

April 6, 2022  
Newsletter



P.O. Box 3001  
Fraser Lake, B.C. V0J 1S0  
Phone 699-6627  
Fax 699-7730

Principal:  
Megan Boniface

Website:  
mouse.sd91.bc.ca

MOUSE MOUNTAIN ELEMENTARY

## Message from the Principal

Hadih and Hello!

I hope you had a **wonderful Spring Break!** We were excited to welcome everyone back this week and hear stories of all the fun that was had during the break.

Yesterday was crazy hair day and I am always so amazed at the creative hair-styles!

As you are aware, our Covid-19 guidelines have been updated and masks are no longer required for students. The **decision to wear a mask will be a personal choice** for families and will be respected. Please continue to do the **health check each day** with your child and keep them home if they are sick.

Our **grade 3 students** will be getting the chance to **visit FLESS** over the next two months and we are looking forward to introducing them to their new school, teachers and peers!

**Registration for Kindergarten** is open! Parents of children who will start Kindergarten in September 2022 should come in or call the office to register. We are so excited to meet our new K students! We will be holding a special event for new K families closer to the end of the school year.

Please note that there is **no school on Friday April 15th and Monday April 18th** (this is the Easter long weekend).

Thank you families for all you do to support our school! Happy Spring Break!

*Mrs. Megan Boniface*

**Carrier Phrase  
for April**

Soo'int'ah?

How are you?



## Important Dates

|          |                                    |
|----------|------------------------------------|
| Apr 15   | Good Friday (no school)            |
| Apr 18   | Easter (no school)                 |
| April 29 | Pro-D Day (no school for students) |
| May 3    | Crazy hair day                     |
| May 13   | Pro-D Day (no school for students) |
| May 23   | Victoria Day (no school)           |



SPRING



Welcome  
Back



## Youth Soccer in FL



Attention families interested in signing up for local soccer! Please see the information about Fraser Lake Youth Soccer attached to this newsletter.



## School Board Meeting Monday, April 11, 2022 6:00 pm

### Important Public Attendance Notice:

\*\*\*With the current Covid-19 concerns, public attendance will be limited to virtual only. Any public wishing to join the meeting will be provided a virtual link.

We are requesting that members of the public interested in attending this meeting, contact Tracy Austin at [taustin@sd91.bc.ca](mailto:taustin@sd91.bc.ca) or 250-567-2284 prior to the meeting.

## Self-Regulations Skills: Walking Away



As children grow, they continue to develop their ability for self-control. **Walking away** from a frustrating situation is a helpful way to develop this self-control because it allows time to

calm and think.

At school and at home, adults can support children by:

- \* Encouraging them to walk away from a frustrating situation for a few minutes to cool off instead of having an outburst
- \* Praising them when they walk away by saying things like, "I like how you stayed calm" or "Good job keeping your cool."



## Daily Health Check

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



K to 12 Health Check

## Tuesday Hot Lunch Menu

|        |                     |
|--------|---------------------|
| Apr 12 | Tacos in a bag      |
| Apr 19 | Fried Rice          |
| Apr 26 | Pancakes & Sausages |



## Next PAC Meeting: April 12 @ 6:00 PM

All parents welcome. Our PAC meetings are in person at the school with an online option. The online link is posted to the Mouse Mountain Website ([mouse.sd91.bc.ca](http://mouse.sd91.bc.ca)) under 'upcoming events'.



## KINDERGARTEN REGISTRATION



Please visit us to register any new Kindergarten students for the 2022-23 school year! You can come into the office to register or call us at 699-6627. We can also email out the registration form.



