

# Penfield April 2022 Newsletter

Dear Parents and Guardians,

Welcome back! I hope you had a great holiday and you and your children had a chance to relax and recharge for the home stretch! Please join us in welcoming Allison McKinnon back to Penfield who will be replacing Mrs. Luoma. We wish Mrs. Luoma all the best and thank her for her service to our Penfield community. We are looking forward to ending this year on a very positive note for everyone and continue to be grateful to be here at Penfield.

This is the point in the year where we continue to look towards next year and our student enrolment becomes very important. If moving away is a possibility in your future, please let us know. Similarly, if you are aware of new families moving into our area, or families with kindergarten age children who haven't registered yet, please ask them to give the school a call. The more accurate our count is, the more efficient we can be with our organizational tasks and best prepare for next September.

We have greatly appreciated your commitment to supporting our school with the additional Health and Safety Protocols implemented over the last 2 years. It has been encouraging to see so many students embrace what has been the most challenging of situations and we are now hopeful we are nearing the end of the pandemic.

Here are important updates for you:

#### Mask Mandate:

- A reminder that the mask mandate has been rescinded effective Monday, March 28, 2022. This applies to staff, students, and visitors.
- Please note - there may be some staff and students who will still choose to continue to wear a mask. The school will continue to provide disposable masks to those who wish to wear them but we request that if at all possible, individuals provide their own masks.
- We will ensure those who choose to wear a mask as well as those who do not, will be treated with dignity and respect.

#### Health & Safety Protocols:

- All other previously implemented protocols are still in place. This includes:
  - ◊Using hand sanitizers
  - ◊Practicing physical distancing
  - ◊Doing the daily health check and staying home if unwell

In addition, please take time to complete the daily health check with your child (which is attached to this newsletter) everyday and if your child is sick, please keep them home and get them tested if required. Your cooperation with this is greatly appreciated.

Please take time to look at the school calendar attached to this newsletter to keep up with the many activities going on.

Warm Regards,

Hendrick Horsthuis and Kelly Gage



#### Penfield Teaching Staff

DIV01	Kelly Gage/Rachelle Etheridge
DIV02	Allison McKinnon
DIV03	Julie Panziera
DIV04	Geoff Johnson
DIV05	Marlo Romagnoli
DIV06	Chelsea Badger/Sarah Zumkeller
DIV07	Danica Farrell
DIV08	Candace Nixon/Sarah Zumkeller
DIV09	Jen Sheiles
DIV10	Jody Tavares
DIV11	Juliet Stewart
DIV12	Jenny Allan
DIV13	Cindy Brown
Prep	Ryan Haines
Music	Lesley How
Library	Jan Peachey

#### Penfield Support Staff

Cathy Harms - EA
Gayle Hartling - EA
Candice Masson - EA
Marcina Rodrigues - EA
Shelia Smith - EA
Karen Somerville - EA
Juli Winstanley - EA
Joanne Conall - Custodial
Alanna Stewart - Library Clerk
Tammy Lefebvre - Student Supervisor
Chaundelle Roth - Student Supervisor

#### Office Staff/Administration

Hendrick Horsthuis - Principal
Kelly Gage - Vice Principal
Kristi Munro - Admin Assistant



# HAPPY BIRTHDAY

To the following Penfield students who have April birthdays

Ezra J	Ruari E	Kace O	Keira S	Rylan VG
Lorelai C	Grady H	Hans S	Benjamin S	Sophie M
Gavin P	Elijah T	Quincy C	Kaleb F	Donovan H
Katija I	Jaeden W	Alivia B	Everlea J	Ivy W
Ayak D	Sophie E	Aliyah DM	Macavoy S	Kalli C

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## ***PENFIELD PAC NEWS***

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### **Next Virtual PAC Meeting**

Tuesday, April 12th at 5:30pm. The meeting link will be posted in the Penfield PAC Facebook Group. You can email [penfieldpac@gmail.com](mailto:penfieldpac@gmail.com) for further information

### **Purdy's Chocolate Fundraiser**

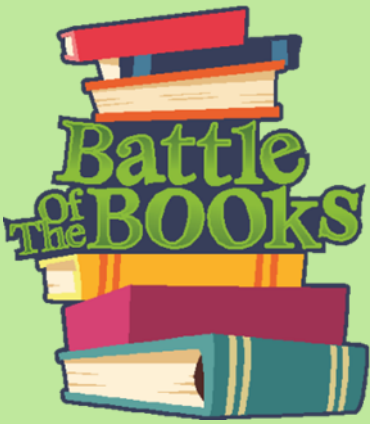
The PAC has advised that over \$1,000.00 was raised through the Purdy's Chocolate fundraiser. We thank you for all your support. These funds have a huge positive impact on the students and the school. A big thanks to our PAC for organizing the campaign and for continuously providing for our students.

