

McKechnie News

Report Absences: 604-713-5159 Ext 54 Volume VIII, January 31, 2022



Dr. R. E. McKechnie Elementary School
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 PAC Website: <https://www.mckechniepac.ca/>



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Report Cards

Communicating Student Learning (CSL) report cards are being sent home today, Monday January 31st 2022 . Once you review the report with your child, please sign the back of the envelope and return it to your child’s classroom teacher so that we have a record that you have received it. If you have any questions about the report card, please do not hesitate to contact your child’s classroom teacher.

Hot Lunch

Hot lunch is back for the month of February! Please remember to order Hot Lunch & Pizza Lunch by Tuesday @ 6pm. A big thanks to Tiffany and Christina for organizing! Please see link to order. <https://www.mckechniepac.ca/hot-lunch-1>. If your child is ordering hot lunch, please remember to send reusable cutlery with them from home. We are doing our best to eliminate the use of single-use cutlery. Thank you.



BASKETBALL SEASON

Basketball season has now been postponed until after spring break. The senior boys will resume practices this month. Practice days are on Tuesdays at 8 am and Thursdays at lunch.



PAC meeting

Our third PAC meeting of the year will take place next Tuesday, February 8 at 7 pm.

Please visit

<https://www.mckechniepac.ca/our-pac> for the Zoom meeting link.

Humanitarian Club – Save up your bottles and cans for a good cause!

McKechnie Humanitarian Club will be running a bottle drive from **Monday, January 24th to Saturday, April 30th**. Proceeds raised will go to charity. We will announce the total proceeds raised and the charity in the McKechnie May School Newsletter.



Instructions:

- Take your unsorted containers in sealed, clear plastic bags to your nearest **Return-It Express Depot**.
- Use the school phone number (604-713-4952) and print out the tags at an Express Kiosk.
- Tag your bags drop them off at the kiosk.

Vancouver West Return-It Depot
1253 West 75th Avenue, Vancouver
(2.2 km from McKechnie)

Staff Profile



Our long-time supervision aide Winnie is currently on an educational leave, in her place we'd like to welcome Hadia, also known as Miss H to our school. She has been a supervision aide for 11 years. She is originally from Pakistan and moved to Canada 12 years ago. She has a Master's Degree in Library Science and loves travelling. She has been to England, the US, Dubai and of course Pakistan many times. Please welcome her to the McKechnie School Community!

Literacy Week

Today is the last day of Literacy week. It has been a fun filled week including five guest readers, a story walk, dress up as your favourite story book character day, an escape room and a Pajama Day.



Students really enjoyed studying the clues and trying to determine the identity of our guest readers. The week was full of surprises, prizes and of course lots of reading. A big thanks to Ms. Koke for organizing such a fun week for the students and staff!



Pink Shirt Day

Pink Shirt Day was started by two teens from Nova Scotia as a way to stand up for a student who was bullied for wearing pink. In Canada, national "Pink Shirt Day" falls on the last Wednesday of February each year. We are encouraging all staff and students to wear pink on Wednesday February 23rd to help us celebrate acceptance, respect and inclusion for everyone.



Daily Health Assessment



Please carefully adhere to the health screening every day before sending your child to school. If you have any questions about this, please let the office know. In order to assist schools, we ask parents to report a student absent by calling the school's Safe Arrival line at 604- 713-5159 ext. 54 Parents can leave a message anytime with the student's full name AND division number &/or teacher's name. School offices are busy places - consistently

notifying the school Safe Arrival line in advance of your child's absence will significantly improve the efficiency and effectiveness of the School's Morning Routine.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 Report cards sent home	1	2 Lunar New Year	3	4	5
6	7	8 PAC meeting	9	10	11	12
13	14	15	16	17	18 Pro D Day – No School	19
20	21 Family Day – No School	22	23 Pink Shirt Day	24	25	26
27	28					

Daily Health Check & What to Do When Sick



Daily Health Check

Everyone going into a District school or site must complete a daily health check, including staff, students, and visitors. A daily health check means checking yourself or your child for new symptoms of illness, including symptoms of COVID-19.

Symptoms of illness (including COVID-19) include:

- Fever or chills
- Difficulty breathing
- Runny nose
- Headache
- Body aches
- Cough
- Sore throat
- Sneezing
- Loss of sense of smell or taste
- Loss of appetite
- Extreme fatigue or tiredness
- Nausea or vomiting
- Diarrhea

If you are sick or feel unwell, stay at home. This is important to stop the spread of illness, including COVID-19, in schools and worksites.

