



# NUSDEH YOH DUSTL'US

Check out our website at... [www.sd57.bc.ca/school/nyoh/](http://www.sd57.bc.ca/school/nyoh/)

Happy  
Holidays!

Nusdeh Yoh Newsletter

December 2020 & January 2021

## SERVICES & OPPORTUNITIES

Q: StrongStart – ages 0 to 5

A: Yes - Contact Leah Kobyłka

Q: Breakfast Program

A: Yes - Offered daily to all students

Q: Lunch Program

A: Yes – \$20/month – please see Bonnie

Q: Afterschool Activities

A: Yes – see attached schedule

Q: Nurse Practitioner

A: Yes – Tuesdays – please see Bonnie

Q: COVID Testing

A: Yes – Central Interior Native Health – see Bonnie

Hadih (Hello),

As we near the winter break, we want to thank everyone for supporting us and your students as we wrap up the first part of a very different school year.

Students and staff have done an excellent job of following our COVID safety expectations. We are especially proud of everyone.

Next week your student's first report on learning will go home. Please take a look over your child's report and be sure to be in touch with the teacher if you have any questions or concerns.

Although we need to ask our caregivers to wait outside at this time, we are always ready to see and connect with you. Please stop by if you would like to meet with any of us to discuss your child's learning or if you have any questions regarding safety at school.

We miss everyone and hope you are all doing well!

Snachailya – Liza & Richard



## School Plan for Student Success

This year we continue to focus on three main areas when it comes to our school plan for student success.

- **Balanced Literacy:** reading, writing, oral language
- **Dakelh Language:** numbers, days of the week, months, basic phrases, animals, seasons
- **Indigenous Culture:** learning feasts, drumming, Lheidli T'enneh Seasonal Rounds, Restitution and Restorative Practice



# NUSDEH YOH DUSTL'US

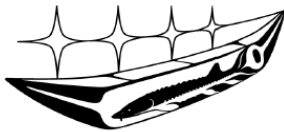
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Happy Holidays!



## Outstanding attendance this year – Less than 5 days missed!

- Jazmin
- Tamsin
- Dayton
- Benedict
- leshea
- Destiny
- Devon
- Zakk
- Paxton
- Faye
- Cole
- \* John
- \* Lovleen
- \* Marlon
- \* Mitchell
- \* Alisha
- \* Julie
- \* Kendra
- \* Devon
- \* Jace
- \* Chase
- \* Cara-Lynn
- \* Denise
- \* Michelle
- \* Pauline
- \* Serenity
- \* Juniper
- \* Aaliyah
- \* Kayden
- \* Myla
- \* Terrance
- \* Averie
- \* Aleah
- \* Brent
- \* Olivea
- \* Jesslynn
- \* Nevaeh
- \* Skye
- \* Skyler
- \* Seanna



## Nusdeh Yoh: Fun with Friends!

\* January 2021 Schedule - Permission Forms Must be Returned to Participate

### 4 Program Options

Time

Monday

Tuesday

Wednesday

Thursday

Friday

#### Right to Play (Gr. 4-7)

Contact: Treena Beauchamp  
Indigenous Education Worker

2:30 - 4:00pm	No Programs	Vanda & Dawn	Marianne & Leon	Vanda & Dawn	No Programs
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#### Afterschool Arts & Sports (Gr. 1-3)

Contact: Alison Thibodeau  
Community School Coordinator  
Support Staff: Louella, Jodee, Leanne & Brittney  
15 student maximum

2:30-3:30pm	No Programs	Marianne & Leon SPORTS (Gym)	Brenda & Cheryl ARTS (Mrs. T)	Marianne & Leon SPORTS (Gym)	Brenda & Cheryl ARTS (Mrs. T)
		Brendan, Denon & Sonya ARTS (Mrs. T)	Brendan, Denon & Sonya SPORTS (Gym)	Brendan, Denon & Sonya ARTS (Mrs. T)	Brendan, Denon & Sonya SPORTS (Gym)

#### Bear Den Activities (Gr. 1-7)

Contact: Imani Miller & Godwin Barton  
Indigenous Education Workers

2:30-3:30pm	No Programs	No Programs	Vanda & Dawn	Brendan, Denon & Sonya	No Programs
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#### Cooking Club (Gr. 3-7)

Contact: Marla McRae & Leslie Pion  
Youth Care Workers  
10 student maximum

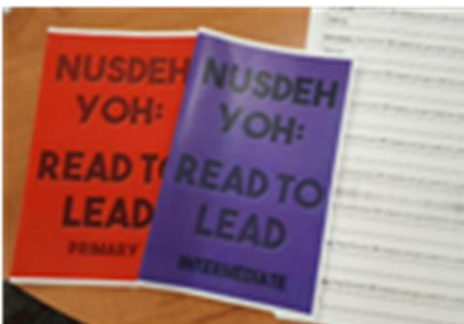
2:30-3:30pm	No Programs	Marianne & Leon	No Programs	Marianne & Leon	No Programs
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## IMPORTANT DATES

Dec. 9 <sup>th</sup>	Christmas Caroling
Dec. 11 <sup>th</sup>	Movie & Pyjama Day
Dec. 14-18 <sup>th</sup>	CSL: Learning Reports Home
Dec. 15 <sup>th</sup>	Christmas Breakfast
Dec. 17 <sup>th</sup>	Santa Visit
<b>Dec. 18<sup>th</sup></b>	<b>Winter Break Starts</b>
Jan. 4 <sup>th</sup>	Back to School
Feb. 5 <sup>th</sup>	NID – No School
Feb. 15 <sup>th</sup>	Family Day – No School
Mar. 19 <sup>th</sup>	Spring Break Starts
Apr. 2 <sup>nd</sup>	Good Friday – No School
Apr. 5 <sup>th</sup>	Easter Monday – No School
Apr. 6 <sup>th</sup>	Back to School
Apr. 23 <sup>rd</sup>	NID – No School

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Please encourage your child to “Read to Lead”! As they read they can fill out ballots to enter our monthly draw and win prizes 😊

## Our focus – the Circle of Courage...

### BELONGING

- I show respect for others
- I respect myself
- I participate in my learning
- I express my feelings appropriately

Moose, Wolf, Sabe

### INDEPENDENCE

- I am confident (Belief in Self)
- I don't give up (Growth Mindset)
- I set a good example for others
- I begin tasks on my own

Bear, Butterfly, Salmon

### GENEROSITY

- I share with others
- I help others when needed
- I include others
- I show understanding when things are difficult for others

Coyote, Eagle

### MASTERY

- I learn with others
- I think creatively by trying new things
- I think critically by considering other opinions and using facts to support my opinion
- I solve problems respectfully

Beaver, Caribou

## Elfing Around 🧝



We wish you a Merry Christmas and look forward to seeing everyone back at school in the New Year!





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## Daily Health Check for Students

This tool is for parents and caregivers to assess their child prior to coming to school.

Parents and caregivers are required to assess their child daily **BEFORE** sending the child to school.

Daily Health Check				
1. Key Symptoms of Illness*	Does your child have any of the following new key symptoms?			
	Fever		YES	NO
	Chills		YES	NO
	Cough or worsening of chronic cough		YES	NO
	Shortness of breath		YES	NO
	Loss of sense of smell or taste		YES	NO
	Diarrhea		YES	NO
	Nausea and vomiting		YES	NO
2. International Travel	Has your child returned from travel outside Canada in the last 14 days?		YES	NO
3. Confirmed Contact	Is your child a confirmed contact of a person confirmed to have COVID-19?		YES	NO

If you answered "YES" to one of the questions included under 'Key Symptoms of Illness' (excluding fever), your child should stay home for 24 hours from when the symptom started. If the symptom improves, your child may return to school when your child feels well enough. If the symptom persists or worsens, seek a health assessment.

If you answered "YES" to two or more of the questions included under 'Symptoms of illness' or your child has a fever, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, your child should not return to school until COVID-19 has been excluded and your child's symptoms have improved.

When a COVID-19 test is recommended by the health assessment:

- If the COVID-19 test is **positive**, your child should stay home until you are told by public health to end 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**, your child can return to school once symptoms have improved and your child feels well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless the child develop a new illness.
- If a COVID-19 test is **recommended but is not done** because you choose not to have the test, or you do not seek a health assessment when recommended, and your child's symptoms are not related to a previously diagnosed health condition, your child should stay home from school until 10 days after the onset of symptoms, and then your child may return if your child is feeling well enough.

If a COVID-19 test is not recommended by the health assessment, your child can return to school when symptoms improve and the child feels 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 you answered "YES" to questions 2 or 3, use the [COVID-19 Self-Assessment Tool](#) to determine if your child should seek testing for COVID-19.

**A health-care provider note (i.e. a doctor's note) should not be required to confirm the health status of any individual.**