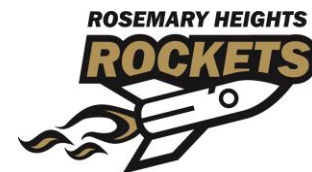


Community News Flash #6

October 8th, 2021



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

Important Dates

Monday, October 11 th	- Thanksgiving Day - School Closed
	- Grade 7 Hoody Orders Due
Thursday, October 14 th	- White Spot Hot Lunch
Friday, October 15 th	- School Spirit Wear Day
Wednesday, October 20 th	- Photo Day
Thursday, October 21 st	- Hot Dog Day
	- School Spirit Wear Day
Friday, October 22 nd	- Pro D Day
Sunday, October 24 th	- Spirit Wear Orders Due

Returning to school after travelling outside Canada while unvaccinated

Thursday, October 7, 2021

We're a month into the new school year, and we're sure some of you are already dreaming of taking a vacation - here's what you need to know about travelling if your child is not yet vaccinated and what that means for returning to school.

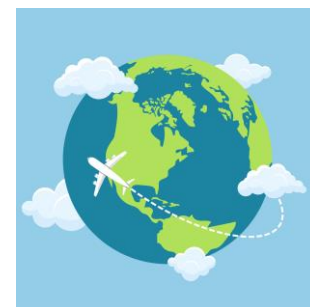
[Federal travel guidance around COVID-19](#) states that unvaccinated persons including children who travel outside of Canada **cannot attend school for 14 days** following their return.

This restriction also applies to:

- day cares and camps
- settings with vulnerable people (i.e. long-term care facilities)
- large crowded indoor or outdoor settings (i.e. amusement parks, sporting events)
- crowded public transportation that does not ensure physical distancing and masking

If you decide to travel internationally during the school year, please **coordinate with your teacher and school beforehand** to ensure your child stays on top of schoolwork while they are away and for the 14 days following their return.

Unvaccinated children returning from travel must also limit contact with others for the next 14 days, especially those who have underlying medical conditions, compromised



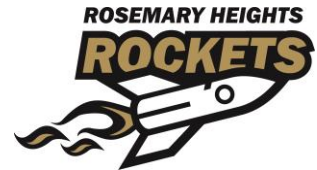
immune systems or are 65 and older. Returning travellers ages five and up must also take a COVID-19 molecular test, monitor their health and watch for symptoms related to COVID-19.

For more information on federal guidance and restrictions, visit canada.ca/coronavirus. For information on provincial measures, visit bccdc.ca/covid19 or call 811.

by [Jacob Zinn](#) at 8:15 AM

Rosemary Rockets App

Available for download from the app store and google play.



Masks

Please be sure to send your child to school each day with a few clean masks in a Ziploc bag or container, labelled with your child's name.

Grade 7 Hoody Order

The deadline for ordering a hoody has been extended until Monday, October 11th.

There are three garment choices available:

Hoody — \$35

Zip Hoody — \$40

T-shirt — \$20



If you are unsure of the size to order, please have your child visit Mr. Lightbody as he has sample garments of different sizes to try on. All garments will be black.

Click on link below to place or order

<https://www.schoolcashionline.com>

If you are unable to pay online, please contact Mr. Lightbody via email at

lightbody_r@surreyschools.ca



SPIRIT WEAR

It's Spirit Wear time again at Rosemary Heights! A way to show your Rocket pride!

This year, we are pleased to offer some great **NEW SWAG** in addition to our favourites from years past. All will be listed on the website.

**Spirit wear makes great Christmas 🎄 gifts, stocking stuffers, and Teacher gifts!
Get your holiday shopping started early!**

UNFORTUNATELY, samples will **NOT BE** available for viewing at the office due to the pandemic. But keep a **LOOK OUT** for our models who will be sporting spirit wear on **SPIRIT WEAR DAY** (October 8th, 15th and 21st).

Detailed descriptions, pictures, and size charts will be on the website.

1. Everything is online:

https://rosemaryheightsspiritwear2021.itemorder.com/sale?read_message=true

2. Make sure you take note which size you are ordering. We have **ADULT** and **YOUTH** options and to select the **COLOR** you want.

3. All items will arrive at the school and students will be able to pick them up in class. If you are purchasing as a gift, select the Office/Gift as the division. These will be available for pick up at the office.

*****RETURNING THIS YEAR** - The JAMES ARDIEL 'Buy a Toque, Donate a Toque' If you purchase a Rockets **Toque** (either Skullcap or Pompom), we will **DONATE** a toque to our sister school James Ardiel Elementary. This year you also have the option to just donate a toque without purchasing for yourself.



All orders must be received by October 24th.

There will be no refunds or exchanges, please ensure your order is correct before checking out.

The School Store is proudly brought to you by **KAHUNAVERSE**. A multinational company founded here in Surrey by one of our own Rosemary families- they have gone above and beyond to help our fundraiser. You can also check out their other products at www.kahunaverse.com

Stranger alert / safety tips

What do I do if my child has been approached by a stranger?

- 1) **Call the police.** The RCMP will potentially compare the description with other reports and watch for the suspect or provide a description to media, if appropriate. Keep your police case file number handy in case of further developments.
- 2) **Notify your school administrator.** Your school may need to alert the community of the incident, including a description of the person and vehicle involved. If directed to do so by the police, a district-wide alert will be distributed.

Safety tips

- 1) Don't take short cuts.
- 2) Walk with friends.
- 3) Tell someone where you are going and when you'll be back.
- 4) Phone home when leaving friends, work, etc., and say when you'll be home.
- 5) Phone if you are going to be delayed, or if your plans change.
- 6) Carry your knapsack rather than wear it.
- 7) Don't assist strangers (teens included).
- 8) Do not carry a weapon as it could be used against you.
- 9) Trust your instincts and feelings.
- 10) If grabbed, scream and run.

Please review these safety tips with your children.



No cost
to participate!



Ages 13–18 years

Learn to Cope with Stress

Y Mind

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

Info Session: Tues. Oct. 19, 4:00pm

Group Sessions: Tuesdays, Oct. 26-Dec 7, 4:00-5:30pm

This group will held via Zoom.

To register contact Yee Jim at yjim@alexhouse.net or
604-538-5060 ext 26



**This program is run by
caring, trained staff
in a safe supportive
environment**



Supported by the Province of British Columbia

FSA for Grade 4 and 7 Students

All students in Grades 4 and 7 in B.C. take part in the Foundation Skills Assessment (FSA), an annual assessment of reading comprehension, writing and numeracy (math skills). For more information, please click on link below.

<https://www.surreyschools.ca/departments/RESE/fsa/Documents/FSA%20Parent%20Letter-OctNov-English.pdf>

Student Attendance

We ask that families 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 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



DAILY HEALTH CHECK

KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C)	<p>If yes to 1 or more of these symptoms: 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>
Chills	
Cough	
Difficulty breathing	
Loss of sense of smell or taste	
OTHER SYMPTOMS	WHAT TO DO
Sore throat	<p>If yes to 1 symptom: Stay home until you feel better.</p>
Loss of appetite	
Headache	<p>If yes to 2 or more of these symptoms: 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>
Body aches	
Extreme fatigue or tiredness	
Nausea and vomiting	
Diarrhea	
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	<p>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.</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 selfquarantine orders. Additional information is available here.</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>If yes: 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. 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.