

HERE'S the SCOOP

Feb 7th to Feb 11th

Week at a Glance

Monday Feb 7th

Mystery Reader

Tuesday Feb 8th

PAC meeting 6:45

Wednesday Feb 9th

Flashlight reading

Thursday Feb 10th

Parent night about body science presentations. Join us on zoom, see link below 6:30-8pm

Friday Feb 11th

Fairview Friday's, wear your spirit wear or school colours

Reminders/ Updates:

Join us in celebrating club red for the month of February and **Read Every Day!**
9th to 11th we will have the lost and found laid out between the school and portable for kids and parents to look through

Important Links:

BCCDC :

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/if-you-have-covid-19>

Daily Health app

<https://www.k12dailycheck.gov.bc.ca/healthcheck?execution=e1s1>

Parent Body Science Zoom 6:30-8

<https://us06web.zoom.us/j/7064393475>

Meeting ID: 706 439 3475

Passcode: happy

PAC Updates:

Feb 8th Next PAC mtg

Purdy's orders are open!

Email pac at:

fairviewelempac@gmail.com

DATES

February: Club R.E.D Read every day

Feb 14th Valentines Day (only store bought snacks)

Feb 15/16 Body science presentation

Feb 16th Read like an athlete (wear your jersey)

Feb 21st Family Day

Feb 22nd Non Instructional Day

Feb 23rd Late Kindergarten Registration

Feb 23rd AntiBullying Day

Mar 3rd Student led conferences 11:30 dismissal

Mar 4th No School, student led conferences

Mar 11th Last day before break



What Kids Need to Know and When

Preschool Through to Grades 1

- body science-scientific names for body parts including male and female body parts
- appropriate and inappropriate ways of being touched
- emotions/caring behaviours - establishing healthy relationships
- keeping healthy – not to pick up condoms and needles
- how babies are made – reproduction usually occurs when a man’s sperm joins a woman’s ovum through sexual intercourse
- where babies grow and are born from
- ownership of our bodies
- talking to a trusted adult

Grades 2 and 3

Everything learned in the previous age groups, plus:

- Menstruation – the basics
- Wet Dream/Nocturnal emission
- Communication skills and managing emotions
- Strategies for developing and maintaining positive relationships

Grades 4 and 5

Everything learned in previous age groups, plus:

- Puberty – emotional and physical changes
- Factors that can impact body image and self-esteem including social media
- Media messaging
- Sexuality and responsibilities associated with sexual decision making
- The basics of sexually transmitted infections (STI’s)



Grades 6 and 7

Everything that was taught in the previous age groups, plus:

- Texting, sexting and the internet – smart decision making, safety and the law
- Pornography
- Pleasure
- Consent, sexually speaking
- Healthy decisions making – STI's, self-exams and regular check ups
- Reliable resources of sexual health information and community support
- Gender stereotypes and inclusion
- Sexual peer pressure and the "norm"
- Exploring and understanding personal sexual values, beliefs and boundaries
- Sexual activities – the differences and responsibilities of each

Grades 8-12

Everything that was taught in the previous age groups, plus:

- Healthy decision making – STI's, self-exams and regular check ups
- Reliable resources of sexual health information and community support
- Sexual activities and peer pressure
- Understanding the differences between healthy and unhealthy relationships
- Setting and maintaining personal sexual boundaries related to their values
- Effectiveness and proper use of contraceptive and barrier devices
- Importance of communication and effective relationship skills
- Importance of taking responsibility for one's health - confidence when consulting a medical professional
- Sexual consent - how to say no and be assertive

Sexually Mature Adult

- Conducts regular self-examinations (breast and testicular) and regular medical exams
- Fully respects and understands laws and boundaries/consent regarding sex and sexuality
- Understands that sexual health is a fundamental human right and respects the uniqueness in preferences and values associated with sex and sexuality
- Does not physically or emotionally exploit another person

Scholastic Book Fairs

Save The Date!

