



École Isabella Dicken Elementary School

1302 2nd Avenue, Fernie BC

<http://www.sd5.bc.ca/school/ides/Pages/default.aspx>

T: 250-423-4651

Principal's Message

Happy New Year! We would like to welcome everyone back from the winter break, and hope that you were able to enjoy the time to relax and participate in activities with your family.

We would like to thank our Fernie community for all the donations for our Holiday Hampers, and Breakfast Program. Our December school goal was connecting to community, however we were overwhelmed with the generosity of our community connecting with us. Your compassion at this time of year touched so many families. For the month of January, our focus is on goal setting to improve our connections and ourselves.

School District 5 Southeast Kootenay welcomes all children born between January 1, 2016 and December 31, 2016, and encourages parents to register their children at their catchment area school for September 2021 Kindergarten entry. School District 5 Southeast Kootenay provides a warm, caring learning environment for all students. We offer our Kindergarten students a developmentally appropriate program along with access to computer technology, a Fine Arts program, and student services support. For more information about our school, please visit our school website.

If you have any questions or concerns please do not hesitate to phone the school at (250) 423-4651. If parents wish an interview with a teacher, counsellor, or administrator please phone, and request that the school arrange a convenient time.

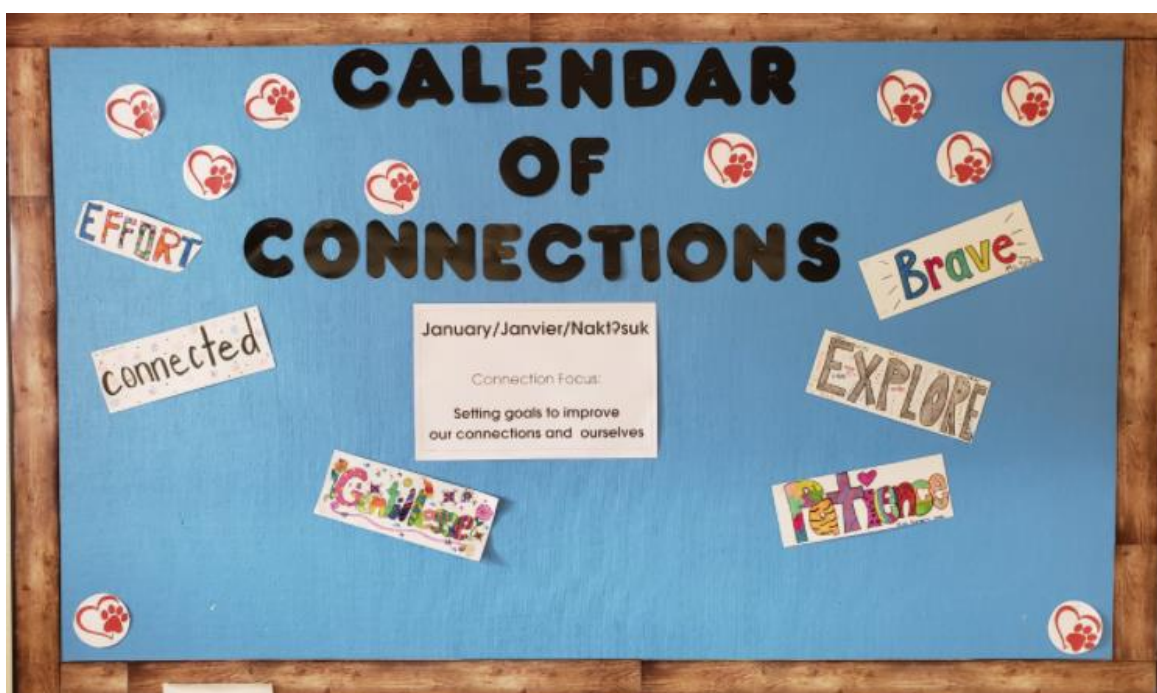
We want to thank all of our families for all that you do in supporting our students and teachers as we look forward to an outstanding term here at École Isabella Dicken Elementary School!

Sincerely,

Laura-Lee Phillips

Principale

École Isabella Dicken Elementary School





IMPORTANT NOTES FROM OUR OFFICE

ABSENCES

The SchoolMessenger app is up and running. An email was sent in December out to all parents regarding signup. If you know your child will be absent or late from school please use the app. You may also call the office at 250-423-4651 or email ides.mailing@sd5.bc.ca before 9:00 am. Your help with this will save our secretaries a lot of time as they make a call home for every unreported absence to ensure the child is safe. **If you haven't down loaded the app please read the information provided in this newsletter.** Thank you.

VISITORS

For safety reasons we ask that all visitors knock at our main entrance off 2nd Avenue.

Thank you for helping to keep everyone safe by wearing your masks inside the school yard when picking up and dropping off your children.



COURTESY BUS RIDERS

Due to a bus overloading situation, **we are no longer able to allow courtesy bus riders** to be transported on school buses from ÉIDES. Safety for our students is our utmost concern and an accurate passenger list is essential. Only students registered with the bus department will be allowed to ride our busses. If you have any questions, you can call the bus department at: 250-423-5885 EXT 223.

VERIFICATION OF PERSONAL INFORMATION

Over the previous school years our secretarial staff sent home student verification forms for all students to ensure that our information on file is accurate. They worked diligently to make sure our records were up to date. Moving forward we are asking families to **update any changes** to their contact information (emails, phone numbers, emergency contacts, address etc.) as soon as applicable. Please email any updates to ides.mailing@sd5.bc.ca

ÉIDES IS A "PEANUT & NUT FREE" SCHOOL

PLEASE DO NOT send ANY product to school that contains peanuts or nuts. ÉIDES has several children and staff who have a severe life-threatening food allergy (anaphylaxis) to peanuts and nuts, which can cause a severe reaction to specific foods and can result in death within minutes.

MEDICAL ALERTS

If your child has a medical condition that requires special attention (i.e. life threatening allergy or carries an epi pen) PLEASE ensure that you inform us. We have a Medical Alert policy and planning forms for parents to sign in order to help us provide any necessary care.

TRAFFIC SAFETY

Morning drop off and after school pick up times are very busy and continue to create safety concerns. Please help us keep everybody safe by helping with the following:

- Remind your child to use the crosswalk properly and to look both ways before crossing.
- Please do not stop or block crosswalks with your car.
- We ask that you DO NOT bring your dog onto the playground.
- Bikes and scooters need to be walked through the playground, on sidewalks and crosswalks.
- Remind your child of bicycle safety rules especially for riding on the streets.
- The staff parking lot is for STAFF only; please do not use it as a drop off spot.
- Please do not linger in drop off/pick up zones during peak times.
- Please respect the no stopping and handicap parking zones.
- 13th Street is a bus zone DO NOT use it for drop off or pick up.

DATES TO REMEMBER

SD5 Annual School Calendar:

<http://www.sd5.bc.ca/school/ides/About/calendar/Pages/default.aspx>

ÉIDES School Calendar on Website:

<http://www.sd5.bc.ca/school/ides/Pages/default.aspx>

January

Wednesday, January 20	Grade 6 Immunizations
Friday, January 22	No School

February

Monday, February 1	Kindergarten Registration opens
Monday, February 15	No School – Family Day
Wednesday, February 24	Pink Shirt Day
Friday, February 26	No School – Pro-D Day

Message from the ÉIDES PAC

PAC is excited to let everyone know that the Reading Incentive Program has started back up! After a break in the late fall due to volunteer restrictions, we have found a way to make it work. Teachers will be collecting reading log sheets every Monday and volunteers will be tallying the minutes at home. In our first week back, the Reading Incentive Program awarded 157 books to students who had achieved their reading goals. Amazing!

Running Club

The kilometers are starting to add up. We love your enthusiasm and commitment to the club. Keep up the great work! Just a few reminders: Please have a pair of runners (no boots), toque, mitts, light jacket or sweater, and extra pair of socks (for wet days). If parents are joining us, please continue to wear a mask. Let's keep this awesome club going. Please check the school's Facebook page for last minute cancelations due to weather.

Way to go Panthers!

The Running Club Team



École Isabella Dicken Elementary School

Daily Bell Schedule

During break times (mornings, recess, lunch, after school), students may want to socialize with peers in different learning groups. When interacting with peers outside of their learning group, students should minimize physical contact when outdoors.

8:20 – 8:50 Morning Supervision
 8:50 Welcome Bell / Students Enter - Front Doors are Locked
 8:55 – 10:30 Classes in Session
 10:15 – 10:30 Recess for Kindergarten & Gr. 1
 10:30 – 10:45 Recess Gr. 1/2 - 6

Recess	K-1's	10:15 – 10:30	Primary Playground
	Gr. 1/2 – 3/4	10:30 – 10:45	Primary Playground
	Gr. 4 – 6's	10:30 – 10:45	Int. Playground

10:45 – 12:15 Classes in Session
 12:15 – 1:05 Lunch

Lunch	K – 1's	12:15 – 12:40	Outside
		12:40 – 1:05	Lunch
	Gr. 1/2 – 3/4	12:15 – 12:40	Lunch
		12:40 – 1:05	Outside
	Gr. 4 – 4/5	12:15 – 12:40	Lunch
		12:40 – 1:05	Outside
	Gr. 5/6 - 6	12:15- 12:40	Outside
		12:40 – 1:05	Lunch

1:00 pm Welcome Bell
 1:05 – 3:05 Classes in Session
 3:05 pm Dismissal

End of Day Dismissal times:
 2:55 for families A – L
 3:00 for families M – Z
 3:05 for bus students





Come to School with Us
Viens à l'école avec nous
FOR KINDERGARTEN AND FRENCH IMMERSION
SEPTEMBER 2021 ENTRY

KINDERGARTEN REGISTRATION

School District 5 Southeast Kootenay welcomes all children born between January 1, 2016 and December 31, 2016, and encourages parents to register their children at their catchment area school for September 2021 Kindergarten entry.

