

Friday Blast

Maple Ridge Elementary

Friday, March 11th, 2022

RAPID TESTS – Did you get yours?

Every student is entitled to a 5-pack of COVID-19 Rapid Antigen Tests for home use. These can be picked up (no charge) from the school by an **adult**.

If you have not yet picked up the tests, they will be available again at the front of the school on March 28th and March 29th between 7:45 and 8:45 a.m. If these times do not work for you, please email "MRE Reception" mre_reception@sd42.ca to set up an alternate time.

IS YOUR CHILD FEELING UNWELL?

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.

UPDATED TRAVEL GUIDANCE

On February 15, the Government of Canada announced a series of changes to border measures as part of a transition towards a more sustainable framework for long-term management of COVID-19.

To view the updated guidance, please visit: <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada#children>

STAYING HOME?

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.

STAFF PARKING LOT

We know that mornings are a busy time and finding parking at the school can be challenging. We ask that you **do not pull into the staff parking lots for drop-off or pick-up**. You may have noticed recently that the chain in the West side parking lot has been up. When cars pull in and out of the staff lot, it creates an unsafe situation for students and their families who are walking nearby.



We recommend arriving at school early to find street parking, or parking on a nearby side street and walking together. You can use the drive-thru lane for a quick drop off if needed, but drivers must remain in their vehicles. Please pull as far to the right as possible to drop off your child so that vehicles that are leaving the drive-thru lane can get past.

FAMILY FRENCH CAMP

If your family interested in participating in a French cultural experience this summer? If so, check out the British Columbia Family French Camp Society Website: <http://bcffc.com/fr/> They offer camps in a variety of locations over the summer. And the best part, parents don't need to be able to speak French!

PARENTS' NIGHT OUT

Do you need a night out? March 29th at 7:00 PM, a parenting event will be taking place. It focuses on listening and creating a safe space for the young people in your life. See the flyer below for registration details.

AFTER SCHOOL SOCCER

Are you looking for a fun, after school activity for your child? Look no further than the Albion FC! This soccer program takes place right after school at the MRE field. For more details on the program and how to register, please see the flyer attached below.

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.

Reusable cloth masks need to be washed regularly. Most masks can be handwashed or thrown into your washing machine with regular household laundry. Wearing a clean mask is so much more refreshing!

FOLLOW US ON FACEBOOK!

You can follow our school on Facebook by searching for: **Maple Ridge Elementary SD42**

Our Facebook group is a great place to get up to date information and alerts when the Friday Blast is posted. Check us out!



SPRING BREAK READING CHALLENGE

Wondering how you and your child will pass some of the time this Spring Break? Why not give the MRE Spring Break Reading Challenge a try! Print the attached primary (K - Grade 3) or intermediate (Grade 4 – Grade 7) challenge, read all the books and return to MRE after spring break to receive a prize.

SPRING CAMP

Registration is open for the “I AM AWESOME” Spring Break camp. Please see the Family Education Center’s flyer below for more information.

UPCOMING DATES

Wednesday, March 9 ~ 7 p.m. – PAC Constitution and Bylaw meeting

Friday, March 11 ~ Last Day of School Before Spring Break
“Wear Green” Spirit Day!

Monday, March 28 ~ Welcome Back to School!

Friday, April 15 ~ Good Friday – School Not In Session

Monday, April 18 ~ Easter Monday – School Not In Session



MESSAGES FROM OUR PAC

Did you know we have a PAC section on our School Website? For information about 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 Monday, March 7th at 7:00 p.m. 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

The MRE PAC **Constitution and Bylaw** meeting is Wednesday, March 9th at 7:00 p.m. on Zoom.

<https://us02web.zoom.us/j/81723678481?pwd=SS9rK0dFYVJrUm1SZ3pRSFNFWXQ2dz09>

Meeting ID: 817 2367 8481

Passcode: 499270

All parents and guardians are welcome.

Book Fair

The PAC is sponsoring a second Book Fair of the school year from April 4-6 and proceeds will go to the library. Stay tuned for more information.

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:

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.

Purdy's Chocolates

Please email mcmasterleanne@gmail.com for any questions. **The deadline to place orders is March 16th.** Use the MRE Purdy's link to view all the yummy springtime and Easter chocolates available: <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?

✔ 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

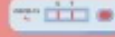


Go to emergency or call 911 if you:

- 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)

I AM Awesome!

SPRING CAMP

Designed to help young individuals with communication styles, triggers, looking at their special inner qualities, how to deal with stress and how to be a friend!

**MONDAY-THURSDAY
8AM-12PM**

**MARCH 14TH-17TH
FOR 6-8YRS**

**MARCH 21ST-24TH
FOR 9-10YRS**

PRICE: \$86

FOR MORE INFORMATION, PLEASE CONTACT
THE FAMILY EDUCATION & SUPPORT CENTRE
22554 LOUGHEED HWY
604-467-6055
reg@familyed.ca



Intermediate Reading Challenge

Name: _____

Div: _____

Read a book...

