



École Willow Point Elementary

250 Larwood Road, Campbell River, BC V9W 1S4

Tel: (250) 923-4311

Fax: (250) 923-4157

Website: <http://www.sd72.bc.ca/willowpoint/>



Dear Parents and Guardians,

We hope that you enjoyed a quiet, restful, and white Christmas. We wish you the best for 2022.

This past week, teachers and EAs have been busy preparing for the return of students. We are happy to welcome them back and hope to resume our normal routine. As you know, we are expecting staff absences and will have to adjust to each situation as best as we can.

Safety Protocols We continue to follow and update the safety protocols as mandated by Public Health: hand hygiene, wearing masks, and physical distancing.

We are grateful that you continue to support our sanitary measures by providing your child with a mask every day. Please continue to do the daily health check using the app on our district website and please do not send your child to school if he/she is sick.

Staffing Update: Mme Michelle Quadri is joining our team and be working on Fridays in Mme Mona's class in replacement of Maretta den Ouden.

Gayle Woloshyn will be our Speech and Language Pathologist in replacement of Tia Stevens, and Sherry Laffling will be our new School Counsellor in replacement of Tim Hicken.

January Focus We are continuing to focus on literacy and will screen our students in English and French using the same English screener we did in September. A team led by Rachel Black adapted the French screener to reflect better the reality of French immersion. January will also be a month of assessment as teachers are preparing a mid-year report card for the month of February.

We are looking forward to a safe and productive second term.

Sincerely,

Louise Guèvremont & Rachel Black

HAPPY★NEW★YEAR



École Willow Point Elementary

Ecole Willow Point is Getting a New Website!

After 10 years, our school and the school district will be getting new websites. The new sites will go live on Wednesday, January 19 at 8:00 a.m.

As part of this change, our school website address has also been shortened. **Our new school website address will now be www.sd72.bc.ca/willowpoint** Please be sure to update any bookmarks you have to our school website.

To switch the websites over, **the current website will be unavailable from 8:00 p.m. on January 18 until 8:00 a.m. on January 19** when the new site comes online.

While the website is down, any important notices will be posted on the district's social media accounts. If you don't already follow the district, you may wish to start following @CRSD72 on either Twitter or Facebook.

With more parents connecting through mobile devices, we are modernizing our websites to make them mobile-friendly; sites will now resize automatically for mobile phones and tablets, without losing site functionality.

These new websites are also the first step towards us being able to launch a parent mobile app that will continue to improve how we communicate with families.

WEBSITE

CROSS CATCHMENT TRANSFER

Applications for Cross Catchment transfers are due for consideration by February 11th. Please note that students must be registered in their area school before applying for a Cross Catchment Transfer. The forms can be found on the District website. This also applies if your child will be going into the English Program at Phoenix or Southgate rather than French.

French Immersion Transfer

If you are considering a transfer of program for your child (i.e. from French Immersion into English), please review our French Immersion exit protocol . You need to request a meeting with us prior to registering your child in another school. Do not hesitate to ask if you have any questions. The deadline for this is also February 11th.

Exit Protocol link: <https://www.sd72.bc.ca/Programs/FrenchImmersion/>

Kindergarten Registration 2022/2023

Kindergarten registration will take place January 31st - February 4th

Please pass this on to anyone you know with a Kindergarten age child. You will need a Birth Certificate, Care Card and proof of address.



Warm Clothing

With Winter in full swing, we would like to ask that you ensure your child is dressed appropriately for the unpredictable Campbell River weather. It is very important to keep little hands, feet, and heads warm. If your child tends to get wet outside, please consider packing an extra set of clothing in their backpack. We will send the students out in all weather at recess and lunch unless extremely bad.



PAC NEWS AND DATES TO NOTE

January 17th, PAC meeting , 6:00 pm—via Zoom

KNIGHTS OF COLUMBUS

We had another very successful Hamper Fund campaign. Our food donations filled the back of a pickup truck and we also received \$401.00 in cash donations to hand over to the Knights of Columbus. Thank you so much to everyone for the generous donations.

ABSENCES

If your child will be absent from school, please call the attendance line @ 923-4311 and leave a message. Please be sure to leave the REASON for the absence. We need to track all sickness absences so this is very important information.

HEAD LICE AWARENESS

Head lice are common in BC communities. Although they are a bother, **head lice are not a health risk.**

Head lice spread quickly by close, head-to-head contact. Lice cannot live on furniture or carpet, and they cannot jump or fly. There may be few or no symptoms, but itching may occur.

You can help by:

- Checking your child's head with the wet combing method of detection once a week throughout the year.

- Review the pamphlet *How to Get Ride of Head Lice Wet Combing*, available online, at your school and [Public Health Unit](#).

- Encouraging your child to wear their hair tied back.

- Treating if you notice live lice on your child's head.

- Reminding family and friends about the importance of routine head checks, using the wet combing method.



ELECTRONIC CIGARETTES (E-CIGARETTES)

What are e-cigarettes?

E-cigarettes are popular “high tech” devices on sale at many convenience stores and stand-alone e-cigarette retailers. They are sometimes marketed as a safe alternative to smoking and the advertising is aimed at hooking youth.

E-cigarettes can look like pipes, pens, USB memory sticks or regular cigarettes, and are made up of a battery, cartridge and a heating element. E-cigarette liquid often has nicotine even though it is not legal to sell nicotine-containing fluid in Canada. The fluid comes in many attractive flavours, such as chocolate mint, strawberry, grape and watermelon. This is another method of attracting youth to try the product.

