

# March/April Information 2025

## Parkcrest Elementary

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### **PAC Information**

- Thank you so much to our PAC for packaging well over 1500 Cookie Grams for Valentines Day. Our students loved sharing and receiving them.
- Next meeting April 2 6:00 pm. No childcare available.

### **Items from home:**

- Please ensure that your child isn't bringing to school items such as Pokemon Cards, toys, etc. These can get lost or hurt feelings can happen from trades that aren't supervised.

### **Lost and Found:**

- All items will be donated to GoodWill on Friday, March 14. Please pop in to see if you can find anything that belongs to you!

### **Student Learning Reports:**

- Will be published on Wednesday, March 12. If you need support to login to your MyEd Account, please contact Mrs. Kozoriz at the office.

### **Are you Moving?**

- Please let the office know if you are moving to help us support next year's planning process. [parkcrest-office@sd73.bc.ca](mailto:parkcrest-office@sd73.bc.ca)
- Class placement request forms will be available in May for all families to offer suggestions for placement. A reminder that this is not for requesting specific teachers.

### **Sports**

- Thank you to our community/parent coaches for a great basketball season. Mr. Cruz, Mr. Willson, Mr. Douglas, Mr. Perrin, Mrs. Anderson we appreciate all of your time and support for our students. Thank you to Mr. Nesci for organizing the whole season.
- Flag Football season for our intermediate students is upon us. We are looking for a coach(es). If you are interested please contact Mr. Nesci at [jnesci@sd73.bc.ca](mailto:jnesci@sd73.bc.ca)
- Track and Field practices and events will begin after Spring Break. The following are important dates to note:
  - McGowan April 24th and Dallas Parloff April 30th-gr 4-7
  - Parkcrest Track Meet May 12th
  - Zone 3 Track Meet May 23rd 1000/1200m race May 20th @ Parkcrest
  - District Track Meet May 29th 1000/1200m race May 27th

## After School Supervision

- Once students are dismissed at 2:39 they are to go home after school. There is no supervision afterschool and we are seeing some difficult behaviour and social interactions happening afterschool that aren't appropriate. Please make sure that if you are giving your child permission to play after school you are here to supervise.

## Spring Dress for the Weather

- We are out of the woods for cold weather now, however rain or shine students will be going out for recess and lunch. Please make sure that your child has appropriate clothing for Spring wet weather with an umbrella, rain jacket and foot wear.

## Criminal Record Check

- If you are interested in helping out in any way at the school (volunteering for field trips, driving, etc) you must have a Criminal Record check completed. The information comes to the Principal and you will receive an email indicating that it is now on file from Mrs. Kozoriz.

Criminal Record Check Parkcrest Link <https://justice.gov.bc.ca/eCRC/home.htm>.

CODE: M6NTZ7T9A2 . This code is specifically for Parkcrest.

## Important Dates:

March 17 - March 28	Spring Break
March 31	Back after Spring Break
April 2	PAC Meeting 6:00
Apr 2	#1 Spark session for next year Kindergarten students
Apr 2	Art Starts presentation: Ventriloquist
Apr 7	Day of Suw'entwecw
Apr 7	Grade 7 Parent Meeting for Grade 7 Leaving Event 5:00-6:00
Apr 8	Apples and Milk: Fruit and Vegetable Delivery
Apr 10	Host Zones Battle of the Books
Apr 18	Good Friday
Apr 24	McGowan Parloff
Apr 28	Non Instructional Day
Apr 30	Dallas Parloff
May 12	Parkcrest Track Meet
May 16	Non Instructional Day
May 19	Victoria Day Holiday
May 20	Zone Track 1000/1200 m race
May 23	Zone Track Meet
May 27	District 1000/1200 m race

May 29	District Track Meet
June 19	Entrepreneur Fair
June 19	PAC Family Barbeque
June 20	Grade 7 Leaving Evening: Parkcrest Gym organized by parents
June 24	Grade 7 Leaving Ceremony ***Please note a change in date from June 19, at 10:30*** We have had to change due to scheduling conflict. Still at 10:30 AM.
June 26	Last Day Dismissal 12:39

## Community Information

- As the [Royal Soccer Club](#) prepares for the upcoming summer camp season, we are thrilled to announce the 33<sup>rd</sup> annual summer day camps will be hosted in Kamloops again this summer – see poster [here](#).
- Spring Break Soccer Camp  
Students can join a Spring Break Soccer Camp in the KUFC Soccer Dome for some fun and engaging skill building and scrimmages. KUFC staff will lead the players in skill building sessions and arrange scrimmages World Cup style. There will be planned breaks between skill building drills and the scrimmages, so please remember to send snacks and water with your child.

U7-U12: March 24–27, 2025, 9 am–12 pm (early drop off option at 8:30 am) at Soccer Dome (313 Nishga Way) – \$150: Register [here](#).



