



As we are heading into the illness season, which includes cold, flu and COVID-19. We would like to take a moment to reminder students and parents on what to do if your student isn't feeling well.

We ask all students to stay home and away from others until your symptoms resolve, your fever is gone or signs of fever (chills, feeling very warm, flushed appearance, or sweating) without the use of medicines that reduce fever, like Tylenol or Advil.

It is important for people with symptoms to stay home to reduce any potential spread of illness until their symptoms have resolved until they are able to participate in their usual activities.

Both flu and COVID-19 has varying degrees of symptoms, ranging from no symptoms (asymptomatic) to severe symptoms. Common symptoms that COVID-19 and flu share include:

- <u>Fever</u> or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing
- Sore throat
- Loss of appetite
- Runny nose
- SneezingExtreme fatigue or tiredness
  - Headache
- Body aches
- Nausea or vomiting
- Diarrhea

What happens if you test positive for COVID-19?

If you tested positive for COVID-19, stay home and away from others until you do not have a fever and your symptoms have resolved, and you feel well enough to return to your regular activities.

What happens if you test negative for COVID-19?

If you have mild symptoms and tested negative for COVID-19, or did not test, stay home until you do not have a fever and your symptoms have resolved, and you feel well enough to return to your regular activities.

Thank you for helping to keep our MacNeill Community healthy and safe!

## Block 4 1:57 – 3:00

11:02 - 12:05

12:10 - 1:12

1:12 - 1:57

Block 2

Block 3

Lunch

The Grad 2024 Winter Formal is on **Friday**, **January 19**. **Our venue** is the Mayfair Lakes Golf Club.

> Mayfair Lakes Golf Club 5460 Number 7 Road, Richmond, BC V6V 1R7 Phone Number: 604-276-0585 <u>https://www.mayfairlakes.com/</u>

We will begin entrance to the **event at 5:45pm - 6:15pm and Dinner will be served at 6:30pm. No Late entry will be permitted at 6:30pm.** Upon entry there will be security that will check bags and individuals before entering. To make this process faster please limit bringing bags or other unnecessary items to this event. **The event finishes at 10:00pm and we ask that you have your transportation home arranged and at the event before 10:00pm.** 

Please remember to **bring Photo ID (School or government)** and that **all school rules apply**, and school administration, staff and professional security staff will be with us for this evening. **All grads attending are subject to a search by the security staff before entering the venue. Any violation of the school rules regarding alcohol or substance use will result in parents being contacted, exclusion from the event, and remaining grad events this year.** We all hope that this will be a memorable and classy Grad 2024 event! Thank you very much for ensuring that everyone has a good time!





Bacon Cheese Burger • Tuesday Mac & Cheese • Wednesday Chipotle Chicken Burger • Thursday Curry Chicken Rice Bowl • Friday