



Week 2 of School Opening

Dear Sunrise Ridge Families,

This first full week of in-school learning was a busy one at Sunrise Ridge Elementary. At the beginning of the week, we established classes and learning cohorts for our in-school students and by the end of the week, Blended Learning classes had been formed for our online learners. While we have a few last-minute wrinkles to iron out for our online Blended students, we anticipate all students will join their classes by Monday or Tuesday, at the latest. Within our school building, we are enjoying the familiar buzz of excited student voices in classrooms and hallways as well as energized spirits on the playground. There is truly nothing better than a school filled with laughter, smiles and positive energy and we look forward to learning and growing together as a school community this term.

A school start-up such as this one could not take place without a deeply committed and dedicated school staff. Please join me in extending a heartfelt thank you to our amazing school team at Sunrise Ridge. These have been strange and challenging times but our staff has worked together and supported each other through the many unique situations encountered in our COVID-19 school start-up. While these are still early days in our return to school plan, we are looking forward to building new relationships with our students and families and creating a community of learners within our classrooms.

Finally, I would like to extend a tremendous thank you to our parents and family members who have patiently granted us time to build a new school year without an existing road map. There have been so many aspects of this unique start-up that required your complete trust in our school staff and I am humbled by the support you have shown not only myself but our entire school team throughout this process. The strength of our school is a reflection of our deeply committed Sunrise Ridge community and I am so proud to work alongside you all. Thank you.

Latest video message from Dr. Jordan Tinney

A COVID update, what you need to know, and how you can help along with a message of gratitude.

The video is here: <https://vimeo.com/460230274>

The English transcript is here: <https://www.surreyschools.ca/covid19/Documents/Supt%20message%20Sept%2021%20ENG.pdf>

The translated transcripts once fully completed are here: <https://www.surreyschools.ca/covid19/Pages/default.aspx>

Wishing you all a safe week ahead

Warmly,

Mrs. Leona Brennan

Principal

Week at a Glance Sept.21-25



Monday Sept 21- Blended Online Learning begins for most programs

Tuesday Sept 22 - 1st PAC meeting of the year on the front grass area in front of the school @ 6 pm

Wednesday Sept 23 - Face to Face instruction for Surrey's Blended Online Learning at assigned schools
12:30pm

Friday Sept 25 - Terry Fox Run.....will look different but will still be representing with groups running
mostly on school property.

Other dates coming up:

Monday Sept 28th - Non- Instructional Day (no school for students)

