



# Ripple Rock Elementary

October 2023

**Andrea Ritchie  
Principal**

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## School Hours

**8:30–2:15**

**RECESS**

**9:55-10:10**

**LUNCH**

**12:00-12:30**

**DISMISSAL**

**2:15**

**Ripple Rock  
Elementary School  
2001 Cheviot Road  
Campbell River, BC  
V9H 1R4**

**Tel:(250)850-2035**

Dear Ripple Rock Families,

After a lovely start to the year, fall is in the air again. Our days are beginning to fill with exciting learning opportunities, both in the school and in the surrounding community. September had a number of community building events to remember and celebrate. A trip to Saratoga beach kicked off our year for our grade 4s and 5s stepping into a leadership role. The Ripple Rock community can be proud of its fundraising efforts for the Tour De Rock. Students donated over \$1100 to be split with the Terry Fox Foundation and the Tour De Rock. I know the riders and Rocky the Raccoon loved their visit to our school.


Another huge thank you goes to our PAC executive and members-at-large. They have had their AGM and have a number of plans to enhance learning in our school community. We appreciate the work they do for hot lunches on Wednesdays, in addition to time volunteering at the school in other ways. Thank you again for all you do.

Thank you to the parents who attended our September Open House. The scavenger hunt was a fun way for your child to share his or her school, class and greet this year's teacher. We value the partnerships between parents/ teachers/ support staff and the community.

Here's to a great year of learning.

Sincerely,  
Michelle Nohr  
Andrea Ritchie

# October 2023

Mon	Tue	Wed	Thu	Fri
<b>2</b> No School Truth & Reconciliation Day	<b>3</b>	<b>4</b> Hot lunch Subway Bus safety	<b>5</b>	<b>6</b>
<b>9</b> No School Happy Thanksgiving	<b>10</b>	<b>11</b> Hot lunch Dairy Queen Grade 3 fire safety	<b>12</b>	<b>13</b> Dobler Hogan Roberts to Haig Brown House
<b>16</b>	<b>17</b> Wiese/Cook to Holly Hill Farm	<b>18</b> Hot lunch Boston Pizza Great BC Shake Out Drill	<b>19</b> Weiman/Bello Quinsam River Hatchery Picture Retake Day Kindergarten Hearing	<b>20</b> No School Pro D Day
<b>23</b>	<b>24</b>	<b>25</b> Hot lunch Little Caesars/Sushi Jo	<b>26</b>	<b>27</b> Dobler Hogan Roberts to Quinsam River Hatchery
<b>30</b>	<b>31</b> Happy Halloween			



## DOES YOUR CHILD HAVE A VISION PROBLEM?

Eyes are very important. This guide can help you to determine if your child might have a vision problem.

### **Do your child's eyes look abnormal?**

Eyes that turn in or out, eyelids that droop, or pupils that are different sizes may indicate your child has a vision problem. If there is swelling or crusting of the eyelids or pinkness in the eye itself, your child may have an infection.

### **What is your child saying?**

If your child complains about headaches, sore eyes, blurred vision, words that jump or move around the page when reading or not being able to see the board, your child may have a vision problem.

### **What are you and the teacher noticing?**

If you or the teacher notices your child tilts his/her head, covers one eye, rubs their eyes, frowns when concentrating on objects, has difficulty keeping their place when reading (uses a finger to follow along) or holds printed material in a strange position, your child may have a vision problem.

Other common signs of a vision problem are a lack of interest in activities that require concentrating on an object, lack of interest in reading, and daydreaming in class.

If you notice any of these problems or if there is a family history of vision problems, contact your eye doctor (optometrist). British Columbia's Medical Services Plan provides some coverage for eye exams for children under the age of 18, and the [Healthy Kids Program](#) provides limited funds once in a twelve-month period for prescription eyewear for children 0 – 18 years living in low-income families.

For more information:

- ♦ Your local [Public Health Unit](#)
- ♦ Your local eye doctor (optometrist)
- ♦ [HealthLinkBC](#) or dial 8-1-1 (a free call)



Ava G Ayla C Dallas M Eliana E J Noah B  
Sophia S Jack Phillips Ravi H Jasmine F Riley  
K Stryker C Maven R Mia W Julia E Olivia E  
Larayne W Nolan M Taylen V T George B  
Carver C Ruby H Joseph M Isla B Leo M  
Dane A Collins D T Ember A Connor-Grace J  
Jaxon J Savian Z Eva G





Wow!!! The students have collected \$1100.00 for Tour de Rock and Terry Fox Foundation.

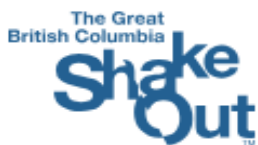


There's an app to help with home-school communication. Search CRSD72 Parent app. You can choose which schools you would like notifications from. It works on phones and tablets! We will be using our website to keep everyone up to date, so it is a great app to have.

