

# Royal Heights Elementary Community News Flash #5

November 5, 2021

## Important Dates

Wednesday, November 10<sup>nd</sup>

Thursday, November 11<sup>th</sup>

Friday, November 12<sup>th</sup>

Tuesday, November 30<sup>th</sup>

- Remembrance Day Assembly - virtual

- **No School** - Remembrance Day Stat Holiday

- **No School** - Pro-D day

- Immunizations Gr. 6/7

Welcome to our new Royal Heights Families! We have several students new to our school recently, and we want to make sure you and your children are feeling comfortable and informed.

## PAC Meeting

### Royal Heights Elementary General PAC meeting

When Tue Nov 16, 2021 6pm – 7:30pm Pacific Time - Vancouver

Joining info Join Zoom Meeting

[zoom.us/j/91252748001?pwd=T1Vick...](https://zoom.us/j/91252748001?pwd=T1Vick...) (ID: 91252748001, passcode: qhc363ry)

Join by phone

(CA) [+1 647-558-0588](tel:+16475580588) (passcode: 36083159)

[Joining instructions](#)

Joining notes

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**Notice to host:** Please save this event to sync its title and start time to the meeting, and this notice will be auto-removed shortly afterwards. If it isn't, open the Zoom add-on from the sidebar and click on this event in the calendar view.  
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Meeting host: [surreydpaczoom2@gmail.com](mailto:surreydpaczoom2@gmail.com)

Calendar [rhes.pac@gmail.com](mailto:rhes.pac@gmail.com)

Who

- [surreydpaczoom2@gmail.com](mailto:surreydpaczoom2@gmail.com) - organizer
- [rhes.pac@gmail.com](mailto:rhes.pac@gmail.com)

[more details »](#)

Going ([rhes.pac@gmail.com](mailto:rhes.pac@gmail.com))? **Yes** - **Maybe** - **No** [more options »](#)

## Immunization

Grade 6 and 7 students will have their **regular immunizations** on November 30. Public Health is sending nurses to the school as in years past, to ensure our students are all taken care of, as this did not take place last year due to covid. **Families should have already received an envelope with permissions to be signed and returned to the school by November 9.**

## ***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***

Welcome to our new Royal Heights families! We ask that caregivers 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 604-594-8838. 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***

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
<div>Fever (above 38°C)</div> <div>Chills</div> <div>Cough</div> <div>Difficulty breathing</div> <div>Loss of sense of smell or taste</div>	<p><b>If yes to 1 or more of these symptoms:</b></p> <p>Stay home and get a health assessment.</p> <p>Contact a health care provider or 8-1-1 about your symptoms and next steps.</p>
OTHER SYMPTOMS	WHAT TO DO
<div>Sore throat</div> <div>Loss of appetite</div> <div>Headache</div> <div>Body aches</div> <div>Extreme fatigue or tiredness</div> <div>Nausea and vomiting</div> <div>Diarrhea</div>	<p><b>If yes to 1 symptom:</b></p> <p>Stay home until you feel better.</p> <p><b>If yes to 2 or more of these symptoms:</b></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>
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	<p><b>If yes:</b></p> <p>All students and staff who have travelled outside of Canada are required to <a href="#">self-quarantine</a> 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 <a href="#">here</a>.</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><b>If yes:</b></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](http://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.