

Jan 14, 2021
Newsletter



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Principal:
Megan Boniface

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MOUSE MOUNTAIN ELEMENTARY

Message from the Principal

Hadih and Hello!

We have been enjoying some sunshine this week and it is nice to see the days getting a little longer each week!

We have jumped right back into learning since the winter break. Last Friday our grade 2 and 3 classes had the opportunity to participate in a guided drawing lesson with Gitxsan artist Michelle Stoney, who joined us virtually. Students followed the guided lesson to draw a mouse using traditional shapes.

Students have begun learning about ways to keep problems small using the **SNAP** (Stop Now and Plan) program. Please see our weekly SNAP tip in this newsletter.

Thank you for your continued support in doing the daily health check with day with your child. We ask that all parents or individuals who are visiting the school wear a mask upon entering the

building and sign in at our office. We appreciate your help and co-operation!

Our next **PAC meeting is on Tuesday February 9th at 4:30pm**. This is a virtual meeting and the link can be found under "Upcoming Events" on our Mouse Mountain School website: (mouse.sd91.bc.ca).

Thanks for all you do to support our school!

Mrs. Megan Boniface



Daily Health Check

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



Coming Events

Feb 4	Fire Drill
Feb 9	Virtual PAC Meeting @4:30pm
Feb 14	Valentines Day
Feb 15	Family Day Statutory Holiday
Feb 26	Pro D Day - No Students
March 16	Parent/Teacher Interviews
	Early Dismissal (12:00 NOON)
March 22-April 1	Spring Break



SNAP

To Keep Problems Small
(STOP NOW AND PLAN)



SNAP

To keep your problems smaller

In January there is plenty of cold weather to keep us cooped up inside. Children can get edgy, impatient, and quick to anger.

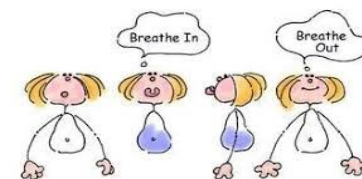
The solution: SNAP!



When you feel your emotions getting high:

- Stop and take a deep breath
- Make a plan: walking away to a quiet space is often a good solution.

Until next time, keep warm and **Stop Now and Plan** to keep your problems small.





School Board Meeting Monday, January 18, 2021 6:00 pm Video Conference

Public Attendance Notice:

***Due to current public health and safety requirements, 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 so that seating arrangements for appropriate physical distancing can be made at each video conference site.



**JOIN US FOR A VIRTUAL TOWN HALL ON
THURS. JAN. 28TH @ 4:30 PM FOR AN
UPDATE ON:**

- SD 91 SCHOOLS - COVID-19 PLAN
- COVID-19 = WHAT ARE WE LEARNING
- A LOOK AHEAD

**HOSTED BY SD 91'S DISTRICT
PARENT ADVISORY COUNCIL**

We had questions prepared for our Dec. Town Hall and will use them for this event. If you have questions for us to consider, please email info@sd91.bc.ca

The link to this meeting will be shared on Jan. 27th on the school district's website and Facebook page.



Hot Lunch

Hot Lunch is Thursdays

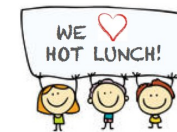
Jan 21 Pizza Subs

Jan 28 Baked Mac & Cheese

Feb 4 Pancakes and Sausages



To still send snacks!



MMES Parent Advisory Council



Meeting: February 9 @ 4:30 Online

All parents welcome. Please call or text Christine at (250) 640-0990 for information about our PAC. The link to attend our next PAC meeting virtually is on our Mouse website: mouse.sd91.bc.ca



Daily Health Check

1. Key Symptoms of Illness*	Do you have any of the following key symptoms?	CIRCLE ONE
Fever		YES NO
Chills		YES NO
Cough or worsening of chronic cough		YES NO
Shortness of breath		YES NO
Loss of sense of smell or taste		YES NO
Diarrhea		YES NO
Nausea and vomiting		YES NO
2. International Travel	Have you returned from travel outside Canada in the last 14 days?	YES NO
3. Confirmed Contact	Are you a confirmed contact of a person confirmed to have COVID-19?	YES NO

If you answered “YES” to one of the questions included under ‘Key Symptoms of Illness’ (excluding fever), your child should stay home for 24 hours from when the symptom started. If the symptom improves, your child may return to school when they feel well enough. If the symptom persists or worsens, seek a health assessment.

If you answered “YES” to two or more of the questions included under ‘Symptoms of Illness’ or your child has a fever, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, your child should not return to school until COVID-19 has been excluded and symptoms have improved.

When a COVID-19 test is recommended by the health assessment:

- ☐ If the COVID-19 test is positive, your child should stay home until you are told by public health to end self-isolation. In most cases this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.
- ☐ If the COVID-19 test is negative, your child can return to school once symptoms have improved and they feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.
- ☐ If a COVID-19 test is recommended but is not done because you choose not to have the test, or you do not seek a health assessment when recommended, and symptoms are not related to a previously diagnosed health condition, your child should stay home from school until 10 days after the onset of symptoms, and then they may return if they are feeling well enough.
- If a COVID-19 test is not recommended by the health assessment, your child can return to school when symptoms improve and they feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).

If you answered “YES” to questions 2 or 3, use the COVID-19 Self-Assessment Tool to determine if you should seek testing for COVID19.

A health-care provider note (i.e. a doctor’s note) is not required to confirm the health status of any individual.