



# KATZIE NEWSFLASH

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REMEMBRANCE  
DAY

**November 10**  
**November 11**  
**November 18**  
**November 25**  
**November 26**

**Non-Instructional Day – SCHOOL IS NOT IN SESSION**  
**Remembrance Day – SCHOOL CLOSED**  
**Munch-a-Lunch – Ming and Sing and Sushi Day**  
**Wacky Hair Spirit Day**  
**SATURDAY – Holiday Market at Katzie Elementary**

## **SECURITY AND SAFETY – All Parents / Guardians and Visitors Sign in at the Office**

To assist our efforts to keep students safe, please sign in at the office and obtain a visitor's badge when you are in the building. It is important for staff and students to know who is in the building and on the playground. We appreciate your assistance with this policy as it helps us to identify intruders.

## **WELCOME POST ARM REPAIR**

The left arm of the welcome post was unfortunately damaged over the summer and broke off. We were unable to find the broken arm. Chehalis First Nation carver, Rocky LaRock, who carved both posts, has been re-commissioned to carve two new arms that will be vertical (no longer coming outward). Once completed, Rocky has given permission for the two new arms to be stained and installed by District Facilities staff. We would like to thank Surrey's Aboriginal Education Services and our PAC that partnered together to cover the cost of the new welcome post arms.

**There have recently been some cases of Fifth Disease and Hand, Foot and Mouth Disease at Katzie Elementary. Students who exhibit these signs have been asked to stay at home until all symptoms have passed.**

## **Fifth Disease – Parvovirus Infection**

What is fifth disease? Fifth disease is an infection caused by a virus called parvovirus B19. It often appears as a bright red rash on the face, especially in children. It is sometimes called "slapped cheek" disease. To view the complete HealthLinkBC information on Fifth Disease please click on the following link:

<https://www.healthlinkbc.ca/hlbc/files/documents/healthfiles/hfile54.pdf>

## **Hand, Foot and Mouth Disease**

What is hand, foot and mouth disease? Hand, foot and mouth disease is caused by certain types of viruses. It is most common in children under 10 years of age, but older children and adults may also get the disease. Most cases occur in the summer and early fall. To view the complete HealthLinkBC information on Hand, Foot and Mouth Disease please click on the following link: <https://www.healthlinkbc.ca/hlbc/files/documents/healthfiles/hfile64.pdf>

The full version of this document can be viewed at:  
<https://www.healthlinkbc.ca/hlbc/files/documents/healthfiles/file64.pdf>



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## Hand, Foot and Mouth Disease

### What is hand, foot and mouth disease?

Hand, foot and mouth disease is caused by certain types of viruses. It is most common in children under 10 years of age, but older children and adults may also get the disease. Most cases occur in the summer and early fall.

### What are the symptoms?

Symptoms start 3 to 5 days after contact with an infected person. The first sign of infection may be a mild fever, sometimes with a runny nose or sore throat, tiredness and loss of appetite. The fever usually lasts 1 to 2 days.

About 2 days after the fever starts, small painful blisters may develop on the inside of the mouth, on the tongue or on the gums. A day or 2 later, small red spots may appear on the palms of the hands, soles of the feet and sometimes on the buttocks. These red spots may turn into blisters. The spots and blisters usually go away after about 7 to 10 days.

Peeling skin and loss of fingernails or toenails have also been reported, mostly in children, within weeks of having hand, foot and mouth disease. However, it is not known if these are the result of the disease. The skin and nail loss is temporary.

Not everyone who has hand, foot and mouth disease will get all of these symptoms. It also is possible to have the infection and have no symptoms.

### How is it spread?

Once a person is infected and sick, they can be contagious and spread the virus for about 7 to 10 days. The virus can be spread through close personal contact such as kissing, or sharing drinking cups, forks, or spoons. It can also spread through droplets in the air when an

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## Fifth Disease Parvovirus Infection

### What is fifth disease?

Fifth disease is an infection caused by a virus called parvovirus B19. It often appears as a bright red rash on the face, especially in children. It is sometimes called "slapped cheek" disease.

### What are the symptoms of fifth disease?

Many of the symptoms, including fever, rash, cough or runny nose, also occur in other illnesses. About a quarter of all people who get fifth disease have no symptoms.

These are the most common signs of fifth disease that differ from other illnesses:

- About 2 to 3 weeks after being exposed to the virus, a red rash may appear on the face. This rash looks like the cheeks have been slapped, while the area around the mouth looks pale. These signs are usually seen only in children.
- A red, spotty, lace-like rash may appear on the arms and may spread to the chest, back and thighs. The rash may fade away and then come back or get worse when the person is exposed to heat, such as in a warm bath or direct sunlight. The rash may last for several weeks. For some people, the rash may not appear at all, or it may look different in adults.
- Adults may have pain in their joints. This may be the only symptom for adults.

### How is fifth disease spread?

A person with fifth disease can spread it to others by coughing or sneezing. Sometimes you can get the disease just by touching the saliva or nasal discharge (e.g. a wet tissue) of a person

with the disease and then touching your own eyes or mouth.

If you have fifth disease, you will be contagious, which means you can spread the disease to others, for about 7 to 10 days before the rash appears. By the time the rash appears you will no longer be contagious. Therefore, once the rash appears, there is no reason to stay away from work or school as long as you feel well. A pregnant woman who gets fifth disease can pass it to her unborn baby.

### Who can get fifth disease?

Anyone can get fifth disease, but it is more common in young children. Most preschoolers and school-age children have not had it. If the virus spreads, children are more likely than adults to get it.

Once you have had fifth disease, you are protected from getting it again. More than half of all adults have already had fifth disease, and therefore cannot get it again.

### Is fifth disease serious?

Fifth disease is usually mild. However, there are 3 groups of people at risk of serious complications if they become infected:

- those with chronic hemolytic anemias (such as sickle cell disease) can have life-threatening complications;
- those with weakened immune systems; and
- pregnant women, who can pass the infection on to their developing baby. When this happens in the first half of the pregnancy, there is a very small chance that the baby can