



Wowk News

Jessie Wowk Elementary / School District #38
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The Week Ahead: April 11 - April 15, 2022

Monday 11	
Tuesday 12	
Wednesday 13	Pizza Day
Thursday 14	PAC Hot Lunch Day
Friday 15	Good Friday - No School

Hello Wowk Families,

Thank you for taking the time to check in and read about some events and updates for our school community. Overall, we are feeling optimistic about the last three months of the year and it is nice to be in a place where we can begin to talk about and plan some important events that were put on hold for a while in our community. We hope that you have a wonderful weekend as a family and enjoy the time together.

PAC Meeting - Wednesday, April 13th at 9:30 am

We're looking forward to our next PAC meeting which is taking place this upcoming week. As always, this is an important opportunity to learn about your child's school community and provide input into the school. All parents are welcome to attend. Here is the meeting link: [Jessie Wowk PAC Meeting](#)

Mural Unveiling and Celebration

If you recall, back in the first term our students did some remarkable work in creating a mural that will be placed at the entrance of our school above the multipurpose room. Our intention as a school has always been to have an unveiling, or celebration, of the mural with our staff, students and families in attendance. However, due to the Health and Safety concerns brought on by the Omicron Variant during the second term, we were unable to have this celebration and hold a gathering. We are excited to say that we are now planning a community-wide event where the mural will be unveiled and shared for the first time. It is likely that this event will take place closer toward the end of May and please stay tuned for more information from the school.

Track and Field

With the weather getting warmer and changes in our health and safety protocols, we are happy to say that we find ourselves in a place where we are ready to start planning for learning around track and field for our intermediate students. Currently we are awaiting for more information about the possibility of a track and field meet, but we as a staff have discussed and decided upon holding a *Track Attack* event at the school where for a full week intermediate students participate in different track and field activities during school time and learn about the sport. We are excited for the return of a school wide focus on track and field activities here at Jessie Wowk! Let's keep our fingers crossed for fields to dry out a bit and that we get good weather for our Track Attack dates.

Important Dates Coming Up

April 15 - Good Friday

April 18 - Easter Monday

May 10 - Class Photo Day

May 19 - Welcome to Kindergarten Event

May 20 - Professional Development Day

May 23 - Victoria Day Holiday

Daily Health Check & What to Do When Sick

Daily Health Check

Everyone going into a school or site must complete a daily health check, including staff, students, and visitors. 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:

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

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

You can attend school/work 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, you can 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.

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

If You Test Positive for COVID-19

Your age and vaccination status determine how long you should self-isolate for if you test positive for COVID-19.

Age	Vaccination Status	Guidance
Under 18 years of age	Unvaccinated, partially vaccinated or fully vaccinated	Self-isolate at home for 5 days AND until your symptoms improve and you no longer have a fever. Avoid non-essential visits to higher risk settings like long-term care facilities and gatherings for another 5 days after ending isolation.
18 years of age or older	Fully vaccinated	
	NOT fully vaccinated	Self-isolate at home for 10 days AND until your symptoms improve and you no longer have a fever.

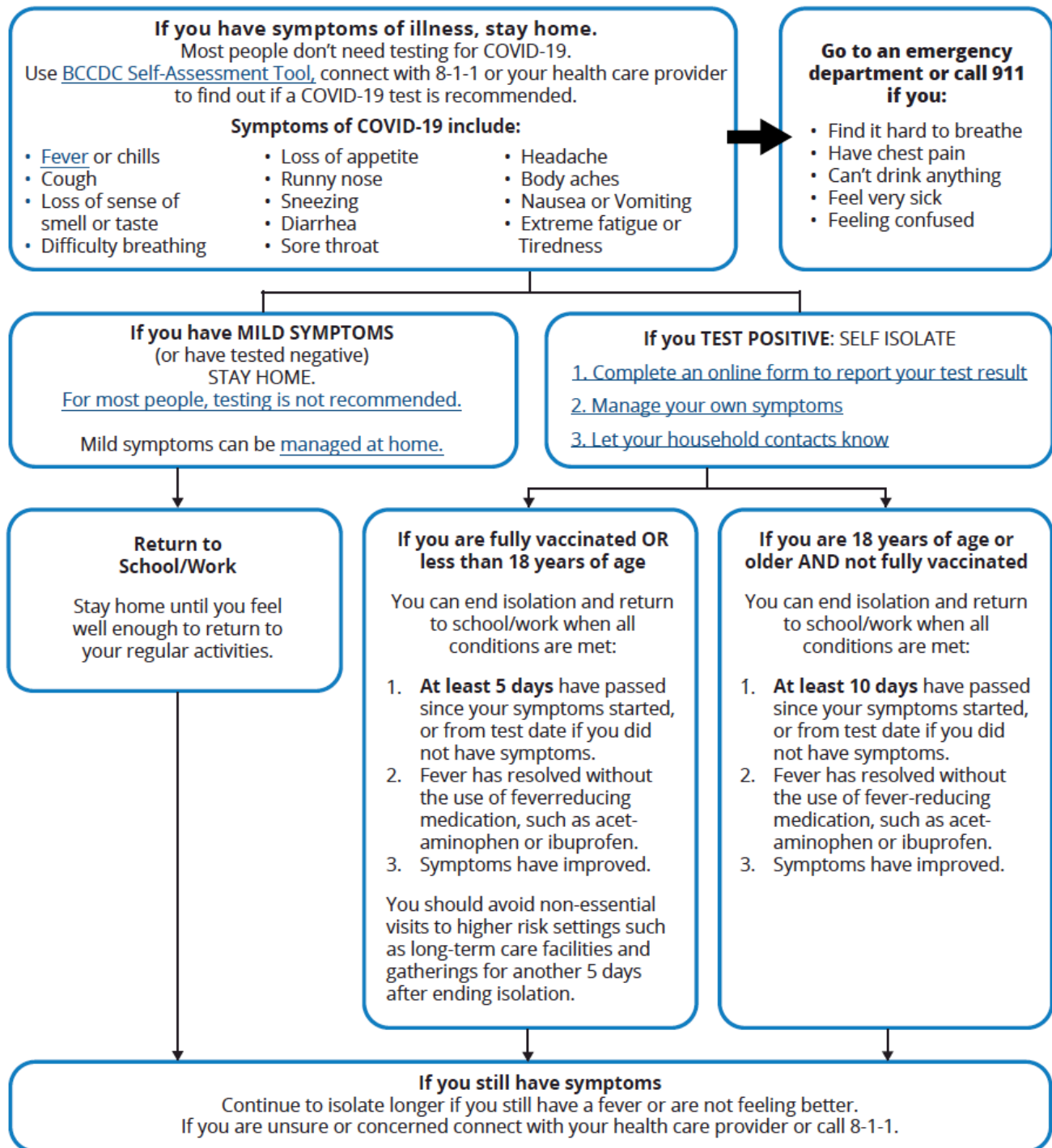
Close contacts, who are usually others in your household, do not need to self-isolate (regardless of vaccination status), but should closely self-monitor for symptoms. BCCDC has more information for [close contacts](#).

If you find it hard to breathe, have chest pain, can't drink anything, feel very sick, and/or feel confused, contact your health care provider right away or go to your local emergency department or call 9-1-1.

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>

Summary: What to Do When Sick



What to do if someone is sick in your household:

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