# Is your child too sick for school?



## **Deciding when your child is too sick for school is not always an easy decision.**

Children should not come to school if they are sick and unable to participate fully in routine activities. If you have questions and concerns about your child's health, talk with a qualified healthcare professional.

### **Keep children at home if they have:**

- a fever, and keep them home for **24** hours after the fever is gone away without the help of medication (see reverse page on how to take a temperature).
- vomiting or diarrhea, and keep them home for **48** hours after the last episode.
- a severe sore throat.
- a rash with no known cause.
- a severe cough especially with other symptoms like a runny nose and headache.
- redness, swelling or discharge of the eyes, ears or skin, unless treated.
- been acting unwell and have little energy to join in school activities.

### **For questions about your child's health you can:**

#### **1. Dial 811 or go to [HealthLinkBC.ca](http://HealthLinkBC.ca) to speak with a:**

- Registered Nurse 24 hours a day, every day of the year.
- Registered Dietitian every weekday from 9 a.m. to 5 p.m. PST.
- Pharmacist every night from 5 p.m. to 9 a.m. PST every day of the year.

#### **2. Contact an Urgent Care, Walk-in Clinic or Doctor's Office.**

- See the reverse page on when to go to the emergency department.



### **Seasonal Respiratory Illness**

In the fall and winter, we can expect to see more respiratory illness. This is an annual occurrence, but there are measures we can all take to prevent illness and manage symptoms while at home. Here is some information that may be helpful: [It's respiratory illness season](#).

# Community Supports for Children & Youth

Empower Your Family with  
Community Connections!

Are you curious  
about community  
supports as your  
child enters  
kindergarten?

Would you like more  
information from  
organizations that  
can help support  
your family or  
school-aged child?

Are you wondering  
about services that  
may be available as  
your youth  
approaches  
adulthood?

April 22, 2025

4-7pm (drop-in)

Henry Grube Education Centre  
(245 Kitchener Crescent)

Snacks and  
Doorprizes!!



SCHOOL DISTRICT NO. 73  
(Kamloops-Thompson)

Learn about local programs and services designed to  
support your child's unique journey. Together, we can  
build a stronger, more inclusive community!

Questions?



Henry Grube Education Centre (250) 376-2266

## Measles Prevention: What You Need to Know

Vaccination is the most effective way to prevent measles. Measles vaccines are tested and are effective at protecting your children and others from serious illness.

Having two doses of a measles-containing vaccine greatly reduces the risk of catching the disease. These two doses are nearly 100% effective and are recommended for children and teens.

<p>To book an appointment to update your child's immunization visit <a href="http://interiorhealth.ca">interiorhealth.ca</a> or scan this QR code to find the closest Community Health Centre.</p>	<p>Book an Appt.</p> 	<p>If you are not sure if your child is fully protected against Measles, or other preventable diseases visit Health Gateway, or scan this QR code.</p>	<p>Check a Record</p> 
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## Increased Measles Around the World

As you may have seen in the news, there is an increase in the number of measles cases being reported around the world, including in Canada and in B.C.

We would like to remind you to [check your child's vaccination records](#) before travelling during Spring Break and to ensure they are protected.

### If you are planning to travel internationally:

- Babies between the age of 6 months and 1 year should get immunized against measles before travelling. This dose is not included in the routine two doses but will add to the protection against measles while travelling.
- Children between age 1 and 4 years can get their second dose early if they are travelling internationally before they are due at age 4-6yrs.

If your child has not yet had their vaccines, please make an appointment with your local public health unit. Children 4 years or older, as well as adults, can also be vaccinated at community pharmacies.

### Measles is a serious illness caused by the measles virus. It is very contagious.

- It can spread easily through air.
- Measles can cause complications like inflammation of the brain (encephalitis), which can lead to seizures, deafness or brain damage. Other complications can include ear infection, diarrhea, pneumonia and death. This is why protection by vaccination is so important.

If you have immunization records for your child that are not recorded in their Health Gateway profile, you can submit those records online by sending them to [immunizationrecord.gov.bc.ca](http://immunizationrecord.gov.bc.ca)

## **PARENTS IN THE KNOW**

March 5th - April 23rd

Wednesday evenings - 4:30 pm to 6:00 pm

Caregivers of youth between the ages of 12 & 18

## **PARENTING WITHOUT POWER STRUGGLES**

March 25th - May 13th

Tuesday evenings - 4:30 pm to 6:00 pm

Caregivers of youth between the ages of 8 & 12

These 8-week educational and supportive group program are for parents of pre-teens & teens that are wanting to develop new skills and knowledge while increasing their confidence and supporting their teens development.

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To register or ask questions, please  
contact Jaimie at  
[fsupport@bgckamloops.com](mailto:fsupport@bgckamloops.com) or  
250.554.5437 ext. 206