School District 5 Southeast Kootenay provides a warm, caring learning environment for all students. We offer our Kindergarten students a developmentally appropriate program along with access to computer technology, a Fine Arts program, student services support and, if parents choose, French Immersion.

To ensure your child is able to attend your catchment area school, please register early. In any given year, registration and enrolment application forms shall only be accepted by the catchment area school commencing on the first school day in February. If you are unsure which school is your catchment area school, please visit the [school locator](#) on our district website.

All such applications will be dealt with on a first-come, first serve basis. A birth certificate or other legally acceptable document, along with proof of B.C. residency (i.e. mortgage statement, rental agreement, or utility bill) must be provided at the time of registration. Your child will not be registered until such documentation is made available. Our current Covid safety protocols will be adhered to during this registration process. Please contact your school for further information.

Parents who wish their child to attend a school outside their catchment area still need to register their child at their catchment area school. To request a transfer, pick up a "Family Request for Student Placement Form" from your catchment area school or [download](#) the form and return to the School Board Office. These completed forms shall only be accepted by Board Office staff commencing on the first school day in February. Forms can be submitted via email to studenttransfers@sd5.bc.ca. Please refer to Policy [3.1R](#) for more information.

FRENCH IMMERSION REGISTRATION

French Immersion is available in both Cranbrook and Fernie:

- Cranbrook - Kindergarten or Grade One: please register at T.M. Roberts Elementary
- Fernie - Grade 4: please register at Isabella Dicken Elementary

For more information, please contact: Laura-Lee Phillips, Principal, Isabella Dicken Elementary School (250-423-4651).

If you have any questions, please contact your neighbourhood school or the Office of the Superintendent (250- 417-2052) or toll free 1-866-489-4201 (Local 2052).

We look forward to your child joining us in School District 5 Southeast Kootenay.









School District 5 Introduces SchoolMessenger

Continuing to foster and enhance ethical communication between the School District and all learners, students, staff, parents and community in a timely and inclusive manner.

School District 5(Southeast Kootenay) is launching SchoolMessenger for communication with parents. SchoolMessenger is a communication platform that allows our schools and district to send out mass communications to parents/guardians using multiple methods simultaneously. The SafeArrival system provides parents with a faster and easier way of reporting absences.

The benefits of SchoolMessenger include:

-  Parents can choose how to be notified (email, phone call, text message)
-  Absences are easier to report at **1-(833) 566-1225**, on the app or website)
-  More timely notification in an emergency
-  Schools can respond faster when a student is unexpectedly absent and may be missing

SchoolMessenger Communicate



SchoolMessenger Communicate is an automated notification system used to send out general announcements.



As a parent/guardian, you can decide how you want to receive announcements (email, phone call, and/or text message).

There is nothing you need to do to receive announcements from the school. You can customize how you receive what kind (General, Emergency, or Attendance) announcements. For example, you may only want to receive general announcements (upcoming events, newsletters, etc.) via email, but you might want attendance info to come as a text message so that you see it right away.

You can set up your Smartphone or Android phone app or website account right away to make sure you are ready when we launch SchoolMessenger Communicate and SafeArrival:

-  Using your mobile device, download and install the [School Messenger app](#) from the [Apple App Store](#) or the [Google Play Store](#). The first time you use the app, select Sign Up to create your account. Select Attendance then Report an Absence.
-  Use the [Safe Arrival website](#). The first time you use the website, select [Sign Up](#) to create your account. Select Attendance then Report an Absence.



Please get in touch with your child's school if your contact information (email or phone number) has recently changed so SchoolMessenger has the most current information on file.

SchoolMessenger SafeArrival





One of our greatest priorities is ensuring that all our students arrive safely to school every day. To enhance our existing absence-checking procedure School District 5 (Southeast Kootenay) is introducing a new, more efficient student absence

reporting system called **SafeArrival**. This new system will reduce the time it takes to verify student attendance, making it easy for you to report your child's absence and easy for staff to respond to unreported student absences.

