



# Wowk News

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The Week Ahead: February 14 - 18, 2022

|              |  |
|--------------|--|
| Monday 14    | Happy Valentine's Day                    |
| Tuesday 15   | Grade 6 and 7 Volleyball                 |
| Wednesday 16 |  |
| Thursday 17  | Math Club @ lunchtime                    |
| Friday 18    | Professional Development Day - No School |

Hello Wowk Families,

Thank you for another great week at Jessie Wowk Elementary. We are once again connecting with you today with some important information for our parent community. Have a wonderful weekend!



February is Black History Month and this is an important time to learn about and reflect on the accomplishments of Black Canadians as well as their stories and experiences. It is important that we all

learn and consider what Black History month means and here at the school many of our students are embarking in learning to learn more about Black histories and how Black Canadians have made significant contributions to our society and communities. To learn more about Black History Month, please go to the following link:

[Black History Month / BC Government News](#)

## International Travel Guidelines

With spring break ahead, some families may be asking questions about what their children are required to do upon returning to Canada. Please [use this link](#) to go directly to the information regarding these important guidelines. Families must follow the guidelines from the government of Canada and check for updated information regularly.

### **Valentine's Day (Duplicate of Last Week's Message)**

We are getting closer to Valentine's Day and there are just a few pieces of information that are important for families to know at this time. If a family wishes to send treats to school with your child to share with others, please be mindful that they are to be individually wrapped and commercially packaged and we do ask for baked good to not be brought to the school to share. Families are certainly welcome to bring in homemade or store bought crafts such as cards. These are just guidelines and by no means at all is it an expectation for families to send anything with your child(ren) to school to share with others on Valentines Day.



### **Conferences and Early Dismissal Date**

This is just a reminder that students will be dismissed on Thursday, February 24 at 12:45 pm. Teachers will be reaching out to families, if they haven't done so already, with important information of how they will be structuring these meetings and it may be possible that your child's teacher will be hosting your child's conference on a different date for various reasons. Please reach out to the school or your child's teacher if you have any questions about conferences.

