

MUSKWA JOURNAL AUGUST 2019

GREETINGS

Hello to everyone. With all this rain we haven't had much of a summer at all with only a few days where it's been hot enough to go to the lake and enjoy the day. We are just going to have to enjoy the few hot days that we get.

COMPLIMENTS

Congratulations to the parents and grandparents that helped with the Provincial Pee Wee Tournament on July 13 and 14, 2019. The turnout was awesome, our children had fun, was good to see and thankfully the weather cooperated on this weekend. We've now put in bleachers at the baseball diamond, a bit late but at least we will have them next summer and/or if someone decides to have a baseball tournament as a fundraiser before the summer is over.

HOUSING INFORMATION

The four houses are coming up, however the rain halts the construction. Hopefully the rain will let up long enough so that we can complete the shells and then we can still do the inside work regardless of the weather.

HOUSEKEEPING ITEMS

There are still dogs running all over so if it is yours please either tie the dog up and/or fence it in. There are a few dog owners that have their dogs on a dog run and some have theirs fenced in which is good.

Also, there are still vehicles going over the posted speed limit on our roads. Remember the speed limit is 25km per hour.



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Community Members

The Elders are working on a project with the sound boards in the band hall. This project is a wall of history of Kapawe'no First Nation. The Elders decided to put pictures of members families on the sound boards. This will help beautify the band hall also.

If you would like to have your family pictures on the sound board please contact Anita with your pictures. There is a limit of five pictures per families to fit on sound boards.

Deadline for pictures is August 9, 2019 at 4:30

I would like to take this time to thank the members that have already brought in their pictures for the sound boards

Contact Anita At (780) 751-2284

Immunizations August 7th, 2019

- Do you have a child going into Kindergarten this fall? If so, please call the health centre and make an appointment!

- Children aged 4-6 require a preschool booster.

- There are continued efforts to ensure all babies and children have proper coverage for measles vaccine.

- The Alberta Immunization schedule for babies and children are 2 months, 4 months, 6 months, 12, months, 18 months and aged 4 to 6 years.

- If you are unsure of your child's immunization status please call the health centre to find out.

Immunization:
The information you need, all in one place
www.immunizealberta.ca

As a parent, it can be hard to know what information about
vaccines and immunization you can trust.

We understand.

And, we're here for you.

We worked with parents in Alberta to develop
www.immunizealberta.ca

Your one-stop site for answers to all your questions.

Visit today. Make it a favourite.

Let us help you sort fact from fiction.

Let us help you protect your children for life.

www.immunizealberta.ca

FACT # 4
VACCINES DO NOT CONTAIN HARMFUL TRACES OF PRESERVATIVES OR RESIDUAL PRODUCTS

Some vaccines contain...

Preservatives which help keep vaccine vials from getting contaminated with germs

Thimerosal

Thimerosal is an ethyl mercury derivative. It is a preservative used only in multi-dose vials of vaccines, and not in single-dose vials or syringes. Low doses of thimerosal have not been shown to produce any negative health effects. Nevertheless, no vaccine in Canada since March 2001 for routine use in children contains thimerosal, with the exception of some influenza vaccines. DTaP, polio and Hib vaccines have not contained this preservative since 1997-98. The MMR vaccine used in Canada has never contained thimerosal.

Residuals of the vaccine production process which are required to make the vaccine but are removed from the final product

Formaldehyde

Formaldehyde is sometimes used in the manufacturing process of vaccines to inactivate viruses and toxins. However, it is mostly removed during the purification process. Formaldehyde occurs naturally in the human body and helps with metabolism. There is approximately ten times the amount of formaldehyde in a baby's body at any time than there is in a vaccine.

FACT # 5
MULTIPLE INJECTIONS DO NOT OVERWHELM THE IMMUNE SYSTEM

Every day our bodies come into contact with millions of germs, causing our immune system to work continuously to protect us. Therefore, exposure to antigens (parts of weak or dead viruses or bacteria) in vaccines is easily handled by our immune systems. In fact, our immune system needs to be challenged continually to stay vigorous. Modern biotechnology has reduced the number of antigens in today's vaccines. For example, in 1980 the diphtheria, tetanus and acellular pertussis vaccine (DTaP) had 3017 antigens. At present, infants receiving recommended vaccines starting at two months of age come into contact with only 34 antigens - just 34 antigens among the millions handled every day by our immune systems.



