



# Carson Elementary School

"Building Future Leaders"

1255 Graham Avenue  
Quesnel, BC V2J 3E2  
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[www.carson.sd28.bc.ca](http://www.carson.sd28.bc.ca)

September 2019

## NEWSLETTER

### Principal's Message

It has been great to see all of the returning faces and new students this week. We have some great things planned for this upcoming school year.

One goal our staff has developed is to share, encourage, and teach our students about positive character traits and values. Every month we will focus on a different value. This month we will be focusing on INDEPENDENCE.

This week in family groups, the students were asked about things they can do to show independence at home and school. Some of the things they said were they can: clean up, wash dishes, make their bed, zip their jacket, and make their lunch.

Parents and guardians, can you help us foster independence by waiting outside at the end of the day and setting up a meeting spot where your child will meet you.

I look forward to seeing increased independence in our students as we work on this goal.

*Mrs. A. Gauthier*

Principal: Ms. Angelina Gauthier  
Secretary: Ms. Lisa Audet

### SCHOOL HOURS:

Start Time: 8:20 a.m. (warning bell)

School Starts: 8:25 a.m.

Recess: 10:15 to 10:32 a.m.

Lunch Hour: 12:00 - 1 p.m.

Dismissal: 2:33 p.m.

### Upcoming Dates

Sept. 23  
Parent Advisory (PAC)  
Meeting, 6:30pm in library

Sept. 20 (Friday)  
Terry Fox Run

Sept. 30  
Orange Shirt Day

Oct. 1  
Photo Day (Retake day will be November 4)

Oct. 14  
Thanksgiving Stat Holiday  
(No school)

Oct. 25  
Pro-D Day  
(No school for students)



### PAC Playground

We are excited to announce our new playground structure, purchased by the PAC, is up and in use! The students have enjoyed sliding, climbing and playing on the new equip-

ment. Thank you to the PAC for purchasing this much needed equipment and to School District Maintenance for installing it over the summer.

### IMPORTANT ALLERGY NOTICE

#### Carson is a FISH/SHELLFISH FREE SCHOOL

Due to severe allergies that staff and students have in our school, we are a FISH/SHELLFISH (all fish, scallops, shrimp, tuna, salmon, crab, etc. FREE SCHOOL. These allergies are airborne and life-threatening. We appreciate your assistance in ensuring NONE of these foods are brought to the school.



**The Carson Elementary PAC (Parent Advisory Council)** is an important voice for parents and families.

The PAC always welcomes parents/guardians at their monthly meetings. The next meeting of the PAC will be **Monday September 23rd at 6:30pm in the school library.**

**Indoor Shoes** Please help us keep our school's floors shiny and clean by providing your child with a pair of indoor shoes. This ensures the mud, sand and dirt from the playground does not come into our classrooms. Shoes should be non-marking soles suitable for P.E.

**Emergency Contact Numbers – School Safety Plan** In case of a lengthy power outage at the school, we are unable to keep school in session because of health and safety guidelines since there is no water available for washing or toilets. If this was to happen, we would have to call families to come pick up their child. This doesn't happen often, but when it does, we need to have contact information for you. Student Verification Forms will be coming home asking for this information. Please read over, edit, add, and provide us with current emergency numbers, whether we need to call you in the morning prior to school starting, or a phone number to call you or a guardian during the day. Thank you.

**After School or Attendance Changes** Parents and guardians, please let us know if:

- your child's bus drop-off location will change
- if a different person will be picking up your child at the end of the day
- if your child will be walking to a different location at the end of the day
- if your child will be leaving during the course of the day
- if your child will be late for school
- if your child will be absent from school

Please put a quick note in the planner, send a note, or make a phone call. It is very helpful that we know of any changes as early in the day as possible. Try to have your child aware of after school arrangements in the morning and write a note in the planner. Thank you.



**Newsletters** Newsletters are sent by email and are posted on the school website. Please be sure your child's verification form has your current email address so that we can be sure you are receiving the newsletter.



