



## *Message to Capilano Families*

*December 5, 2021*

As we near the end of this calendar year, we are grateful for the compassionate support and resilience that each of you have shown. It was incredible to see the collections of items donated by the community for the Christmas Bureau! As always, the community came together to support those in need with kindness and generosity. Thank you to the parents and PAC for organizing this opportunity. To further spread light and joy during this cold, winter month, we have launched the 15 Days of Gratitude Challenge at Capilano. Please read more about it below!

Classes have been participating in various engaging learning activities. Students and families participated in the school-wide Scholastic Book Fair and Mrs. Farrell led the school-wide Cozy Up and Read day which was met with great enthusiasm. As part of our school plan, classes have also been learning Indigenous games in PE and we have been learning a bit more about various cultural traditions, including Hannukah. See some snapshots of these events below.

We continue to encourage our community move forward in a safe manner, we remind our students, families, and staff to continue to be cautious with following the Health and Safety Guidelines. We encourage everyone to continue to do their part; as at Capilano, our Health and Safety team has decided to continue to maintain the enhanced health and safety measures during these cold winter months, while we focus on educational programming.

With awareness that parents/guardians will be making choices for their family over the next while, please see below for links to federal guidelines for **Travelling Outside of BC** and information for families from BC Ministry of Health and BC Centre for Disease Control to make informed choices about Covid-19 vaccines. A reminder that at the school, the status of a child or staff member's vaccination status remains private and confidential.

Shared in our monthly newsletter are important dates, updates, and a celebration of learning happening at our school. Also, please continue to check our website for up-to-date information: [Capilano Elementary](https://www.capilano.ca)

Thank you to the Capilano learning community for all that you do! We wish you a warm and safe winter!

Jeeniece Chand  
Principal

Ann Copp  
Acting Vice-Principal

### **Important Dates**

- **Tuesday, December 7:** PAC Meeting at 7pm
- **Friday, December 10:** Term 01 Reports Published (Email will be sent when they are ready for viewing)
- **Friday, December 17:** Last Day of School Before Winter Break
- **Monday, December 20 – Monday, January 3:** Winter Break (No School)
- **Tuesday, January 4:** School Re-Opens After Winter Break



# Capilano News & Updates

## Staffing Updates

Similar to the email sent on Wednesday, December 1<sup>st</sup>. In January, we will welcome Alaina Denny as Capilano's new Vice Principal. We are so pleased to have Ms. Denny join our school community. As an experienced teacher, Ms. Denny comes with enthusiasm and dedication to her new role. Please join me in welcoming her to Capilano.

We have been very fortunate to have had retired Principal, Ann Copp, stepping in as Acting Vice Principal at Capilano Elementary until winter break. Mrs. Copp is full of wisdom, positive leadership, and has made wonderful connections with our learning community in a short while. She has been reading stories to our kindergarten learners and helping support with all types of our programs at Capilano. Thank you Mrs. Copp for all of your time and support!

We look forward to introducing Ms. Denny to our school community in the coming weeks.

## 15 Days of Gratitude Challenge

This month, we are expressing gratitude to show acts of kindness and to spread happiness. This past week, we focused on sharing gratitude to our families. This upcoming week, we will share gratitude to our students / peers. In the final week, we will be focusing on sharing gratitude to our educational staff. For those learners who want to share about their engagement with this gratitude challenge, there is an option to write a little note to Ms. Chand. These notes get collected from each class on Friday mornings and some are randomly selected to be read in the afternoon as part of a special announcement. Please feel free to ask your child about how they plan to show gratitude this month.

15 Days of Gratitude Challenge December 2021							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Gratitude at Home with Family	Nov 29 Think a member of your family for a ride.	Nov 30 Think a member of your family for a meal made for you.	1 Think a member of your family for the help they give you (at home/work).	2 Think a member of your family for helping with laundry.	3 Think a family member for showing gratitude and helping with a chore.	4	
5	6 Think another student who has helped you and been kind to you.	7 Think a student by asking them to join in a game you are playing.	8 Think a student who has taught you something new.	9 Think a student to brighten up their day.	10 Think a student by showing gratitude and helping them with a task.	11	
Gratitude at School with Staff	12 Think a staff member for supporting you outside.	13 Think a staff member for supporting you outside.	14 Think a staff member for teaching you something new.	15 Think a staff member for helping you feel supported.	16 Think a staff member for helping you with coats and lunches.	17 Think a staff member for showing gratitude and doing an act of kindness.	18
19	20	21	22	23	24	25	
Winter Break							
26	27	28	29	30	31		
Winter Break							

## Student-Family-Teacher Conferences

Thank you to all families for participating in the SFT Conferences. We are grateful to have this collaborative opportunity to support each of our learner's growth and celebrate their success. The completed SFT Reports will be available for viewing on Friday, December 10<sup>th</sup>. We will send an email to notify families, once they are uploaded and ready for viewing. Families will use their Managebac username and password to access their child's completed SFT Reports.