It is also used to contact parents and guardians when a child is absent (if the absence was not reported in advance). The automated notification system will attempt to contact parents/guardians at multiple contact points until a reason is submitted for the absence. If our system is unable to reach the designated contacts, office staff will follow up.

If you report your child's absence in advance using the SafeArrival [toll-free number](#), [website](#) or [mobile app](#), you will NOT receive these notifications.

With SafeArrival, you are asked to report your child's absence in advance using any of these **3 convenient methods**:

-  Using your mobile device, download and install the [SchoolMessenger app](#) from the [Apple App Store](#) or the [Google Play Store](#). The first time you use the app, select Sign Up to create your account. Select Attendance then Report an Absence.
-  Use the [SafeArrival website](#). The first time you use the website, select [Sign Up](#) to create your account. Select Attendance then Report an Absence.
-  Call the toll-free number **1-(833) 566-1225** to report an absence using the automated phone system.
-  Contact your child's school directly to report an absence.

The SafeArrival options are available 24 hours/day, 7 days a week. Future absences can be reported at any time up to a maximum of 10 consecutive days. It is important to note that when setting up your account, **you must register using the email address and phone number associated with your child's MyEducation BC account.**

SchoolMessenger SMS

Opt In





**if your number is Canada-based.*

You will receive a text message requesting you to opt into your school or School District 5 text message alert service. This number was provided through your contact information in MyEducation BC.

If you would like to continue receiving messages from your school or district you must reply affirmatively with one of the opt-in key words. Simply reply to the original message (or send a text message to 978338 in Canada) with either the words "opt in" or "subscribe".

If you do not receive a text message, you still can participate in SchoolMessenger SMS (Short Message Service), known as "text messages" from your cell phone by texting "Y" or "Yes" to 978338. Standard message and data rates may apply.

-  For help information, text HELP, INFO, AIDE to 978338.
-  To opt out at any time, text STOP, END, CANCEL, QUIT, UNSUBSCRIBE, ARRET to 978338.

Participating carriers: Rogers Wireless, MTS, Bell, Sasktel Mobility, Telus Mobility

Yours truly,

School District 5 (Southeast Kootenay)

Jennifer Roberts
District Principal

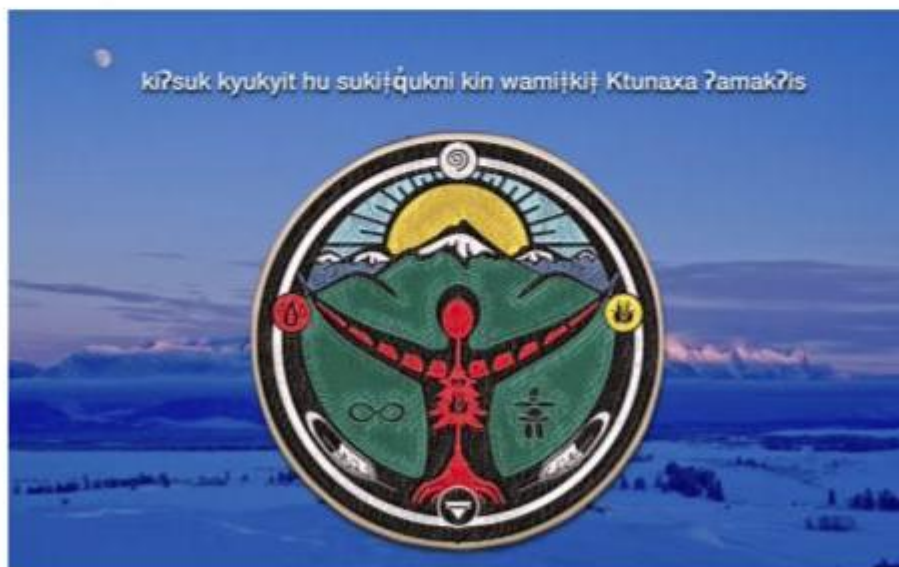
Aboriginal Education Corner

For the month of January the school has been participating in a “Four Clues for the New Year Ktunaxa Word Challenge.” This week’s clue is: “to move and groove to the music”. The answer is “dance - **haqwitin**.”



The Ktunaxa celebrate the month of January with a “Winter Dance.”

Happy January (naktaʔsuk)!



Ms. Teya, Youth Care Worker is Back!



I would like to officially introduce myself, my name is **Ms. Teyadora Woeszczak- MacVicar** better known as Ms. W at the school. I am excited to be joining the staff at Isabella Dickens Elementary School again for the 2020/2021 school year as a **Youth Care Worker** for the district. I will be stationed at EIDES full time (Monday-Friday) this year.

The school year is well under way and we have some exciting programs to offer students. These programs include the kindness crew, leadership, build it club and general friendship circles where students engage in interest based activities. In addition to these activities I also coordinate a breakfast and lunch program for students at EIDES.



