

**November 2020**

before coming to school, wash and sanitize your hands often, wear a mask in grades 4- 8 at all times and social distance. Take care of yourselves and stay safe.

88%

Food Allergies, what are they?

A food allergy is when the body's immune system reacts to a protein in food as being harmful and causes an allergic reaction.

This is why everyone needs to be very careful when packing school lunches and snacks.

- Read food labels and avoid sending foods that contain nuts

- Discourage your children from sharing their food at school

- Encourage your children to wash their hands before and after eating

- Please inform the school of any allergies.

For more information, please visit Food Allergy Canada at <https://foodallergycanada.ca/>



Contacting the School

Our school has an answering machine that is on 24 hours a day. Please leave a message if you are unable to speak to someone in person.

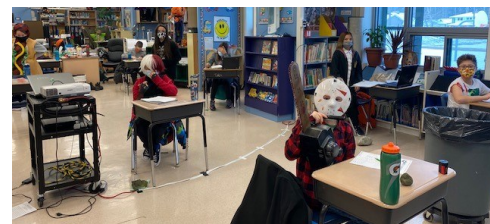
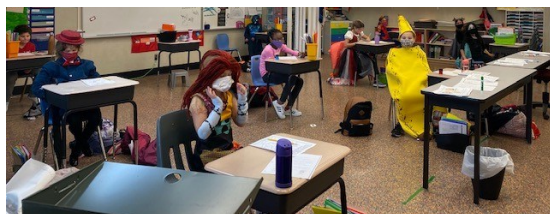
Also, if you foresee an absence from school for your child, let us know or send a letter with your child to give to his/her teacher.

It is also acceptable to send a note with your child to school prior to their absence, this will avoid a call from the school.



Halloween 2020

COVID STYLE



Halloween looked a lot different this year, with students needing to maintain the 2M distance. But, the teachers made the day enjoyable for the students, with chocolate and movies.

Happy Halloween Everyone!

Physical Education Corner

Jump Rope for Heart

There was a delay with prizes due to COVID but M. Vermette has now been able to distribute the prizes he received

Terry Fox

Students raised \$345 online for the Terry Fox foundation. Thanks for the effort in fundraising online only this year!

Intramurals

Are currently on hold due to the Northern Region being in Code Orange. Stay tuned for updates on the weekly memo.



Anxiety & COVID-19

Excited To Re-Offer 6 Week CBT Program On Anxiety Worry With COVID-19

This program involves weekly readings, homework suggestions and a weekly session with me & possible other individuals who are experiencing anxiety & worry as well.

For this CBT Program there is an option of participation =g in a group setting through "zoom" (3-4 people) if you are able and feel comfortable. Or we can do it weekly one on one.

Are you interested?

If so please give me a call, email or text at:

431-754-6720

Burntwood@adam.mb.ca

In the mean time if you are experiencing anxiety & worry and would like to talk please feel free to give me a call, text or email. Or you can call the support line at:

204-925-0040

Bobbi Vicente

Outreach Worker