



November 2020

PRINCIPAL: Mr. Robbie Dhillon
VICE PRINCIPAL: Ms. Jennifer Robinson
SECRETARIES: Ms. Sandra Fox and Ms. Karen Corrigan

<https://mg.schools.sd68.bc.ca/>

FROM THE OFFICE

Dear Parents,

October is now in our rear-view mirror and we have roared into November. November is a time for reflection, to appreciate the sacrifices of previous generations in preserving our cherished freedoms and way of life. Our Remembrance Day Assembly took place on November 9th on teams. Students were in their classrooms. Thanks to the group of Grade 7 students who ran the assembly: Tyler, Lucy, Ethan, Owen, Ian, Mattias, Abbi and Kenna. Thanks also to a couple of choir groups and Mr. Bamford for their contribution to the assembly. In addition, the wreaths our classes prepared were simply amazing.

With this time of year comes cold and/or wet weather. Please don't let your child(ren) leave home in the morning without proper clothes for the weather. We encourage students to play outdoors during our recess breaks in proper waterproof attire, including gloves and boots.

Thank you to the Altrusa Group for donating \$150 to the school to help support our students. These funds will come in handy to support students. I want to thank this group for their donation.

As always, if you have any questions don't hesitate to contact me.

Yours truly,

Mr. Robbie Dhillon (Principal)

SCHOOL CALENDAR 2020-2021

PAC (6:30 PM).....	Mon Nov 16
PAC (6:30 PM).....	Mon Dec 14
Last Day before Holiday.....	Fri. Dec 18
First Day back	Mon Jan 4
PAC (6:30 PM).....	Mon Jan 18
Progress Report Issued	Fri Feb 5
PAC (6:30 PM).....	Mon Feb 8
Non Instructional Day (students do not attend)	Thurs Feb 11
Non Instructional Day (students do not attend)	Fri Feb 12
BC Family Day (students do not attend)	Mon Feb 15
Last Day before Spring Break/Easter	Fri. Mar 12
First Day back.....	Mon Mar 29
Good Friday (students do not attend).....	Fri Apr 2
Easter Monday (students do not attend).....	Mon Apr 5
PAC (6:30 PM).....	Mon Apr 19
Non Instructional Day (students do not attend).....	Fri May 7
PAC (6:30 PM).....	Mon May 17
Victoria Day (students do not attend).....	Mon May 24
PAC (6:30 PM).....	Mon Jun 21
Formative Report Issued.....	Tues Jun 29
Last Day of School (school dismissed at 2:10).....	Tues Jun 29
Administration Day	Wed Jun 30

APPROPRIATE CLOTHING FOR WEATHER CONDITIONS



The cool wet weather will arrive and there will be many days students will ask the question "Is it an inside day?" The answer on most days is no. Students will be going outside to play at recess and lunch unless it is raining heavily. We thank you for ensuring your child comes to school with appropriate rain and cool weather clothing. At Park Ave we believe in the importance of fresh air and outside play for all students and appreciate your assistance in this regard. **It is also advisable students have a change of clothes in their school bags, including socks.** Warm gloves are always a good idea as well.

Everyday Anxiety Strategies for Educators (EASE) – share with staff and with community.

EASE is a collection of evidence-informed anxiety prevention and resilience-building resources for use with students in grades K-7. The resources use cognitive behavioural strategies to address the thoughts, feelings and behaviours associated with anxiety. In response to the COVID-19 pandemic, the EASE classroom activities were adapted for use at home by parents and caregivers to support children's mental health and continuous learning. These fun and practical strategies help guide parents and caregivers in managing their children's anxiety and worries in the comfort of their home during the COVID-19 pandemic and beyond.

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/ease>

YOU CAN HELP THE OFFICE BE MORE EFFICIENT BY CONTINUING TO:



*email in (info.mg@sd68.bc.ca) any absences ASAP in the morning (or the night before) or

*call the school in advance and leave a message on the answering machine which is on 24 hours a day, if you know your child will not be attending school on that day.

*if the above can be done in advance (before 8 AM) it allows our office staff to help the students who are in the building needing our assistance.

SCHOOL CLOSURES



It is that time of year again, when the school district would like to remind parents about school closure procedures. The most common reasons that schools might be closed are dangerous road conditions due to a heavy snowfall

or ice. If you are wondering if schools are open on a particular day, for the most current updates listen to local radio stations (WAVE 102.3 FM and WOLF 106.9 FM) in the mornings.

We also attempt to put an announcement of any school closure on the school district website, www.sd68.bc.ca, and on Twitter and Facebook, but our ability to do so could be affected by such things as power outages and technical issues. If there is no announcement on the website or social media, please be sure to listen to local radio stations.

We would like to remind parents that it is their right to make the final decision as to whether it is safe for their children to travel to school on any given day. While the district strives to make the best decision possible for students across the district, there may be circumstances in your neighbourhood that lead you to decide to keep your children home, even though schools are open.

