



ROCKY MÓUNTAIN ONLINE LEARNING



RMOL PARENT PORTAL

The RMOL parent portal provides easy access to your child's progress in their course. The progress report will outline the following:

- Portion of course completed
- Current Grade in the course
- Completion date and grade of assignments, quizzes and tests.

To log into the portal you will need; your child's PEN number and date of birth. PEN numbers can be found on your child's previous report card.

> School Parent Portal (sd6.bc.ca)

IMPORTANT DATES

<u>April 22</u> Non Instructional Day

<u>April 30</u>

8-12 Report Cards sent home

<u>May 9</u> K-7 interims sent home

<u>May 20</u> Victoria Day- No School

> June 27 Last Day of School

FRIENDLY REMINDERS

The 2024-25 School Calendar has been approved!





RECOMMENDED READS



<u>The Morning Bell Brings the</u> <u>Broken Hearted: A Novel</u> <u>by Jennifer Manuel</u>



Health Promoting Schools Newsletter



If there is something worrying you or your friends at school, you can make an anonymous report by clicking <u>HERE</u>

Additional Family Sessions for Social Media Awareness - NEW DATES

• Wednesday, April 10

• Tuesday, April 16

All of the trainings can be found by clicking:



GRADUATION ASSESSMENTS



All students graduating with BC Dogwood Diploma must write the following Graduation Assessments:

- Numeracy 10
- Literacy 10
- Literacy 12

Provincial Graduation Assessments are developed by B.C. and Yukon teachers and are cross-curricular measures of the provincial curricula.

> Assessments will be taking place at ODAS, KAS and GAS during the week of April 15-19



Health Promoting Schools Newsletter FOR more information about the assessments









REPORTING DOCUMENTS

We encourage you to visit the following link from the Ministry of Education for important information regarding K-12 student reporting





EYE SAFETY & THE THE SOLAR ECLIPSE

NEVER LOOK AT THE SUN WITH THE UNAIDED EYE, INCLUDING DURING AN ECLIPSE OR OTHER

SOLAR PHENOMENA! ALWAYS USE ECLIPSE GLASSES OR VIEWERS.

THE SUN'S LIGHT

The Sun shines bright in our daytime sky, sending lots of light and radiation to Earth. Sunlight is very important for life on Earth, but it can also be harmful. Radiation emitted by the Sun can be harmful to humans without appropriate

protection. Similarly, the abundance of visible light is just as damaging. Just like putting on sunblock or clothing

to protect our skin from too much Sun, we also need to protect our eyes when observing the Sun.

WHAT DAMAGE CAN IT CAUSE

• Looking at the sun, including during a solar eclipse,

can cause solar retinopathy, which can permanently damage the retina's lightsensitive cells at the back

of the eye. Even a brief look at the sun during an eclipse can cause permanent harm to the eyes. A person may not experience any pain or discomfort while watching the event and still suffer severe damage as a result.

• Symptoms may not surface until 12 to 48 hours after the event and could involve retinal burns, temporary or permanent vision loss and blurred

vision. Once symptoms start, it is usually too late to reverse any resulting damage. If someone experiences any changes in their vision from watching the solar eclipse, they should immediately have someone else drive them to a hospital or to their optometrist to PRECAUTIONS FOR OBSERVING THE SUN

- Do not look directly at the sun! Do not look indirectly at the sun using a window or mirror
- reflection.

Where possible, schedule tasks indoors during the

• eclipse, to reduce the likelihood of looking at the sun.

If driving, continue as normal and avoid looking at the sun – depending on the sun position, use hats/ shades/visors that don't allow any visible light to

• pass through. Don't drive wearing eclipse glasses. Have headlights turned on. During a solar eclipse, the environment will darken like

dawn or dusk – prepare for distracted

- drivers/people! Where applicable, ensure adequate lighting and wear high visibility clothing appropriate for low light conditions. Regular sunglasses are not nearly adequate to protect your eyes while looking directly at the sun. Do not use a camera, a telescope, binoculars, translucent shades/visors, or
- any other optical device to look at the sun. These devices are not safe for eclipse viewing, and the concentrated solar ray can cause retinal burns. If you plan to view the solar eclipse, the use of safe solar eclipse viewers or filters that meet international standard ISO 12312-2 is imperative. If you purchase solar eclipse viewers, please ensure that the viewers are validated and tested by a properly accredited laboratory and meet the requirements of ISO 12312-2.



