



Wowk News

Jessie Wowk Elementary / School District #38
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The Week Ahead: June 6th - June 10, 2022

Monday 6	Scholastic Book Fair - Day 1
Tuesday 7	
Wednesday 8	Scholastic Book Fair - Day 2 Pizza Day
Thursday 9	PAC Hot Lunch
Friday 10	Sports Day! Please see notice below / PAC Hot Lunch Scholastic Book Fair - Day 3



Hot Lunch for Sports Day

Just a reminder that for this upcoming Sports Day on Friday, families can order lunch through Munch a Lunch found on our school website at <https://wowk.sd38.bc.ca/>

Please note that families will be able to have a picnic lunch together on Sports Day and please stay tuned for more information from the school.

National Indigenous History Month

Throughout the month of June, we take the time to commemorate and acknowledge National Indigenous History Month. This month is dedicated to recognizing the history, heritage, resilience and diversity of First Nations, Inuit and Metis peoples across our nation. For more information, please see the following link: [National Indigenous History Month](#)

Please see below for important Sports Day Information



Welcome to Jessie Wowk's Video Game Themed Sports Day

Friday, June 10th

On Friday, June 10th, all Jessie Wowk students are to participate in our school's Sports Day. Students will be in family teams and rotating through different stations involving a variety of physical activities, including a bicycle parade and a tug-of-war for grade 2 and up.

Events of the Day

8:30	Students will bring their bedazzled and decorated bikes and scooters to the gym
8:45	Students go to their own classrooms for attendance and listen to announcements
9:00	Bike Parade begins
9:25	Teams assemble with their team leaders and go to their first station
9:30	Pre-School Race / Children attending aged 0 - 5 are welcome to race.
9:45	<ul style="list-style-type: none"> 9:45 - 1st Station 10:00 - 2nd Station 10:15- 3rd Station 10:30 - 4th Station <p style="text-align: right;">Sports Day Stations Students will follow their team leaders to their first station. Stations are approximately 10 minutes</p>
10:30	Snack Break. Peanut free snacks will be provided for students. Team leaders will collect their team's treats from the announcer booth. Teams will eat together at their 5th station
10:55	<ul style="list-style-type: none"> 10:55 - 11:10 - 5th Station 11:10 - 11:25 - 6th Station 11:25 - 11:40 - 7th Station <p style="text-align: right;">Continue with Stations</p>
11:45	<p>Station Leaders begin cleaning up their station.</p> <p>Lunch time! Students return to their classrooms to grab lunch and their PAC Hot Lunch if ordered. Please see the PAC newsletter for more information. Please remember that PAC Hot Lunch will be served rain or shine. Students may eat outside with their families.</p>
12:50	<p>Teams re-assemble on the south field.</p> <ul style="list-style-type: none"> Students in grades 2 - 7 will participate in a fun game of tug-of-war Students in grades K and 1 will have a choice of either watching the tug-of-war or playing on the playground under the supervision of our Noon Hour Supervisors
1:25	Ribbons awarded to teams. Well done, teams!
1:30	Students are dismissed for the day.

The Secrets of a Successful Sports Day

SHOW YOUR SPIRIT

Wear your team colours and maybe even dress as your team's video game character or another one of your choosing

BE SUN SMART

Wear a hat and sunscreen.
Stay hydrated and drink lots of water

BE POSITIVE

Try your best during all activities and cheer on and encourage others

The Game Ends Early on Sports Day

Early Dismissal Reminder: School Hours for Sports Day 8:45 - 1:30

If it rains on Friday, June 10th, we will announce a CANCELLATION on our school website by 8 am. Please go to:

Good Weather
Friday, June 10



Sports Day
School Hours: 8:45 - 1:30

Rain
Friday, June 10



Sports Day CANCELLED
School Hours: 8:45 - 2:45
Rain-out Day: **Monday, June 13**
School Hours
8:45 - 1:30

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

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.