Wed. Sept. 30th - Orange Shirt Day

Staff Sept. - Dec 2020



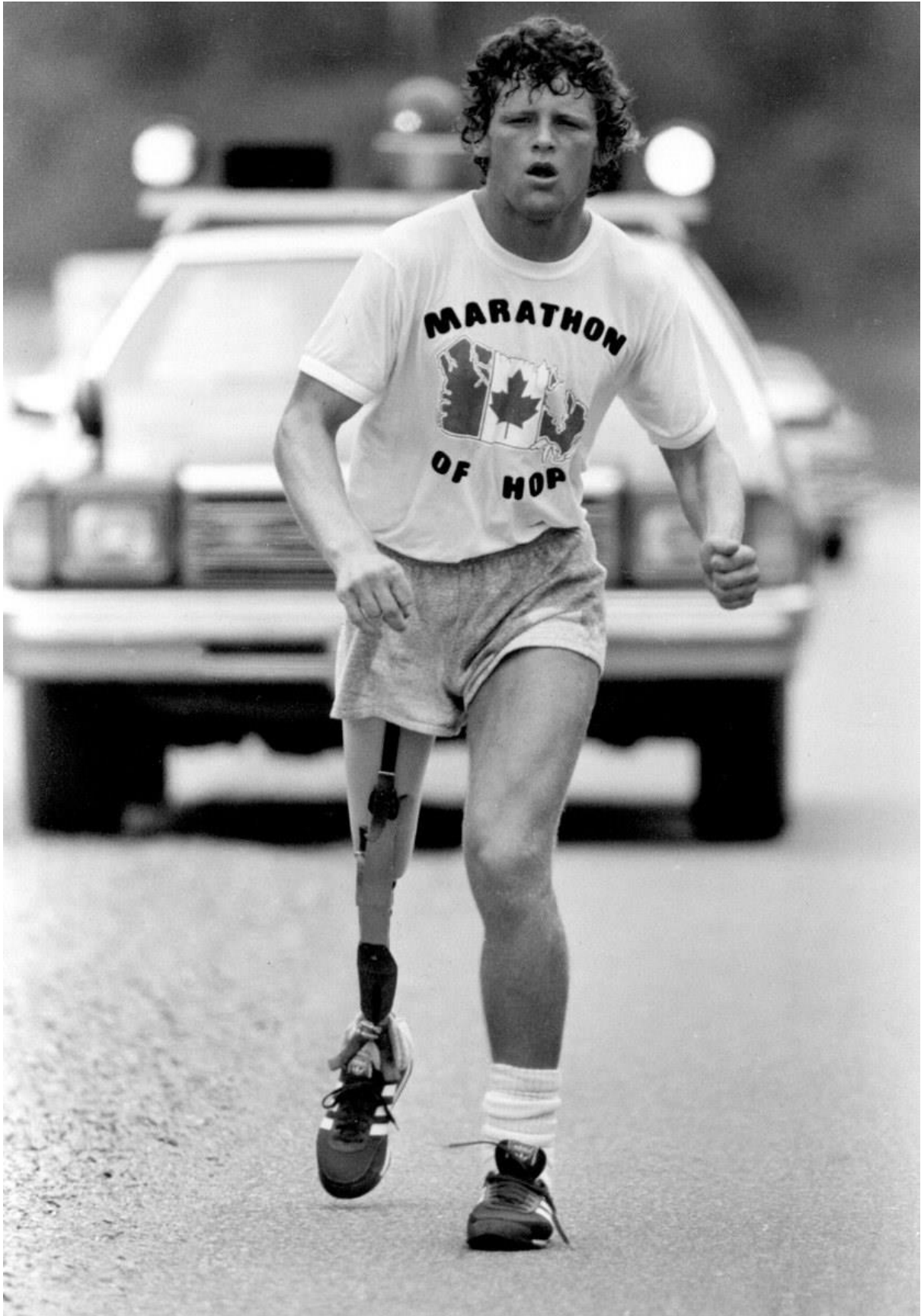
	Grade
Mme. Salja Morris	7 French
Mr. McDonald	6/7
Ms. Dickinson	6/7
Mme. Hussmann/Mme. Iarkov	6 French
Ms. Roberts/Ms. Sidhu	5/6
Mr. Gessey	5
Ms. Norris	4/5
Ms. Tingstad	3/4
Ms. Stoklossa	3

Ms. Knapp	2/3
Ms. Lightbody/Ms. Mackenzie	1/2
Ms. Ruskowski	1/2
Ms. Benjamin	K/1
Ms. Bertoia/Ms. West	K
Ms. Seward	K
Ms. Sawatzky	Blended Online Learning (K-4)
Ms. Diegel	Learning Support Team
Ms. Cameron	Learning Support Team
Ms. Lefimil	Learning Commons
Ms. Fast	Music
Mr. Bredenholler	Band
Ms. Barker	Counsellor
Ms. Gronnemose	Integration Support Team
Ms. McKellar	Integration Support Team

PAC Meeting Tuesday Sept. 22, 2020 @ 6 pm meet on the grass in front of the school....bring a chair



40th Anniversary Terry Fox Run Sept. 25, 2020



On Friday, September 25th, Sunrise Ridge will take part in the Terry Fox Run. This year is the 40th anniversary of the Marathon of Hope and we are honoured that our school will be joining the efforts of over 3 million students across Canada in carrying on Terry's legacy by raising funds for cancer research.

This event will take place in our local area around Sunrise Ridge. Rather than a school - wide event as in past years, students will leave with their small learning cohorts (2 divisions) and participate in a 30 min run/walk around our school grounds and park. Unfortunately, parents will not be apart of this event this year.

This year there will be no paper pledge forms sent home, however, please consider supporting our school's efforts by donating online at

<http://secure.terryfox.ca/registant/mobile/mobileTeamPage.aspx?teamID=914574&langPref=en-CA&Referrer=https:%2f%2fterryfox.org%2fget-involved%2fways-to-give%2f>

Our fundraising GOAL is \$700.00. If we make our goal and beyond.....teachers and Mrs. Brennan will be getting whipping cream pies thrown at their faces by live stream to all the students.

Please ensure that your child has comfortable running shoes, as well as a water bottle at school on Friday.

Looking forward to a wonderful event with our students in support of Terry Fox!

