

December
2020

The Bayview Bulletin

Principal: Ms. Stephanie Stephens
Acting Vice-Principal: Mr. Bob Brooks
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School-Wide Dates to Remember:

- Nov. 30—Dec. 4
Sharing our Learning
- Dec. 7—PAC Meeting
6pm
- Dec. 18— Last Day of
School before Winter
Break
- Jan. 4—First Day of
School, 2021

Principal's Message

Our community is truly "Paddling Together" at this time in the year—thank you to everyone for their work to get the year off to a great start. I am very pleased, excited and grateful to be the Principal of Bayview. I want to also acknowledge and raise my hands in appreciation to Mr. Bob Brooks. Bob has been the Acting Vice-Principal since September. Bob brings laughter, safety, acceptance and most of all creates a sense of belonging for both students and staff. We thank you for everything Bob!

December will look and feel very different than our previous years. With COVID 19 cases on the rise, Island Health shared a reminder on how we can help reduce the transmission: we must limit our social interactions to our immediate household; those who live alone must limit their social interactions to one or two people in their frequent bubble; the fewer people we see, the less chance of exposure; masks must be worn in all indoor public settings such as retail stores and restaurants. ***Please note, B.C. schools are not considered public settings.** Travel should be limited to essential travel only, which includes work within your region, medical appointments and hospital visits. Wash your hands often – an easy and effective way to prevent the spread. Limit time in public places and only essential trips for things like groceries and medications. If you're feeling sick at all, please stay home, self-isolate and visit BC Thrive Health or Island Health's website to determine your next steps. Please continue to perform daily health checks and arrange for your child to stay home if they are sick. http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Daily-Health-Check-English.pdf Also be sure to check out the YouTube 'COVID 19 Questions form SD68 Answered by Dr S. Allison, <https://youtu.be/TgkaCt9ck0>

As we head towards the holiday break, I want to express a safe season's greetings to all Bayview families! Stay safe, stay kind and be calm.

Ms. Stephens, Principal

"SHARING OUR LEARNING" EVENT

The "Sharing our Learning" event will take place over the week of November 30th—December 4th, 2020. This year, it will look a little different than in past years. As parents/guardians are not allowed in the school due to COVID-19, your child's teacher will be sending home some of his/her work. This work is what your child has completed since the start of the school year.

R.O.C.K.S.

Recognition

Our custodian, Danny, for the daily cleaning and sanitizing of Bayview Elementary School!



NANAIMO HOLIDAY SCHEDULE

Christmas Hamper registration is now open at all Loaves & Fishes Nanaimo Depots

December 13th, 2020 - January 3rd, 2021 regular depots are closed as we are distributing Christmas Hampers during that time.

Last chance Christmas Hamper collection for those who missed registration or scheduled pickup is December 23rd (12pm-3pm) at Farquhar Depot.

Holiday Season Food 4U Schedule
Everyone Welcome Each Day

| | |
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| Wed, Dec 16 (10am-2pm) Farquhar Depot | Mon, Dec 28 (5pm-7pm) Farquhar Depot |
| Thurs, Dec 17 (1pm-3pm) Farquhar Depot | Tues, Dec 29 (1pm-2:30pm) Alliance Church |
| Mon, Dec 21 (5pm-7pm) Farquhar Depot | Wed, Dec 30 (10am-2pm) Farquhar Depot |
| Sat, Dec 26 (11am-12pm) Generations Church | Thurs, Dec 31 (1pm-3pm) Farquhar Depot |
| | Sat, Jan 2 (11am-12pm) Generations Church |

HEAD LICE

This is the time of year when head lice begins to show up. Head lice are a nuisance. They do not carry disease and are not a health risk. Staff have noticed that having head lice does affect students' ability to concentrate on their work. Early detection and appropriate treatment will benefit your child and significantly limit the spread of head lice in our school. Please check your child's hair weekly and, if you detect head lice, please notify the school and treat immediately. One of the keys is to comb out the hair every three days for two weeks after the initial treatment. If you need help, let us know. We can send materials home for you.

WET/COLD WEATHER REMINDER

Bayview is located in a beautiful climate that permits outdoor recreation and activities year-round. In recognition of the benefits of physical activity during recess, days with light rain will be outside days. Please prepare your child for wet/cold weather with appropriate footwear and a suitable jacket. Parents should also provide a change of clothes for their child at school. Days with heavy rainfall or other severe weather will be inside days. Colder days, students should have touques and gloves.



DROP OFF & PICK-UP

With an increased student population it is important that we all abide by some simple safety guidelines during morning drop-off and afternoon pick-up.

Reminders:

1. All vehicles should park prior to children entering and exiting their vehicles.
2. The school zone limit is 30km/hr.
3. Vehicles should only park on the school side of View Street—not on the other side.
4. Additional parking is available on Princess Street, behind the school.
5. Parents/Guardians are to stay off of the school grounds. Please wait outside the fence for your child.



Walk like a penguin to prevent Winter Slips, Trips and Falls

Over half of all reported slips, trips and falls occur during the winter months of November through February. Please take care to tread safely and walk like a penguin to prevent snow and ice-related injuries:

- Keep hands free and out of pockets and use arms for balance.
- Go slow, being in a hurry increases your chances falling.
- Use special care when entering and exiting vehicles; use the vehicle for support.
- Avoid taking shortcuts over snow piles and other frozen areas.
- During bad weather, avoid boots or shoes with smooth soles. Wear footwear that provides traction on snow and ice.
- Point your feet out slightly like a penguin! Spreading your feet out slightly while walking on ice broadens your base of support which lowers your center of gravity.
- Bend slightly and walk flat-footed with your center of gravity directly over the feet as much as possible.
- Remember to use proper body mechanics and ergonomic tools when removing snow.



Mental wellness during COVID-19

These are uncertain times. Every week, almost every hour, we are changing and adapting our new reality. Below are some ideas about how to stay well in the face of constant change:

- Daily structure – set up a routine in your house that provides predictable events. Everyone does better when they know what to expect next.
- Family meals – whenever possible, eat together and connect over food.
- Limited media – set up times to hear the news, then disconnect from it.
- Exercise – take a class off YouTube, try something new, return to what used to bring you joy.
- Reach out – stay connected to family and friends while maintaining social distancing.
- Go Outside – breathe the air and appreciate the environment.
- Practice good sleep hygiene – keep to a regular sleep/wake schedule, limit screens before bed and take a relaxing shower or bath prior to sleep time.
- Read books together.

**Keep future focused and positive – this is our reality for now, but it will not be forever.*

BAYVIEW R.O.C.K.S.

Everyone at Bayview participates in a school-wide approach to learning safe, responsible & respectful behavior to ensure a safe, caring, and orderly school environment. We are focusing on 'doing the right thing' – even when no one is watching. All staff describe, teach and practice, acknowledge, and reteach whenever needed.

We are reviewing our school matrix and 'Bayview R.O.C.K.S.' (Respect, Ownership, Cooperation, Kindness, Safety) and reviewing using WITS (Walk Away, Ignore, Talk it Out, Seek Help) as a problem solving strategy.

We thank you for your support and encouragement of your children to 'do the right thing' and for your interest and involvement in what is happening at Bayview.

Happy Holidays