

Feb 16, 2022
Newsletter



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Principal:
Megan Boniface

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MOUSE MOUNTAIN ELEMENTARY

Message from the Principal

Hadih and Hello!

We had fun on Monday celebrating Valentine's day with a class dance party in the gym! All throughout the month of February, we are focused on kindness. Our grade three leaders are working on a **Kindness Project** for the residents of Silver Birch Lodge. They are working on a special gift for each resident to show kindness to our community!

February 23 is Pink Shirt Day and we will hold a **virtual assembly at 9:30 am**, led by some of our grade 3 junior leaders. Families are invited to join our assembly online. The link will be emailed and can also be found on our school website under upcoming events.

Feb 21st is a holiday (Family Day) and there is **no school**.

Report cards will be coming home on March 11th and we will be holding **parent-teacher interviews on**

the afternoon of March 16th. More information will be coming on how to book your appointment with your child's teacher.

Families, please check out our **school plan for 2021-22** which is posted on our website (mouse.sd91.bc.ca) - just click on About Us > School Plan. You will find our **school goals** and information about how we are doing so far this year.

Thank you families for continuing to do the health check each day with your child and for keeping them home if they are not feeling well.

Thank you for all you do to support our school!

Mrs. Megan Boniface



Important Dates

Feb 21	Family Day STAT (no school)
Feb 23	Pink Shirt Day
Mar 1	Crazy Hair Day
Mar 11	Report Cards Home
Mar 16	Parent-teacher meetings/ early dismissal @ 12:00 noon
Mar 21	Spring Break Starts (no school)
Apr 4	Back to school



FEB 23 is PINK SHIRT DAY

Join us for our virtual assembly on Feb 23rd @ 9:30 am. We will wear pink on this day to show the world that everyone deserves to be treated with kindness and respect.

KINDNESS
IS ONE SIZE
Fits All



presented by
NATURE'S BOUNTY
VITAMINS

In March 2022, the best women's curling teams in the world will be at the CN Centre in Prince George participating in the 2022 BKT Tires & OK Tire World Women's Curling Championship (WWCC).

Curling Canada has announced that all youth tickets (under 18 years old) are free with the purchase of an adult ticket. To purchase the tickets, visit curling.ca/tickets, call 1(888) 293-6613, or visit the CN Centre Box Office. The tournament will be held from March 19th – March 27th at CN Centre.



Superintendent's Report to the Board

Regular Board Meeting of February 14, 2022

Superintendent Manu Madhok presented his 'Superintendent's Report to the Board' at the February 14, 2022, Board Meeting.

Please click on the link below to view the report:

<https://www.sd91.bc.ca/apps/news/article/826444>

MMES Parent Advisory Council

Next PAC Meeting: March 8 @ 6:00

All parents welcome. Our PAC meetings are online at this time.

The link is posted to the Mouse Mountain Website
(mouse.sd91.bc.ca) under 'upcoming events'.



K to 12 Health Check

Daily Health Check

Thank you for your continued efforts in completing the daily health check with your children before school each day!



Tuesday Hot Lunch Menu

Feb 22 Mac & Cheese

Mar 1 Pancakes & Sausage

Mar 8 Hot Dogs



The New Order Forms are out and due back on March 2nd. Make sure to get your form in on



Draft Policies – Request for Feedback

At the Board meeting on Monday, February 14, 2022, the following policies were given various readings:

- 205.1 – Trustee Indemnity (1st Reading)
- 702.3 – Assistance for Transportation and Boarding (1st & 2nd Readings)

Please click the link below to view the draft policies and provide feedback. The closing date for comments is March 14, 2022, at noon.

<https://www.sd91.bc.ca/apps/pages/policies-and-regulations>



FRASER LAKE FREE COSMIC PUBLIC SKATING RETURNS AT THE ARENA!

Friday's Starting February 11th

5:15pm – 6:45pm

OPEN TO ALL AGES - ALL ATTENDEES 21 YEARS AND OLDER MUST PROVIDE PROOF OF VACCINATION TO ENTER THE FACILITY. MASKS ARE MANDATORY FOR ALL AGES WHEN NOT ON THE ICE



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](#).

What to Do if Someone in Your Household is Sick

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.

Try to stay apart from the person in your household who is sick as much as possible.

Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you develop symptoms of illness or feel unwell.

If You Test Positive for COVID-19

Your age and vaccination status determine how long you should self-isolate for if you test positive for COVID-19.

Age	Vaccination Status	Guidance
Under 18 years of age	Unvaccinated, partially vaccinated or fully vaccinated	Self-isolate at home for 5 days AND until your symptoms improve and you no longer have a fever. Avoid non-essential visits to higher risk settings like long-term care facilities and gatherings for another 5 days after ending isolation.
18 years of age or older	Fully vaccinated	
	NOT fully vaccinated	Self-isolate at home for 10 days AND until your symptoms improve and you no longer have a fever.

Close contacts, who are usually others in your household, do not need to self-isolate (regardless of vaccination status), but should closely self-monitor for symptoms. BCCDC has more information for [close contacts](#).

If you find it hard to breathe, have chest pain, can't drink anything, feel very sick, and/or feel confused, contact your health care provider right away or go to your local emergency department or call 9-1-1.

This information is adapted from the BC Centre for Disease Control. For more information, visit <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>