



# ALEXANDER FIRST NATION COMMUNITY UPDATE

ISSUE #4

## Update on:

- Re-Launch
- Elders
- Vehicle
- Mental Health
- Fire Department
- Security Update

## Additional Resources

- Important Numbers
- Current Statistics



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## CHIEF AND COUNCIL UPDATE INFORMATION

As many of you have seen, Alberta has issued its "Re-Launch Strategy" effective May 1, 2020, <https://www.alberta.ca/alberta-relaunch-strategy.aspx> in which Alberta is commencing to re-open partial businesses effective May 1, 2020 and have further indicated that thereafter, many other services will commence re-opening by May 14, 2020 and well into June. There is still no vaccination available in response to COVID -19. Alberta will continue to have its pandemic orders in place throughout the launching phases. The Nation is still very much aware of the high risks that continue to be imposed to our community through members potentially leaving and returning to the community. Community transmission remains to be the high contributing factor for the virus coming into our community, therefore we have to continue with our current declaration of our state of emergency, until further notice.

It is transparent that our community members have been compliant with the health and safety measures thus far, and we wish to acknowledge your cooperation and support in keeping our community safe. These measures are meaningless if our members are not putting their best effort in. We have been successful thus far and wish to see continuous success rates in our community by asking our members to continue to work together. Compliance is key. We will continue to monitor and assess the outcomes of Alberta's re-launch strategy in the weeks ahead, and mitigate risks to determine the Nations "Re-Opening Plan". Please continue to be patient and practice social distancing, wear masks and gloves, conduct proper hygiene and staying home as much as possible. Our efforts will determine our success. We all need to continue to be compassionate to our precautionary measures in place, this is the key to staying healthy and safe.

### Elders Living in your home?

**Elders have a higher risk of catching COVID-19 than younger people. If an Elder resides with you:**

- Avoid hosting friends and relatives in your home
- Avoid entering the Elder's bedroom unless it is essential for personal care.
- Try to disinfect the bathroom after every use if sharing the bathroom.
- Avoid sharing towels, everybody should have their own, washed and replaced daily.

### Keeping Elders comfortable and providing care:

- Visit with the elder from a safe distance or at least 2 metres.
- If the weather is nice, the elder can have their window open for sunlight and fresh air.
- Conduct doctor's appointments over the phone, if possible
- Any person preparing food should wash their hands and sanitize kitchen services often.



# IMPORTANT NUMBERS

Alexander Health Services:  
780.939.4787

Housing:  
780.906.9910

Public Works:  
780.237.0397

Vehicle Registration:  
780.916.8136

SECURITY  
780.722.2173

COMMUNITY NOTICE  
ISSUE # 2 – COVID-19

## Additional Resources

Current COVID-19 Statistics

AB Testing Results	May 4	May 5	Change
<b>Negative (#s of Tests)</b>	164,722	167,015	+2,293
<b>Positive</b>	5,836	5,893	+57
<b>Fatalities</b>	104	106	+2
<b>Recoveries</b>	2,942	3,219	+277
<i>COVID-19 Regional Data for Alberta</i> Calgary zone - 3,957    Edmonton zone - 502 Central zone - 89    South zone - 1,094    North zone - 221 Unidentified zone - 30		<i>COVID-19 in Alberta First Nations</i> Calgary Zone - 17 North Zone - 2 South Zone - 1 Unidentified zone - 6	

### VEHICLE INFORMATION:

The vehicle card system that is currently in place will be changed out in the next few weeks to a new card system. This new card will hang from your rearview mirror and will come in 3 different colors. We will continue using the same color scheme as the previous system. The main difference is the new card is that it will have more security features for the security checkpoints, stay tuned for more information.

### Need some to talk to?

**A MESSAGE from the Hope for Wellness Helpline On-Line Chat Counseling Service**

*Call the toll-free Help Line at 1-855-242-3310, 24 hours a day, 7 days a week*

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Experienced and culturally competent Help Line counsellors can help if you:

- want to talk
- are distressed
- have strong emotional reactions
- are triggered by painful memories

If asked, counsellors can also work with you to find other wellness supports that are available near you

Phone and chat counselling is available in English and French. On request, phone counselling is also available in Cree

### FIRE

#### DEPARTMENT:

The Alexander First Nation Fire Ban is complying with a directive that the entire Province of Alberta is under.

