

HAND WASHING

Wash your hands often to keep yourself and others healthy. Hand washing is the most important thing you can do to help stop the spread of germs that cause illnesses such as colds, the flu, diarrhea, or vomiting. Why is hand washing so important? Washing your hands and your child’s hands is the best way to stop the spread of germs. Viruses can live on hard surfaces for up to 2 days and on hands for up to 5 minutes. When you wash your hands, you help clean them and remove the germs that cause illness. We pick up germs on our hands from touching people or things around us. Raw foods, pets and many other objects in our daily lives carry germs. Wiping your child’s nose or changing a diaper is a common way to get germs on your hands. You cannot avoid contacting germs, but you can reduce the chance of infecting yourself and others by knowing when to wash your hands.



Upcoming Field Trips & Special Activities

Date	Division	Field Trips
Tuesday, Nov 20	2	Each One Teach One trip to St. George School
Wednesday, Nov 21	1 & 2	Art Culture Crawl
Thursday, Nov 22	6 & 8	Science World
Friday, Nov 23	6 & 8	Carousel Theatre
Tuesday, Nov 27	6	Bill Reid Museum
Wednesday, Nov 28	1	Dirty Apron
Thursday, Nov 29	7	Carousel Theatre
Thursday, Nov 29		St James Junior Concert in the evening at the Church
Friday, November 30	1	Richmond Art Centre
Friday, November 30	intermediate	UBC for me 2:45 -8:15 37 students only
Wednesday, Dec 5	1	Dirty Apron
Friday, Dec 7	4	Arts Umbrella at Granville Island
Friday, Dec 7		St James Senior Concert in evening at the church
Friday, Dec 7	1	Richmond Art – Grade 7s only
Tuesday, Dec 18	2	York House visit
Wed. Dec. 19	all	Christmas luncheon for student provided by Terminal City Club
Thursday, Dec 20	primary	Ventriloquist performance in gym



Seymour Buzz



Admiral Seymour Elementary School

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