

# Sayward School Newsletter



## January 2024 Issue



Welcome back to routine! We hope everyone had a Holiday break full of laughter, good times and reasons to smile.

The students seem to all have come back excited to learn and be close to their friends.

It has been wonderful to see all of their sunshiney faces again!

The goal this month is to get right back into routine. Events for January are planned to a minimum in an effort to help these bright growing minds ease back into learning.



The Chinook eggs have hatched! We now have tiny alevins (sack fry) swimming around in the tank! They are still very tiny, but growing quite nicely.



### Reminders:

- Every student should have a change of clothes in their backpack. With the weather constantly changing and the kids living their best lives, a dry change of clothing is great to have when they need it. Our spare clothing pile is dwindling and nearly run out.
- Please relay any afterschool changes to a staff member! A quick email to the teacher, letting Miss Linda know or Miss Catherine in the office is enough. We need to make sure your precious cargo is arriving at their correct destination as safely as possible.
- Please send your students with snow gear on snowy days.



# Head Lice Awareness

Head lice are wingless, 2 mm to 4 mm long (adult louse), six-legged, insects that live and feed on the scalp of humans. They do not jump or fly. They do not carry or spread disease.

Head lice are not a sign of poor hygiene. A child usually carries fewer than 20 mature head lice, each of which, if untreated, live for 3 to 4 weeks.

Head lice stay close to the scalp for food, warmth, shelter and moisture. Head lice can move quickly on dry hair, so they are difficult to see. The head louse feeds every 3 hours to 6 hours by sucking blood and simultaneously injecting saliva. These bites can sometimes make the scalp itchy.

After mating, the adult female louse can produce 5 to 10 eggs per day for 30 days, each in a shell (a nit) that is “glued” to the hair shaft near the scalp.

The eggs hatch 6 to 13 days later into nymphs that molt several times over the next 7 to 15 days to become adult head lice. The hatched empty eggshells (nits) remain on the hair, but are not a source of re-infestation.

Nymphs and adult head lice can survive for up to 3 days away from the human host.

Head lice are spread by direct head-to-head contact with someone who has head lice, or to a lesser extent by sharing combs, brushes or hats.

## WHEN TO CHECK

### ◆ Regularly **ONCE A WEEK** after shampooing IF YOU FIND LICE

- ◆ 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

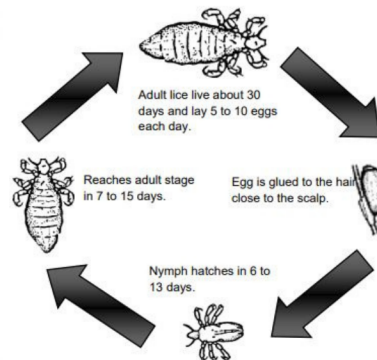
- ◆ Hats, pillowcases, combs and hairbrushes that have had contact with the head in the previous 2 days could be considered for cleaning in hot soapy water.
- ◆ Clean the supplies that you used for checking for lice in hot soapy water.
- ◆ You **DO NOT** need to spend time cleaning the house.

## HOW TO CHECK FOR LICE



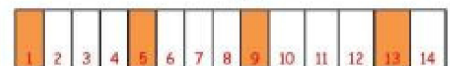
1. Wash and rinse hair.
2. Put enough conditioner on the hair to cover the whole scalp (usually about 2 handfuls).
3. Use a wide-toothed comb to get tangles out.
4. Begin combing the head carefully with the lice comb. While you are combing over the head, keep the teeth of the comb touching the scalp 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.

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.

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

# December highlights!



Festive group activities such as iceberg races and 'live' tree decorating were enjoyed by all

Our School Community Potluck lunch was a huge success! We are so grateful to everyone who made time to come lend a hand, and had such a great time seeing most of our school family all together. Thank you everyone!



Hats off to the incredible job by all of our students at the Concert! From the excited singing to the engaging songs presented in ASL- it was a Concert to remember!