### **Important Dates Coming Up**

February 18 - Professional Development Day

February 21 - Family Day Holiday / No School

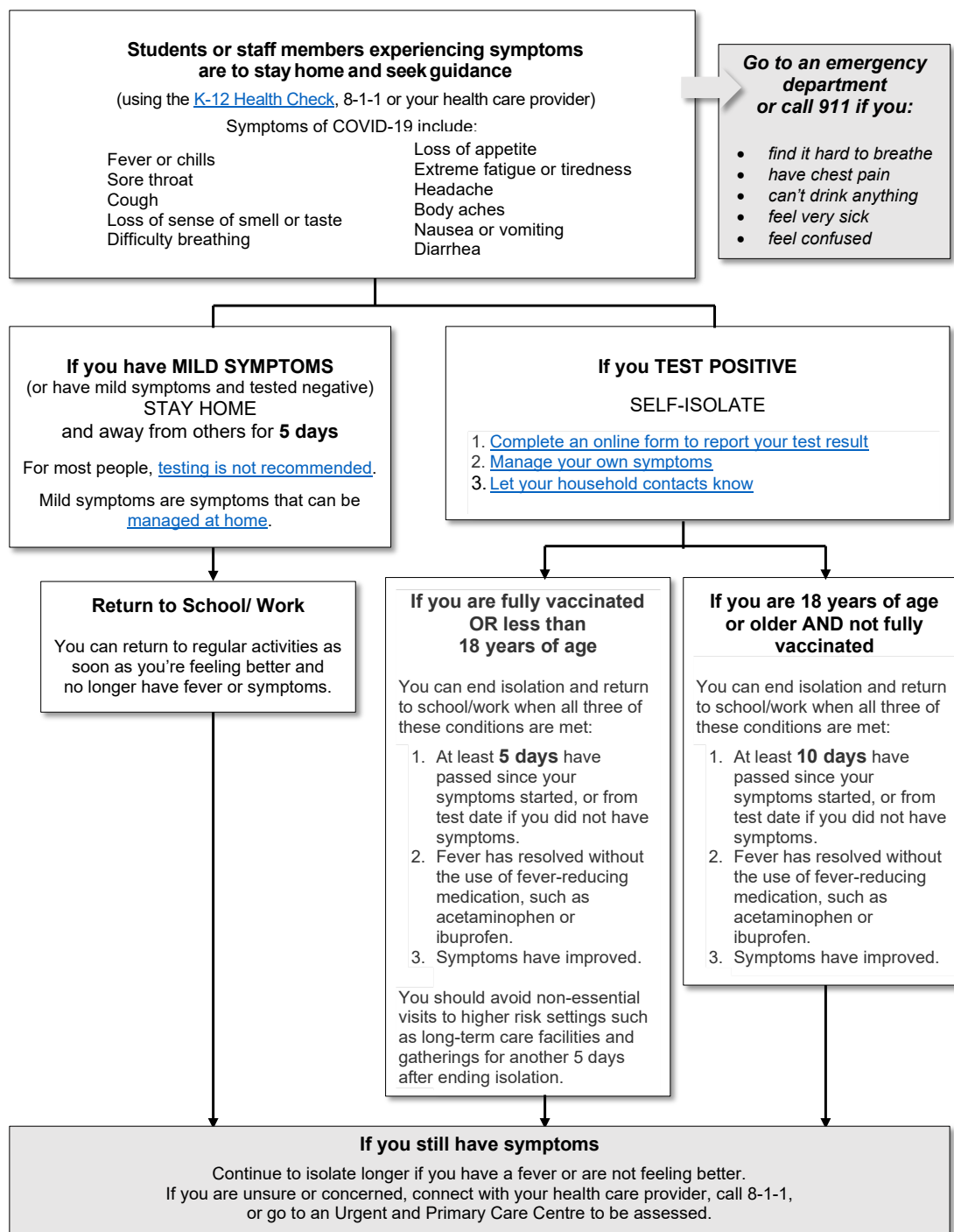
February 23 - Pink Shirt Day

February 24 - Student Led Conference Date / Students are Dismissed at 12:45 pm

March 4 - Division 2 Field Trip to Fish Hatchery

March 11 - Last Day of School / Spring Break Begins

# COVID-19 Symptoms, Testing & Return to School



## Close Contacts

Household contacts should continue to self-monitor for symptoms, and stay home if they get sick. All school students and staff members should regularly self-monitor for symptoms as usual as per the Daily Health Check. Those who develop symptoms should stay home. The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at: [Getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca)

## Information for Travelers

If you are a traveler returning from outside Canada and test positive for COVID-19, you need to follow the quarantine requirements set by the Federal government. Visit the Government of Canada website for more information: [travel.gc.ca/travel-covid](https://travel.gc.ca/travel-covid)

Updated Jan 20, 2022, 12:15 pm

## Daily Health Check

Everyone going into to school must complete a daily health check, including staff, visitors, and students. A daily health check means checking yourself or your child for new symptoms of illness, including symptoms of COVID-19.

Symptoms of illness (including COVID-19) include things like:

- Fever or chills
- Difficulty breathing
- Runny nose
- Headache
- Diarrhea
- Cough
- Sore throat
- Sneezing
- Body aches
- Loss of sense of smell or taste
- Loss of appetite
- Extreme fatigue or tiredness
- Nausea or vomiting

**If you are sick or feel unwell, stay at home. This is important to stop the spread of illness, including COVID-19, in schools.**

**You can attend school if:**

- Your symptoms are consistent with a previously diagnosed health condition (e.g., seasonal allergies), OR
- You have existing symptoms that have improved to where you feel well enough to return to regular activities,

AND you are not required to self-isolate, or your self-isolation period is over (based on a positive COVID-19 test result, if taken).

### What to Do When Sick

**If you have mild symptoms of COVID-19**, you usually don't need a test. Mild symptoms are symptoms that can be managed at home. Most people don't need testing for COVID-19.

Stay home and away from others (as much as possible) until you feel well enough to return to your regular activities and you no longer have a fever. You should also avoid non-essential visits to higher risk settings such as long term care facilities and gatherings, for another 5 days after ending isolation.

If you have a Rapid Antigen Test at home, use it when you have symptoms. How long you should stay home depends on your test result. Find out more about [Rapid Antigen Test results](#).

**If you do not have symptoms of COVID-19**, you do not need a test.

**If you are unsure about your symptoms**, use the [Self-Assessment Tool](#), contact your health care provider or call 8-1-1.

Testing may be recommended for some people who may be more likely to get severe disease. See BCCDC for information on [who testing is recommended for](#).

### What to Do if Someone in Your Household is Sick

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19. Try to stay apart from the person in your household who is sick as much as possible.

Closely monitor yourself (or your child) for symptoms of illness and stay home if you develop symptoms of illness or feel unwell.