



Wowk News

Jessie Wowk Elementary / School District #38
5380 Woodwards Road, Richmond, BC. V7E1H1
Phone: 604 668-6198 / Email: wowk@sd38.bc.ca

The Week Ahead: April 25 - April 29, 2022

Monday 25	
Tuesday 26	
Wednesday 27	Pizza Day
Thursday 28	PAC Hot Lunch
Friday 29	

Hello Wowk Families,

We hope you enjoyed the long weekend and have had a great week. We're excited to be connecting with you today about the return of Track and Field to Jessie Wowk Elementary and it's positive to see that we are able to move in a direction now that allows for the return of some incredibly important community events such as Track and Field, band concerts, assemblies and Sports Day. Much more to come about these events down the road! Have a wonderful weekend!

Track Attack is Back

We're excited to say that *Track Attack* is starting for students in grades 3 - 7 this Monday, April, 25th. This is an opportunity for our students to learn about the sport of Track and Field and participate in a variety of physical activities here at the school for a total of 8 days from 11:00 - 11:55 am. We ask that each day students arrive to school in comfortable clothing and footwear that they can run and move around in. The event is weather dependant and if a day is missed due to rain we will carry on the following day until 8 days of Track Attack have been completed.

Why Do We do Track Attack?

There are many reasons for a school to take on a Track Attack program. It's an excellent opportunity to build community and everyone participates in physical activities that help build confidence and help us learn about our strengths as learners. It is also an excellent way to learn about which events student may particularly enjoy and compete in at a District Zone Track Meet. Here at Wowk, this year we will be participating in a District Track Meet at Minoru Field on Tuesday, May 17th. We are currently in the planning phase for this event and there will be more information coming to families in the very near future including information regarding health and safety, transportation, schedule, etc.

Overall, we're excited to be able to welcome back this Richmond tradition to our Jessie Wowk community and for our students to be able to participate in such a fun and enjoyable event. We encourage each of our students to go into Track Attack with an open mind and to try new things and challenge themselves.

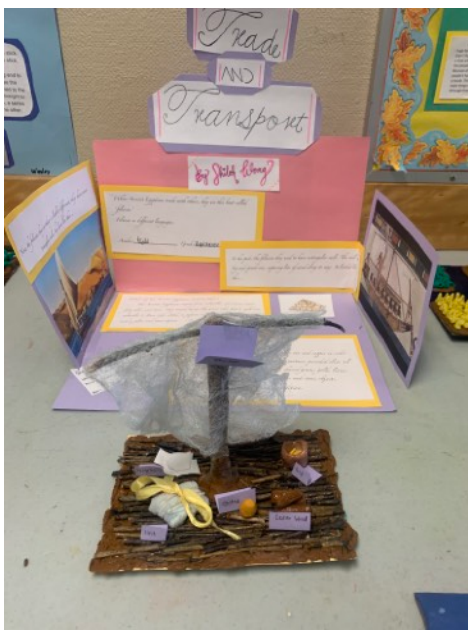
Health and Safety Information

Though we know that things are changing in regards to some of our Health and Safety protocols such as masks becoming optional, it still is very important for families to please continue to acknowledge the Daily Health Check each morning before your child arrives to school. This is an incredibly important step to help stop new symptoms of illness, including symptoms of COVID - 19, from being passed onto others in our community. We thank you for your efforts in following the Daily Health Check and please see the posters below for more information.

Cherry Blossoms by Division 7



Ancient Egypt Explorations by Division 1



Important Dates Coming Up

May 9 - Lockdown Drill

May 10 - Class Photo Day

May 17 - Track Meet at Minoru Field

May 19 - Welcome to Kindergarten Event

May 20 - Professional Development Day

May 23 - Victoria Day Holiday

May 24 - Vaccine Clinic - Grades K, 1, 6, and 7

June 3 - Sports Day

June 24 - Grade 7 Farewell Assembly

June 28 - Reports Home

June 29 - Farewell Assembly

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.

