



JOURNEY MIDDLE SCHOOL

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Journey News

December 3, 2021



We would like to acknowledge the traditional territories of the Coast Salish, specifically T'Sou-ke on which this school is built, and the other Nations that SD62 works with, Beecher Bay SCIA'NEW Nation, and Nuu-chah-nulth Pacheedaht Nation to the west.

We recognize the territory, the First Nations peoples, and thank them for sharing this beautiful land.

Hych'ka – Coast Salish Kleco Kleco – Nuu-chah-nulth

A Time of Thanks:

As we head into the home stretch for 2021, we would like to thank all of our families for their kindness and support as we navigate these challenging times. It has definitely been an evolving process over the past months, and we appreciate your flexibility and kindness.

We would like to extend a special thank you to Mr. Carr, VP of Hans Helgeson, who brought his drone to the school to provide some new and updated views of Journey, including the image above.



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Around the school

Basketball Season Wrap up from Coach Vine:

The 2021 Basketball season started out on a great note with over 100 students signing up for our Journey teams. In total we had 7 basketball teams this year; 2 grade 6/7 Girls teams, 2 grade 6/7 Boys teams, a grade 8 Girls team, a grade 8 Boys Rec. team, and a grade 8 Boys Comp. team.

The dedication from all our student athletes was remarkable this year. It was amazing to watch the students grow and develop their skills over the course of the season. It was the dedication and passion from our students and coaches that lead all our teams to experience a ton of success this year.

Both grade 6/7 Girls teams (coached by Sinclair Lovett and Marina McClintock) had very successful seasons with both teams having a ton of fun and winning many of their games. The same can be said for our grade 6/7 Boys teams (coached by Brandon Van Hooydonk and Matthew Tran). Our grade 8 Boys Rec. team (coached by Zac Vine and Dan Sulzen) had a shortened season due to the unexpected flooding, yet the team worked very hard all season and finished the season on a positive note. The grade 8 Girls team (coached by Zac Vine and Neal Donegani) experienced a ton of success as well this season both in skill development and in league play. The team finished the season 4 - 2 and won the last two games of their season by over 20 points.

One of the biggest highlights of our 2021 season was the grade 8 Boys Competitive Team coached by Trevor Bligh and Zac Vine. It was the first time in over a decade that Journey had entered a team into the competitive league. The boys' season was nothing short of incredible! They finished the season in second place in their conference with a 6 - 1 record. Due to their strong season, Journey was able to host a competitive playoff game for the first time in the school's history. The team fell short in the playoffs, losing to Arbutus 65-55, but for those that watched the game it was nothing short of spectacular and our boys made the entire school proud.

Lastly, a huge THANK YOU to all the coaches, parents, staff, and players for an amazing season! Way to go, Dragons!

Mask Reminders:

Could you please take a moment to double-check the mask supply for your student? We do have some replacement masks for students, but the demand is exceeding our supply. We have recently had to give out elementary school-sized masks due to the demand. If you could please add into your routine for kids to show you their mask on the way out the door in the morning, it would really help us out!

COVID/Communicable Diseases information

Masks are required for students, staff, and Visitors. **If you're planning on visiting the school please** call ahead to schedule your visit with a specific staff member, and complete the health check here before arrival.

We want to take a quick minute to remind all families about [SD62's Communicable Disease Prevention Plan](#) for parents. Please make sure you continue to:

- ◇ Conduct daily health check each morning;
- ◇ Keep student(s) home if they are ill;



COVID-19

Vaccination for children

5-11 years old



What are the benefits to getting children vaccinated against COVID-19?

While most children who get COVID-19 have a minor illness, a small number get very sick. Some children may continue to have health issues for long periods of time after the initial illness. Children are also able to pass on COVID-19 to other people in their families and communities.

Vaccinating children helps keep them safe as well as others around them – especially older adults, younger children and infants, and those with illnesses.

COVID-19 vaccine approval process for children

There is a very **strict process** to test and approve vaccines in Canada. These vaccines work and are safe for children aged 5-11.

Who is eligible for the COVID-19 vaccine for children?

This vaccine is for any child between 5 and 11 years. If your child is 4 years old, you will not be able to get them vaccinated until after their 5th birthday. The vaccines are free and your children do not need BC Care Cards to receive them.



How can I explain how the COVID-19 vaccination works to my children?

Explain that the vaccine helps make sure they don't get sick by quickly fighting off the virus that causes COVID-19. The vaccine is so powerful that it even helps to protect the people around them, including their family and friends. **Kids Boost Immunity** has videos that explain more.

Who can provide consent for children to be vaccinated?

✓ Parents/guardians, (including foster parents and prospective adoptive parents) and other custodial caregivers (for example, a grandparent who is raising the child).

Only one parent or legal guardian is required to give consent. The process for collecting consent may be different depending on the immunization clinic you attend.

Can children get the COVID-19 vaccine at the same time as other vaccinations?

Yes. The COVID-19 vaccine can be given at the same time as other childhood vaccinations, including the flu shot.

These support techniques apply to other childhood vaccinations. Check if your child is up-to-date with their vaccines at children's immunizations schedules. Arrange with your healthcare provider to have any missed vaccinations given as soon as possible.

