



St. Patrick's Elementary School

February 2022 Updates

www.spev.ca @spe.vancouver

Monday	Tuesday	Wednesday	Thursday	Friday
31 Communicating Student Learning Progress cards distributed	1 Basketball Home Game 6/7 Girls 6/7 Boys Celtics	2 Basketball Home Game 6/7 Boys Shamrock	3 Basketball Home Game 6/7 Girls	4 8:15 a.m. mass for grades 2 & 3 Screenagers Video OnDemand OPEN
7	8 Basketball Away Game 6/7 Boys Celtics	9 Basketball Game Home 6/7 Boys Shamrock	10	11 8:15 a.m. mass for grades K & 1
14 Valentine's Day: wear pink, red, purple	15 Celebrating 100: Dress like you are 100 years old	16 Wear your pajamas to school Mass 9:30 a.m. K-7 12:00 noon dismissal	17 Catholic Educators Conference No school	18 Catholic Educators Conference No School Screenagers Video OnDemand CLOSSES
21 Family Day No School	22 22/2/22 Its double trouble days, find a friend and dress like a twin.	23 Grade 4 & 5 workshop Pink Shirt Day	24	25 8:15 a.m. mass for grades 6 & 7
28	1 Shrove Tuesday Pancake Fundraiser	2 Ash Wednesday Mass 9:30 a.m.	3	4 8:15 a.m. mass for grades 4 & 5
7	8	9	10	11 8:15 a.m. mass for grades 2 & 3 St. Patrick's Day Celebration 12:00 noon dismissal

Spring Break ...School reopens on Monday, March 28

Saturday, March 5th – Grade 7 Spirit Day 1:00 p.m. – 5:00 p.m. (refer to field trip consent form and information)

St. Patrick's Elementary School acknowledges that we are gathered, learn and work on the traditional and unceded territory of the Coast Salish people, including the territories of the Squamish, Musquem and Tstsleil Wututh Nation.



A Note from the PEC

Thank you, parents, for your continued support to our school. Parent participation has been a challenge over the past year due to provincial health orders and COVID-19 limitations. However, our community of parents have persevered and continue to serve and support the school in so many ways. Thank you to all the parents who volunteer and give so graciously doing supervision, snow shoveling, office work, parish events, maintenance. Because of your generosity and service through the participation program, we help show the school that we are part of the same community dedicated to helping one another. The PEC is working on a plan to bring Celtic families back together safely through some initiatives over the remainder of the school year and would love for all parents to connect whether it's to help out or to join in the fun. More details will follow but you can email participation@spev.ca with any questions.

Please keep an eye out for a notice with the updated 2022/23 school fees in the next few days.

REMINDERS

2022-2023 Registration

The interview process for all new students entering our kindergarten class for the 2022-2023 school year has begun. If you know of any friends or families potentially interested in enrolling their children in St. Patrick's Elementary School, please encourage them to visit the school website or call the office, we would be happy to speak with them!

Also, don't forget about the Referral Incentive Program which can be found on the school website under the REGISTRATION tab. Please read guidelines carefully.

Re-Registration for the 2022-2023 school year is now complete. Thank you for getting these back to us promptly.

Please let your friends and family know that we will have spaces available in grades 1, 2, 3, 4 and 6. For the next school year.

After-School Care Program Registration for 2022-2023 School Year

If you are in need of the after-school care program for the 2022-2023 school year, please complete the appropriate forms which can be found on the school website.

Pre-school registration for 2022-2023 School Year

See the school website for an application form. Spaces are limited so apply early!

COVID-19 updates

I would like to once again thank our families for being flexible and understanding during these very fluid, unprecedented and challenging times. January began with what has felt like daily changes to our protocols and procedures.

While we have had many staff away since the return from Christmas break, we have been fortunate to avoid doing a functional closure. I would like to thank the entire staff body for stepping into different roles and positions when the need arose and still continue to do so. I am thankful to be able to work with our amazing team who go above and beyond in all that they do.

