



Sayward School News

May 2024

Here we are! Just two short months from Summer Break. Time is going to fly by. Our school has been gifted some runner duck eggs from Winter Wren Farm. The eggs are in the incubator now. We expect them to be ready and hatching by the beginning of June. The ducks will be going to their forever home soon after hatching.

Earlier this week our intermediate class took part in a live streaming of a presentation on internet safety. It was presented by The White Hatter, a digital literacy and internet safety education specialist company facilitating workshops and providing presentations on technology safety and privacy subjects. We encourage everyone find them online at: <https://thewhitehatter.ca/online-parenting-book/> to see what they are all about.

Here is a quick tally of events this month to mark on your calendar:

6th- Pro D day- **NO Classes**

10th- Bake Sale! 1230-2pm inside courtyard of school, lunch items will be available

14th- Generosity assembly, followed by a fire drill

16th- PAC meeting in the library(come see what we have planned for Spring Fair!)

20th- **NO School**, Victoria Day

24th- Spring Fair! 4-7pm, behind the school

27th- Welcome to Kindergarten 1-2pm

29th- Camp Bob! 930am-330pm Bus will leave the school first thing and reverse drop off on route home late afternoon, more info will come home about this field trip a little closer to the date.



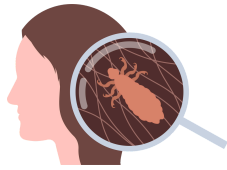
Great News!

Our bulk buy school supply for the upcoming school year will be discounted!

Our 2024-2025 Sayward School individual student supply price is \$25!

Cash, cheque and E-transfers can be sent in to cover your students beginning now.

E-transfers can be sent to: sayward@sd72.bc.ca Please add in the comments section the name of the student whose school supplies you are paying for.



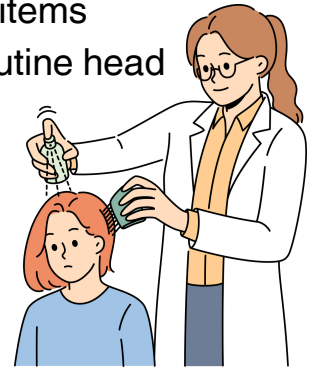
Head Lice Awareness

Head lice are common. Although they are a bother, head lice are not a health risk.

They can spread quickly by close head to head contact and sharing of hats and clothing. An adult head louse can live for approximately 24-48 hours when separated from its host. There may be few or no symptoms of someone who has head lice, but itching may occur.

You can help by:

- checking your child's head with the wet combing method of detection weekly through the year. (pamphlet available online and from the school)
- encouraging your child to wear their hair tied back.
- treating if/when you notice live lice on your child's head/items
- reminding family and friends about the importance of routine head checks, using the wet combing method.



SPRING INTO SPRING

Are your children getting 60 minutes of physical activity a day? Spring is a great time to think about walking or wheeling to school. What a wonderful way to enjoy the smells and sights of spring!

- Active travel to and from school helps children and youth meet the goal of at least 60 minutes per day of moderate to vigorous physical activity. It also helps build life-long healthy habits.
- It's a great time to think about forming new habits. Only 9% of Canadian kids aged 5 to 17 get the 60 minutes of heart-pumping activity they need each day (2016 ParticipACTION Report Card).
- Talk with parents about getting kids walking and cycling together.
- For younger children, physical literacy skills such as balancing, hopping and jumping can be developed on the walk to school.



BEWARE OF BATS!

About 10% of bats in British Columbia are infected with Rabies. Rabies is a virus that is spread to humans from sick bats through bites, scratches, saliva or touching. Rabies is a serious disease and will cause death if not treated quickly.