## Winter Celebration for Intermediate Classes (Music)

This year we are finding an innovative way to have a virtual winter celebration. We have typically celebrated with intermediate classes and primary classes alternating each year. As we are still not able to hold a full, in-person concert, we are trying a creative way for the classes to still celebrate within the school. This year, it is the intermediate classes (Divisions 1 – 8) turn to share their learning in music. Mr. Kostamo has been working hard with each intermediate class to prepare for this celebration of learning. Accordingly, each intermediate class will be sharing their learning via the Class Team on MS Teams. We will notify families with learners in intermediate classes when this sharing is ready to view for their respective class. Depending on what the health & safety guidelines may be next year, we also hope to find a way to celebrate learning in music for primary classes next winter. Thank you for your cooperation!

## Code of Conduct and Second Step

We have been supporting our learners social-emotional, mental, and physical health through various strategies. This has included the school-wide review of our Code of Conduct and implementation of the school-wide Second Step program. We hope that you will be able to use the language we share in our monthly newsletters to support this learning at home. This month, we ask you to review the importance of being respectful.



Capilano ROCKS (**Respectful, Open-Minded, Cooperative, Kind, Safe**): As part of our Code of Conduct, we are Respectful. We respect others by using encouraging words and remembering to respect personal space. We respect the environment by leaving it the way it is and by putting litter in the appropriate bins. And, with winter weather, we remember to be respectful of other's snow creations. We continue to ask our learners to be safe when making choices outdoors. When we act in safe ways, we keep our bodies to ourselves. This month, think about how we can act and speak with respect in the classroom, hallway, and when playing outdoors.

Second Step Message: Being respectful helps everyone feel like they are in a welcome and safe learning community. When we act respectfully, we listen carefully to each other, help each other, and try to understand how someone else feels. When we speak respectfully, we use friendly words and say please and thank you. We don't call other people names. This month, we encourage our learning community take time to greet others and invite them to play.

### Health and Safety Reminders

As we all have a role to play in keeping our community safe, we request that folks continue to complete a Daily Health Check. If you or a member of your family is feeling ill or you think you may have been exposed to COVID-19, please stay home and follow the directions of a healthcare provider. On our end, we will continue to implement enhanced measures that have already been implemented at Capilano. As well, we will continue to work with Vancouver Coastal Health, and review our communicable disease prevention and exposure control measures.

### Travelling Outside of BC? - From Superintendent's Report (November 25, 2021)

If you plan on travelling over the Winter Break, please take the time to carefully read these Government of Canada resources. The federal government continues to outline requirements for people travelling internationally, including to the United States and Mexico:

- Students, staff and other adults who are **not fully vaccinated** and have travelled outside of Canada **cannot** attend school until a minimum 14 days after arrival, as part of [federal requirements](#).
- **Fully vaccinated** students, staff and other adults who have travelled outside of Canada may qualify for [the fully vaccinated traveler exemption](#). Individuals qualified as fully vaccinated travelers are exempt from quarantine and from Day-8 testing.
- Specific information is also available on the [COVID-19 requirements for fully vaccinated travelers and unvaccinated children less than 12 years of age](#) web page. This information is also available in multiple languages via a downloadable PDF; click [HERE](#) for the English version.

### Other Reminders

- All students, staff, and other adults (i.e. visitors) are reminded of their responsibility to complete a Daily Health Check prior to entering the building. **Any adult entering the building should use the front Visitor Door and report to the Office.** Families and students can use the [K-12 Health Check App](#)
- All students, staff, and other adults (i.e. visitors) are **MUST** stay home when ill or when required by public health to self-isolate. Helpful resources: BCCDC's [When to tested for COVID-19](#) document and BCCDC online [Self-Assessment Tool](#) call 8-1-1 or their health care provider.
- Kindergarten – Grade 7 Students and Adults are reminders to wear a mask and practice good hand hygiene
- Please help us by avoiding crowding on our school grounds during school hours

### Capilano School Plan

As part of our School Plan, we continue to work on our school goal which is alignment with our [NVSD Strategic Plan](#).

