

# **Wowk News**

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The Week Ahead: June 27th - July1, 2022

Monday 27	Division 1 and 2 Field Trip to Playland
Tuesday 28	Division 1 and 2 Biking Field Trip to Steveston
Wednesday 29	Last Day of School / Summer Break Begins
Thursday 30	
Friday 1	



#### Farewell Grade 7's!

Today we had a wonderful time celebrating a fantastic group of grade 7 students and we feel very fortunate to be in a place where we were able to provide a meaningful farewell for them. Each of them did a great job in presenting their reflections and the videos and speeches were heartwarming and nicely captured the experiences of our time with our Grade 7s. We want to acknowledge the hard work and contributions of our PAC Farewell Committee and all of our parents who contributed to planning the event and setting up the gym and to our Student Farewell committee (Kaylie, Naomi, Jonathan, and Eva) for their work in helping decorate and putting together the yearbook. Grade 7s - we will miss you and wish you all the best.



### A Message from our Teacher Librarian - Ms. Buhr

The Summer Reading Program is here! The Richmond Public Library is offering a free program to keep kids reading and learning. Students set a reading goal and can collect stickers and prizes. Students track

their progress on a special reading passport. Registration is now open at any branch of the public library. There are also many other summer activities. For details, check their website under Programs and Events.

### **Well Done Division 2!**

Your performance of The Greatest Showman was fantastic and we want to thank you for all of the hard work and effort you put into this performance. You learned some challenging choreography, learned your lines and sang, and put on numerous performances. Well done! We also want to recognize the incredible efforts of Mr. Woo in creating this opportunity for his students.



### Parent Portal and Reports for June 28th - Repeat from last week.

This is a note for families that once again your child's published report cards/progress reports will be stored in MyEducation BC Parent Portal for you to view on June 28th. Families will not be receiving a paper copy of their child's report. Please see the additional attachment with this newsletter for further information, which includes reminders of how to access your child's account.

Please make every effort to once again log into your account before Tuesday, to ensure that you can access your child's upcoming reports. For those that have more than one child attending Jessie Wowk Elementary, they have all been linked into one account.

It is important to note that all ELL and Resource Reports will be sent home as a paper copy and not through the Parent Portal.

### City of Richmond Swim, Skate and Golf Pass - Repeat from last week.

The City of Richmond is offering an affordable unlimited pass for swimming, skating and golf for 5 - 16 year olds. The pass lasts from June 11 to September 6. Please see the attached flyer for more details.

# 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 breathingRunny 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 <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.
- 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: <a href="Getvaccinated.gov.bc.ca">Getvaccinated.gov.bc.ca</a>



