

# **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: May 30 - June 3, 2022

Monday 30	Elevate Ultimate / PAC AGM Meeting - 6:30 pm	
Tuesday 31	Elevate Ultimate	
Wednesday 1	Elevate Ultimate / Pizza Day / Division 5 Field Trip to Children's Festival	
Thursday 2	Elevate Ultimate / PAC Sushi Lunch	
Friday 3	Elevate Ultimate	



# Our Mural is Up!

We are so happy to have our mural up and on display for our school. On Tuesday we all gathered outside to see it for the first time. We want to congratulate all of students for their wonderful contributions to this piece and thank them, as well as our staff and families, for all of your creativity, thoughtfulness, and resiliency that was shown throughout the Sunflower Project. We also want to thank our wonderful PAC committee for the generous contribution to the project, the Arts Starts Foundation, and our resident artist, Ann Thorsteinsson. We're so lucky to have this on our school for years to come.



#### **Elevate Ultimate Program**

This upcoming week we are excited to have the Elevate Ultimate Program here at the school to help us all learn about, and participate in, the sport of Ultimate Frisbee. All of our students in grades K - 7 will participate in the program. Students in division 5 - 9 will have their lessons during their regular physical education times while divisions 1- 4 will have theirs at various times during the week. We ask that students wear something comfortable to run in, much like on their physical education days, and please ask your child if you are wondering as to what days of their lessons will be. A big thank you to the PAC committee for providing the funding for the program! We really appreciate this opportunity for our students.

#### **Book Fair**

On Monday, June 6th, Wednesday, June 8th and Friday, June 10th we will be having a Scholastic Book Fair. Please see the attached document for more information.

#### **Sports Day Dismissal**

Just so that are families are aware, dismissal for students on Sports Day (Friday, June 10) is at 1:30 pm. Please stay tuned for more information coming to families about Sports Day.

## **PAC AGM - A Hybrid Approach**

This Monday at 6:30 we are having our PAC AGM and final PAC committee meeting of the year. Parents are welcome to come and join us in person if you are comfortable. We will be meeting in the library and spreading the tables out in the space and keeping all windows open. For those parents who would prefer to attend the meeting virtually as we will have a camera and microphone on, here is the link:

## **PAC AGM Meeting**

#### Calendar Dates for 2022 - 2023

Please see below for important calendar dates and information for the upcoming school year.



## Jessie Wowk Elementary School School District No. #38

5380 Woodwards Road Richmond, BC, V7E 1H1 Phone: 604-668-6198

Website: wowk.sd38.bc.ca Principal: Mr. Chris Daum



May 27, 2022

Dear Parents and Guardians:

The Ministry of Education's School Calendar Regulation requires that on or before May 31st schools make the following information available to every parent of a student in the school:

#### SCHOOL CALENDAR INFORMATION 2022 - 2023

School Days in Session: 186

Minimum Number of Days of Instruction: 179

#### **DAILY SCHOOL SCHEDULE**

8:45 a.m. Classes Begin

10:45 a.m. – 11:00 a.m. Recess 12:00 p.m. – 12:52 p.m. Lunch

2:45 p.m. Classes Dismissed

#### **OFFICE HOURS**

8:00 a.m. – 12:00 p.m. 1:00 p.m. – 4:00 p.m.

#### NON-INSTRUCTIONAL DAYS (School Not In Session - 7)

Friday, September 23, 2022 Friday, October 21, 2022 (Provincial) Monday, November 21, 2022 Monday, January 30<sup>th</sup>, 2023 Friday, February 17<sup>th,</sup> 2023 (District Conference) Friday, May 19, 2023 Thursday, June 30, 2022 (Admin Day)

#### **REPORTING DATES**

Term 1 – Thursday, December 15, 2022 Term 2 – Thursday, March 9, 2023 Term 3 – Tuesday, June 27, 2023

Sincerely,

Chris Daum

Principal / Jessie Wowk Elementary

## **Important Dates Coming Up**

June 10 - Sports Day and Parent Appreciation (Dismissal at 1:30 pm)

June 24 - Grade 7 Farewell Assembly

June 28 - Reports Home

June 29 - Farewell Assembly and Last Day of School

# 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 <u>Rapid Antigen Test results.</u>

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 <u>Self-Assessment Tool</u>, 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	Self-isolate at home for 5 days AND until your symptoms
18 years of age or older	Fully vaccinated	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.
	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 <a href="http://www.bccdc.ca/health-info/diseases-conditions/covid-19">http://www.bccdc.ca/health-info/diseases-conditions/covid-19</a>





# **Summary: What to Do When Sick**

#### If you have symptoms of illness, stay home.

Most people don't need testing for COVID-19.

Use <u>BCCDC Self-Assessment Tool</u>, connect with 8-1-1 or your health care provider to find out if a COVID-19 test is recommended.

#### Symptoms of COVID-19 include:

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

#### Go to an emergency department or call 911 if you:

- · Find it hard to breathe
- Have chest pain
- · Can't drink anything
- Feel very sick
- Feeling confused

#### If you have MILD SYMPTOMS

(or have tested negative) STAY HOME.

For most people, testing is not recommended.

Mild symptoms can be managed at home.

## If you TEST POSITIVE: SELF ISOLATE

- 1. Complete an online form to report your test result
- 2. Manage your own symptoms
- 3. Let your household contacts know

#### Return to School/Work

Stay home until you feel well enough to return to your regular activities.

# If you are fully vaccinated OR less than 18 years of age

You can end isolation and return to school/work when all conditions are met:

- At least 5 days have passed since your symptoms started, or from test date if you did not have symptoms.
- Fever has resolved without the use of feverreducing medication, such as acetaminophen or ibuprofen.
- 3. Symptoms have improved.

You should 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 are 18 years of age or older AND not fully vaccinated

You can end isolation and return to school/work when all conditions are met:

- At least 10 days have passed since your symptoms started, or from test date if you did not have symptoms.
- Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
- 3. Symptoms have improved.

#### If you still have symptoms

Continue to isolate longer if you still have a fever or are not feeling better. If you are unsure or concerned connect with your health care provider or call 8-1-1.

#### 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 toget vaccinated. Vaccines are available for anyone ages 5 and up. Register now at: Getvaccinated.gov.bc.ca