

HERE'S the SCOOP

Jan 31st to Feb 4th

Week at a Glance

Tuesday Feb 1st

Students participating in an assembly zoom

Wednesday Feb 2nd

Canadian Pride (wear red or Canadian shirt)

General kindergarten registration

Thursday Feb 3rd

Grade 8 registration

Friday Jan 28th

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

Global day of Play for participating classes

Reminders/ Updates:

Join us in celebrating club red for the month of February and **Read Every Day!**

Log your absence on the **Parent Portal**

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>

<https://www.sd42.ca/assets/media/Daily-Health-Assessment-January-2022.pdf>

PAC Updates:

Feb 8th Next PAC mtg

Purdy's orders are open!

Email pac at:

fairvieweempac@gmail.com

DATES

February: Club R.E.D Read every day

Feb 8th PAC mtg 6:45

Feb 9th Flashlight reading

Feb 10th Parent night for Body science 6:30

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

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](#).



VANCOUVER
BC Children's
Hospital

FRASER
Surrey
Hospital

**SOUTH
ISLAND**
Victoria General
or Ledger House

It's really tough to be going through hard stuff with a child or youth who is struggling with their mental health and they end up in crisis – and we want to help you. We know what it's like because we've been there.

TOPICS

Session 1 & 2:

How to support a safety plan at home

Region: Fraser

Dates: Jan. 31 & Feb. 2, 7, 9

Times: 12:00 pm - 1:00 pm

Dates: Mar. 1, 2, 7, 9

Times: 12:00 pm - 1:00 pm

Session 3:

How to take care of yourself and family after a crisis

Dates: Feb. 1, 3, 8, 10

Times: 7:00 pm - 8:00 pm

Dates: Mar. 1, 3, 8, 10

Times: 7:00 pm - 8:00 pm

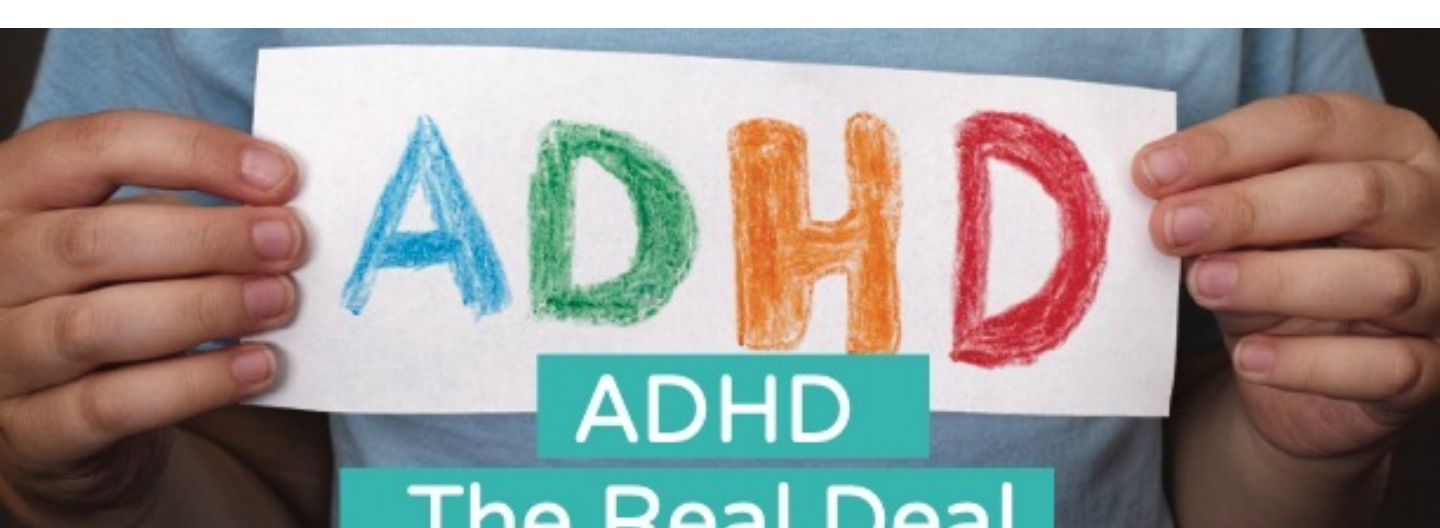
Session 4:

How to find the resources you need

There is no cost to families. Registration is required:
www.familysmart.ca/workshops

Help for the Hard Times workshops are facilitated by parents with lived experience. The workshops are hosted online and include a one-on-one video conference or phone call with a Facilitator.





Connect and Learn with Us

AN ONLINE EVENT FOR FAMILIES AND CAREGIVERS

ADHD - The Real Deal

Dr. Duncan will dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does. Plenty of time will be reserved for questions to ensure the information is understood and relevant to those attending.

Dr. Don Duncan is a Child and Adolescent Psychiatrist in Kelowna, BC where he serves as Clinical Director of the BC Interior ADHD Clinic and operates an assessment clinic for students at the University of British Columbia. Dr. Duncan holds an appointment as Assistant Clinical Professor with the Department of Psychiatry, University of British Columbia and has been honoured by appointments to the Board of Examiners for Psychiatry (Royal College of Physicians and Surgeons of Canada), the Board of Directors for the Canadian Academy of Child and Adolescent Psychiatry (CACAP), and the Board of Directors for the Canadian ADD/ADHD Resource Alliance (CADDRA).




Dr. Don Duncan

Date: Wednesday, Feb 16th

Time: 6pm - 8pm (1 hour Presentation and 1 hour Q & A)

Cost: Free

Required Registration: familysmart.ca/events



What to Say to Kids (and Teens) When Nothing Seems to Work

Connect and Learn with Us

AN ONLINE EVENT FOR FAMILIES AND CAREGIVERS

What to Say to Kids (and Teens) When Nothing Seems to Work

Dr. Ashley Miller will share quick and effective strategies to help your child and you weather difficult moments in a way that strengthens resilience and relationships.

Dr. Ashley Miller is a Child and Adolescent Psychiatrist, Family Therapist and Clinical Associate Professor of Psychiatry at the University of British Columbia. She loves working with children, teens and families daily, helping them to reconnect to their own strengths and to each other. She is also the co-author with Dr. Adele Lafrance of *What to Say to Kids When Nothing Seems to Work: A Practical Guide for Parents and Caregivers*.



Dr. Ashley Miller

Date: Wednesday, Feb 23rd

Time: 6pm - 8pm (1 hour Presentation and 1 hour Q & A)

Cost: Free

Required Registration: familysmart.ca/events