



December 2021, Vol. 4

THE GROVE

Cedar Grove Elementary School's Monthly Newsletter

As the winter settles in and we arrive to school in the dark, I want to take this time to thank those that truly shine and make our halls full of light: the gnomes both big and small. Thank you to Mr. Hannem for coaching our volleyball team this past season. Thank you to Ms. MacInnes and her students for providing not one, but two reflective and beautiful Remembrance Day assemblies. Thank you to Mr. Tultz and our 6/7s for providing the time, space, and patience in setting up the Haunted Trails for the whole school. And of course, thank you to our students for keeping us on our toes and spreading your joy and light every day. What a team we have here at the Grove.

Children can flourish with consistent communication between all the adults involved in their lives. You are always encouraged to reach out to your child's teacher if you have any concerns (or praise). All of our email addresses are found on the school website.

While we are learning more about how these COVID days are impacting our students, one thing we have become aware of is the need for more time to play as well as more time to learn how to be in groups. Because of this we are changing how we do lunch and will be instructing our students while they eat. This means that our time to play is extended and children will have the choice of being inside or outside during a 40 minute play time. We will be trialing this starting on December 6th and into January.

For everyone's health and safety and wanting to do our part for the environment, please remember to send your child to school with a mask. We have been going through so many disposable masks every day. A reminder that everyone needs to wear a mask when indoors.

Every morning we receive phone calls regarding illnesses. While we appreciate you reaching out to us, we cannot deem what your next steps should be. Please consult with your family health provider or call 811. Vaccines are a personal health choice for families and note that there are no planned Covid-19 specific school-based vaccination clinics for ages 5-11 years old at this time in our district. Please see more info from the Ministry of Health about vaccinations for youngsters at the back of this newsletter.

We are all feeling the COVID fatigue and it's important that we continue to do our best by completing daily health checks and only coming to the Grove when well. Thank you for being such an incredibly kind and thoughtful community.

If I don't see you before we head off to Winter Break, know that I am wishing each of you a very restful, fun, and joyous holiday season.

AIR HUGS,
OLWEN COWAN, PRINCIPAL

"The creation of something new is not accomplished by the intellect but by the play instinct." – Carl Jung



PAC CORNER

Purdys: Thank you to everyone that supported our holiday fundraisers! For those that ordered Purdys Chocolates, they should be sent home with your student or available for pick-up on Tuesday, December 14th.

Popcorn Thursdays: Popcorn is back each Thursday! The best way to pay for popcorn is by pre-ordering through the hot lunch ordering website at <https://cedargrove.hotlunches.net>. Otherwise send \$0.50 with your student if they would like to purchase a bag.

Hot Lunch: If you have any issues/questions regarding the hot lunch website or hot lunch program, you can contact our fantastic hot lunch coordinator, Courtney at cgehotlunch@gmail.com. Please also don't forget to get your January hot lunch orders in!

Yearbook: They are on sale now and until mid February at \$17. Order online at jostens.com. Search up our school and get your orders in!

Meeting: Our next PAC meeting is Wednesday December 1st.

IGA Fundraising Cards: Do you shop at the IGA? Want to help the PAC raise funds while simply buying your groceries? Pick up an CGE PAC IGA Fundraising card from the office and preload it with money to use to pay for your groceries. 4% of the funds go to the school.

Tracy Aiken, PAC Chair

UPCOMING KEY DATES

Tuesday, 30th - December, Thursday 2nd:

Scholastic Book Fair 2:30pm - 5pm

Wednesday, 1st: Early Dismissal @ 1:30 - Family/Teacher Conferences

Thursday, 2nd: Early Dismissal @ 1:30 - Family/Teacher Conferences

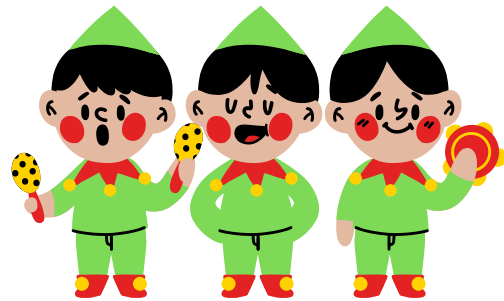
Monday, 6th - Grade 6 Vaccines - morning

Wednesday, 15th - Elf Day (yup, dress like an elf)

Friday, 17th - Another school-wide PJ day

Friday, 17th - Last day before Winter Break!

Tuesday, 4th - School reopens



BELL SCHEDULE

8:20 - Doors open

8:20 - First bell

8:30 - Instruction begins

10:15 - 10:35 - Recess

11:50 - 12:29 - Outside playtime

12:29 - Class begins for afternoon

2:30 - Dismissal



LATE OR ABSENT

If your child will be absent or late, please call the school office at 604.886.7818 to let us know or leave a message on the machine. When your child arrives at school late they need to sign it at the office.

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

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.

