



Barriere Elementary

NEWSLETTER

JANUARY



PRINCIPAL'S MESSAGE

Dear Parents and Guardians,

Welcome back! We hope you had a restful and relaxing winter break. Thank you to Mr. Renfrew and the staff and students for putting together our Christmas Celebration virtual concert . We hope you enjoyed it! Thank you also for the generous food donations for our local food bank.

As we get back into routine, some of our children may need support in regulating themselves. It is important for everyone to have a toolkit of strategies to help when we get worried, our thoughts get jumbled or our brain freezes. Some strategies may work for some children but not for all. Everyone needs to find the strategies that works best for them. Choosing 2 or 3 strategies are best and add or take away as needed. Practicing these strategies is best when we are calm and before a situation arises.

Here is a list of some strategies (Please note there may be others strategies that work best that are not listed)

1. Breathing Brain Break
2. Mind Jar
3. Slow Breaths
4. Name it to Tame it (I feel...)
5. Belly Breathing with a stuffie on tummy
6. Think a Happy Thought
7. Counting to Ten
8. Gratitude
9. Get out in Nature
10. Use humour as a distraction

I hope you find some of these ideas useful with your child.

Regards, Tiffany Hawkins - Principal

UPCOMING EVENTS

- Popcorn Sales - Jan. 10-15; Hand out Jan. 26
- Unplug and Play Week - Jan. 23-30th
- Progress Reports - January 29
- In-service Day (no school) - February 5
- Family Day (no school) - February 15
- PAC Hot Lunch Days
 - Jan 29 and Feb 26 - Subway
 - Feb 12 and Mar 12 - A&W

Please make sure your child always brings a water bottle to school.

Due to current protocols, the water fountains can only be accessed to fill up water bottles.

Thank you!

PARENT ADVISORY COUNCIL

All parents of students of Barriere Elementary are welcome to attend our school PAC meetings.

The next one will be **January 4 at 8:45 am** via zoom

Follow updates of our hard working PAC:

<https://www.facebook.com/BarriereElementarySchoolPac/> OR www.bspac.org (under construction)

SLEEP

Sleep is very important for all of us, especially for our children as they grow. According to About Kids Health website, key points about sleep:

- Lack of sleep causes irritability, increased stress, forgetfulness, difficulties with learning and low motivation. Over time, it can contribute to anxiety and depression.
- Sleep time guidelines depend on a child's age. Every child is different, so take time to figure out what works best for your child. Recommended times: 5-10 years old – 10 to 12 hours and 6 to 13 years old – 9 to 10 hours
- See your doctor if you have concerns about your child's sleep patterns.

Sleep is a very important part of your child's mental and physical health because it allows your child's mind and body to rest and recover.

Children who consistently get a good night's sleep:

- are more creative
- can concentrate on tasks for longer
- have better problem-solving abilities
- are better able to make positive decisions
- are more able to learn and remember new things
- have more energy during the day
- can create and maintain good relations with others.



AFTER SCHOOL PLANS

After school can be a busy and hectic time in the office. Please ensure that your child knows their after school plans/schedule before leaving for school in the morning, including bus routes, after school programs and/or prearranged pick up. Thank you for your support on this matter.

DAILY HEALTH SCREENING

Thank you for continuing to complete a daily health screen of your child each morning. This week, each student will receive another Daily Health Screen sheet. It is similar to the one completed in September. These sheets need to be completed twice this year, as directed by the Provincial Government. Please sign the sheet and return with your child.

Thank you for your support.

School District No. 73 (Kamloops-Thompson)
Acknowledgement to Complete Daily Health Check - Student

This form indicates the family's acknowledgement to assess their child(ren) for key symptoms of illness daily and to ensure their child(ren) does not attend school if they have symptoms or answer yes to any of the daily screening questions.

During the 2020-2021 school year, parents/guardians and caregivers must assess their child(ren) daily for key symptoms of illness before sending them to school. **If a child has any symptoms, they must not go to school.**

Students who experience seasonal allergies or other key symptoms that are related to an existing condition can continue to attend school when they are experiencing these symptoms as normal. If they experience any change in symptoms, they should seek health care assessment.

Our staff will monitor all children for key symptoms of illness throughout the day. If a child develops symptom(s) while at school, parents/guardians will be contacted to pick the child up and take them home until symptom(s) have passed. If the symptom(s) persist or worsen, parents/guardians should seek a health assessment.

The school district will continue to follow all guidelines from the Ministry of Education and the Provincial Health Officer. We will continue to ask that caregivers do not enter the school without making a prior appointment with the principal.

You will be asked to self-assess daily and to sign a declaration twice per year.

Student Name (print): _____
Grade: _____
Teacher: _____
Parent Signature: _____
Date: _____

School District No. 73 (Kamloops-Thompson)
Acknowledgement to Complete Daily Health Check - Student

Please keep this page somewhere it can be easily accessed daily. You must answer the following daily screening questions BEFORE your child(ren) comes to school.

Daily Health Checks		YES ✓	NO ✓
1. Key symptoms of illness	Do you have any of the following key symptoms?		
	Fever		
	Chills		
	Cough or worsening of chronic cough		
	Shortness of breath		
	Loss of sense of smell or taste		
2. International Travel	Have you returned from travel outside Canada in the last 14 days?		
	Are you a confirmed contact of a person confirmed to have COVID-19?		

1A. If you answered "YES" to *one* of the questions included under "Key Symptoms of Illness" (excluding fever), you should stay home for 24 hours from when the symptoms started. If the symptom improves, you may return to school when you feel well enough. If the symptom persists or worsens, seek a health assessment. *

1B. If you answered "YES" to *two or more* of the questions included under "Key Symptoms of Illness" or you have a fever, seek a health assessment. *

2. If you answered "YES" to return from travel outside of Canada in the last 14 days you must stay home and self-isolate for at least 14 days from your arrival in Canada or 10 days after onset of symptoms, whichever is longer.

3. If you answered "YES" to being a confirmed contact of a person confirmed to have COVID-19 you must stay home, self-isolate, and take your direction from Public Health.

4. If you answered "NO" to all of the daily health check questions you are able to go to school.

* A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, you should not return to school until COVID-19 has been excluded and your symptoms have improved.

COVID 19 Standard Controls

1. Stay home if ill.
2. Wash hands regularly.
3. Do not touch your face.
4. Respiratory etiquette.
5. Physical distancing, minimizing physical contact



SAFE ARRIVAL



SCHOOL DISTRICT NO. 73
(Kamloops - Thompson)

SAFE ARRIVAL
Student Absence Reporting

tel 1-844-350-2647
web go.schoolmessenger.ca
app SchoolMessenger

To report your child's absence please use the SchoolMessenger App, phone the toll free number or visit the website before 8:30am.

BES website

<https://barriere-elem.sd73.bc.ca/>

Please visit this website for useful information (ie. dates, important events, newsletters, Parent Advisory Council information, COVID 19 protocols, Breakfast/ Lunch Program information).