FOR MORE INFORMATION AND LINKS TO RELIABLE INFORMATION ON THE INTERNET,

VISIT IMMUNIZE.CA

Immunization: Get the Facts



FACT # 1 VACCINES DO NOT CAUSE AUTISM

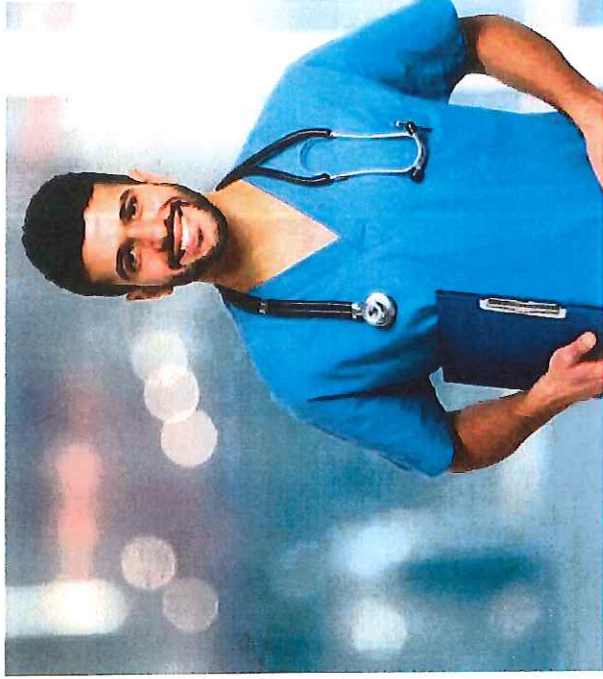
Medical researchers and scientists around the world have not found a link between vaccines and autism. The study that had initially reported a link between the measles-mumps-rubella (MMR) vaccine and autism was retracted in 2011.

Evidence-based reviews performed by the U.S. Institute of Medicine (IOM) have rejected any causal associations between the measles-mumps-rubella (MMR) vaccine and autism spectrum disorders in children. In addition to these reviews, a Danish research team studied children born between 1991 and 1998 (537,303 children) and concluded that there is no difference in the rate of autism between vaccinated and unvaccinated children.

Some speculation has tried to link thimerosal (a preservative added to multi-dose vaccines to protect vaccines from contamination with germs) in the MMR vaccine to autism, but the MMR vaccine routinely used in Canada has never contained thimerosal. DTaP, polio and Hib vaccines have not contained this preservative since 1997-98.

Although the reason for the increase in autism is not yet conclusively known, one explanation may be the broader definition and inclusion of many more behaviours and learning disorders within autistic spectrum disorders.

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FACT # 3 VACCINES DO NOT CONTAIN HARMFUL TRACES OF ADDITIVES OR ADJUVANTS

Some vaccines contain...

Additives to help vaccines stay effective while being stored

Gelatin

Some vaccines contain gelatin to protect them against freeze-drying or heat. Gelatin is also used as a stabilizer in live vaccines. However, the use of gelatin in vaccines as an additive has been reduced, even though the incidence of allergic reactions is currently very low.

Adjuvants help the body create a better immune response to a vaccine. Without adjuvants such as aluminum salts and squalene added to vaccines, people would need more frequent doses of vaccines to be protected against viruses and bacteria.

Aluminum salts

Aluminum salts (aluminum hydroxide, aluminum phosphate, or potassium aluminum sulfate) are used as adjuvants, substances added to a vaccine to enhance and strengthen the immune system's response. Aluminum is naturally present in our environment, including air, food, earth and water, and presents little risk to people. The safety of aluminum salts has been established over the past 70 years, with millions of people being vaccinated with aluminum-containing vaccines.