Our meal program is provided for students to encourage proper nutrition while in a learning environment. Our meals are accessed by students who have an extra big appetite, longer bus rides or to help parents with their child’s morning routine.

If you are interested in accessing our meal programs at the school please call/text (250-430-7048) or email me (teyadora.woeszczak@sd5.bc.ca) In addition to this, students can request this support through their teachers or visit me in my office located inside the library.

StrongStart

StrongStart continues to run their Outdoor Program at IDES. Children under the age of 5, along with their parents/caregivers are able to explore outside play and learning together. If you would like to learn more about StrongStart please email jodie.parker@sd5.bc.ca



Ice Suncatcher Art from Ms Barras's Grade 3 class





What is EASE?

EASE - Everyday Anxiety Strategies for Educators is a collection of school-based, evidence-informed, anxiety management and resilience-building resources for use by educators with B.C. students in grades K-7. EASE helps educators teach students strategies to address the thoughts, feelings and behaviours associated with anxiety, while also supporting social and emotional learning and mental health literacy of educators through a professional development course.

EASE was developed in 2019 by the B.C. Ministry of Children and Family Development (MCFD) in collaboration with Anxiety Canada and includes extensive feedback and insight from B.C. educators and experts in the field of childhood anxiety.



EASE at Home

Select EASE classroom lessons have been adapted for use by parents and caregivers to support children's mental health across home, school and community settings. EASE at Home activities are available as downloadable PDFs in both English and French.

It can be hard for adults to know what to say or do to ease a child's worries, especially during times of change and uncertainty. As the most important big people in their world, parents and caregivers can help children feel safer and soften the sharp edges of whatever is making their worries grow.

To help support learning across environments, several fun and practical EASE lessons have been adapted for use by parents and caregivers to help children manage worries and anxiety at home.

Access EASE at Home: <https://healthymindsbc.gov.bc.ca/ease-at-home/>

SD5 and DPAC Present a Live TEAMS Event on Parenting Anxiety: 5 Tips for Supporting Kids with Anxiety - Wednesday, January 20, 2021 @ 7:00 p.m. MST

Please join us!

[Parenting Anxiety Live Teams Event Link](#) - If you do not have Microsoft Teams, it will prompt you to download the app. You can also do this ahead of time to alleviate any anxiety on day of!

A bit about the presentation: Problematic anxiety in childhood is common and disrupts opportunities for healthy experiences. Anxiety can influence a child's ability to achieve academically, make friends, or find reward in the activities they take part in. About one in ten Canadians will access mental health support for mood and anxiety disorders in their lives and a far larger percentage could benefit from these supports and a better understanding of what anxiety is and how it impacts their lives. This workshop will give you essential tools to better understand anxiety in children, recognize when it is becoming problematic, help children build the capacity to overcome it, and create environments to foster better outcomes for those struggling. Drawing on literature on brain development, emotional regulation, psychology, and years of clinical experience Sean will help you better understand children's anxiety and how to support them in more meaningful ways.

A bit about Sean Larsen, MA PhD Candidate: Sean Larsen has worked as a clinician with children and families for well over a decade. Some of his previous work settings include children's psychiatric units, youth custody centers, and outpatient mental health settings. He trains suicide risk assessment and risk management provincially and has spoken nationally on childhood anxiety, neurodevelopment, early childhood trauma, digital media, and suicide. Sean is a current PhD student finishing his dissertation. Sean's academic research has included exploring men's transition to fatherhood and how children interact with digital media. Sean lives in Rossland, BC with his wife and two children (7&10) and spends his spare time mountain biking and skiing.

Please feel free to share!

January at the Fernie Heritage Library

Virtual Pre-school Programming

Storytime (Ages 3-5 years)

Tuesdays 11:15am on Facebook and Instagram

Stories, singing and activities for preschoolers and their caregivers.

Toddler time (Ages 0-2 years)

Wednesdays 11:15am on Facebook and Instagram

Singing, simple stories and fingerplays for babies and their caregivers.

Storytime (Ages 0-5 years)

Fridays 11:15am on Facebook and Instagram

Stories, singing and activities for preschoolers and their caregivers.

Virtual Activities for School-aged Children

Try it @ Home Challenge Marble Maze Madness

Tuesdays on Facebook and Instagram

A weekly STEM challenge for kids to try at home. This month Michelle will try out all manner of marble mazes that you can make at home.

Curbside Craft

Wednesdays on Facebook and Instagram

Watch a DIY craft video. Supplies for the craft will be available for curbside pick up between 12:00pm and 4:00pm Tuesday through Friday.

