



Penfield

DECEMBER NEWSLETTER

2022

Dear Penfield Families,

As we move towards winter break, we want to express our gratitude for all the work that our students, staff and families have put into making this year a great one for our students.

We hope that everyone was able to connect with their child's teacher to set-up a student-led conference and it was fantastic to have families back in our building. Our students have so much exciting learning to share and their passion for learning fills our buckets with joy every day. Our National Indigenous Veteran's Day gathering and Remembrance Day assembly demonstrated the compassion and thoughtful reflection that all our community members have to remembering and learning from the past and moving towards a more peaceful future. Our grade 4/5 classes are working hard on their entrepreneurial ventures for their fair that will take place on Thursday, December 8th. Some of our classes are also working on some festive days for the upcoming month and our PAC is bringing back the Student Shopping Day on Tuesday, December 13.

We look forward to seeing many of you at our Winter Concert on Friday, December 2. There will be two shows to accommodate our school population. Please choose one performance as we have limited space in our gym. The morning performance will begin at 9:00 a.m. and the afternoon performance will begin at 1:00 p.m. In respect of all the work that has gone into the performance for all students, we ask that you stay for the entire performance if possible. We will be collecting non-perishable food items for the Knights of Columbus Hampers again this year and if you are able to bring an item with you before the Winter concert or send with your child to school, we would be grateful. Students have until December 8th to bring in any food items.

On behalf of our Penfield community, we would like to wish all our students, parents, and families a safe, restful break and our best wishes for a happy New Year. We are so grateful to be a part of such a supportive community.

Take good care and be safe,
Jolene Krell and Kelly Gage



Authorized Parking at Penfield

There are two parking spots closest to the front entrance of the school that are marked as authorized. These spots have been created for our students with mobility challenges. Please **do not** park in these spots **at any time**. If a non-authorized vehicle is parked in these spots, they will be asked to kindly move.

Thank you for your cooperation.



HAPPY BIRTHDAY

TO THE FOLLOWING PENFIELD
STUDENTS WHO HAVE DECEMBER
BIRTHDAYS

Neveah P

Nash C

Fox T

Oliver C

Taves S

Jameson D

Nixon S

Sloane M

Aleisha P

Ryan M

Louisa W

Noah M

Evelyn M

Quinn S

KNIGHTS OF COLUMBUS FOOD DRIVE

Penfield will once again be supporting the Knights of Columbus Food Drive and we will be collecting non-perishable food items. The boxes will be out during the Winter Concert and for the first 2 weeks of December if you have food items to donate. Thank you Penfield community for your contributions.





PAC NEWS

December 13th - Shopping day at Penfield.

The gym will be set up like a garage sale. Students will go into the gym on the 13th and go shopping for their families. There will be adults there to wrap and label gifts so they are ready to put under the tree.

PAC is looking for volunteers to help set up on December 12th from 1:30 to 2:30. They will also need help on December 13th with wrapping and labeling. You could help for one or two hours or for the entire day. Parents are needed to help label and collect payment and a few are needed to help kids pick gifts.

There will be a booth set up for Santa photos and PAC needs help taking and printing photos. There will be a sign up sheet for volunteers at the front entrance starting December 1st. If you have any questions, please text Elyse 778-348-1447

Penfield PAC's Cash for Christmas 70/30 Draw

1 for \$2 / 3 for \$5 / 15 for \$20

Winner will be drawn after last Winter Concert on December 2nd

Tickets will be available for purchase at the Winter Concert or will be available to purchase via ETransfer Nov. 28 - Dec. 1st penfieldpac@gmail.com

First/Last name and phone number required in message box of ETransfer





December Library News

The Scholastic Book Fair was a big success, **thank you** Penfield families for your support. All rewards from this bookfair went to classroom teachers for the purchase of resources and books. Our next Book Fair will take place March 13th-17th and will benefit the library.

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

December Library Events and Themes

Hour of Code, Human Rights, Christmas, Hanukkah, Kwanzaa

Thank You

PENFIELD WINTER SPIRIT DAYS

December 9th - PJ Day with a purpose. Students can wear pj's to school on this day. If you are able, please send a toonie with your child for WCK - West Coast Kids Cancer Foundation. See the attached poster for more information

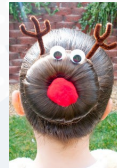
December 12th - Winter Hat Day



December 13th - Winter Sweater Day



December 14th - Red/Green Day



December 15th - Wacky Hair Day

December 16th - Festive Friday (last day before Winter Break)



WCK.

