

École Isabella Dicken Elementary School

1302 2nd Avenue, Fernie BC

<http://www.sd5.bc.ca/school/ides/Pages/default.aspx>

T: 250-423-4651

Principal's Message

Welcome back to school! I am excited to have started another year as Principal of École Isabella Dicken Elementary School (ÉIDES).

This September we welcomed 480 students and 50 staff to school! Yes we are bursting at the seams but we are also bursting with enthusiasm, energy and pride!



We have some new staff to welcome to our team this year: Mrs. Lennox in grade 2, Mrs. Strom in grade 2 (shared with Ms. Bedard), and Mrs. Evans as our daytime custodian. I would like to extend a special welcome to all families who are new to ÉIDES. You will find that ÉIDES is a vibrant school with a dedicated team that strives to provide a quality learning experience for all our students in a safe, caring, supportive and inclusive environment.

ÉIDES families will be receiving a copy of our Student Handbook through email. If you do not receive it this week, please contact our office so we can make sure you get a copy. It is also available to view or download off our website: [École Isabella Dicken Elementary](http://www.sd5.bc.ca/school/ides/Pages/default.aspx). Students in grades 2-6 have also received Student Planners and the ÉIDES Code of Conduct and Code of Cooperation can be found inside. Please take time to read and familiarize yourself with these.

Our newsletters are posted on our website and sent home by email unless you notify us that you need a paper copy and. I encourage you to check our Website regularly for calendar events, announcements and news. We also have a Facebook Page (Isabella Dicken Elementary School) where we share reminders, events and resources.

If you every have any concerns or questions, please do not hesitate to contact me at 250-423-4651. I am looking forward to another exciting year of wonderful learning!

Nicole Neufeld

Parent Advisory Council

Thank you to our PAC for providing the fridge magnets of our school calendar! We have an amazing PAC that contributes throughout the year to the success of our learners. I encourage ALL parents to learn more about how they can get involved with PAC. The best way to start is to attend a PAC meeting; they are held on the first Tuesday of every month at 7 pm in our school library. You can also find out more about PAC on our school website: [Parents](#)



The first of many **Gotchas** has arrived to help us celebrate good work and bucket filling.

Notes From Our Office

Absences

If you know your child will be absent from school please inform the teacher AND office in advance. Likewise if your child is going to be late or is sick and staying home, we need you to call the office at **250-423-4651**. Your help with this will save our secretaries a lot of time as they make a call home for every unreported absence to ensure the child is safe.

Visitors

For safety reasons we ask that all visitors enter the school at our main entrance off 2nd Avenue. All visitors must **sign in** at the office upon arrival and sign out as they leave the school.

Courtesy Bus Riders

Due to a bus overloading situation, we are no longer able to allow courtesy bus riders to be transported on school buses from ÉIDES. Safety for our students is our utmost concern and an accurate passenger list is essential. Only students registered with the bus department will be allowed to ride our busses. If you have any questions, you can call the bus department at 250-423-5885 ext 223.

Verification of Personal Information

Over the previous school years our secretarial staff sent home student verification forms for **all** students to ensure that our information on file is accurate. They worked diligently to make sure our records were up to date. Moving forward we are asking families to update any changes to their contact information (emails, phone numbers, emergency contacts, addresses etc.) as soon as applicable. Please email any updates to ides.mailing@sd5.bc.ca.

Permission Slips

This week students will be bringing home a package of permission forms (general walking permission, grade 6 emergency evacuation policy and personal information release) that need to be signed and returned to school yearly. Please read carefully before signing. The personal information consent form determines whether or not we can include photos of your child in our newsletter and yearbook. Please be sure of your intent when signing the form.

Medical Alerts

If your child has a medical condition that requires special attention (ie life threatening allergy or carries an epi pen) PLEASE ensure that you inform us. We have a Medical Alert policy and planning forms for parents to sign in order to help us provide any necessary care.

Traffic Safety

Morning drop off and after school pick up times are very busy and continue to create safety concerns. Please help us keep everybody safe by helping with the following:

- Remind your child to use the crosswalk properly and to look both ways before crossing.
- Please do not stop or block crosswalks with your car.
- We ask that you DO NOT bring your dog onto the playground.
- Bikes and scooters need to be walked through the playground, on sidewalks and crosswalks.
- Remind your child of bicycle safety rules especially for riding on the streets.
- The staff parking lot is for STAFF only; please do not use it as a drop off spot.
- Please do not linger in drop off/pick up zones during peak times.
- Please respect the no stopping and handicap parking zones.
- 13th Street is a bus zone DO NOT use it for drop off or pick up.

Freedom Concept Adaptive Bikes

We are so grateful and excited about the arrival of 2 new Freedom Concept adaptive bikes at ÉIDES!! Thanks to Deb and Jay Zammit's Cross Canada Joy Ride – two of our grade 2 students are the very happy recipients of new custom built bikes. The Zammit's donated a bike in every province they biked through - and lucky for us – they managed to fund two extra bikes for their hometown (Fernie)! The bikes have been a big hit on just day one.... So we can only imagine how they will help expand the scope of trips in the weeks and months to come. Sending out our BIGGEST Panther appreciation to the Zammit's and Freedom Concepts! Merci infiniment!



