

Penfield Flyers—December 2021

November was a busy month! One of the highlights was our Remembrance Day Assembly. This year the grade 4/5 classes participated in the assembly, and it was live streamed to the classrooms. As a staff we were all very proud of our students' exemplary behavior. We also would like to thank the Penfield choir and our grade 4/5 classes who presented at the assembly. Most importantly, we are grateful and for all those who have served our country past and present. Another highlight was the recent student led conference your child participated in. It was great seeing parents in person. Many staff commented that it was so nice to talk to parents and caregivers face to face as we have not had this opportunity for the last year and a half.

December is a cheery season filled with exciting events in our school. With that in mind, this year's Christmas concert will be held virtually on December 15th and 16th. Once we have created links to the performance, we will send it out to families. Students have all been working hard on their performance and we are looking forward to the days when these events can be in person. All the classes at Penfield have been collecting food items for the Knights of Columbus Christmas Hampers and it has been heartwarming to see how many items have been brought in already. Students have until December 13th to bring in items.

On behalf of the staff, we would like to take this opportunity to wish all the students, parents, and extended families a relaxing holiday and best wishes for the New Year. It is a pleasure to work and learn in such a great environment!

**Warm Regards,
Hendrick Horsthuis and Kelly Gage**

BOTTLE DRIVE

Penfield has set up an account at Island Return It so families and friends can donate their bottle refunds. These funds are being raised to assist in building a fence around our school garden. If you have refunds to donate the account is Penfield Garden #379.



HAPPY BIRTHDAY

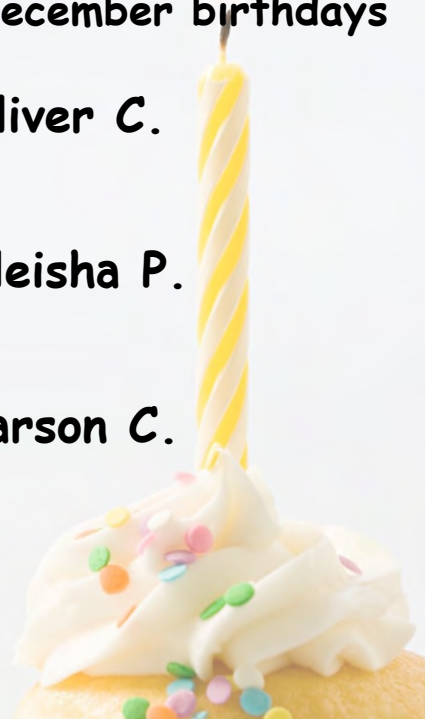
To the following Penfield students who have December birthdays

Nash C. Isabella G. Fox T. Oliver C.

Taves S. Nixon S. Sloane M. Aleisha P.

Ryan M. Halle G. Noah M. Carson C.

Shelby S. Quinn S.



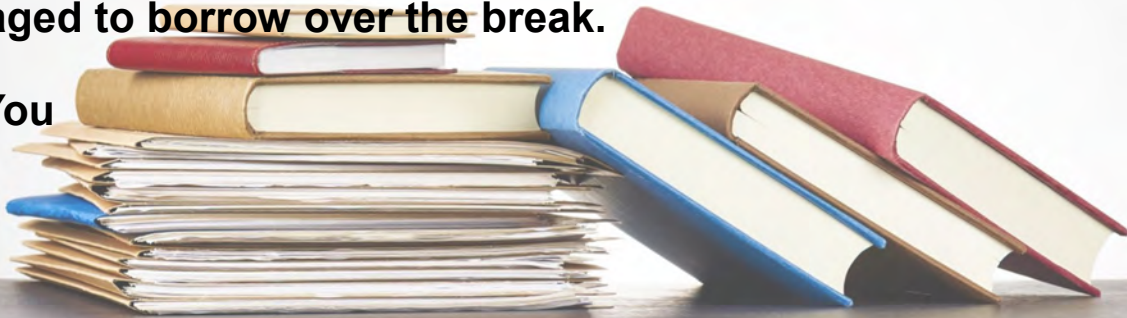


DECEMBER LIBRARY NEWS

The Scholastic Book Fair was a big success, thank you Penfield families for your support. We will receive many new books and resources for the library!