E-cigarettes send off a vapour, and the mist is inhaled into your lungs, much like a traditional cigarette.

Are they safe?

People who use them (or “vape”) are very excited about this product, yet there is a lot that we do not know about them, and they are not proven to be safe. For example, e-cigarettes:

- Can send out unknown and possibly harmful substances, some of which may cause cancer, are poisonous and have caused fires.

- May have nicotine and be addictive.

- Are not proven to help people quit smoking and may lead you to actually take it up!

- Are not approved by Health Canada to help you quit.

- Are another way that Big Tobacco wants to hook you and make money.

Island Health Tobacco Prevention does not support using electronic cigarettes:

- By young people.

- As a way to quit smoking.



THE MANY ACTIVE WAYS FOR YOUR CHILD TO GET TO SCHOOL

Island Health recognizes the importance of daily physical activity. Are your children getting 60 minutes of physical activity a day?

"Together, we can make active travel, like walking, cycling, or taking transit, part of our school routine - for the good of our physical and mental health and our communities."

~ Dr. Murray Fyfe, Medical Health Officer, Island Health

Walking or wheeling all the way to school or every day may not be possible for your family, but there are alternatives that you may not have considered. If you want to make the journey to school more active and get your kids into the lifelong habit of active travel, consider these options:

Walking or wheeling (bicycle, skateboard, scooter, wheelchair) part way to school or one day a week for Freedom Friday or Walking Wednesday.

Taking the school bus or public transit for all or part of the way.

Ever heard of "Drive to Five"? A Drive to Five Zone is an area where parking is less congested but only a five-minute safe and comfortable walk from the school, so that kids can still stretch their legs (and their brains) with a five-minute walk.

Ever heard of a "Walking School Bus"? Same idea as a school bus, but with walking. A group of students walk with adult chaperones along a designated route to school. Many schools have a walking school bus organized by parents. Get one going at your school!

Ever heard of a "Bicycle Train"? Same idea as the Walking School Bus, but on wheels. It consists of a group of children with at least one Bicycle Train adult leader, cycling to school together along a designated route.

MOVE MORE, SIT LESS!

UNDERSTANDING THE

PHYSICAL ACTIVITY RECOMMENDATIONS



Bodies are made to move and children and youth need to be moving more. How much more? At least 60 minutes every day!

What types of activity?

Heart-pumping aerobic activity like running, basketball, soccer and biking at least 3 days each week

Strengthening activities 3 days a week like climbing and swinging at the playground, push-ups, running, and jumping rope

Moving in all different ways helps children develop physical literacy AND a love of movement.

"Kids who use active transportation to get to and from school can accumulate up to 45 more minutes daily of moderate- to vigorous-intensity physical activity compared to kids who get to school via car, train or bus."

([2013 Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth](#))

Parents who are active tend to have children who enjoy being active.

Adults need at least 30 minutes of physical activity most days of the week. If you and your family are not meeting the recommendations, begin slowly and gradually increase the amount of time you spend being active. Find a few fun activities that the whole family can do together. If you need ideas, check your local recreation centre.

For more information:

Your local [Public Health Unit 24-Hour Movement Guidelines for Children and Youth](#)

[Public Health Agency of Canada ParticipACTION](#) [HealthLinkBC](#) and [Physical Activity Services](#) or dial 8-1-1 (a free call)



HEALTHY RELATIONSHIP WITH FOOD

Want your child to feel good about themselves, enjoy eating healthy foods and have a healthy body weight? Help them develop a healthy relationship with food.

A healthy relationship with food means trusting children to know how much they need to eat in order to grow the way nature intended.

Ways to help your child develop a healthy relationship with food:

Serve meals and snacks at about the same time each day so children know what to expect.

Offer a variety of healthy foods. Offer your child the same foods as the rest of the family.

Let your child decide how much to eat from the foods offered. Offer him small portions and provide more if he is still hungry.

Trust your child to know how much to eat. If your child refuses to eat, remove uneaten food without comment. A skipped meal will not harm a healthy child.

Never force or bribe your child to eat.

Do not withhold food as punishment or offer it as a reward.

Healthy foods served in a relaxed family atmosphere are the best way to help children develop a healthy relationship with food:

Sit down and eat with your child

Turn off the TV, cell phones and other devices

Keep family meals positive and supportive

Enjoy food together

For more information:

Your local [Public Health Unit](#)

[HealthLinkBC and Dietitian Services](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)

[Healthy Families BC](#)

[Better Together BC](#)

www.ellynsatter.com

[Canada's Food Guide](#)

Bonne Fête!

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January Birthdays

Ivy 02

Leah 08

Silas 10

Lucas 12

Greyson M 15

Ben P 16

Evie 18

Katarina 19

Ronin/Troy 21

Brechin 24

Roman 26

Bianca 26

Elijah 27

Mason 08

Finn 10

Thomas B 12

Ari 13

Rowan 18

Stella B 19

Caeden 19

Brant 22

Ellie 24

Monroe 26


Natalia 27

Declan 30





January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Hot Lunch	15
16	17 PAC Meeting 6:00 pm	18	19	20	21 Hot Lunch	22
23	24	25 Pizza Lunch 	26	27	28 Hot Lunch	29
30	31					
KINDERGARTEN REGISTRATION JANUARY 31 st – FEB 4th, 2022						