To prevent Rabies:

- Vaccinate your pet dogs or cats.
- Do not touch bats... ever.
- If you are bitten or scratched by a bat, wash the wound well with soap and water.
- If you find a bat in your house, leave the room right away. Call the Communicable Disease Program or HealthLinkBC at 8-1-1 (a free call).
- If you have any contact with a bat, including situations when a bat is in the room and you cannot exclude any possible bite, scratch or mucous membrane exposure (e.g. in a room with a bat, sleeping in a room/tent with a bat), immediately call the Island Health Communicable Disease Program, or go to the nearest hospital for a Rabies vaccination



PROTECTING YOUR CHILD'S HEARING



Some hearing facts...

- Children have more trouble hearing in noisy environments than adults! This is because their nervous systems are not mature. Children learn best in quiet, both at home and school.
- Noise or loud music can hurt your child's ears! Firecrackers are really dangerous – they can cause sudden permanent damage. Power tools, lawnmowers and even loud music can damage the delicate inner ear. When your child is around loud noises, protect them with earplugs or earmuffs or better still, avoid the noise.
- Do you have concerns about your child's hearing? Contact a Public Health Unit Hearing Clinic to arrange a hearing test for your child



KEEPING ACTIVE CHILDREN HYDRATED



When children are playing and active they may need to be encouraged to drink fluids to quench thirst and stay hydrated. **Water is the best choice.** Other choices: **refrigerated milk, fortified soy,**

almond or rice beverages, and 100% vegetable and/or fruit juices.* *Limit 100% pure vegetable or fruit juice to ½ cup (125 mL) per day.

To meet daily calcium and vitamin D requirements to help build strong bones and teeth, low fat milk (skim, 1%, 2%) or fortified soy beverages are recommended in the following amounts:

- 2 to 8 years = 2 cups (500 mL) daily
- 9 to 18 years = at least 2 cups (500 mL) daily

Avoid beverages like pop, iced tea, sports drinks, diet beverages, fruit punches, “drinks” and “ades” (e.g. lemonade).

Avoid caffeinated beverages, such as tea, coffee, pop and energy drinks.

More on sports drinks: Sports drinks have added flavour, carbohydrate – mostly as sugar – and electrolytes, like sodium and potassium. None of these “extras” are required unless activity is vigorous and lasting longer than 1 hour. A meal or snack + water to drink will provide carbohydrate and electrolytes similar to a sports drink, without the extra sugar. Try providing “watery” foods like watermelon, oranges, cucumber or smoothies after activity, especially if your child finds it difficult to drink plain water



Hold and Secure and Lockdown Information for Parents

School District 72 has developed many policies and procedures to provide a meaningful, safe, and caring environment for staff and students. Two of the procedures are (a) Hold and Secure and (b) Lockdown. It's important to know the difference between the two procedures to avoid confusion and undue anxiety.

Practicing Lockdown Procedures

Like fire drills, we must be well prepared in the event of an actual emergency. Lockdowns are practiced at all schools to ensure staff and students know what to do to ensure their safety in the case of an actual event. Teachers help students to understand how to behave calmly and quietly when requested by the teacher to do so. For the duration of a Lockdown practice, a notice will be placed on the front door of the school to let visitors know that a practice is occurring. During this time (approximately 5 – 10 minutes), no one will be permitted to enter or exit the building until the practice has ended.

Understanding :

A) Hold and Secure - A Hold and Secure may occur if a serious situation is taking place in the community and can be unrelated to the school. A school-based administrator or the local RCMP may initiate a hold and secure notification. During a Hold and Secure situation, it is “business as usual” within the school, except all outdoor activities move indoors. We ensure students and staff do not leave the building (Hold) and all doors are locked (Secure) and monitored by staff to prevent entry by unknown persons. Once the situation is resolved, police will notify the principal and the Hold and Secure will be lifted.

B) Lockdown - A Lockdown is a very serious and rare event. Lockdowns are a response to immediate physical danger or a credible threat of physical danger such as a threat with a weapon, in the school or on school property. During a Lockdown event, all staff and students quickly move to a pre-determined secure safe zone away from hallways and other public areas. Police will attend and assume control of the situation. All schools have Lockdown Plans and perform Lockdown Drills to ensure all staff and students know what to do.

