



# Wowk News

Jessie Wowk Elementary / School District #38  
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The Week Ahead: March 7 - 11, 2022

<b>Monday 7</b>	
<b>Tuesday 8</b>	Grade 6 and 7 Trip to Mt. Seymour
<b>Wednesday 9</b>	11:45 am Fire Drill
<b>Thursday 10</b>	Math Club @ lunchtime PAC Krispy Kreme Delivery Reports in MyEd Parent Portal for Option B Classrooms
<b>Friday 11</b>	Last Day of School / Spring Break Begins

Hello Wowk Families,

We hope you have had a fantastic week. March is here and spring is getting ready to appear. Thank you as always for taking the time to read this and stay updated with all the information from us here at Jessie Wowk.

### Reports Cards and the Parent Portal

This is a reminder that on Thursday, March 10th, families who have a child in Divisions 1 - 4 and 6 - 9 will be receiving their reports through the MyEd Parent Portal and not through a paper copy sent home. Please refer back to the email sent by the school on Tuesday, March 1st for important information in accessing the MyEd Parent Portal. If you have any questions or experience challenges in accessing the portal, please email the school at wowk@sd38.bc.ca

*We are asking for all families to please ensure that you make every effort to log into your account by early March to ensure that you can access your child's upcoming reports.*

### Thanks to Our Volleyball Coaches - Mr. Angman and Mr. Woo!

We would like to thank Mr. Angman and Mr. Woo for coaching our grade 6 and 7s in Volleyball this year. We appreciate them for taking the time to give our students an opportunity to participate in the sport of volleyball and be active with their friends. We know our student really enjoyed the experiences playing together.

## Conferences

We would like to thank our staff, students and families for taking the time to collaborate and talk about ways that we can all work together to help ensure that our students are able to reach their full potential in their learning .

### Spring Mural by Division 5



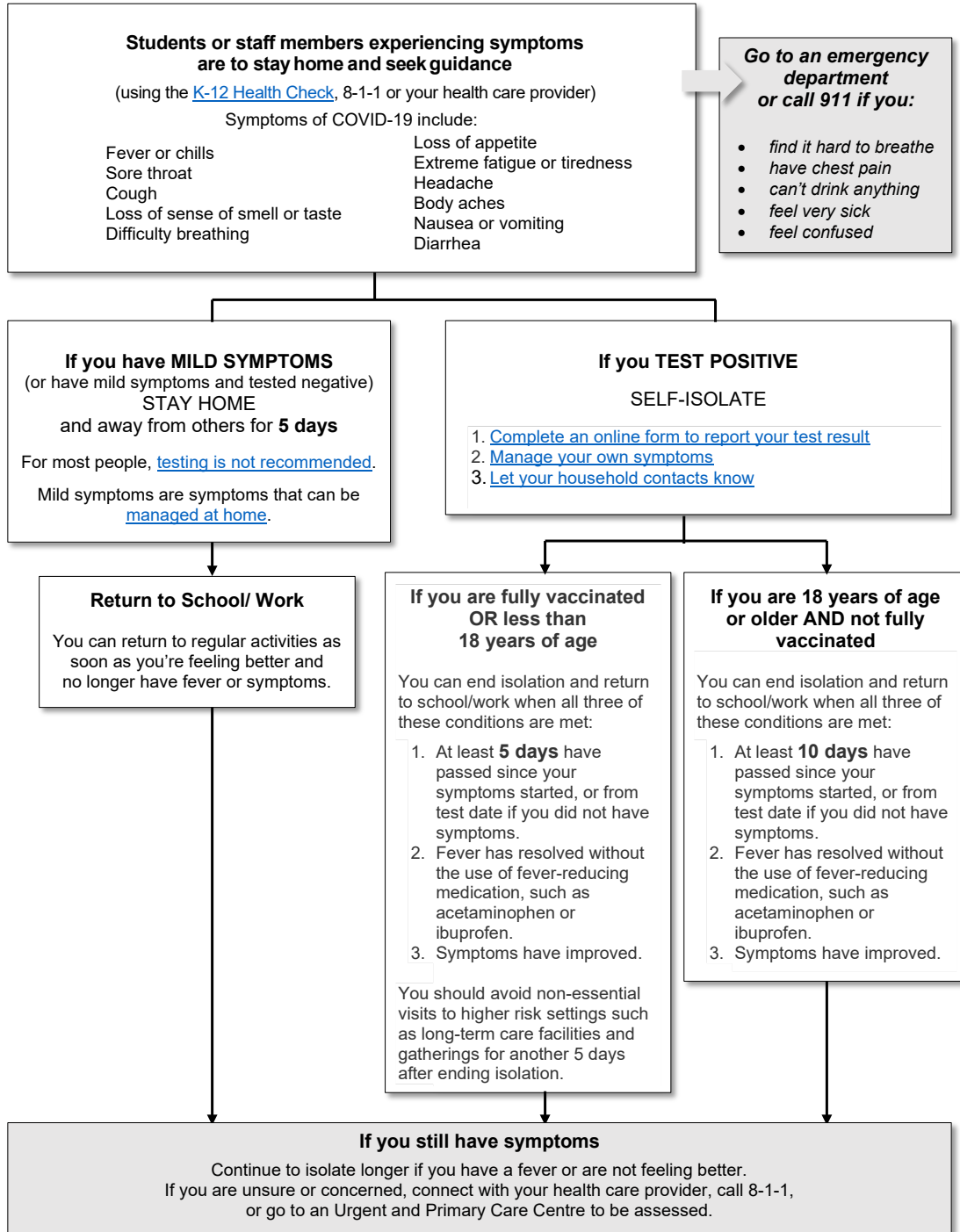
### Celtic Knots by Division 2



## Important Dates Coming Up

- March 4 - Division 2 Field Trip to Fish Hatchery
- March 10 - Reports Home to Families of Division 1 - 4 and 6 - 9
- March 11 - Last Day of School / Spring Break Begins
- March 28 - Return From Spring Break / School Back in Session
- April 15 - Good Friday
- April 18 - Easter Monday

# 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](http://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](http://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 careprovider or call 8-1-1.

Testing may be recommended for some people who may be more likely to get severe disease. SeeBCCDC 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.

This information is adapted from the BC Centre for Disease Control. For more information, visit <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>