



Falcon Flyer

November 23rd 2020

Principal's Message

Dear Parents/Guardians,

On behalf of the entire team at E. A. Fairman P.S., we hope you are having a great start to the week. Here are a few things we wanted to share with you:

SCC Meeting tonight Monday November 23 at 6:30 pm Link: <https://meet.google.com/edb-yogs-czsc>

Cyber Security Awareness Month

November is Cyber Security Awareness Month. In addition to posting weekly resources on DDSB's social media platforms about how to stay safe online, we've also attached a few best practices about how to safely learn and work remotely.

For more information about cyber security and how to keep families safe visit DDSB's [Online Safety and Digital Citizenship](#) webpage.

We thank you in advance for your engagement and hope that you find this information useful.

Mask Required Parents/ Guardians are required to wear a mask while outdoors on school property, including during pick up or drop off.

Non-essential visitors to the school will be limited. Wherever possible, telephone meetings with parents/guardians, vendors and outside agencies should be held.





Virtual Book Fairs Family Night

How To Have
The Perfect
Shopping Night

1

Grab some yummy
snacks and get cozy

2

Shop as a family for your
new favourite books!

3

Read together, laugh out
loud, and share new stories



Our School's
Virtual Family
Night Is

Wednesday
from 6-8pm



*Limited time offer expires Dec 10th, 2020

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Durham Region Health Department Free Dental Screening

If you would like to book an appointment for your child to receive a
free dental screening, please contact the Oral Health Division Dental Clinic at
(905) 723-1365, ext. 4567 or toll free at 1-866-853-1326, ext. 4567.

Due to COVID-19, the **school based** dental screening program is on hold



HEALTH
DEPARTMENT

HealthyMouth
HealthyYOU

Oral Health Division
1615 Dundas St. E., Suite 210, 2nd floor Whitby ON L1N 2L1
905-723-1365 or 1-866-853-1326 • Fax: 905-723-9482
durham.ca/oralhealth



Healthy
smiles
Ontario





School Immunization Clinics **FACT SHEET**

IMPORTANT INFORMATION FOR STUDENTS & PARENTS

What vaccines are offered?

Health Department nurses will be in the community this year to offer grade 7 and 8 students the following vaccines for FREE. They are NOT free through your health care provider.

- Meningococcal Conjugate ACYW-135 (Men C-ACYW)
- Human Papillomavirus (HPV)
- Hepatitis B (Hep B)

Appointments for grade 7 and 8 students who are attending school in person or through virtual learning, can be booked online:

www.durham.ca/immunizationclinics

On the website, you will find the days and clinic locations available.

Consent forms will be present for you/your child to sign at the clinic.

- ☒ Read this **FACT SHEET** to learn about the clinics and the vaccines being offered. Discuss the vaccines with your child.

- ☒ Access durham.ca/immunizationclinics and complete the required fields to book an appointment for your child for the fall clinic.

Find a location that is convenient for you to access. Students registered in *Virtual Learning* are encouraged to book an appointment as well.

You will receive a confirmation and reminder email, prior to the clinic appointment.

If you or your child do not want some or all the vaccines...

Let us know your wishes by doing the following:

- Identify which vaccines you *do* wish to receive on the online booking form. Discuss the vaccines with the Public Health Nurse on the day of the clinic.
- If you do not wish to have your child receive any of the offered vaccines contact your health care provider or the Health Department to address any questions.

What should I do if my child already had the vaccine(s)?

Call the Health Department at 1-800-841-2729 or 905-666-6242 to provide the dates the vaccines were received.

Grade 9 students will receive a call from a Public Health Nurse to be booked into a clinic to complete vaccines missed this past spring.

How do I prepare my child for the clinic?

BEFORE THE CLINIC: Let your child know:

- What to expect
- Why the vaccines are important
- That the needle might feel like a pinch in the upper arm that only lasts a few seconds
- That the nurse will help to decrease their fear/pain (e.g. distraction, deep breathing, relaxing their arm, talking them through the experience etc.)