All library books are due back by Thursday, December 16. The only exception will be “Battle of the Books” which students will be encouraged to borrow over the break.

Thank You



The cookie dough fundraiser was very successful. Thank you to all who ordered.

Delivery information will be provided via email when PAC has a date.

Please join the Penfield PAC Facebook page to see regular school and PAC updates, photos of lost and found and fundraising information. You can also email the PAC directly at penfieldpac@gmail.com.

**** Next PAC meeting is November 30th at 5:30pm via Zoom. Check the PAC Facebook page for the meeting link****



PENFIELD CHRISTMAS SPIRIT DAYS

Friday, December 3rd
Festive Antler Day!
Wear your best set of antlers



Friday, December
10th
Santa Hat and/or
Christmas
Sweater Day



If you have one or both,
wear them on this day! Let's
make Penfield look extra festive!

Friday December 17th
Pajama Day
A full day of jammies for
everyone before we leave for Winter Break





Knights of Columbus Food Drive

The Leadership Club “Food for Families” challenge continues until December 13th. They are collecting non-perishable food items, for the Knights of Columbus Food Drive and have put out the challenge to all students and staff to bring in one item.

Thank you Penfield Families for your contributions to support our larger community.

Below is an example of a list of items that Knights of Columbus will include in their hamper boxes for families:

- Can of cranberry sauce
- Can of tuna or salmon
- 6 cans of soup
- Can of milk
- Jam
- Juice or pop
- 8 cans of vegetables
- Canned tomatoes or sauce/paste
- Rice
- Spaghetti
- Oats or cereal
- Coffee
- Hot Chocolate
- Crackers
- Pancake mix
- Pancake syrup
- Kraft dinner
- Noodles
- Ravioli
- Sauce
- Chips
- Cake mixes
- Jello
- Cans of fruit
- Package of cookies
- Tea

We will gladly accept donations of any of the above items, as well as any other non-perishable items.



December

Mon

Tue

Wed

Thurs

Fri

		1	2 <i>Filming of Winter Concert</i>	3 <i>Festive Antler Day</i>
6	7	8	9	10 <i>Santa Hat & Christmas Sweaters</i>
13 <i>Last day for Food Drive donations</i>	14	15	16	17 <i>Pajama Day</i> <i>Last day of school for Winter Break</i>
20	21	22	23	24
<i>Winter Break</i>				
27	28	29	30	31
<i>See you January 4, 2021! Have a nice break!</i>				

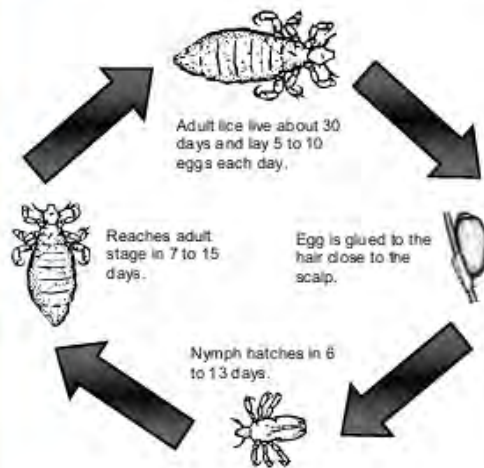


January 4, 2022: First day back after winter break

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



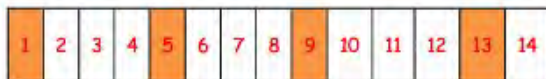
1. Wash and rinse hair.
2. Put enough conditioner on the hair to cover the whole scalp (usually about 2 handfuls).
3. Use a wide-toothed comb to get tangles out.
4. Begin combing the head carefully with the lice comb. While you are combing over the head, **keep the teeth of the comb touching the scalp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

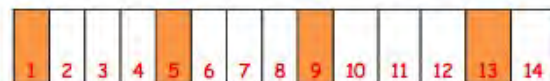
- ◆ Hats, pillowcases, combs and hairbrushes that have had contact with the head in the previous 2 days could be considered for cleaning in hot soapy water.
- ◆ Clean the supplies that you used for checking for lice in hot soapy water.
- ◆ You **DO NOT** need to spend time cleaning the house.