Our last day at school for 2023 was a gloriously sunny day!



## Birthday Corner!

4th~ Raiden!

6th~ Hudson Callegari!

22nd~ Mathew!

26th~ Hennessey!

26th~ Jolene!

31st~ Rhys!

## **PAC meeting Schedule 2023-2024**

January 23 @ 5pm

February 15 @ 2:45pm

March 14 @ 2:45pm

April 18 @ 5pm

May 16 @ 2:45pm

June 13 @ 5pm AGM

All meetings to be held in the  
school library

Join the PAC group on Facebook  
@saywardschoolpac



## **PAC info!**

Volunteers are always welcome! Come to a meeting or join the group page on Facebook to see what and where you can help!

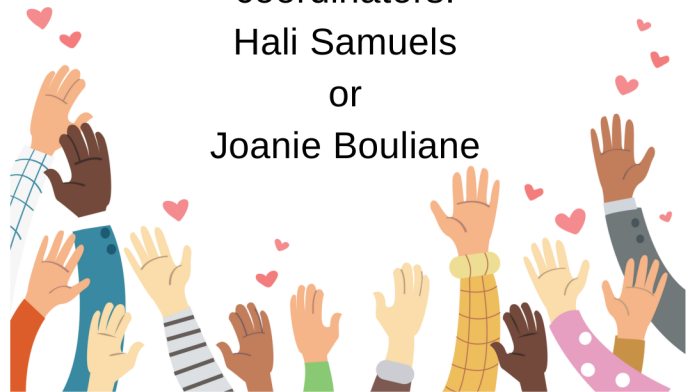
Hot lunch volunteers are ALWAYS welcome and encouraged! Please reach out to one of our incredible hot lunch coordinators:

coordinators:

Hali Samuels

or

Joanie Bouliane



## **Hot lunch schedule**

Jan 18~ Hot dogs and veggies + milk

Jan 25~ Chicken Caesar Wraps

Feb 1~ Pizza with veggies and dip

Feb 8~ Spaghetti with sliced veggies and  
garlic toast

Feb 15~ Chicken nuggets, fries and fruit  
salad

Feb 22~ Quesadillas and Caesar salad

***Menu items are subject to change  
based on availability.***

## January 2024 Principal's Corner



Happy New Year to all our Sayward School families!

We hope that you were able to have some rest and fun over the break. I was impressed with the way most students were able to ease back into the school routines and have settled into the school year with renewed enthusiasm.

We are all excited to have the Chinook Salmon eggs hatched over the break and they are swimming around the tank and looking healthy. Thanks again to Scott for helping to ensure they continue to thrive.

Staffing Updates – As many of you know, our grade 4/5/6 teacher has been away, and he will continue to be away for an undetermined amount of time, which has prompted the district to put out a posting for a temporary teacher so that we have consistency for the students. We hope to have someone hired by the end of the month.

On that note, please remind your children that any adult who comes into our school to work with students is doing it because they have a love of education and for the well-being of students and other staff members. With the increase in expectations at our school to create a safe and welcoming environment, there will be consequences for those who are not rising to this expectation. We always begin in the classroom with individual conversations to remind students of our desire to have a culture of belonging and safety. There are also often whole-class lessons regarding kindness and positive relationships. When these strategies are not enough or a student displays unsafe or aggressive behaviour, then the discipline cycle begins. Such behaviour could result in students being removed from class, given alternate work and/or workspaces, and in some cases, they may be sent home. While this may seem extreme to some, we feel it needs to be clear that respectful behaviour is paramount, and our staff are doing a wonderful job in modelling this for our students.

Most students are rising to the conviction of creating a school of belonging and a place where we all can feel pride to be a part of.

As always, please feel free to pop if you have any questions, concerns, or an idea for our school. I am also available by email if that works better for you;

[Christine.middleton@sd72.bc.ca](mailto:Christine.middleton@sd72.bc.ca)

