

Scot Week at a Glance



September 14 - 18

Important Dates

- September 16 - last day for students/parents to opt in for full online programming
- September 21 - PAC & AGM @ 6:30
- September 30 - AGM for ATA members (via zoom) 5:30 pm
- October 7 - Early Dismissal
- October 9 - PD Day



HOW TO MANAGE **RETURN ANXIETY** AS THE LOCKDOWN LIFTS

As the COVID-19 curve flattens and the country begins to re-open, many people are facing a new set of concerns, sometimes called *return* or *re-entry* anxiety. The sources for this anxiety include worry about a heightened risk of infection, new social expectations, and the adjustment of routines to new work realities.

Dr. Keith Dobson, professor of clinical psychology at the University of Calgary, shared some practical advice for people who may be experiencing stress or anxiety as they prepare to enter the post-lockdown world.

1 Remember that feelings about returning vary

Many aspects of re-entry will be perceived differently from person to person. While some will draw comfort from the increased social contact, others may experience heightened anxiety or dread when returning to social situations. As more workplaces welcome employees back, some will feel relieved to regain a dedicated workspace, while others may have difficulty leaving their remote-work lifestyle behind. Be mindful that what feels to you like an encouraging step forward might have the opposite effect on someone else.

2 Plan to renegotiate social norms

The way we interact will look different than before the lockdown. Shared spaces will look different and get-togethers will be less frequent. To help curb feelings of disappointment, plan ahead. Think about how you can safely socialize with co-workers, friends, and family, and communicate the plan before you get together. Be prepared to set firm boundaries with people in your life who may be less concerned about the threat and unwilling to follow distancing guidelines.

3 Continue following public health advice

An important element in readjusting to public life is learning to take appropriate risks. Public health guidelines offer useful parameters to help you feel confident in your decisions and ease back into the world safely. Placing your trust in health authorities can also foster greater peace of mind by validating that you're following the best available advice. Remember that you are not expected to be a public health expert – the professionals will set the limitations. All you have to do is work within them.

4 Recognize that different settings may follow different paths

People naturally compare themselves to others, but different settings may need to follow different paths in the re-entry phase. The place you work or the school your children attend may set different rules than others do. Some workplaces may permit or even encourage working from home when it was never common before. Try to respect these differences and accept that people who are responsible for these decisions are doing the best they can within a climate of dynamic and changing health advice.

5 Use gradual exposure techniques

Exposure is considered the best evidence-based treatment for anxiety. Within public health guidelines, try slowly re-introducing yourself to situations that typically induce some anxiety, rather than confronting them all at once. For example, if you feel anxious about returning to the social atmosphere of your workplace, start by scheduling a friendly catch-up call with one or two co-workers. Exposure allows you to readjust your assessment of the risk associated with the fear, reducing the anxiety it causes over time.

6 Monitor your symptoms of stress and anxiety

In times of change and uncertainty, some degree of stress and anxiety are expected. It's important to regularly monitor your feelings to determine whether you need extra support. [The Wellness Together Canada](#) portal is a great place to start, with a free self-assessment tool help steer you in the right direction.

Lots of excellent [advice](#) is available on how to manage anxiety related to COVID-19. However, if you notice a marked shift in your functioning that persists for more than a few days, consider speaking to your doctor or mental health professional. Venturing back out into the world may feel like a heavy burden, but you don't have to carry it alone.



For more information, visit www.mentalhealthcommission.ca/English/covid19



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- Latest video is here - <https://youtu.be/U42eVK6cVNU>
- Important information regarding student illness can be found [here](#)
 - Other AB ED documents regarding school may be found here:
 - <https://www.alberta.ca/k-to-12-school-re-entry-2020-21-school-year.aspx>
- School fees information and the Fee Waiver form can be found [here](#)
- Off-Campus Courses (Work Experience, RAP, Career Transition, Green Certificate) help students transition smoothly from school to post-secondary education or to work. These courses provide opportunities for school and community to combine resources to further students' career development and build their employability skills. Often these work experiences, for grade 10 - 12 students, happen during the day, evenings or weekends. For more information Contact our school Off-Campus Teacher James Grondin at jamesg@eics.ab.ca or by Text (780) 905-4402
- Student Lunch expectations:
 - For students who choose to leave the school at lunch, ABJ expects that students maintain physical distancing and are careful about following the expectations by Alberta Health Services. Students are asked to also be respectful of any of the local businesses that they visit. Thank you.
- If you are dropping off your child at school, please do not pull into the staff parking lot or student parking lot because it creates traffic congestion as students and staff are arriving for work. Please use the drop off lanes available, entrance is on the west side of the pool. The bus lane closest to the school exits eastbound only, the other lane will exit either direction. See the map [here](#).
- Students are encouraged to follow @archbishopjordanhigh on Instagram to stay informed by student council and staff
- If you have a SPARE and are at school, where do you go?
 - As part of ABJ's protocols for Re-Entry, students on spare may be in the library or E-Campus only. These students will be assigned a space by the staff in the library and E-Campus so they have a safe space to work, and may use a computer if needed. Students in spare may also spend that time outside of the school (home for example.) But for any students who stay at school during their spare, they must report to the library/E-Campus. Thank you.

Gospel Reading

Matthew 18:21-35

Jesus teaches that we must forgive one another as God has forgiven us.

Family Connection

Children learn to trust God's mercy and forgiveness when they experience forgiveness from those closest to them. We hope that we model God's love and forgiveness within our family life. Today's Gospel reminds us that forgiveness is measured by its quality more than its quantity.

Invite your family to consider some recent times when family members sought the forgiveness of another. Ask if there were any statements made that put conditions on our forgiveness such as "I will play this game with you if you apologize for knocking over my blocks" or "I will accept your apology after you clean up your room." Do we sometimes "keep count" or put conditions on our forgiveness of one another? This is something we may be doing without realizing it.

Read together today's Gospel, Matthew 18:21-35. Ask if we sometimes find ourselves sounding like Peter, concerning ourselves with quantity of forgiveness rather than offering forgiveness abundantly and unconditionally. Reflect upon the parable that Jesus tells. What does the servant do that makes the king so angry? He refuses to forgive his fellow servant the debt that he owes. Because we have all received God's forgiveness, God expects that we will also be forgiving toward others. Jesus' answer to Peter's question is found at the end of the parable. The number of times that we forgive one another is less important than the depth of our forgiveness. We must forgive one another from the heart.

Conclude in prayer together that God's love and forgiveness is evident in your family life. Pray together today's psalm, Psalm 103, or the Lord's Prayer.