



MITCHELL ELEMENTARY SCHOOL

3800 #5 Rd, Richmond BC V6X 2T7
Phone 604-668-6225 | Early Warning 604-668-6229 | Fax 604-668-6223
Website: mitchell.sd38.bc.ca | Twitter: @MFirebirds | Instagram: @mitchellfirebirds
Principal: Mr. S. Plumb Vice Principal: Mme G. Lee



NEWSLETTER #7

March, 2022

SPRING BREAK

Just a reminder that Spring break is coming up quickly! Next Friday, March 11th is our last day before the break and we return to school on Monday, March 28th.



MASK WEARING AT SCHOOL

Just a friendly reminder that all students are required to wear masks indoors at school. Please ensure your child has a mask, as well as an extra mask if possible in case their mask gets dirty throughout the day.



PAC MEETINGS

Our next PAC meeting is Wednesday, March 30th on Zoom from 6:00 – 7:00 p.m. All parents are invited to attend and a Zoom invite

will be sent out before the meeting. Newcomers are always welcome and our PAC can be reached at mitchellpac@mail.com

MITCHELL ON INSTAGRAM

Check us out on our new Instagram account: @mitchellfirebirds



WEST COAST RECESS AND LUNCH

Please be aware that children at Mitchell go outside rain or shine during recess and lunch breaks. We believe that being able to go outside, breathe

lots of fresh oxygen and move around is very good for children's well-being and their ability to learn. A well-known Norwegian quote tells us "There is no bad weather, only bad clothing." With this in mind, please make sure your child has adequate clothing for outside, even in the rain. Please provide them with a change of socks and shoes, rainproof coat with hood or hat and possibly an umbrella.

PARKING LOT SAFETY

Please help keep our students safe by using the drop off zone for picking up and dropping off students only. **Please do not leave your car unattended in the drop off zone;** if you need to come into the school, please park in a designated parking space. Thanks for your cooperation!



TRY TRACK!

FREE FREE FREE FREE FREE FREE

- ✓ ELEMENTARY STUDENTS
- ✓ HIGH SCHOOL STUDENTS
- ✓ TEACHERS

SATURDAY, MARCH 12
9:00 AM - 11:00 AM
CLEMENT TRACK/MINORU PARK
DROP IN - NO REGISTRATION

- ARRIVE BY 8:45 AM
- LOOK FOR WHITE KAJAKS TENT NEAR GRANSTANDS
- ACTIVE WEAR & WEATHER APPROPRIATE
- BRING WATER BOTTLE
- RAIN OR SHINE



KAJAKS
TRACK & FIELD CLUB



March 10	Traditional Report Cards Home
March 11	Last Day Before the Break
March 12-27	Spring Break
March 28	School Re-Opens
March 30	PAC Meeting



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INTERNATIONAL TRAVEL AND SCHOOL



As of February 28, 2022,

The Government of Canada will adjust its Travel Health Notice from a Level 3 to a Level 2 . This means that the Government will no longer recommend that Canadians avoid travel for non-essential purposes.

With respect to returning to school following international travel,

Children under 12 years old, travelling with fully vaccinated adults, will continue to be exempt from quarantine, without any prescribed conditions limiting their activities. This means, for example, they no longer need to wait 14 days before attending school, camp or daycare.

Unvaccinated youth aged 12 through 17 must follow all testing and quarantine requirements whether or not they are accompanied by someone who qualifies for the fully vaccinated traveller exemption.

Unvaccinated students 12 years of age and older, staff, and other adults should not return to school or work within 14 days following international travel, regardless of who they travel with or if they receive a negative COVID-19 test result.

There are exemptions for travel as part of cross-border custody agreements. For more information on this or other exemptions, please visit [here](#).



Please note: Testing requirements, travel rules, and restrictions are subject to change. *Regardless of vaccination status*, it is the responsibility of staff and students/families to review the latest federal guidance. For the latest information, visit travel.gc.ca/travel-covid

February 2022



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NEWSLETTER #7

Daily Health Check & What to Do When Sick

Daily Health Check

Everyone going into a 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](#).



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C-Change presents the...

pop-up clothing exchange!

Date: Sunday March 13th 1:00 – 4:00 pm
Location: Multipurpose Room 1, City Centre Community Centre

WHAT IS IT?

This Pop-Up Clothing Exchange is a drop-in event where attendees can exchange their clothing for pre-owned pieces.

Through this event, C-Change hopes to encourage sustainable clothing consumption and inform attendees about the harms of fast fashion.

All clothing is by donation

Please email cchangeteam@gmail.com or DM [@citycentreccyouth](https://www.instagram.com/citycentreccyouth) on Instagram with questions, comments, or concerns.

INTERESTED?

Scan this QR Code to fill out our interest form!



Featuring Kwantlen Polytechnic University's Fashion Marketing Department

