

MONTECITO Elementary School

2176 DUTHIE AVENUE, BURNABY, B.C. V5A 2S2 (604)296-9023 FAX (604)296-9068

School website address: <http://montecito.burnabyschools.ca>

Principal: Fonda Papathanasiou

JANUARY NEWSLETTER

Secretary: Susy Scigliano

Head Teacher: Christina Coletta

January 2022

Trustee: Jen Mezei jen.mezei@burnabyschools.ca

SCHOOL MOTTO: Kindness to Ourselves, Kindness to Others and Kindness to This Place

Dear Families,

Welcome back to school! I trust that everyone had a restful Winter Break and enjoyed some quality family time this holiday. We have now adjusted some of our Health and Safety expectations and students have been asked to follow these for the time being. This includes adding an additional recess and staggering lunchtimes for students as well as the continuation of handwashing, the wearing of masks and respecting personal space.

Although there has been uncertainty around COVID in recent weeks, our school has been filled with laughter, big smiles, and many wonderful learning moments. Our staff have been flexible and creative in how they have worked to maintain a meaningful learning environment, while implementing our health and safety protocols. One of my favorite parts of being a Principal, going around to all the classes and seeing the incredible learning that is going on and the joy and pride students take in their work. We recognize that this has been a challenging time for families, and on behalf of our staff, I would like to thank each of you for your diligence in following our Health and Safety protocols and for the support you have shown our school community.

Please remember to continue to do a daily health check on your child. If your child has any symptoms, please keep them home until those symptoms have resolved. Please continue to check the BC CDC website for the most up to date information on what to do if your child has COVID or is a close contact.

Thanks to the many parents who are calling in or emailing their teacher or the office when they know their child will be absent. The information is also used to monitor illness for Fraser Health. When you call in, please provide the day or days they will be absent, the child's name and their division. Our office can be reached at 604-296-9023 or by email: Montecito.Info@burnabyschools.ca Thank-you to all of the families who have been doing this already. It helps us gain an accurate picture of our school absences.

I wish everyone a smooth transition into the New Year with best wishes for a healthy and prosperous 2022!

Yours sincerely,

Fonda Papathanasiou

Principal, Montecito Elementary

Daily Health Check and What to Do When Sick

Daily Health Check

Everyone going into 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

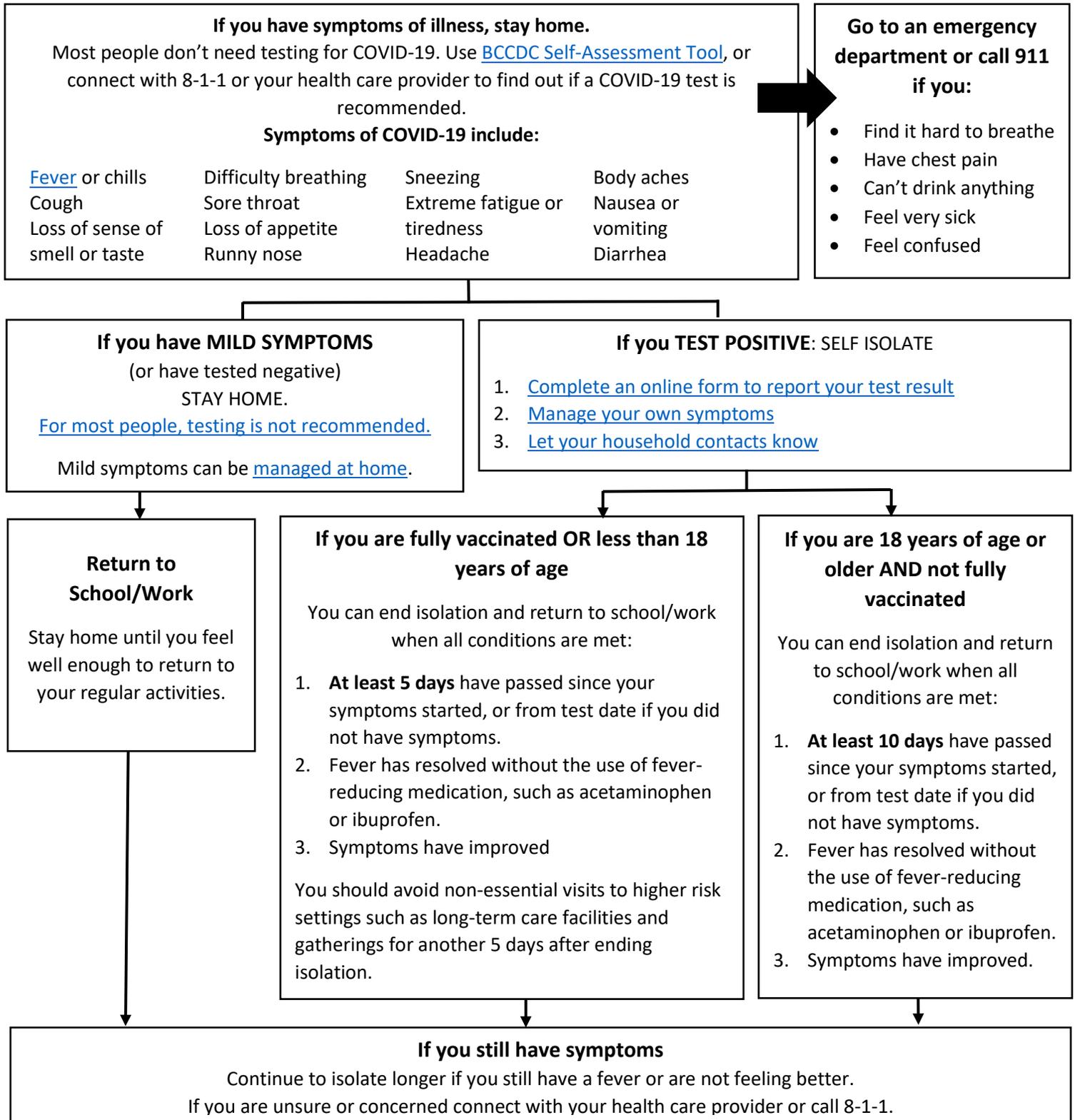
Your age and vaccination status determine how long you should self-isolate for if you test positive for COVID-19.