As per new public health mandates, going forward we will not be notifying the school community if a COVID-19 case has been disclosed to us. Students will no longer need to isolate if someone in close contact (i.e. household) is sick with COVID-19. Self-monitoring is only required. I would like to remind all of our families that sick notes will be needed as per our current practice. Please see the attachment at the end of this newsletter for more information.

UPCOMING SCHOOL EVENTS FOR February and March

This school year, we will not be hosting a in-person parent evening. In lieu of this event, we will be providing access to two important documentaries from Friday, Feb 4, 2022, to Friday, Feb 18, 2022. These videos will be available for parents of students in grades 4, 5, 6 and 7. If families of students in K-3 would like to access the videos, please contact Mrs. Sorochuk as we have a limited number of access opportunities.

These two documentary films, **Screenagers** and **Screenagers Next**, are related to the themes covered in the CISVA sexuality program. The documentaries will be accompanied by a parent guide that will promote family dialogue. Families that view both films will receive two hours towards their participation program.

Screenagers & Screenagers NEXT CHAPTER Presented By St. Patrick's Elementary School Vancouver

Video OnDemand Schedule Friday, Feb 4, 2022, 12:00 AM to Friday, Feb 18, 2022, 11:59 PM

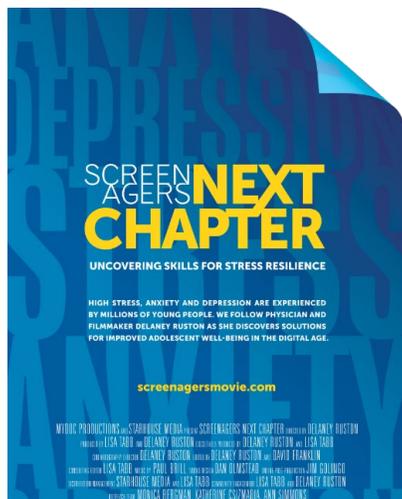
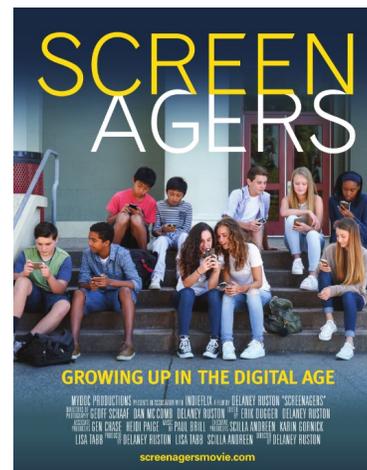
This is a free event for our families but **registration is required** to receive access.

Families are asked to register for a ticket using the link: <https://stpatricksvancouver.eventcombo.com>

Then check your inbox/junkmail for an email from EventCombo with your personal link to view this event in Fireworks during the viewing period: Friday, Feb 4, 2022, 12:00 AM PST to Friday, Feb 18, 2022, 11:59 PM PST

SCREENAGERS: Growing Up in The Digital Age

“Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? Physician and filmmaker Delaney Ruston saw that happening with her own kids which started her on a question to delve into how it might affect their development. Through poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, SCREENAGERS reveals how tech time impacts kids’ development and also offers solutions on how adults can empower their kids to best navigate the digital world to find balance.”



Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience

“Filmmaker and physician Dr. Delaney Ruston takes the conversation around screens and teens to the next level with Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience—a film that examines the science behind teen’s emotional challenges, the interplay of social media, and most importantly, what can be done in our schools and homes to help them build crucial skills to navigate stress, anxiety, and depression in our digital age.”

Students will watch the documentaries in class. Parents are then encouraged to discuss the subject them with them.

CATHOLIC SCHOOLS WEEK CELEBRATIONS

Catholic Schools Week is a time to celebrate all our Catholic schools and to recognize the importance that they serve to the Church and the world.

We ask each student to bring \$5.00 to participate in all five dress down days. The funds will be donated to the Archbishop's Charity and various school programs. Prizes will be awarded for the best dressed in each category.

We will celebrate with the following schedule:

Monday, February 14th - Celebrating our students on Valentine's Day.

Students are asked to wear pink, red, or purple



Tuesday, February 15th – Celebrating our past.