Dear families,

Mark your calendars! Our **Scholastic Book Fair** will take place on **February 25 to March 2, 2022!**

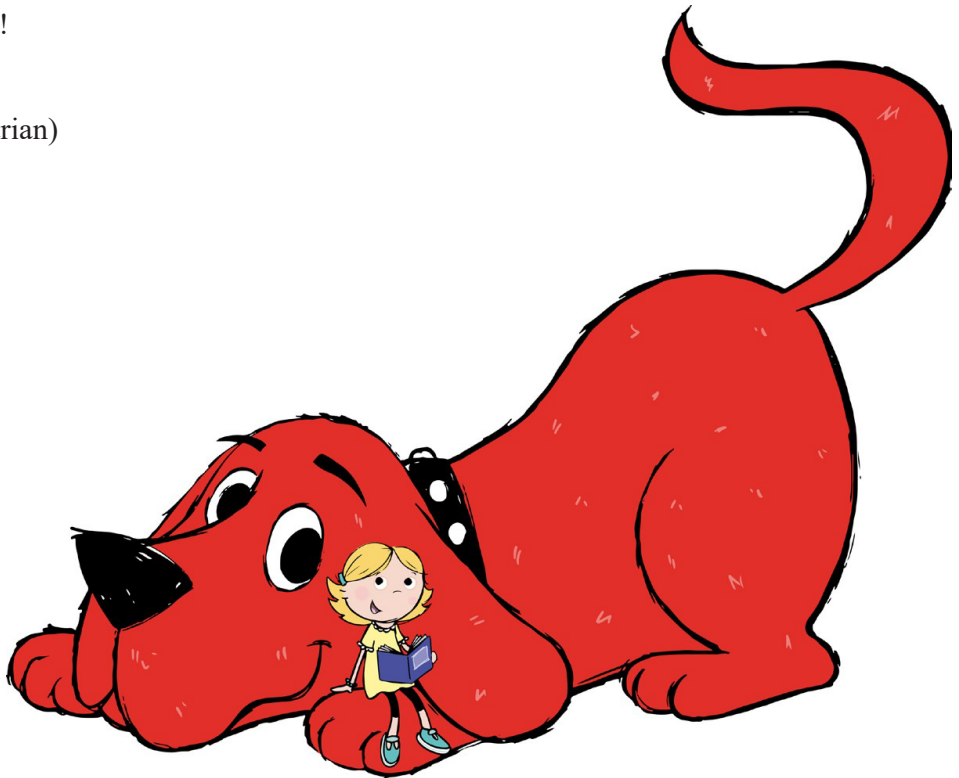
This year, students will be able to visit the Fair in person, with their class, to select their next favourite book. Parents, friends and family, can join us online with our **Virtual Book Fair Extension**. Our online shop will be open on the first day of the Fair, but you can preview a selection of the books using this link:

<https://virtualbookfairs.scholastic.ca/pages/5169455>

Watch for news leading up to **Scholastic Book Fair!**

Happy Reading!

Mrs. Holmes
(Fairview Librarian)



Daily Health Check and What to Do When Sick

Daily Health Check

Everyone going into to school must complete a daily health check, including staff, visitors, and students. A daily health check means checking yourself or your child for new symptoms of illness, including symptoms of COVID-19.

Symptoms of illness (including COVID-19) include things like:

- Fever or chills
- Difficulty breathing
- Runny nose
- Headache
- Diarrhea
- Cough
- Sore throat
- Sneezing
- Body aches
- Loss of sense of smell or taste
- Loss of appetite
- Extreme fatigue or tiredness
- Nausea or vomiting

If you are sick or feel unwell, stay at home. This is important to stop the spread of illness, including COVID-19, in schools.

You can attend school if:

- Your symptoms are consistent with a previously diagnosed health condition (e.g., seasonal allergies), OR
- You have existing symptoms that have improved to where you feel well enough to return to regular activities,

AND you are not required to self-isolate, or your self-isolation period is over (based on a positive COVID-19 test result, if taken).

What to Do When Sick

If you have mild symptoms of COVID-19, you usually don't need a test. Mild symptoms are symptoms that can be managed at home. Most people don't need testing for COVID-19.

Stay home and away from others (as much as possible) until you feel well enough to return to your regular activities and you no longer have a fever. You should also avoid non-essential visits to higher risk settings such as long term care facilities and gatherings, for another 5 days after ending isolation.

If you have a Rapid Antigen Test at home, use it when you have symptoms. How long you should stay home depends on your test result. Find out more about [Rapid Antigen Test results](#).

If you do not have symptoms of COVID-19, you do not need a test.

If you are unsure about your symptoms, you can use the [Self-Assessment Tool](#), contact your health care provider or call 8-1-1.

Testing may be recommended for some people who may be more likely to get severe disease. See BCCDC for information on [who testing is recommended for](#).