

THIS WEEK AT KILMER

December 4, 2020

PRINCIPAL'S MESSAGE

Love is better than anger.

Hope is better than fear.

Optimism is better than Despair.

So, let us be loving, hopeful and optimistic and we'll change the world.

Jack Layton PC MSC

was a Canadian politician and leader of the Official Opposition.



Our Library is OPEN and students are now able to check out books ONLINE with the help from a parent at home.

[Click Here to Learn how now!](#)

To request a book, you will need to use your child's student account. If you do not have the account information, please contact your child's classroom teacher for the credentials. This is the same login information used for TEAMS.

QUICK LINKS

- [Kilmer Website](#)
- [Stage 2 Health & Safety Protocols: K-12](#)
- [Online Absence Report](#)
- [School Cash Online/KEV](#)
- [Parent EForms](#)
- [Subscribe to our Calendar](#)
- [Daily Health Check](#)
- [Care of Cloth Masks](#)
- [COVID-19 Self-Assessment Tool](#)
- [Behaviour Matrix](#)

IMPORTANT DATES ON OUR CALENDAR

Monday, December 7th- KPAC Fundraising Order Pick Up- Purdys
KPAC Meeting 7pm, zoom

Tuesday, December 8th- 1:40pm Early Dismissal

Thursday, December 17th- Fruit & Veggie Day: Halo Mandarin Oranges

Friday, December 18th- Last Day Before Winter Break

Monday, January 4th- School Re Opens from Winter Break
-KPAC Meeting

EARLY DISMISSAL AND FIRST TERM REPORTS

We will be dismissing students early on Tuesday, December 8th at 1:40 pm for Parent/Teacher conferences.

Teachers are booking their own conferences so parents should be in touch with their child's teacher to arrange meeting.

1st Term Report Cards will be coming home to parents on Friday, December 11th.

FRISBEE GOLF TARGET ARE HERE!

Thanks and appreciation to KPAC for contributing funds towards the purchase of Frisbee Golf Targets. We are in the process of putting them together and hope to have them available for students to use next week.

KILMER YEARBOOK

At this point in time, we have not has sufficient number of families interested in proceeding with the yearbook. Only 36 students have permission for their photographs to be in the yearbook. We are asking families to consider allowing us to proceed with this Kilmer tradition.

At the end of the year, the yearbooks are a wonderful way to remember our year at Kilmer and commemorate our special events and activities.

Parents can give permission for their child's picture to be published in the official yearbook. Access to these pictures is limited and only granted to the office, parent yearbook committee and the classroom teachers who take the pictures.

Parents need to fill out the specific yearbook permission form that is available online through Kilmer Cash Online. If we have enough of a response, we will go ahead with the yearbook in the new year.

RAINY OR SNOWY DAYS AT KILMER

Kilmer students go out to play outside at recess and lunch every day – rain or shine. Students may not have the option to play in the undercover areas as they are assigned to specific play zone that are rotated daily, we have to be sure that students do not sit in wet clothing or have wet socks and shoes for the rest of the school day. **Please ensure you have sent a change of labelled clothing, including socks to be left at school for all students Kindergarten to Grade 5.**

In the case of extreme weather, children will remain inside.

THIS WEEK AT KILMER

LOST AND FOUND

Due to COVID-19 The Lost & Found is temporarily unavailable. Please send your child with only the necessary items for the day; toys and personal items should be kept at home. Food and containers should not be taken outside of the classroom. Students are assigned to designated play areas and remain within their Learning Group for the duration of the day which should allow their items to be easily accounted for. If you arrive to pick up your child to find they have misplaced their jacket, please check with the classroom teacher, and look at their designated play area. If you still can not find the item, or you have something missing from September or October- please send a description of the item to the classroom teacher and we will do our best to locate it.

Labelling items such as shoes, jackets & water bottles will improve the likelihood of being reunited. [Mabel's Labels](#) offers an ongoing Fundraiser to Kilmer Elementary. You can connect to Kilmer under the "Support a Fundraiser" tab.

ILLNESS POLICY

All students & staff must perform a [Daily Health Check](#) before coming to school and stay home when sick.

Your child must stay home for at least 24 hours if they have any of the following symptoms:

- | | |
|----------------------|-----------------------------|
| -Fever | -cough |
| -shortness of breath | -worsening of chronic cough |
| -vomiting | -loss of taste |
| -diarrhea | -loss of smell |
| -nausea | -chills |

If symptoms do not improve or worsen after 24hrs you **must seek** a Health Assessment before returning to school. A health assessment can include calling 8-1-1, a primary care provider like a physician or nurse practitioner, or going to a COVID-19 testing centre.

If a COVID-19 test is not recommended by the health assessment, your child can return to school when symptoms improve and they 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 a COVID-19 test is recommended but is not done because the person or parent chooses not to have the test or a health assessment is not sought when recommended, and the person's symptoms are not related to a previously diagnosed health condition, they should stay home from school until 10 days after the onset of symptoms, and then may return if feeling well enough.

If the COVID-19 test is positive, the person should stay home until they are told by public health to end their 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, the person can **return to school once symptoms have improved and they feel well enough**. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless the person develops a new illness. BCCDC has information on receiving negative test results.

If a child starts showing symptoms of which could be Influenza or COVID-19 while at school, they will be instructed to put on a mask and moved to the Isolation Room. Parents will be contacted and must plan arrangements to have their student picked up right away. Parents **must seek** a Health Assessment for their child, and students should not return for at least 24 hours.

A MESSAGE FROM KPAC

Kilmer PAC is inviting you to a scheduled Zoom meeting.

Topic: PAC Meeting

Time: Dec 7, 2020 07:00 PM Vancouver

please check the body of the email for meeting link & information



Cobs Fundraiser - Reminder that when you are shopping at Cobs Bread at Oxford Market, all you need to do is mention that they are raising "dough" for Kilmer and 5% of the total sale will go to our PAC.

THIS WEEK AT KILMER

The Parent Advisory Committee is still looking for a Vice President as well as a few other volunteer positions (hot lunch, fundraising etc...). This year is quieter than normal and is a great opportunity to learn all the ins and outs of the PAC. If you are interested, please email us at 031-pac@sd43.bc.ca. Our next Zoom meeting will be December 7th and we look forward to seeing you all there.

STUDENT ABSENCES

If your child is going to be away, you're running late or they require an early dismissal please submit a Daily Absence Report Online, before 8am. [Report your Student's Absence Online](#)

We ask that any students arriving **AFTER** 9:30 am report to the main entrance. If you are picking your child up for an appointment during the lunch break, it is helpful if you can plan to pick them up at 11:45 from their classroom door.

Kilmer Elementary

1575 Knappen St
Port Coquitlam, BC V3C 2P8
604-941-3401
kilmer@sd43.bc.ca
www.sd43.bc.ca/school/kilmer

OFFICE HOURS

The doors to the school remain locked, please call the office at 604-941-3401 between 8:15-3:15 if you require assistance or email the school at Kilmer@sd43.bc.ca. We ask that your child arrives prepared for their day.



COBS BREAD

RAISE SOME DOUGH

KILMER ELEMENTARY SCHOOL

Mention Kilmer Elementary School and COBS Bread Oxford Market will donate 5% of your purchase to the school.

RAISING DOUGH

ENJOY A FREE LOAF
WITH THE PURCHASE OF A 6-PACK OF MINI CINNAMON BUNS

COBS BREAD

VISIT YOUR LOCAL BAKERY AT:
COBS Bread
Oxford Market
2020 Oxford Connector
Port Coquitlam BC
604-474-0635

Valid only at COBS Bread Oxford Market • Present this to receive offer • Not redeemable for cash or with any other offer • One voucher per customer per day • Invalid if reproduced • While daily quantities last • Expires January 31, 2021

DPAC43 is inviting you to a scheduled Zoom Parent Education Night on Tuesday, December 8, 2020 starting at 7:00 p.m.

Please see the attachment for all of the details regarding Mindshift™ CBT (Cognitive Behavioural Therapy) App and the guest speaker for the evening is Mark Antczak.

Mark Antczak is Anxiety Canada's in-house Registered Clinical Counsellor and Clinical Educator. His primary role is facilitating the online Mindshift Anxiety Groups. He brings a decade of experience working with mental health in various environments and populations by providing individual and group counselling, mental health education programming, and conducting research while completing his Bachelor of Arts in Psychology and Master of Arts in Counselling Psychology at the University of British Columbia. He's found great fulfillment providing support and treatment over the years to University students, youth in Vancouver's DTES, first responders, and cancer survivors. Mark's other work that informs his expertise includes his four years of practice as a Behavioural Assistant and Registered Clinical Counsellor in private practice at the Vancouver CBT Centre. He specializes in providing Cognitive Behavioural Therapy (CBT) to adults with anxiety spectrum disorders.

Topic: DPAC43 Parent Education

Time: Dec 8, 2020 07:00 PM Vancouver

Join Zoom Meeting

<https://ca01web.zoom.us/j/66293700852?pwd=NXc2M2NHYjY1dCtldkp1UHIPR1lQZz09>

Meeting ID: 662 9370 0852

Passcode: 3Pw1^@Bp

One tap mobile

+17789072071,,66293700852#,,,,,0#,,71315277# Canada

+12042727920,,66293700852#,,,,,0#,,71315277# Canada

Dial by your location

+1 778 907 2071 Canada

+1 204 272 7920 Canada

+1 438 809 7799 Canada

+1 587 328 1099 Canada

+1 647 374 4685 Canada

+1 647 375 2970 Canada

+1 647 375 2971 Canada

Meeting ID: 662 9370 0852

Passcode: 71315277

Find your local number: <https://ca01web.zoom.us/j/gdXfG14Jlr>

If you have any questions or concerns, please do not hesitate to contact the DPAC Office by email office@dpac43.ca or by leaving a detailed message at #604-939-3690.

The DPAC Office location is closed until further notice.

Warm regards,

Laura Code

DPAC43 Administrative Assistant

District 43 Parent Advisory Council (DPAC)

1100B Winslow Avenue

Coquitlam, BC V3J 2G3

Website: www.dpac43.ca

Email: office@dpac43.ca



Is anxiety getting in the way of your life? MindShift™ CBT uses scientifically proven strategies based on cognitive behavioural therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

Get the tools to tackle:

- Worry • Panic • Perfectionism • Social Anxiety • Phobias •

MindShift™ CBT Features:

CBT-BASED TOOLS

Interactive cognitive-based tools to help you re-orient your thinking, and behavioural strategies to help you take action and make lasting positive change.

THOUGHT JOURNAL

Transform your worries into balanced and helpful thoughts by identifying and challenging thinking that keeps you trapped in anxiety.

COPING CARDS

Ease your anxiety in the moment by re-adjusting your thinking with helpful coping statements.

BELIEF EXPERIMENTS

Learn how to set up experiments to test out beliefs that fuel anxiety.

HEALTHY HABITS

Tips to set the stage to better manage anxiety by taking better care of yourself.

CHECK-IN

Keep track of your anxiety and mood over time with graphs and journal entries.

QUICK RELIEF

When you need anxiety help fast, use these quick and easy tools to help you take a breath, ground yourself, shift your thinking, and take steps to cope.

GOAL SETTING

Tools and tips to help you set and accomplish important life goals and keep anxiety in check. Reminders to keep you motivated and on track.

FACING FEARS

Overcome your fears by gradually facing them in small manageable steps.

EXPANDING YOUR COMFORT ZONE

Build your confidence by consistently doing new and challenging things.

CHILL ZONE

Listen to audio recordings of guided relaxation and mindfulness meditations to help you get, and stay, in a more relaxed and mindful headspace.



Scan to
download
the app!



Available in English and French

anxietycanada.com
604 620 0744