

Caldwell Chronicles

October

We are all  
treaty people

## OCTOBER IS MI'KMAW HISTORY MONTH

- The [Mi'kmawey Debert Cultural Centre's website](#) has the pronouciation of many different Mi'kmaw words .
- Did you know the Centre's website also has downloadable coloring pages and word searches? [Click here](#)

## IMPORTANT UPCOMING DATES – OCTOBER

**UPCOMING DATES** OCTOBER

|    |   |
|----|---|
| 22 | PICTURE DAY<br>(RETAKE NOV 6)               |
| 24 | PTO HALLOWEEN HOWL<br>(MORE INFO TO FOLLOW) |
| 25 | NSTU CONFERENCE DAY<br>NO CLASSES           |
| 31 | DIWALI                                      |

CHECK OUT OUR NEW WEBSITE [CAR.HRCE.CA](http://CAR.HRCE.CA)



# Let's Stay Healthy!






## Hand washing won't control airborne illnesses



Airborne diseases can infect larger numbers of people because transmission can occur over long distances and spans of time. If you go into a room that someone coughed in minutes before, you risk the danger of infection.



The Government of Canada, World Health Organization, and Centres for Disease Control and Prevention acknowledge that Covid — like RSV, influenza, strep, pertussis (whooping cough), measles, tuberculosis — is transmitted through tiny aerosols in the air. These illnesses can be controlled by improving indoor ventilation and wearing a well-fitting mask.

|  |  |  |
|--|--|--|
| <p><b>Stay home when you're sick</b></p>  | <p><b>Wear a well-fitting respirator or mask</b></p>  | <p><b>Improve indoor ventilation</b></p>  |
|--|--|--|

Canada.ca/coronavirus

<https://www.canada.ca/en/public-health/services/publications/diseases/conditions/help-reduce-spread-covid-19.html>

## What's a notifiable disease or condition?

|                     |                  |                  |
|---------------------|------------------|------------------|
| <b>Covid</b>        | <b>Pertussis</b> | <b>Influenza</b> |
| <b>Strep A</b>      | <b>Measles</b>   | <b>Mumps</b>     |
| <b>Tuberculosis</b> | <b>and more!</b> |                  |

[https://novascotia.ca/dhw/cdpc/documents/06026\\_itstheposter\\_en.pdf](https://novascotia.ca/dhw/cdpc/documents/06026_itstheposter_en.pdf)

## Why report a child's illness to the school?



When you report one of these illnesses to the school, they notify Public Health.

Reporting can help with infection control because Public Health can identify a potential outbreak if multiple households are sick with the same illness.



## Why do schools matter?



As large congregate settings, schools are important sites for infection control.



**Education Act**  
section 42

**Health Protection Act**  
section 31

That's why it's required by the Education Act and the Health Protection Act to report illnesses to Public Health.



## You can protect yourself and others



Stay home when sick



Open windows



Use air filtration



Wear a well-fitting mask



Report illness

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## KEEPING OUR SPACES HEALTHY

- Keeping our spaces healthy is a collective responsibility.
- Public health has shared the infographic above on how to do that.
- Please have a back up plan in case your child becomes sick during the day and needs to be picked up.
- As they do each year, public health wants to remind you to check your child regularly for lice.
- [Click here for more information on how to treat lice.](#)

## DRESSING FOR SUCCESS

- ALL students should have extra socks/pants/shirt in their backpacks in case they get wet.
- Please send your child with the PROPER outdoor gear for the day. We go outside in the rain, snow, and sun.
- Layers are a great way to ensure your child is warm or cool enough during the outdoor time