An Afternoon of Mystery

Starting Thursday January 14th, 4:00pm-5:00pm hosted on Zoom.

(9-12 years, registration required)

An afterschool activity for budding sleuths. Grab an activity pack, with games and a mystery to solve, curbside at the library. Then join the Zoom session to play games and help solve the mystery. This is a weekly program, with a new mystery each month, children should only be registered for one session per month.

Registration is through Eventbrite.

Big Life Brigade

Starting Friday 15th January, 4:00-5:00pm hosted on Zoom.

(7-10 years, registration required)

An afterschool group focusing on positivity, believing in yourself, practicing kindness and gratitude and encouraging children to develop a growth mindset. Content from this group will be taken from the Big Life Journal for kids. Participants will register for 6 weeks and receive activities and crafts that they can complete whilst taking part of a friendly, welcoming Zoom chat with our programmer and other children.

Family Programming

Boogie Woogie Baby (0-5)

Wednesday January 13th, 10:30am

It's dance party time. Join an interactive storytime for you and your little one on Zoom. Sing and dance along at home.

Email fhlprogrammer@gmail.com for the Zoom link.

Teen Programming

Teen Book Club

Thursday January 28, 7:30 pm

Talk books with teens across the Kootenays and meet the authors in this online book club. The first half we will have a discussion about the book, **Restarts** and in the second half we will talk to the author *Gordon Korman*. We can ask him all the questions. To get a copy of the book and the zoom link, contact Fernie Heritage Library.

information@fernieheritagelibrary.com

Adult Programming

Booked!

Thursday January 14th, 7:00pm

Join local authors Bruce Kirkby, Dave Butler and Angie Abdou on Zoom or Facebook live for a candid discussion about the challenges and rewards of writing from (and about) the East Kootenays.

Walkie Talkie

Friday January 8th, 1:00pm

Fresh air and conversation guaranteed. This month's read is a book of essays called **Bad Feminist** by *Roxane Gay*. Contact Fernie Heritage Library to get a copy of the book information@fernieheritagelibrary.com. Or come along and help choose the book for next month. All are welcome.

Read Local book club

Tuesday January 26th, 7:30pm

An online book club featuring authors from the Kootenay region. This month read **Hurry Home** by author *Roz Nay*. There will be a meeting held on Zoom to discuss the book as well as meet the author. To register and borrow your copy of the book, contact Fernie Heritage Library. information@fernieheritagelibrary.com

Tea and Talk book club

Friday January 29th at 1:30pm via Zoom

For good conversation over a cup of tea, look no further!

This month read **Gone to Pot** by Jennifer Craig.

Copies of the book are available from the library.

Internet Safety Series

with the White Hatter

Tuesday, January 12th

6:00 pm PST, 7:00 pm MST
90 mins live online presentation

Internet/Social Media Safety, and Digital Literacy for Parents

This is the first in a series of five presentations. The White Hatter will examine the following topics: the good & bad sides of the internet, overconsumption, online predators, data collection, digital footprint, app privacy, & sexting.

Register for one presentation or all five.


Learning
TOGETHER



TO LEARN MORE, CONTACT:

