



## ÉCOLE BOUNDARY ELEMENTARY SCHOOL

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# Boundary e-News

February 13, 2022

Dear Boundary Families,

We hope this finds you all healthy and perhaps now relaxing after a stunning weekend of sunshine. You may have enjoyed some outside fun or maybe you are watching some of the international sporting events, currently being broadcast. Cheering for and supporting our children while they develop their physical and sporting skills begins with robust play opportunities. We know that our learners need to move and challenge their bodies, build strength, stamina, and flexibility, not only for their physical health but also for sharp cognitive development. A strong, fit body allows us to think clearly, builds confidence, and helps us rest deeply when our body needs it. Winter seems to be slipping away and these extended daylight hours appear to be boosting our moods and motivation. Play hard for fun and fitness out there!

This past week our students have continued learning about the significant positive impact made by many Black Canadians both locally and nationally as we continue to focus our learning during Black History Month. Stepping outside of our own personal histories to learn about and celebrate the contributions and struggles of others around us is vitally important to the acknowledgement and exposure of our own biases, often learned and followed without thought or question. We hope to continue the work needed to keep this generation of learners curious, critical, thoughtful, and understanding, because our world is deeply interconnected and needs many generations of brilliant minds and open hearts to keep us moving forward.

On many calendars, tomorrow is known as St. Valentine's Day! This is a day with a long and varied history. Currently, in the lives of many children and families, it is now known as that special day when we express love for others in our lives! Students are invited to wear red, pink, purple or white on Monday, and some students may choose to share notes of kindness, friendship, and love to their friends at school. We respectfully ask that treats or any additional food items are not brought and shared at school at this time.

Wishing all of you a healthy and safe week of learning and celebrating. Next weekend is our Family Day long weekend, so we are also wishing all of you the best in family time for this upcoming long weekend.

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# Calendar

Monday February 14 – Valentine’s Day

Tuesday February 15 – BPAC Meeting -6:30pm (updated time)

Monday February 21 – Family Day (classes not in session)

Wednesday February 23 – Pink Shirt Day

Tuesday March 1 – Early Dismissal; Conferences, 1:50 Primary, 2:00 Intermediate

Wednesday March 2 – Early Dismissal; Conferences, 1:50 Primary, 2:00 Intermediate

Friday March 4 – Reports Home

Friday March 4 – Band and Strings Registration Closes

Friday March 11 – Last Day Before Spring Break

Monday March 28 – School Re-Opens

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## Boundary News

### Teacher / Parent Conferences – MS Teams

Teacher / Parent Conferences will once again be held virtually on MS Teams. Term two Teacher / Parent Conferences are part of the two informal reports in conjunction with the three formal report cards for the school year. The term two report card will be uploaded on March 4<sup>th</sup> by 4:00pm.

A reminder that classes will be dismissed early on Tuesday, March 1<sup>st</sup> and Wednesday, March 2<sup>nd</sup> to accommodate conferences. Primary classrooms will be dismissed at 1:50 and Intermediate classrooms at 2:00. Each classroom will have different conference times and dates ranging from February 28<sup>th</sup> to March 4<sup>th</sup>.

Bookings must be completed between Monday February 21<sup>st</sup> at 7:00pm and February 27<sup>th</sup> at 8:00pm. Changes can be made online during that time. However, further changes will not be allowed on the online program after Sunday February 27<sup>th</sup> at 8:00 pm. Please email your child’s teacher directly for changes that need to be made after Sunday February 27<sup>th</sup> at 8:00 pm. If you prefer a telephone conversation rather than MS Teams meeting, please connect directly with the classroom teacher. The classroom teacher will connect with families if they are doing something different for the second term informal reports.

### Valentine’s Day - Wear Valentine’s Colours Day

We are encouraging all students to wear Valentine’s Day colours on Valentine’s Day. This year, we are asking students to only bring Valentine’s Day cards to distribute to their own cohort. Unfortunately, there will be no sharing / exchanging of food, candy or treats. If the classroom teacher has not already reached out, please contact them through email if you have any questions regarding the day.

### Drop-Off / Pick-Up Zone

The Drop-Off / Pick-Up Zone immediately in front of the school is a no parking zone. The area is designated for dropping off and picking up only. No car should be in the space of more than one minute and no vehicle should ever be empty of a driver. Please pull up forward as far as possible to allow for others to drop-off behind you. This courtesy will give other drivers more space and vehicles will not block the staff driveway. Please be respectful of the rules around the school for the safety of all our children.

### Pink Shirt Day

On Wednesday, February 23, Boundary will be showing support by wearing pink for Pink Shirt Day. This Pink Shirt Day, our focus is working together and treating others with dignity and respect. The COVID-19 pandemic has affected us all and has shown the importance of helping one another and advocating for those who need it. Help us “lift each other up” and support programs, attitudes, and actions, that encourage healthy self-esteem and teach empathy, compassion, and kindness.