The Alexander Fire Department is prepared to start allowing members to burn inside of fire pits and burn barrels as of May 19, 2020 and would ask to please send a text to 780-887-8432 to let us know that your going to burn, your location and a contact number. Members can continue to use their propane and charcoal barbeques. We will not be performing and controlled burns until further into May or June.

The Fire Department appreciates your cooperation during this time.

### SECURITY UPDATE:

As we have never been in a pandemic before we are constantly making changes to protect our nation from COVID-19. Yes we have rules and are annoying to most however it is for tracking. In the event we get covid in our nation we can trace quickly and put measures in place to prevent covid from spreading. Please call 911 for matters that require the police. 96% of the nation are complying to the curfew and vehicle registration. We are not here to provide hardship for the members of the nation. For the community members who have provided food or coffee thank you as the security who are out there appreciate the gesture. To the members thank you for your patience and understanding and we will get through this pandemic as a nation.

#### ATTN Previous Security:

Those who have recently worked as security guards, we ask that you return all security equipment immediately. Such as the following: Radios, small radio antenna's, large antennas, beacons, bright yellow flashlights, large spotlights, clipboards, etc. We have maintained a good record as to who signed out equipment and have not returned yet, and we ask that this be done as soon as possible.

Thank you.





## “DETERMINING OUR OWN DESTINY”

May 7, 2020

**Parents/Guardians  
KEC Junior/Senior High School Students**

### **Re: Failure to complete current assigned junior and high school courses**

It has come to my attention that there are a fair number of students who have yet to connect to Google Classroom online learning, complete and submit assigned work in Google Classroom online learning, and submit work from care packages distributed between March 12<sup>th</sup> – 18<sup>th</sup> (which were due April 10, 2020).

**What does this mean?** Failure to complete and submit work (care package and Google Classroom materials) will result in **0%** being awarded for all missed materials as well as a decrease in the overall course average. Failure to achieve a passing grade of 50% will result in an “**incomplete**” being assigned by Alberta Education on student official transcripts for high school students.

Those students who do not achieve 50% (minimum standards) or have not completed any work will result in possible academic skills being deficient as well as them falling behind. It's very important and crucial that students complete their work, submit, and seek supports from teachers/staff as they are there to help and assist. I want to inform parents that the following are plans KEC will implement or recommend in for the 20-21 school year to support those students who fall behind or show academic struggles as a result of these current times:

- **If course ratings are very low and academic skills hindered, KEC will recommend your child repeat the current grade enrolled in for the 20-21 year. It's more important to have developed and strengthened academic skills required and needed for the next grade/level, if not there are challenges and stresses that will result.**
- **Remedial programming** will be implemented for those students who do not achieve acceptable standards in course grades and/or display continued academic deficiencies or struggles. This approach will assist struggling students who have the potential to develop the skills needed to catch up to mainstream programming and classes.
- **Knowledge and Employability programming** will be implemented for those students who continue to struggle and display major academic skill deficiencies.

**Students who are in grade 12 and with the potential to graduate this year, may jeopardize the opportunity to graduate and will receive “incomplete” status for failure to complete the course(s), and maintaining the minimum 50% average. YOU WILL NOT GRADUATE IF YOU DO NOT SUBMIT ASSIGNMENTS AND RECEIVE A PASSING GRADE.**

**Reminder for all students grades 10 – 12 and parents-** failure to complete assignments will result in getting no high school credits. You will have to **retake the course in the 2020 – 2021** academic year. It is important to understand that you will not receive the credit if you don't complete the assignments.