50 Reading Challenges Choice Board




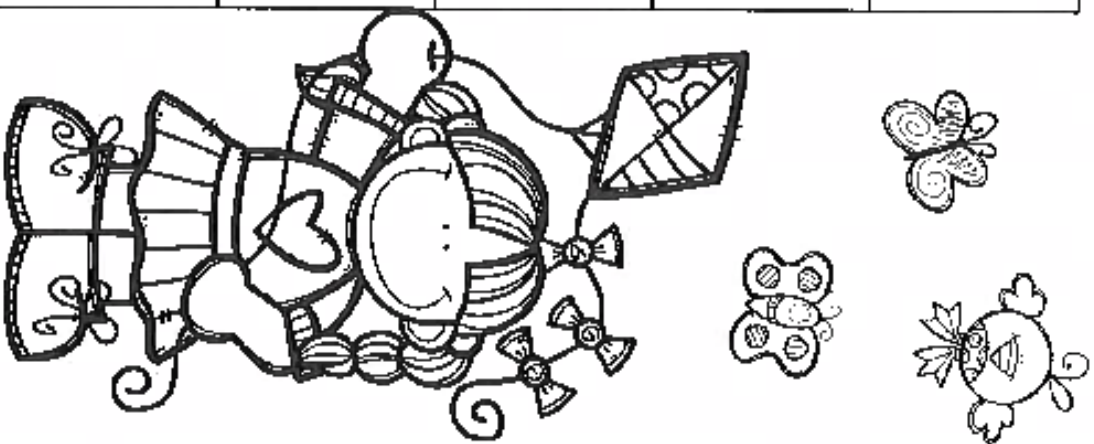
with a color in the name	set in a foreign country	suggested by a friend	part of a series	that you should have read in school	on the New York Times Bestseller list	already on your bookshelf	with an animal in the name	from an author you already know	about health and wellness
with a pretty book cover	more than 20 years old	released in the year you were born	published this year	translated from another language	with a female protagonist	that's a memoir	with a one-word title	that was made into a movie	over 500 pages long
under 100 pages long	with a music or art theme	involving water	with a green book cover	set in the 1800s	with a magical element	that's a one-hit wonder	about nature	with chapter titles	with an index
with a map in the front	that you heard about from a co-worker/ classmate	that's a Young Adult novel	about sports	that's a murder mystery	by an author who shares your name	that's a guilty pleasure	about business	about current events	everyone is talking about
based on a real person	that's a coming of age story	about science	that makes you smile	purchased from a bookstore	about nature	classic you've avoided	from a VIP book club pick	about a difficult choice	with catchy title

Primary Reading Challenge

Spring Break Reading Bingo

Name: _____
 Teacher: _____

<p>READ wearing sunglasses</p>	<p>READ by a window</p>	<p>READ using a flashlight</p>	<p>MAKE a picture about a book you read</p>	<p>READ to someone on the phone</p>
<p>MAKE a puppet to retell a story you read</p>	<p>READ to an adult</p>	<p>READ instructions for playing a game</p>	<p>READ to a family member</p>	<p>GO to the public library</p>
<p>READ after playing outside</p>	<p>READ to a stuffed animal</p>		<p>READ while eating a snack</p>	<p>READ twice in one day</p>
<p>WRITE a story about what you read</p>	<p>READ at the park</p>	<p>READ laying on your back</p>	<p>READ in the backyard</p>	<p>READ sitting in a comfy chair</p>
<p>READ while wearing a hat</p>	<p>READ on a sunny day</p>	<p>READ sitting at the kitchen table</p>	<p>LISTEN to someone read a story to you</p>	<p>READ a book about an animal</p>



'intheknow'

Information and Support

For families and caring adults who
are parenting a child or youth with
mental health and/or substance
use challenges.

**EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'.
WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT
HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR
UNDERSTANDING AND CONNECTION WITH OUR KIDS.**

ADHD – The Real Deal

Join us in watching a video presentation by Dr. Duncan, who 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.

Come together with other families for a facilitated discussion by Parent Peer Support Workers.

Dates (BC Time):

March 10, 2021 at 6:30pm
March 16, 2021 at 5:00pm
March 24, 2021 at 12:00pm
March 28, 2021 at 6:30pm
March 29, 2021 at 5:00pm

Cost: **Free of Charge**

Registration Required: www.familysmart.ca/events



familysmart.ca



PARENTS NIGHT OUT



SCAN ME

**MARCH 29, 2022
7:00 PM**

**TICKETS AVAILABLE ON
EVENTBRITE**

[HTTPS://SDS_PNO.EVENTBRITE.CA](https://SDS_PNO.EVENTBRITE.CA)

You do not need to have all the answers to start a conversation. Join us for a short video and panel discussion about listening and creating a safe space for ongoing conversations with the young people in your life.

