



Ladner Link

Ladner Elementary School

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Telephone: 604-946-4158 Fax: 604-946-4150

school website : <http://schools.deltasd.bc.ca/le>

Principal: Mme T. Carleton Gaines

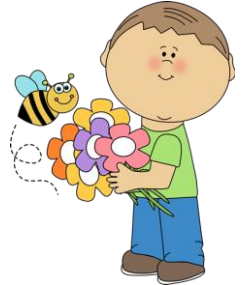
Vice Principal: Ms. Stephanie Matheson

NEWSLETTER #8 April 1, 2021

PRINCIPAL'S MESSAGE

Dear Parents/Guardians:

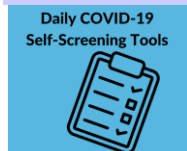
Happy Spring! I hope everyone had a restful spring break and the hints of good weather we've had are signs of great things to come. A main school focus at the start of spring is to begin planning for next school year, both in terms of student enrollment and staffing. To help plan properly, I would like to ask families to inform the school as early as possible if your child will not return to Ladner Elementary in September 2021. It is important that our enrollment numbers be as accurate as possible at each grade level so that staffing can meet the needs of our school population and we can have the smoothest possible school opening in September. If you will be leaving our community, notifications of your plans in writing would be appreciated. Also, if you have neighbours moving into our area, encourage them to register by June 1, 2021 to ensure attendance at Ladner Elementary in the fall.



Happy Spring!

SCHOOL INFO & REMINDERS

DAILY HEALTH CHECK



As we return to school, please familiarize yourself with the protocols we have been following, including the Daily Health Check. Please stay home when ill and get tested as quickly as directed. Watch for signs of illness, physical distancing and practice good hygiene. The Health Check is at the bottom of the newsletter for your reference.

JUMP ROPE FOR HEART



This month, our school will be participating in Jump Rope for Heart. On Wednesday, March 31 we will have a Kick-Off Zoom Assembly and on April 1 all students will have a chance to participate in a jump event. Please see the attached letter at the end of the newsletter to learn more about how you can donate. By fundraising for Jump Rope for Heart, students are collecting donations that fund critical research that's saving lives, preventing heart disease and stroke, and supporting survivors and their families

WILL YOUR GRADE 7 CHILD BE ATTENDING DSS OR SDSS NEXT YEAR



It is the time of year when we start to make plans for our Grade 7 students' transition to high school. By default, all of our Grade 7s who are currently enrolled in our English program are assigned to attend Delta Secondary School. All Grade 7 students enrolled in our French Immersion program are assigned to South Delta Secondary School. Please contact Mrs. Hann at shann@deltasd.bc.ca if your child will be attending a school other than as indicated above.



PAC NEWS

PAC MEETING



PAC meeting will be Wednesday, April 7th, 2021 at 6:15 pm via Zoom. Everyone is welcome to attend virtually. Our PAC does a wonderful job enhancing the learning opportunities for our school in many different ways. Please consider being an active member of this very important school committee! For full list of fundraisers, visit our PAC online website at <https://ladner.hotlunches.net> Got questions, email us lepacinfo@gmail.com

\$20.00 LOCAL BUSINESS SAVINGS CARD FUNDRAISER



For only \$20.00 you get a local business card to give you savings when you shop. The card is valid from January to December 2021. To order, please log in or register on <https://ladner.hotlunches.net>. Order & Pay online - cards will be ready for pick up or delivery at the end of December/early January.

PLAYGROUND PROJECT FUNDRAISER



We are launching our major fundraising campaign this year to raise money for our Playground Project. **MAKE A DONATION** If you, your family members, your company, or any associations you may be involved with would like to donate directly to the Playground Project at Ladner Elementary. You can donate to our **GO FUND ME Playground Project:** <https://gf.me/u/yn2g5p> OR if you would like to donate and receive a tax receipt, please email lepacinfo@gmail.com for more details.

ONGOINGS PROJECT FUNDRAISER



ONGOING FUNDRAISING BOTTLE DRIVE - email for schedule a pick up / drop off

To log into your account, go to <https://ladner.hotlunches.net>

Subscribe to our PAC Google Calendar!!!

<https://calendar.google.com/calendar/embed?src=lepacparents%40gmail.com&ctz=America/Vancouver>

To learn more about the PAC & upcoming events, please LIKE our [Facebook page](#)./ [Instagram page](#)

COBS BREAD FUNDRAISER



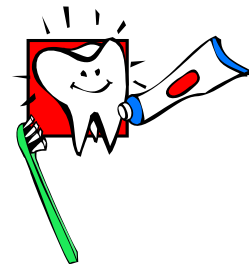
If you or your family and friends shop at Cobs Bread in Trennant Park, let the staff know at the time of purchase that you would like to support Ladner Elementary School. Cobs makes a donation back to the L.E.P.A.C. Your support is always greatly appreciated.

