

## NANOOSE BAY ELEMENTARY SCHOOL



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*"At Nanoose Bay Elementary, students, parents and staff  
are inspired with a passion for learning."*

### NBES School Goals

Literacy – To improve reading comprehension & writing | Social Responsibility – To develop active citizenship

#### DON'T FORGET...

**Remembrance Day Assembly:** Tuesday, November 10<sup>th</sup> at 1:00 pm Parents are welcome to attend  
**Remembrance Day:** Wednesday, November 11<sup>th</sup> – Students do not attend.

**Anti-Bullying Presentation :** Thursday, November 12 at 9:00 am at the PAC meeting

**Reporting Day:** Friday, November 27<sup>th</sup> – Students do not attend

**Christmas Concert:** Tuesday, December 15<sup>th</sup>: performances at 12:45 pm and 6:30 pm.

**Christmas Holidays:** Saturday, December 19<sup>th</sup> to January 4<sup>th</sup>



### **BULLYING and How to Prevent It! DON'T MISS NEXT WEEK'S SPECIAL PRESENTATION!**

Next week at NBES we will be focussing on the topic of Bully Prevention. We have invited **Mel Bush and Paul Weed** from 'Creating Solutions', a small community based company that specializes in teaching students, parents and teachers about bullying and harassment.

We will begin on Monday with a special presentation on identifying and preventing bullying for all of our Grade 4/5 students.

Then, on Monday afternoon our staff will participate in a 2 hour workshop with Mel and Paul to learn specific strategies for teachers to use to create a bully-free classroom and school yard.

Finally, on Thursday, November 12<sup>th</sup> at 9:00 am, Mel and Paul will return to our school to make a special presentation to parents at our monthly PAC meeting. **All parents are welcome and we are confident that you will learn a lot from these informative and knowledgeable gentlemen!**

We believe that our continued school wide focus on bully prevention is making a difference and we encourage parents to talk to their child(ren) about this topic.

### **The Olympic Torch Relay Was Memorable!**



Last Sunday morning the Olympic Torch came through our community! It was moving to see the enduring flame as it was passed from hand to hand. We appreciated the Nanoose Bay Lions pancake breakfast, the great music, the greetings from the First Nations community and others, as well as the chance for our school choir to sing. Thank you from all of us at Nanoose Bay Elementary goes to Eve Flynn for organizing such a great event !

One of the local torch bearers was **Jennifer Erickson**, a young athlete from Whiskey Creek. This week we had the opportunity to invite Jennifer to our weekly assembly, and our students were full of questions for her about the Olympic Torch experience. Thanks to the generosity of Jennifer's friend, Geoff Campbell, we were able to take pictures of many of our students with Jennifer and the Olympic torch! We will have those pictures for you by Monday to pick up! If you wish, you can make a small donation at the office towards helping Jennifer to purchase her torch, as well as to cover the cost of developing pictures. Special thanks to Mrs. B. and her daughter, Celine, for helping to make this special opportunity happen!

# Heartfelt Thanks

To our whole school community!!

Our amazing new school playground is now almost finished and we are filled with gratitude to all of the parents and community members who made it all possible. Huge thanks to Cynthia Pollak, and Deb and Steven Kuhn who have been unwavering in their commitment to see this project completed. We would also like to thank:

Al Moore  
Allison McKenzie  
Antan Phillips  
Becky Pruden  
BJ Porter  
Brad Stanners  
Brian Aird  
Brian James  
Brian Little  
Brititta Nozr  
Cameron Thern  
Carrie Hohnstein  
Crystal Stauch  
Curtis Weme  
Dave Worthington  
Dennis Holme  
Elizabeth Fairies  
Frank Schalow  
Gerry Coukell  
Gordon Haughton  
Ian Bryce  
Jacquie Hess  
Jamie Silvaggio  
Jeannine Kresting  
Jennifer Silvaggio  
Jerry Hobenshield  
Jim Porter  
John Lee

## Nanoose Bay Elementary



Where Families Come  
To Learn & Have Fun.

Kara Malcolm  
Kareem Albasoof  
Karen Frezman  
Kate MacPherson  
Kiwi Stanners  
Kris Walker  
Kristo Kurelja  
Lesley Seselja  
Lila Mandgiuk  
Lisa Austin  
Mark Thiessen  
Mark Vinden  
Mike Bates  
Pat Hall  
Patricia Plumley  
Patrick Litton  
Raven Pruden  
Rena Weme  
Rhonda Abdurahman  
Richard McKinley  
Roy Burns  
Ryan Malcolm  
Sharon Hobenshield  
Shelley McCauley  
Sherry Hope  
Steven Fairies  
Wendy Aird  
Yahya Hasan

If we missed you, we thank you even more !!!!!

