

Hello families,

Thank you for your generous support of the Hamper project each classroom is completing. Thank you for giving back!!

There are a number of communications that have been sent out recently. I just wish to reference a few so you can go back and look if it ended up in trash by accident.

1 – sent today by district Communications – a note about what is required for returning to school if your family takes an international holiday. Unvaccinated need a 14 day quarantine (that means no school, no playdates, no wandering throughout the community) and others follow the federal health orders as referenced on the message today. <https://www.comoxvalleyschools.ca/letter-to-families-federal-rules-and-holiday-travel/>

2 – Counsellor's corner – a monthly notice co-constructed by two SD71 counsellors. Very useful information for parents. December's note talks about the stresses of the holidays upon families and children. Please see the article attached to our website or emailed out by our counsellor Ms. Paul.

3 – Parenting session by DPAC – via zoom, and is tonight. Attend if you wish The SD71 DPAC Speaker Series:

**"Peers, Parents and Pressure: Looking at the tensions in the lives of teens. This evening we will take a biopsychosocial look at the contributing factors of teen anxiety and tools to help."**

TIME AND LOCATION:

7pm December 9th, on Zoom. Preregistration not required.  
SD71 DPAC is inviting you to a scheduled Zoom meeting.

Topic: DPAC Speaker Series: Peers, Parents & Pressure - with Amy Kelly of Mamatoto

Time: Dec 9, 2021 07:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://comoxvalleyschools-ca.zoom.us/j/9189750968...>

Meeting ID: 918 975 0968

SPEAKER INFO:

Amy Kelly is a registered clinical counsellor in the Comox Valley. From Amy website: "My goal is to ensure parents get the support they need from the beginning. Processing our trauma, mental health issues, birth trauma, and helping ourselves enables us to be better parents. However, challenging times occur throughout the life of a family, not just at the

threshold of parenthood."

<https://mamatotocounselling.ca/about/>

4 – Lunch Ordering for January is now open. Be sure to take care of it before you go away for holidays.

<https://munchalunch.com/login>

5 – Lost and Found – is huge! It will be donated on Friday to the Salvation Army behind Walmart. If you are missing items – please come check. We are hoping to start cleaning up now so we can come back in the new year to a clean school.

6 - My Ed reporting – some students (div 13, 16, 17, 22, 23, 24, 25) will be bringing home a report card on Friday – each will arrive in an envelope that we hope parents will sign and return to the school before the holiday. Thank you for supporting your student's learning at home and by keeping in touch with your teacher.

7 – Cumberland Fun – **Santa's Break Room tonight in the Village Square** – Family FUN!!

8 – Covid Kindness – the rumours are abundant (social media or just chatter). If a family gets a positive diagnosis, there is a process that they undertake – contact tracing starts, and if the school is part of the contact tracing, we complete a form and then a decision is made by Island Health whether the class was at risk or not. A letter comes home only if the decision is that the class should monitor. It does not go out to the whole school. The FB Covid Tracker is fueled by local scoop, not by Island Health. Please be mindful where you get your information from. In the absence of a letter from Island Health ... all is fine! Hand washing and masks continue.

- Please consider sending a cloth mask back with your child after the holidays – we are going through a huge number of disposable ones (some children come 3-4 times / day) !!

9 – Winter Concert – we are currently filming classes who are participating. A video will be created and a link will be sent to each family to watch from the comfort of their home. In advance, it looks like your children are full of spirit and joy! Thank you 😊

10 – Cumberland is a Closed Campus – students may not leave school and go to the store at breaks (or any time). Please remind your students about this. Our older students (gr 7-9) are really pushing the limits and may require some firmer consequences.

One more week until holidays!!

Stay Well!!