

Volume 2
September 29, 2017

Charles Dickens Elementary Newsletter

A smart man only believes half of what he hears, a wise man knows which half.

Jeff Cooper



October is the Start of Emergency Procedures Practices at Charles Dickens Elementary School.

Reviewing our Emergency Procedures

Dear Families of the Charles Dickens Community,
During an emergency is never a good time to work out the bugs in our safety systems and plans. Although we cannot control all elements in an emergency, we try hard to minimize the problems that we may encounter. We will begin to practice fire drills, lock downs and earthquake drills.

Although we will be talking to students about these practices, students may need to process these events further with families.

- Here is a great link that will help families have conversations and be prepared.

<https://www.getprepared.gc.ca/cnt/plns/mrgnychldrn-en.aspx>

- Emergency Resources - This is a reminder to have an escape plan, meeting spot and emergency kit prepared in the unfortunate event of an emergency.

<http://www.vsb.bc.ca/emergencypreparedness>

- Kit for Pets— <http://www.cdart.org/beprepared.htm>
- Evacuation Plan— <https://www.ready.gov/evacuating-yourself-and-your-family>

Remember to change the batteries in your smoke detectors!

Let's have a safe year together.

Sincerely,
Jann Schmidt, Principal Dickens Elementary

Message from VCH Nurse

IMPORTANT IMMUNIZATION INFORMATION FOR KINDERGARTEN AND GRADE 6 PARENTS

Grade 6:

Please note that there will be consent forms coming home within the next week or two for immunizations being offered to Grade 6's.

New this year, we are offering the HPV vaccine to boys as well as girls. Please review the consent and return to school as soon as possible.

Even though the clinic date may seem far away, processing of the consents and preparation for the clinic have to be done well in advance.

If you have any questions or concerns about any of the vaccines, please call me.

The dates of the clinics for the Grade 6's are: Tuesday, November 7th and Wednesday, May 9th/18.

Please ensure your child wears something with short sleeves and eats a good breakfast on the day of the clinic.

Kindergarten:

A reminder to parents who have not yet handed in their immunization notice forms given out at the K orientation in May,

to please send them in with updated information as soon as possible.

Your child is due for their K boosters of DPTPO and MMRV (along with any other vaccines they may have missed).

It is very important to have up to date information on all the students in the school.

A big thanks to those parents who have handed in information already.

Thank you,
Cindy Diett, PHN, school nurse
604-872-2511, local 3308

Dates to Remember:

Date	Event
Monday, Oct. 2	<ul style="list-style-type: none"> • Fire Drill at 10:25
Wednesday, Oct. 4	<ul style="list-style-type: none"> • Photo Day
Monday, Oct. 9	<ul style="list-style-type: none"> • Thanksgiving – No school
Thursday, Oct. 19	<ul style="list-style-type: none"> • Earthquake Drill • District Cross Country meet at Trout Lake
Friday, Oct. 20	<ul style="list-style-type: none"> • Pro D Day – no school for students
Monday, Oct. 23	<ul style="list-style-type: none"> • Photo Retakes

“Life doesn’t get easier or more forgiving, we get stronger and more resilient.”

– **Steve Maraboli**

Safe Arrival Announcement

Reporting Student Absences:

Student safety is of paramount importance at the Vancouver School District. Ensuring student safety is a shared responsibility. In order to assist schools, we ask parents to notify schools of student absences. If your child will be absent from school, please phone the school to report this absence as early as possible. Parents should leave a message on a dedicated answering service by calling 604-713-5159 (ext. 27). Messages will be received before the office is open. School offices are busy places: consistently notifying the school in advance of your child's absence will significantly improve the efficiency and effectiveness of the Safe Arrival Morning Routine. To Report Your Child's Absence – Please Call 604-713-5159 (ext. 27) prior to 9 am on the first day of the absence.

Anxiety in Children

It is not uncommon for children to have fears and insecurities or for young children to cling to their parents when in new situations or around new people. As children grow older and enter school situations, it is also quite common for them to feel nervous about exams or giving class presentations. When physical and/or emotional symptoms become difficult to manage, or a child's ability to function in a variety of situations like school, extra curricular activities, friendships, etc. becomes compromised. This is a great site to understand how you can help reduce worries and increase resiliency.

<https://www.anxietybc.com/parenting/parent-child>

Clubs and Sports

Thank you Paula, Jenny and Sandhya for volunteering your time to coaching our Cross Country team. The District Cross Country meet is Oct. 19th at Trout Lake.