## PAC NEWS

Next PAC Meeting is **November 12<sup>th</sup> at 9:00 a.m.**

This meeting will feature a special presentation on '**Preventing Bullying**' from two gentlemen from *Creating Solutions*. Parents will learn about the causes of bullying and practical ways to prevent it.

## Haunted Halloween Walk



Thank you to all families who attended, and everyone who volunteered their time at the Haunted Halloween Walk this year. A total of 230+ people went through in two nights raising over \$1022.50 for Nanoose Bay Elementary PAC!! Extra special thanks to the Seselja family for hosting this terrific event!

## H1N1 Influenza:

### Information for Parents and Caregivers (Information from the Vancouver Island Health Authority)

**How H1N1 influenza is transmitted:** The H1N1 flu virus, like other influenza viruses, spreads mainly through the coughing or sneezing of a sick person. It may also be spread when a person touches something that is contaminated with the virus and then touches his or her eyes, nose, or mouth. Young children, pregnant women, and people with chronic diseases such as asthma, diabetes, or heart disease may be at higher risk for complications from this infection.

**Symptoms:** In most children, the symptoms of the H1N1 flu virus are similar to the symptoms of regular flu.

They include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills and fatigue
- Occasionally, vomiting and diarrhea

**Preventative measures:** There are everyday actions that can help prevent the spread of germs that can cause respiratory illnesses like the H1N1 flu virus:

- Teach your children to wash their hands frequently with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cough and sneeze into a tissue or into the inside of their elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay at least two metres (six feet) away from people who are sick.
- Children who are sick should stay home from school and daycare and stay away from other people until they are feeling better and able to fully participate in normal activities.

**Medically fragile child:** For this guidance, a medically fragile child is a child who needs intensive, life sustaining medical assistance or therapy, and needs assistance with daily living (for example, a child who uses an oxygen tank, has trouble moving, is fed through a tube, needs suctioning, or is on a ventilator). Many of these children need skilled nursing care and special medical equipment. These medically fragile children may have chronic lung disease, severe cerebral palsy, muscular dystrophy, immunodeficiency, or problems with their metabolism.

**If your child is sick :** While the majority of H1N1 cases in B.C. have been relatively mild, it is important to take proper precautions:

- Unless they need medical attention, **keep children who are sick at home**. Do not send them to school or daycare until they are feeling better and able to fully participate in normal activities.
- If your child needs to see a doctor or health-care provider, call ahead and report your child's symptoms.
- Have them drink a lot of liquid (juice, soups, Pedialyte®).
- Keep the sick child comfortable. Rest is important.
- For fever, sore throat, and muscle aches, you can use fever-reducing medicines that your doctor recommends based on your child's age. Do not use aspirin with children or teenagers.
- If someone in your home is sick, keep them away from those who are not sick.
- Keep tissues close to the sick person and have a trash bag within reach for disposing used tissues.
- Please inform your child's school that they are home sick with flu like symptoms

**Antiviral medication:** Those in high-risk categories (pregnant women, young children and people with underlying health conditions such as asthma, diabetes and morbid obesity) should visit their doctor to determine whether they should be prescribed antivirals in advance, for use in the event they show H1N1 flu symptoms.

**Vaccine:** The H1N1 flu vaccine has been approved and will be available in our community this week for individuals in a high risk category, individuals under 65 years of age with chronic disease, pregnant women and individuals – including First Nations people – living in remote or isolated communities. These groups are at high-risk for suffering complications from pandemic H1N1 infection. The vaccine is available through public health at the H1N1 vaccination clinics. Please refer to the VIHA website for additional information and H1N1 vaccination clinics: <http://www.viha.ca/h1n1/public/vaccine.htm>

**Additional Information:** You can call HealthLink BC at 8-1-1, 24 hours a day/seven days a week to speak to a nurse if you have more questions or are concerned about any illness/symptoms experienced by you or your children. For the latest facts on the H1N1 flu virus, including back-to-school information, visit [www.gov.bc.ca/h1n1](http://www.gov.bc.ca/h1n1).

