

Community News Flash #18

January 14, 2022



**PLEASE REMEMBER TO
COMPLETE THE ATTACHED DAILY HEALTH CHECK
BEFORE SENDING YOUR CHILD(REN) TO SCHOOL EACH DAY.**

Important Dates

Monday, January 17th

- Hot Lunch Orders Due

Thursday, January 20th

- Boston Pizza Hot Lunch



We're Promoting Zero-waste Lunches & Snacks at Rosemary!

Zero-waste lunches are possible! It simply means that individual lunches don't create any more waste - no packaging, plastic utensils, yogurt cups, squeeze applesauce or individually wrapped snacks.

Lunch can arguably be one of the most wasteful meals. There's a lot of single-use packaging and easy grab-and-go options wrapped in plastic. This can mean lots of disposable items from individually packed drinks, one serving yogurts, two cookies wrapped in plastic, the list is extensive! To reduce plastic waste you must take a look at the daily lunch routine.

What is the definition of what zero-waste lunch?

It simply means that individual lunches don't create any more waste - no packaging, no plastic utensils, no yogurt cups, no squeeze applesauce, no individually wrapped snacks. Basically, at the end of your lunch, there should be no need to put items into the trash can or recycling at all.

Many options exist for zero-waste lunches. When considering packaging for lunch options look at thermoses, reusable water bottles, beeswax wrappers for sandwiches, etc.

Of course, the actual lunch itself represents the last step in the packaging waste chain - give some consideration to the packaging the food comes in from the store and how it is shipped and handled before that. It may seem overwhelming but wherever possible people should try to eliminate single-use packaging earlier in the supply chain as well - i.e. buy in bulk where you can, use reusable bags and containers for grocery shopping and cook from scratch.

Being able to pack food-on-the-go without plastic waste is possible, thanks to so many great products that are available to help with this growing need. Some of the zero waste lunch essentials are listed below. Use them as alternatives to replace the most common packaging such as single-use Ziploc bags, cling-wrap, and plastic waste in your lunch.

- Reusable lunch box or lunch bags
- Beeswax food wrap
- Jars of any kind
- Reusable water bottles
- Stainless steel containers
- Bamboo utensils
- Cloth napkins
- Bento boxes

You can easily create your own single-serving snacks. Buy the largest container of yoghurt in the store and then divide it into small thermoses. Get a large block of cheese to create your own cheese strings or cheese slices. Purchase your favourite snacks and divvy them into small servings, although this is potentially a danger zone for some folks that have difficulties with restraint. There are several ways to reduce the amount of plastic associated with your lunch and I encourage you to take a look at what waste your lunch generates and adjust what you can.

The logo for 'hotlunch orders' is displayed on a dark blue rectangular background. The word 'hotlunch' is in white lowercase letters, with 'hot' in a standard font and 'lunch' in a slightly larger, bold font. Below it, the word 'orders' is in a green, lowercase, sans-serif font.

Hot Lunch Orders Due Monday

This is a reminder that hot lunch orders must be completed prior to Monday, January 17

Go to: <https://munchalunch.com/schools/rosemaryheights>

*First Hot Lunch this cycle **Thursday, January 27th**
(This order cycle will continue be from **January 27, to February 24, 2022**)

Also, in our efforts to strive towards zero waste in our schools, we are asking you to pack cutlery with your child on our hot lunch days.

Thank you!
Rosemary Heights PAC

Student Learning Survey - January/February/March/April 2022

Dear Parents/Guardians:

During the months of January to April, School District 36 is participating in the 2022 Ministry of Education Electronic Anonymous Student Learning Survey Project in cooperation with all other school districts throughout the Province.



Parents/Guardians can complete the Internet Electronic Anonymous Surveys **any time before midnight April 29th, 2022**, providing immediate results to the school and the district.

For 2022: Students in Grades 4, 7, 10 and 12 complete the survey; Parents/Guardians of Grade 4, 7, 10 and 12 Students complete the survey; and all Staff associated with a School complete the survey. Schools may survey other grade levels after finishing the grades above.