HOORAY!

# LIBRARY NEWS

## BATTLE OF THE BOOKS

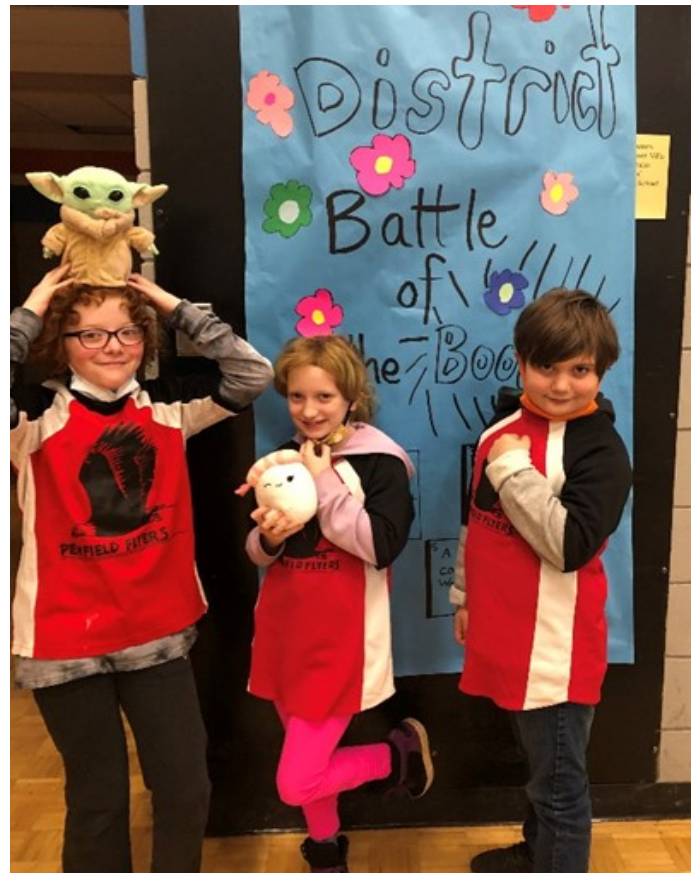
BIG congratulations to two of our Penfield teams for making it to the District Battle of the Books competition.



WE ARE VERY PROUD OF YOU



Jase, Mac, Jaxon: "The Bats"  
GRADE 3 ZONE WINNERS



Gena, Halen, Keith: "The Wild Readers"  
GRADE 4 ZONE WINNERS

# 100's Day Celebrations



# CELEBRATING PENFIELD ART





Penfield Educational Assistants

OUR "DREAM TEAM"

YOU CAN'T SPELL TEAM WITHOUT  
"EA"





# April 2022

Mon

Tue

Wed

Thurs

Fri

				1
4 <i>Virtual Southgate presentation for grade 5's</i>	5	6	7	8
11	12	13	14	15 <b>Good Friday Schools Closed</b>
18 <b>Easter Monday Schools Closed</b>	19	20	21	22
25	26	27	28	29



**Upcoming Events:**  
May 8 - Mother's Day  
May 23 - Victoria Day, Schools closed

## Daily Health Check and What to Do When Sick

### Daily Health Check

Everyone going into to school must complete a daily health check, including staff, visitors, and students. A daily health check means checking yourself or your child for new symptoms of illness, including symptoms of COVID-19.

Symptoms of illness (including COVID-19) include things like:

- Fever or chills
- Difficulty breathing
- Runny nose
- Headache
- Diarrhea
- Cough
- Sore throat
- Sneezing
- Body aches
- Loss of sense of smell or taste
- Loss of appetite
- Extreme fatigue or tiredness
- Nausea or vomiting

**If you are sick or feel unwell, stay at home. This is important to stop the spread of illness, including COVID-19, in schools.**

You can attend school if:

- Your symptoms are consistent with a previously diagnosed health condition (e.g., seasonal allergies), OR
- You have existing symptoms that have improved to where you feel well enough to return to regular activities,

AND you are not required to self-isolate, or your self-isolation period is over (based on a positive COVID-19 test result, if taken).

### What to Do When Sick

**If you have mild symptoms of COVID-19**, you usually don't need a test. Mild symptoms are symptoms that can be managed at home. Most people don't need testing for COVID-19.