### Puzzle of the Week

This week’s puzzle is now posted. Please see the end of the newsletter or click on this link; <https://bit.ly/334qWWz> for the latest question.

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## BPAC News

### Online Auction Fundraiser

Thank you to the few people who have come forward to offer donations for our online auction!

The PAC is working hard to secure donations to make this a success, but we could always use a bit of help. If you work for or own a business and are able to help us with donations, we would greatly appreciate it. Our goal is to raise funds for playground enhancements, new technology for the classrooms, to name just a few. The auction will run from April 24<sup>th</sup> to May 8<sup>th</sup> so ideally would like all the donation items by the end of March.

Contact [susan.cleall@gmail.com](mailto:susan.cleall@gmail.com) if you can help us out. We can also provide a formal request letter should you require one.

### Hot Lunch Reminder Alert!

A friendly reminder that the second half of hot lunch is open for ordering. When you placed your original orders in September it was only until the end of January.

Visit <https://boundary.hotlunches.net/> to place your orders for the remainder of the year and if you need assistance please contact [hotlunch@boundarypac.ca](mailto:hotlunch@boundarypac.ca)

### West Coast Seeds Delivery

A few of the PAC members have been kind enough to drop off the West Coast Seeds. If you placed an order expect to have them in your mailbox in a few days!

### BPAC Meeting

Join us on Tuesday, February 15<sup>th</sup> at 6:30pm for our BPAC meeting. A link for the meeting will be sent out the afternoon of the 15<sup>th</sup>.

### ONE TO ONE Literacy Society - Free

ONE TO ONE is again hosting virtual workshops for interested parents/caregivers of students in Grades 1-3 called *Come Read with Me*.

- The virtual sessions are on February 15, 23, 28, March 10, and 16. They start at 6:30 and run for 60 minutes with time for questions after. Each session is the same – parents/caregivers only need to come once
- To register and for more information: <https://www.eventbrite.ca/o/one-to-one-literacy-society-32436852611>

As a reminder, *Come Read with Me* is an interactive workshop based on our tutor training and facilitated by a ONE TO ONE educator designed to give parents and caregivers the opportunity to learn positive strategies to help them support their children when reading at home. Participating families will receive a digital resource package including the “Reading Success at Home” handbook. **This program is available at no cost to families across British Columbia through the generous support of our donors.**

## Social Media

Instagram: [@BoundaryPAC](#)

Facebook: [Boundary Pac](#)

Twitter: [@BoundaryPAC](#)

Website: [boundarypac.ca](http://boundarypac.ca)

## Boundary PAC Executive

Chair – Sue Cleall ([chair@boundarypac.ca](mailto:chair@boundarypac.ca))

Vice Chair – Nicole Durnin ([vicechair@boundarypac.ca](mailto:vicechair@boundarypac.ca))

Secretary – Tina Pscheidl-Szylowski ([secretary@boundarypac.ca](mailto:secretary@boundarypac.ca))

Treasurer – Henry Chow ([treasurer@boundarypac.ca](mailto:treasurer@boundarypac.ca))

Hot Lunch Coordinator – Astrid Damberg ([hotlunch@boundarypac.ca](mailto:hotlunch@boundarypac.ca))

Directors at Large: Claire Ferrier (past Chair), Sabrina Ferrari, Samantha Gutmanis, Tania Kennedy, Leanne Menzies

# Reminders

## Late French Immersion

Information on the 2022-2023 District Late French Immersion program has now been uploaded to the district website <http://bit.ly/2FoTo9q>. Please carefully read the information regarding registration as space is limited at Boundary and Braemar sites.

## Elementary Band and Strings

Registration for the 2022-2023 Elementary Band and Strings program is now open. The NVSD webpage for the [Band and Strings](#) (<https://bit.ly/2LFPAre>) has been updated and now contains the information for the 2022/23 school year.

Early registration is strongly encouraged as the **registration deadline is March 4th**. Registration on March 4<sup>th</sup> will be used to organize programming and staffing for September. Low registration numbers may result in program cancellations at school sites. Late registration may not be available and where offered, will be based on program availability at your school site and class size.

## Superintendent Report

Please check out this week's Superintendent's report. As usual, there is a lot of useful and important information. <https://bit.ly/3BwTB73>

## School Plan

Our updated school plan is now online. Please take a look at the new format which clearly articulates our goals around math learning, responsibility, diversity and Indigenous worldviews. This past fall we met to update, refocus, and prioritize the work we will carry out in support of a vibrant learning community at École Boundary School. The school plan can be viewed on the [Boundary website](https://bit.ly/31fq8NK) (<https://bit.ly/31fq8NK>).

