

# Be Yourself



## Panorama Park Elementary      December 12 to 16, 2022

### **Monday, December 12, 2022**

- Last Day of Scholastic Book Fair

### **Tuesday, December 13, 2022**

- Skating Field trip: Division 4, 12 and 13

### **Wednesday, December 14, 2022**

- Festive Sweaters - Spirit Day

### **Thursday, December 15, 2022**

- Holiday Theme (Santa hats, elf hats and reindeer antlers) - Spirit Day

### **Friday, December 16, 2022**

- Last Day Before Winter Break
- Pyjama Day - Spirit Day

## Dress for the Weather



Living in a rain forest offers many diverse weather conditions. Therefore, it makes sense that we are well prepared to be outside in the rain. It is vital for children to get outside throughout the day for fresh air and exercise. Physical activity has a positive impact on learning.

*Students will be sent outside for recess times (please see below criteria) and should be dressed for the weather. Please send your children with rain jackets, umbrellas, and rain boots to ensure their comfort during our outdoor recess times and the learning time in the classroom afterward. Please send an extra set of clothes in your child's backpack.*

### **Cold Weather & Rainy Days Inside Day**

- *5 degrees or below and raining*
- *Raining very hard (duration and intensity is great) and so windy umbrellas will turn inside out*

### **Cold Weather & Rainy Days Outside Day**

- *Above 5 degrees and raining*
- *Snow Days*

## Protect Yourself And Others This Cold And Flu Season!



Nobody likes being sick, and with cold and flu season upon us, it's up to all of us to help prevent the spread of communicable disease in our school communities. [B.C.'s Communicable Disease Guidelines for K-12 Settings](#) remain important to the ongoing protection from and prevention of respiratory illness, including colds and flus. The health and safety of our classrooms is a team effort – students, staff and visitors are urged to stay home if they are not feeling well or are experiencing symptoms, including fever and/or chills, recent onset of coughing or diarrhea:

- For uncontrolled fever: stay home until you do not have a fever and feel well enough to return to your regular activities.
- For undiagnosed vomiting and diarrhea: stay home until there has been 24 hours since your last episode.

In addition to staying home when you're sick, there are a few other ways you can keep yourself from getting sick and from spreading illness to others:

- Wash your hands regularly: Practise frequent hand hygiene to prevent the spread of germs and respiratory illness.
- Cover your mouth when you cough or sneeze. Cough and sneeze into your elbow instead of your hands.
- Get your recommended vaccinations. [Flu shots](#) are free to everyone in B.C. six months and older, and are available as a shot or a nasal spray. BC residents 6 months and older are also encouraged to get their [COVID vaccinations](#).

The decision to wear a mask or face covering is a personal choice for everyone. This choice will be supported and treated with respect in all our schools. Disposable masks will continue to be available at our sites for those that wish to use them. Staff, students or visitors may attend school if their symptoms are consistent with a previously diagnosed health condition such as seasonal allergies, or if their symptoms have improved to where they feel well enough to return to regular activities, and any fever has resolved without the use of fever-reducing medication (i.e. acetaminophen, ibuprofen). If a staff member, student or visitor develops symptoms of illness while at school and is unable to participate in regular activities, they should go home until their symptoms have improved. If you are unsure or concerned about your symptoms, please connect with your health care provider or call 8-1-1. For more

information, check the [Provincial Communicable Disease Guidelines for K-12 Settings](#). Thank you for continuing to keep our schools and workplaces healthy!



## Important Calendar Dates for 2022 – 2023

Friday, December 16	Last Day of School prior to Winter Break
<b>December 19 to January 2</b>	<b>Winter Break</b>
Tuesday, January 3	Back to School
Monday, February 20	Family Day (no school)
Friday, February 24	Non-Instructional Day
Thursday, March 2	Term #2 Formal Reports
Thursday, March 9	Parent/Teacher Conferences
	Early Dismissal at 1:30 pm
Friday, March 10	Last Day of School prior to Spring Break
<b>March 13 to March 24</b>	<b>Spring Break Holidays/School Closure Days</b>
Monday, March 27	Back to School
Friday, April 7	Good Friday (no school)
Monday, April 10	Easter Monday Holiday (no school)
Friday, May 5	Non-Instructional Day
Thursday, May 4	Interim #2 or Student Led
Monday, May 22	Victoria Day (no school)

Monday, May 29

Non-Instructional Day

Thursday, June 29

Last Day of School

Term #3 Reports Go Home

Early Dismissal at 1:30 pm

Friday, June 30

Administrative Day /School Closed

## Useful Links

Click on the links below to be taken to these websites:

- [Surrey School District Website](#)
- [BC Curriculum Overview](#)
- [CASEL](#) (Collaborative for Academic, Social, and Emotional Learning)
- Social Emotional Learning Resources: [Second Step](#), [MindUP](#), [EASE](#)