

# The Prowler

## the news of the week les nouvelles de la semaine



March 9, 2022 250-567-2267 http://wlm.sd91.bc.ca lssue 25

### Hadi, Bonjour and Hello,

Our term two report cards are coming home on Friday, March 11<sup>th</sup>. Student-Led Conferences will be on Tuesday, March 15<sup>th</sup> between 1:00 and 5:00. Please see the information box about Student-Led Conferences in this newsletter and contact Mrs. Tennille to set up a 15 minute appointment.

Please don't forget to keep your kids home if they are sick (do the Daily Health Check) and encourage them to keep wearing the mask properly and to wash their hands lots. Thank you!!

It is our goal to work together with you and the kids to help our McLeod students become adults who can take on the world. Please feel free to contact the school if you ever have any questions or concerns.

Proud to be McLeod

Ms. L. Hart

Out-of-Catchment
applications /Kindergarten registration will
begin
on Monday, March 14, 2022,
at 8am

for the 2022/2023 school year.

# COMING SOON:

Mar 11— Report Cards Go Home

Mar 14—Kindergarten Registration Begins

Mar 15—Student-Led-Conferences

(Early Dismissal)

Mar 17—Crazy Green Backwards day

Spring Break Mar 21- April 4th

# Rapid Antigen Tests for Students

Students in BC schools are being provided with a box of 5 Artron rapid antigen at-home tests that will be distributed through schools. Please see instructions on 'When to Use the Test' and how to interpret test results at <a href="https://22.files.edl.io/.../161200-0fd652c9-16f3-42db...">https://22.files.edl.io/.../161200-0fd652c9-16f3-42db...</a>

We love that you can visit again (yes, the guidelines have changed) but we ask that you make this pick up short and sweet as our office could get very busy.

Thank you and don't hesitate to reach out if you have any questions.

#### **NOTES ON NUMBERS**

Online Guessing Games. There are online games that help teach estimation as well. For example, your child can play "Guess It!" at <a href="http://www.theproblemsite.com/junior/estimation.asp">http://www.theproblemsite.com/junior/estimation.asp</a>, where Professor Puzzler will show various groups of colored dots, then take them away and ask for an estimation. This site will let you increase or decrease the amount of time the dots stay on the screen, too, letting you customize the game for your child.

# In Honour of Bill McLeod





# Tuesday, March 15th, 1:00-5:00

Please call the school to make a 15-minute appointment. We will offer an in-person and phone option, but we encourage phone connections as much as possible to minimize traffic in our school.

#### **In-Person Option:**

We ask that only the student and caregiver(s) attend the meeting, no extra siblings if possible. Please follow our regular visitor protocol - wear a mask and sanitize and sign-in at the front office. Please head to the classroom area right away. We have sanitizer for use in each classroom as well.

#### **Phone Option:**

When you book your appointment we will ask your name, your child's name, and the best contact number for the teacher to call you.

As always, if you feel a longer, in-person meeting is necessary, please connect with your child's teacher so we can set that up.



# GENTLY USED/NEW PLUSH TOY DRIVE

The Nechako Figure Skating Club is collecting previously loved & good condition stuffed animals for our year end show. These stuffed animals will be used during our "Teddy Toss" after each performance to award our skaters for their efforts.

Please drop off your contributions at the Integris Building

Collection Deadline is Wednesday, March 9<sup>th</sup>, 2022

Our Ice Show is March 12<sup>th</sup>, 2022, 1pm and 6pm at the Vanderhoof Ice Arena

## NECHAKO FIGURE SKATING CLUB

Presents

"A Day In The Life" Ice Show

COME SUPPORT OUR SKATERS!

SATURDAY MARCH 12, 2022 IPM AND 6PM

> Vanderhoof Ice Arena 340 Columbia St E

Admission by donation Vaccine Passport & Masks Required as per PHO

# Daily Health Check and What to Do When Sick

# Daily Health Check

Everyone going into to school must complete a daily health check, including staff, visitors, and students. 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 things like:

- Fever or chills
- Difficulty breathing
- Runny nose
- Headache
- Diarrhea

- Cough
- Sore throat
- Sneezing
- Body aches
- Loss of sense of smell or taste
- Loss of appetite
- Extreme fatigue or tiredness
- Nausea or vomiting

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

You can attend school 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	Self-isolate at home for 5 days
	vaccinated or fully vaccinated	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.

