



Sandowne Newsletter

December 2021



Important Dates

Dec 1

Wacky Hair/Hat Day

Dec 7

**Kinder and Grade 1
Hearing Screening**

Dec 1-10

Food Drive

Dec 10

**Red and Green Dress
up Day**

Dec 10

Skating

Dec 16

Winter Concert

Dec 17

PJ Day

Happy December Sandowne Families,

It seems the year is zooming along, and we are so excited and proud of how far our students have come in the past three months. We are also very grateful for the hard work and support of our staff and parents.

It was so heartwarming to see our parents back in the school and sharing in their child's learning and connecting with our teachers.

Another exciting piece of news is the return of our Winter Concert this year! Unfortunately, due to COVID. We are finalizing how we will share this with you.

Sincerely,

Mrs. Paddington and Mrs. Krell





Westcoast Living means all weather recess for students

**All grades should have a change of clothes in their backpack
And boots and jacket for outside**



Water Bottles and Masks

Please send a water bottle and mask with your child to school to limit the number of disposables given out.

Sincerely,

The trees



Supervision before and after school

With mornings becoming darker, for safety reasons, it is important to not have students dripped off before our supervision times.

Before School—8:25 until first bell

After School—2:30 until 2:45

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Knights of Columbus Food Hamper Drive

We are collecting Non-Perishable food for the Knights of Columbus from December 1 to 10.

Members of the community that have need of a hamper must fill out a registration form that is available at the donation office, the food bank, or the Income Assistance Ministry on 14th Ave.

Registration must be in by December 3rd to the donation office by Spinners Sports

Hamper Office Phone Number –
250-914-3716



December



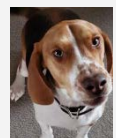
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Wacky hair/hat Day Plant Pick Up 2-3	2 Food Drive	3	4
5	6	7 Kinder and Grade 1 Hearing Screening	8	9	10 Dress in Red/Green Skating Field Trip	11
Knights of Columbus Food Drive						
12	13	14	15	16 Winter Concert	17 PJ DAY	18
19	20	21	22	23	24	25
Winter Break						
26	27	28	29	30	31	
 ~ Have fun and Stay Safe ~  See you Tuesday January 4						



Sandowne Elementary
Sandowne PAC

Find Homer the beagle

Can you spot the beagle? Every newsletter—Homer will be hiding on one of the pages.





Happy **DECEMBER** Birthdays

Dec 8 Tanner	Dec 8 Blaze	Dec 8 Grayson	Dec 9 Chase	Dec 10 Braeden
Dec 11 Marley	Dec 12 Jayde	Dec 13 Lincoln	Dec 14 Harlow	Dec 16 Faye
Dec 17 Charlee	Dec 19 Walker	Dec 19 Rylee	Dec 21 Ellie	Dec 24 Aurora
Dec 24 Logan	Dec 26 Yusef	Dec 29 Mylah	Dec 30 Emmie	Dec 31 Elias

Change of Process with Attendance Calls

Hi Sandowne Community,

Thank you for calling and emailing in when your student is absent, we appreciate it!

Starting soon, we will have an automated attendance message that goes out between 9:30 and 10:00. If you get this message, please leave a message on the attendance line if you are excusing your student or call the office if you are receiving the call-in error, please call the office to speak to the secretary.

A B S E N C E S

We appreciate all the parents who are reporting absences in the morning. Thank you!
There are two ways to report an absence

- 1) Phone **250-923-4248**
- 2) E-mail—**Sandowne@sd72.bc.ca**

It is important to give the following information:

Students Name
Date of Absence
Reason for Absence





Daily Health Check for Students

Updated February 16, 2021

Parents and caregivers must perform a daily health check and follow the directions as to when students must stay home:

SYMPTOMS		WHAT TO DO
<ul style="list-style-type: none"> Fever (above 38° C) Chills Cough 	<ul style="list-style-type: none"> Loss of sense of smell or taste Difficulty breathing 	<p>1 or more of these symptoms: Stay home and get a health assessment.</p>
<ul style="list-style-type: none"> Sore throat Loss of appetite Headache Body aches 	<ul style="list-style-type: none"> Extreme fatigue or tiredness Nausea or vomiting Diarrhea 	<p>If you have 1 symptom: Stay home until you feel better.</p> <p>2 or more of these symptoms: Stay home and wait 24 hours to see if you feel better. Get a health assessment if not better after 24 hours.</p>
<p>If you are a close contact* of someone who has COVID-19 and have any of the symptoms listed above: Get tested and stay home.</p>		

* You will be notified by Island Health if you are a close contact.

