

# Capilano Elementary

Weekly Reminders – January 26, 2023



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**Friday January 27<sup>th</sup> PRO-D Day** (school based) **NO SCHOOL**

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## IMPORTANT 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 \(sd44.ca\)](https://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)

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**Attendance** – Student leaving early, arriving late, 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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## LIBRARY INFORMATION

**Family Literacy Day – Friday, January 27<sup>th</sup>, 2023!**

Hello from the library Capilano Families,

This year's theme is **Celebrate Your Heritage**. Students will be actively engaged in literacy activities in library next week and our hope is that you can find ways to celebrate literacy at home as well. Check out the attachment with more details about this event! (page 3)

Thank you, Ms. Farrell, Teacher-Librarian

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## PAC INFORMATION

**HOT LUNCH ORDERING is OPEN for the WINTER SESSION Jan 6<sup>th</sup> - March 3<sup>rd</sup>**

Use this link to register for an account and place your order [Capilano \(munchalunch.com\)](https://munchalunch.com)

**Don't forget to add Booster Juice & Popcorn to your hot lunch orders!**

Contact [capilanofood@gmail.com](mailto:capilanofood@gmail.com) for hot lunch inquiries

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



## IMPORTANT DATES

### JANUARY

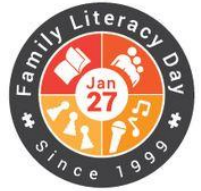
- Jan 16 - 2023/2024 Band and Strings Registration Opens
- Jan 27 - School Based Professional Day – **Classes not in session**
- Jan 27 - Academies Registration Opens – (closes Feb 27)
- Jan 30 - Multi-Age Group – Community Lunch (wear your group color)
- Jan 31 - Capilano R.O.C.K.S. Report Due

### FEBRUARY

- FEB 7 - PAC Meeting 7pm
- FEB 17 - District Wide Non-Instructional Day - **Classes not in session**
- FEB 20 - BC FAMILY Day – **NO SCHOOL**

...continued on page 3, 4 & 5

# Family Literacy Day – Friday, January 27<sup>th</sup>, 2023!



Hello from the library Capilano Families,

In 1999, ABC Life Literacy Canada held its first Family Literacy Day to “raise awareness about the importance of reading and engaging in other literacy-related activities as a family” (ABC Life Literacy <https://abclifeliteracy.ca/family-literacy-day/>).

This year’s theme is **Celebrate Your Heritage**. Students will be actively engaged in literacy activities in library next week and our hope is that you can find ways to celebrate literacy at home as well.

Stories and texts have the ability to bring us together, develop knowledge and understanding of ourselves and the world around us to become global citizens. Our library unit of inquiry highlights this idea: *Exploring stories and other texts helps us understand ourselves and make connections to others and to the world.*

Looking for ways to celebrate your heritage and promote literacy? Check out these 10 different ways you can learn together. ([ABC Life Literacy Canada](#))

1. **Research your family’s place of origin.** Go online together and research where your parents, grandparents and other relatives were born. What interesting information can you find out?
2. **Interview a family member.** Speak to them about where they grew up and what it was like. Do they have any interesting facts about your family? Write a story about them!
3. **Learn a new language.** Check out books from the library or use free online tools to learn new words in another language. Be sure to practice every day!
4. **Listen to traditional music.** Many cultures have traditional music. Do some research and listen to different types of traditional music. What style do you like the best?
5. **Look at a map.** Whether it be a map of Canada or another place your relatives once lived, you can learn a lot about geography by looking at a map.
6. **Make a photo collage.** Take out the family photo album or old magazines and newspapers to create a collage about what your family and heritage means to you.
7. **Make a craft of traditional designs.** Research traditional designs of your culture and replicate them in the form of a craft. Be as creative as possible.
8. **Read a story.** There are lots of books about different places and cultures. Visit your local library and ask the librarian for books about your heritage.
9. **Learn about where you live.** Do you know about the history of where you live? Together as a family, learn about the culture and heritage of the place you call home.
10. **Cook a traditional recipe.** Learn how to make your family’s signature dish or look up a recipe for a famous meal from your culture. Yum!

In addition, here is a link to an online activity booklet provided by ABC Life Literacy Canada if you are interested.