MESSAGES FROM YOUR PUBLIC HEALTH NURSE

April is Dental Health Month

How can I keep my child's teeth healthy?

- ◆ Brush thoroughly at least twice a day
- ◆ Floss daily
- ◆ Use a fluoride toothpaste
- ◆ Use a pea-sized dab of toothpaste
- ◆ Choose healthy and nutritious snacks
- ◆ Avoid high sugar foods and drinks
- ◆ Avoid sticky sweet foods like taffy and suckers
- ◆ Visit your dentist at least once every year



After Dinner Physical Activity

Post-dinner physical activity not only feels good, but it is a great way to spend time with your family.

Make it a regular part of your routine:

- Go for a bike ride or a walk.
- Hold a family bocce, badminton, basketball, cricket, tag, or mini-golf competition.
- Find disc (Frisbee) golf courses in your area online. Take a walk around your local course trying to hit the poles.
- Throw a football, rugby ball or baseball, or kick a soccer ball



CALENDAR REMINDERS

Monday, March 29	School Reopens
Thursday, April 1	Jump Rope for Heart
Friday, April 2	Good Friday, No School
Monday, April 5	Easter Monday, No School
Tuesday, April 6	BC Lions players & Fortis BC Energy Champions Program
Wednesday, April 7	Green Shirt Day PAC Meeting – 6:15pm via Zoom
Thursday, April 22	Earth Day & Giving Tree Celebration
Friday, April 30	Super Hero Day
Friday, May 21	Non-Instructional Day – No School
Monday, May 24	Victoria Day – No School



DAILY HEALTH CHECK	
KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C)	If yes to 1 or more of these symptoms: Stay home and get a health assessment. Contact a health care provider or 8-1-1 about your symptoms and next steps.
Chills	
Cough	
Difficulty breathing	
Loss of sense of smell or taste	
OTHER SYMPTOMS	WHAT TO DO
Sore throat	If yes to 1 symptom: Stay home until you feel better.
Loss of appetite	
Headache	If yes to 2 or more of these symptoms: Stay home for 24 hours. If symptoms don't get better or get worse, get a health assessment; contact a health care provider or 8-1-1 about your symptoms and next steps.
Body aches	
Extreme fatigue or tiredness	
Nausea and vomiting	
Diarrhea	
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	If yes: All students and staff who have travelled outside of Canada are required to self-quarantine for 14 days after arrival under both provincial and federal orders. This includes students who are attending school from abroad. Students from outside of Canada should plan to arrive in Canada at least two weeks before they are scheduled to attend school to adhere to the self-quarantine orders. Additional information is available here .
CLOSE CONTACT	WHAT TO DO
Have you been contacted by public health and notified that you are a close contact of a person confirmed to have COVID-19?	If yes: Please follow the instructions provided by Public Health. You can call 8-1-1 anytime to get advice about how you are feeling and what to do next. Pay attention to how you are feeling. If it becomes harder to breathe, you can't drink anything or feel much worse, seek urgent medical care at an urgent care clinic or emergency department.

Check your symptoms with the [K-12 Health Check](#). If you have any questions, or the symptoms get worse, contact your healthcare provider, or call 8-1-1. For more information on COVID-19, please go to www.bccdc.ca. If you develop severe symptoms, such as difficulty breathing (e.g. struggling to breathe or speaking in single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.



Dear Parents,

Jump Rope for Heart is an event nobody wants to skip!

Our school participated in the Jump Rope for Heart digital kick-off assembly to kick-off our event. From now until the event, students can learn fun ways to get active for heart health while raising awareness and support for Heart & Stroke!

Be part of the movement!

We love participating in Jump Rope for Heart because:

Students learn life-long habits: Jump encourages kids to be active and live healthy. A lesson students will value for life!

Kids feel good by doing good: Jump helps teach social responsibility and the importance of giving back. By fundraising for Jump Rope for Heart, students are collecting donations that fund critical research that's saving lives, preventing heart disease and stroke, and supporting survivors and their families.

Fits any time, place, and activity: Jump, dance, move, on our schedule, at school, at home or online.

Jump gives back: Schools get 10% of net fundraising dollars back to the school, or earn points redeemable for sports equipment, learning materials like robotics kits, and more!

Join our school and help Heart & Stroke save lives by jump-starting your fundraising at jumpropeforheart.ca.

Here's how:

Join our school at jumpropeforheart.ca

Help your child set up their fundraising page online. NEW: The safety and wellbeing of students, teachers, schools and communities is a top priority for Heart & Stroke which is why Jump is moving fundraising fully online this year.



Jump puts the FUN in FUNdraising!