



Sandowne Newsletter

November 2021

Sandowne Families,

It has been so great to see such amazing growth in our students over the past two months. We have settled into our routines and our teachers have all been working on strengthening your child's literacy skills and are encouraging their students to share their learning and successes with you at home.

We are looking forward to conversations between your children, parents, and teachers. This month, teachers will be working hard with your children, preparing to share their learning with you during the student-led conferences on November 25. Most student-led conferences will be in person and are scheduled on November 25th and individual teachers will be connecting with you about scheduling time for your conference. This year, student-led conferences will be held in person at school. Teachers are excited about getting to meet with parents/guardians face-to-face, but there are some differences from previous years.

Protocols

- Adults and students must complete a health check prior to entering the building (submission of a health check form is not required).
- The provincial mask mandate will be followed.
- No more than two (2) families be scheduled at the same time.
- Access to the classroom will be through the outside doors.

Here are some "stay connected" school related tips:

Congratulate children for completing tasks and use school projects and challenging issues, as a way to spark conversations.

Start by celebrating small successes and acknowledge their perseverance.

Education is definitely a team effort that creates a sense of accomplishment for children.

We believe that teachers work most effectively when parents are partners in their child's learning.

Thank you all for your continued support for your students and our school community.

Sincerely, Mrs. Padington and Mrs. Krell

Important Dates

Nov 1

Pro D Day

Nov 5

Photo Retakes

Nov 10

Remembrance Day
Assembly

Nov 11

Schools Closed

Nov 12

Pizza Orders Due

Nov 24-26

Scholastic Book
Fair

Nov 25

Student Led
Conferences



November

1	2	2	3	5
Eli	Alistair	Cyrus	Flynn	Ollie
6	6	12	12	16
Lexie	Jonaya	Claire	Flo	Makailah
18	18	19	20	21
Mia	Abigail	Rhys	Jackson	Celenia-Dawn
23	24	25	25	25
John	Caleb	Reid	Violet	Graham
25	26	26	26	27
John	Trinity	Tristyn	Mya	Anthony
29	29	30	30	
Josiah	Serene	Everett	Tsolum	

ABSENCES

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—**Sadowne@sd72.bc.ca**



It is important to give the following information:

Students Name
Date of Absence
Reason for Absence

Sandowne Corkboard

Drop off and Pick up

Please do not block driveways.

We have received several neighbors reach out asking us to send out the reminder.

Please slow down in school zone and parking lot

Westcoast Living means all weather recess

Have a change of clothes at school

Boots and jacket for outside



Day Light Savings

Don't forget to **FALL BACK**

Set your clocks back Saturday night by 1 hour.



Pizza Lunch is BACK



Ordering is done online at

<https://sandowneschool.hotlunches.net/>

Access Code SEHL

Orders are due by

NOV 12 @ 3:00 PM

PIZZA FRIDAYS are Nov 19 to Jan 28.

November 2021

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1 Pro-D Day School not in Session	2	3	4	5  Photo Retakes	6	
7	8	9	10 Assembly	11 Remembrance Day Schools Closed	12 Deadline to order hot lunch	13	
14	15	16	17	18	19 	20	
21	22	23	24	25 Student Led Conference	26 	27	
28	29	30	Scholastic Book Fair				



Squid Game

With the popularity of the new Netflix show, Squid Game, we are starting to see instances of students either talking about the show or imitating what they have seen on the show, while at school. This is concerning because, for those that may not be aware of the show, Squid Game is a fictional drama that features an extreme level of violence as contestants, who are deeply in debt, play a series of children's games to try to win money.

Some schools in England and the US have particularly started to see children pretending to act out the violence or physically hurt one another. Viral challenges inspired by the show are also making their way onto social media platforms like TikTok.

We are asking parents/guardians to be mindful in considering whether to allow your child to watch Squid Game and to have an open dialogue with your child about themes in the show, as it has a rating of TV-MA, meaning that it has been deemed to not be suitable for teenagers under 17.

As a school community this is an opportunity to talk to children about violence and the importance of treating peers with kindness. We thank you for your continued support in reinforcing positive school behaviours.



Information for Parents - What to Know About Squid Game

The recent Netflix release, Squid Game, features extreme violence, death, and considerable gore. Squid Game was released worldwide on September 17, 2021 and is Netflix's most-watched series to date. Players in the program participate in traditional children's games for the chance to win a monetary prize but are killed if they lose or break the rules.

"Squid Game" is rated TV-MA. The program is specifically designed to be viewed by adults and therefore may be unsuitable for children under 17. There are concerns that this program may normalize or desensitize acts of violence. There have been reports of students playing games featured in Squid Game and pretending to shoot other players who lose and engage in violence against those who have lost. Game platforms frequently used by youth, including Roblox and Minecraft, also feature Squid Game inspired mini games where the user's avatar can play games and will be shot if they lose.