Students are asked to dress like they are in 1922 or a 100-year-old person as our school opened in 1922 and is celebrating 100 years of Catholic Education. This is a tremendous milestone, one that we are honored and proud to be part of.

Wednesday, February 16th – Celebrating our staff.

Today will be a comfy day so come dressed in your pajamas. We will also celebrate mass together.



Thursday, Feb 17th – Fri. Feb 18th – Celebrating with your families.

There is no school as the staff will be participating in the 42nd Catholic Educators' Conference. Enjoy the extra long Family Day long weekend.

Tuesday, February 22nd – Check out the date 22/2/22, find a friend and dress like twins.



Wednesday, February 23rd - ANTI BULLYING PINK SHIRT DAY

We all are encouraged to practice kindness and wear pink to symbolize that we do not tolerate bullying.

Students are encouraged to wear a pink shirt for anti-bullying day. We also will have pink masks available. Let's spread kindness together!

"You shall love the Lord your God with all your heart, with all your soul, and with all your mind." This is the greatest and the second is like it, "You shall love your neighbor as yourself," and this will bring about change.



SHROVE TUESDAY PANCAKE ORDER

This year, pancakes and hot chocolate can be purchased for students to enjoy as their morning snack. These will be prepared on site by parent volunteers and delivered to classrooms during morning snack. Order forms will go home soon.

\$5.00 for a hot chocolate, mini pancakes and maple syrup.



December and January were busy...Thank you for your support!

The Nutcracker

Congratulations to all our students for their wonderful performances in the Christmas movie: The Nutcracker, The Nativity, Christmas Carols, Behind the Scenes and the singing of the 12 Days of SPEV. Thank you to Mrs. Maria Prescilla for preparing the students to share their talents. Thank you to Ms. May for your amazing videography and thank you to all staff who helped bring this movie to our families. Thank you to Mrs. Jacky Wust for the delicious cookies. We hope you enjoyed it as much as we enjoyed making it for you.



SPEVs 12 days of Christmas

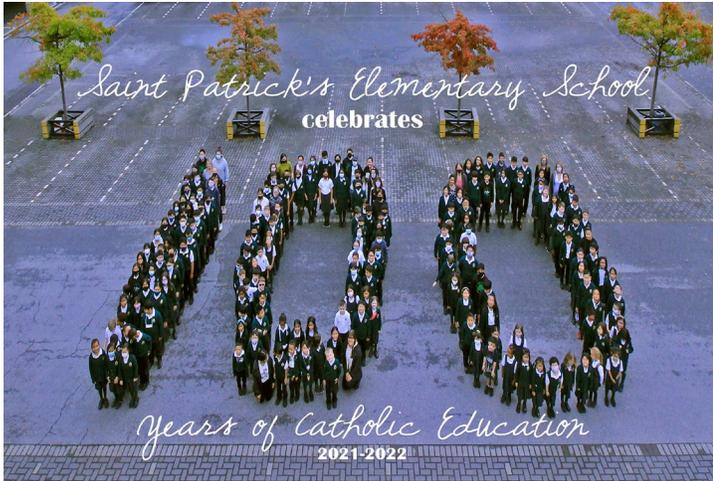
I would like to thank all our families for their generous donations to our first ever 12 Days of SPEV Christmas giving campaign. Because of your generosity, our school was part of bringing Christmas cheer to others. I would also like to thank Mrs. Janna Herbstreit for her support and the behind the scenes work in this campaign. Thank you to the staff who assisted in delivering donations to the charities on our behalf. All the charities were surprised by the donations and wished to thank you for your love, prayers and gifts.



Thank you for your generosity!



100 years of Catholic Education



SPEV turns 100:

Follow us on Instagram @spev100years to see how we will be celebrating this milestone.

Monsignor Forget established the foundations of Catholic education at St. Patrick's Parish. With his dedication funds were raised and the school was built. St. Patrick's Elementary School was opened in 1922. The Sisters of St. Joseph of Toronto under Sr. Alberta Martin the Superior, were the first to begin teaching in St. Patrick's Elementary School.