Chrisy Hill, Community Literacy Coordinator

 chill@cbal.org

 250-946-7257

 www.cbal.org



Internet Safety Series

with the White Hatter

6:00 pm PST, 7:00 pm MST
Live online presentations



Learning
TOGETHER

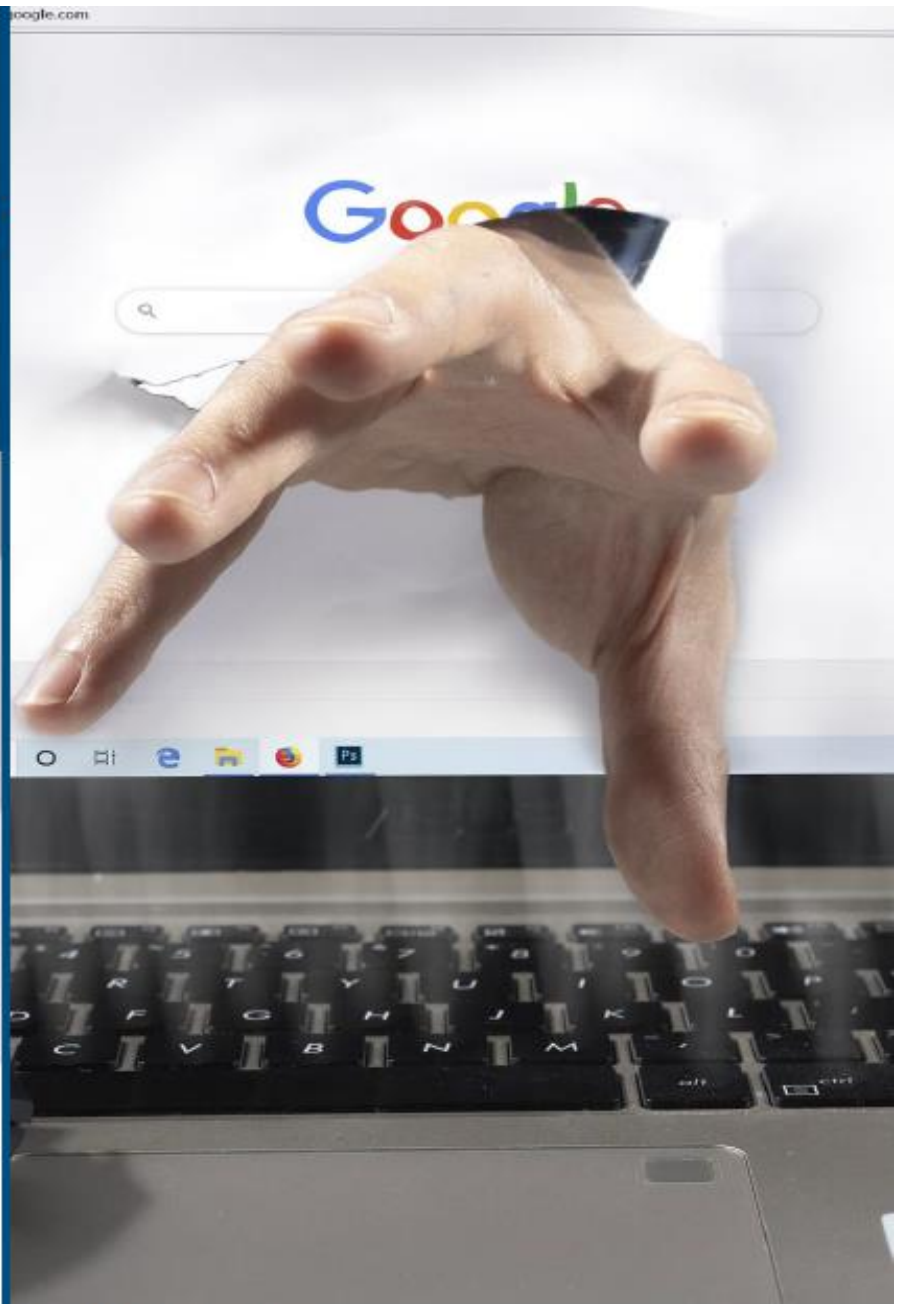
Internet/Social Media Safety and Digital Literacy for Parents
January 12

Online Sexual Predation and Exploitation
January 26

Online Gaming Concerns, Balance, Addiction & Opportunities
February 9

Distribution of Intimate Images, Nudes, Sexting, and the Canadian Law
February 16

The Dark and Dangerous of Social Media and the Internet
February 23



TO LEARN MORE, CONTACT:

Chrisy Hill, Community Literacy Coordinator

 chill@cbal.org

 250-946-7257

 www.cbal.org

PROUDLY SUPPORTED BY
Columbia Basin **trust**


Columbia Basin Alliance for Literacy


THE WHITE HATTER



Parents/Guardians:

Given the Province-wide restrictions from the PHO, the directive for SD5 is to no longer have volunteers in our building. This will be in place until further notice. During this stage, it is a requirement that doors be locked to restrict access to our facilities.

Please remember when picking up your child(ren), to stay outside the fence. If you come into the school grounds, we are asking parents/guardians to wear a mask.

Please be diligent, be careful, be safe, **follow the safety protocols** now more than ever.

As always, we appreciate your support!

Interior Health is rolling out a call centre for booking COVID tests versus calling the local testing sites, Sparwood has now gone live.

- Call 1-877-740-7747 to book an appointment
- OR book online at www.interiorhealth.ca, click the blue “book a COVID test” box on the home page

TO STAY HOME OR GO TO SCHOOL?

Does your child have a fever?

Yes → Keep your child home and have them assessed by calling 811, your physician or the local Covid-19 screening line at 250-425-3777.

No ↓

Does your child have two or more of the following?

- Chills
- Cough or worsening of chronic cough
- Shortness of breath
- Loss of sense of smell or taste
- Diarrhea
- Nausea and vomiting

Yes → Keep your child home and have them assessed by calling 811, your physician, or the local Covid-19 screening line at 250-425-3777.

No ↓

Does your child have one of the above mild symptoms?

Yes → Monitor your child at home for at least 24 hours. If symptoms have improved, they can return to school without further assessment.

No ↓

Does your child have other symptoms of illness?

