

Community News Flash #36

May 21st, 2021



Important Dates:

Friday, May 21 st -	- Happy Pack Fundraiser
Friday, May 28 th	
Monday, May 24 th	- Victoria Day - School Closed
Monday, May 31 st	- Pro D Day - No School
	- Deadline for Parent Class Placement Requests
	- White Spot Fundraiser
Monday, June 7 th	- Grade 7 Grad Walk Through in Gym
Tuesday, June 8 th	- 6:30pm Saleema Noon Zoom Parent Presentation
Wednesday, June 10 th	- 6:30pm Saleema Noon Zoom Student Presentations
	- White Spot Fundraiser
Wednesday, June 16 th	- Parent Appreciation Day

Principal Message

We want to hear from you! Our district is conducting an online survey for parents/guardians to review and evaluate our district's pandemic communications to date, with a goal of identifying opportunities for improvement to reach our target audiences more effectively. This survey will take approximately 5-10 minutes of your time and is available in multiple languages. The survey closes on **Monday, May 31** and can be accessed through this link: <https://survey.givingopinions.ca/c221rp>

Mental Health Resources for Parents

- [Say Don't Say: What Youth with Mental Health Challenges Really Want from Parents and Caring Adults](#) (Youth with lived experience talk about what would be helpful to hear from their parents.)
- [Parenting When Anxiety Shows Up As Anger](#) (This video helps in understanding your child's behaviour.)
- [FamilySmart® In The Know Video Library](#) (Here is a link to our library of videos.)
- [FamilySmart Practice Tool](#) (A one page poster with language that some parents find useful when having conversations with their children.)
- [Unfolding Conversation](#) (Illustrations with language young people have suggested.)
- [Unfolding Conversation #2](#) (Additional illustrations for helpful conversations.)





Students born in 2009 or earlier are now eligible to register on the B.C. COVID-19 Immunization website

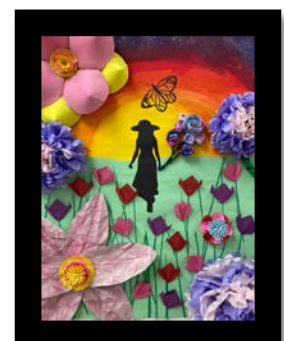
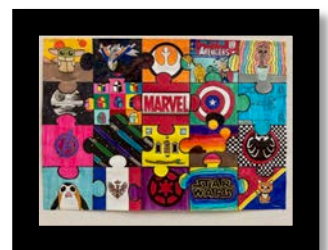
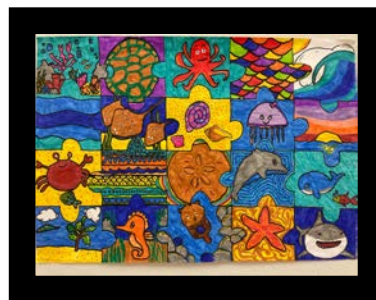
Registration is now open for students between [the ages of 12 and 17 to receive their first dose of the COVID-19 vaccine](#). On Thursday afternoon the province announced that children born in 2009 or earlier (12 and older) can register on the [B.C. COVID-19 Immunization website](#). The goal is to have students vaccinated by June 30, with second doses by Aug. 30.

To register, fill out your child's information at getvaccinated.gov.bc.ca, available 24/7 or call 1-833-838-2323 between 7 a.m. and 7 p.m. any day of the week. You can also register in-person at any Service BC centre. After registering, you will receive a text, email or phone call when it is your turn to book a vaccine appointment. Don't expect to book an appointment the same day you register.

Once you have registered and have received your booking invitation, please do not delay booking an appointment. Bring your child's Care Card to their appointment. If your child does not have a personal health number, you can register by phone at 1-833-838-2323.

Booking invites will be sent to those who are older first, and most appointments will take place at the same immunization clinics used to vaccinate people in other age groups. Household and group vaccination options are also available. For more information, visit fraserhealth.ca/vaccine

Division 1 Art



Talk Sex Today.

Body Science Boot Camp for Parents



Parenthood never arrives with a rulebook, and when it comes to explaining the world of sexual health to your child, it can be hard not to end up a bright shade of red. Using humor and straight talk in an open, interactive environment, Saleema Noon Sexual Health Educators will show you how easy it is to convey healthy, positive messages about sexual health to kids.

In this workshop parents will learn:

- Why we need to talk to children about sexual health at a young age
- How to reduce risk of child sexual abuse
- What children should know at each stage of development, with specific examples of how to explain concepts and processes
- How to become their kids' preferred source of sexual health information
- How to normalize open, honest sexual health conversations in their family
- How to effectively answer even the toughest questions kids ask
- What will be covered in Body Science workshops for students
- **This workshop will be delivered via live Zoom!**

For more information about Saleema Noon Sexual Health Educators go to www.saleemanoon.com.

Parent information Session Tuesday June 8th via zoom 6:30pm-8pm

Join Zoom Meeting

<https://us02web.zoom.us/j/83435822209?pwd=aHJsRHk0QnlpRlBnVFVhMmZlTXQyZz09>

Meeting ID: 834 3582 2209

Passcode: 964007

Rosemary Heights student evening workshops Thursday June 10th 6:30pm -8:30pm via zoom (6:30pm-7:15pm Primaries, 7:30pm-8:30pm Intermediates)

Join Zoom Meeting

<https://us02web.zoom.us/j/88997282603?pwd=czJwcDBRa1RNQ0FiQk8zbWhUQnVNdz09>

Meeting ID: 889 9728 2603

Passcode: 108819

Smart decisions start here.

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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.

SURREY SCHOOLS

Spread the word! We need...



SUPERVISION AIDES NEEDED NOW

Can you, or someone you know, help to provide supervision for children?

Supervision Aides work one hour per day (5 days per week, preferably) to provide supervision to elementary and secondary students during their lunch break. Pay rate is \$22.21 per hour.

Ideal for those retired individuals or adults who relate well to children, and youth, and are seeking part-time employment.

Preference given to those individuals available daily (Monday to Friday).

For more information, and to apply online, please visit
www.surreyschools.ca/careers