

Hans Helgesen Elementary Newsletter

December 20th

Moon: NINENE Moon of The Child



The school has had such a lovely buzz of excitement, lately. We hope you have a wonderful holiday!

There were a few highlights this week:

- Pancake Breakfast and PJ Day
- The Seasonal Store
- The last day Movie
- And many fun class activities

Thank you PAC

Thank you to our PAC for having a huge turn-out to work at the Pancake Breakfast and run the Seasonal Store. Our students were grateful for both experiences and we appreciate the dedication of our wonderful PAC!

Speaking of bugs...

Earlier in the Fall, we sent out a letter to all families that we had found cockroaches in the school. The SD62 facilities department and a contractor continue to treat the school on a regular basis, after hours. Cockroaches by nature are resilient and we encourage families to continue to be vigilant in checking bags for signs of insects and sending food in tightly sealed containers.

Lice is an unfortunate and inconvenient part of life. We all know that lice prefer clean hair and that anyone can get it, but sometimes there is a stigma that goes with finding lice on a member of the family. It is safe to assume that one of your family friends has lice at any given time. Therefore, we are asking families to develop the habit of checking for lice as part of your everyday grooming routine. Quick access to treatment is the key to eliminating the issue in your home. The school will send out a monthly reminder in the newsletter for all families to remind them to include checking for lice as a part of their regular routine at home.

Here is a link for more information: <https://www.healthlinkbc.ca/health-topics/hw51114>

As we have had many students away for sickness, we thought it was a time to share some health-related information. If your child is unwell in the morning, it is important to keep them at home, so they do not spread germs to the classroom. Please make sure you have established someone to come pick-up your child, as soon as possible, when the school calls.

Cold and influenza season is here. As the weather gets cooler and we move indoors, so do germs. Children need reminders to decrease the risk of colds and flu at school and home by:

- Washing hands often
- Coughing and sneezing into their elbow
- Keeping hands away from nose and mouth
- Not sharing food or drink with others
- Not sharing facecloths or towels
- To help limit the spread of germs, please keep your child home from school and activities if they are feverish, coughing a lot, have thick yellow or green discharge from the nose, have vomited in the last 24 hours or otherwise unwell.

In addition to link on Colds and Flu we've included useful information related to other common childhood ailments. We hope you find this information helpful.

Cold and flu

<https://www.healthlinkbc.ca/health-topics/center1046>

Whooping cough

<https://www.healthlinkbc.ca/health-topics/hw65653>

Strep throat

<https://www.healthlinkbc.ca/health-topics/tv7012spec>

Hand Foot and Mouth

<https://www.healthlinkbc.ca/health-topics/ty6230>

Upcoming Events

Dec.21-Jan.5 - Winter Break

Jan.6 - School reopens

Jan. 15 - SPEAC Meeting 7pm

Jan. 27-31 - K registration for 2020 September

With respect and friendship,

Cathy and Jon

