

**“Celebrating Our Diversity As Learners**

**Administration team: Mr. A. Chan & Mr. J. Kibblewhite**



Today marks the last day of school before winter break. A well-deserved 2 week break as a reward for a great 1<sup>ST</sup> term of the school year. A student remarked this week that the 1<sup>st</sup> term of each school year has the greatest number of school days... this term was the 1<sup>st</sup> time all students returned to onsite learning in 18 months; it has been really nice to see, hear and feel the hustle and bustle that 524 Cook students can make throughout the school day. The Cook staff would like to wish you all a restful and safe winter break. See you all on the first day back to school on Tuesday, January 4<sup>th</sup> 2022.

**GOODBYE**



The administration team, Alfred Chan and John Kibblewhite, would like to thank the Cook community; parents, students and staff for all the support this term. John Kibblewhite was a retired Principal who agreed to join the school staff on an emergency basis as Acting Principal, and we have been fortunate to have had an experienced retired Principal come back to support the school this term. We would like to extend our gratitude for his work, THANKS JOHN!

On a personal note, I have enjoyed my time at Cook School this term. I'll be moving on to be the new Principal at Walter Lee Elementary School, and I would like to take the opportunity to wish you all the best in the new year. ~ Alfred Chan

**WELCOME**



Please help us welcome Cook School's new administration team starting January 4, 2022:

Ms. Nicole Widdess, Principal  
Ms. Monika Sood, Vice Principal

**IF YOU ARE PLANNING TO TRAVEL OUTSIDE OF CANADA:**

Holiday Travel and COVID guidelines

**ATTENTION:** If you are traveling outside of the country (including the United States) for any length of time with your school age children you need to be aware the Government of Canada's current regulations:

The federal government continues to outline requirements for people travelling internationally, including to the United States and Mexico:

- Students, staff, and other adults who are **not fully vaccinated** and have travelled outside of Canada **CANNOT** attend school until a minimum 14 days after arrival, as part of [federal requirements](#).
  - Fully vaccinated means having proof of being double vaccinated
- Fully vaccinated students, staff, and other adults who have travelled outside of Canada may qualify for the fully vaccinated traveller exemption.

- Individuals qualified as fully vaccinated travellers are exempt from quarantine and from Day-8 testing.

Specific information is also available on the [COVID-19 requirements for fully vaccinated travellers and unvaccinated children less than 12 years of age.](#)

<b>Mandatory Daily Health Declaration Process for Staff and Students</b>	
KEY SYMPTOMS OF ILLNESS	WHAT TO DO
<ul style="list-style-type: none"> <li>• Fever (above 38°C)</li> <li>• Chills</li> <li>• Cough</li> <li>• Difficulty Breathing</li> <li>• Loss of sense of smell or taste</li> </ul>	<p><b>If yes to 1 or more of these symptoms:</b> Stay home and get a health assessment.</p> <p>Contact a health care provider or 8-1-1 about your symptoms and next steps.</p>
OTHER SYMPTOMS	WHAT TO DO
<ul style="list-style-type: none"> <li>• Sore throat</li> <li>• Loss of appetite</li> <li>• Headache</li> <li>• Body aches</li> <li>• Extreme fatigue or tiredness</li> <li>• Nausea and vomiting</li> <li>• Diarrhea</li> </ul>	<p><b>If yes to 1 symptom:</b> Stay home until you feel better.</p> <p><b>If yes to 2 or more of these symptoms:</b> Stay home for 24 hours.</p> <p>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.</p>
INTERNATIONAL TRAVEL	WHAT TO DO
<p>Have you returned from travel outside Canada in the last 14 days?</p>	<p><b>If yes:</b> The federal mandatory 14-day quarantine period remains in effect for unvaccinated individuals aged 12 years and older. <u>Anyone aged 12 years and older, who is not vaccinated, is required to self-quarantine for 14 days after arrival.</u></p> <p>The following individuals are EXEMPT from the 14-day quarantine period:</p> <ol style="list-style-type: none"> <li>1. Fully vaccinated individuals (staff and students) qualify for exemption from the mandatory 14-day quarantine period and Day 8 testing requirement (though must still complete the pre-entry testing requirement and randomized arrival testing if required)</li> <li>2. Unvaccinated students under 12 who were accompanied by travellers who qualify for the fully vaccinated traveller exemption need to comply with instructions from Canadian Border Services.</li> </ol> <p>Individuals who have travelled outside of Canada in the last 14 days should refer to the following Government of Canada website for the most current information: <a href="https://travel.gc.ca/travel-covid">https://travel.gc.ca/travel-covid</a></p>
CLOSE CONTACT	WHAT TO DO
<p>Have you been contacted by public health and notified that you are a close contact of a person confirmed to have COVID-19?</p>	<p><b>If yes:</b> 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.</p>

# 员工和学生必须完成的 日常健康申明义务程序

主要病征	应怎样做
<ul style="list-style-type: none"> <li>• 发烧 (38°C 以上)</li> <li>• 发冷</li> <li>• 咳嗽</li> <li>• 呼吸困难</li> <li>• 失去嗅觉或味觉</li> </ul>	<p>如果您有1个或以上病征：</p> <p>留在家中并作健康评估。</p> <p>联络医护人员或致电 8-1-1 以了解您的病征和下一步应怎样做。</p>
其他病征	应怎样做
<ul style="list-style-type: none"> <li>• 喉咙痛</li> <li>• 食欲不振</li> <li>• 头疼</li> <li>• 身体疼痛</li> <li>• 极度疲倦乏力</li> <li>• 恶心和呕吐</li> <li>• 肚泻</li> </ul>	<p>如果您有1个病征：</p> <p>留在家中直至情况好转。</p> <p>如果您有2个或以上病征：</p> <p>留在家中24小时。</p> <p>如果病征既不转好又不转差，您便要作健康评估。联络医护人员或致电 8-1-1 以了解您的病征和之后应怎样做。</p>
国际旅游	应怎样做
<p>您是否在这 14 天内从加国境外回来？</p>	<p>如果是：</p> <p>联邦政府14天强制隔离期的规定对于12岁及以上未接种疫苗者仍然有效。<u>所有12岁及以上未接种疫苗的人士在入境后都必须进行14天自我隔离。</u></p> <p>下列人员可豁免14天隔离期：</p> <ol style="list-style-type: none"> <li>1. 已完全接种疫苗的人士（员工和学生），有资格豁免强制14天隔离期和第8天检测要求（仍须完成入境前的检测要求，以及抵达时所需的随机检测）。</li> <li>2. 12岁以下未接种疫苗的学生，由符合豁免条件的完全接种疫苗人士陪同旅行，则须遵守加拿大边境服务处的指示。</li> </ol> <p>在过去14天内曾在加国境外旅行的个人，请参考以下加拿大政府网站以获取最新信息：<a href="https://travel.gc.ca/travel-covid">https://travel.gc.ca/travel-covid</a></p>

紧密接触	应怎样做
<p>公共卫生局人员曾否联络您，并表示您曾紧密接触经确诊有新冠病毒的患者？</p>	<p>如果有：</p> <p>请遵守卫生局指示。</p> <p>您可以随时致电 8-1-1，就您的身体状况和之后应怎样做查询意见。留意自己的身体反应。如果您感到呼吸愈加困难，无法饮水或情况恶化，便要往急诊部门求医。</p>