



## Week at A Glance

	<b>Week of November 16<sup>th</sup> - November 20<sup>th</sup></b>
<b>Mon. Nov 16<sup>th</sup></b>	
<b>Tue. Nov 17<sup>th</sup></b>	<b>Bus Safety</b>
<b>Wed. Nov 18<sup>th</sup></b>	<b>Bus Safety</b>
<b>Thur. Nov 19<sup>th</sup></b>	
<b>Fri. Nov 20<sup>th</sup></b>	

Dear LIS Families,

November is always a reflective month as it's a bridge from fall to winter and a time to remember those who served and continue to serve in Canada's Armed Forces. Staff and students spent time this week in their classrooms discussing Remembrance Day in efforts to support and understand the great sacrifice of our veterans. This year, we hosted a virtual assembly on Teams and are thankful for all those who attended and participated. LIS was honoured to hear the solemn words of Hul qumi'num teacher/servicemen Mr. Cameron Park and students read poems and provided information on why we remember.

**EASE** is a collection of evidence-informed anxiety prevention and resilience-building resources for use with students in grades K-7. The resources use cognitive behavioural strategies to address the thoughts, feelings and behaviours associated with anxiety. In response to the COVID-19 pandemic, the EASE classroom activities were adapted for use at home by parents and caregivers to support children's mental health and continuous learning. These fun and practical strategies help guide parents and caregivers in managing their children's anxiety and worries in the comfort of their home during the COVID-19 pandemic and beyond. Please click on the link below.

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/ease>

**Tumble Books** has over 1100 titles for grades K-6. Just click to access: [Teen Book Cloud](#)

**TeenBook** Cloud is an online database of eBooks and educator resources perfect for middle or high schoolers. Just click to access: [Tumble Book Library](#)

**Weekly Quote:** "You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it."

– Maya Angel



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**Attendance-** Please remember to inform the office if your child will be late or absent. Please phone 250-245-3351

**When a student is late:** Please have them come to our front door and knock on the door; someone will come let them in. Then they will need to come into the Office and sign in.

**Building Access-** Parents will not be able to enter the school this year (all exterior doors are locked) and teachers will be communicating with you by phone or video call. In rare and urgent situations in person meetings may be able to be arranged.

### Covid Protocol if Your Child is Unwell

Please use the Daily Health Check form each morning to ensure your child is healthy and not exhibiting any respiratory symptoms. If any students or staff are sick, they must not come to school. This will be essential in keeping our school community safe this winter. Parents must also check with a medical professional or call 811 to ensure their child does not have COVID 19 before they can return to school. Students must also be symptom free before returning to school.

[Public Health Guidance for K-12 Schools](#) (Please Click on Link ) Short version attached

### Upcoming Dates to Remember

November 17<sup>th</sup> & 18<sup>th</sup> – Grade 5 & 7 Bus Safety

November 22<sup>nd</sup> Grade 6 Immunizations at Beban Park (**Nanaimo**)

December 18<sup>th</sup>- Last day of classes winter break

December 19<sup>th</sup> -January 3<sup>rd</sup> Winter Break (**School not in session**)

January 4<sup>th</sup> – School reopen

## Mental Wellness Supports

### Mental wellness during COVID-19

[Check out our latest Mental Check In Newsletter for October 2020](#)

### Syeyutsus Framework for Community Wellness

[Useful tips, links and resources](#) to assist families during COVID-19



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### Playground Expectations

We've been working hard to interact with one another in peaceful, respectful ways on our playground, and to engage in activities that are safe and comfortable for everyone to play.

**At LIS, we take care of ourselves and each other.**

**We will be:**

- **Honest**
- **Kind**
- **Respectful**
- **Thoughtful Before We Act**

We're hoping to enlist parent help in checking-in with your children and reaffirming our expectation that students will play in ways that do not involve play-fighting, tackling or jumping on one another. It's also important for everyone to speak respectfully to adults and students, and using polite, appropriate language at school.

Thank you so much for your support!

### SCHOOL CLOSURES

If schools are closed due to snow, or any other weather-related problems, announcements will be made on local radio stations (WOLF 106.9 FM, WAVE 102.3 FM, and 91.7 COAST FM) by 7 a.m. on the day of the closure. Please do not call the radio station – tune in and listen for the announcements, which will be made on a regular basis.

In addition, the district will post the information on the district's website, Twitter, Facebook, and mobile app.

Please keep in mind, however, that there may be situations where this is not always possible, for example, power outages or technical problems. The most reliable method is to listen to the local radio stations.



**We are Kind.. We are Compassionate..  
We are LIS**