Stay home and away from others (as much as possible) until you feel well enough to return to your regular activities and you no longer have a fever. You should also avoid non-essential visits to higher risk settings such as long term care facilities and gatherings, for another 5 days after ending isolation.

If you have a Rapid Antigen Test at home, use it when you have symptoms. How long you should stay home depends on your test result. Find out more about [Rapid Antigen Test results](#).

**If you do not have symptoms of COVID-19**, you do not need a test.

**If you are unsure about your symptoms**, you can use the [Self-Assessment Tool](#), contact your health care provider or call 8-1-1.

Testing may be recommended for some people who may be more likely to get severe disease. See BCCDC for information on [who testing is recommended for](#).



## What to Do if Someone in Your Household is Sick

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19.

Try to stay apart from the person in your household who is sick as much as possible.

Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you develop symptoms of illness or feel unwell.

## If You Test Positive for COVID-19

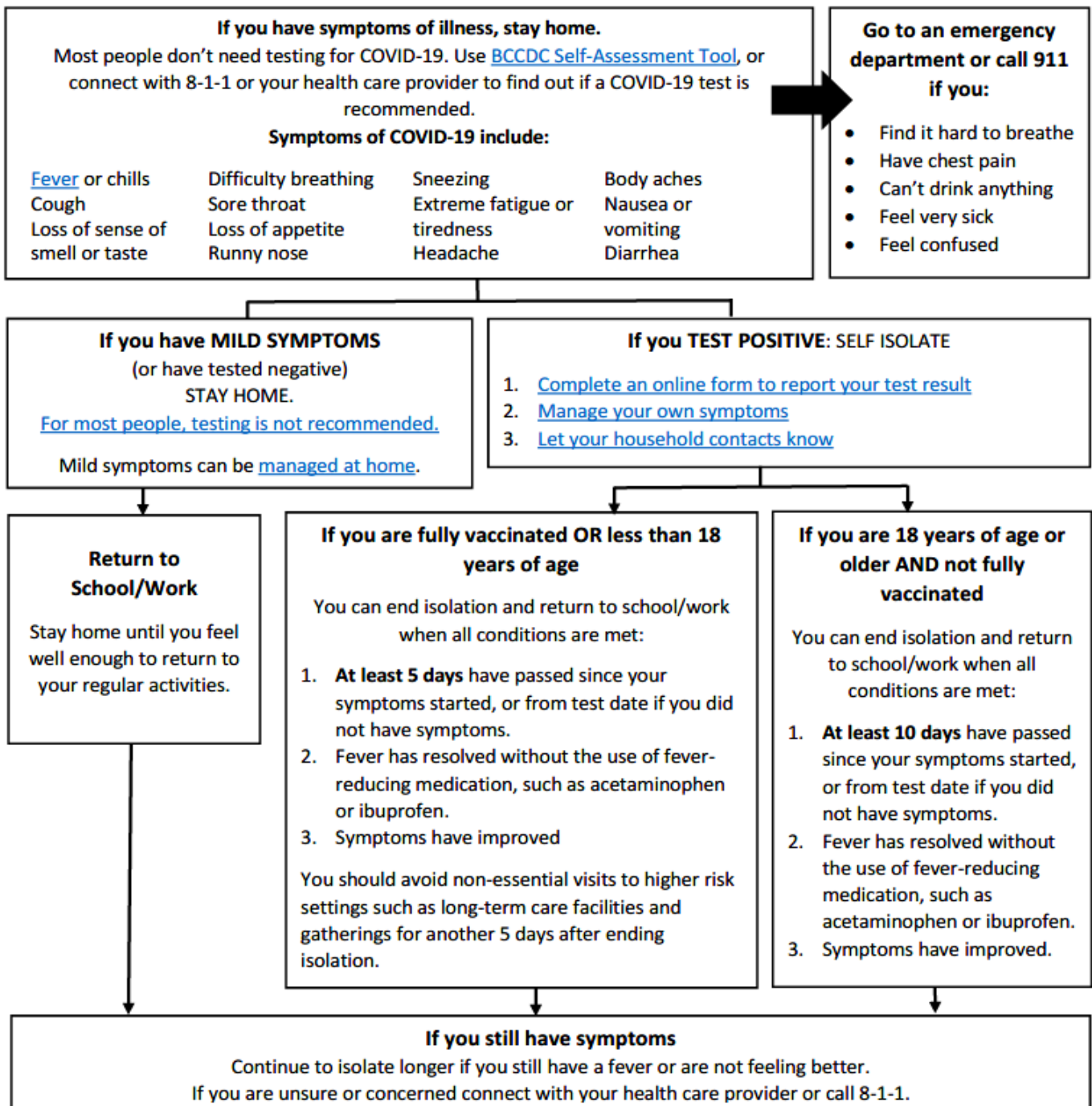
Your age and vaccination status determine how long you should self-isolate for if you test positive for COVID-19.