Thank you to Kim and Blake for coordinating our Terry Fox Event. We had an exciting afternoon on Friday, Sept. 29th running around Sunnyside Park on behalf of Terry Fox and the Cancer Foundation. Students have been learning about Terry and his Marathon of Hope.

Volunteers at Dickens Main

We have such an amazing parent group! The school has been contacted by so many parents with ideas for clubs and offers of volunteer support. We have planned a Volunteer Orientation for parents who want to be involved in field trips and/or clubs at Charles Dickens Main on Monday, Oct. 16 at 9:15. If you are unable to make this meeting, we will be scheduling a second orientation soon.

School Fees

A reminder that school supplies (\$25) and agenda (\$7) fees are now due. The Vancouver School Board will not deny a child access to the school supplies required for his or her educational program because of financial hardship. Nor will any child be excluded from activities where a fee is charged. ***If at any time there is a financial challenge, please contact one of the school Administrators; Jann Schmidt, Principal or Elyssa Derban, Vice Principal.*** All requests will be treated confidentially.



FLU SEASON IS COMING

What can parents do?

- ◆ Arrange for your family to have an annual Influenza (flu) shot if your child has a chronic health condition (call your local Community Health Centre for more information).
- ◆ Prevent illness by keeping up good health habits such as frequent hand washing, eating a variety of healthy foods, exercising daily and getting enough sleep.

What are the signs and symptoms of the flu?

- ◆ stuffy nose, cough, fever, chills, muscle and joint pains. Vomiting and diarrhea are not usual symptoms of Influenza but may be seen in young children.

What if I think my child has the flu?

- ◆ Keep your child at home away from others and treat the symptoms with bed rest, plenty of non-caffeinated fluids and acetaminophen (i.e. Tylenol) for fever and aches.
- ◆ Call your primary health care provider if your child has a rash, high fever, ear ache, severe vomiting and/or diarrhea.
- ◆ When calling the school please let them know the symptoms your child is experiencing. This can help identify a possible outbreak if others have the same symptoms.
- ◆ If the school finds it necessary to send your child home because of illness, please make sure you have made alternate arrangements when you are not available. Inform the school of these arrangements



Where do I find more information?

- Raven Song Community Health Centre, 604 709 6400
- Health Link BC - online www.healthlinkbc.ca or dial 8
- www.vch.ca/schoolhealth

Gradual Release of Students in the Event of an Emergency

As we begin to practice our VSB safety procedures, it is a good time to remind parents of the Controlled Release of Students in the event of an emergency. We hope that we are never in a situation that would require us to release student, but we do live in Vancouver and the potential for an earthquake is possible.

The Controlled Release of Students would follow a major emergency. It will be essential for parents to understand the importance for the Charles Dicken’s staff to ensure that students are released only to approved parents and/or guardians. We need a written record of ALL individuals granted permission to take custody of your child in the event of an emergency. If you have not updated your emergency contact list, please do as soon as possible. Even if your child goes home with a friend of the family frequently, unless they are on our list, we are NOT able to release them to that adult.

If a situation occurred that would initiate a Controlled Release, parent patience and cooperation is essential. Emotions will be heightened by all and a need to connect with family will be the priority for everyone, BUT it will be essential for Dicken’s staff to:

- 1) Reunite students with only approved individuals
- 2) Register your pick up in case we need to follow up or communicate with you
- 3) Collect a message for anyone who may also be making their way to the school to collect your child(ren)

These steps will take time. We will be checking ID for registered parent/guardians. It will likely mean line ups and waits. Please know we are not doing this to increase stress, but to ensure that your child and family can safely unite.

Charles Dickens staff will be setting up a Student Registration table and a Student reunification table. Parents will be asked to register, show ID and create a communication plan and message for anyone else who might also be trying to pick up the student or if we need to contact you. You will then move to the Student Release/Unification table where a staff member will bring your child to you. Please do not just come and remove your child, this will create a secondary emergency “missing child” event that we will have to manage.

During emergencies, our emotions and anxieties are often heightened for staff, students and parents. Please stay calm and show care towards staff while we manage the challenging situation.

Reminder

Please remember to observe all traffic signs. When families are stopping in the “No Stopping” zones, it becomes very congested and there are concerns about not having the ability to see our students crossing the road.

Contact Information

Charles Dickens Elementary Contact information:
1010 East 17th Avenue, Vancouver, BC, V5V 0A6

Telephone:	604-713-4978	Principal:	Jann Schmidt
Fax:	604-713-4980	Vice Principal:	Elyssa Derban
Safe Arrival:	604-713-5159 - School Pin 27	Annex Vice Principal:	Erin Gibbs
Website	http://dickens.vsb.bc.ca	Appointed Trustee:	Diane Turner