

South Surrey/White Rock Learning Centre #13-2320 King George Blvd., Surrey, BC V4A 5A5 Phone: 604-536-0550 | Email: whiterocklc@surreyschools.ca

COMMUNITY UPDATE!

January 28th, 2022

Website: surreyschools.ca/schools/whiterocklc

Download our APP - Raven's Nest | Follow us on Twitter@RavensWrlc

What's Happening at School... Over the last couple of weeks students having been working hard to complete their courses. Lots of great projects, and demonstration of learning happening!!! Monday, January 31 will be the beginning of the next term. Grade 12 CLC Capstone Projects!!! Post Garde 12 CLC Capstone Projects!!! MATH—Hailey and Keana's final pyramid projects for their completion of math 10! Child Development and Care Giving Projects

School Updates...

Today, January 28th is the End of Term #2. This means we are already half way through the school year!!! Assessment and report cards are under way.

We will be welcoming a number of new students on Monday.

Looking forward...

Jan 28 End of Term #2—Reort Cards to follow

• Jan 31 First Day of Semester 2 / New Intakes start

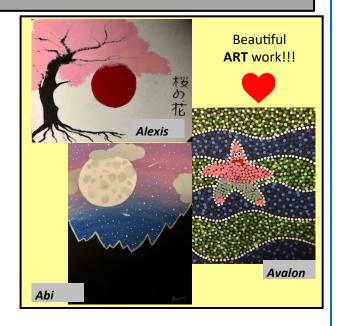
Feb 21 Family Day Holiday—school closed

Feb 24 Friday school

Feb 25 Non-Instructional Day/PRO D

Below you will find information regarding....

- Updated Daily Health Check Information
- Career Development Information



Covid-19



Daily Health Check and What to Do When Sick

Daily Health Check

Everyone going into to school must complete a daily health check, including staff, visitors, and students. 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 things like:

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

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

You can attend school if:

- · Your symptoms are consistent with a previously diagnosed health condition (e.g., seasonal
- . 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.

Covid-19



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
18 years of age or older	Fully vaccinated	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.
	NOT fully vaccinated	Self-isolate at home for 10 days AND until your symptoms improve and you no longer have a fever.

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

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, or 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 Sore throat

Loss of appetite Runny nose

Sneezing Extreme fatigue or

tiredness vomiting Headache Diarrhea

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
- Feel 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
- Manage your own symptoms

Body aches

Nausea or

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 feverreducing 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

CAREER EDUCATION INFORMATION

Talk to our Career Facilitator, Susan Martin, for more information about the opportunities below.

Phone: 604-536-0550, ext. 3103

Email: martin_susan@surreyschools.ca

District Partnership Programs

Surrey School District has formed partnerships with post secondary institutions to provide trades training and other educational programs for high school students. Students gain qualifications and test the career waters before graduation. Other benefits may include:

- Dual credit obtain high school and college credit (up to 36 credits)
- 2. Complete Level One of the technical trades training
- 3. Tuition is paid by the School District for most programs
- 4. Possibility of paid work or an apprenticeship in the trades programs (16 credits)

Partnership Applications are due in March. See **Susan Martin**, Career Facilitator, for details and applications. She can be reached at <u>martin_susan@surreyschools.ca</u>

	AUTOMOTIVE			AVIATION		
Auto Service Technician 20 credits - KPU	Collision & Refinishing Program 36 credits - VCC	Heavy Mechanical Trades Foundation 28 credits - VCC		Explorations in Aviation 20 credits - BCIT		
CONSTRUCTION TRADES						
Carpentry 20 Credits - KPU	Drafting/CAD 16 credits - KPU	Electrical 20 credits - BCIT	Horticulture 8 credits - KPU	Metal Fabrication 20 credits - BCIT		
Millwright 20 credits - KPU	Painter 4 credits - FTIBC	Piping 24 credits - KPU	Welder 24 credits - KPU			
OTHER TRAD	ES PROGRAMS		FOOD TRADE PROGRAMS			
Hairstylist 40 credits - Hairdressing School (NSLC)			Culinary Arts 20 credits - VCC	Baking & Pastry Arts 24 credits - VCC		
40 credits - Hairdressing	OTHER A	Academic Progr	20 credits - VCC	Arts		
40 credits - Hairdressing	OTHER A Educational Assistant Diploma Surrey Com. College	ACADEMIC PROGR Headstart in Art Drawing Class P.S. Credit - Emily Carr	20 credits - VCC	Arts		