To complete the survey:

1. Go to any computer that has an up-to-date internet browser access at home, work, or school.
2. Go to www.bced.gov.bc.ca/sat_survey/access.htm
3. Under the section *Direct Access - no logon number required* select:
 - District: the name of your child's district
 - School : the name of your child's school
 - Language : the language of your choice
4. Complete the survey by clicking on the "radio buttons" for each question. Move to the next set of questions by clicking on NEXT in the bottom right corner of the screen.
5. When you are finished the survey, you will get a message "Thank you for sharing your views".
6. If you feel you made a mistake, repeat the procedure above.
7. Once complete, your school will have the results immediately.

Thank you for participating in this innovative project. If you need more information or would like to see the results for the District or your school, consult with your school principal.



The Surrey School district invites applications for the following position:

SUPERVISION AIDES

This is an ideal part-time opportunity for retirees, post-secondary students studying from home and adults who relate well to children and youth. You will work one hour per day providing lunch supervision to elementary and secondary students. The hourly rate is \$22.21 per hour, and preference will be given to those available Monday to Friday.

Apply online at www.surreyschools.ca/careers

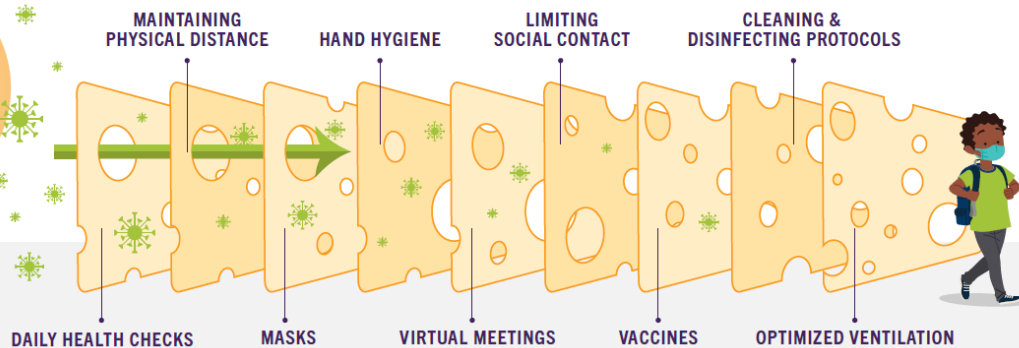
Questions? Contact Heidi Haywood, Human Resources 604-595-6145

Note: Successful applicants will be required to consent to a Criminal Record Search prior to employment. Only those persons selected for interviews will be contacted. To all others, thank you for your interest.

LET'S KEEP OUR SCHOOL SAFE!

We know that no single intervention is perfect at preventing the spread of illness, so we are implementing multiple layers of protection to keep our staff, students, and families safe during this pandemic. It's a shared responsibility and we all need to do our part.

Think of it as the Swiss cheese defence—each slice is important and adds to the overall safety of our school.



For more information on health and safety protocols please visit surreyschools.ca



Student Absences

If your child is going to be away from school or late to school please email the office at rosemaryheights@surreyschools.ca and include the following information:

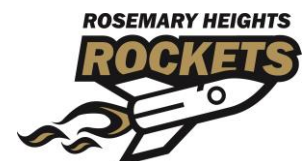
- First and Last Name
- Teacher
- Division
- Reason for Absence

If you choose to email your child's teacher, you will still need to notify the office of your child's absence, or the office will need to call to confirm absence.

Rosemary Rockets App

Keep up to date with our school calendar by downloading our Rosemary Rockets app from the app store or google play.

<https://rosemary.appazur.com/#/>





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: Stay home until you feel better.
Loss of appetite	
Headache	If yes to 2 or more of these symptoms: Stay home for 24 hours.
Body aches	
Extreme fatigue or tiredness	
Nausea and vomiting	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.
Diarrhea	
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	If yes: 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. 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 selfquarantine orders. Additional information is available here .
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?	If yes: Please follow the instructions provided by Public Health. 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.

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.