



School District No. 43 (Coquitlam)
Heritage Mountain Elementary School
 125 Ravine Dr., Port Moody, B.C. V3H 4Z1 ☎604-469-6407 📠 604-937-8017
www.sd43.bc.ca/school/heritagemountain

We acknowledge we are on the unceded traditional territory of the Kwikwetlem First Nation, which lies within the shared territories of the Tsleil-Waututh, Katzie, Musqueam, Qayqayt, Squamish, and Sto':lo Nations.

FEBRUARY 2022

Newsletter #7

January 28, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
JAN 31 PRO-D DAY No school for students	1 Online K registration	2 Online K registration	3 Online K registration	4 Cross Catchment applications start Online Kindergarten registration ends
7	8 Neufeld Farms Frozen Foods last day to order! PAC Paint Kit pick up 6pm	9 Gymsense starts! Cross-Catchment ends at 4:00	10	11
14 	15	16	17 Hearing Screening Grade 2's & New Students	18
21 Family Day School not in Session	22 Neufeld Farms Frozen Foods fundraiser-pick up 6pm school loop	23 PINK SHIRT DAY	24	25 District Pro-D No school for Students

Important Information

Daily Health Check

Please ensure you do a daily health check, every day, before sending your child(ren) to school.

The attachment at the end of the newsletter (**daily-health-check—jan-2022**) includes information on the following: Daily Health Check, What to Do When Sick, What to Do if Someone in Your Household is Sick, What to Do If You Test Positive for COVID-19 and a Summary (Flow Chart) of What to Do When Sick.

(Please print and/or save for your daily use).

Click here to view and print:

[Daily-Health Check](#)



Kindergarten Registration - February 1 - February 4 **ONLINE**

Kindergarten registration for September 2022 will be **online** starting Tuesday February 1– Friday February 4. If you have a child born in 2017 please register during the dates listed above! Information needed for Kindergarten Registration can be found at:

[Home - School District No. 43 \(Coquitlam\)](#)

Here is a condensed list of requirements for registration:

As well as completing the online registration, please scan/email the following documents.

- Birth certificate/passport/PR card showing status in Canada for **PARENT and CHILD**

AND

- Purchase agreement showing your name and address in our catchment OR long term rental agreement OR income tax statement or property tax statement;

AND

Two of the following:

- Driver's License showing your current address/ utility bill/Cdn bank account statement/Cdn credit card statement/BC ID/vehicle registration;

AND

Long version of birth certificate showing parent's names, or government document showing guardianship

If you have questions about the required documentation please contact Mrs. Godin in the office.

SEPTEMBER 2022 – 2023 CROSS-CATCHMENT REGISTRATION

Applications will be accepted online starting Friday February 4, 2022 – Wednesday February 9, 2022.

There are two separate applications:

- 1) Kindergarten Cross Catchment
- 2) Grades 1-12 Cross Catchment (including a section to confirm sibling status)

The **School Locator** tool on the district web site provides a student's designated catchment area schools.

Catchment is based on permanent home address.

- The application requires student or PEN number (can be obtained from your child's school), child's birth date, home address, name of current or assigned school, and the name of the requested school(s). Kindergarten requests do not need to provide the student number/PEN number.

PROCESS DETAILS:

- **(NEW)** Applications will be processed based on the **availability of space in schools** and on a **RANDOM DRAW PROCESS. (using in-district priority then out-of-district)**
- **(NEW)** All applications will be done **ONLINE.**
- **Approval of a cross catchment application is only applicable to the designated school requested by the student and assigned by the district.**
- **Changing levels from elementary to middle, or middle to secondary school, outside of the student's assigned catchment school requires a cross catchment application and approval.**

IMPORTANT INFORMATION ABOUT SCHOOLS AT CAPACITY

A cross catchment application does not guarantee approval of the cross catchment request as many factors influence the number of cross catchment requests that each individual school can accommodate.

For example, a number of schools have reached capacity and it is anticipated they will continue to be in this position for the next few years. Be aware that the district can only approve cross catchment applications up to the current and future available space in any given school and students within the catchment have priority for placement.



Library Corner

It's that time of year again: "For the Love of Books" month! Please send me a quick pic of your kiddo (or family) enjoying any reading material and I will share it with our reading community. Remember, readers are leaders no matter how we take in the words!

This month I will be adding several new titles to our library shelves, which we are all very excited about. Thank you to the PAC for the generous contribution of funds to our collection. Please be sure to ask your kiddos about the new titles as I know their little hearts have been filled with joy as I introduce them to our new "friends".



This month we celebrate all readers, of course, but we also pump up the volume for those who have taken risks, tried something new, or taken a recommendation that has turned into something great, because we truly do celebrate that *Readers are Leaders and Leaders are Readers* in our Library Learning Commons.

Happy reading one and all. What are you reading these days?

~ Mrs. Khan
HME Library Learning Commons

What's Happening at Heritage Mountain Elementary

Feb 9 – March 10 Gym Sense

Gym Sense Instructor's will work with our classroom teachers to provide a safe, certified gymnastics program to all of our students during their regular physical education time. We thank the PAC for financially supporting this program so that all of our students can participate!