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:

www.islandhealth.ca/our-locations/health-unit-locations



KINDERGARTEN IMMUNIZATION PROGRAM

Public Health offers immunization clinics throughout the year for Kindergarten aged children.

The following are the most common vaccines given to children at this age. Some children may be missing some vaccines and have not completed their childhood immunizations. Public Health Nurses or Family Physicians can ensure that your child is fully immunized against the following vaccine preventable diseases.

Vaccine	Vaccine Schedule
Diphtheria, Tetanus, Pertussis and Polio (given in one poke)	Most children in kindergarten are due for this vaccine.
Varicella (Chickenpox)	Most children in kindergarten are due for a <u>second</u> dose of this vaccine. <ul style="list-style-type: none">♦ Children who have had chickenpox disease or shingles when they were <u>over</u> one year of age do not need this vaccine.♦ Children who had chickenpox disease when they were <u>younger</u> than one year of age OR who have never had chickenpox disease should have already been given 1 dose of this vaccine and now need a second dose. If the second dose is necessary, it can be mixed with the measles mumps and rubella, so the child will be getting only one poke.
Hepatitis B	Most children in kindergarten should have already been given 3 doses of this vaccine.
Measles, Mumps and Rubella (given in one poke)	Most children in kindergarten should have already been given 1 dose of this vaccine. Most children in kindergarten are due for a second dose of this vaccine. In kindergarten it can be mixed with chickenpox vaccine so children will be getting only one poke.
Meningococcal C	Most children in kindergarten should have already been given 2 doses of this vaccine.

All of these vaccines are provided free of charge by the health unit or your family doctor. To check your child's immunization status or to make an appointment, phone your local [Public Health Unit](#).

For more information:

- ♦ Your local [Public Health Unit](#)
- ♦ [HealthLinkBC](#) or dial 8-1-1 (a free call)
- ♦ [HealthLink BC Files](#)
- ♦ Your family doctor
- ♦ www.immunizebc.ca



BC HEALTHY KIDS DENTAL PROGRAM

Basic dental coverage is available for children through the Healthy Kids Program. Dependent children under 19 years of age may be covered for dental care if the family is approved to receive premium assistance for BC Medical Services Plan (MSP).

Children are eligible for up to \$2000 of basic dental services every two years. This includes services such as exams, x-rays, fillings, cleanings and extractions. Some services are limited. For example, the program does not cover orthodontic treatment. Healthy Kids may not cover all of the costs and there may be additional charges for each visit. Before treatment begins, confirm that your dentist is accepting children covered by the BC Healthy Kids Program, and what part of the services will be covered.

To use the services, take your child's BC Care Card to the dental office and they will confirm coverage before each appointment.

To find out if your child is covered call:

- **1-866-866-0800** (have your child's Care Card Number handy)

Or access the [Healthy Kids](#) website.

For more information:

- Island Health, Public Health - Dental:

Saanich Health Unit	250-519-5100
Esquimalt Health Unit	250-519-5311
Peninsula Health Unit	250-544-2400
West Shore Health Unit	250-519-3490
Duncan Health Unit	250-709-3050
Nanaimo Public Health	250-755-3342
Port Alberni Public Health Services	250-731-1315
Comox Valley Health Unit	250-331-8520
Campbell River Health Unit	250-850-2110
Port Hardy Health Unit	250-902-6071