100 ways we are giving back to our community

With the help from the SPEV Centennial committee, we are working towards giving back to our community in thanksgiving for 100 years of Catholic Education. Here are some of the initiatives that we have already completed this school year.

1	<i>Heart Garden</i>
2	<i>Remembrance Day Prayer Service</i>
3	<i>Red Cross Flood Relief</i>
4	<i>Chalice</i>
5	<i>Agape Street Ministry – Candy</i>
6	<i>Christmas Movie for community</i>
7	<i>Archbishop Charities</i>
8	<i>Cards for the Prison Ministry</i>
9	<i>Christmas Cards for Seniors</i>
10	<i>Toys for Toy Mountain</i>
11	<i>Blankets for Vancouver Youth Service</i>
12	<i>Hampers for Vancouver Youth Service</i>
13	<i>Backpacks for Covenant House</i>
14	<i>Cookies for Holy Family Senior's Hospital</i>
15	<i>Pajamas for BC Children's Hospital</i>
16	<i>Items for men The Door is Open</i>
17	<i>Items for women The Door is Open</i>
18	<i>Food the Greater Vancouver Foodbank</i>
19	<i>Food and treats for BCSPCA</i>
20	<i>Mount Pleasant Neighborhood House</i>
21	<i>Wholeway House Boxes of Hope</i>
22	<i>Gift cards for community</i>

Stay tuned there are more to come!

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
- Runny nose
- Headache
- Diarrhea
- Cough
- Sore throat
- Sneezing
- Body aches
- Loss of sense of smell or taste
- 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 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

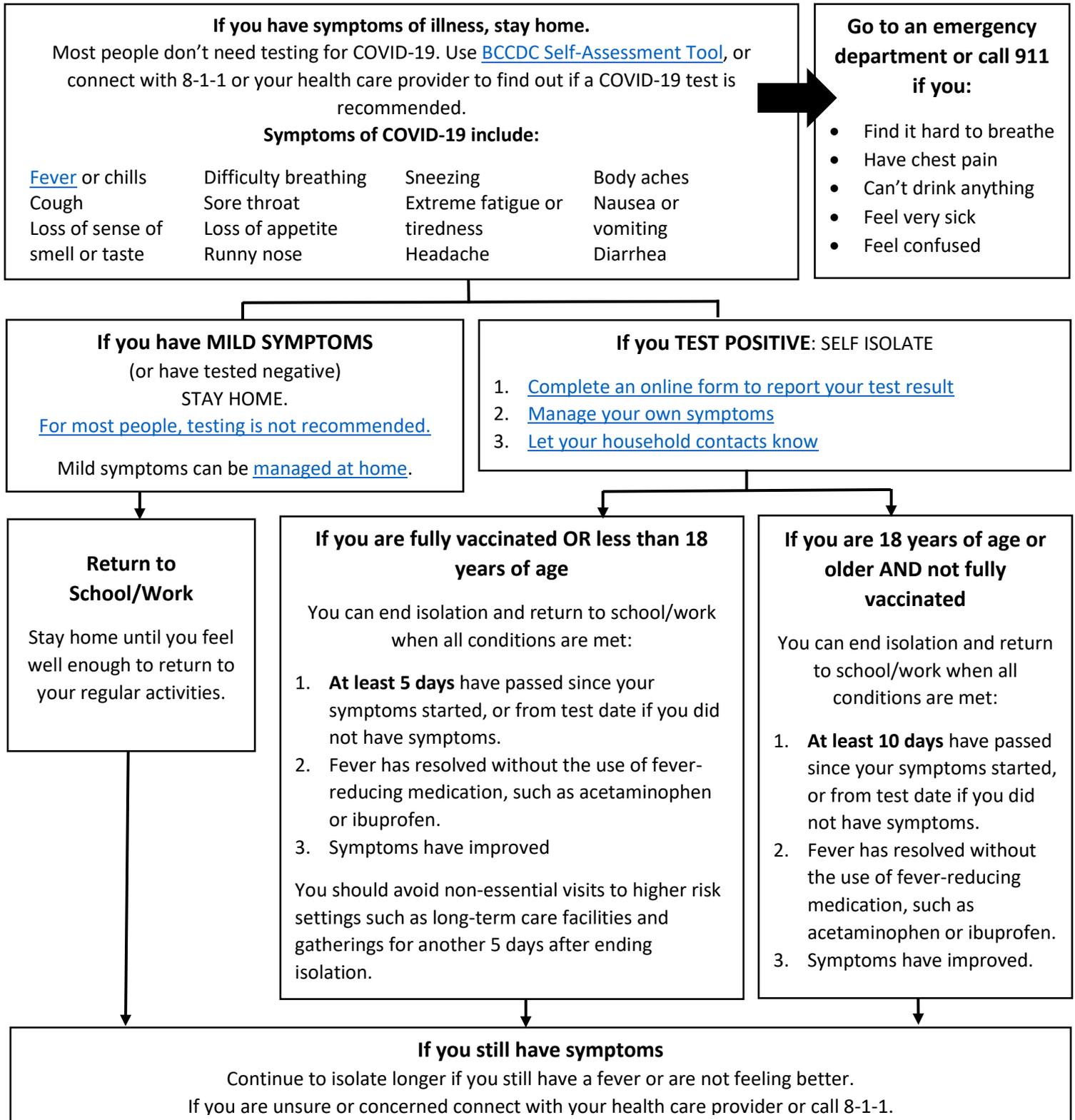
Your age and vaccination status determine how long you should self-isolate for if you test positive for COVID-19.