I have informed both teachers and administrative staff at KEC that the following will be implemented to address this major concern:

- **All junior high and high school courses will conclude at the end of the day on June 12, 2020.**
- There will be **NO** final exams given for junior or senior high courses this year. **It's very important that all high school class assignments/work be completed and submitted as assigned with corresponding due dates, this is where 100% of your child(ren)'s grade will be comprised from.**
- **As of June 12, 2020 for students who have not submitted work for marking will receive “incomplete” status for the course(s) enrolled. There will be NO materials, late assignments or exceptions after the completion date indicated.**
- All KEC laptops and assigned text books will need to be returned to KEC between June 15 – 19, 2020 between the hours of 9am – 3pm.

KEC Staff have worked very hard to support the students/homes during this time and will continue to do so as well as provide the best quality program delivery for all students. It's not the responsibility of the school staff (nor will it be) to wake up your child, get them logged in to Google Classroom, or to complete their work and submit; they are in high school, this is their responsibility.

Those students and parents who are actively involved and are completing and submitting assignments, this is a reminder and I want to encourage you to keep up the great work!

Sincerely,

Cory Arcand  
Principal  
Kipohtakaw Education Centre  
(780)939-3868  
[coryarcand@gmail.com](mailto:coryarcand@gmail.com)

# HELP your community by picking up litter

Calling out to all On Reserve Community Members

**Starting Monday, May 11 to Thursday, May 14, 2020**

We are asking all members of the Alexander First Nation to participate in a community wide clean up. Members who participate can have a chance to win **\$100.00** gift card to Save-On-Foods, we will make several draws, based on number of participants. Summary of the Nation community clean-up is outlined below.

## DETAILS

- Pick up 6 empty garbage bags from the Administration Office (see Trevor Paul) on **May 11**.
- Try to fill 3 or more bags, the Orange bags are needed to qualify
- **May 14<sup>th</sup> and May 15<sup>th</sup>** garbage pickup dates
- Participants who enter will have a chance to win a gift card
- Pick up times **11:00 am – 3:00 pm**
- Drive Thru Service
- These will be Orange garbage bags ONLY
- Fill up 3 or more complete garbage bags, your name will be entering into the draw, fill up 6 bags receive 2 entries.
- Keep the bags on the side of the road.
- They will be picked up Public Works
- Only the participants who register with Trevor, once your garbage is picked up and have 3 or more bags, your name will be put into a draw for **\$100 gift card** to Save-on-Foods.

**DRAW WILL BE MADE ON MAY 19, ON FACEBOOK LIVE  
ON THE ALEXANDER FACEBOOK PAGE**

Please practice Social Distancing if 2 or more people are involved.

Please try to wear bright colors for vehicles to see you from a distance.

For more information please contact **James Arcand 780.977.9828**

## KNOW THE FACTS

# ABOUT CORONAVIRUS DISEASE (COVID-19)

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

Symptoms of human coronaviruses may be very mild or more serious, such as:

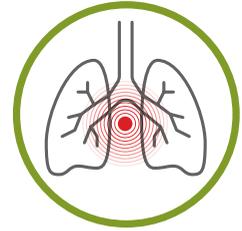
### FEVER



### COUGH



### DIFFICULTY BREATHING



Symptoms may take up to 14 days to appear after exposure to the virus.

Coronaviruses are most commonly spread from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

The best way to prevent the spread of infections is to:

- ▶ wash your hands often with soap and water for at least 20 seconds;
- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands;
- ▶ avoid close contact with people who are sick;
- ▶ cough and sneeze into your sleeve and not your hands;
- ▶ practice **physical distancing** at all times;
- ▶ stay home if you are sick to avoid spreading illness to others;
- ▶ wear a **non-medical mask or face covering** (i.e. **constructed** to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops) to protect the people and surfaces around you.

**Note:** The Government of Canada has implemented an Emergency Order under the *Quarantine Act*. This order means that everyone who is entering Canada by air, sea or land has to stay home for 14 days in order to limit the spread of COVID-19. The 14-day period begins on the day you enter Canada.

- If you have travelled and have no symptoms, you must **quarantine** (self-isolate).
- If you have travelled and have symptoms, you must **isolate**.

### For more information on coronavirus:

1-833-784-4397

[canada.ca/coronavirus](https://canada.ca/coronavirus)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada