



2018-2019 DISTRICT SCHOOL CALENDAR

Schools opening day for students	Tuesday, September 4, 2018
<i>Non-instructional day</i>	<i>Monday, September 24, 2018</i>
Thanksgiving Day	Monday, October 8, 2018
<i>Non-instructional day (province-wide)</i>	<i>Friday, October 19, 2018</i>
<i>Non-instructional day</i>	<i>Friday, November 9, 2018</i>
Remembrance Day	Monday, November 12, 2018
Schools close for Winter break	Friday, December 21, 2018
Winter break	Monday, December 24, 2018 to Friday, January 4, 2019
Schools reopen after Winter break	Monday, January 7, 2019
<i>Non-instructional day</i>	<i>Friday, January 25, 2019</i>
<i>Non-instructional day</i>	<i>Thursday, February 7, 2019</i>
<i>Schools not in Session</i>	<i>Friday, February 8, 2019</i>
Family Day	Monday, February 11, 2019
Schools close for Spring break	Friday, March 15, 2019
Spring break	Monday, March 18, 2019 to Friday, March 29, 2019
Schools reopen after Spring break	Monday, April 1, 2019
Good Friday	Friday, April 19 2019
Easter Monday	Monday, April 22, 2019
Victoria Day	Monday, May 20, 2019
<i>Non-instructional day</i>	<i>Tuesday, May 21, 2019</i>
Last day for students	Wednesday, June 26, 2019
Year-end administrative day	Thursday, June 27, 2019
Schools close for Summer vacation	Friday, June 28, 2019

ELEMENTARY (K-7) DAILY SCHEDULE: 8:30am to 2:20pm. 295 instructional minutes per day. Kindergarten gradual entry the first 2 weeks of September.

NB: *Kanaka Creek Elementary* will run its year round calendar separate from this calendar.

SECONDARY (8-12) DAILY SCHEDULE: 8:30am to 2:40pm. 320 instructional minutes per day.

Minimum number of hours of instruction that must be offered as per *School Act* and *Calendar Regulation*:

853 hours of instruction for students in kindergarten.

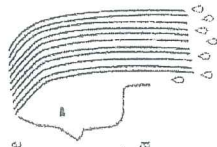
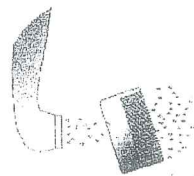
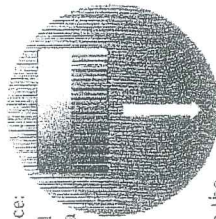
878 hours of instruction for students in grades 1 to 7.

952 hours of instruction for students in grades 8 to 12.

How to treat head lice

If you find head lice:

- 1 Comb the head carefully with a lice comb. Put the teeth of the lice comb next to the scalp and pull the comb down the whole length of the hair.
- 2 If the comb tugs the hair, use more conditioner.
- 3 After each stroke, rinse the comb in a sink or bowl of warm water, and wipe it dry. Then check the comb and your fingernails for lice. (You don't want to put any lice back in the hair.)
- 4 Comb the whole head, section by section.
- 5 Keep combing until you find no more lice. Comb the whole head a couple of times after the last louse was found.
- 6 Rinse the hair to remove the conditioner.
- 7 Sit upright, leaving the hair dripping wet. "The wetter the better".
- 8 Untangle the hair with a wide-tooth comb. Then use a fine-tooth comb.
- 9 Comb the whole head carefully with a lice comb. You may again find a few lice.



10 Keep combing until you find no more lice. Comb the whole head a couple of times after the last louse was found.

11 Repeat this treatment every 3-4 days for 2 weeks (see "Days to treat" below). This will remove the lice as soon as they hatch and before they can multiply or move to someone else.

Days to treat:

1	2	3	4	5	6	7
8	9	10	11	12	13	14

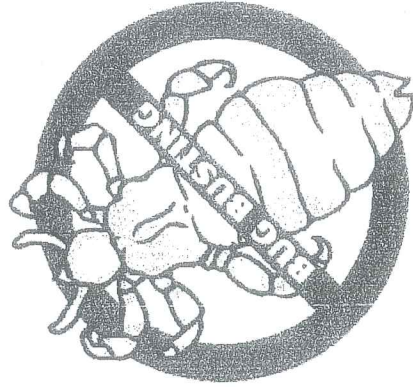
12 If you find an adult louse on any day after day 1 of the treatment, these are NEW lice, and you will need to treat the hair for ANOTHER two weeks.

13 It is important to check the hair of everyone who lives with you. Do this when the hair is wet with conditioner. If you find lice, you need to do the treatment.

14 After each treatment, clean everything you have used, like combs and towels. Wash hats, sheets and pillow cases.

It is not necessary to spend a lot of time cleaning the house. It is better to spend the time checking the hair of everyone who lives with you.

15 When you treat someone with wet combing, make sure you are both comfortable. The person being treated should sit at a good height for you. Put a towel over the shoulders to catch drips, and let the person watch a video or read a book.



GETTING RID OF HEAD LICE by Wet Combing

A non-chemical method
of treating head lice

If you have questions about Head Lice call a Public Health Nurse at your local Public Health Unit.

Fraser Health Prevention Services
400 - 22470 Dewdney Trunk Road
Maple Ridge, BC V2X 5Z6
Tel: 604-478-7000

Adapted from: Bug Busting: Getting Rid of Head Lice by
Yvet Combing, Catalogue No. HED 51 June 2000 with
permission of Vancouver Coastal Health.

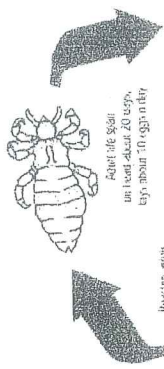
For more copies, order from the Print Shop Item
#261354 May 2008

This is a safe way of getting rid of head lice. You don't need to use pesticides, and it doesn't cost much.

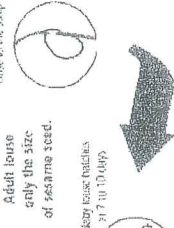
- Facts about head lice
- Lice are tiny insects, about the size of a sesame seed.
- Lice live only on a person's head.
- Anyone who has hair can get lice.
- Lice do not jump or fly.
- Lice can move quickly on dry hair, so they are difficult to see.
- Lice bites can make the scalp itchy.



ACTUAL SIZE OF ADULT



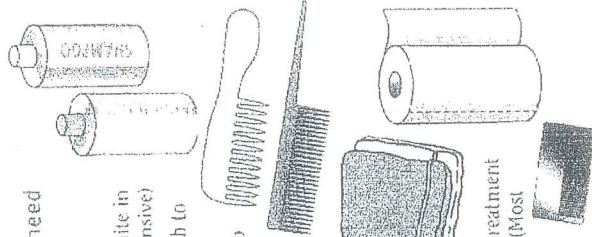
Pictures enlarged. Adult louse only the size of sesame seed.



- Adult lice lay about 10 eggs (called nits) every day. These nits are stuck to the hair near the scalp.
- It takes 7-10 days for the nits to hatch.
- It takes 6-10 days for a louse to become an adult. Up to that time, it stays on the head, but does not lay eggs.

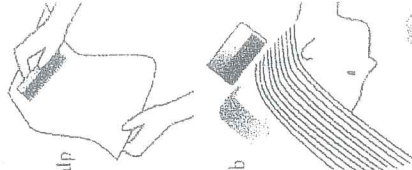
What you will need

- Shampoo (not expensive)
- Conditioner (white in colour, not expensive)
- Wide-tooth comb to untangle hair
- Fine-tooth comb to look for lice
- Hair clips (may be needed for long hair)
- Towels
- Paper towels
- Lice comb, for treatment if you find lice. (Most pharmacies sell lice combs.)



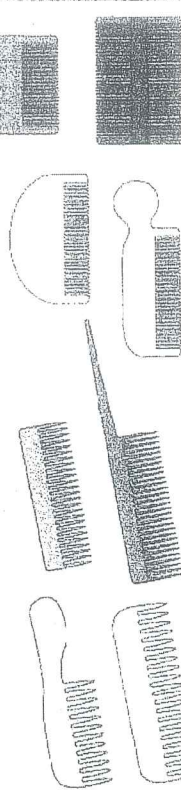
How to check for head lice

- 1 Shampoo the hair.
- 2 Rinse.
- 3 Put enough conditioner on to cover the whole scalp.
- 4 Untangle the hair with a wide-tooth comb.
- 5 Comb through the hair close to the scalp with a fine-tooth comb. After each stroke, wipe the comb on a paper towel and look for lice.
- 6 Make sure you comb the whole head. Have your child lean over the sink, and comb from the back of the head to the front.
- 7 If you find ANY lice, you need to TREAT.



SEE OVER

Combs for checking or removing lice may look like any of the ones pictured here.



Some common styles of wide-tooth and fine-tooth combs

Some common styles of lice or nit combs