



Phone (250) 692-7733  
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*Helping you to grow to be your best!*

# LDSS News

Principal – H. Grant  
Vice-Principal – T. Fraychineaud  
Counsellors – T. Brown and K. Dezamits

Wednesday, January 5<sup>th</sup>, 2022

## Our Principal's Message



Happy New Year to everyone. I hope you have had a restful break and that your family is healthy and well. We continue to find ourselves in challenging times and continue to adjust. I will speak to a few items here and other information will be within the newsletter itself. If there have been any circumstances over the holidays that may impact your child's well-being in the coming weeks, please don't hesitate to contact administration and/or our counselling staff.

Staff are working this week to:

- Adjust schedules to allow for staggered class changes and to reduce congestion.
- Put plans in place in case of a functional closure.
- Prepare for unexpected illness.

A **functional closure** would occur if we had insufficient staff to safely operate or if our illness rate was extraordinarily high. This could occur with very short (morning of) notice. Beginning Monday, teachers will be telling students where to find assignments in the event of a closure. Parents can always email the teacher. Teacher email addresses can be found on our school website, or you can always email me at [hgrant@sd91.bc.ca](mailto:hgrant@sd91.bc.ca)

Please continue to keep students home if they are sick. This is good advice regardless of the nature of the illness. Experience has shown that getting extra rest when first sick shortens the length of time a person is sick. Please continue to call the office when your student will be absent.

The week of January 24<sup>th</sup> will include assessments for courses, grade wide and Ministry. For the most part we will keep to our regular schedules. Students should expect to attend every day from January 24 to 27. Friday, January 28 will be for missed assessments and incomplete assignments. Semester 2 starts on Tuesday, February 1.

### Revised Class Schedules

| Times               | Monday - Thursday |
|---------------------|-------------------|
| 8:50 - 10:25 am     | <b>Period 1</b>   |
| 10:25 – 10:30 am    | Class Change      |
|                     | <b>Period 2</b>   |
| 10:30 am – 11:55 am | Grade 11/12       |
| 10:30 am – 12:00 pm | Grade 9/10        |
| 10:30 am – 12:05 pm | Grade 8           |
| <b>LUNCH</b>        |                   |
| 11:55 am – 12:45 pm | Grade 11/12       |
| 12:00 – 12:50 pm    | Grade 9/10        |
| 12:05 – 12:55 pm    | Grade 8           |
|                     | <b>Period 3</b>   |
| 12:45 – 2:00 pm     | Grade 11/12       |
| 12:50 – 2:00 pm     | Grade 9/10        |
| 12:55 – 2:00 pm     | Grade 8           |
| 2:00 – 2:05 pm      | Class Change      |
| 2:05 – 3:05 pm      | <b>Period 4</b>   |
| 3:05 pm             | Dismissal         |

| Times               | Fridays         |
|---------------------|-----------------|
| 8:45 – 9:30 am      | Collaboration   |
| 9:30 – 10:40 am     | <b>Period 1</b> |
| 10:40 – 10:45 am    | Class Change    |
|                     | <b>Period 2</b> |
| 10:45 am – 11:50 am | Grade 11/12     |
| 10:45 am – 11:55 am | Grade 9/10      |
| 10:45 am – 12:00 pm | Grade 8         |
| <b>LUNCH</b>        |                 |
| 11:50 am – 12:40 pm | Grade 11/12     |
| 11:55 am – 12:45 pm | Grade 9/10      |
| 12:00 pm – 12:50 pm | Grade 8         |
|                     | <b>Period 3</b> |
| 12:40 – 1:55 pm     | Grade 11/12     |
| 12:45 – 1:55 pm     | Grade 9/10      |
| 12:50 – 1:55 pm     | Grade 8         |
| 1:55 – 2:00 pm      | Class Change    |
| 2:00 – 3:05 pm      | <b>Period 4</b> |
| 3:05 pm             | Dismissal       |

BRITISH COLUMBIA | WorkBC.ca



## Career Exploration Conversations

A CAREER DEVELOPMENT WEBINAR FOR PARENTS AND GUARDIANS TO SUPPORT YOUTH

Wondering how to start a career conversation with a young person in your family?  
Looking for tools to help your youth discover the career of their dreams?  
WorkBC.ca can help!



**BRITISH COLUMBIA  
VIRTUAL WEBINAR THROUGH ZOOM  
7 to 8 p.m.**

November 23, 2021   January 11, 2022  
December 9, 2021   January 20, 2022

Please select the one event date that works best for you.

**JOIN US ON ZOOM!**  
Click on hyperlink to register.  
This event is free. | For questions, contact the [WorkBC team](#).

WorkBC.ca is facilitating one-hour interactive webinars to help parents and guardians support youth as they explore career options. The virtual events are designed for parents of grade 9-12 students to support career conversations with their youth.

Co-hosted by CES Career Education Society

School District  
#91 is hiring.  
Go to [sd91.bc.ca](http://sd91.bc.ca)  
and click the  
"Join our team!"  
tab for  
more info.

### Assessment Week January 24<sup>th</sup> - 28<sup>th</sup>

Regular Schedule Monday to Thursday  
with some time adjustments.

