

# Capilano Elementary

Weekly Reminders – June 16, 2023



## SEPTEMBER 2023 - RETURNING TO CAPILANO?

**2023-2024 School Year** – If your child/children will **NOT** be attending Capilano Elementary for 2023/2024, please email [capilano@sd44.ca](mailto:capilano@sd44.ca). Written confirmation (email works!) is required to start the transfer/withdrawal process as well as confirmation of acceptance from the new school.



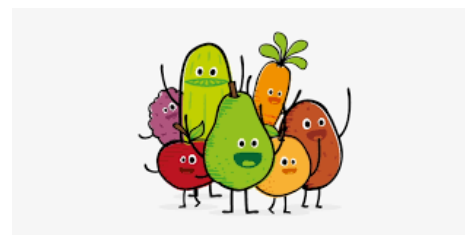
### LIBRARY

**Library Book Reminder** - Mrs. Farrell would like to have all library books returned by **Wednesday, June 21<sup>st</sup>**.

If you cannot find the library book(s) at this time or have any questions, please contact Mrs. Farrell at [sfarrell@sd44.ca](mailto:sfarrell@sd44.ca)

### EXTRA SNACKS & WATER

**HUNGRY & THIRSTY STUDENTS** – Since Spring Break, the flowers have been blossoming, AND we have noticed that our students are growing too! We kindly request that families add extra snack items in lunch kits. With the summer heat already here, please remember to pack a water bottle as well.



### LOST & FOUND

**Lost and Found** – Missing something?

Please visit the **Lost and Found** area in the atrium **AFTER** school from **3:05 PM– 3:30 PM**

### NEXT YEAR SCHOOL SUPPLIES & AGENDA ORDERING



**2023-2024 School Supplies & Agendas** The deadline to order has passed but you can still visit [EduPAC](https://www.eduPAC.com), select North Vancouver, Capilano Elementary (code 4405) and select 2024 grade to order, however delivery is not guaranteed for the first day of school. 2024 Agendas will be available for purchase again in September

...continued on page 2

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## ATTENDANCE

**Attendance** – Is your student leaving early, arriving late, or going to be absent? Please let the office know using one of the following...

1. Email [capilano@sd44.ca](mailto:capilano@sd44.ca)
2. Use the [SafeArrival](#) system, or
3. Call (604) 903-3370, press '2' at any time to reach the absent line **\*leaving a message is the preferred method when calling, the office is extra busy in the mornings during attendance.**

Please provide the first and last name of your student, grade, and division, if known. It is always a good idea to let your student's classroom teacher know, however the office enters excused absences.

## HEALTH INFORMATION



**Is your child feeling unwell?** Reminder to keep your child at home if they are feeling unwell. Please refer to the NVSD website below for Personal Practices and Health Awareness information.

[Personal Practices and Health Awareness - North Vancouver School District \(sd44.ca\)](#)

Another Helpful Resource: [Home | Sneezes + Diseases](#)

Please see pages 4 & 5 below for the latest health updates from Vancouver Coastal Health on...

- Parent information sheet... 'When to keep Sick Kids at Home' (page 4)
- New COVID/Flu prevention posters... 'Feeling Sick?' (page 5)

## IMPORTANT REMINDERS

**VISITORS/PARENTS/VOLUNTEERS** – Please use the front 'Visitor Door' located closest to the staff parking lot for entering and exiting the school. We ask that ALL visitors and parents come to the OFFICE to sign-in. For students' safety all other doors are locked before, during and after school.



**STUDENTS ARRIVING LATE** – If you need enter the school with your child, please come to the office and have the student sign in. Parents are then asked to exit using the Visitor Door.



**STUDENTS LEAVING EARLY** – If you need to pick your child up early, please come to the office to sign your student out and the office will call the classroom so the student can come down.

**DROPPING ITEMS OFF** – Please leave items on the DROP TABLE located by the main office. There are sticky notes to label the student's name and division/teacher. We will call them down before the next recess or lunch break.

**If you are entering the school for any other reason than the above, please check in with the office staff regarding your visit.** We ask that you do not go to your child's classroom. We ask that all visitors/parents check in with the office staff before your visit and sign out after.

...continued on page 3

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## PAC INFORMATION

**HOT LUNCH FRIDAYS** (last hot lunch day is June 23<sup>rd</sup>) to order [Capilano \(munchalunch.com\)](http://Capilano (munchalunch.com))

Contact [capilanofood@gmail.com](mailto:capilanofood@gmail.com) for hot lunch inquiries & if your student is away on a day they ordered hot lunch.

**---Please remember to send utensils – the office does NOT have single use cutlery---**

## PAC COMMUNICATIONS

Don't miss important updates and deadlines from the Capilano PAC, click here to sign up for FRESH SCHOOLS if you haven't already [PAC - Capilano Elementary \(sd44.ca\)](http://PAC - Capilano Elementary (sd44.ca))

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## PAC UPCOMING EVENTS

**June 23: LAST Hot Lunch day**

## IMPORTANT DATES

### JUNE

- |                |                                                             |
|----------------|-------------------------------------------------------------|
| <b>JUNE 19</b> | <b>Spirit Day</b> – Dress as your favourite book character  |
| <b>JUNE 21</b> | <b>ALL library books returned to library</b>                |
| <b>JUNE 29</b> | <b>Last Day of Classes</b> – Regular dismissal time 3:00 PM |
| <b>JUNE 30</b> | <b>Administrative Day</b> – <b>No School for students</b>   |

...continued on pages 4, 5

## WHEN SHOULD I KEEP MY SICK CHILD HOME FROM SCHOOL?

### Things to consider if your child feels unwell:

1. The wellbeing of your child. Without proper rest, a child may have a hard time fighting an illness or be at risk for other illnesses.
2. The ability of your child to actively take part and learn at school.
3. The school staff cannot care for a sick child and give them the support that they may need.
4. The protection of other children.

### Please keep your child home if they:

- Have a fever.
- Are too sick to take part in all normal school activities.
- Have a suspected or known communicable disease (i.e. strep throat, chicken pox, measles).
- Is vomiting or has diarrhea. It is recommended that students be symptom free at least 24 hours before returning to school.

Keep your child home until they are able to participate fully in normal school activities or as told by a health care provider.

*Please let the school know your child's symptoms, as per the school's call back procedures.*

If the school finds it necessary to send your child home because of illness, please make sure you have arranged an emergency contact if you are not available. Inform your school of these arrangements.

### Where can I find more information?

- Health Link BC – By calling 8-1-1, you can speak to a health service navigator, who can help you find information and services, or connect you with a health professional. You can also find information online at <https://www.healthlinkbc.ca>
- Sneezes and Diseases – online at <https://sneezesdiseases.com/>
- BCCDC – online at [Schools \(bccdc.ca\)](https://schools.bccdc.ca)
- VCH – online at [Children, youth & schools - Vancouver Coastal Health \(vch.ca\)](https://children.youthandschools.vch.ca)

# Feeling sick? Stop the spread

Lots of people are getting sick this season. It could be a cold, the flu, or COVID-19. If you're not feeling well – no matter what virus you have – help stop the spread.



Illustration: Shoshannah Greene

**Keep up to date with your vaccines.**

Check with your healthcare provider for more information.