Thanksgiving Monday, Oct  
9th—No  
School



As the weather begins to change, please make sure your child is dressed for the weather. We go outside every day! Names in clothing helps us return forgotten items quickly.



October 18th we will be participating in the Great BC Shake Out. We will practice how to “Drop, Cover and Hold On”

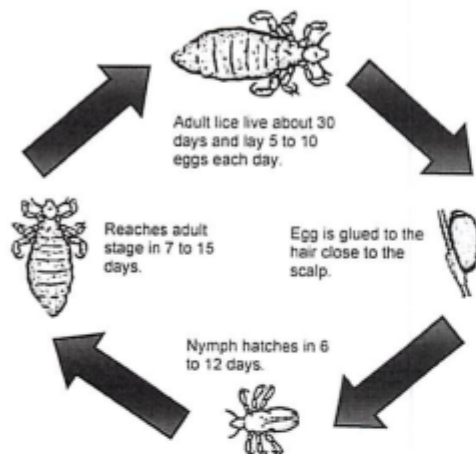


### **PACK IN/ PACK OUT**

We appreciate how so many families are trying to reduce lunch packaging waste. Many classes are doing pack in/ pack out because home recycling allows for more items than school. Thank you for supporting our student-goal to reduce and reuse!

# HOW TO GET RID OF HEAD LICE WET COMBING

## LIFECYCLE OF THE HEAD LOUSE



## HEAD LICE FACTS

- ◆ Lice are tiny insects about the size of a sesame seed.
- ◆ Anyone with hair can get head lice.
- ◆ Lice do not have wings and cannot fly or jump.
- ◆ Lice move quickly in dry hair and this makes them hard to see.
- ◆ Lice do not live long once they are off the head. They only lay eggs close to the scalp.
- ◆ Having head lice does not always make the scalp itchy.
- ◆ Lice commonly move to other heads when heads touch and rarely by sharing hairbrushes and combs.
- ◆ Lice are common where children play or work closely together.

- ◆ Once a lice egg has hatched, the empty eggshell stays stuck to the hair.
- ◆ If you find an eggshell more than half an inch away from the scalp, it is most likely empty.
- ◆ The eggshells are white and look like dandruff but cannot be brushed or blown away.

## WHEN TO CHECK

- ◆ Regularly ONCE A WEEK after shampooing
- ◆ If your child's playmates have head lice
- ◆ When a family member has head lice
- ◆ When a person is scratching his or her head more than usual

## WHAT YOU NEED

- ◆ Shampoo and white-coloured conditioner (low-priced is fine)
- ◆ Wide-tooth comb to untangle hair
- ◆ Towels and paper towels
- ◆ Lice comb - we recommend a narrow comb with fine teeth and slanted tips, such as a "Bug Busting" comb, that makes it easier to remove lice.
- ◆ Lice combs are available at many Public Health Units and pharmacies.

## HOW TO CHECK FOR LICE



1. Wash and rinse hair.
2. Put enough conditioner on the hair to cover the whole scalp (usually about 2 handfuls).
3. Use a wide-toothed comb to get tangles out.
4. Begin combing the head carefully with the lice comb. While you are combing over the head, **keep the teeth of the comb touching the scalp at all times.**
5. Checking can be done with the head forward over the sink, combing from the back of the head to the front, or from a sitting position going from the front of the head to the back.
6. Pull the comb through the hair in one stroke. If the comb tugs, add more conditioner.
7. After each stroke, wipe the comb on a paper towel and look for lice.
8. Make sure to comb the entire head, checking for lice after each stroke.

If you find any lice, move onto the treatment process.

## IF YOU FIND LICE

- ◆ Hats, pillowcases, combs and hairbrushes that have had contact with the head in the previous 2 days could be considered for cleaning in hot soapy water.
- ◆ Clean the supplies that you used for checking for lice in hot soapy water.
- ◆ You **DO NOT** need to spend time cleaning the house.

Use this chart to keep track of the days (shaded areas) that you need to comb and condition.



## TREATMENT (IF YOU FIND LICE)

1. With the conditioner still on, pull the comb through the hair in one stroke from the front to the back of the head. Keep the teeth in contact with the scalp for the entire stroke.
2. After each stroke, rinse the comb in warm water. Check the comb for lice before you pull it through the hair again to make sure you do not put lice back onto the head.
3. Keep combing over the entire head until you find no more lice.
4. Rinse the hair to remove conditioner. Leave the hair wet.
5. Untangle the hair with a wide-tooth comb to take out the knots.
6. Comb the whole head again with a lice comb, rinsing the comb after each stroke to make sure there are no more lice.
7. Keep repeating the steps **every 4 days** for a **full two weeks** to make sure that new lice are removed as the eggs hatch.



8. If lice are found on the fourth combing, add one more combing in 4 days.

**For more information, contact your local Health Unit:**

Campbell River Public Health: 250-850-2110

Comox Valley Public Health: 250-331-8520