

# ANNIEVILLE NEWS

A Compassionate Learning Community

## Important Dates

Thursday, Dec 10  
6:30-8:00PM

Virtual Evening for Parents  
on Trauma & Kindness

Wednesday, Dec 16

Tacky Glam Holiday Wear Day

Report Cards Go Live  
@3:00PM

Friday, Dec 18

Last Day of School

Monday, Jan 4

School Reopens

Tuesday, Jan. 12

PAC Meeting

Friday, Jan 22

Professional Learning Day-  
NO school for kids



## December Update

I would like to start with a big thank-you to all of our families. These are difficult times, made more difficult because of the length of time we are all having to be on guard. We really appreciate that you are doing the daily health checks and keeping your children home when they are not well.

We continue to do all that we can to keep Annieville a safe and healthy space for children to learn and for all of our staff to work. Here are just a few things we rigorously stick to:

- \*Students and Staff are washing their hands lots!
- \*Students stay in their learning groups all day and are reminded to avoid physical contact and keep distance between others outside of their learning group.
- \*High touch surfaces are disinfected twice daily
- \*All the adults wear masks in all common spaces
- \*Visitors to our building, including TOCs and substitute EAs maintain distance and wear masks at all times.

*Be Kind  
Be Calm*

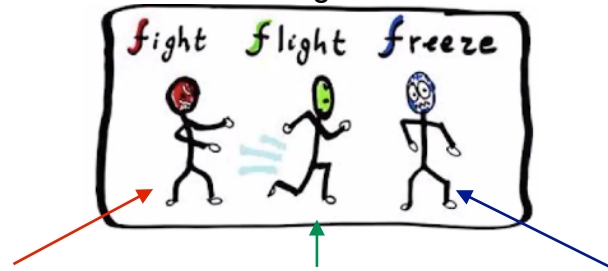
## Absences

Students can be away for many different reasons right now and so it makes sense that we review the things we can do and that we hope families will do when children are away for extended periods of time.

- **Please let the office** know how long you expect your child or children to be away.
- **Stay in touch** with the classroom teacher. A weekly email or call would be great!
- The rich learning experiences in classrooms **cannot** be replaced by worksheets. That said, we will do our best to collect and send home any worksheets that are used in classes. **Please let Mrs. Kwasnicki know if you would like to arrange a weekly pickup of any material,**  
[jkwasknicki@deltasd.bc.ca](mailto:jkwasknicki@deltasd.bc.ca)

## In Times of Stress

We know that kids are experiencing stress to varying degrees.

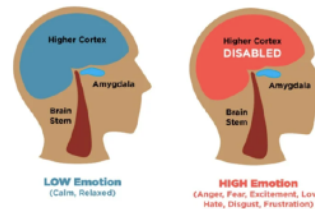


Could look like...  
Anger  
  
Outbursts  
  
Crying

Could look like...  
Running away  
  
Hiding in room  
  
Expressing fear

Could look like...  
Ignoring/Not  
paying attention  
  
Avoiding social  
situations

We know that when people are stressed they aren't in a good place to learn.



**Here are some things you can do to help.**

To start, remember, you have to **take care of yourself** before you can take care of others!



**Model calmness-** try deep breathing exercises.

**Get outside-** go for a walk or play a family game in the yard or park.

**Be patient** with yourself, your children and others. We're all doing our best in these stressful times.

**Create a routine** and stick to it- Having a routine helps create a sense of structure and calm.

# TRAUMA & COMPASSION IN THE WAKE OF COVID-19

This session will explore how toxic stress can impact the developing brain and even inhibit the capacity for compassion. Parents will learn about how neurobiology can impact behaviour and how to cope with challenges. Parents will also learn strategies for building resilience even in the face of stressful times.

Facilitator:



Dr. Jennifer Mervyn was acknowledged by CAMH as one of the 150 Canadians making a difference in mental health. She is a Registered Psychologist with an extensive background in trauma and substance abuse. Jennifer is known for utilizing innovative, culturally informed, therapeutic approaches in her work. Jennifer is Métis, mother of four, and strong advocate for the Indigenous community. She consults, teaches, and trains on Trauma Informed Practice and policy nationwide.