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# Health Protocols

## Please Keep Your Child at Home with any Signs of Illness

If your child(ren) is experiencing any signs of illness, we ask that you please keep them at home. With the increase in COVID cases, we want to ensure the safety of the students and staff at the school. Each teacher is posting a "Window of The Week" which will provide information to keep your child up-to-date with their classroom learning. If you have any questions, please feel free to contact your child(ren)'s teacher during regular school hours. If you, or any family member receives a positive COVID through a self-test kit, please report it at <https://reportcovidresults.bccdc.ca>.

## Vaccinations for Children Ages 5-11

Information is now available on the [provincial immunization campaign for children ages 5 to 11](https://bit.ly/33018Oq) (<https://bit.ly/33018Oq>)

Any child between five and 11 years old can receive a COVID-19 vaccine. Parents can register their child in the [Get Vaccinated system](https://bit.ly/3JVwcQr) (<https://bit.ly/3JVwcQr>) to be notified of when their child can get vaccinated. The vaccines are free and children do not need BC Care Cards to receive them.

For more information about vaccines please see the following resources and information from the [BC Centre for Disease Control](https://bit.ly/3naPTtw) (<https://bit.ly/3naPTtw>), [ImmunizeBC](https://bit.ly/3n8n69g) (<https://bit.ly/3n8n69g>) and the attachment to the newsletter.

## School Health Check App

If you are unsure whether to send your child to school due to a cough or runny nose. Please use the School Health Check App to help guide your decision. You can access this App at <https://bit.ly/3kU1JG3>.

## Enhanced Safety Measures at Boundary

### Masks

Mask wearing has been identified as being very important in the BCCDC enhanced safety measures guidelines. Boundary has been supplying numerous masks, often on a daily basis, to students who forget, lose, or soil their own masks. We are asking that families do the following to help us out:

- Review proper mask wearing with your child(ren)
- Purchase smaller sizes for the younger child(ren) and ensure that they fit correctly
- Ensure your child(ren) come to school with at least 3 masks. Store in a plastic zip-lock bag
- Wash fabric masks daily for optimal safety and hygiene
- For children who cannot wear a mask, we ask families to click on the following [link](https://bit.ly/3r2h23f) (<https://bit.ly/3r2h23f>) to see alternative strategies to keep their child and others safe at school

- Encourage your child to wear a mask while lining up to enter the school and double check for extras. Teachers will follow-up with parents / guardians regarding any concerns with the wearing of masks in the classroom.

### Student Illness

Please continue to monitor your child closely for illness and keep them home when sick. If we feel your child is unwell at school, we will call home and request a prompt pick up. Please see the following links for more in-depth information.

- Complete a Daily Health Check (<https://bit.ly/2FKU78R>) and stay home when sick
- K-12 Health Check app (<https://bit.ly/3kU1JG3>)
- Staff, students and families can also use the BCCDC online Self-Assessment Tool (<https://bit.ly/3n5EhrW>)
- Refer to the BCCDC's "When to test for COVID-19" document (<https://bit.ly/3F63ljf>)
- Reference Guide from BCCDC: What to do if you have COVID-19 (<https://bit.ly/31EPnww>)
- Reference Guide from BCCDC: Instructions for close contacts / households (<https://bit.ly/34q5DSV>)
- NVSD information on COVID [Daily Health Check](https://bit.ly/2FKU78R) (<https://bit.ly/2FKU78R>)

### Space Arrangement

We are taking extra precautions to maximize space between people while at school.

- Maximizing physical space of the room – removing extra furniture and some equipment
- Allowing maximum space for students
- Minimizing face to face seating / activities
- Keeping student grouping / arrangements consistent (homeroom, library, lab, music, French etc.)
- Moving Band to the Gym
- Continuing with staggered start/end times
- Minimizing alternative workspaces around the school and in common areas (i.e. students working in small groups in the hallway)
- Limiting students in smaller spaces (carpet time, workstations, workrooms etc.)
- Using consistent seating plans wherever possible in classrooms, library, music, small group instruction

### Transitions

- Increased student supervision during transitions
- Students picked up by teachers from outside meeting area at beginning of the day, recess, and lunch
- Students released by teachers from meeting area at recess and end of the day
- Increased supervision and coordination between staff when students are in the hallway getting changed in / out of winter gear, hanging up jackets etc. (This is to reduce crowding in the hallways)
- Using alternate pathways for classes to move around the school
- Assigning students set roles rather than random volunteers and groupings (i.e. computer monitors)

In addition to the procedures mentioned above, Boundary follows the safety measures from the PHO and BCCDC.