<https://abclifeliteracy.ca/wp-content/uploads/2022/11/FLD-2023-ActivityBook.pdf>

For more information about Family Literacy Day, please contact Mrs. Farrell at [sfarrell@sd44.ca](mailto:sfarrell@sd44.ca) or check out [ABC Life Literacy Canada](#)

## 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.

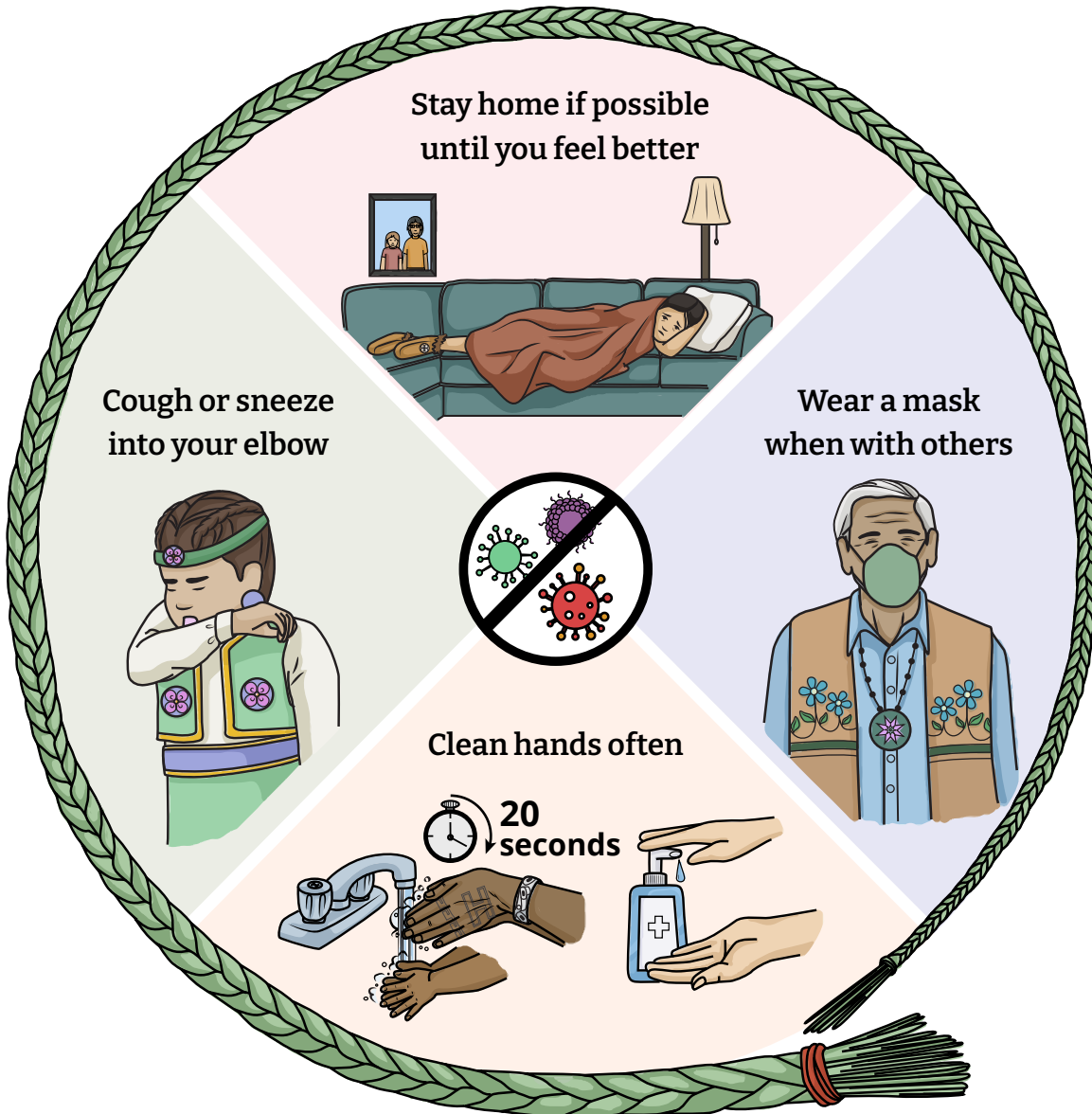


Illustration: Shoshannah Greene

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

Check with your healthcare provider for more information.