**When: Dec 10, 2020 06:30 PM- 8pm Via Zoom**

**Register in advance for this workshop:**

<https://ca01web.zoom.us/join/zoom/register/u5AuceqoqTlqGNCuf4yypWJ6ZYG4suti7D6h>

**After registering, you will receive a confirmation email containing information about joining the workshop.**

**PRESENTED BY:**



**A FREE  
EDUCATION SERIES  
FOR PARENTS AND  
CAREGIVERS**

**TRAUMA &  
COMPASSION IN  
THE WAKE OF  
COVID-19**

**DR. JENNIFER  
MERVYN**

**Email questions for Dr.  
Jennifer Mervyn ahead  
of time to:  
Kirsten Hermanson,  
Manager – Prevention  
and School Wellness**

[khermanson@deltasd.bc.ca](mailto:khermanson@deltasd.bc.ca)



# COVID-19

#COVID19 #ITHRIVE

NOT ONLY CAN YOUNG PEOPLE SPREAD COVID-19, **THEY ARE ALSO AT RISK.\***

## 10 TIPS TO PROTECT YOURSELF AND OTHERS DO NOT RISK YOUR LIFE



Physical distancing **can help protect you** from COVID-19. Stay home with members of your household if you are asked to; meet up virtually with friends or other family members.



**Wash your hands** often and well with soap and water or alcohol-based gel.



**Disinfect surfaces** you touch a lot, like cell phones, computers, doorknobs, etc.



The COVID-19 situation is **a stressful time for everyone**, including young people. Chat with or videocall friends and family to stay connected.



Limit how much social media and news you consume. **Avoid rumors and misinformation** by getting news from trusted sources.



**Exercise** or **meditate** at home.



**Maintain a familiar routine** – while still practicing physical distancing – to **help you feel calmer and more in control**.



**Reach out to a trusted adult** or professional if you need help or are feeling sad or stressed.

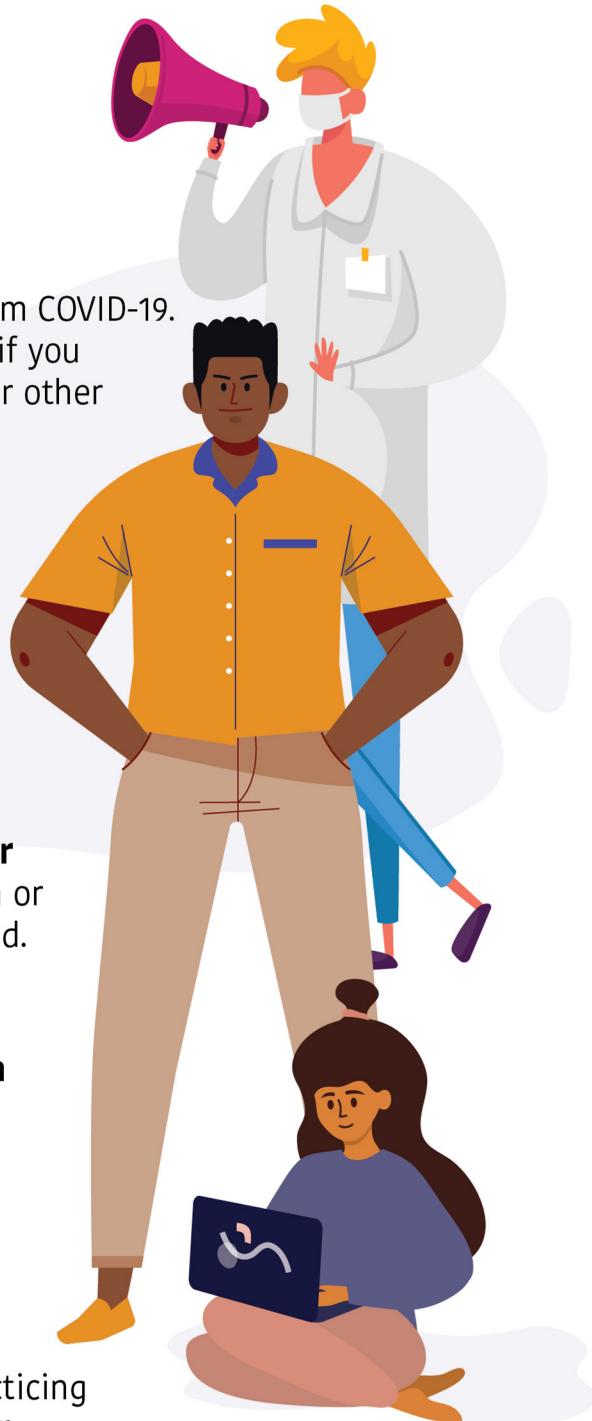


Do not leave your house if you are sick. **Follow guidance from your health authorities** on how to contact health services if you need medical care.



**Listen to your local authorities** for other advice and directions on how to stay safe.

\*Young people are also at risk for severe sickness, hospitalization, and death from COVID-19 and can spread the disease to people who have a higher risk of serious illness and death.