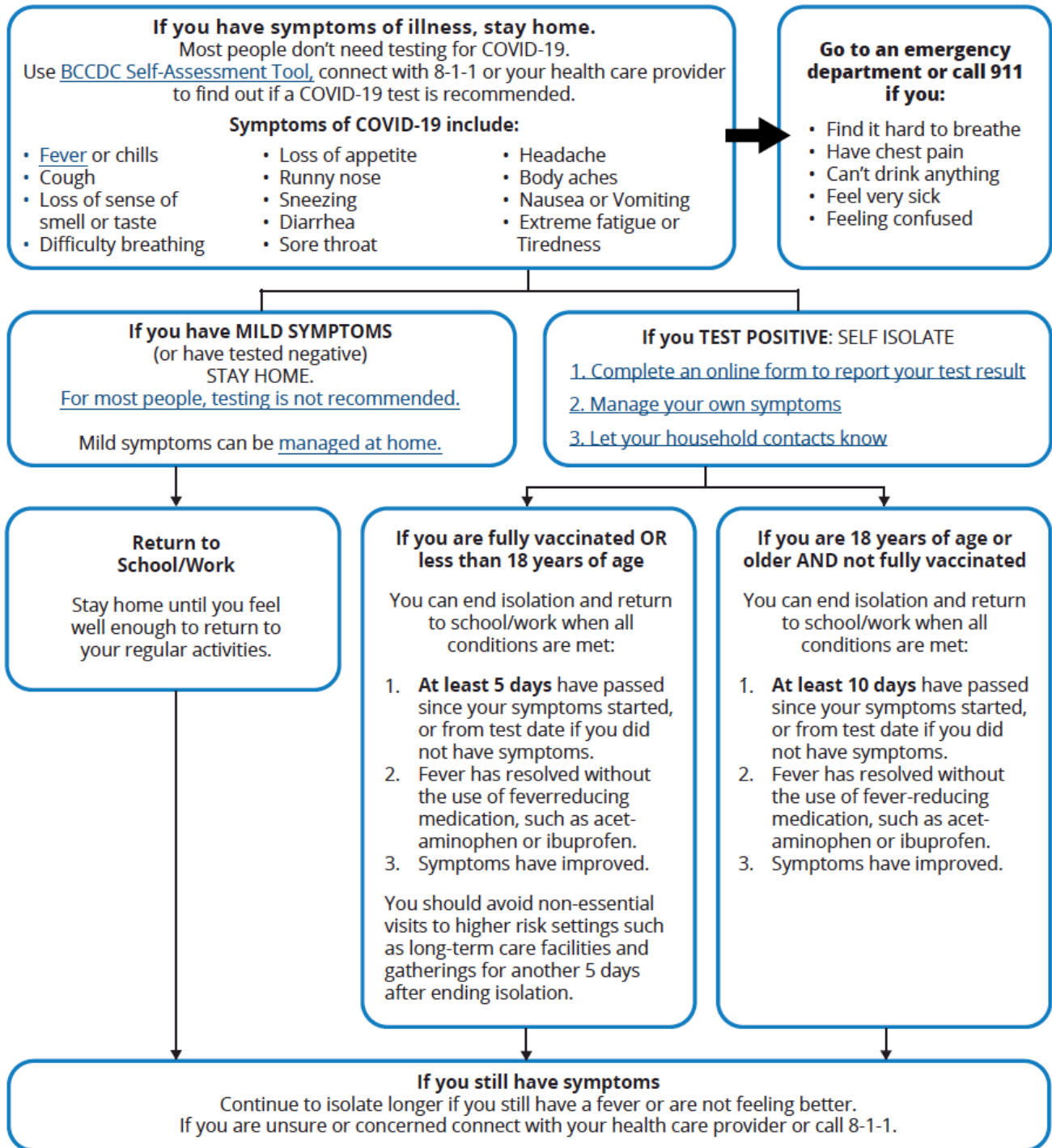
Age	Vaccination Status	Guidance
Under 18 years of age	Unvaccinated, partially vaccinated or fully vaccinated	Self-isolate at home for 5 days AND until your symptoms improve and you no longer have a fever. Avoid non-essential visits to higher risk settings like long-term care facilities and gatherings for another 5 days after ending isolation.
18 years of age or older	Fully vaccinated	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.
	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)