### 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>, or 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 chillsDifficulty breathingSneezingCoughSore throatExtreme fatigue orLoss of sense of<br/>smell or tasteLoss of appetitetirednessRunny noseHeadache

# 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
- Feel 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

**Body** aches

Nausea or

vomiting

Diarrhea

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.
- 2. 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.
- 2. 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 to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at:

Getvaccinated.gov.bc.ca



FUNDRAISING EASTER 2022 CANADA'S CHOCOLATIER SINCE 1907

#### **HOW TO PLACE YOUR ORDER**

Shopping online is the best way to support your local fundraisers and enjoy Purdys chocolates at the same time!

Remember your campaign's customer number:

#### 56857

If you don't have the campaign's customer number, please contact your Coordinator.

Visit fundraising.purdys.com to place your order.

#### THERE ARE 2 WAYS TO JOIN

 With the link shared by your Coordinator, enter your email, and click "JOIN A CAMPAIGN".

If you are a Returning Customer, you will automatically join this campaign as a Supporter after you enter your email.

If you are a New Customer, a registration form will appear after you enter your email. Please fill out your information.

2 Sign in or Register at fundraising.purdys.com

If you are a Returning Customer, sign in and join with the Customer Number.

If you are a New Customer, click Register, choose "Register as a Supporter", provide the Customer Number along with your information, and click "JOIN A CAMPAIGN".





A cute collection of some of our most popular Easter treats. Individually wrapped. 24113 | 210 g | **\$20** 





Freshen up your treats with our beautiful Easter themed gift tin, packed full of our bestselling chocolates. 23444 | 20 pc | **\$25** 



#### **Easter Basket**

An Easter must-have. Includes a white chocolate Bunny Lolly, a milk chocolate Bunny Lolly, a Topsy Bunny, a Crisp Egg, and a 3-pack of milk chocolate Yolk Eggs.

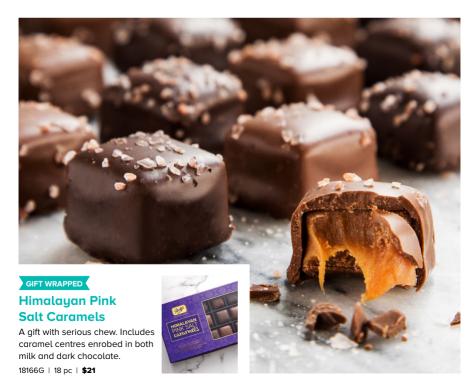
















Crafted with SUSTAINABLE COCOA | 7





**★** fundraising.purdys.com



#### **Shipping Fees Vary Across Canada**

- Shipping is free to BC (excluding V0T, and V0L postal codes), AB, SK, MB, and ON.
  To QC, the shipping fee is 2% of total product value.
  To NB, NS, PE, NL, and V0T, and V0L postal codes,



# **MARCH 2022 MENU**

Each meal is \$5.00 (reg). or \$6.00 (lg) Please Pre-Order and Pre-pay



\*Pre-paid & pre-ordered meals of more than 10/mth receive a discounted rate of 4.50/meal\* Student's Name: Teacher: Total Amount: If your child regularly receives a Hot Lunch, please check the menu for meals that they can not or will not eat. Please provide a lunch for your child on those days. Thank you Thursday Monday Tuesday Wednesday Friday Chicken Alfredo Ham & Cheese Bun Chicken Noodle Soup Sausage & Eggs 10 11 Roast Chicken Crepes Pizza Bagel Cheeseburgers Filipino Pork Stew REPORT CARDS HOME 14 15 16 17 12:00 Dismissal Snack Plate **Butter Chicken** Spaghetti Chicken Ranch Wrap 1:00-5:00 "Student-Led KINDERGARTEN Conferences" **REGISTRATION WEEK** Crazy, Green, Backward Day 21 23 22 24 25 28 29 30 31