Before the appointment

- Children should be told about the injection close to the actual day of the vaccine. For school-age children, one day before may be appropriate.
- Encourage your child to ask questions. It's important they understand what will happen at the appointment and feel comfortable. HealthLink BC has more information on preparing children for vaccines: <https://www.healthlinkbc.ca/healthlinkbc-files/immunization-experience-child>



- Try the **CARD system** to help your child find their preferred way to prepare for the vaccine:
 - Comfort
 - Ask
 - Relax
 - Distract
- There are simple breathing techniques that young children can learn to keep calm. Children can practise **breathing exercises** by pretending they are blowing bubbles. A team from BC Children's Hospital has developed a game to help children practise belly breathing which is proven to manage anxiety. Access it at respiire.com/COVID-19.html

November 24, 2021

COVID-19

Vaccination for children

5-11 years old

On the day of the appointment

- Some people find **numbing creams or patches** help. You can buy these without a prescription at most pharmacies. Apply them an hour before the appointment.
- Do not focus your child's attention on the needle with comments like "It'll be over soon, and you'll be okay," as this can increase stress. Instead, try distracting them with puzzles or chatting, and breathing techniques.
- Healthcare providers at immunization clinics are trained to work with children and can help you to support your child.



For more information on COVID-19 vaccination for children, including how to register your child, visit <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/vaccines-children>

After the appointment

- There are some common side effects such as pain, redness and itchiness at the injection site. These will pass quickly. Serious side effects are very rare, but if you notice any health changes contact 811 or your healthcare provider.
 - One very rare side effect is myocarditis, or inflammation of the heart muscle. Most cases are mild and treated with rest and improve quickly. COVID-19 disease can also cause myocarditis and the risk of it from the disease is much higher than the risk from vaccination.
 - Symptoms to look out for:
 - Chest pain
 - Shortness of breath
 - Feeling of a rapid or abnormal heart rhythm
- If your child experiences these symptoms, seek medical help right away. Inform the healthcare provider that your child received a COVID-19 vaccine recently.
- COVID-19 vaccination has no impact on future fertility. There is no biological way for this to occur.



November 24, 2021

Na'tsa'maht Indigenous Education Corner

Our thanks to our Na'tsa'maht Indigenous department for sharing some of the resources below—click on the links to learn a little more!

COAST SALISH MOON Slideshow:

SJELŽÁSEN (November): [Moon of Putting your Paddle away in the Bush](#)

Resources for Everyone

Click on the links below to access more information on these opportunities:

[Parents like us. The unofficial survival guide to parenting a young person with a substance use disorder - Foundry - \(foundrybc.ca\)](#)

December Activities at Journey:

December is an exciting time at Journey!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-Dec	7-Dec	8-Dec	9-Dec	10-Dec
Lucky 7 - Foyer Arts and Crafts (Multi-purpose Rm)	Lucky 7 - Foyer Jewellery Workshop (Multi-purpose Rm)	Lucky 7 - Foyer Festive Card Making (Multi-purpose Rm)	Lucky 7 - Foyer Hot Chocolate & Carolling (Multi-purpose Rm)	Lucky 7 Draw Festive Sock Day!
13-Dec	14-Dec	15-Dec	16-Dec	17-Dec
Arts & Crafts (foyer) Candy Cane Sales (lobby)	Jewellery Workshop (foyer) Candy Cane Sales (lobby)	Festive Card Making (Multi-purpose Rm) Candy Cane Sales (lobby)	Hot Chocolate & Carolling (Multi-purpose Rm) Candy Cane Sales (lobby)	Winter Chill & Festive PJ Day! Door Judging Candy Cane Draw Last day of school before the holidays. Have a safe and happy break!

Journey PAC

Meetings will be held the 2nd Tuesday of each month at
7:00 pm via MS Teams

Please join us at our next Journey PAC meeting

December 14, 2021 @ 7:00 pm

[Click here to join the meeting](#)



2021-2022 PAC

Executive Members:

President: Trudy Fraser

Vice President: Heather Stout

Treasurer: Marise Coetzee

Secretary: Greg Reaney



*If you wish to attend the online meeting or
volunteer with Journey PAC please email
Trudy Fraser at <hunni8205@gmail.com>.*

Thank you!

Upcoming dates:

Dec 3	Last Day of Term 1
Dec 17	Last Day of school before Winter Break
Jan 4	Schools Re-Open
Feb 18	Non-Instructional Day for Students
Feb 21	Family Day
Mar 18	Last Day before Spring Break
Apr 4	Schools Re-Open
Apr 7	Early Dismissal (Student-Led Conferences)
Apr 8	Non-Instructional Day for Students
Apr 15	Good Friday
Apr 18	Easter Monday
May 13	Non-Instructional Day for Students
May 23	Victoria Day
Jun 29	Last Day of School
Jun 30	Year-End Administrative Day

Full-Year Course Term Dates:

Term 1	Sep 7 – Dec 3 (12 weeks)
Term 2	Dec 6 – March 11 (12 weeks)
Term 3	Mar 14 – June 29 (14 weeks)

FAST* Rotation

Rotation 1	Sep 7 – Oct 20 (18 sessions)
Rotation 2	Oct 25 – Dec 1 (18 sessions)
Rotation 3	Dec 6 – Feb 2 (20 sessions)
Rotation 4	Feb 7 – Mar 16 (17 sessions)
Rotation 5	Apr 4 – May 11 (17 sessions)
Rotation 6	May 16 – June 29 (20 sessions)

Journey Admin Contacts

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Journey Counselor Contacts

Michaeline Yarchuk - Counsellor
myarchuk@sd62.bc.ca



Please visit our website at:
<https://journey.web.sd62.bc.ca/>
for teacher contact information