Yes → If symptoms are mild, monitor your child at home for at least 24 hours and symptoms improve. If symptoms are severe, seek a health assessment by calling 811, your physician, or the local Covid-19 screening line at 250-425-3777 open 0830 -4pm daily.

This is the number to book appointments for swabbing and they will review what symptoms the clients have, give info on self-isolation and how to access results if they are swabbed.

The Swabbing Clinic is in Sparwood & currently runs Monday to Friday (excluding Wednesday) 130-330pm & Sundays 1230-230pm.

Parents can also use the online covid assessment tool at <https://bc.thrive.health/> when children are unwell to see if they meet the criteria for testing and/or isolation.



Self-Assessment

This form is provided to ensure staff and parents/guardians are aware of symptoms of COVID-19 and also aware of the requirement to self-assess themselves or their children before they attend school. In order to adhere to the Public Health Officer, Ministry of Education, BC Centre for Disease Control and WorkSafe BC, the following guidelines must be adhered to:

- **Staff or Students should stay at home** when new symptoms of illness develop. The key symptoms to watch for are fever, chills, cough, shortness of breath, loss of sense of smell or taste, nausea, vomiting and diarrhea.
- If the staff or students (or their parent) indicates that the symptoms are consistent with a previously diagnosed health condition and are not unusual for that individual, they may return to school. No assessment or note is required from a health care provider.
- For mild symptoms without fever, staff or students can monitor at home for 24 hours. If symptoms improve, they can return to school without further assessment.
- If symptoms include fever, or if after 24 hours, symptoms remain unchanged or worsen, seek a health assessment. A health assessment can include calling 8-1-1, a primary care provider like a physician or nurse practitioner, or going to a COVID-19 testing centre.

When a **COVID-19 test is recommended** by the health assessment:

- If the COVID-19 test is **positive**, the person should stay home until they are told by public health to end their self-isolation. In most cases this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.
- If the COVID-19 test is **negative**, the person can return to school once symptoms have improved and they feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless the person develops a new illness. [BCCDC](#) has information on receiving negative test results.
- If a COVID-19 **test is recommended but is not done** because the person or parent chooses not to have the test or a health assessment is not sought when recommended, and the person's symptoms are not related to a previously diagnosed health condition, they should stay home from school until 10 days after the onset of symptoms, and then may return if feeling well enough.

If a **COVID-19 test is not recommended** by the health assessment, the person can return to school when symptoms have improved and they feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).



Self-Assessment

The following is an example of a daily health check for students or employees to determine if you should attend school that day.

		Daily Health Check		
1.	Key Symptoms of Illness	Do you have any of the following new key symptoms?	Circle One	
		Fever	Yes	No
		Chills	Yes	No
		Cough or worsening of chronic cough	Yes	No
		Loss of sense of smell or taste	Yes	No
		Diarrhea	Yes	No
		Loss of appetite	Yes	No
		Nausea and vomiting	Yes	No
2.	International Travel	Have you returned from travel outside Canada in the last 14 days?	Yes	No
3.	Confirmed Contact	Are you a confirmed contact of a person confirmed to have COVID-19?	Yes	No

If you answered “YES” to one of the questions included under ‘Key Symptoms of Illness’ (excluding fever), you should stay home for 24 hours from when the symptom started. If the symptom improves, you may return to school when you feel well enough. If the symptom persists or worsens, seek a health assessment.

If you answered “YES” to two or more of the questions included under ‘Symptoms of Illness’ or you have a fever, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, you should not return to school until COVID-19 has been excluded and your symptoms have improved.

When a **COVID-19 test** is recommended by the health assessment:

- If the COVID-19 test is **positive**, you should stay home until you are told by public health to end self-isolation. In most cases this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.
- If the COVID-19 test is **negative**, you can return to school once symptoms have improved and you feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.
- If a COVID-19 **test is recommended but is not done** because you choose not to have the test, or you do not seek a health assessment when recommended, and your symptoms are not related to a previously diagnosed health condition, you should stay home from school until 10 days after the onset of symptoms, and then you may return if you are feeling well enough.

If a COVID-19 test is not recommended by the health assessment, you can return to school when symptoms improve and you feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).

If you answered “YES” to questions 2 or 3, use the COVID-19 Self-Assessment Tool to determine if you should seek testing for COVID-19.

A health-care provider note (i.e. a doctor’s note) should not be required to confirm the health status of any individual.

 **School District 5**

2020-2021 Annual School Calendar

July 2020						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2020						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 2020						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2020						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2020						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2020						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

January 2021						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



February 2021						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						



March 2021						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			


April 2021						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May 2021						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June 2021						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

-  School Breaks
-  Stat Holidays

-  Professional Development Days
-  Administrative Day

 Second Semester

