

# Griffin Gazette

Peek at the Week of December 14-18<sup>th</sup>, 2020



## Principal's Message

Once again, I am humbled by the creativity and work ethic of our staff as they pulled everything together for our first ever virtual Christmas Concert - *A Covid Christmas Tale*. Thank you to Mrs. Monk and Mr. Penny for creating the script, each classroom teacher for choosing, choreographing, and performing a holiday song, the grade 5s for writing lyrics for their very own song! Mr. B for creating *North Pole Idol*, and all of our amazing actors and set designers in grade 6/7. We have also hired Santa's helpers, Garnet Campbell and Jeremy - instructors from the Delta Film Academy - to come to the rescue for filming, sound, lighting, and editing. Xander Priebe is our inhouse filmmaker and animator and he has been helping me put this all together for the big premiere via Zoom on Dec. 16<sup>th</sup>. We can hardly wait!

The dress code at school for the day is **Christmas Cozy** (*pajamas, festive sweaters, slippers...*) and the link for the Zoom Assembly at 1:30PM on Wednesday, Dec. 16<sup>th</sup> is:

<https://ca01web.zoom.us/j/68288338558>

Meeting ID: 682 8833 8558

Passcode: NG

We will all be watching the same movie but from different classrooms, or perhaps tuning in from home. The film will also be posted on our YouTube channel that day so that you can pop up some popcorn and tune in from home over the holidays or invite family members to have a look as well.

Wednesday, December 16<sup>th</sup> is...

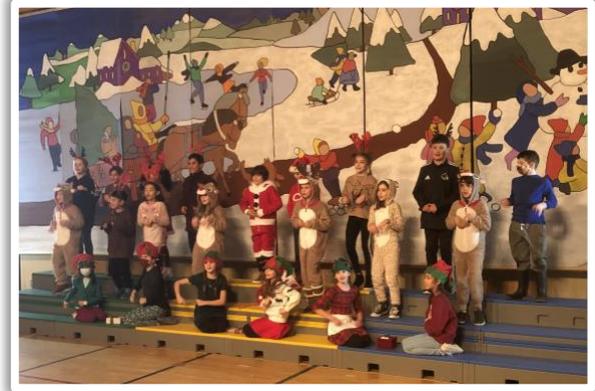
 **COZY DAY!** 



Be sure to wear your best comfy pajamas or most fun onesie, bring a soft blanket and your favourite stuffie!



Happy Hanukkah to our families who started lighting their menorah last night.



A few more behind the scenes photos...

### Focusing on the Positive

When you ask parents what they want for their kids, the most common reply is that they want their children to be happy. Several years ago, Time magazine featured an [article](#) called *How to Raise Happy Kids: 10 Steps Backed by Science*.

The article points out that while sometimes it's hard to balance what's best for children with what makes them happy, the two don't have to be mutually exclusive.

We encourage you to read the full article for more details, but if you don't have time, here are the 10 steps:

1. Get happy yourself
2. Teach them to build relationships
3. Expect effort, not perfection
4. Teach optimism
5. Teach emotional intelligence
6. Form happiness habits
7. Teach self-discipline
8. More playtime
9. Rig their environment for happiness
10. Eat dinner together



## Appendix C: Daily Health Check Example

The following is an example of a daily health check to determine if you should attend school that day.

Daily Health Check			
1. Key Symptoms of Illness*	Do you have any of the following new key symptoms?	CIRCLE ONE	
	Fever	YES	NO
	Chills	YES	NO
	Cough or worsening of chronic cough	YES	NO
	Shortness of breath	YES	NO
	Loss of sense of smell or taste	YES	NO
	Diarrhea	YES	NO
	Nausea and vomiting	YES	NO
2. International Travel	Have you returned from travel outside Canada in the last 14 days?	YES	NO
3. Confirmed Contact	Are you a confirmed contact of a person confirmed to have COVID-19?	YES	NO

If you answered "YES" to one of the questions included under 'Key Symptoms of Illness' (excluding fever), you should stay home for 24 hours from when the symptom started. If the symptom improves, you may return to school when you feel well enough. If the symptom persists or worsens, seek a health assessment.

If you answered "YES" to two or more of the questions included under 'Symptoms of Illness' or you have a fever, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, you should not return to school until COVID-19 has been excluded and your symptoms have improved.

When a COVID-19 test is recommended by the health assessment:

- If the COVID-19 test is **positive**, you should stay home until you are told by public health to end self-isolation. In most cases this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.
- If the COVID-19 test is **negative**, you can return to school once symptoms have improved and you feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.
- If a COVID-19 test is **recommended but is not done** because you choose not to have the test, or you do not seek a health assessment when recommended, and your symptoms are not related to a previously diagnosed health condition, you should stay home from school until 10 days after the onset of symptoms, and then you may return if you are feeling well enough.

If a COVID-19 test is not recommended by the health assessment, you can return to school when symptoms improve and you feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).

If you answered "YES" to questions 2 or 3, use the [COVID-19 Self-Assessment Tool](#) to determine if you should seek testing for COVID-19.

**A health-care provider note (i.e. a doctor's note) should not be required to confirm the health status of any individual.**