**Terry Fox Run**

**The school Terry Fox Run will be held on Friday, September 21 starting with an assembly at 11:15 am. Terry challenged all Canadians to donate \$1. We are following in Terry's footsteps and encourage \$1 from every student. Please keep the dream alive.**



**Orange Shirt Day – September 30** September 30th has been declared Orange Shirt Day. Orange shirt day is recognized in our community as a tribute to those who were impacted by the residential school system, and what it did to children's sense of self-esteem and well-being. This day is an affirmation of our commitment to reconciliation between Aboriginal and non-Aboriginal people. We will hold our Orange Shirt Day on Monday, September 30th. Please wear orange to show that every child matters.

**District Lunch Program**

The School District #28 (Quesnel) District Lunch program is to provide a nutritious lunch to children, who, for financial reasons have difficulty in bringing a lunch to school. If you wish your child to access this program, you must discuss your situation with Mrs. Gauthier and then complete a new application form for this school year. Parents are to provide a recess snack for their child.

## Attendance

One of our school goals every year is to improve attendance and reduce late arrivals (lates). School attendance has a huge impact on a student's academic success. Families play a key role in making sure students get to school on time every day. Attendance is important for success in life.

We realize some absences are unavoidable due to health problems or other circumstances. But, we also know that when students miss too much school, it can cause them to fall behind academically. Your child is less likely to succeed if he or she is chronically absent.

Chronic absence means missing 18 or more days over the course of an entire school year. That is just two days every month.

We don't want your child to fall behind in school. Please ensure that your child attends school every day and arrives on time. Here are a few tips to help support regular, on-time attendance:

- Make sure your children keep a regular bedtime and establish a morning routine.
- Lay out clothes and pack backpacks the night before.
- Ensure your child goes to school every day unless they are truly sick.
- Talk to teachers and counselors for advice if your children feel anxious about going to school.
- Develop back up plans for getting to school if something comes up. Call on someone else to take your child to school.



Lates also impact learning, are disruptive to the class, and add up to lost learning time. We have morning supervision starting at 8:00 a.m. and the first bell rings at 8:20 a.m. We hope that you will help us reach our goal and improve attendance and lates this year. We will be sending home more information with your child this week.

## Volunteer Drivers & Criminal Record Checks

Every new school year parent volunteers are required to complete a new volunteer driver form if they are going to be transporting students. Parents wishing to volunteer at the school are encouraged to come in and fill out paperwork as soon as possible. Some teachers have already started planning for field trips where parent support will be needed. Parents who are willing to be drivers will need:

- Completed Criminal Record Check (Valid for three years)
- Completed Volunteer Driver Application Form
- Provide proof of driver's license
- Provide proof of insurance
- A printout of a current driver's abstract.

A driver's abstract can be obtained from the Service BC office at 350 Barlow Ave. or you can go online at [icbc.com/drivingrecords](http://icbc.com/drivingrecords). There is no charge for these searches to be completed.

### Parent Volunteers - Criminal Record Search

Just a reminder that we require criminal record searches for all parents/guardians who volunteer in the classrooms or coach sports teams. Due to illegible forms, the criminal record checks must now be completed on a computer. The forms can be emailed to you by the school. You can fill it out and print it off and sign it. You can then drop it off at the school. If you do not have access to a computer at home, arrangements can be made to complete the application at the school.

Criminal record checks are valid for five(5) years and, with your permission, are now able to be shared with other volunteer organizations.

Volunteer Driver Application Forms are available in the office so please drop by the office if you plan on volunteering this year.

**Verification Forms** Verification forms will be sent home in the near future. Please review these carefully. It is important that we have up to date addresses, phone numbers, and medical alerts for your child. We ask that you sign and return them as soon as possible.



## MESSAGES

We will do our best to deliver URGENT messages to your children. We ask that you contact the school no later than 2:00 p.m. to enable us to deliver these messages before dismissal. Please give messages to your children before they leave for school if at all possible. Thank you.

## SUPERVISION

This is just a reminder that supervision in the morning starts at 8:00 a.m. for bus students only. Students who walk to school are asked to arrive after 8:10 a.m. All students should go to the playground in the supervised area upon arriving at the school.