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	
	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)

Our Kindergarten classes wrote their own personalized class land acknowledgements.

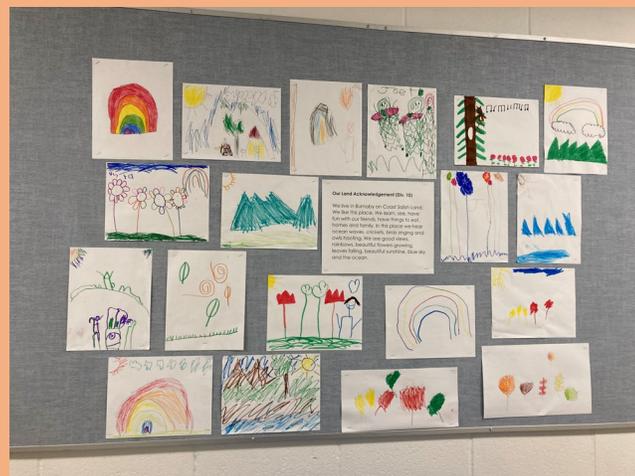
Our Land Acknowledgement (Div. 9)

We live in Burnaby, BC, Canada on Indigenous Land. We like family. We dance in the rain, find flowers, eat nature food like clams, fish and snails, play in the snow on the mountains and look at whales and lakes. We need to take care of nature.



Our Land Acknowledgement (Div. 10)

We live in Burnaby on Coast Salish Land. We like this place. We learn, see, have fun with our friends, have things to eat, homes and family. In this place we hear ocean waves, crickets, birds singing and owls hooting. We see good views, rainbows, beautiful flowers growing, leaves falling, beautiful sunshine, blue sky and the ocean.



Literacy Week, what is it?

“Literacy Week” is a week full of activities based on reading and writing. Our school Montecito does it every year in January. Why is it important? It’s important because reading and writing is another type of communication. Communication is important because we don’t want people to misunderstand us, and to get a more accurate representation of what we want to say.

There are some people who have hearing impairment. They will probably not be able to talk to one another because they couldn’t be taught to speak any language fluently (I think). Even if they cannot speak, they can still learn to write. So, if deaf people want to communicate, they can use a different way known as writing or sign language which is also known as literacy. We should be aware of this and learn about it since it’s important, that’s why people made a fun event called literacy week.

As the writer myself I personally don’t participate in literacy week much, and there are probably some people as well. We aren’t expected to be completely fluent in English, it’s always step by step. Same thing with me, my writing isn’t perfect either. We don’t have to be perfect but we can practice literacy skills so we can have a better life, job, and family

By: Roan Kim - Div 3



Division 9 has been having 'SNOW much fun' with our Winter theme: SNOW Persons. From being captivated by living in a snow globe, to designing their unique snowmen out of plasticine, adding glitter (as snow), and filling their jars with water to the rim then shaking them to see the snow dance around in their jars and land gently on the ground... what could possibly be more fun?!

