



THE CORDOVA BAY COMMUNITY NEWSLETTER

Attendance Reporting - Email: cordovabay_attendance@saanichschools.ca Phone: 250-658-4002

School District No. 63 (Saanich) resides on the traditional territory of the W̱SÁNEĆ people encompassing the five local communities: BO,́KE,́CEN (Pauquachin), MÁLEXEŁ (Malahat), W̱JOŁEŁP (Tsartlip), W̱,SIKEM (Tseycum), and S,TAUTW (Tsawout). We acknowledge and thank the W̱SÁNEĆ people on whose traditional territory we live, learn, and teach. The W̱SÁNEĆ people have lived and worked on this land since time immemorial



June 29 Last Day of School

**Lost & Found will be in the gym for
parents to go through on June 29
from 12 to 3:30 pm**

Enter via back door entrance

Student "Comfort Kits" that you supplied at the beginning of the year will be coming home in the last week of school. We will connect with families again in the fall to organize sending in new comfort kits for the 2022 - 2023 school year.





Health and Safety

Sun Safety



Overview

Human bodies naturally maintain temperatures between 36 and 38 degrees Celsius. If the body temperature rises quicker than the body rids excess heat (through sweat and other means) people may experience heat stress.

Factors that contribute to heat stress are

- Environment
 - Air Temperature
 - Airflow
 - Humidity
 - Radiant Heat
- Employee
 - Acclimatization
 - Hydration
 - Clothing
 - Medical conditions
- Work Type
 - Workload
 - Work Rate

Signs and Symptoms of Heat Stress

- Heat cramps
 - Excessive sweating
 - Muscle spasms
- Heat Exhaustion
 - Shallow respiration
 - Cool, clammy skin
 - Headache and Nausea
 - Muscle Cramps
- Heat Stroke
 - No longer sweating
 - Confusion
 - Nausea and Vomiting
 - Irregular Heart Rate

Safety Controls

Engineering controls

- Keep windows and doors closed, this allows the HVAC systems to exchange air correctly. It will be cooler in the building than outside
- Close blinds if able, shields from radiant heat



Administrative controls

- Temperatures have slowly increased allow for people to acclimatize to warmer weather
- Schedule classes and work to minimize strenuous activities, perform heavy tasks in the morning while it is cooler
- Drink plenty of fluids (water)
- Take rest breaks as needed in the shade, if doing outdoor activities

Personal Controls

- Wear light-colored, light weight, breathable clothing
- Know your personal limits and monitor for any symptoms
- Wear sunscreen and sun hats when applicable

Warm and sunny days are what we all want for the summer months; however, it is important to practice sun safety.

For any additional information please talk to your supervisor.

If showing signs and symptoms of heat cramps, move to a cool environment, drink water/electrolytes.

If showing signs of Heat Exhaustion or Heat Stroke seek First Aid. If symptoms increase contact 911.

Contact Information

Ryan Lacasse CRSP, Manager Operations/Health and Safety
E: rlacasse@saanichschools.ca P: 250 – 208 – 8109

Christina Swinburnson, Health and Safety Assistant
E: cswinburnson@saanichschools.ca
P: 250 – 652 – 7371

Does your child have any medications at school? Please pick them up from the office on or before the last day of school (June 29th).



We look forward to connecting with you in September about new medical plans!

Cordova Bay Talent Show

On the afternoons of June 27 & June 28th we will be showcasing a talent show put on by students. This will be filmed and sent out to families of students that are participating.

Stay Tuned!



Host Families Needed

Saanich International Student Program (SISP) is actively looking for new and returning Host Families for International students attending Saanich Schools at the end of August 2022. Make lifelong friendships, provide a student with a home away from home and share the beauty of your community. Hosting can range from 4 months to a full school year. There is an urgent need to host male students for the next school year.

Host families are provided:

- \$975 per month per student (students must have their own bedroom)
- Ongoing support from the SISP Homestay team
- International students who are fully vaccinated

Sign up for a [no-commitment consultation](#) with Kristen Belusic, Homestay Coordinator, South Zone or start your [application](#) to become a host family. You can also contact Kristen at kbelusic@saanichschools.ca or 250-217-9368.



Soft Plastics Drive

Do you have any Soft Plastics for Recycling? Ms. Wergeland's class is hosting a soft plastics recycling drive and would love to have your soft plastics! Families are welcome to bring their soft plastics in, or send it with their children to school. Students can bring it to the large labelled bag outside of Ms. Wergeland's classroom (Room 15).

COLLECT all the plastics that you can't recycle at home...

YES PLEASE	NO THANKS
 ✓ Biscuit packets	✗ Plastic bottles
 ✓ Confectionery packets	✗ Plastic cartons
 ✓ Shopping bags	✗ Glass
 ✓ Bread bags	✗ Paper & card
 ✓ Rice & Pasta bags	✗ Tin cans
 ✓ Produce bags	✗ Food waste
 ✓ Frozen food bags	
 ✓ Old reusable bags	

Please find a link for continued recycling over the summer months:

<https://www.crd.bc.ca/service/waste-recycling/recycle/myrecyclopedia/products/plastic-bags-and-overwrap--soft-plastics->



We are overflowing!!

Lost and Found will be put out in the gym on June 29th in the afternoon. We are asking families to please come and have a look from 12:00 to 3:30 pm that day and to enter via the back door entrance. We have so many clothes and shoes we are certain you will find something you may have lost!





**** New PAC Fundraiser ****

Country Grocer Save a Tape - Save your receipts from any Country Grocer dating back to March 2021. Submit your receipts to your classroom teacher or to the Cordova Bay School office.



**Our school
gets 1%back in
Gift Cards
which adds up
quickly!**