

Royal Heights Elementary Community News Flash #4

October 18, 2021

Important Dates

Thursday, October 22nd

Monday, October 25th

Thursday, October 28th

Friday, October 29th

- Interim Reports go home

- Early dismissal 1:35pm

- RH Pumpkin Patch

- Halloween celebration

PAC Meeting

Royal Heights PAC is back in full swing again for the 2021/2022 school year! We are looking for new and familiar faces to join us to discuss fundraising ideas, events to be brought to school, and overall community support for our kids. We have Executive positions open and we'd love to see some new faces on board. We are really looking forward to hearing from you, the parents, about what you would like to see for the kids!

Please register for the meeting via our Facebook Group "Royal Heights - Parents" or by email at rhes.pac@gmail.com

Meeting Date: Tuesday, Oct 19th

Time: 6pm

Royal Heights Pumpkin Patch

October 28th will see the RH field transformed into a pumpkin patch for our students leading into Halloween. Families will be receiving a notice this week requesting a donation of \$2 per child to support this event. Students will be using the pumpkins for a variety of learning activities related to the curriculum. Thank you all in advance for your support.

Lost and Found

There are a few items in the lost and found already. If your child is missing items of clothing please remind him or her to check the box by the gym. Any items left uncollected will be donated.

Student Attendance

We ask that families ensure that children attend school on time, during scheduled hours, and minimize any mid-day interruptions, whenever possible. If your child is going to be away from school, please call us at 604-581-7622. This is important for student safety and really helps our morning office routine.

Breakfast Club at Royal Heights Elementary!

Who: open to any Royal Heights student grades K-7

What: students are invited to come enjoy a free healthy breakfast

When: drop in schooldays from Mondays to Fridays 8:00-8:25am

Where: students may enter the school office doors and proceed to the multipurpose room (107)

Health and Safety

More detailed information will be coming to families during the coming days and weeks from the Surrey District and B.C. Government. Most importantly we'll continue to:

- **Check Up:** Every day, check to see how you are feeling, and stay home if you aren't feeling well. If you have symptoms, get tested.
- **Back Up:** Be mindful and considerate of others' personal space. Try to keep your hands to yourself and only play with your friends.
- **Wash Up:** Wash or sanitize your hands regularly, including after playing outside, going to the bathroom, when putting on or removing your mask, and before and after eating. Be sure to wash your hands for at least 20 seconds.
- **Mask Up:** All K-12 staff, and Grade 4-12 students must wear a mask indoors. K-3 students are encouraged to wear a mask. Ensure your mask is clean and dry, is a good fit, and covers your nose and mouth fully. And remember, don't touch your face or play with your mask.
- **Vax Up:** Anyone over the age of 12 is eligible to be vaccinated. Getting vaccinated is an effective way to reduce infections and transmission of coronavirus



DAILY HEALTH CHECK

KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C)	If yes to 1 or more of these symptoms: Stay home and get a health assessment. Contact a health care provider or 8-1-1 about your symptoms and next steps.
Chills	
Cough	
Difficulty breathing	
Loss of sense of smell or taste	
OTHER SYMPTOMS	WHAT TO DO
Sore throat	If yes to 1 symptom:

Loss of appetite	<p>Stay home until you feel better.</p> <p>If yes to 2 or more of these symptoms:</p> <p>Stay home for 24 hours.</p> <p>If symptoms don't get better or get worse, get a health assessment; contact a health care provider or 8-1-1 about your symptoms and next steps.</p>
Headache	
Body aches	
Extreme fatigue or tiredness	
Nausea and vomiting	
Diarrhea	
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	<p>If yes:</p> <p>All students and staff who have travelled outside of Canada are required to self-quarantine for 14 days after arrival under both provincial and federal orders.</p> <p>This includes students who are attending school from abroad. Students from outside of Canada should plan to arrive in Canada at least two weeks before they are scheduled to attend school to adhere to the self-quarantine orders. Additional information is available here.</p>
CLOSE CONTACT	WHAT TO DO
Have you been contacted by public health and notified that you are a close contact of a person confirmed to have COVID-19?	<p>If yes:</p> <p>Please follow the instructions provided by Public Health.</p> <p>You can call 8-1-1 anytime to get advice about how you are feeling and what to do next. Pay attention to how you are feeling. If it becomes harder to breathe, you can't drink anything or feel much worse, seek urgent medical care at an urgent care clinic or emergency department.</p>

Check your symptoms with the [K-12 Health Check](#). If you have any questions, or the symptoms get worse, contact your healthcare provider, or call 8-1-1. For more information on COVID-19, please go to www.bccdc.ca. If you develop severe symptoms, such as difficulty breathing (e.g. struggling to breathe or speaking in single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department. Please check BCCDC's [Symptoms of COVID-19](#) regularly to ensure the list is up to date.