Well, we all know that snowmen have the most fun at nighttime, so children were able to do some writing about their very own snowmen. They named their snowmen, described what they liked to wear and what their favorite activities were at night. They had so much fun drawing and writing about their snowmen.

The children were so creative and had so much fun describing their snowmen. What is your snowman's name? What does your snowman like to wear? What is your snowman's favourite thing to do at nighttime? Here are a few samples of their writing.

Title: My Snowman

My snowman's name is Mia. She likes to wear a dress. At night, her favourite thing to do is to play dress up. **By Keilani**

Title: My Snowman

My snowman's name is Sophie. She likes to wear a scarf. At night, her favourite thing to do is jump on houses. **By Ellie**

Title: My Snowman

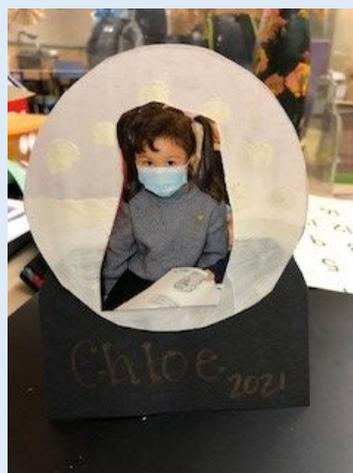
My snowman's name is Harrison. He likes to wear a hat. At night, his favourite thing to do is snowboard. **By Landon**

Title: My Snowman

My snowman's name is Spooky. He likes to wear spooky stuff. At night, his favourite thing to do is play danger ball. **By Ryan**



Division 9





**Montecito Elementary School
Parent Advisory Council**

2176 Duthie Avenue
Burnaby, BC V5A 2S2

pacmontecito@gmail.com

Montecito

Montecito PAC fundraisers

BOTTLE DRIVE: Just a note to say THANKS to all those who contributed to our recent bottle drive! We raised over \$460 to go towards another Busch recycling centre for our school! We still have a little ways to go to reach our goal but we are getting closer. Special thanks to our volunteers (parents/students) who marched through the snow and ice to pick up the bottles from homes throughout the Montecito neighbourhood including: Lana, Patrick, Elyse, Sadie, Ella, Adam, Lisa, Nicole, Vincent, Emma, Stephanie, Jessica and Katie!!

Watch for these upcoming fundraising events

- 1) **SPRING NEUFELD FARMS/PURDYS CHOCOLATES.** If you are looking for Easter treats or grocery items, these fundraisers are for you! More details to follow.
- 2) **HOT LUNCH DAYS** are back!! We are offering our popular hot lunch days again on Fridays. More details to follow.

Mustangs

A message from Kirsten Fox, School Development Officer – BC, Yukon to the Montecito families...

This year, Montecito Elementary came together to raise an incredible \$1,371.41 for cancer research for our Terry Fox School Run. The Terry Fox Foundation is so grateful for our commitment and dedication. It is wonderful to see that Terry continues to inspire millions of students across the country. Thank you again for your inspiring commitment and partnership. Your generous support makes a difference and helps fund innovative cancer research in Canada.



West Coast Recess: Unless we are experiencing extreme weather, we plan to continue to send students outside at recess. For this reason, students are asked to dress appropriately for the weather, and it is a good idea to have an extra set of clothing at school. At lunchtime, if the weather is extreme, we may allow our students to stay inside.



Reminder

Kindly pack some extra masks with your child as the masks that are provided by the school are intended for emergency use only. Thank you!



School Visitors

For the time being, parents are required to stay outside the school building. If you need to contact someone at the school, please use email and, if required, set up an appointment. We hope that as conditions improve, we can return to our open community.



TWEET TWEET...

Did you know that Montecito has a twitter account? If you want to check out some timely and exciting learning and event information throughout the year, please follow us at [@montecitoSD41](https://twitter.com/montecitoSD41)

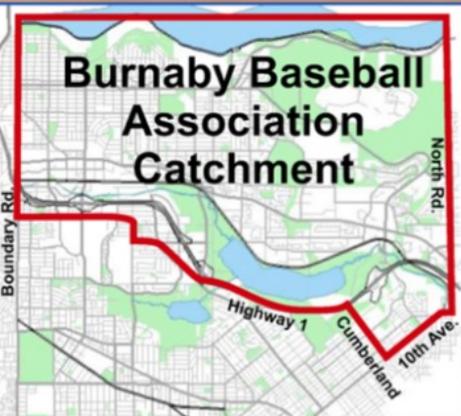


BURNABY BASEBALL

ASSOCIATION

Register for Spring Baseball programs for boys & girls ages 4-25

Home of the 2020 18U College Prep Provincial Champions



New To Burnaby Baseball?
Take advantage of Grassroots
5U & 7U Discounts
Info on our website below



Start Registering at www.burnabybaseball.com
Deadline Friday, March 4th, 2022

SBMC "Outdoor"

Spring Break Camp

March 14-
18, 2022
Mon-Fri
9am-3pm

Activities:

- Soccer drills & skills
- Junior Olympics
- Frisbee Golf
- Giant Tic-Tac-Toe
- Giant Bowling
- Giant Jenga
- Sack / Track Race

Hurry,
space is
limited!

Registration Fee:

Half Day (9:00 am-11:30 am)

or (12:30 pm-3:00 pm)

\$120 + tax

Full Day (9 am- 3:00 pm)

\$200 + tax

(all reg. includes a camp T-Shirt)

Location:

Byrne Creek Secondary Turf
(7777 18th Ave., Burnaby)

Register at

<https://go.teamsnap.com/forms/301083>



BURNABY LAKE

FIELD HOCKEY CLUB



LOOKING FOR AN EXCITING SPRING SPORT OPPORTUNITY?

BLFHC offers junior programs from March-June for young girls and boys, ages 5 and up. No previous experience necessary. Field hockey is a team sport where the emphasis is on skill development, teamwork, and fun. This provides a fantastic opportunity for offseason training in a competitive team environment.

 @BURNABYLAKERS

BURNABYFIELDHOCKEY.COM

BLFHCJUNIOR@GMAIL.COM



2022 FEES

- **New Player: \$90**
- **Early Bird (ends Jan. 31, 2022): \$100**
- **Regular Fee: \$120**
- **Refer a Friend: \$15**



JUNIOR PROGRAM

Burnaby Lake junior field hockey provides an opportunity for young boys and girls to get involved in our sport. Field hockey is a team sport where the emphasis is on participation, teamwork, and fun. It is a fitness activity that is well suited to children's exercise requirements, with plenty of running over short distances (chasing the ball), and good development of eye-hand-foot coordination. Field hockey is a sociable, club-based game, with junior clubs from Tsawwassen, Richmond, Surrey, Vancouver, West Vancouver, and Coquitlam. Many juniors go on to play in the senior leagues at recreation or competitive levels.

The junior season begins in early April and is played until late June. Practices are once a week on a weeknight evening at a turf field in Burnaby. Games will be played on weekends throughout the Lower Mainland.

AGE GROUPS

CO-ED	GIRLS	BOYS
Mites: Born 2014 - 2016	U12: Born 2010-2011	U12: Born 2010 and younger
Minis: Born 2012 - 2013	U13: Born 2009	U14: Born 2008-2009
	U15: Born 2007-2008	U16: Born 2006 - 2007

MANDATORY EQUIPMENT

- **Mouthguard**
 - **Soccer shin pads**
 - **Runners or Cleats**
- Sticks are for loan from BLFHC!**

Spring League Mini

Apr 2, 2022 - June 11, 2022

Join us for 10 weeks session filled with fun activities that gear towards soccer for ages **3 – 6 years old** (born 2015 - 2018)

- **Only \$120** for current player (currently registered for Fall 2021 season) or **\$140 for new player** (not registered for Fall 2021 season)
- One practice on weeknight
- Games/Soccer Activities on Saturdays (between 9 -12 am, depending on health authority guidelines)
- Games and practices at Byrne Creek Secondary School turf

Register now at

<https://go.teamsnap.com/forms/300744>



SBMC Academy

Apr 4, 2022 – June 20, 2022

Want to improve your soccer skills?
Join us for 9 sessions of fun and learning how to play soccer

- U8 and younger
- U9 and older
- High Intensity (select)

- **Only \$140** for the whole program
- For kids **4 – 17 years old**
- Monday night sessions ONLY (6-7 pm for 7 years and younger) and (7:05 – 8:05 pm for 8 years and older)
- All 9 sessions will be at Byrne Creek Secondary School turf

Register now at

<https://go.teamsnap.com/forms/300774>

Cascadia 2022

April 2, 2022 – June 11, 2022

Join us for 10 weeks session for kids ages **7 years and older** (born 2004 - 2014).

- **Only \$140** for current player registered for Fall 2021 season, **\$160 for new player** (not registered for Fall 2021 season)
- At least 1 practice on weeknights
- Games/Soccer Activities on Saturdays (depending on health authority guidelines)
- Practices at Byrne Creek Secondary School turf

Register now at

<https://go.teamsnap.com/forms/300646>





FEBRUARY 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 	2 	3	4	5
6	7	8	9	10	11	12
13	14 	15 PAC Meeting	16	17	18	19
20	21  School Closed	22	23 Pink Shirt Day 	24	25 Pro-D Day No School	26
27	28					