**Electronics Policy** A reminder that there is a no personal electronics policy in all School District 28 elementary schools. This is for personal use and includes at school, on field trips, and sports events. Unless a teacher is supervising the use of electronics for a class assignment, students are not to use electronics. We ask students to leave all electronic devices, including iPods, portable game systems, and cell phones at home. If your child must bring a cell phone to school, please contact Mrs. Gauthier so we can discuss a plan for your child. If your child brings and uses a personal electronic device on school property during school hours, it will be held in the office until a parent or guardian can come and pick it up. Thank you for your assistance.



## **School Photos**

This year's school photos will be taken on Tuesday, October 1st. Retakes are scheduled for Monday, November 4th. Class photos will be scheduled in the Spring.

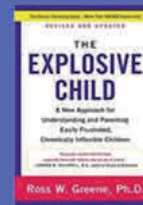
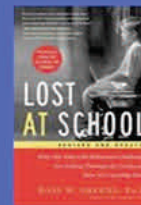
## **Scent Free**

Just a reminder that all schools in the District are scent free environments. We have several people with allergies so it is important that we refrain from using perfumes or highly scented products. We appreciate everyone's cooperation to make our school a safe environment for everyone.

Join us for an evening with Dr. Ross Greene, world renowned expert in challenging behaviour and problem solving.



Dr. Ross Greene is a clinical child psychologist and world renowned author. He is the founding director of the non-profit Lives in the Balance. Dr. Greene has served on the faculty at Harvard Medical School and the Faculty of Science at the University of Technology Sydney in Australia.



Challenging behaviour can be challenging for all of us; parents, teachers, counsellors, family members and children themselves. Dr. Greene's evidence-based approach to solving problems that are at the root of challenging behavior with children as active participants allows both the child and the caregiver to maintain dignity ...and it works!

**Wednesday, September 11, 2019**

Correliou Secondary School - Chuck Mobley Theatre

6:00 p.m. - 8:00 p.m.

Admission is Free



## WHEN SHOULD I SEND MY CHILD TO SCHOOL?

The suggestions below are for children 5 to 18 years of age.  
Recommendations may be different for infants and younger children.