BENEFITS AND CERTIFICATES

- \$300 weekly allowance for qualified applicants
- Full work gear (PPE) is included
- WHMIS certificate
- · Occupational First-Aid Level I certificate
- Transportation Endorsement certificate
- Traffic Control Person (TCP/Flagger) certificate
- Confined Spaces Fall Protection -Ladder Safety certificates
- Basic Electrical Safety certificate
- Underground Utilities Locator certificate
- · Excavation, Trenching and shoring Safety certificate

Public Works Technician Training is a 16-week Project Based Labour Market Training Program (PBLMT). Participants will receive training and work experience in occupational skills related to: public works, working safely, use of tools and equipment, environmental best practices, as well as maintaining and repairing roads and sidewalks, water systems, sanitary and storm sewer systems, building maintenance, parks and recreation facilities and fire protection systems.

Upon completion of the training and work experience, participants will be registered as Provisional Public Works Technicians, by ASTTBC.

APPLY NOW



https://freetrainings.ca/public-works

· Referred by a WorkBC Centre with an

• Reachback, have had an El benefit within

earnings in at least 5 of the last 10 years (Note: the 5 years do not have to be

PROGRAM ELIGIBILITY

• BCEA Non-PWD Clients · Currently receiving Employment

consecutive years)

Insurance (EI) Benefits or

the previous 60 months or • Have earned more than \$2,000 in insurable earnings and have paid Employee El premiums on those

Action Plan BCEA PWD Clients

WHAT YOU CAN EXPECT Orientation (1 Week) **Academic Training** (9 Weeks) **Short Term Certifications** (1 Week) (4 Weeks) **Practicum Training** Job Search Workshops (1 Week)

FOR MORE INFORMATION CONTACT US



8153 Main Street Vancouver, BC



604-324-7733 Ext 411



ahana.roy@pics.bc.ca



https://freetrainings.ca/public-works















YMCA Breakthrough to Employment and Training Program

Are you 17-29 and experiencing stress or anxiety about returning to the workforce? Sign up for our FREE online Youth Employment program!

The Program Includes:

- Job-readiness training such as resume building, interview prep, and more
- Volunteer placement and/or work placement upon completion of program
- Workshops such as First Aid, Mental Wellness, Diversity and Inclusion, and more.
- 1-1 support from an Employment Coach
- Up to \$600 cash in completion bonuses!

Eligibility:

- Canadian Citizens, Permanent
 Residents, or Confirmed Refugees
- Between 17 and 29 years old
- Unemployed or precariously employed (<20 hours per week)
- Experiencing stress, anxiety, depression, or other mental health barriers to employment

Program starts January 31, 2022, spots are limited! Register for an information session today at ymcayouthbeat.eventbrite.ca or fill out our application by scanning the QR code.





WE INVITE YOU TO JOIN US IN FUNDRAISING FOR OUR CURRENT GRADS, AND FOR THE 2021—2022 SCHOOL YEAR!

You can help by using our phone # (604-536-0550) when you return your refundable containers to Return-It Express.





Here's how it works:

- 1. Put your containers in clear plastic bags, no sorting needed!
- 2. At the Express depot, use the phone # of your organization (604-536-0550) to log in at the kiosk and print your bag labels, remember one label per bag.
- 3. Put a label on each of your bags and drop them off.
- 4. We'll sort your containers and credit your organization's Express account with your refund within 10 business days.

Accepted Containers

Express accepts beverage containers that are a part of the Return-It system - other recyclables are not accepted.



Use multiple bags for heavy returns

Heavy or overfilled bags can break open and are difficult to handle - this may cause the contents of your bag to break or go missing. If your bag has more than 12 glass bottles in it, it is likely too heavy. Please split overfilled bags into 2 separate bags.



No Sorting Required

Simply bring your labelled bags filled with unsorted containers to an Express Depot and we'll do the rest.



Bag containers in clear bags

Transparent recycling bags or clear trash bags are available for purchase at many grocery stores, drug stores, or hardware stores.