Tips for Parents

- » Preview shows and movies such as Squid Game to determine the level of violence and appropriateness for your child to watch. There are lots of age-appropriate media free of violence that your child will enjoy.
- » Talk with your child about what they are viewing and why it is not okay to engage in certain behaviours they see in movies and shows.
- » Monitor what your child watches on TV and social media platforms.
- » Consider the age ratings on social media apps.
- » Have conversations about the appropriateness of specific apps, online behaviour and the impact of the content on your child.

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



Why can it feel so tricky to tell if our kids are on track, going through a phase, as opposed to struggling with something more, or beyond behaviours? In this video conversation, a parent and counsellor talk about the developmental stages of children who are 13 years of age and older.

Watch a video with us and come together with other families for a facilitated discussion by a FamilySmart Parent Peer Support Worker.

Registration is required - <https://familysmart.ca/event/comox-and-campbell-river-beyond-behaviours-when-is-it-more-what-it-looks-like-ages-13/>

Water bottles

The number of paper cups being handed out each day has reached a staggering amount.

Please ensure your child has a water bottle for school.

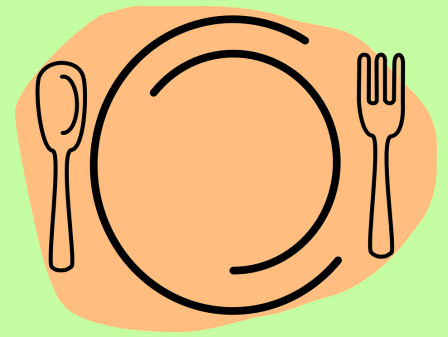
Thank you!

Sincerely, the trees





EATING TOGETHER, EATING BETTER



With busy schedules, it can be hard to find time for family meals. **Making the time for family meals is worth it.**

Children who eat with an adult almost every day:

Are more connected to their families and friends

Do better in school

Are less likely to engage in high risk behaviours like smoking, alcohol and drug use

Have less risk of depression and suicide

Make healthier food choices and are more likely to maintain healthy growth and weight

Not sure how to get started? Here are some ideas:

Make family meals a priority. Schedule meals the same way you schedule other activities.

Involve your children in planning, preparing and meal clean-up. Give everyone a job to do.

Keep table talk positive and supportive. Focus on the good things that happened in everyone's day, such as things learned at school, good deeds done, a book you are reading or a joke you have heard.

Public Health

SN-HP-107-35-21 – Revised 2021-08-31

For more ideas and resources, check out [Better Together!](#)

BIG TROUBLE IN LITTLE EARS

Ear infections or middle ear fluid occur in nearly two-thirds of all children by the age of three years! Ear infections are the most common reason children see the doctor. Ear infections can lead to fluid behind the eardrum, leading to a temporary hearing loss. When the fluid is gone hearing usually goes back to normal. This can take up to three months. Frequent ear infections can cause difficulties with pronunciation, language and learning.

If your child has an ear problem, be sure to let the teacher know. Ear problems can make it hard for your child to hear, listen and learn at school. If the hearing loss persists, contact a [Public Health Unit](#) Hearing clinic to arrange a hearing test for your child.

For more information:

Your local [Public Health Unit](#) Hearing Clinic

Hearing Clinics:

Victoria	250-388-2250
West Shore	250-519-3490
Nanaimo	250-755-6269
Courtenay	250-331-8526



FEEDING THE LUNCH BUNCH

Lunch is an important time for children at school. The midday meal gives kids energy to concentrate, learn and be active all afternoon.

To make a balanced lunch, choose foods that include protein, long-lasting, energy-providing carbohydrate and healthy fat.

Make lunch interesting. Mix and match any of these ideas for a tasty, healthy lunch:

Kids are more likely to eat lunch when they help make it. Involve children in planning and packing lunches. Young children can wash fruits and veggies and can choose from what is offered. Older children can make their lunch with your help.

½ of Your Plate: Vegetables	¼ of Your Plate: Plant-based or lean animal protein		¼ of Your Plate: Whole grains
Celery and carrot sticks or peppers Sliced cucumber Broccoli and cauliflower “trees” Fresh, frozen or canned fruit	Tofu and soy based products Nuts and seeds Bean spreads or dips Lean meat Tuna or salmon Chili Eggs	Milk Chocolate milk Yogurt Cheese Fortified soy beverage Cottage cheese	Whole grain bread Crackers Mini bagels or buns Tortilla Roti or naan bread Pita bread Small muffins

Pack a safe lunch

Wash your hands well with warm soapy water.

Pack your child’s lunch in an insulated lunchbox.

Keep hot foods hot in a thermos.

Keep cold foods cold with an ice pack.

Remind children to wash their hands before eating.

After school each day, wipe down your child’s lunchbox with warm soapy water.

For more information and great lunch ideas:

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](#)

[Lunches to Go](#) (PDF)

VIHA NOTICES CAN BE FOUND ON THE SANDOWNE WEBSITE



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.