ON THE DAY OF THE CLINIC: Have your child:

- Eat something before their appointment
- Wear a shirt with loose sleeves
- Wear a mask to access the clinic
- Follow instructions provided by the Public Health Nurse and your reminder email to access the clinic

Your child will get a record of immunization after receiving the vaccine(s).



School Immunization Clinics **FACT SHEET**

IMPORTANT INFORMATION FOR STUDENTS & PARENTS



If your child has received one or more doses of the Meningococcal-C vaccine in the past, one dose of Men C-ACYW is still required.

What is the Men C-ACYW schedule for grade 7 students?

One dose of Men C-ACYW vaccine is **mandatory** for children to attend school in Ontario, unless they have a valid exemption. If you need more information on completing an exemption for conscience, religious, or medical reasons please contact us.

If one dose of Men C-ACYW vaccine was already given after one year of age, another is not required. However, it is recommended that grade 7 students get a booster dose if it has been more than 5 years since the previous dose.

MEN C-ACYW VACCINE

What is meningococcal disease (e.g. meningitis)?

Meningococcal bacteria are found in a person's nose and throat. It's easily spread by close direct contact such as kissing, coughing or sharing items like food, drinks or lip gloss.

Meningococcal bacteria can cause brain and spinal cord swelling (meningitis) or a blood infection. Without treatment it can lead to serious illness, disability or death (for more information visit www.durham.ca/factsabout).

What are the benefits of having the Men C-ACYW vaccine?

Meningitis can be prevented with the Men C-ACYW vaccine (e.g. Menactra® or Menveo®) 80% to 85% of the time.

What is the difference between meningococcal vaccines?

One dose of Meningococcal-C vaccine (e.g. Menjugate®) is required after age one; this protects against 1 type of meningococcal bacteria.

One dose of Men C-ACYW vaccine is required in grade 7; this protects against 4 types of meningococcal bacteria.

HPV VACCINE

What is the HPV virus?

Human Papilloma Virus (HPV) is a common virus that is spread by intimate skin to skin contact with a person infected with HPV. HPV can lead to genital warts, cervical cancer, genital cancers, precancerous lesions, anal cancer and certain cancers of the head and neck (for more information visit www.durham.ca/factsabout).

Every year in Ontario, HPV causes:

- 254 HPV-related deaths
- 1,090 new cases of cancer
- 14,666 new cases of genital warts

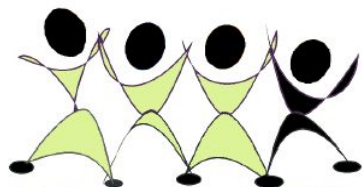
What are the benefits of having the HPV vaccine?

The HPV vaccine is most effective when given *before* a person becomes sexually active. It can prevent 80% of cervical cancers and close to 90% of genital warts. HPV-9 vaccine protects against 9 strains of the virus.



School Immunization Clinics **FACT SHEET**

IMPORTANT INFORMATION FOR STUDENTS & PARENTS



3 out of 4 people come into contact with HPV at some point. Many people don't know they have it, so they spread it to others.

What is the HPV schedule for grade 7 students?

The HPV vaccine is given as 2 doses, 6 months apart. If your child is starting the HPV vaccine at 15 years of age (or older) or has a weakened immune system, they will need 3 doses.

HEPATITIS B VACCINE

What is the hepatitis B virus?

Hepatitis B virus is spread by close contact with infected body fluids or sharing items like toothbrushes, razors, or nail clippers used by an infected person. 50% of adults and 90% of children may not know they are infected with hepatitis B because they don't have symptoms.

Hepatitis B cannot be cured. Hepatitis B can cause liver swelling or long-term damage and it is one of the most common causes of liver cancer (for more information visit www.durham.ca/factsabout).