Allergy Aware School

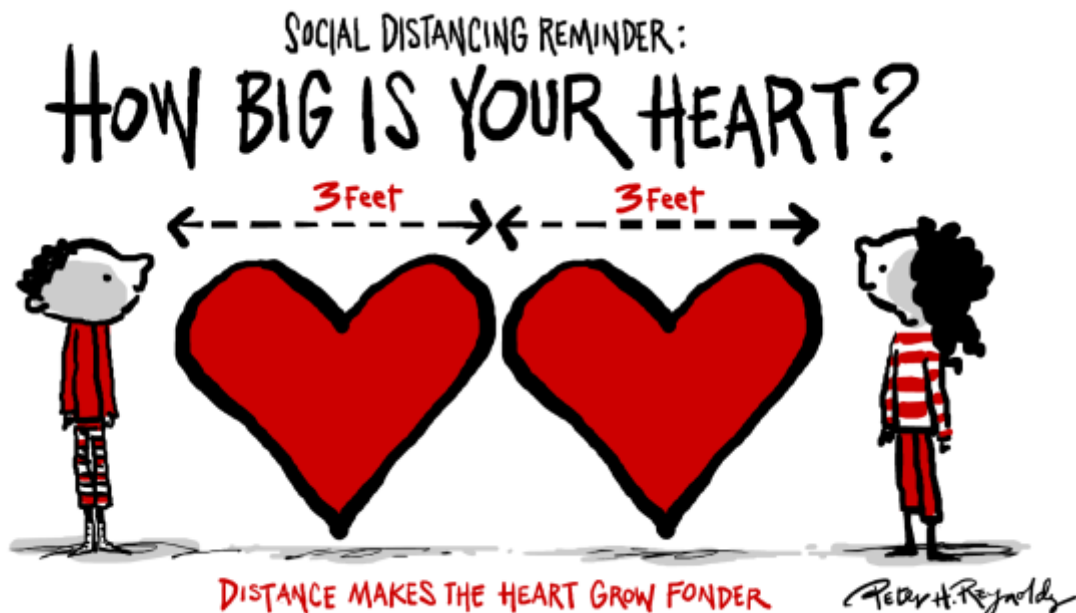


A reminder to all families that our school is a nut aware environment. We have a number of students within our building with allergies to peanuts and tree nuts including almonds and walnuts. Please be mindful when sending food with your child(ren) to school and ensure that these items do not contain nuts. Thank you for your support.

If your child is new to our school or has recently been diagnosed with a food allergy please share this information with our school office immediately.



Students WILL BE going out for recess (15 min) and lunch (45 min) in all types of weather. Please ensure that your child has the appropriate clothing for extended time outside. Also, teachers will be doing more outdoor education with their students to ensure the new cleaning protocols are able to be completed.



Back to School During COVID-19 from our Counsellor Mrs. Barker

The end of summer and going back to school can be challenging in the best of times. Now that we are returning back to school under COVID-19, it can be even harder. The good news is that there are many things that you can do to support your children with going back to school during COVID-19. At Sunrise Ridge we want to support you during this challenging time for you and your children.

Back to school tips



Normalize mask-wearing

Some children will be able to wear masks easily but others may have a harder time. Consider the following exposure and desensitization strategies:

- Are you buying a mask? Try giving your child some of the newer child-friendly designs to choose from or get them to help decorate a pre-made mask.
- Are you making a mask? Let your child to choose material.

- Create an exposure hierarchy to understand your child's fears. From least scary to most scary it might be: seeing others wear a mask, seeing a mask, touching a mask, putting on a mask for short periods of time and putting on a mask for longer periods of time.
- Teach distraction strategies like distracting with music, videos, video games to help pass the time while wearing a mask.
- Practice calming strategies like deep breathing, going outside, going for a walk, etc.

Help your child continue to cope

- Stay connected to your kids. Kids do best when they feel loved by their caregivers, which happens when you spend quality time with them and listen, validate and empathize with their feelings (as opposed to seeing adults as being angry, upset, and emotionally unavailable to them).
- Model healthy coping. Kids do best when they learn healthy ways to cope with adversity, such as following public health recommendations with masks and physical distancing (as opposed to unhealthy strategies such as focusing on negatives and blaming).
- Attach positive meaning to the pandemic. Kids do best when they can have a positive meaning of a situation. You might say: "On one hand, this pandemic has not been easy. On the other hand, we've been able to have a lot more fun times together. And learn new things such as how to cut each other's hair!"

Ease your child's worries

Does your child seem to have excessive fears and anxiety about COVID-19? COVID-19 restrictions (such as restricting parents from entering the school) may lead your child to feel more isolated.

- Ask about their fears, and try to reassure or problem solve. Ask: "What worries you the most?"
- Validate and accept your child's feelings about the situation. You might say: "I can see why you might be feeling (insert your child's feelings here) about this."
- Give your child a sense of control. Explore in more detail. Try to listen without interrupting. Say: "Tell me more..."
- Try giving your child a sentimental object that reminds them of you, e.g. a photograph, a special piece of jewelry, etc. Or perhaps a small favourite toy car or stuffie.

The first few weeks back to school

- Leave earlier than usual. This will give you more flex time and you will be more relaxed.

- Establish a goodbye ritual. When it's time to say goodbye to your child, give them a final hug, kiss, say goodbye, and talk about when you'll see them next. Don't just say "Goodbye!", but bridge the separation by talking about when you will see them next.
- Have you dropped off your child? Try to take some time just for yourself, whether it's going for a walk, to the coffee shop, having tea with a friend, or just going home to nap. Breathe a sigh of relief and savor this time.
- Check in with your children about how the day went. If your child isn't ready to talk, then ask them later when they are ready. You might ask: "What was your favourite thing you did today?" "What was hard, what was easy?"
- If they are sad, validate the sadness: "I can see you are feeling sad and it's ok to cry. I'm going to miss you too." Offer comfort like a hug or offering a tissue. Crying is good because it helps release built up stress and anxiety.

Reach out for extra support!

If you require extra support don't hesitate to contact the school. We would be more than happy to set-up a plan with you to help your child cope and transition back to school as smoothly as possible. We want all children to feel safe and happy here at Sunrise Ridge. We recognize this is hard. We will get through this together!!

All the best,

Ashley Barker (School counsellor)

Sunrise Ridge Elementary (Wed/Fri)

604-576-3000

Barker_a@surreyschools.ca

Helpful Resources

Anxiety Canada website

<https://www.anxietycanada.com/covid-19/>

Kelty Mental Health

<https://keltymentalhealth.ca/info/parenting-during-covid-19>

Child and Youth Mental Health

Drop ins on every Wednesday 9-3:30 pm

15405 88th Ave Surrey 604-951-5701

Daily Health Check



Key Symptoms of Illness*	Does your child have any of the following key symptoms?	Circle one	
		YES	NO
	Fever	YES	NO
	Chills	YES	NO
	Cough or worsening of chronic cough	YES	NO
	Shortness of breath	YES	NO
	Loss of sense of smell or taste	YES	NO
	Diarrhea	YES	NO
	Nausea and vomiting	YES	NO
International Travel	Have you returned from travel outside Canada in the last 14 days?	YES	NO
Confirmed Contact	Are you a confirmed contact of a person confirmed to have COVID-19?	YES	NO

*Check BCCDC's [Symptoms of COVID-19](#) regularly to ensure the list is up to date.

If you answered “YES” to one of the questions included under ‘Key Symptoms of Illness’ (excluding fever), you should stay home for 24 hours from when the symptom started. If the symptom improves, you may return to school when you feel well enough. If the symptom persists or worsens, seek a health assessment.

If you answered “YES” to two or more of the questions included under ‘Symptoms of Illness’ or you have a fever, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, you should not return to school until COVID-19 has been excluded and your symptoms have improved.

If the symptom persists or worsens, seek a health assessment.

When a COVID-19 test is recommended by the health assessment:

- If the COVID-19 test is **positive**, you should stay home until you are told by public health to end self-isolation. In most cases this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.
- If the COVID-19 test is **negative**, you can return to school once symptoms have improved and you feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.
- If a COVID-19 test is recommended but is not done because you choose not to have the test, or you do not seek a health assessment when recommended, and your symptoms are not related to a previously diagnosed health condition, you should stay home from school until 10 days after the onset of symptoms, and then you may return if you are feeling well enough.

If a COVID-19 test is not recommended by the health assessment, you can return to school when symptoms improve and you feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).

If you answered “YES” to questions 2 or 3, use the [COVID-19 Self-Assessment Tool](#) to determine if you should seek testing for COVID-19.

A health-care provider note (i.e. a doctor’s note) should not be required to confirm the health status of any individual.

Please see attached, Fraser Health’s Covid-19 webpage: [Back to school resources for parents and teachers](#).

Included is a [video Q&A](#) from Dr. Ingrid Tyler, Fraser Health Medical Health Officer.

Prepared by Health and Safety Department. Sep 16th, 2020

Contact Us



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WEBSITE:

<https://www.surreyschools.ca/schools/sunriseridge/Pages/default.aspx>