**Goal: Enhancing our Sense of Community through Compassionate Integrity** – By supporting our community's social and emotional well-being and our sense of belonging at Capilano, through mindfulness of:

- Approaches to Teaching and Learning
- Diversity of Students, Families, and Staff
- Community Connections



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## Celebrating Capilano

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In every month's newsletter, we hope to celebrate the learning happening at Capilano by featuring a grade group. This month, we take a break from specific grade groups, to celebrate creative ways our K-7 learners are learning at Capilano.

Captured below we see images of how the learners turned the process of collecting donations for the Christmas Bureau into a numeracy lesson and practiced their counting. Also, students participating with enthusiasm in Cozy Up and Read with Mrs. Farrell and learning to play Indigenous games with Dallas Gus. As well, we have our littlest learners in Division 18 creating a winter mural inspired by the story of the Two Sisters. And, a small glimpse into the UN debate in grade 6. A variety of fun and engaging learning opportunities across the school. Keep an eye out for more in the new year!



### What are the benefits to getting children vaccinated against COVID-19?

While most children who get COVID-19 have a minor illness, a small number get very sick. Some children may continue to have health issues for long periods of time after the initial illness. Children are also able to pass on COVID-19 to other people in their families and communities.

Vaccinating children helps keep them safe as well as others around them – especially older adults, younger children and infants, and those with illnesses .

### COVID-19 vaccine approval process for children

There is a very **strict process** to test and approve vaccines in Canada. These vaccines work and are safe for children aged 5-11.

### Who is eligible for the COVID-19 vaccine for children?

This vaccine is for any child between 5 and 11 years. If your child is 4 years old, you will not be able to get them vaccinated until after their 5th birthday. The vaccines are free and your children do not need BC Care Cards to receive them.



### How can I explain how the COVID-19 vaccination works to my children?

Explain that the vaccine helps make sure they don't get sick by quickly fighting off the virus that causes COVID-19. The vaccine is so powerful that it even helps to protect the people around them, including their family and friends. **Kids Boost Immunity** has videos that explain more.

### Who can provide consent for children to be vaccinated?



Parents/guardians, (including foster parents and prospective adoptive parents) and other custodial caregivers (for example, a grandparent who is raising the child).

Only one parent or legal guardian is required to give consent. The process for collecting consent may be different depending on the immunization clinic you attend.

### Can children get the COVID-19 vaccine at the same time as other vaccinations?

Yes. The COVID-19 vaccine can be given at the same time as other childhood vaccinations, including the flu shot.

These support techniques apply to other childhood vaccinations. Check if your child is up-to-date with their vaccines at children's immunizations schedules. Arrange with your healthcare provider to have any missed vaccinations given as soon as possible.

## Before the appointment

- Children should be told about the injection close to the actual day of the vaccine. For school-age children, one day before may be appropriate.

- Encourage your child to ask questions. It's important they understand what will happen at the appointment and feel comfortable. HealthLink BC has more information on preparing children for vaccines: <https://www.healthlinkbc.ca/healthlinkbc-files/immunization-experience-child>



- Try the **CARD system** to help your child find their preferred way to prepare for the vaccine:
  - Comfort
  - Ask
  - Relax
  - Distract
- There are simple breathing techniques that young children can learn to keep calm. Children can practise **breathing exercises** by pretending they are blowing bubbles. A team from BC Children's Hospital has developed a game to help children practise belly breathing which is proven to manage anxiety. Access it at [respiire.com/COVID-19.html](https://respiire.com/COVID-19.html)

### On the day of the appointment

- Some people find **numbing creams or patches** help. You can buy these without a prescription at most pharmacies. Apply them an hour before the appointment.
- Do not focus your child's attention on the needle with comments like "It'll be over soon, and you'll be okay," as this can increase stress. Instead, try distracting them with puzzles or chatting, and breathing techniques.
- Healthcare providers at immunization clinics are trained to work with children and can help you to support your child.



For more information on COVID-19 vaccination for children, including how to register your child, visit <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/vaccines-children>

### After the appointment

- There are some common side effects such as pain, redness and itchiness at the injection site. These will pass quickly. Serious side effects are very rare, but if you notice any health changes contact 811 or your healthcare provider.
- One very rare side effect is myocarditis, or inflammation of the heart muscle. Most cases are mild and treated with rest and improve quickly. COVID-19 disease can also cause myocarditis and the risk of it from the disease is much higher than the risk from vaccination.
  - Symptoms to look out for:
    - Chest pain
    - Shortness of breath
    - Feeling of a rapid or abnormal heart rhythm

If your child experiences these symptoms, seek medical help right away. Inform the healthcare provider that your child received a COVID-19 vaccine recently.
- COVID-19 vaccination has no impact on future fertility. There is no biological way for this to occur.

