

# Capilano Elementary

Weekly Reminders – April 21, 2023



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## 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.

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### ATTENDANCE

**Attendance** – Is your student leaving early, arriving late, or going to be absent? There are 3 ways to let the office know...

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.

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### 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 3 & 4 below for the latest health updates from Vancouver Coastal Health on...

- Parent information sheet... 'When to keep Sick Kids at Home' ([page 3](#))
  - New COVID/Flu prevention posters... 'Feeling Sick?' ([page 4](#))
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### SCHOOL CALENDAR



You can now subscribe to the Capilano School Calendar!

Get information alerts on your device. [Calendar - Calendar - Capilano Elementary \(sd44.ca\)](#)

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...continued on page 2

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## PAC INFORMATION Parents Advisory Council

**HOT LUNCH ORDERING** (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!!**

### Upcoming Events

**April 22:** PAC Spring Gala

**April 25:** Booster Juice\* (Grade 7 Fundraiser) – order Booster Juice & Popcorn [Capilano \(munchalunch.com\)](http://Capilano (munchalunch.com))

**May 9: Next PAC Meeting**

**May 13: Car Wash** (Grade 7 Fundraiser)

\*Contact [capilano grads@gmail.com](mailto:capilano grads@gmail.com) for questions about ordering Booster Juice, Popcorn & if your student is away on a day they ordered these items

### 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))

## IMPORTANT DATES

### APRIL

**APR 25** Saleema Noon (Parent Session) – See April Newsletter for Zoom link

**APR 27 & 28** Saleema Noon (Student Sessions)

### MAY

**MAY 8** **Pro D Day** (District) – **NO SCHOOL**

**MAY 9** PAC Meeting

**MAY 13** Outdoor Safety & Emergency Preparedness Open House (Argyle)

**MAY 22** **Victoria Day (STAT) – SCHOOL is CLOSED**

...continued on pages 3, 4

## 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



First Nations Health Authority  
Health through wellness



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.

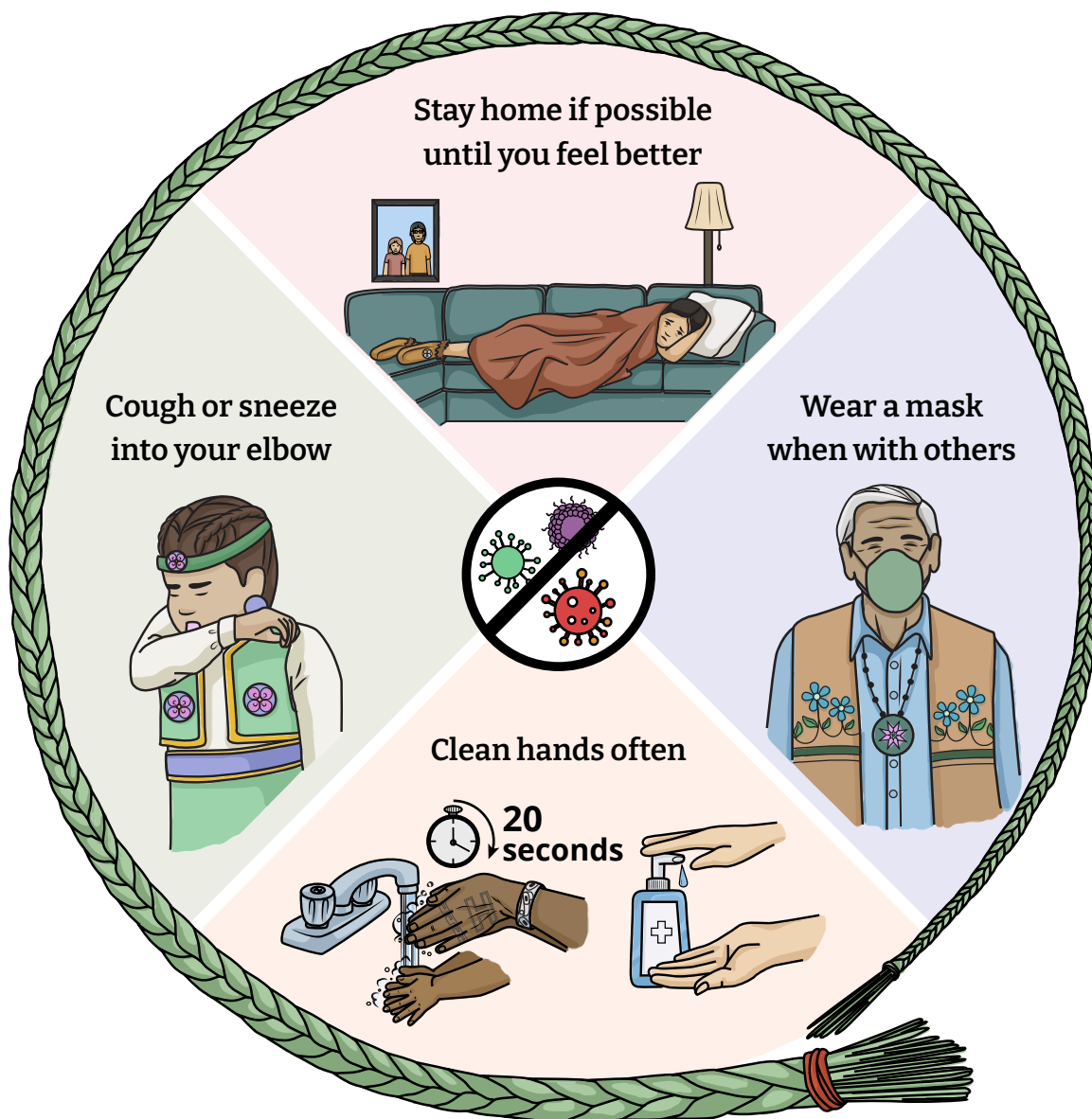


Illustration: Shoshannah Greene

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

Check with your healthcare provider for more information.