When a **COVID-19 test is recommended** by the health assessment:

- If the COVID-19 test is **positive**, the person must stay home until they are told by public health to end their self-isolation. In most cases this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.
- If the COVID-19 test is **negative**, the person can return to school once symptoms have improved and they feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless the person develops a new illness. BCCDC has information on receiving negative test results.
- If a COVID-19 test is **recommended but not done** because the person or parent chooses not to have the test or a health assessment is not sought when recommended, and the person's symptoms are not related to a previously diagnosed health condition, they must stay home from school until 10 days after the onset of symptoms, and then may return if feeling well enough.

If a **COVID-19 test is not recommended** by the health assessment, the person can return to school when symptoms have improved and they feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).

Stay Home When Required to Self-Isolate

The following students, staff or other persons **must stay home and self-isolate**:

- A person confirmed by public health as a case of COVID-19; or
- A person confirmed by public health as a close contact of a confirmed case or outbreak of COVID-19; or
- A person who has travelled outside of Canada in the last 14 days.

Anyone required to self-isolate will be supported by public health. Additional information is available from BCCDC.



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)



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



KINDERGARTEN IMMUNIZATION PROGRAM

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

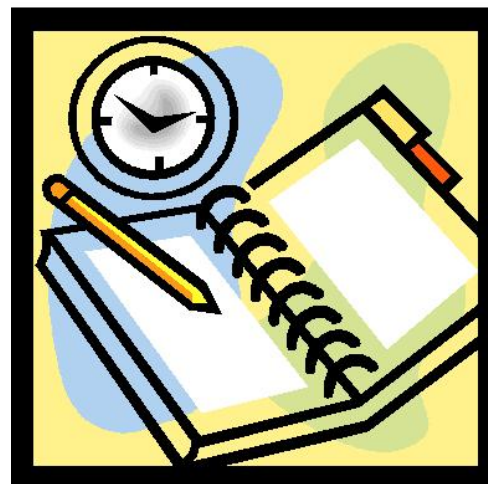
The following are the most common vaccines given to children at this age. Some children may be missing some vaccines and have not completed their childhood immunizations. Public Health Nurses or Family Physicians can ensure that your child is fully immunized against the following vaccine preventable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



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



MARIJUANA! TALK ABOUT IT

Adolescence is “the age of experimentation”. Sometimes the experimentation includes tobacco, alcohol and other drug use. Normal adolescent behaviour includes exploring the world and taking risks. The adolescent brain hasn’t fully developed, making it difficult to foresee the consequences of their actions. Parents can make a difference in their teen’s decision to experiment with drugs. The most important thing parents can do is talk with their children about the issues facing youth today. These conversations go better when parents are calm and curious about what their children know about substance use, staying safe, and their ability to make decisions/understanding the benefits and the harms.

In our region, more teens are using marijuana than are smoking cigarettes. Most start experimenting with marijuana around 13 years of age. Pot, grass, weed, joint, bud, mary jane, hashish, hash and hash oil - marijuana has many names. Marijuana is the dried leaves and buds of *Cannabis Sativa* (a form of hemp). Marijuana is grayish-green to greenish brown in colour and looks similar to dried and crushed oregano. Delta-9-tetrahydrocannabinol (THC) is the active ingredient in marijuana that gives users the desired “high”. Hashish is a tar-like substance made from the female plant and is more potent than marijuana. Hash oil is the purest form of the drug and has the highest content of THC.

Marijuana increases the user’s perception of taste, colour, sound and sensations. Some of the most common physical effects of marijuana include red eyes, increased appetite, drowsiness, impaired coordination, dry mouth and throat, impaired concentration and occasionally hallucinations.

The Canadian Institute for Substance Use Research, Family Smart and Kelty have produced a helpful guide in discussing cannabis with their youth. Access the guide [here](#).

For more information:

- ◆ Your local [Public Health Unit](#)
- ◆ [Discovery Youth & Family Substance Use Services](#) (Island Health)
- ◆ [HealthLinkBC](#) or dial 8-1-1 (a free call)
- ◆ [Canadian Institute for Substance Use Research](#) (University of Victoria)
- ◆ [McCreary Centre Society](#)
- ◆ [Kelty Mental Health](#)

