropriate.



Validate your child or teen's feelings: "It is sad you can't go to \_\_\_\_\_," or "I can understand that you miss your friends."



Try to avoid 'over-sharing' detailed information about COVID-19, such as specifics about the number of cases.



Focus on what your child or teen can do to help, and how their actions matter. Allow them to brainstorm creative ideas to give back or lift others' spirits in this challenging time.



Remind kids and teens about the basics: washing their hands, covering their coughs and staying home.

# Tips for Helping Kids Wear Masks

## My mask protects you, and your mask protects me.

*It may be scary for kids to start wearing a mask, here are some types to help them through it. Masks are only for children over two years old.*



### Let them pick it out!

*Let kids choose their color or fabric or decorations for their masks. Decorating a mask is fine only if it does not affect the integrity of the mask. Surgical masks should not be decorated.*



### Wear it properly.

*Teach them to wash hands for 20 seconds before touching the mask. Next, put it on and loop it around ears. Make sure to cover the nose, chin and mouth fully. And, if using cloth masks, wash them after every use.*



### Be a mask role model yourself.

*Wear your mask and explain how it keeps both you and others safe.*



### Make play masks for stuffed animals or dolls.

*Help them, using materials around the house, to make mask for their toys.*



### Practice wearing the mask.

*Start at home with short periods of time while doing fun activities. Some may only need a few minutes to adjust, while others may need to practice daily. Gradually work up to 30 minutes.*



### Follow a plan and offer rewards.

*Consistency helps form good habits. Make a plan with your family and stick to it! Find what motivates your child and set some fun goals or small rewards if needed.*

**We are here for you!** As you adapt to all the changes, know you're not alone. Get all our latest care advice at: [actionlearningnetwork.org/covid19](https://actionlearningnetwork.org/covid19)

*Information above sourced from the recommendations of the Centers for Disease Control and Prevention (CDC)*