Symptoms and Illnesses	Should My Child Go To School?
<b>Parent is Sick, Stressed, Hospitalized</b>	<b>YES</b> - If you are sick, your child still needs to attend school. Your illness does not excuse your child from attending. We all are sick at times so plan ahead for these days. Get a neighbor, relative or spouse to take your child to school and pick him or her up.
<b>Chronic Diseases (Asthma, Diabetes, Sickle Cell, Epilepsy etc.)</b> Chronic disease is a long-lasting condition that can be controlled but not cured.	<b>YES</b> - Your child should attend school. School personnel are trained to assist your child with his or her chronic disease and associated needs.
<b>Child Doesn't Want to go to School</b> Frequent crying, fear, anger, not wanting to socialize, behavior change, stomach ache, nausea (These can be signs of depression, anxiety, post-traumatic stress, or fear)	<b>YES</b> - You should keep your child in school, but try to determine what is causing the changes. Talk to school personnel and consult a health care provider. Your child may be experiencing bullying or trauma, may be behind in his or her school work or not getting along with others. These and other issues may require your or school personnel's attention.
<b>Cold Symptoms</b> Stuffy nose/runny nose, sneezing, mild cough	<b>YES</b> - If your child is able to participate in school activities send him or her to school.
<b>Conjunctivitis (Pink Eye)</b> The white of the eye is pink and there is a thick yellow/green discharge.	<b>YES</b> - Your child can attend school, but call a health care provider to prescribe medication/treatment.
<b>Head Lice</b> Intense itching of the head; may feel like something is moving	<b>YES</b> - Your child can be in school if he or she has had an initial treatment of shampooing of hair with a product for lice.
<b>Strains, Sprains and Pains</b>	<b>YES</b> - If there is no known injury and your child is able to function (walk, talk, eat) he or she should be in school. If pain is severe or doesn't stop, consult a health care provider.
<b>Menstrual Issues</b>	<b>YES</b> - Most of the time menstrual (periods) issues should not be a problem. If they are severe and interfering with your daughter attending school, consult with a health care provider.
<b>Fever</b> Fever usually means illness, especially if your child has a fever of 101 or higher as well as other symptoms like behavior change, rash, sore throat, vomiting etc.	<b>NO</b> - If your child has a fever of 101 or higher, keep them at home until his or her fever is below 101 for 24 hours without the use of fever reducing medication. If the fever does not go away after 2-3 days or is 102.0 or higher, you should consult a health care provider.
<b>Diarrhea</b> Frequent, loose or watery stool may mean illness but can also be caused by food and medication	<b>NO</b> - If, in addition to diarrhea, your child acts ill, has a fever or is vomiting, keep him or her at home. If stool is bloody, if the child has abdominal pain, fever or vomiting, you should consult a health care provider.
<b>Vomiting</b> Child has vomited 2 or more times in a 24 hour period	<b>NO</b> - Keep your child at home until the vomiting has stopped for 24 hours. If vomiting continues, contact a health care provider.
<b>Coughing</b> Severe, uncontrolled, rapid coughing, wheezing, or difficulty breathing	<b>NO</b> - Keep your child home and contact a health care provider. Asthma - if symptoms are due to asthma, provide treatment according to your child's Asthma Action Plan and when symptoms are controlled send your child to school.
<b>Rash With Fever</b>	<b>NO</b> - If a rash spreads quickly, is not healing, or has open weeping wounds, you should keep your child at home and have him or her seen by a health care provider.
<b>Strep Throat</b> Sore throat, fever, stomach ache, and red, swollen tonsils	<b>NO</b> - Keep your child at home for the first 24 hours after an antibiotic is begun.
<b>Vaccine Preventable Diseases</b> <b>Chicken Pox</b> - fever, headache, stomach ache or sore throat, then a red itchy skin rash develops on the stomach first and then limbs and face. <b>Measles &amp; Rubella (German Measles)</b> - swollen glands, rash that starts behind ears then the face and the rest of the body, sore joints, mild fever and cough, red eyes <b>Mumps</b> - fever, headache, muscle aches, loss of appetite, swollen tender salivary glands <b>Pertussis (Whooping Cough)</b> - many rapid coughs followed by a high-pitched "whoop", vomiting, very tired	<b>NO</b> - Keep your child at home until a health care provider has determined that your child is not contagious.



<http://atschool.alcoda.org>

*This information is based upon recommended guidelines from reliable sources to include the Centers for Disease Control (CDC), American Academy of Pediatrics, Public Health Association and has been reviewed by Alameda County Public Health Department.*





# School Calendar 2019-2020

School District #28 Quesnel

401 North Star Rd. Quesnel, BC V2J 5K2 Phone: 250 992-8802 Fax: 250 992-7652

Website: www.sd28.bc.ca

AUGUST 2019						
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SEPTEMBER 2019						
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DECEMBER 2019						
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JANUARY 2020						
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APRIL 2020						
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MAY 2020						
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June 2020						
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JULY 2020						
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AUGUST 2020						
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SEPTEMBER 2020						
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**Listing of Non-School Days:**

- Sep 2: Labour Day
- Sep 3: Non Instructional Day (no school for students)
- Sep 4: Back to school (1/2 day for students)
- Oct 14: Thanksgiving
- Oct 25: Provincial Pro-D Day (no school for students)
- Oct 29 & 30 - Early closure - 1/2 days (to facilitate Parent Teacher Interviews)
- Nov 11: Stat Holiday - Remembrance Day - No School
- Nov 29: Non Instructional Day (no school for students)
- Dec 23 - Jan 3: Winter Break
- Jan 6: Students back from Winter Break

- January 31: District/Non Instructional Day (no school for students)
- Feb 17: BC Family Day
- Mar 16 - 27: Spring Break
- Apr 10: Good Friday
- Apr 13: Easter Monday
- Apr 24: Regional Pro-D Day (no school for students)
- May 15: Non Instructional Day (no school for students)
- May 18: Victoria Day
- Jun 25: Last Day for students
- Jun 26: Administrative Day (no school for students)

Professional, District, Non Instructional Day - No School  
 Statutory Holiday - No School

School Holiday - No School  
 Early Closure Day 1/2 day attendance for students