PAHO



Pan American  
Health  
Organization



World Health  
Organization  
REGIONAL OFFICE FOR THE AMERICAS

**BE AWARE. PREPARE. ACT.**

[www.paho.org/coronavirus](http://www.paho.org/coronavirus)

November 10, 2020

Dear Parents and Guardians,

As you know, staff and students are practicing a comprehensive suite of health and safety measures while at school to help protect themselves, each other, their families and the wider community from the risk of COVID-19. This weekend, due to the number of confirmed cases of COVID-19 increasing rapidly in the lower mainland, a new [public health order](#) was issued for the Fraser Health and Vancouver Coastal Health regions. The order is aimed at reducing social interactions so that schools and workplaces can remain open.

We felt it was timely to send a reminder of how we can all do our part to reduce the spread of COVID-19, and encourage you to follow the [BC Centre for Disease Control's measures](#) to stay healthy and prevent the spread of COVID-19. These include:

- Please stay at home and keep a safe distance from people in your household when you have COVID, cold or flu-like symptoms. Please refer to the [Daily Health Check](#).
- Socialize only with those in your household. As a result of the November 7 public health order, no social gatherings of any size with anyone other than your immediate household are allowed.
- Connect with people you do not live with by phone or by video call.
- Wear masks in indoor public places.
- Practice good hygiene, including:
  - Regular hand washing/sanitizing
  - Avoiding touching your face
  - Covering coughs and sneezes
  - Disinfecting frequently touched surfaces

### **Social Interactions at Schools**

Our schools have been back in session for almost two months, and our students have adapted extremely well to the new health and safety protocols. Throughout the school day, our staff take great care to ensure students are kept within their learning groups/cohorts, including ensuring that students are not socializing with students from outside their cohort during recess and lunch break or, if they are, ensuring they maintain two metres distance from them. This is done to limit students' interactions with others to help reduce their potential exposure to COVID-19.

We know that school drop-off and pick-up are very busy at schools and it can be challenging for students and their families to maintain two metres distance from others. We also recognize that school drop-off and pick-up provide an opportunity for parents to connect with each other. Following this weekend's public health order, we would like to ask for your support in ensuring that you do not interact with others outside of your household, or allow your child to play with others from outside of their cohort. To help avoid these social interactions, we encourage you to leave the school grounds promptly after dropping off or picking up your child from school.

## COVID Exposure Protocols

In September, we shared the protocols followed when a student or staff member tests positive for COVID-19. ([September 16 letter to families](#), [Fraser Health flowchart](#)). Through its contact tracing process, Fraser Health will reach out directly to families if they think their child has come into close contact with someone who has tested positive for COVID-19, and will ask them to take specific action, such as go for a COVID test or self-isolate. In addition, Fraser Health will ask the school district to send an early notification letter out to the entire school community. The letter contains the dates of exposure and states: *Receiving this letter does not mean you have been exposed to COVID-19. Case(s) have been isolated, and there is no direct exposure risk at this time.* It advises families that their child should continue to attend school, but also asks them to monitor for any symptoms that may develop.

At schools where there has been a confirmed case of COVID-19, we have received some questions regarding why it takes so long from the date of exposure until families receive the early notification letter. Below is an example to help explain why this process takes time:

Day 1	A student attends school as they are feeling well.
Day 2	The student starts to feel unwell and so stays home from school.
Days 3 - 4	A day or two later, the student has enough symptoms that their family takes them for a COVID test.
Days 5 - 7	The student self-isolates while waiting for their test result (generally 1 - 3 days).
Days 6+	If the student tests positive <u>and</u> Fraser Health believes they were potentially infectious while at school, Fraser Health will contact the student's close contacts ( <u>those who could have been exposed to the student's respiratory droplets from coughing, sneezing or speaking</u> ) and ask them to self-isolate. Fraser Health will contact the school district to ask us to send an early notification letter out to all families at the school.

If the student tests positive and Fraser Health believes they weren't potentially infectious while at school, we won't hear from Fraser Health. This is why the local community may sometimes hear that a student has tested positive, yet no letter is sent out.

It is important to realize that every situation is unique and the steps taken may be different than outlined above. Fraser Health leads the communication process. You can find information on all current school exposures by visiting the Fraser Health website and looking at the [school exposures page](#). Please note: Fraser Health removes notifications after the 14-day incubation period from date of exposure has passed.

Many thanks for your assistance with minimizing the risk for yourself and those around you. Together, we can flatten the curve.

Sincerely,



Doug Sheppard  
Superintendent of Schools