# 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<br>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<br>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>



# FRASER LAKE YOUTH SOCCER

Register for the **2022 Soccer Season**

online at **zone4.ca**

Direct link: [FLYS Registration Form 2022](https://zone4.ca/RegistrationForm2022) | [Zone4  
Online Registration](https://zone4.ca/OnlineRegistration)

or at

**EveryBody Fitness**

During regular business hours

~Season runs **May to June**~

Players ages are recorded as of **December 31<sup>st</sup>, 2022**

|                                                | <b>Early</b><br><i>until April 15</i> | <b>Late</b><br><i>After April 15</i> | <b>Ages</b>                                                                                  |
|------------------------------------------------|---------------------------------------|--------------------------------------|----------------------------------------------------------------------------------------------|
| <b>Mini</b>                                    | \$45.00                               | \$55.00                              | U6 - Ages 5-6 (2016-2017)<br>U8 - Ages 7-8 (2014-2015)<br>U10 - Ages 9-10 (2012-2013)        |
| <b>Divisional</b>                              | \$55.00                               | \$65.00                              | U12 - Ages 11-12 (2010-2011)<br>U15 - Ages 13-15 (2007-2009)<br>U18 - Ages 16-18 (2004-2006) |
| <b>Family Discount</b><br><i>(3+ children)</i> | <b>Save \$5 per child</b>             |                                      |                                                                                              |

\*All fees include insurance coverage and eligible programs from Northern Interior Youth Soccer Association (NIYSA)

\*Payment is due at time of registration



**Fraser Lake  
Youth Soccer**

# FRASER LAKE YOUTH SOCCER PARENT HANDOUT



## Required Equipment

- Shin pads & Soccer Cleats (mandatory)
  - Black knee socks - Black soccer shorts
    - Water bottle - Towel (optional)
    - Rain gear (weather permitted)
- \*Divisional soccer requires your child to be fully equipped\*

## Conditions of Play & Participation

Play for fun. Play with respect and honest effort. Play by the rules and spirit of international soccer. Win with humility and lose with grace. Players whose behaviour in practices or games is unacceptable may be disqualified. Membership in the club is subject to the sole discretion of the FLYS executive.

All decisions of game referees  
**MUST** be respected on the field.

### **A reminder to all parents...**

- There is to be **NO SIBLINGS** on the field during practices or games.

**\*Parents/guardians are responsible for their children AT ALL TIMES and are expected to remain in attendance at games and practices.**

- It is **YOUR** responsibility to ensure that your child gets to and from practice safely, even if your child is sent home early due to weather or poor behaviour.

All practices are held outside the arena on the soccer field regardless of weather. The only time practices will be cancelled is due to **thunder/lightning** or at the coach's discretion.

**Anticipated start dates for practices are  
Monday, May 2<sup>nd</sup> for Mini teams and  
Tuesday, May 3<sup>rd</sup> for Divisional teams.**

## **Practice Times:**

|         |           |       |
|---------|-----------|-------|
| U6-U8   | Mon/Wed   | 5-6pm |
| U10     | Mon/Wed   | 6-7pm |
| U12-U15 | Tues/Thur | 6-7pm |
| U18     | Tues/Thur | 7-8pm |

**Mini Tournaments** – TBD - Vanderhoof  
TBD - Fraser Lake  
TBD - Fort St. James  
TBD - Burns Lake

**Divisional Tournament** – TBD

**Mini Picture Day:** TBD during practice

**Divisional Picture Day:** TBD during practice

## **\*\*VOLUNTEERING AT HOME TOURNAMENTS IS MANDATORY\*\***

The successful operation of our club  
requires parent volunteers.

Parents/Guardians are expected to volunteer  
*at least 1 HOUR PER CHILD* during home  
tournaments (more is always appreciated!).

Each team will be given a list of times and  
positions to fill. See your team parent to sign up.

A lack of volunteers may result in a team (or  
player) being disqualified as well as higher  
registration fees.

*Please, find out where you OR someone in your  
family can provide assistance.*

## **Volunteers & Parents**

All volunteers who work consistently with  
children must complete a criminal record check.

**Online Link:** <https://justice.gov.bc.ca/eCRC/>

**Access Code:** JUZT6F4ZDF

**Refunds may be given up to the first week of  
practice. No refunds after that point!**

Facebook page : Fraser Lake Youth Soccer  
**BC Youth Soccer Association**  
Phone: (604) 299-6401