BC SCHOOL FRUIT AND VEGETABLE PROGRAM

Our school is involved in a province-wide healthy living initiative. One of our goals is to encourage healthy eating by providing fresh BC fruits and vegetables as snacks. If you do NOT wish your child to participate in the program, please let us know in the office.

McGIRR SAFETY PLAN:

As part of our safety plan, Elementary schools are required to conduct fire drills, earthquake drills, lockdown drills (and we are adding “hold and secure” drills) at various times throughout the school year. These planned drills are important in ensuring that staff and students are aware of how to appropriately respond in the event of a real emergency. If any deficiencies or problems are noted, then changes are made to the plan.

We would like to share information on the following drills so that you are informed of what we are teaching your children.

Drill snapshots:

FIRE DRILL: fire alarm is pulled and students exit the building to meet in classes on the basketball court. Attendance is taken and when the “all clear” is given, children return into the school.

EARTHQUAKE DRILL: earthquake sounds come on the PA system, students duck and cover, count for 60 seconds, and another 60 seconds (in case of aftershocks), then exit the building to marshal on the field. Attendance is taken and when everyone is accounted for and the “all clear” is given, children return back to the school.

HOLD AND SECURE/SHELTER IN PLACE: PA announcement, students remain in the school, instruction continues, exterior doors are locked, and no one is permitted to leave or enter the school until the “all clear” is given.

LOCK DOWN: (potential threat within the school) PA announcement, all students and staff proceed to nearest classroom or office, classroom doors are locked (as are exterior doors), blinds lowered and everyone is instructed to stay away from doors and windows and to be silent. Instruction resumes when the “all clear” is given. In addition to the information about our drills, these are the procedures we have in place in the event of a real situation regarding potential threats to schools.

Hold and Secure will be activated if there is a **potential threat/security concern outside the school** (such as a police incident in proximity of the school). **Shelter in Place** will be activated if there is a potential environmental concern outside the school (such as bear, cougar, gas leak in area). In these situations, the police/conservation officers typically contact the school and direct the school to go into Hold and Secure/Stay in Place. When there is no longer a threat outside the school building, the police/conservation inform us that we can resume regular activities.

If our school is in Hold and Secure, the following procedures will apply:

- All exterior doors will be locked.
- NO ENTRY signs will be placed on each door.
- No one will be permitted to leave or enter the school until school administration announces that Hold and Secure is over.

Lockdown will be activated if there is a **potential threat inside the school building**. Again, this procedure is typically by initiated by the RCMP.

If the school is in Lockdown, the following procedures will apply:

Exterior doors are locked

- All students and staff will proceed to the nearest classroom or office.
- All doors to classrooms and offices will be locked and/or barricaded by the supervising adult.
- Students will be kept away from windows and doors and instructed to remain silent and still.
- No one will be permitted to leave their room until the Lockdown is over.

If you hear about a serious emergency at your son/daughter’s school through media reports or other means, **DO NOT PROCEED TO THE SCHOOL.**

Please DO NOT CALL THE SCHOOL OR YOUR SON/DAUGHTER’S CELL PHONE during an emergency, particularly in a Lockdown situation where it is critical to remain silent, still, and not draw attention from any threat makers that may be in the building or distract staff from their priority of keeping students safe

BIG BROTHERS AND SISTERS

Currently at **Big Brothers and Sisters of Central Vancouver Island** at 2030 Northfield Rd. we have a **surplus of clothing for women and children**. To deal with that we are having a \$10 bag sale from now until the end of 2020 (we provide the bag) for anything that you can fit into 1 bag. You can purchase more than one bag at a time if you wish. This includes clothing, shoes and accessories. **More specifically we have 13 boxes of new born to toddler sized clothing that is in great shape.** We also have some unisex clothing that could be used for men or youth.

Also for the month of December if any family comes through our doors and is in need of any winter related

apparel (coats, boots, hats , gloves) we will give it to them for free. This does not include items in the bag sale and will only be available as long as supplies last.

We are open from 10-4 Mon- Fri and accept cash, debit tap or e-transfer for payment. We ask that you follow Covid protocols when here which means: no more than 4 shoppers are allowed to shop at a time and you must use sanitizer when you enter as well as maintain distance from other shoppers or wear a mask. No garments are to be tried on while here and please follow staff directions as you enter store location. We will gladly accept any donations you want to bring as well to the store as long as it is clean and in good shape.

Please pass this message along to any families that you may know that could use a good deal while supporting our programs to match kids with mentors.

RAINBOWS NANAIMO

What: Rainbows is a community program which



supports children who are going through big transitions in their lives (Ex. Divorce, Separation, death or any kind of grief). The program is run in small groups where children participate

in activities which helps learn about feelings and coping skills.

When: End of January (TBD). 12 weeks

Where: Christ Community Church (2221 Bowen Rd, Nanaimo, BC V9S 5J3)

Time and Day: Every Wednesday at 6:30pm. (30-60 minutes depending on group age)

Cost: Free!

If you are interested in registering for the program or getting more information, please contact:

Isabel VanGrootheest

250-751-7888

Email: rainbowsnanaimo@gmail.com

Visit the website at rainbowsnanaimo.ca