

# Be Yourself



Panorama Park Elementary  
October 17 to 21, 2022

Shape of the Week (October 17 to 21, 2022)



**Monday, October 17, 2022**

**Tuesday, October 18, 2022**

**Wednesday, October 19, 2022**

- Divisions 9 Urban Forest Stewardship Field trip

**Thursday, October 20, 2022**

- Interims goes home with students or are posted onto student digital portfolios
- Division 2 Museum Of Surrey Field trip

**Friday, October 21, 2022**

- Non Instructional Day (no school for students)

## Allergy-Aware Schools

Anaphylaxis is a severe, life-threatening allergic reaction. Reactions are often rapid, and may occur within seconds of exposure to even the smallest amounts of the allergen. Immediate medical treatment is required when a reaction occurs. **Examples of life-threatening allergens are:**

- peanuts
- tree nuts and nut products
- shellfish
- cow's milk
- eggs
- insect venom

The Surrey School District strives to keep schools safe for all students and staff. Where there is a student with a life-threatening allergy, school staff, students and parents work together to make the school 'allergy-aware' and prepare a plan to reduce the risk of student exposure to the allergen.

Factors such as the age of a student, organization and layout of the school, and properties of the allergen are considered in deciding upon the most appropriate action. Ideally, this is achieved without depriving allergic students of normal interactions or placing unreasonable restrictions on the activities of other students and staff in the school. Information about the plan is provided to all staff, students and parents as necessary.

In order to reduce the risk for allergic students, all students and staff are asked to wash their hands before and after eating. Schools may also ask parents to avoid sending specific food/beverage products

to school in their child's lunch or snack if there is an anaphylactic student in their child's classroom. Alternative ideas for lunches and snacks can be obtained from public health facilities.

The success of an 'allergy-aware' school and the safety of our students are dependent upon the support and assistance of all staff, students and parents to limit the risk of exposure. Cooperation and understanding of life-threatening allergies is greatly appreciated.

## MountainWest Studios

We are excited to announce that our school photo gallery is live and ready for viewing!

1. On Photo Day, students were provided with photo flyers containing a QR login code.
2. Use this login code to access your child's personal photo gallery at ***myorder.mountainwest.ca***.
3. ***Any active email address can be used to login.***

**ORDER DEADLINE IS: Wednesday, October 26, 2022**

1. To find out more about ordering, [Click Here](#) for support.
2. If you do not have your login code, or require assistance, please email MountainWest Studios at [help@mountainwest.ca](mailto:help@mountainwest.ca).
3. Orders will be shipped directly to your home address.
4. If you are requesting a retake, further information will be provided by the school. Retakes are November 17
5. Looking to access digital downloads or check on the status of your order?  
Visit [portal.mountainwest.ca](http://portal.mountainwest.ca)

## Communicating Student Learning



For reporting, our teachers have the option of using a student progress template (paper report) or a digital portfolio. Freshgrade is no longer available and has been replaced by Spaces. If your child's teacher is using Spaces, you will be receiving an invite to join the digital portfolio.

Regardless of the format, Both will provide a summary of your child's progress in relation to learning standards of the B.C. Curriculum (what your child knows and can do). The student report and digital portfolios will represent one aspect of the ongoing, timely, and responsive process of communicating student learning with parents. Teachers, students and parents are encouraged to meet together regularly to discuss successes in learning, areas requiring further development, and next steps.

## Volleyball Season



We are about to begin volleyball season!

**Practices for our girls team will be:**

Mondays 7:45am to 8:25am and

Wednesdays at lunch.

There may be occasional additional practices depending on need. Game days will be on Thursdays after school, from **Oct 27th until Dec. 1st**. Our celebration play day will take place on **Thursday, December 1st**, location to be determined.

**Practices for our boys team will be:**

Tuesdays and Thursdays 7:45 am to 8:25 am

There may be occasional additional practices depending on need. Game days will be on Wednesdays after school, from **Oct 26th until Nov 30th**. Our celebration play day will take place on Wednesday, **November 30th**, location to be determined.