WEST COAST KIDS
CANCER FOUNDATION

Bring on the cozy-PJ day with a purpose!

Join us in supporting WCK-West Coast Kids Cancer Foundation!



FRIDAY DECEMBER 9TH

I would like to introduce you to my tiny hero. Eva is my 2 year old niece and in August of this year we learned that she has Leukaemia. She went from being a busy, chatty, spark of joy to being very sick and an inpatient at BC Children's Hospital within a matter of days. She is facing one and a half to two years of treatment at BC Children's Hospital.

She is in the thick of the battle for her life.

WCK has been there to support my sister and her family as they battle Eva's cancer.

They provide meals for families staying at BCCH, specialty clothing for easy port access, and meals for when they return home just to name a few of the amazing things they do. What they really provide is a huge hug of support and a chance for families to exhale knowing they have someone in their corner.

Please help us meet our goal of raising 500\$ by bringing in a Toonie on our PJ day!

Children going through chemotherapy are often in their PJ's all day, so we are going to join them! All funds will go towards the non profit organization WCK so that they can continue to support families when it is their time of need.

Thank you from the bottom of my heart for considering a donation!

<3 Mrs Farrell (Eva's Auntie Dan)





December

Mon

Tue

Wed

Thurs

Fri

| | | | | |
|-----------------------------|---|----------------------------|-------------------------------|--|
| | | | 1 | 2 <i>Winter Concert</i> 9:00am & 1:00pm |
| 5 | 6 | 7 | 8 <i>Entrepreneur Fair</i> | 9 <i>PJ Day with a purpose</i> |
| 12 <i>Winter Hat Day</i> | 13 <i>Winter Sweater Day & PAC Shopping Day!</i> | 14 <i>Red/Green Day</i> | 15 <i>Wacky Hair Day</i> | 16 <i>Festive Day</i> <i>Last day of school for Winter Break</i> |
| 19 | 20 | 21 | 22 | 23 |
| WINTER BREAK | | | | |
| 26 | 27 | 28 | 29 | 30 |
| WINTER BREAK | | | | |
| | | | | |



January 3rd - First day back to school!



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 |



LIFE-THREATENING FOOD ALLERGIES AND SPECIAL DAYS

Special days like birthdays, Easter and year-end parties are times of celebration with friends and food. However, these can be very risky times for students with life-threatening food allergies.

School staff, parents and students can help to keep allergic students safe by creating “allergy-aware” classrooms and schools:

- Clear communication between parents and teachers about special days and any food that might be offered
- Avoidance strategies such as handwashing before and after eating and asking students not to share or trade food
- Celebrate with stickers, games or prizes instead of food
- Teach students about severe allergies and how they can help if a student is having a reaction
- Remind allergic students to tell an adult right away when they might be having a reaction
- Make sure all school staff know what to do if a student has a reaction

Refer to your school's policies and regulations around life-threatening food allergies for more information.

For more information:

- Your local [Public Health Unit](#)
- [AllergyAware.ca](#) (free, online courses about anaphylaxis)
- [Food Allergy Canada](#)
- [EpiPen.ca](#)
- [HealthLinkBC and Dietitian Services](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- [HealthLink BC File #100a Severe Allergic Reactions to Food Children and Teens](#)
- Your local Doctor or Pharmacist



WHY IS PHYSICAL LITERACY IMPORTANT?

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

What are the benefits of physical literacy?

- ♦ Increased confidence
- ♦ More enjoyment
- ♦ Increased participation in activities
- ♦ Better opportunities to connect and socialize
- ♦ Do better at school
- ♦ Improved mental health and wellbeing
- ♦ Leads to being active for life
- ♦ Less stress
- ♦ Better health
- ♦ Less chances of developing chronic illness

Physical activity is a lot more fun when we're physically literate. If we want children to be active for life, they need to develop physical literacy at a young age.

"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
- ♦ [Play Cowichan](#) (on Facebook)
- ♦ [Sport for Life](#)
- ♦ [Active for Life](#)
- ♦ [Physical Literacy](#)
- ♦ [Appetite to Play](#)
- ♦ [Healthy Schools BC](#)
- ♦ [2018 ParticipACTION Report Card: The Brain + Body Equation](#) (video)