Stay Safe,

Tim MacLeod  
Principal

Ilona Wardas  
Vice-Principal

# ★ PUZZLE OF THE WEEK ★

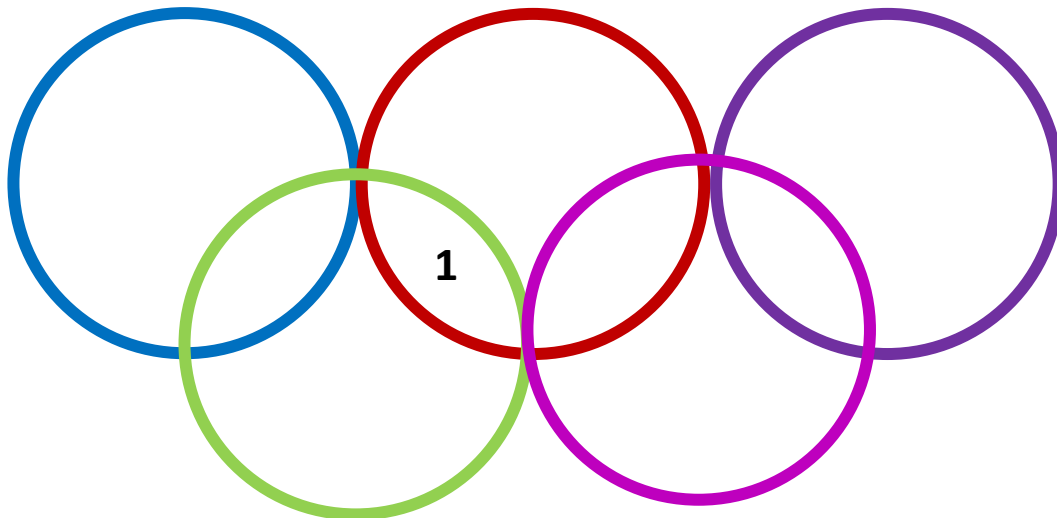
Solved by: \_\_\_\_\_

_____	_____
_____	_____
_____	_____
_____	_____

It is fun and helpful to work on a puzzle with a group! Please make sure you list all the people who worked on the puzzle together (friends, classmates, family members). Please include last names and divisions too!

## Overlapping Circles

Place the numbers 2, 3, 4, 5, 6, 7, 8, and 9 in each enclosed area so the sum of each circle is 11.



Please submit your hard work to the box outside of Ms. Rush's room (209) or the office!

Special thanks to [bit.ly/mathwalks2020](https://bit.ly/mathwalks2020) for the puzzle

# Daily Health Check & What to Do When Sick

## Daily Health Check

Everyone going into a school or site must complete a daily health check, including staff, students, and visitors. 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:

- Fever or chills
- Difficulty breathing
- Runny nose
- Headache
- Body aches
- Cough
- Sore throat
- Sneezing
- Loss of sense of smell or taste
- Loss of appetite
- Extreme fatigue or tiredness
- Nausea or vomiting
- Diarrhea

**If you are sick or feel unwell, stay at home. This is important to stop the spread of illness, including COVID-19, in schools and worksites.**

**You can attend school/work 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>

# Summary: What to Do When Sick

## If you have symptoms of illness, stay home.

Most people don't need testing for COVID-19.

Use [BCCDC Self-Assessment Tool](#), connect with 8-1-1 or your health care provider to find out if a COVID-19 test is recommended.

### Symptoms of COVID-19 include:

- [Fever](#) or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing
- Loss of appetite
- Runny nose
- Sneezing
- Diarrhea
- Sore throat
- Headache
- Body aches
- Nausea or Vomiting
- Extreme fatigue or Tiredness

## Go to an emergency department or call 911 if you:

- Find it hard to breathe
- Have chest pain
- Can't drink anything
- Feel very sick
- Feeling confused

## If you have MILD SYMPTOMS

(or have tested negative)

STAY HOME.

For most people, testing is not recommended.

Mild symptoms can be managed at home.

## If you TEST POSITIVE: SELF ISOLATE

1. Complete an online form to report your test result

2. Manage your own symptoms

3. Let your household contacts know

## Return to School/Work

Stay home until you feel well enough to return to your regular activities.

## If you are fully vaccinated OR less than 18 years of age

You can end isolation and return to school/work when all conditions are met:

1. **At least 5 days** have passed since your symptoms started, or from test date if you did not have symptoms.
2. Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
3. Symptoms have improved.

You should 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 are 18 years of age or older AND not fully vaccinated

You can end isolation and return to school/work when all conditions are met:

1. **At least 10 days** have passed since your symptoms started, or from test date if you did not have symptoms.
2. Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
3. Symptoms have improved.

## If you still have symptoms

Continue to isolate longer if you still have a fever or are not feeling better.

If you are unsure or concerned connect with your health care provider or call 8-1-1.

## What to do if someone is sick in your household:

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. Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you feel unwell. The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at: [Getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca)