

CITADEL MIDDLE SCHOOL

A Special Place for a Special Age

Mission Statement

Working together, our mission is to provide a safe, nurturing and responsive environment that meets the unique developmental needs of early adolescents.

1265 Citadel Drive, Port Coquitlam, BC V3C 5X6

Tel: 604-945-6187 Fax: 604-937-8042

<http://www.sd43.bc.ca/middle/citadel/Pages/default.aspx>

April 3rd, 2020 Update

Dear Parents and Guardians,

We hope you and your loved ones are safe during these extraordinary times. We will get through this together.

Thank you very much for responding to the Continuity of Learning survey as this helps us with our planning.

Teachers Contacting Families

Teachers will have contacted families by the end of Friday, April 3rd to connect with you and to learn about ways to support learning at home. Please note that calls from a "blocked" number may be from a teacher or support staff.

Continuity of Learning

While learning will look different, students will have opportunities to develop skills in literacy, numeracy, socio-emotional learning, and physical well-being. Teachers are planning for continuity of learning and student engagement in a variety of learning experiences.

Student Supplies and Access to the Building

We will be creating a plan to allow students to safely access our school building to retrieve supplies. Physical distancing, cleaning and disinfecting procedures will be followed. Please complete the Parent Survey for Student Access to the Building sent to you this morning. We ask that you complete the survey to help us determine the scope of our plan for students to enter the building.

Mental Health and Well-Being

Our counsellors and youth worker are available to offer supports for social and emotional well-being.

Asia Sidhu is on maternity leave and Marina Steeves is filling in her position. Our team will continue to support students and are available for you to contact.

Narissa Gulamhussein (counsellor), ngulamhussein@sd43.bc.ca

Marina Steeves (counsellor), msteeves@sd43.bc.ca

Tara Murracas (youth worker), tmurracas@sd43.bc.ca

Report Cards

Term 2 report cards will be mailed next week via Canada Post.

Reimbursements

Reimbursements will be sent for cancelled activities or field trips at the end of March or in the month of April. If you paid by School Cash Online, your refund will show up on your credit card statement. If you paid by cash, your refund will be by school cheque in the mail. If you paid by cheque, it will be mailed to you. Thank you for your patience.

We appreciate your patience and understanding as we work to provide continuity of learning and to maintain our connections with our students and families.

I have included links to resources which I hope you will find helpful.

We do truly miss our students and their energy in the school!

Please stay safe and healthy,

Abby Soh

Principal

asoh@sd43.bc.ca

Helpful Links

Keep Learning BC is a place where families can find ideas for everyday educational activities, links to free learning resources, as well as how to help children keep well and learn while they're at home.

<https://www.openschool.bc.ca/keeplearning/>

FVRL eCards are here! Fraser Valley Regional Library just launched online card registration. They are very excited for this new service which will help them reach even more people in our community with their large collection of digital resources, including eBooks, audiobooks, magazines, video streaming and eLearning. Attached is a graphic and the link with information and registration is here: <https://onlineregistration.fvrl.bc.ca/>

COVID-19 Frequently Asked Questions about K-12 Education for Students and their Families

https://www.sd43.bc.ca/Lists/Documents/bc-ministry-of-education-questions-andanswers-continuity-of-learning-k-12-education_system.pdf 1.

COVID-19 Provincial Support and Information

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-responsererecovery/covid-19-provincial-support>

Helplines for Students:

[Kids Help Line](#)

310-1234 (British Columbia)

text CONNECT to 686868 (24/7), or [live chat](#) via the website (9:00pm - 4:00am).

1-800-668-6868 (Canada)

Crisis Line

1-800-784-2433

[Online Crisis and Youth Chat available at Crisis Intervention and Suicide Prevention Centre.](#)

YouthinBC**Parent Support lines:**

Short Term Assessment Response Team (START): support during crisis of extreme mental health symptoms. Provides confidential mental health crisis intervention services for children and teens.

604-949-7765

1-844-START 11 (1-844-782-7811)

Health link BC: 8-1-1

Indigenous Supports:

Hope for Wellness Help Line: toll-free 1-855-242-3310, offers 24/7 counselling and crisis intervention by phone or online chat. Available in French, English, Cree, Ojibway, and Inuktitut.

IMMEDIATE Help: Mental Health Crisis Line: 1-800-784-2433, available in 140 different languages.

Online Resources:

Here to Help Mental Health Resources: includes a variety of factsheets (depending on language) in Simplified Chinese, Traditional Chinese, Farsi (Persian)/ Dari, French, Korean, Punjabi, Japanese and Vietnamese.

Kelty Mental Health Resource Centre: includes a variety of resources in French, Farsi, Korean, Punjabi, Simplified Chinese and Traditional Chinese

COVID- 19

Foundry COVID-19 (Novel Coronavirus) Information: Foundry has a dedicated COVID-19 webpage with information on accessing Foundry services, links to resources and support, and articles on covid-19, social distancing, stress, and anxiety.

Talking to Children about COVID-19 (Kelty Mental Health): suggestions for parents for talking to their children about COVID-19, tips for self-care and managing children's behaviour, and links to resources.

How to Talk to Kids and Teens about the Coronavirus (Psychology Today): age-specific advice and information.

Talking to Children About COVID-19 and Its Impact (Centre for Addiction and Mental Health): advice and information for parents and other caring adults on helping children cope with stress and anxiety during the COVID-19 pandemic.

Keeping Kids Safe while online **Keeping Kids Safe online Cybertip**

Community Counsellor Resources

SHARE: Share Intake 604-937-6969 Or **Intake@sharesociety.ca**

Tri-Cities Transitions Society: 604-941-7111

Child and Youth Mental Health:604-469-7600. Telephone intake. Telephone sessions.

Act 2 Child and Family Services: 604-937-7776

Tri-Cities Transitions Society: 604-941-7111

APPS:

Mindshift


Head space

Stresslr

Breathr

Calm

Stop, Breathe, Think



**DON'T HAVE AN
FVRL CARD?**

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Click here to register now.

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Visit <https://onlineregistration.fvrl.bc.ca> for more information and to register.

Prevent the Spread

hygiene habits to protect against viruses



Cover up

Cover your mouth and nose with a tissue when you cough or sneeze.

Toss the tissue

Throw away used tissues immediately.

20 second scrub

Wash your hands, especially after using tissues.



Sneeze into your sleeve

Cough or sneeze into your elbow, not your hands.

Hands off

Don't touch your eyes, nose or mouth. Germs on your hands can transfer into your body.



Keep your distance

When you are ill or not feeling well, avoid close contact with others. Stay at least 2 metres away to prevent infecting people around you.