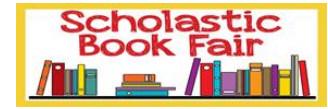




# NUSDEH YOH DUSTL'US

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



## 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),

Welcome back to school! It's so nice to see all our students back as we settle into some new routines.

Each morning we have been starting off in a good way with our drumming & singing – please join us if you can – in a socially distanced kind of way 😊 we are outside on the school grounds at 8:45am.

As we need to ask parents to wait outside while your students are at school, please be sure to call the school (250-562-7201) or stop by and ring the door bell if you have any questions or would like to schedule a time to meet – we'd love to see and/or hear from you.

We hope you are all doing well! This year will be a great year!

Musi – Liza & Richard

## PARENTS & PAC

Monday's @ 9am – Bear Den

*coffee, a visit, friends, fun*

## ORANGE SHIRT DAY – September 30<sup>th</sup>



Please wear your “orange” or “favorite” shirt to school on Wednesday, September 30<sup>th</sup> as we recognize Orange Shirt day.

### Guests for the day:

- Dayi Pountney (Lheidli T'enneh Chief)
  - Kym Gouchie (Musician)
- Caitlyn Whitehawk McCarville (Jingle Dress Dancer)



## 2020/21 Bell Schedule

- 8:45am Warning Bell
- 8:50am Instruction Begins

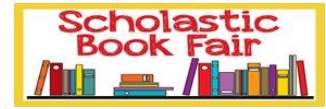
Learning Group 1 & 2	Learning Group 3 & 4
12:00 – 12:15 Eat Inside	11:45 – 12:10 Outside Play
12:15 – 12:40 Outside Play	12:10 – 12:25 Eat Inside
12:45 Instruction Begins	12:30 Instruction Begins

2:32pm Instruction Ends – Dismissal



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Dear Nusdeh Yoh Families,

My name is Lauren Irving and I work as a Family Nurse Practitioner at Central Interior Native Health Society (CINHS) in downtown Prince George. This year we will continue to offer primary health care services at Nusdeh Yoh. **Clinics will run on Tuesday mornings** and will be available to students who have no Doctor or Primary Health Care Provider in town, students who are already patients of CINHS, students who have emergent problems, or students who face challenges seeing their Primary Health Care Provider.

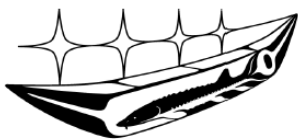
CINHS is a dedicated **COVID testing** site and can provide testing to any Nusdeh Yoh student, staff, or family member. If you require testing, **please call CINHS at 250-564-4422** early in the day to book an appointment for later that afternoon. Please have your PHN number ready when you call. If you have any concerns about your child's health and would like your child to be assessed either right away or at some point over the school year, please fill out the consent form which is being sent home. Please contact Bonnie if you have not yet received a copy of the consent form or would like to make an appointment for your child. If you are a new patient to our program, we may have some extra paper work for you to fill out.

If you have any questions, please come visit me at the school clinic!

Sincerely, Lauren Irving NP (F)



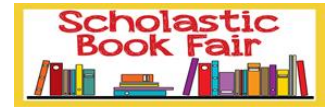
*Permission slips must be returned in order to attend*



## Nusdeh Yoh: Fun with Friends!

*\* Learning Group 1 (white) will have opportunities to join in January*

4 Program Options	Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Right to Play (Gr. 4-7)</b> Contact: Treena Beauchamp Indigenous Education Worker	2:30 - 4:00pm	Marianne & Leon	Vanda & Dawn	Marianne & Leon	Vanda & Dawn	No Programs
<b>Afterschool Arts &amp; Sports (Gr. 1-3)</b> Contact: Alison Thibodeau Community School Coordinator Support Staff: Louella, Jodee, Leanne & Brittney 15 student maximum	2:30-3:30pm	No Programs	Marianne & Leon <b>SPORTS</b> Brendan, Denon & Sonya <b>ARTS</b>	Marianne & Leon <b>ARTS</b> Brendan, Denon & Sonya <b>SPORTS</b>	Marianne & Leon <b>SPORTS</b> Brendan, Denon & Sonya <b>ARTS</b>	Marianne & Leon <b>ARTS</b> Brendan, Denon & Sonya <b>SPORTS</b>
<b>Bear Den Activities (Gr. 1-7)</b> Contact: Imani Miller & Godwin Barton Indigenous Education Workers	2:30-3:30pm	No Programs	Brendan, Denon & Sonya	Vanda & Dawn	Brendan, Denon & Sonya	Vanda & Dawn
<b>Cooking Club (Gr. 3-7)</b> Contact: Marla McRae & Leslie Pion Youth Care Workers 10 student maximum	2:30-3:30pm	No Programs	Vanda & Dawn	No Programs	Marianne & Leon	No Programs



## IMPORTANT DATES

- Sept. 30<sup>th</sup> Orange Shirt Day
- Oct. 12<sup>th</sup> *Thanksgiving* – NO SCHOOL
- Oct. 13<sup>th</sup> Early Dismissal – 1:32pm
- Oct. 14<sup>th</sup> Early Dismissal – 1:32pm
- Oct. 19<sup>th</sup> Book Fair STARTS
- Oct. 23<sup>rd</sup> Book Fair ENDS
- Nov. 11<sup>th</sup> *Remembrance Day* – NO SCHOOL
- Nov. 16<sup>th</sup> Primary Report Writing Day
- Dec. 21<sup>st</sup> *Winter Break* – NO SCHOOL
- Jan. 4<sup>th</sup> Back to School!

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## 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

## OCTOBER

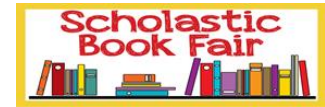
**RESPECT:** GIVING ALL HUMANS, PLANTS, ANIMALS THE CHANCE TO LIVE AND GROW; TREATING OTHERS AS YOU WOULD LIKE THEM TO TREAT YOU; HONOURING THE ENVIRONMENT





# NUSDEH YOH DUSTL'US

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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
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

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.**