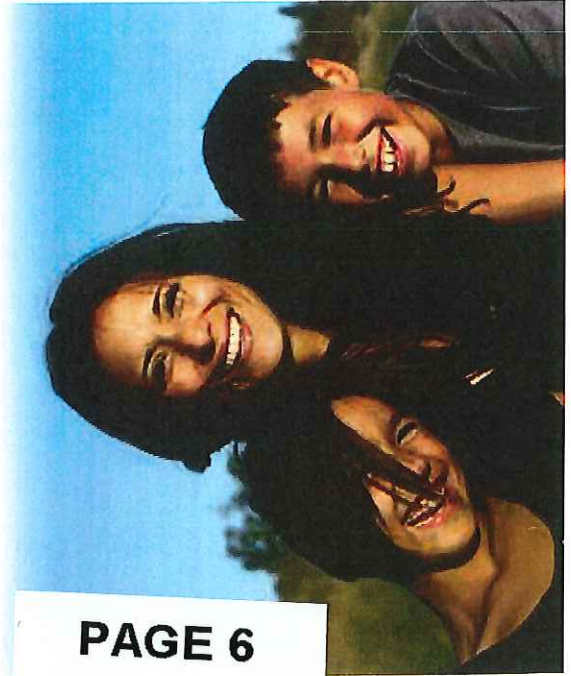
Squalene

Squalene is a naturally occurring substance often found in plants, animals and humans, as well as foods and cosmetics. It is a compound produced by the liver and circulates freely throughout the bloodstream. Squalene has been added as an adjuvant to some seasonal influenza vaccines in Canada to increase the immune response and improve their efficacy for certain age groups.

FACT # 2 VACCINES ARE SAFE

Vaccines used in Canada are safe and effective. They are developed to meet the highest standards and are continually monitored for safety and effectiveness both in Canada and around the world before they are approved for use. On average, it takes about 10 years of research and development before a vaccine is considered for approval by Health Canada. Following approval, the National Advisory Committee on Immunization recommends how the vaccine should be used. Once vaccines are made available to the public, they are regularly monitored for safety by the Public Health Agency of Canada through its Canadian Adverse Events Following Immunization Surveillance System (CAEFISS), and IMPACT (Immunization Monitoring Program ACTIVE), a paediatric hospital-based national active surveillance network.

As with any medical procedure, immunization has some risks. Individuals may react differently to vaccines. When considering immunization, both the risks and the benefits should be discussed with a qualified health care provider. The benefits of immunization are substantial and well documented.



Images of Martin Beach flooding along Highway 88 a few km north of Slave Lake





Kapawe'no First Nation

NOTICE

CHILDCARE WORKERS NEEDED

Our daycare facility is looking for caring compassionate childcare workers for part time and or on-call who have experience caring for Children age 12 months to 5 years old. We are committed to providing top quality care and education for the children who are enrolled in our program. Our goal is to enhance the lives of every child that attends our facility.

SKILLS AND REQUIREMENTS

- Have certification as a Level 1, 2 or 3 worker
- Experience working in a daycare setting
- Vulnerable Sector Check (will not accept document older than 6 months)
- Intervention Services Check (will not accept document older than 6 months)
- Resume
- Two references

All documentation will need to be handed in all at once

This position would be on-call basis and could lead to a full-time position

Apply to Daycare Director – Janice Chalifoux

daycare@kapaweno.ca

Box 10, Grouard, AB T0G 1C0

Fax 780-751-3779

Or drop off at Daycare or Band Office

Birthday Greetings



August 20

Happy Birthday Kylie

Love Mom and Keenan



August 15 / August 20

Happy Birthday Bestie



Due to delay from lightning hit we will post August and September birthdays and anniversaries in September newsletter

August 15

Happy Birthday Maybelle

Love Gaetanne



BACK TO SCHOOL BLITZ 2019

**August 14, 2019 Kapawe'no Band Hall
From 10:00 to 3:00**

***Hygiene Session 10:00 to 11:00
Scavenger Hunt 11:00 to 1:15
Bingo for kids 1:30 to 2:30***

Haircuts with Syndi Noskey and Ashley McLeod throughout the day

*Laura Tomkins will be Hosting scheduled Hygiene Session in the morning
and will provide Hygiene packs for those that attend this Session.*