EYE SAFETY & THE THE SOLAR ECLIPSE



At maximum, the Moon Will cover the entire Sun, leaving just the corona visible. You may remove your eclipse glasses to view the maximum of a total eclipse.

Which solar eclipse are you viewing?

Take appropriate measures to ensure eye safety. All partial phases of any solar eclipse require a filter to observe safely.



At maximum, the Moon will cover all but a sliver of the Sun's surface. You must use proper eclipse glasses or viewers to observe this sliver.

OTHER PRECAUTIONS

If outside during this time wear high SPF and broad spectrum sun screen and a hat and clothing that covers your skin.

If anyone experiences any issues with eyes or vision after the eclipse please visit doctor or optometrist promptly.



Because of the risks of looking directly at the sun without proper eye protection during an eclipse: Elementary schools should ensure that students are kept inside from 11:30am to 1:40pm (the time during which the partial solar eclipse may be visible in our area).

• Middle and Secondary High schools may adjust their schedules and should welcome students to stay inside for the lunch break that day.

Schools will not schedule outdoor PE classes, recess, or activities for any students between

11:30am and 1:40pm on April 8, 2024. Staff should review the risks of looking at the sun

[•]during an eclipse without proper eye protection (see attached).

RESOURCES



- Go Indirect Project: If you can't find eclipse viewers, <u>make a pinhole</u> projector to watch the eclipse. It's important to only watch the screen, not the Sun. Never look at the Sun through the pinhole.
- Watch Online: Check out the NASA/Exploratorium
- livestream CAO "Solar Eclipse Safety" Video Series with
- Dr. Ralph Chou Educational Video"How to Photograph an
- Eclipse Without Damaging Your Eyes or Your Camera " with Dr. Ralph Chou Learn More about the Eclipse path
- from The American Astronomical Society and eclipse2024.org
- Read more about the 2024 total solar eclipse at DiscoverTheUniverse.ca (includes video featuring Dr. Ralph
- Chou)

Watch the webinar by the Royal Astronomical Society of

• Canada on "Planning for a Solar Eclipse<u>"</u> Order your eclipse viewers/eclipse glasses : The American Astronomical Society, Royal Astronomical Society of Canada and the Eclipse2024 websites have information and links for

ordering solar eclipse glasses.

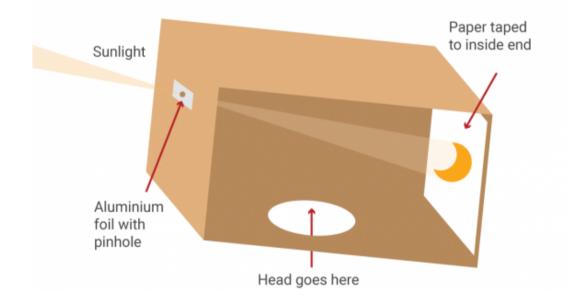


Schools and child care facilities are encouraged to have a basic plan to ensure that children, students and staff will be safe.

Keep a close eye on children during a solar eclipse. Their eyes are still developing and let in more light to the retina than adult eyes, so they are at higher risk of harm if they look at the sun without proper eye protection.



Pinhole Projector



If you are interested in viewing the solar eclipse on Monday, check out this video on how to make your own solar pinhole projector to see it. <u>https://youtu.be/vLODPPFsZdA</u>



K-7 students and families to complete their Self-Assessment by May 1. Documents and instructions have been emailed as well as posted on Brightspace.

8-9 Students Core Competency Self-Assessment and Goal setting is due April 12. Documents can be found on Brightspace.

Foods 8-9















programming and services available for you and your child!

Education Child Ca

TIME TO LEARN

Ready, Set, Learn for families with kids 5 and under in Invermere