Terry Fox Run and Welcome Back Pancake Breakfast

On Friday we held our annual Welcome Back Pancake Breakfast and Terry Fox Run at FSS. It was an event full of smiles, enthusiasm and school spirit. Thank you to all those who participated and for your generosity in donations to support this cause. The staff have promised a Moustache Monday if we reach our fundraising goal of \$5000 and if we beat

\$5000 we will see our staff in some fierce **Three Legged Race** Competitions! All donations are for the Terry Fox Foundation to support the goal of raising funds for cancer research.





Dates To Remember

September

Friday, Sept 20 th	No School, Professional Development Day
Tues-Wed Sept 24 & 25	School Photo Days (schedule to come)
Monday Sept 30 th	Fire Safety Presentations with Fernie Fire Dept. gr K-2
	Orange Shirt Day. For more info: http://www.orangeshirtday.org/phyllis-story.html

October

Tuesday, Oct 1	Parent Advisory Committee (PAC) Meeting 7 pm in school library
Saturday, Oct 5 th	World Teachers Day. Celebrate these amazing professionals!
Tuesday, Oct 8 th	Retakes for School Photos
Wednesday, Oct 9 th	SD 5 Elk Valley Schools' Soccer Tournament at ÉIDES
Friday, Oct 11 th	No School
Monday, Oct 14 th	No School, Thanksgiving Stat Holiday
Mon -Thurs. Oct 21-24	Early Dismissal 2:05 pm
Friday, Oct 25 th	No School, Professional Development Day

November

Thursday, Nov 7 th	Remembrance Day Assembly at FSS 11:00 am
Friday, Nov 8 th	No School
Monday, Nov 11 th	No School, Remembrance Day Stat Holiday

SD5 Annual School Calendar: <http://www.sd5.bc.ca/school/ides/About/calendar/Pages/default.aspx>

ÉIDES School Calendar on Website: <http://www.sd5.bc.ca/school/ides/Pages/default.aspx>



SCHOOL DISTRICT 5
S O U T H E A S T K O O T E N A Y

August 30, 2019

Welcome back from Alan Rice, Secretary-Treasurer and Silke Yardley, Superintendent of Schools to all students, parents, staff, and trustees of School District 5 to the 2019/2020 school year!

We are very pleased to be working together in a dual reporting model. The Superintendent of School's role is primarily to support student learning and the Secretary Treasurer's role is to support the operations and finances related to the learning for our students. We are both really looking forward to working closely with the Board of Education, staff and students to ensure that we continue to focus on what is best for our students.

Learning is always at the forefront of what our focus is and we are proud to hear all the good things that are already happening in our schools. We had the opportunity to meet with the principals and vice principals last week where we heard about many great opportunities for students and that schools are ready to go for September 3rd. We have also had a chance to meet with the Teacher's Association Leadership and are looking forward to connecting with the CUPE Leadership, District Parent Advisory Council, the District Student Advisory Council and community partners over the next few weeks.

The summer is a time for our maintenance team to complete projects and ensure the schools are ready to welcome students back. We want to thank Joe Tank and his team for all of their hard work.

We had the pleasure of touring the bus yard and seeing all of the shiny busses ready to start the year. A special thank you to our caring bus drivers and maintenance people who transport our most precious cargo.

We also wanted to thank all of the CUPE employees, district employees, principals, vice principals and teachers who are working very hard to ensure that schools are ready to go for the school year to support our students. The first few days with smiley faces, sparkling floors and anticipation of the year ahead are always exciting times.

We look forward to learning and working together to continue the great work focusing on improving outcomes for students. Our door is always open.

Sincerely,

Alan Rice
Secretary Treasurer

Silke Yardley
Superintendent

Family Accident Reimbursement Plan
Voluntary Insurance

Our insurance partner, iA Financial Group, is now offering a new comprehensive accident insurance plan with a critical illness component designed for the whole family.

The Family Accident Reimbursement Plan is ideal for supplementing costs not covered by your provincial health insurance or existing employer extended health and dental plans. Regardless of the size of your family, all eligible family members – one adult, one spouse and any number of dependent children – can be insured under the one low monthly rate of \$39.95.

Your coverage also includes a critical illness component, which pays out a lump-sum amount if any of the covered individuals are diagnosed with one of the covered conditions. Plus, the money can be spent however you need. Use it to pay medical expenses, take care of bills or cover income lost due to recovery. That's one less thing to worry about while you, or someone in your family, recovers from a serious illness.

Key Benefits

Accident Insurance Benefits

Accident Insurance Benefits are payable if an injury from an accident results in a loss, treatment, or expenses not covered by any existing health plans. Specific benefits covered include:

- A Permanent Total Disability Benefit of \$100,000
- An Accidental Death Benefit of \$20,000

Expense Reimbursement Benefits

- Dental Benefits – should any of your children require dental treatment resulting from an accident, they can receive coverage for dental work done within 7 years after the accident
- Hospital Stay Benefits – covers hospital services (including hospital room and other necessary hospital services such as a registered nurse, wheelchairs, casts and prescription drugs)
- Funeral Expense Benefit – up to a maximum of \$5,000

Critical Illness Insurance Benefits

Critical illness insurance provides a tax-free lump-sum payment to spend any way you need.

- All insureds are eligible for coverage of 4 critical illness conditions:
 - Cancer (Life-Threatening)
 - Coronary Artery Bypass Surgery
 - Heart Attack
 - Stroke
- On top of these 4 covered conditions, Dependent Children will also have coverage for 6 child-specific illnesses:
 - Cerebral Palsy
 - Congenital Heart Disease
 - Cystic Fibrosis
 - Down Syndrome
 - Muscular Dystrophy
 - Type 1 Diabetes

To apply for the Family Accident Reimbursement Plan or to find out more, visit solutionsinsurance.com/aonbc



HEALTH PROMOTING SCHOOLS NEWSLETTER

SEPTEMBER 2019

PARENT INFORMATION

Healthy Schools Information Sharing

The following School Districts have a Healthy Schools tab on their websites. Take a look at all the great information available from: [SD 5](#), [SD 6](#), [SD 8](#), [SD 20](#), [SD 22](#), [SD 23](#), [SD 27](#), [SD 73](#), [SD 83](#)

Teaching Toolkits

The Interior Health Website now has a section with resources for teachers on a variety of health related topics. For more information see: [Teaching Toolkits](#).

ABORIGINAL COUNSELLING RESOURCES

Free Counselling Services in BC



Free counselling services are now available to survivors, family members and individuals affected by the issue of missing and murdered Indigenous women and girls. People of all genders are encouraged to connect to this counselling. Individuals do not need to have status and can live on or off reserve. This counselling program is administered by FNHA through the Health Benefits team, and counselling is offered by providers who are registered with FNHA's Mental Health Provider List.

To access counselling, individuals are encouraged to connect directly with a mental health provider from this list to schedule an appointment. www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf. The provider directly bills FNHA, so there is no upfront cost to the individual to access counselling.

For more information see: Frequently Asked Questions- Missing and Murdered Indigenous Women and Girls Counselling Program: www.fnha.ca/Documents/FNHA-MMIWG-Counselling-Program-FAQs.pdf

or contact the First Nations Health Benefits team at 1-877-477-0775.

For more information on the mental health programs that FNHA's First Nations Health Benefits program supports see: www.fnha.ca/benefits/mental-health.

CELL PHONES FOR AT RISK YOUTH



Free Refurbished Cell Phone with a 2 year plan for youth 19-26 years old previously in Child Welfare.

TELUS is offering this amazing program in an effort to help at risk youth by providing them **FREE** refurbished phones as well as a 2 year plan! Their main goal is to help youth reduce expenses on phones and allow them to spend their money on necessities like food, housing, and families if they have them.

Stay connected with a free phone and a \$0 plan including 3 GB of data for two years. Must be over the age of majority in your province.

For more information see: [TELUS Mobility for Good](#)

HEALTHY PRACTICES

New Resource – Live 5-2-1-0 Sleep Infographic!

When it comes to children’s health and well-being, ensuring they get adequate, quality sleep is important. The new Live 5-2-1-0 Sleep Infographic provides a simple overview of the necessity and benefits of sufficient quality sleep and explains how following the Live 5-2-1-0 guidelines during the day can support better sleep at night for children. This new resource puts a visual spin on our original, more comprehensive Live 5-2-1-0 Sleep Resource which provided the scientific evidence behind the information. The Live 5-2-1-0 Sleep Infographic is available for [download](#) in both a print-ready and a digital format suitable for use on social media, websites and e-newsletters.



SUBSTANCE USE PREVENTION

Teaching and Learning

Canadian Centre on Substance Use and Addiction

[Talking Pot with Youth: A Cannabis Communication Guide for Youth Allies](#) provides introductory information and a set of exercises to engage youth in meaningful discussions and conversations about cannabis. This guide takes a harm reduction approach to talking with youth about cannabis. Its purpose is to help those who work with young people to have the right kind of conversations with them about cannabis: conversations that are safe, unbiased, informed and non-judgmental. Anyone who is looking for practical approaches to talking with youth about cannabis can use this guide.

Weeding out the Facts (Addictions Foundation of Manitoba)

As recreational cannabis becomes legal, many people are still unsure of its effect on the body. To effectively integrate the legalization of marijuana into our community and ensure the health and safety of our young people, it's important to share information and have open conversations with one another. For more information see www.weedingoutthefacts.ca

For previous newsletters: [Health Promoting Schools Newsletters](#)

Or contact:

Valerie Pitman, RN BN BScPsych

Regional Knowledge Coordinator for Healthy Schools

Maternal, Child and Youth Health - Population Health- Interior Health, Trail, B.C.

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