Lunch will be provided

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Job Search Networking 9:00 – 11:30	3
4	5 Job Prep 9:00 – 11:00	6 Job Prep 9:00 – 11:00	7 Job Prep 9:00 – 11:00	8 Job Prep 9:00 – 11:00	9 Job Search Networking 9:00 – 11:30	10
11	12 Job Prep 9:00 – 11:00	13 Job Prep 9:00 – 11:00	14 Job Prep 9:00 – 11:00	15 Job Prep 9:00 – 11:00	16 Job Search Networking 9:00 – 11:30	17
18	19 Job Prep 9:00 – 11:00	20 Job Prep 9:00 – 11:00	21 Job Prep 9:00 – 11:00	22 Job Prep 9:00 – 11:00	23 INTAKE Morning only	24
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SOCIAL ASSISTANCE CALENDAR

**Kapawe'no First Nation 2019 – 2020
SCHOOL SUPPLIES/TRANSPORTATION**

If you are a parent or guardian of school aged children residing in the community of Kapawe'no First Nation, please complete and return the **Parent/Student Consent to Release of Confidential Information** (Grey form).

This form is used to obtain required information from the school as well as to update our bus lists for the 2019 – 2020 school year.

If your child(ren) are treaty and residing in the community, please complete the **Books and Supplies form** (Orange form).

Please return the completed forms to the Band Office by **Wednesday August 8, 2019.**

School supplies cheques will be available for pick up on **Thursday, August 14, 2019.**

If you have any questions or require additional information, please contact:

Deb Chalifoux – Couturier @ (780) 751-3800
Kapawe'no First Nation Education Department





Books and Supplies Form 2019 - 2020

First Semester Second Semester

STUDENT INFORMATION:

1.	Student Name: _____	Treaty No. _____
	School Name: _____	Grade: _____ Amount: _____
2.	Student Name: _____	Treaty No. _____
	School Name: _____	Grade: _____ Amount: _____
3.	Student Name: _____	Treaty No. _____
	School Name: _____	Grade: _____ Amount: _____
4.	Student Name: _____	Treaty No. _____
	School Name: _____	Grade: _____ Amount: _____

Note: Grades 10-12 MUST show confirmation of registration in Gym class

Cheque # _____ Grand Total: _____

I, _____, hereby verify that I have received payment for school and gym supplies for the 2019-2020 academic year(s). In addition, I hereby understand and agree to the following.

1. To receive the funds for school and gym supplies rather than receiving school supplies purchased by the Education Department.
2. To purchase all the necessary school and gym supplies required for my child/children for the 2019-2020 school year.
3. I cannot approach the Education Department for any additional funds or school supplies for the 2019-2020 academic year(s).

 Parent Signature

 Date

Education Level	School Supplies	Gym Attire	Total
Kindergarten	\$40.00	\$35.00	\$75.00
Grades 1 -6	\$75.00	\$50.00	\$125.00
Grades 7-9	\$110.00	\$70.00	\$180.00
Grades 10-12	\$100.00	\$100.00	\$200.00

Kapawe'no First Nation

Box 10

Grouard, AB T0G 1C0

Phone: 780-751-3800 Fax: 780-751-3864



Parent/Student Consent to Release of Confidential Information

- | | |
|--|--|
| <input type="checkbox"/> E.W. Pratt High School | <input type="checkbox"/> Grouard Northlands School |
| <input type="checkbox"/> High Prairie Elementary | <input type="checkbox"/> St. Andrews School |
| <input type="checkbox"/> Prairie River Jr. High | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Prairie View Outreach | |

PART 1: STUDENT INFORMATION

FIRST NAME	LAST NAME	D.O.B (D/M/Y)	TREATY NO.	GRADE

PART 2: PARENT/GUARDIAN INFORMATION

FULL NAME	RELATIONSHIP	ADDRESS	PHONE NUMBER
			HOME: WORK: CELL:
			HOME: WORK: CELL:

PART 3: AUTHORIZATION OF PARENT/GUARDIAN

I, the undersigned Parent/Guardian hereby authorize and consent to: _____

The Education Coordinator of Kapawe'no First Nation & the Associate Director of Education, Lesser Slave Lake Indian Regional Council

To act on behalf as stated hereunder:

- | | |
|---|---|
| ✓ To obtain all academic and non-academic records | ✓ To have meetings for the purpose of career counselling for educational purposes |
| ✓ To obtain attendance reports | ✓ To obtain fee information from the institution where student is registered |
| ✓ To obtain progress reports | ✓ To be notified of withdrawals and/or cancellations |
| ✓ To review student records | |
| ✓ To speak to teachers/principals/school counsellors, regarding student behaviour | |

This consent is in effect for the school term of 2019-2020 or until it has been cancelled in writing.