#### Grades 8/9

- Keep to regular schedule
- Course and Grade wide assessments

#### Grades 10/12

- Course assessments in AM
- Ministry assessments in AM/PM

Friday, January 28<sup>th</sup>

Make-up exams only - NO CLASSES

### HOST FAMILIES NEEDED For January to September 2022

Families can receive \$900 per student/month to host students ages 13 to 18 for five to ten months.

Families need to provide meals and a furnished, private room.

RMISP follows federal and provincial COVID-19 regulations to ensure safety of host families, students and communities.

For inquiries in Burns Lake and Vanderhoof please contact

Mini Verduzco at (250) 570-7912 or at [mini.verduzco@sd6.bc.ca](mailto:mini.verduzco@sd6.bc.ca)




## Murray Ridge Alpine Team

### 2022 Ski Season Registration

January - March 2022

# REGISTRATION IS NOW OPEN!

**Skiers Age 7 and up**  
**Must be able to ride the T-bar**

**Contacts**  
**Erika Gardner - Registrar**  
[erligirl@yahoo.ca](mailto:erligirl@yahoo.ca)  
**Amelia Ubleis - Registrar**  
[aorcutt@live.ca](mailto:aorcutt@live.ca)  
**Jen Duncan - President**  
[jenduncan168@gmail.com](mailto:jenduncan168@gmail.com)

**For more information about costs and registering visit our Facebook Page.**



Murray Ridge Alpine Team

### LDSS UPCOMING DATES AND EVENTS

January 10<sup>th</sup> – Regular Classes Resume

January 31<sup>st</sup> – No Classes

February 1<sup>st</sup> – Semester One Begins

February 11<sup>th</sup> – Professional Development Day

February 21<sup>st</sup> – Family Day

March 21<sup>st</sup> – Spring Break Begins

April 4<sup>th</sup> – First Day Back to School

April 15<sup>th</sup> – Good Friday

April 18<sup>th</sup> – Easter Monday

April 29<sup>th</sup> – Professional Development Day

May 13<sup>th</sup> – Professional Development Day

May 23<sup>rd</sup> – Victoria Day

June 17<sup>th</sup> – Commencement Ceremony

# Daily Health Check for Students:

Based on current evidence, some symptoms are more likely to be related to COVID-19 than others.

If your child has any of the symptoms listed below, please follow the instructions.

| Key Symptoms of Illness                                                                                                                                                                                                                                                                                                                                                | What to Do                                                                                                                                                                                                                                                                                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div><input type="checkbox"/> Fever higher than 38°C</div> <div><input type="checkbox"/> Chills</div> <div><input type="checkbox"/> Cough</div> <div><input type="checkbox"/> Difficulty breathing</div> <div><input type="checkbox"/> Loss of sense of smell or taste</div>                                                                                           | <b>If yes to 1 or more of these symptoms:</b><br>Stay home. Contact a health care provider or call 8-1-1 about your symptoms and next steps.                                                                                                                                                                                                                                                                           |
| Other Symptoms                                                                                                                                                                                                                                                                                                                                                         | What to Do                                                                                                                                                                                                                                                                                                                                                                                                             |
| <div><input type="checkbox"/> Sore throat</div> <div><input type="checkbox"/> Loss of appetite</div> <div><input type="checkbox"/> Diarrhea</div> <div><input type="checkbox"/> Nausea and vomiting</div> <div><input type="checkbox"/> Extreme fatigue or tiredness</div> <div><input type="checkbox"/> Headache</div> <div><input type="checkbox"/> Body aches</div> | <b>If yes to 1 of these symptoms:</b><br>Stay home until you feel better<br><br><b>If yes to 2 or more these symptoms:</b><br>Stay home for 24 hours. If symptoms don't get better or get worse, contact a health care provider, or call 8-1-1 about your symptoms and next steps.                                                                                                                                     |
| International Travel                                                                                                                                                                                                                                                                                                                                                   | What to Do                                                                                                                                                                                                                                                                                                                                                                                                             |
| <div><input type="checkbox"/> Have you returned from travel outside Canada in the last 14 days?</div>                                                                                                                                                                                                                                                                  | <b>If yes:</b><br>Fully vaccinated students, staff and other adults who have travelled outside of Canada may qualify for the <a href="#">fully vaccinated traveler exemption</a> .<br><br>Students, staff and other adults who are not <a href="#">fully vaccinated</a> and have travelled outside of Canada <b>CANNOT attend school for 14 days after arrival</b> , as part of <a href="#">federal requirements</a> . |
| Close Contact                                                                                                                                                                                                                                                                                                                                                          | What to Do                                                                                                                                                                                                                                                                                                                                                                                                             |
| <div><input type="checkbox"/> Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19?</div>                                                                                                                                                                                                                       | If Yes: Follow the instructions provided by Public Health.                                                                                                                                                                                                                                                                                                                                                             |
|                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                        |

When a **COVID-19 test** is recommended by health assessment, stay home until test results are received:

- If the COVID-19 test is **positive**, follow health authority direction on when to return to school.
- If the COVID-19 test is **negative**, you can return to school once symptoms have improved and you feel well enough to participate in all school-related activities. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.

If a COVID-19 test is not recommended by the health assessment, you can return when symptoms improve, and you feel well enough to participate in all school-related activities. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e., not COVID-19).