You can attend school/work if:

- Your symptoms are consistent with a previously diagnosed health condition (e.g., seasonal allergies), OR
- You have existing symptoms that have improved to where you feel well enough to return to regular activities, AND
- You are not required to self-isolate, or your self-isolation period is over (based on a positive COVID-19 test result, if taken).

What to Do When Sick

If you have mild symptoms of COVID-19, you usually don't need a test. Mild symptoms are symptoms that can be managed at home. Most people don't need testing for COVID-19.

Stay home and away from others (as much as possible) until you feel well enough to return to your regular activities and you no longer have a fever. You should also avoid non-essential visits to higher risk settings such as long term care facilities and gatherings, for another 5 days after ending isolation.

If you have a Rapid Antigen Test at home, use it when you have symptoms. How long you should stay home depends on your test result. Find out more about [Rapid Antigen Test results](#).

If you do not have symptoms of COVID-19, you do not need a test.

If you are unsure about your symptoms, you can use the [Self-Assessment Tool](#), contact your health care provider or call 8-1-1.

Testing may be recommended for some people who may be more likely to get severe disease. See BCCDC for information on [who testing is recommended for](#).

What to Do if Someone in Your Household is Sick

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19.

Try to stay apart from the person in your household who is sick as much as possible.

Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you develop symptoms of illness or feel unwell.

If You Test Positive for COVID-19

Your age and vaccination status determine how long you should self-isolate for if you test positive for COVID-19.

Age	Vaccination Status	Guidance
Under 18 years of age	Unvaccinated, partially vaccinated or fully vaccinated	Self-isolate at home for 5 days AND until your symptoms improve and you no longer have a fever. Avoid non-essential visits to higher risk settings like long-term care facilities and gatherings for another 5 days after ending isolation.
18 years of age or older	Fully vaccinated	
		NOT fully vaccinated

Close contacts, who are usually others in your household, do not need to self-isolate (regardless of vaccination status), but should closely self-monitor for symptoms. BCCDC has more information for [close contacts](#).

If you find it hard to breathe, have chest pain, can't drink anything, feel very sick, and/or feel confused, contact your health care provider right away or go to your local emergency department or call 9-1-1.

This information is adapted from the BC Centre for Disease Control.
For more information, visit <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

Summary: What to Do When Sick

If you have symptoms of illness, stay home.

Most people don't need testing for COVID-19.

Use [BCCDC Self-Assessment Tool](#), connect with 8-1-1 or your health care provider to find out if a COVID-19 test is recommended.

Symptoms of COVID-19 include:

- [Fever](#) or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing
- Loss of appetite
- Runny nose
- Sneezing
- Diarrhea
- Sore throat
- Headache
- Body aches
- Nausea or Vomiting
- Extreme fatigue or Tiredness

Go to an emergency department or call 911 if you:

- Find it hard to breathe
- Have chest pain
- Can't drink anything
- Feel very sick
- Feeling confused

If you have MILD SYMPTOMS

(or have tested negative)

STAY HOME.

[For most people, testing is not recommended.](#)

Mild symptoms can be [managed at home.](#)

If you TEST POSITIVE: SELF ISOLATE

1. [Complete an online form to report your test result](#)
2. [Manage your own symptoms](#)
3. [Let your household contacts know](#)

Return to School/Work

Stay home until you feel well enough to return to your regular activities.

If you are fully vaccinated OR less than 18 years of age

You can end isolation and return to school/work when all conditions are met:

1. **At least 5 days** have passed since your symptoms started, or from test date if you did not have symptoms.
2. Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
3. Symptoms have improved.

You should avoid non-essential visits to higher risk settings such as long-term care facilities and gatherings for another 5 days after ending isolation.

If you are 18 years of age or older AND not fully vaccinated

You can end isolation and return to school/work when all conditions are met:

1. **At least 10 days** have passed since your symptoms started, or from test date if you did not have symptoms.
2. Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
3. Symptoms have improved.

If you still have symptoms

Continue to isolate longer if you still have a fever or are not feeling better. If you are unsure or concerned connect with your health care provider or call 8-1-1.

What to do if someone is sick in your household:

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19. Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you feel unwell. The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at: [Getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca)