

April 27, 2022
Newsletter



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Principal:
Megan Boniface

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MOUSE MOUNTAIN ELEMENTARY

Message from the Principal

Hadih and Hello!

Yesterday, we had our first big field trip in two years to see Wizard of Oz at McLeod Elementary! We had so much fun and I was SO PROUD of our Mouse Mountain students. Not only were they all great listeners, but they were such a respectful audience! Way to go, Mouse Mountain!!! Families, if you have a chance to go to Vanderhoof to see the play, you will enjoy it! Public shows are Thursday, Friday and Saturday.

Last call to order your Mouse Mountain apparel! **Apparel Order forms due back TOMORROW Thursday April 28th.** Hoodies and t-shirts are available in youth and adult sizes.

Please remember that there is **NO SCHOOL FRIDAY April 29th.** Friday is a pro-d day and Students in the Before and After School Care program can attend this day from 7:30 am—5:30 pm.

Next **Tuesday May 3rd is crazy hair day.** I can't wait to see all the crazy hairstyles that you come up with!

We have some important events coming up in May. **May 17th is Share the Love Day.** This is a day where we honour diversity and talk about how we show kindness and respect to everyone. We will be talking about the diversity of families and will read a book titled "A Family is a Family is a Family". Our grade 3 junior leaders will get the chance to read this book in our assembly and will also be helping to paint a rainbow crosswalk outside of the school.

Jump Rope for Heart Day is on May 20th. On this day, we will have fun jump stations set up around the school. Students will get to challenge Mrs. Boniface to a "Jump Rope Challenge"! We will have some draw prizes and everyone will get a cold treat. Students are invited to bring in a donation or fund-raise online. Our fundraising goal is \$2000. If we make our goal, then we will have a pajama day with an ice-cream treat! So far, we have raised \$463!

Thank you for all you do to support our school!

Mrs. Megan Boniface



Apr 29

May 3

May 13

May 17

May 20

Important Dates

Pro-D Day (no school for students)

Crazy hair day

Pro-D Day (no school for students)

Share the Love Day

Jump Rope for Heart Day

Carrier Phrase for April

Soo'int'ah?

How are you?

Jump Rope for Heart





Daily Health Check

Thank you for your continued efforts in completing the daily health check with your children before school each day and for keeping children home when they are sick.

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 (250) 699-6627.

We can also email out the registration form.

SD91 Honoring Diversity Speaker Series

◇ SD91 Honoring Diversity Speaker Series welcomes **Bryan Gidinski** on May 12th at 5:00 pm. The link will be posted to the SD91 website and Facebook page. Bryan is an elementary teacher with over 20 years of experience and currently holds a district leadership role in his school district as a SOGI support teacher for elementary schools. Bryan will discuss many topics related to SOGI and creating safe and welcoming schools for all students.

◇ **Link will be posted to SD91 Website and Facebook page.**

May 12th

**5 pm
Microsoft TEAMS**



Tuesday Hot Lunch Menu

May 3	Hot Dogs
May 10	Spaghetti
May 17	Chicken Nuggets
May 24	Sloppy Joes
May 31	Sweet & Sour Chicken



Next PAC Meeting: MAY 10 @ 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) under 'upcoming events'.



Ukulele Fun



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>