Parent/Guardian Signature

Date: _____

Status Cards Will Be Issued at the
KAPAWE'NO BAND OFFICE on

TUESDAY, AUGUST 27TH 2019

10AM – 2:30PM



- **ADULT APPLICATIONS** –
MUST HAVE GOVERNMENT
ISSUED IDENTIFICATION
- **CHILD APPLICATIONS** –
CHILD'S BIRTH CERTIFICATE
+ PARENTS IDENTIFICATION

**Please call 780-751-3800
to make an appointment.**

***Remember to bring I.D.
No exceptions will be made.**

****WEATHER PERMITTING****

STATUS CARDS

August 2019



LAKESHORE REGIONAL POLICE SERVICE

WOULD YOU LIKE TO RECEIVE OUR NEWSLETTER VIA EMAIL?

Please contact the Crime Prevention
Coordinator 1-855-299-0138 to be added to our
email list.



INSIDE THIS ISSUE

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Don't Drive InTEXTicated!



NEW DRIVERS & DISTRACTED DRIVING

Distracted Driving Law—What are you doing behind the wheel?

Did you know?

Effective January 1, 2016 the penalty for distracted driving in Alberta is a \$287 fine and three demerit points. Any charges or convictions laid before January 1, 2016 will result in a \$287 fine but no demerit points (regardless of whether the tickets is paid before or after January 1).

Illegal Driving Actions

- Distracted Driving law applies to all motor vehicles on all roads in Alberta as defined by the Traffic Safety Act.

While you are driving, you are restricted from:

- Using handheld cell phones
- Texting or emailing (even when stopped at red lights)
- Using electronic devices like laptop computers, video games, cameras, video entertainment displays and programming portable audio players (e.g. MP3 players)
- Entering information on GPS units
- Reading printed material
- Writing, printing or sketching
- Personal grooming (brushing teeth, putting on makeup, curling hair, clipping nails or shaving)

Know the Facts

- Tickets for distracted drivers are issued to the driver of the vehicle and not the registered owner
- Drivers engaged in any of the identified activities can be charged, even if their driving performance doesn't appear to be affected

NEW DRIVERS & DISTRACTED DRIVING

Distracted driving continued...

- If a driver commits a moving violation while distracted, they would receive a two tickets one for distracted driving and one for the moving violation
- Drivers of emergency vehicles can use handheld communication devices or other electronic devices only when acting within the scope of their employment

5 STEPS TO STAYING ALERT

Tips to help you focus on the road and minimize distractions.

Did you know?

During rush hour, you must keep track of 3,000 items including traffic signals, other motorists, passengers, and road conditions. Keeping your eyes on the road and staying alert can be difficult, but life-saving. Here's how to stay focused.

1. Put your phone away
 - Use your cellphone only when your vehicle is parked in a safe place. If your phone rings while driving, have a passenger take the call or let it go to voicemail
2. Stay calm
 - Avoid emotional conversations with passengers as they can lead to unsafe behaviours
3. Keep your hands on the wheel
 - Never take notes or use a laptop while driving. Park in a safe place before writing things down
4. Pull over
 - If you need to attend to your kids or attend to pets in your car, find a safe spot to park
5. Plan ahead
 - Don't program electronics like mp3 players or GPS units while driving

5 SECONDS IS TOO LONG
DISTRACTED DRIVING IS MORE THAN JUST TEXTING.
FIND OUT WHAT YOU COULD BE MISSING.



The first step in reporting a crime is contacting your local police. If you are in immediate danger, please call 911.



HOW TO REPORT A CRIME ANONYMOUSLY

In an emergency, please call 911 immediately.

If you have information about a crime, but are uncomfortable identifying yourself, there are ways you can confidently share what you know without anyone knowing who you are.

It is best to report a crime. The information you provide can help you or someone else or can help the police solve crimes and arrest and convict the right people. You are contributing to making your First Nation safer.