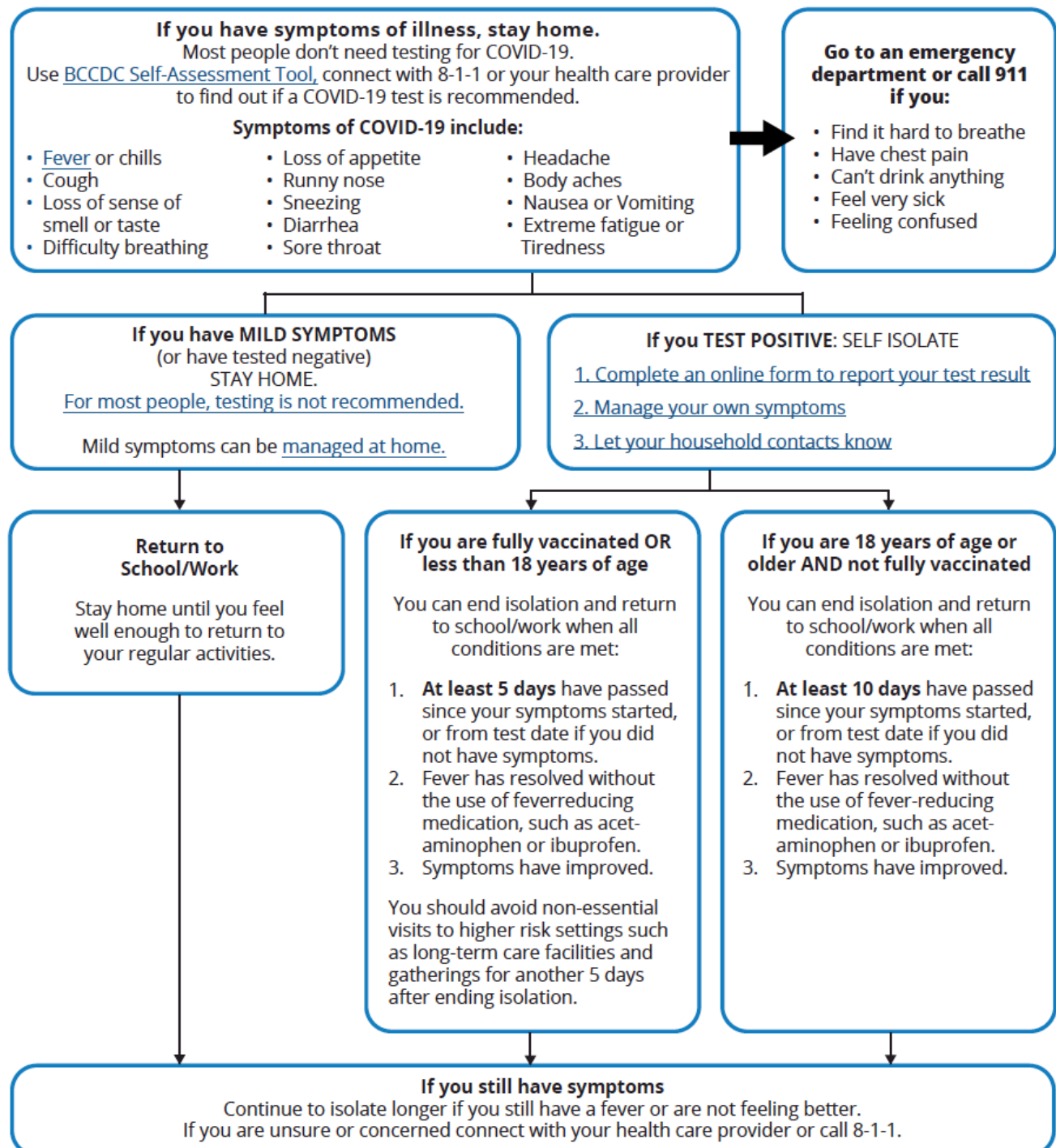
Age	Vaccination Status	Guidance
Under 18 years of age	Unvaccinated, partially vaccinated or fully vaccinated	Self-isolate at home for 5 days AND until your symptoms improve and you no longer have a fever. Avoid non-essential visits to higher risk settings like long-term care facilities and gatherings 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](https://getvaccinated.gov.bc.ca)