Neufeld Farms Frozen Foods Fundraiser - Order deadline: February 8th

Many people have been waiting for the next Neufeld Farms Frozen Foods Fundraiser. Online ordering is now live through Neufelds fundraising site (not munch-a-lunch):

<https://app.neufeldfarms.ca/fundraising/2022-heritage-mountain-elementary/ref/em>

Stock up on all your favourites and try out a new dessert! Please put your own name in the 'seller name' field.

Order deadline: Feb 8th

Order pick up: Feb 22nd @6pm @HME

Any questions: email sherylbot@gmail.com

February 14 – February 20 R.A.C. (Real Acts of Caring) Week

Doing something kind for another and not expecting anything in return

Monday, Feb 21 – Family Day

School will be closed for this BC Statutory Holiday.

Wednesday, Feb 23rd – Anti Bullying Day **WEAR a PINK SHIRT**

The theme of this annual provincial day is Kindness! We encourage all students/staff to wear Pink Shirts or the "I Choose Kindness" shirt on Weds, Feb 23rd.



Friday, Feb 25th – Pro D Day

No School for Students.



The poster features a logo for Trio City Eagles Field Hockey on the left, with an eagle graphic and the text 'TRIO CITY EAGLES' and 'FIELD HOCKEY 2022 SEASON REGISTRATION'. To the right is a photograph of two female players in blue and white uniforms competing for a ball on a field. Below the image is a green banner with white text: 'Girls born 2004-2018 and boys born 2006-2018 are invited to get involved in the second ranking sport in the world!'. The main body of the poster is yellow with green headers for each section.

U-10 MINI & MITE HOCKEY

The Club also offers a Mini Hockey Program for U-10 girls and boys (births born 2012-2013). A mite team born 2012-2018. Season fee for Mites & Minis is \$125.

REGISTRATION DEADLINE FOR U-10 PLAYERS: SUNDAY, FEBRUARY 27TH

A \$10 late fee will be charged after if space is available.

U-11 TO U-18

U-11 to U-18 teams compete in the Greater Vancouver Junior Field Hockey League from Late March to June. Season Fee \$150.

JUNIOR BOYS

The Club offers a program for Junior Boys born 2006 to 2011.

Boys born 2012 to 2018 are registered as Mite or Mite players.

REGISTRATION DEADLINE U-11 TO U-18: RETURNING PLAYERS & NEW REGISTRANTS SUNDAY, FEBRUARY 13TH

A \$10 late fee will be charged after if space is available.

HOW TO REGISTER?

Please visit:
tctfieldhockey.com

Players must first register with Field Hockey British Columbia to obtain a player identification number – required to complete registration with Trio City Field Hockey. See our website for details.

QUESTIONS?

604.619.4034

DROP-IN & TRY-IT SESSION
Sunday, January 16th
2 to 3pm • Cummings Field
Weather Permitting (snow no clinic)

No registration required!
Participants are asked to arrive by 3pm.

Daily Health Check and What to Do When Sick

Important Information – Please Translate	
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Daily Health Check

Everyone going into to school must complete a daily health check, including staff, visitors, and students. A daily health check means checking yourself or your child for new symptoms of illness, including symptoms of COVID-19.

Symptoms of illness (including COVID-19) include things like:

- Fever or chills
- Difficulty breathing
- Runny nose
- Headache
- Diarrhea
- Cough
- Sore throat
- Sneezing
- Body aches
- Loss of sense of smell or taste
- Loss of appetite
- Extreme fatigue or tiredness
- Nausea or vomiting

If you are sick or feel unwell, stay at home. This is important to stop the spread of illness, including COVID-19, in schools.

You can attend school if:

- Your symptoms are consistent with a previously diagnosed health condition (e.g., seasonal allergies), OR
- You have existing symptoms that have improved to where you feel well enough to return to regular activities.

AND you are not required to self-isolate, or your self-isolation period is over (based on a positive COVID-19 test result, if taken).

What to Do When Sick

If you have mild symptoms of COVID-19, you usually don't need a test. Mild symptoms are symptoms that can be managed at home. Most people don't need testing for COVID-19.

Stay home and away from others (as much as possible) until you feel well enough to return to your regular activities and you no longer have a fever. You should also avoid non-essential visits to higher risk settings such as long term care facilities and gatherings, for another 5 days after ending isolation.

If you have a Rapid Antigen Test at home, use it when you have symptoms. How long you should stay home depends on your test result. Find out more about [Rapid Antigen Test results](#).

If you do not have symptoms of COVID-19, you do not need a test.

If you are unsure about your symptoms, you can use the [Self-Assessment Tool](#), contact your health care provider or call 8-1-1.

Testing may be recommended for some people who may be more likely to get severe disease. See BCCDC for information on [who testing is recommended for](#).

What to Do if Someone in Your Household is Sick

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19.

Try to stay apart from the person in your household who is sick as much as possible.

Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you develop symptoms of illness or feel unwell.