What are the benefits of having the hepatitis B vaccine?

Hepatitis B can be prevented 95% to 100% of the time when the vaccine series is finished.

There are different types of hepatitis B vaccines. Some only protect against hepatitis B (e.g. Engerix-B®). Others protect against hepatitis A and B (e.g. Twinrix®). Twinrix® vaccines are not offered at school but you can buy them through your health care provider.



What is the Hepatitis B schedule for grade 7 students?

Hepatitis B vaccine is given as 2 doses, 6 months apart.

What if my child started or finished a Hepatitis B vaccine series before grade 7?

Some children start or finish a hepatitis B containing vaccine before grade 7. Use the table below to see if your child finished one of the recommended schedules.

If your child started but did not finish a Twinrix® series, it is recommended they finish it with their health care provider to get protection for both hepatitis A and B.

If your child started but did not finish a hepatitis B series, they can finish it with the Health Department.

Hepatitis B only vaccine	
DOSE 1:	First dose
DOSE 2:	1 month later
DOSE 3:	5 months after dose 2
Twinrix® Junior (often used for children)	
DOSE 1:	First dose
DOSE 2:	1 month later
DOSE 3:	5 months after dose 2
Twinrix® vaccine (often used for adults)	
DOSE 1:	First dose
DOSE 2:	6-12 months later

NOTE: This table is based on the Canadian Immunization Guide



School Immunization Clinics **FACT SHEET**

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GENERAL VACCINE INFORMATION

How do the vaccines work?

Vaccines are made with a small amount of dead or weakened virus or bacteria. When given, vaccines help the body make fighting cells (antibodies) which boosts the immune system's ability to fight off the virus or bacteria if you come into contact with them.

Is it safe for my child to get more than one vaccine at a time?

Some vaccines are given together to protect against several diseases at once. Your child's immune system is amazing! It can easily handle more than one vaccine at a time safely.

At the clinic, we give up to 3 needles, using a different needle and area of the arm. The vaccines are just as effective when given together and do not cause more side effects.

Do the vaccines have side effects?

Your child can't get HPV, hepatitis B or meningococcal disease from the vaccines. Studies show that these vaccines are safe and side effects are usually mild and last a short time. The most common side effects are:

- Headache
- Fatigue
- Redness, pain, and/or swelling where the needle was given

To relieve pain, swelling, and/or a mild fever you can:

- Place a cold cloth where the needle was given
- Give acetaminophen (e.g. Tylenol™)

A severe allergic reaction after immunization is very rare. If you think a serious reaction is developing, seek medical attention right away.

Any unusual or significant changes in your child's health after an immunization should be reported to a health care provider and the Health Department.

The most common potential allergens are:

- **Hepatitis B:** yeast protein, thimerosal
- **Men C-ACYW:** diphtheria toxoid protein
- **HPV:** yeast protein

Any part of a vaccine may cause an allergy. For vaccine ingredients, see the Canadian Immunization Guide at <http://www.phac-aspc.gc.ca/publicat/cig-gci/p01-14-eng.php>

Did you know Ontario has a Health Care Consent Act (1996)?

Health care providers must have a person's consent to give any medical treatment. Consent can be provided at any age as long as the person consenting understands the treatment and is informed. Consent must be provided voluntarily and cannot be based on false information.

To provide informed consent, we ask that you and your child:

- Read all of the Fact Sheet
- Sign the consent form at the clinic
- Call your health provider if you need additional information



NEED MORE INFORMATION?

Visit:

- durham.ca/immunizationclinics
- Ontario.ca/vaccines

Call 1-800-841-2729 if you need this information in an accessible format.

S.C.C. 2020-2021 Upcoming Events



Due to Covid-19 restrictions, the SCC cannot host a Breakfast with Santa this year. But you still have a chance to see Santa virtually! Your family can visit with Santa during your own 5 min time slot.

When: Saturday November 28, 2020
Time: 9:30-12
Where: Online!
Cost: \$5 (this event is being subsidized by the SCC)

How to book a time slot:

1. Go to <http://fairmanfamiliesantavisit.oandqwebdesign.com/santa-visit/>
2. Choose your preferred 30 min time slot from the available options. You will be assigned a 5 min time slot that is within your chosen time. (e.g., if you choose 9:30-10:00, your 5 min visit may be 9:45).
3. Please enter your name, phone number, email address and name(s) of your child(ren).
4. Pay \$5 on School Cash Online by November 23rd
5. Santa will email you your own link to visit with him on the day!

We have made every effort to make this event contact free in order to keep everyone safe, including Santa.

Spaces are limited, so book early!
Please direct any questions to Kathleen O'Connor at kmioconnor@gmail.com



E.A. Fairman's
Christmas

Online Chocolate Fundraiser
November 17th - November 25th

Enter our code **57275**

And we receive 25%

Give it out.

Family, Neighbours and Friends!
Items will be available for safe pick up
at the school on December 13th 10am - 12pm
go to

<https://fundraising.purdys.com/join.aspx>
(text Katie @ 905 626 4791 with questions)

Just a reminder that North Country Meat & Seafood ordering information was sent home via School Messenger. If you have any questions, please contact fairmanfundraising@gmail.com.

2020-2021 Fairman Spirit Days & Character Education Assemblies

Wed Sep 30.....Orange Shirt Day
Fri Oct 2.....Terry Fox Day/Red & White
Fri Oct 23Sports Jersey Day
Fri Oct 30Dress Up Day/Black & Orange
Wed Nov 4Character Education Assembly
Wed Nov 11.....Remembrance Day/Red & White
Fri Nov 27.....Hoodie Day
Wed Dec 2.....Character Education Assembly
Mon Dec 14.....Holiday Sweater Day
Tues Dec 15.....Pyjama Day
Wed Dec 16.....Holiday Hat Day
Thurs Dec 17.....Holiday Accessories Day
Fri Dec 18.....Red/Green Day

Fri Jan 29.....Pyjama Day
Wed Feb 3.....Character Education Assembly
Wed Feb 24.....Pink Shirt Day & Assembly
Fri Feb 26.....Hat Day
Thurs Mar 11.....Crazy Hair Day
Fri Mar 26.....Fairman Day
Wed Apr 7.....Character Education Assembly
Thurs Apr 22.....Earth Day/Green & Blue
Fri April 30.....Toronto Blue Jays Day/Blue & White
Wed May 5.....Character Education ASsembly
Fri May 28.....Decades Day (50s, 60s, 70s, etc)
Wed June 2.....Character Education Assembly
Fri June 25.....Hawaiian Day



Get Ready to go Back to Class with Mabel's Labels!

Support our fundraiser by taking advantage of exclusive deals on Mabel's Labels durable, waterproof School Labels. Help stop the spread of germs in the classroom by labeling all of their gear.



mabel's labels
FUNDRAISING

Go to campaigns.mabelslabels.com
and choose our organization from the list!
Then shop and your labels will ship directly to you with FREE shipping!

mabel's labels
FUNDRAISING

Mabel Labels are back! If you are interested in ordering labels please click on the link below.

https://mabelslabels.ca/en_CA/fundraising/support/

With every order E.A. Fairman P.S. will receive 20% back on all sales.

Common COVID-19 Symptoms

- New or worsening cough
- Shortness of breath/difficulty breathing
- Fever over 37.8 deg C
- Sore throat
- Difficulty Swallowing
- Changes to sense of taste or smell
- Nausea/vomiting, diarrhea, abdominal pain
- Runny nose, or nasal congestion (not caused by seasonal allergies)

Follow Us...



**EA Fairman PS is now on
Instagram. Follow us to see
pictures and receive information
on what is happening at the
school**

@eafairmanps