Parent Communication: In the Event of an Actual Hold and Secure or Lockdown Situation If there is an actual event taking place, parents will be contacted via email as soon as it is possible to do so, to inform them of the situation as outlined below (or something similar).

Hold and Secure Message: Parents and guardians, we are currently in a hold and secure due to an issue in the community. Classes will continue as normal, and the doors to the building are locked. No one will be permitted to enter or exit the building at this time. We will inform you when the hold and secure is lifted and share any pertinent information at that time if it is available to us.

Lockdown Message: Parents and guardians, we are currently in a lockdown situation. We will notify you when the lockdown is lifted. *Once it has been deemed safe to do so, the Hold and Secure or Lockdown will be lifted, and parents will be contacted again to indicate that the situation has been resolved. If there are any pertinent details to be shared, we will inform the community at our earliest opportunity to do so.

If you have any questions about these procedures, please feel free to contact us.

Thank you for your assistance and cooperation in maintaining safe practices for all our staff, and students.

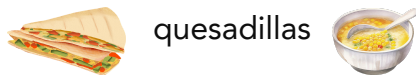
Sincerely,
Christine Middleton,
Principal, Sayward Elementary School

Birthday Corner!

Miss Audrey ~ 1st
Madison ~ 4th
Duncan ~ 7th
Connor ~ 12th
Ava ~ 19th
Diarmid ~ 27th
Aubrey ~ 29th
Miss Trish ~ 31st

Hot Lunch Schedule

2nd- corn chowder and cheese



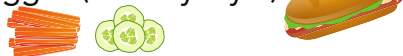
9th- mac and cheese with garlic



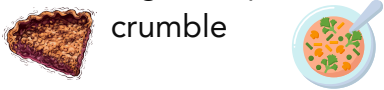
16th- hot dogs and fries



23rd- cold cut sandwiches and
veggies(subway style)



30th- hamburger soup and fruit
crumble



Annual General Meeting!

June 13 5pm, School library



Please come join us as we elect and vote our new PAC executive table for the 2024-2025 school year! Our PAC is busy all year doing things that better our school community for our students. We welcome and encourage all parents and guardians of Sayward School students to bring their voice to the table.

Positions that will be voted on (and some of their expected tasks):

President- prepares agendas for monthly meetings, appoints committees as necessary, delegates tasks, official spokesperson for PAC.

Vice President- assumes responsibility of president in absence of president, shall accept extra duties as required.

Treasurer- responsible for and reports on accounts of PAC, signing officer #1, prepare and present annual financial report at AGM, with support of executive team plans tentative budget for fiscal year, protects PAC finances.

Secretary- records all meeting minutes, distributes minutes within 2 weeks of each meeting, holds up to date copy of Constitution and Bylaws, issues and receives communications for PAC, safely keeps all records, reads previous minutes at current meeting when requested.

PAC meeting schedule

May 16 @ 2:45pm

June 13 @ 5pm AGM

All meetings to be held in the school
library

Join the PAC group on Facebook
@saywardschoolpac



May 2024 Principal's Corner

Thank you to all of those families who were able to make it to the Student-Led Conferences on April 25th. We had many excited students showing their families the wonderful academic and artistic projects around the school and in their classes. Their pride shone through!

This month we are having an assembly on **May 14th at 1:50 pm to celebrate "Generosity"**. The 2/3 class will lead this assembly with the support of Sandy Stephens, (our LST and Indigenous Support Teacher). Please feel free to join us even if your child isn't receiving a certificate this time, we would love to see you! Please be warned that we will be having a Fire Drill directly after the assembly which students will have been made aware of.

Speaking of drills, we will also be having our required Lockdown Drill on the afternoon of May 23 in partnership with the local RCMP. We will be doing explicit teaching and preparation before this date to ensure students understand the drill, and why we have them, so that they are fully prepared for it. Please refer to the "Drills" section of this newsletter for more information about the process.

We have many other fun and interesting activities coming up over the next two months. Please refer to this newsletter for more information as well as watch for postings on our social media sites, and emails.

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

