

Friday Blast

Maple Ridge Elementary

Friday, February 4, 2022

WHAT TO DO IF SICK

The BC Centre for Disease Control has updated its guidance on when to get a Covid-19 test, and when to self-isolate. Please see flowchart attached to this blast for more information. You can also consider printing a copy of this chart and keeping it in a visible place in your home, such as on your refrigerator or near your front door.

INTERNATIONAL TRAVEL

Families must continue to follow federal requirements when returning from international travel. Please use this link to learn more: <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada#children>



STUDENT ABSENCES

If you know that your child will be absent for one or more days, please contact the school. There are several options for letting us know:

- Email mre_reception@sd42.ca
- Log into the portal and mark your child's absence(s)
- Call reception at 604-467-5551 (voicemail is available after hours)

This information helps us immensely as we must call every unexcused absence each day. If you are emailing your child's teacher directly, please also copy mre_reception@sd42.ca to the email as teachers may not communicate to the office before we begin our morning phone calls.



VALENTINE'S DAY

Valentine's Day is Monday, February 14th. Many classrooms will be celebrating by exchanging cards and having small class celebrations. If you plan on sending treats or snacks, they must be **commercially prepared, individually packaged** items. Teachers will distribute these for students. Homemade baked goods or treats are not accepted at this time.

RIDGE MEADOWS BALL HOCKEY ASSOCIATION

The 2022 ball hockey season for children ages 5-19 will be starting up again soon. Please see the flyer attached to this blast for more information on how to sign up

POETRY CONTEST

Is your child a poet? Check out the “Democracy and Me” Poetry Contest flyer attached below. This contest is co-sponsored by the Office of the Lieutenant Governor of British Columbia and is open to K-12 students. Contest closes February 28th.

KINDNESS COUNTS DAY

Kindness is a value that we believe in at Maple Ridge Elementary every day. On Kindness Counts Day, Wednesday, February 23rd, we highlight the importance of Kindness. Teachers will be doing special activities in their classrooms, and we will be having a school-wide assembly. On this day students and staff are encouraged to wear pink or to their Kindness Counts hoodies or t-shirts. If you ordered a Kindness Counts hoodie or t-shirt this year, we expect to receive our shipment soon. More information will be sent out when we hear more.



MASKS

Masks provide protection to the people wearing them and to those around them. They work best when everyone who can wear a mask is wearing one. Thank you for encouraging your child to wear a mask at school as much as possible.

We often find masks outside or on the floor in the school. To prevent your child losing, misplacing, or getting their mask dirty, please consider labeling it with their name and attaching it to a lanyard.



FAMILY SMART ONLINE EVENTS

Family Smart has a number of upcoming events offered online. Family Smart offers help to families on a variety of topics such as how to talk to your child or teen, ADHD, and much more. See their flyers attached to this blast for more information and how to register for their programs.

STUDENT PHOTO ORDERS

Did you know that you are still able to order your child’s school photo from this fall? Yes! If you’d like to place an order, or need your access code, please contact: studio@photoexpressions.ca and they will be glad to help you.

KINDERGARTEN REGISTRATION

If your child will be starting Kindergarten in the fall, registration is already open and ongoing. MRE offers both English and French Immersion Kindergarten programs.

Registration phase	Registration Starts on Parent Portal <i>12:00 noon</i>	Registration Ends on Parent Portal for parents	Documentation due by parents
Enviro Sibling	January 3, 2022	Jan 4, 2022	Jan 14, 2022
Sibling	Jan 5, 2022	Jan 11, 2022	Jan 21, 2022
Enviro	Jan 12, 2022	Jan 14, 2022	Jan 21, 2022
Choice	Jan 19, 2022	Jan 24, 2022	Feb 4, 2022
General	Feb 2, 2022	Feb 8, 2022	Feb 25, 2022
Late	Feb 23 2022	July 31, 2022	Sept 2, 2022(for summer registrations)
Open	August 17, 2022	June 15, 2023	As registrations are assigned by school

UPCOMING DATES

Monday February 7

6:00 pm – Grade 7 Leaving Meeting on Zoom – grade 7 students and their parents

<https://sd42.zoom.us/j/66962226523?pwd=bDJoSERKeXdPLzdjck9WN1IKVXBqQT09>

Meeting ID: 669 6222 6523

Passcode: 485817

Monday February 14

Valentine's Day

7:00 pm PAC meeting

Friday February 18

School Spirit Day – Twin Day

Monday February 21

Family Day – Classes Not In Session

Tuesday February 22

Non-Instructional Day – Classes Not In Session

Wednesday February 23

Kindness Counts Day



MESSAGES FROM OUR PAC

Did you know we have a PAC section on our School Website? For information on the PAC, access to PAC meeting minutes and much more please check our Maple Ridge School District Website by visiting: <https://elementary.sd42.ca/mapleridge/>

Our PAC also has a Facebook group which you can follow. Search for: **Maple Ridge Elementary PAC** on Facebook

Our Next PAC Meeting is February 14 at 7:00 pm on Zoom.

All parents and guardians are welcome. We look forward to seeing you there!

Use the following Zoom Link: Meeting ID: 817 2367 8481

Passcode: 499270

Current Fundraisers

Fundraisers are a great way to support our school.

We have several ongoing fundraisers taking place at Maple Ridge Elementary.

See the list below:

Purdy's Chocolates

Please email mcmasterleanne@gmail.com for any questions. The MRE Purdy's link is open now for ordering: <https://fundraising.purdys.com/1498765-93044>

Maple Ridge Liquor Store

Did you know that when you make a purchase at the Maple Ridge Liquor Store and mention MRE when you are checking out, they will make a 5% donation to our school?

Save On Foods Receipts

We are once again collecting Save-On-Foods receipts. Students can use the drop-off box near the office. After we have collected a certain number of receipts Save On Foods provides our school with gift cards.

✔ WHAT TO DO WHEN SICK

IF YOU HAVE SYMPTOMS OF ILLNESS, STAY HOME

Most people don't need testing for COVID-19. Use the [BCCDC Self-Assessment Tool](#) or contact 811 or your health care provider to find out if a COVID-19 test is recommended.

Symptoms of COVID-19 include:



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



Go to emergency or call 911 if you:

- Find it hard to breathe
- Have chest pain
- Can't drink anything
- Feel very sick
- Feel confused

IF YOU HAVE MILD SYMPTOMS (OR HAVE TESTED NEGATIVE): STAY HOME

- For most people, testing is not recommended.
- Mild symptoms can be managed at home.



IF YOU TEST POSITIVE: SELF ISOLATE

- Complete an online form to report your test result.
- Manage your own symptoms.
- Let your household contacts know.

RETURN TO SCHOOL / WORK

Stay home until you feel well enough to return to your regular activities



IF YOU ARE FULLY VACCINATED OR LESS THAN 18 YEARS OLD

You can end isolation and return to school / work when all conditions are met:

- 1 **At least 5 days** have passed since your symptoms started, or from test date if you did not have symptoms.
- 2 Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
- 3 Symptoms have improved.

You should 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 ARE 18 YEARS OF AGE OR OLDER AND NOT FULLY VACCINATED

You can end isolation and return to school / work when all conditions are met:

- 1 **At least 10 days** have passed since your symptoms started, or from test date if you did not have symptoms.
- 2 Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
- 3 Symptoms have improved.

IF YOU STILL HAVE SYMPTOMS



Continue to isolate longer if you still have a fever or are not feeling better. If you are unsure or concerned, connect with your health care provider or call 811.

WHAT TO DO IF SOMEONE IS SICK IN YOUR HOUSEHOLD

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19. Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you feel unwell. The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at: [Getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca)



RIDGE MEADOWS MINOR BALL HOCKEY ASSOCIATION

REGISTRATION NOW OPEN!

BALL HOCKEY 2022 SEASON FOR ALL DIVISIONS



MAPLE RIDGE - PITT MEADOWS - MISSION RMMBHA.COM

REGISTER NOW FOR THE 2022 BALL HOCKEY SEASON! (AGES 5-19)

Tykes Program:
Open to 5 & 6 year olds

U8 - U19 Program:
Open to all 7-19 year olds

RMMBHA has been committed to offering an organized and affordable house youth ball hockey experience in the Pitt Meadows, Maple Ridge and Mission areas since 2003. Our league's volunteers strive to create an inclusive community with a focus on building a fun, competitive athletic atmosphere that helps all players learn and develop their ball hockey skills. We encourage sportsmanship and fair play, while instilling a passion for the game. RMMBHA is a co-ed league and we are always looking to expand the involvement of girls in our sport.

Through BCBHA and CBHA there are opportunities to challenge our skilled, minor ball hockey players in tournaments against other teams throughout BC, other provinces and at an international level.

These include:

- The Western Challenge Cup Tournament
- Team BC Ball Hockey Tournament
- The Worlds Ball Hockey Tournament

Proudly sponsored by:



SCAN TO REGISTER NOW!



REGISTER AT RMMBHA.COM





Connect and Learn with Us

An online event for families and caregivers

ADHD - The Real Deal

Speaker: Dr. Don Duncan

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.

FEB 16

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

Speaker: Dr. Ashley Miller

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.

FEB 23

(1 hour Presentation and 1 hour Q & A)

Cost: Free

Required Registration: familysmart.ca/events