

Feb 2, 2022
Newsletter



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Principal:
Megan Boniface

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mouse.sd91.bc.ca

MOUSE MOUNTAIN ELEMENTARY

Message from the Principal

Hadih and Hello!

February is Kindness Month at Mouse Mountain School. We focus on what it means to be kind to each other, ourselves and to the Earth. **February 23rd is Pink Shirt Day!** We wear pink to show the world how important it is to treat others with dignity and respect.

Feb 11th is a pro-d day; there will be no school this day except for registered students in the Before and After School Care Program (there is care provided from 7:30—5:30).

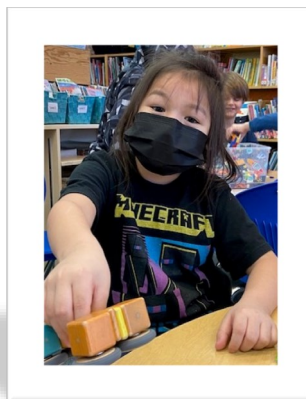
On **February 14th**, we will have some Valentine's fun at school!

Tomorrow, **February 3rd at 5:00 PM** is our next **virtual PAC meeting**. All parents and guardians are welcome to join us online. You will find the

link on our Mouse Mountain website (mouse.sd91.bc.ca) under upcoming events, or under Parent Links.

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



Choose
KINDNESS.



Important Dates

Feb 11	Pro D Day (no school)
Feb 14	Valentines Day
Feb 21	Family Day STAT (no school)
Feb 23	Pink Shirt Day
Feb 23	Pink Shirt Day



Mouse Mountain School offers:

Before and After School Care Programming

from 7:30 am - 5:30 pm Mon-Fri
including PRO-D days starting in February 2022.

Please contact our office for more information and to register. Space is limited. We will help families explore and apply for the Affordable Child Care Benefit.



School Board Meeting

Monday, February 14, 2022
6:00 pm

Important Public Attendance Notice:

***The February Board meeting is scheduled as a video conference meeting, 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 or 250-567-2284 prior to the meeting.



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 8 Chicken Nuggets
Feb 15 Sloppy Joes
Feb 22 Mac & Cheese
Mar 1 Pancakes & Sausage



Water Bottles



Please remember to pack a water bottle for your child each day! Students can use the water bottle filler at school.

MMES Parent Advisory Council

Next PAC Meeting: Feb 3 @ 5:00

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'.



Self-Regulations Skills

WITS is not just for school. Parents and families can help children use WITS at home and in their daily life. Sometimes children can experience high emotions at school or at home.

Any time there are high emotions it is important to:

Stop and take 5 deep breaths or practice their finger breathing

Now and think that they can handle the situation

Plan what they will do now that they are feeling calmer

We all have feelings, but it is how we handle them that can help us keep our problems smaller.

STOP

NOW
AND

PLAN

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>