If You Test Positive for COVID-19

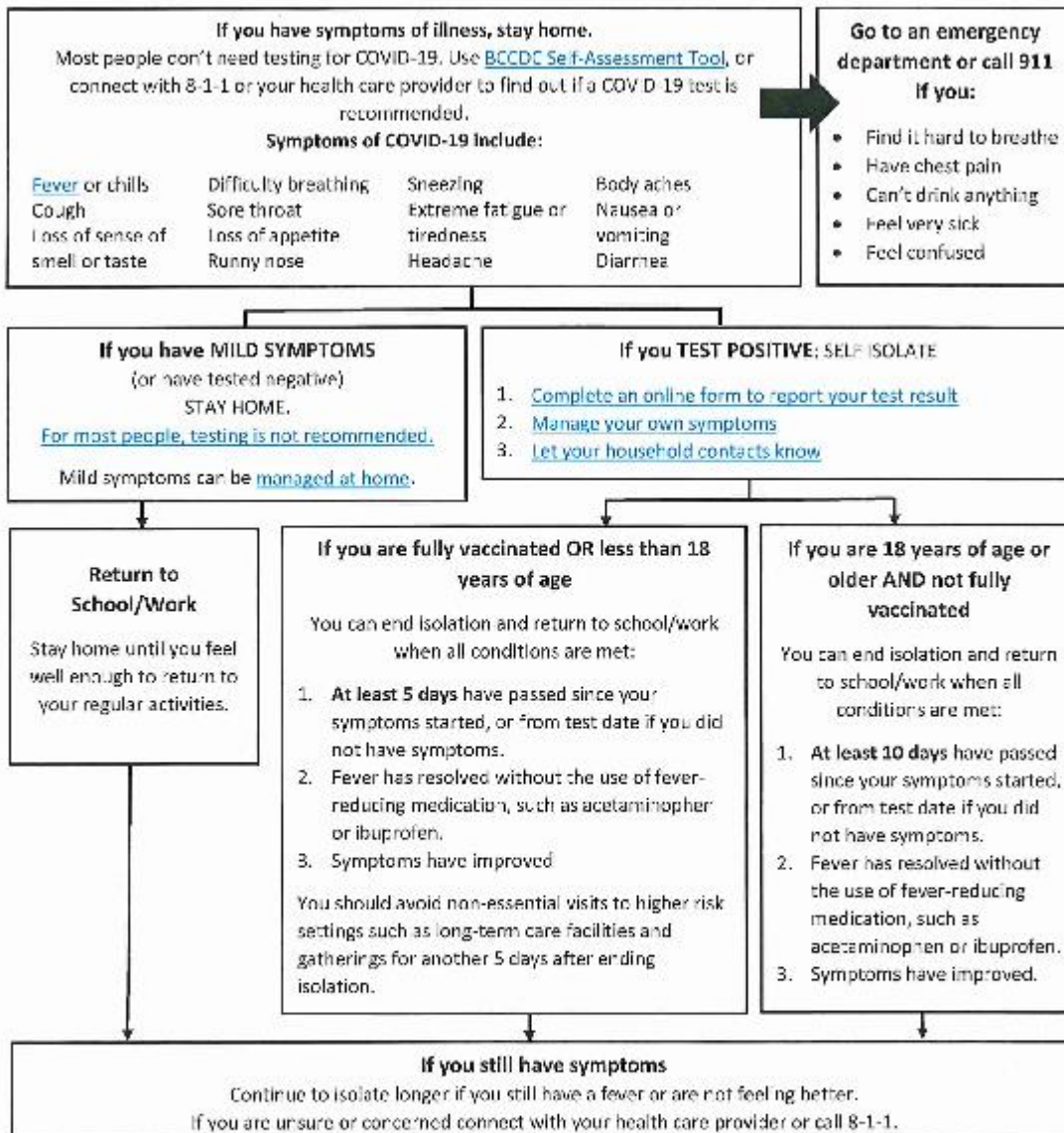
Your age and vaccination status determine how long you should self-isolate for if you test positive for COVID-19.

Age	Vaccination Status	Guidance
Under 18 years of age	Unvaccinated, partially vaccinated or fully vaccinated	Self-isolate at home for 5 days AND until your symptoms improve and you no longer have a fever. Avoid non-essential visits to higher risk settings like long-term care facilities and gatherings for another 5 days after ending isolation.
18 years of age or older	Fully vaccinated	Self-isolate at home for 5 days AND until your symptoms improve and you no longer have a fever.
	NOT fully vaccinated	Self-isolate at home for 10 days AND until your symptoms improve and you no longer have a fever.

Close contacts, who are usually others in your household, do not need to self-isolate (regardless of vaccination status), but should closely self-monitor for symptoms. BCCDC has more information for [close contacts](#).

If you find it hard to breathe, have chest pain, can't drink anything, feel very sick, and/or feel confused, contact your health care provider right away or go to your local emergency department or call 9-1-1.

Summary: What to Do When Sick



What to do if someone is sick in your household:

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19. Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you feel unwell. The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at: [Getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca)