



Barlow Creek Newsletter

Ms. N. Danuser, Principal

December 15 2023

Ms. D.Telford, Secretary

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PRINCIPAL'S MESSAGE

Dahooja Barlow Creek Families!

Our focus for December has been on responsibility, students are working on being responsible by following the rules and doing what is right. Please take some time to talk about responsibility with your children. Our focus for January is fairness.

Sunachailya to our Barlow Creek PAC. We are grateful for all you do for our students. Thank you for your support and the special events you do for us.

To all of our families, we appreciate your ongoing support and patience. If you have any questions or concerns do not hesitate to contact the school. Have a safe and happy holiday! See you on January 8, 2024.

Sunachailya,

Ms. Nancy Danuser, Principal



UPCOMING DATES:

Winter Concert—1pm	Dec 19
PAC Christmas lunch and afternoon activity	Dec 20
Candy gram delivery	Dec 20
School Spirit Christmas Dress up day	Dec 21
Student Learning Updates—Term 1 Reports home	Dec 21
December Assembly—8:45am	Dec 22
Last day of school before break	Dec 22
Winter Break	Dec 25—Jan 5
First School Day of 2024	Jan 8
Wheelchair sports	Jan 19
January Assembly—8:45am	Jan 26
K—grade 3 skating day	Jan 26
Kindergarten Registration	Jan 29—March 15
District Non-Instructional Day	Feb 2

PAC FUNDRAISER:

Special Thanks

Sunachailya and thank you to all of the families and community members who supported the Barlow Creek PAC Krispy Kreme Fundraiser. We appreciate your generosity.

Thank-you for your support!



Support for Families

We realize that with the rising inflation many families may be struggling financially. The Ministry of Education and Child Care has provided School Districts with extra Family Affordability Funds to help families who may need a little extra help. Please contact the school if you need any support.

We know the holidays can be a difficult time of year, so all families will be entered in a draw to win local gift cards.

Winners will be contacted next week.

Healthy Practices

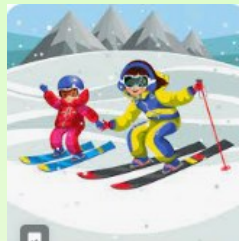
Throughout cold and flu season we have been experiencing increased student and staff absences. We wanted to remind everyone to stay home when sick as this stops the spread of illness. Students, visitors and staff should stay home if they have symptoms of illness such as: fever or chills, difficulty breathing, diarrhea, runny nose, headache, sore throat, sneezing, body aches, loss of sense of smell or taste, loss of appetite, extreme fatigue or tiredness, vomiting, severe uncontrolled coughing or wheezing.

SKI TRIP UPDATE

Our Grade 4 to 7 Ski Trip dates to Troll are

March 11 and 14, 2024.

We will be sending information and permission forms in January.



Dakelh Language and Culture

Practice some Dakelh with your children.

Naotejus –It's going to snow

Sacho Yudi'ai - December—Eve of the big moon

Khi - Winter

Sunachadindli—Thank you for your kindness

Language Lessons

Arlene Horutko our School District Language Resource Teacher was here December 5 to 7. She was able to do three sessions with each class while she was at Barlow Creek. Students practiced numbers, colours, counting, and conversations. Mrs. Horutko also shared some stories with the students. We look forward to her next visit in March 2024.


Allergy Alert

We are peanut and shellfish free. Please refrain from sending food that includes these ingredients.

All SD #28 buildings are scent free.



HOLIDAY CANDY GRAM	
To:	
Homeroom Teacher:	
From:	
Message:	



CANDY GRAMS FUNDRAISER

Candy Cane Candy Grams will be handed out **December 20.**

Lhtako Quesnel 2024 BC Winter Games

The Winter Games Committee is still looking for volunteers. Please visit the website if you are interested in supporting this community event.

February 22 to 25, 2024.

<https://bcgames.org/games/bc-winter-games/>

IMPORTANT:

We are still looking for a spare Noon Hour Student Supervisor.

Please come to the office with a resume.

LIBRARY BOOKS

Please check around your homes for any library books and send them back to the school.

Mrs. Sumner is sending overdue notices before the break.



Coming Soon!!

Grade 7 Hoody Cookie Dough Fundraiser from Quesnel Bakery will be delivered before the break.

HOT LUNCHES

New hot lunch order forms will be sent home in January 2024.



PAC CHRISTMAS LUNCH & AFTERNOON ACTIVITY

The PAC will be providing a lunch of spaghetti with meat sauce, caesar salad, garlic toast and ice cream with sprinkles on **Wednesday, December 20th.**

Gluten free option available.



WINTER CLOTHING DONATIONS

If any household that has spare / outgrown winter coats, we would gladly accept them for kids to borrow.

Dressing for the Weather

We would like to remind ALL students to dress for the weather! Unless it is extremely cold (-15C) we will be outside for lunch and recess. Wear layers, along with proper attire - such as, a **warm jacket, snow pants, mittens/gloves, toque and boots!** A change of clothes in your backpack is a great idea!

School Communications

Most communication, such as bus information, newsletters, etc., will be emailed from the school. You can also check our school website, barlowcreek.sd28.bc.ca or the school district website, www.sd28.bc.ca. Our website is linked to the school district website so up to date school district information is on the Barlow school website as well.

LUNCHES:

Please remember to send the required utensils for your child(ren)'s lunches.

Kids have been coming to the office for spoons on a continual basis.

We don't normally stock spoons. Thanks in advance.



Raising Digitally Responsible Youth – A Parent's Guide

Parenting is hard, and the rapid rise of technology and social media use in the lives of their kids makes it harder. To help, Safer Schools Together is sharing access to their parent's guide for raising digitally responsible youth. The guide was designed to help introduce Parents and Caregivers to leading social media platforms, video games, and relevant trends that are either being used already or have the potential to be used by their children. This guide is full of tips, how-to's and definitions for the most widely used apps – including TikTok, Snapchat, Instagram and more. Click on the link below to get your free copy.

<https://resources.saferschoolstogether.com/link/352883/>



Student Walking Safety

As we head into winter with shorter daylight hours, we wanted to share some tips for students walking to bus stops and schools.

- * Be visible - Students should have some form of clothing, backpack or other item that is reflective, or some form of light to shine as they walk.
- * Walk on sidewalks or paths – It is always best to walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible.
- * Eyes up, phones down – be attentive while walking to avoid tripping and watch for traffic.

We also ask that all drivers SLOWDOWN while driving in school zones and bus stops and watch for students during your morning and afternoon commute.

Head Lice

What are head lice?

Head lice are tiny, greyish brown, wingless insects that live on the scalp, feeding on human blood. They lay eggs which stick to strands of hair very close to the scalp. Once the egg hatches the empty case left behind is called a nit.

Head lice are hard to see because they are tiny and move around on the head. Eggs are very small, about one-third (1/3) the size of a sesame seed and take 6 to 12 days to hatch. The nits are easier to see and are found further down the hair shaft. Both eggs and nits may look like dandruff, but they cannot be easily removed because they are sticky.

Do head lice cause illness or spread disease?

No, head lice do not cause illness or spread disease. However, they can be irritating because of the discomfort they cause and how easily they are spread from person to person.

How are head lice spread?

Anyone can get head lice. Having head lice does not mean a person has poor personal hygiene or lives in an unclean environment. Anyone who has hair can get head lice.

Head lice are commonly spread among children and adults who have close head-to-head contact. Head lice cannot jump or fly from 1 person to another. They are most commonly spread through head-to-head contact by crawling from one hair to another. There is a very small chance of head lice spreading indirectly through shared pillowcases, hair accessories, brushes, and combs.

How do I prevent the spread of head lice?

Head lice can best be controlled through the cooperation of parents, children, daycares, schools, and health care providers. Checking the hair of all family members weekly using the wet combing method is the best way to prevent the spread. Children should be encouraged not to share hats, combs, hair accessories, or hairbrushes. If your child has long hair, tie it up or put it in a braid.

What are the symptoms of head lice?

Often people who have head lice will have no symptoms for 4 to 6 weeks with their first case.

Symptoms of head lice may include:

- crawling or tickling sensation on the scalp;
- itchy scalp due to an sensitive reaction caused by the bites; and
- scratch marks or small red bumps like a rash.

How can I tell if my child has head lice?

The most accurate way to check for head lice is the wet combing method:

- Wash and rinse the hair. Apply enough conditioner to cover the whole scalp (usually 2 handfuls). The conditioner stops the lice from moving, making them easy to find.
- Use a wide tooth comb to get the tangles out. At any time if the comb tugs, add more conditioner.
- Begin combing the entire head with a lice comb. Pull the comb through the hair in one stroke from the front to the back of the head. Keep the teeth in contact with the scalp for the entire stroke.
- After each stroke, wipe the comb on a paper towel and check for lice.

If no lice are found, repeat the above process weekly as part of your family's hygiene routine. Having head lice once does not prevent someone from getting them again.

What are safe options for treating head lice?

Treatment should be considered only if live lice are found. Head lice will not go away without treatment.

If one person in the household has head lice, there is a good chance other household members do as well. All members of the household should be checked on the same day and those with lice should be treated.

There are many different products and ways to treat head lice. Some health experts recommend wet combing and others recommend chemical treatments.

Wet Combing treatment

This method removes live head lice. Wet combing is less expensive and non-chemical. Combing treatments are done following the same steps used to check for lice. Any young lice, that hatch from eggs after the first session are removed at the second, third and fourth sessions. This is why it is important to do the full series of sessions. Use generous amounts of hair conditioner and a special lice comb, every 4 days for at least 2 weeks. If lice are found on the final combing, add one more combing in 4 days until no live lice are found.

Wet combing is safe for infants, young children, as well as pregnant and nursing mothers. Contact your public health unit at www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities for complete instructions on the wet combing method.

Chemical treatments

Non-prescription products – Shampoos, creams, rinses and sprays that contain an ingredient that kills lice are available at most pharmacies without a prescription. Some examples are permethrin, pyrethrins, isopropyl myristate, and dimethicone.

These products may not be appropriate for children or adults of all ages, so speak to your health care provider or pharmacist to find out which is best for you or your child. Always carefully follow the directions for use on the label.

After treatment, the hair should be checked and eggs and lice should be removed. The nits may also be removed, although you don't have to remove them, as nits are empty eggshells.

Most treatments are repeated in 7 to 10 days to make sure that any head lice that have hatched after the first treatment are killed before they have a chance to lay any eggs. It is also important to check the head for any eggs and remove them after the second treatment. Itching may last for 7 to 10 days, even after successful treatment.

Head lice have started to develop resistance to many of the chemical products. If you think the product is not working after 24 to 48 hours, use the wet combing

method to check for lice. If lice are found, use a different treatment method. Head lice cannot develop resistance to non-chemical treatments.

The medications should be kept out of the reach of young children. Some medications cannot be used for infants, young children, pregnant or nursing mothers and should only be used following advice from a health care provider.

Children should receive their first treatment, whether wet combing or chemical, at home the first day that they are found to have head lice. Children should not be sent home or kept home from school or daycare because of head lice. The child should be encouraged to avoid head-to-head contact with other students until after their first wet combing or chemical treatment. Parents should check their child weekly for head lice using the wet combing method.

Confidentiality should be maintained in order not to embarrass a child or family who has head lice.

When should I call my health care provider?

Call your health care provider if the treatments are not successful. Chemical treatment of pregnant or nursing mothers and of children less than 4 years of age should be given only under the direction of a health care provider.

What options are not recommended for treating head lice?

Methods and products that should not be used because they are either not safe or do not work include: insect sprays, motor oil, gasoline, alcohol, flea soap, dyes, bleaches, heat applied to the scalp, garlic, tea tree and other essential oils, electric lice combs, and shaving the head.

What should be cleaned?

Healthy head lice rarely leave the scalp and if they do they may only survive for 24 to 55 hours. Head lice are not shared through contact with furniture, pets or carpets. There is no evidence that a major cleaning of the house or car is necessary. Hats, pillowcases, combs, and hairbrushes that have had contact with the head of the person with head lice in the previous 3 days, could be considered for cleaning in hot soapy water. Also clean supplies that you used for wet combing in hot soapy water.