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	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.

Summary: What to Do When Sick



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)

Who is testing recommended for?

Testing is recommended for people who meet one of the following criteria **AND** have symptoms associated with COVID-19 infection:

CRITERIA

1) People at greater risk of developing severe disease and currently eligible for treatment:

- Have had an organ transplant and are taking anti-rejection medications
- Are receiving treatment for cancer
- Have had a bone marrow or stem cell transplant
- Have been diagnosed with a primary immunodeficiency disorder
- Have advanced HIV or are not currently taking medication for it
- Are on dialysis and/or have severe kidney disease
- Are on active treatment with immunosuppressive therapies

2) People 18 years of age and older who are unvaccinated or partially vaccinated:

- Have not received at least 2 doses of a 2-dose series (e.g. Pfizer, Moderna, AstraZeneca)
- Have not received at least a single dose of a 1-dose series (e.g. Janssen) or it has been less than 14 days since your single dose vaccine.

3) Individuals who live or work in high-risk settings:

- Healthcare workers in hospitals, long-term care facilities, assisted living facilities or in a clinic in the community
- First responders (i.e. police officer, emergency medical technician /paramedic, or firefighter)
- Staff and residents in congregate settings, such as long-term care facilities, shelters, correctional facilities and group homes
- Communities that are far from testing centres and hospitals, such as rural, remote, or Indigenous communities, or work-camps

Symptoms of COVID-19

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 • Headache • Body aches • Nausea or vomiting • Diarrhea

What to do if testing is not recommended?

If you have mild symptoms and testing is not recommended

- **Stay home** until your fever is gone and you feel well enough to return to your regular activities.
- **Avoid non-essential high-risk settings** such as long-term care facilities for 10 days after the start of your symptoms. You don't need a test to go to work or school as long as you don't have a fever and are well enough to be there.
- **Continue to follow public health measures** such as getting vaccinated with all recommended doses, wearing a mask and cleaning your hands often.

Managing your symptoms

Most people can safely manage their symptoms with home treatment, such as drinking plenty of fluids, rest, and using a humidifier if you have one or hot shower to ease a cough or sore throat.

For a fever, you can use non-prescription medicine like acetaminophen (such as Tylenol) or ibuprofen (such as Advil) to help with some of the symptoms of COVID-19.

If your symptoms worsen, or **if you do not improve after five or six days, call your family doctor, 8-1-1 or an Urgent and Primary Care Centre (UPCC)**, so they can determine if you need to be assessed again.

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

For more information on COVID-19, go to www.bccdc.ca