Age	Vaccination Status	Guidance
Under 18 years of age	Unvaccinated, partially vaccinated or fully vaccinated	Self-isolate at home for 5 days AND until your symptoms improve and you no longer have a fever. Avoid non-essential visits to higher risk settings like long-term care facilities and gatherings for another 5 days after ending isolation.
18 years of age or older	Fully vaccinated	
	NOT fully vaccinated	Self-isolate at home for 10 days AND until your symptoms improve and you no longer have a fever.

Close contacts, who are usually others in your household, do not need to self-isolate (regardless of vaccination status), but should closely self-monitor for symptoms. BCCDC has more information for [close contacts](#).

**If you find it hard to breathe, have chest pain, can't drink anything, feel very sick, and/or feel confused, contact your health care provider right away or go to your local emergency department or call 9-1-1.**

## Summary: What to Do When Sick



### What to do if someone is sick in your household:

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19. Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you feel unwell. The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at:

[Getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca)

## THE ROUTE TO SCHOOL SHOULD ALWAYS START WITH SAFETY

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*

Active travel to school has many benefits including the development of physical literacy. It's a great way for family and friends to connect meaningfully during travel time, and to form new habits of becoming active and spending more time outdoors. It's also a great time to teach your children an important skill that we often take for granted... **road sense**. Remember to teach age-appropriate rules of the road.

Here are a few tips to make sure the commute to school is safe:

- ◆ *Look.* Ask your children to make eye contact with drivers before crossing the street, and reinforce the importance of looking in both directions before crossing the street.
- ◆ *Listen.* Put away electronics, and remind your children to be alert, especially when crossing streets.
- ◆ *Be seen.* Wear bright clothes and reflective gear, especially at night and in poor weather.

Parents can map-out safe routes to school. Contact your children's school, as there may already be a list or map of popular routes. For parents who are concerned about their children walking alone, connect with neighbours or classmates – there is always safety in numbers.

Less children being driven to school = less traffic and safer roads. It's a WIN WIN.

For more ideas and information:

Your local [Public Health Unit](#)

[Bicycle Safety](#) (CAA)

[Road safety for your kids](#) (ICBC)

[Active School Travel Planning](#) (CRD)



## WHAT ARE THE ELEMENTS OF PHYSICAL LITERACY?

Physical literacy is when kids have developed the skills, confidence, and love of movement to be physically active for life.

What are the elements of physical literacy?

- *Motivation and Confidence:* A person, who enjoys, is keen and feels confident to make physical activity an important part of life. For example, a child who wants to join the school soccer team.
- *Physical Competence:* A person who can learn the movement skills and patterns, and the ability to have different movement intensity and duration. For example, a child needs to learn how to catch before they can enjoy playing softball.
- *Knowledge and Understanding:* A person who knows and can describe the important qualities that affect movement, the health benefits and the safety features of being physically active in many settings and environments. For example, a child who learns how to swim safely at the local river.
- *Engagement in Physical Activities for Life:* A person who takes responsibility to be active on a regular basis and makes it a priority in their life. For example, children who walk to school.

*"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*

*"Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life."*

*~ The International Physical Literacy Association, May 2014*

[Canada's Physical Literacy Consensus Statement June 2015](#)

For more information:

Your local [Public Health Unit](#)

Your local Parks and Recreation

[Sport for Life](#)

[Active for Life](#)

[Physical Literacy](#)

[Appetite to Play](#)

[Healthy Schools BC](#)

[2018 ParticipACTION Report Card: The Brain + Body Equation](#) (video)

## SPRING INTO SPRING

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

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.

For more ideas and information:

Your local [Public Health Unit](#)

[Canadian 24-Hour Movement Guidelines for Children and Youth](#) (Canadian Society for Exercise Physiology)

# LEARN TO SKATE FOR ALL ICE SPORTS

WITH THE  
*Campbell River*  
SKATING CLUB




Spring session starts April 2nd!

- CanSkate Learn to Skate
- PreCanSkate (age 3-5)
- Parent and Tot

- CanPowerSkate Hockey
- STARSkate Figure Skating (Youth or Adult)

Learn more and sign up online!

↓

SkateCampbellRiver.ca





