



"Home of the Thunderbirds"

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October 23, 2020

Dear Parents, Guardians and Friends,

How are you doing? No really, how are you doing?

These are stressful times. We need to make sure that we are taking care of ourselves so that we can take care of our families and each other.

How are **you** staying safe? Yes, **you**, the adult reading this. What routines and practices do you engage daily to manage the stress of these unprecedented times?

As the second wave of the pandemic rolls in we need to diligent in maintaining COVID-19 prevention strategies to reduce transmission. We need to be vigilant to be safe.

The BCCDC reminds us all to do our daily health check -

What is a daily health check? When and how do we do them?

A daily health check helps us keep track of our health and monitor if we develop any COVID-19 symptoms. Parents and caregivers need to check their children for [COVID-19 symptoms](#) every day before sending their children to school.

Staff will assess themselves daily for symptoms and encourage students to speak up if they are feeling unwell. School staff will help students become familiar with common COVID-19 symptoms. Schools should help parents and caregivers understand the symptoms of COVID-19 and the importance of checking their children for symptoms.

Anyone who feels sick should use the self-assessment tool bc.thrive.health, call 8-1-1, or consult their health care provider to be assessed. See [Appendix B](#) in the Ministry of Health guidelines for an example of a daily health check.

'No Drama Llama'

Stress impacts our interactions with each other. Whether it is peer to peer, adult to child, or child to child, we all need to *keep our problems small*.

At Carisbrooke the 'No Drama Llama' has made an appearance to support intermediate students develop positive communication skills in for problem-solving.

'No Drama Llama' says - If a problem comes up with a friend:

- Speak with that person **directly**. This means one to one, only with the person you are having the problem with.
- Speak to the person **privately**. No audience. Find a private spot to chat away from others.
- Be **respectful**. No unkind words, snippy attitude or body language (no eye rolling, shoulder turning, etc.).

On behalf of the Carisbrooke school team, we thank you in advance for **referring school issues back to the school**, beginning with the classroom teacher. Let us handle the school issues please. This helps to *keep our problems small*.

From our PAC -

Communication is important. Parents, please join Carisbrooke PAC online with their new FreshSchools app here: <https://www.freshschools.com/app/schools/carisbrooke-elementary-school/register> .

Coming up this week -

Monday: Photo re-take day. This includes **all Kindies**.

Wednesday: **2pm Early Dismissal** for staff collaboration.

Friday: **Orange and Black Spirit Day!** Wear orange and black!

I hope that you enjoy a quiet and restful weekend. Please contact me if you have any questions or require additional information.

Sincerely,

Lisa Upton

Principal, Carisbrooke