## Updated Guidelines for Daily Health Checks and Attending School

According to the [BCCDC](#), If you test positive for COVID-19, you must self-isolate at home for *at least* 5 to 10 days, depending on your vaccination status:

1. Students under the age of 18, regardless of vaccination status, must isolate for five days AND until symptoms improve and they no longer have a fever.
2. Students 18 and up, parents and staff who are NOT fully vaccinated must isolate for 10 days AND until symptoms improve and they no longer have a fever.
3. Parents and staff who are fully vaccinated must isolate for five days AND until symptoms improve and they no longer have a fever.

Fully vaccinated means you have received at least two doses of a two-dose COVID-19 vaccine series (i.e. Pfizer, Moderna or AstraZeneca) or it has been more than 14 days since you received a single dose of a one-dose series (i.e. Janssen/Johnson and Johnson).

If you still have a fever or your symptoms have not improved after your prescribed isolation period, continue to isolate until the fever breaks (without the use of fever-reducing medication such as acetaminophen or ibuprofen) and your symptoms improve.

Mild symptoms may not be contagious after your prescribed isolation period, but it can take longer to completely recover from symptoms of COVID-19. Most people recover within two weeks though some with more severe symptoms can take up to 12 weeks or more to feel entirely better.

If you test positive, everyone in your household should monitor for symptoms of COVID-19 and stay home if they develop symptoms.

*Note: You do not need to continue testing after self-isolation.*

If you have mild symptoms and tested negative for COVID-19 or did not get tested, stay home until you do not have a fever and feel well enough to return to your regular activities. Mild symptoms are symptoms that can be managed at home.

Some home treatments for safely managing symptoms include:

- Drinking plenty of fluids
- Getting lots of rest
- Using a humidifier or hot shower to ease a cough or sore throat
- Taking non-prescription medicine such as acetaminophen (Tylenol) and ibuprofen (Advil) for a fever

You can call 8-1-1 anytime to talk to a nurse at [HealthLinkBC](#). This service is available in 130 languages. If your symptoms worsen or you do not improve after five or six days, call 8-1-1, your family doctor or go to an Urgent and Primary Care Centre (UPCC).

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

Additionally, with flu season upon us, it is always good to practice frequent hand hygiene to prevent the spread of germs and respiratory illness.

For more information, visit the [BCCDC website](#).

## Important Calendar Dates for 2022 – 2023

Thursday, October 20	Interim #1
Friday, October 21	Non-Instructional Day
Wednesday, November 9	Remembrance Day Assembly
Thursday, November 10	Non-Instructional Day
Friday, November 11	Remembrance Day (no school)
Thursday, November 17	Individual Photo Retakes
Thursday, December 1	Term #1 Formal Reports

Thursday, December 8	Parent/Teacher Conferences Early Dismissal at 1:30 pm
Friday, December 16	Last Day of School prior to Winter Break
<b>December 19 to January 2</b>	<b>Winter Break</b>
Tuesday, January 3	Back to School
Monday, February 20	Family Day (no school)
Friday, February 24	Non-Instructional Day
Thursday, March 2	Term #2 Formal Reports
Thursday, March 9	Parent/Teacher Conferences Early Dismissal at 1:30 pm
Friday, March 10	Last Day of School prior to Spring Break
<b>March 13 to March 24</b>	<b>Spring Break Holidays/School Closure Days</b>
Monday, March 27	Back to School
Friday, April 7	Good Friday (no school)
Monday, April 10	Easter Monday Holiday (no school)
Friday, May 5	Non-Instructional Day
Thursday, May 4	Interim #2 or Student Led
Monday, May 22	Victoria Day (no school)
Monday, May 29	Non-Instructional Day
Thursday, June 29	Last Day of School Term #3 Reports Go Home Early Dismissal at 1:30 pm
Friday, June 30	Administrative Day /School Closed

## Useful Links

Click on the links below to be taken to these websites:

- [Surrey School District Website](#)
- [BC Curriculum Overview](#)
- [CASEL](#) (Collaborative for Academic, Social, and Emotional Learning)

- Social Emotional Learning Resources: [Second Step](#), [MindUP](#), [EASE](#)