Why Report a Crime?

You can play an important part in helping to keep yourself, your loved ones and community safe by reporting crimes committed against you or someone else.

By sharing information you have about a crime that has or may be committed or about someone involved in committing a crime, you may help the police solve crimes and help prevent future crimes from taking place.

Why Report a Crime?

There are good reasons for reporting a crime.

- You or someone else may need protection from the person who committed the crime
- It can help to protect you, your loved ones and community from future crimes
- It can give you an opportunity to deal with the harm done to you or others
- When police are called as soon as possible, there is a better chance of arresting the person responsible
- Your report may stop someone from committing another crime

REMAINING CONFIDENTIAL IN PASSING INFORMATION TO THE POLICE

The Lakeshore Regional Police Service (LRPS) is dedicated to our communities. Our communities are diverse and strong with culture, tradition and advancement. A goal of the LRPS is to work with communities at all levels which include the leadership, programming, youth and Elders. In a majority of our investigations, the police rely on witness statements and additional evidence to lay charges and bring a the matter before the courts with testimony.

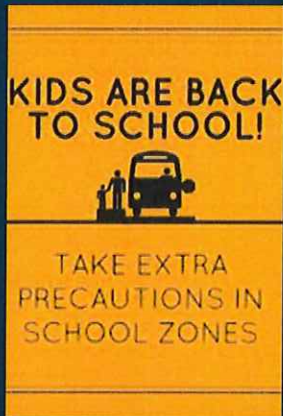
A small fraction of investigations involve the use of confidential sources with the ability to provide clear and protected information to the police. These confidential Informants relay information to a police officer in a private, protected and confidential manner. The majority of investigations will not allow confidential information for a successful disposition. This information is a tool and can be utilized in the reporting of drug offences and other criminal activity. It should not be used in the making of general complaints.

For those interested in providing confidential information, or those who want more information on how and where confidential information can be provided to police, please contact the LRPS or speak with an officer. 1-855-299-0138

REPORTING CRIME!



Help us make our
community a safe place.



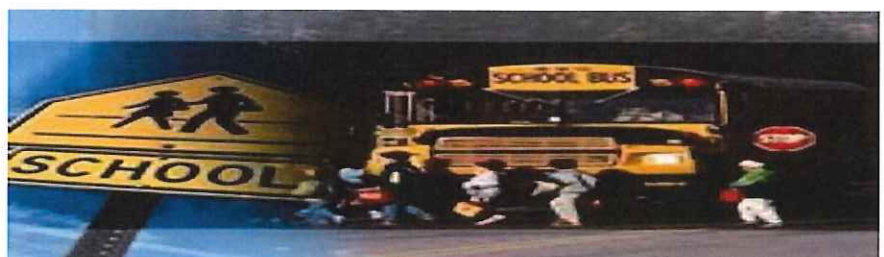
Everyday millions of school aged children ride the bus to & from school. Knowing the rules of safety helps to ensure that their trip to and from school is safe.

BACK TO SCHOOL

Its almost time to switch from wearing a swimsuit to putting on brand new school clothes and to get ready to learn! Wishing all the students returning to school in September a great year!

To make sure you always ride the bus safely, learn these Bus Safety Rules.

1. Always be at your bus stop three to five minutes before your bus is scheduled to arrive.
2. If you miss the bus, have a backup plan. Don't take rides from strangers.
3. Wait for the bus in a safe spot at least two giant stopes away from the road.
4. Use the handrail when getting on and off the bus.
5. Get on the bus one at a time.
6. Take your seat right away and stay seated until you leave the bus.
7. Sit back in your seat, face forward and keep your feet to the front.
8. Talk quietly so not to distract the driver. Remember, it's the driver's responsibility to keep you safe!
9. Wait for the bus to come to a complete stop and the doors to open before you leave your seat.
10. After leaving the bus, take five giant steps away from the bus so you are out of the danger zone and in a safe spot.



Here are some simple reminders for drivers.

1. Slow down and be especially alert in residential neighborhoods and school zones
2. Take extra time to look for kids at intersections, on medians and on curbs
3. Enter and exit driveways and alleys slowly and carefully
4. Watch for children on and near the road in the morning and after school hours
5. Reduce any distractions inside your car so you can concentrate on the road and your surroundings. Put down your phone and don't talk or text while driving.

School Bus bullying

Bullying can occur anywhere, and it may be even more dangerous when the child is on a school bus and cannot walk away from the situation. Better understanding of school bus bullying can lead to finding immediate helpful solutions that prevent any further harm to the child and hopefully eliminate the situation for other children, as well.

How to react to bullying

School bus bullying can cause a typically happy child to feel down, upset, anxious, and isolated. With the help of the bus drivers, parents and the school, there are many solutions and preventative actions to take that create zero tolerance for bullying.

Should your child experience school bus bullying connect with the school bus driver and the school. The schools are expected to make every effort to fully investigate your concerns; while protecting students privacy.

Contact the police if the bullying involves criminal behaviour, such as sexual assault or use of a weapon, or if the threat to your child's safety is in the community rather than the school.

August is designated as Back-to-School
Safety Month & we want to remind motorists
to be extra careful at all times.





For more information on educational info sessions within your First Nation please contact the Crime Prevention Unit 1-855-299-0138



UPDATE: NOTICE OF CHANGE

Canadian Anti-Fraud Centre

July 7th, 2019 The Canadian Anti-Fraud Centre noted that as of July 15th, 2019 the toll free phone number, 1-888-495-8501, will be available from 10:00 a.m. to 4:45 p.m. EST. The office hours remain the same from Monday to Friday 9:00 a.m. to 5 p.m. EST.

LAKESHORE REGIONAL POLICE REQUEST FOR COMMUNITY EVENTS

Lakeshore Regional Police Service is committed to community-based policing principles and community partnerships. Community Engagement and input is critical for initiatives' success and is an important sustained activity. The partnerships offer unique opportunities for both Lakeshore Regional police service and the First Nations to learn from each other and work together to make our First Nations a safe place for First Nation members to live. Its through the engaged partnerships, meaningful collaboration and relevant outcomes that together we will all benefit.

Lakeshore Regional Police Service would like to remind our project partners that when requesting Lakeshore Police members to attend an event or provide an information session to please provide us with at least two weeks notice. This will allow us to make arrangements within our office.

For more information on educational info sessions please contact the Crime Prevention Unit, 1-855-299-0138.

EMPLOYMENT WITH LAKESHORE REGIONAL POLICE SERVICE

Interested in a Career in Policing?

Lakeshore Regional Police Service is actively accepting applications from both Experienced Police Officers and New Recruit Constables.

Employment standards are set by the Alberta Solicitor General and are the same as all self administered police services in Alberta.

Contact the Crime Prevention Unit—1-855-291-0138

Priority may be given to experienced police officers who have recent police experience (within the last 2 years) with a recognized police service.

Those applying without recent police experience will have to meet all the recruit requirements as per the Alberta Police Recruit selection standards and meet all the training requirements as per the Royal Canadian Police training curriculum.

New recruits will attend the Royal Canadian Mounted Police academy "depot" located in Regina, Saskatchewan for (26) weeks of training. Prior to attending training and being offered employment with Lrps, all applicants must meet the following:

- APCAT/ACT Written Testing
- Security Clearance
- Background Investigating
- Polygraph Examination
- Psychological Examination

New recruits receive full salary while attending depot.

For more information about opportunities with the Lakeshore Regional Police Service email: careers@lsrps.ca

Applications are available on the
Lakeshore Regional Police Service webpage
www.lakeshoreregionalpolice.com

August 2019

Sun Mon Tue Wed Thu Fri Sat

				1	2	3
4	5 <i>Office Closed</i>	6	7 <i>Education Community Engagement Supper 5:00 Open to community Immunizations</i>	8 <i>Education 9:00 Elders Breakfast 1:00 Youth Grades 7-12</i>	9 <i>Deadline to submit pictures for sound board</i>	10
11	12	13	14 <i>Back to School Blitz 10:00-3:00</i>	15	16	17
18	19	20	21	22	23 <i>S A Intake Morning Only</i>	24
25	26 <i>Booked 7-8</i>	27 <i>Tentative School Attendance Awards</i>	28 <i>Booked 7-8</i>	29	30	31