

ARROW HEIGHTS ELEMENTARY

SEPTEMBER 2021

Communicable Diseases Plan for Families

SAFETY FOCUS-

What's new?

PPE

Masks are required for **all staff K-12 and all students in Grades 4-12 in all indoor spaces**. **K-3 students** are also encouraged to wear a mask. **All adult visitors to the school must wear a mask in all indoor spaces**. We will have non-medical masks available for students and adults.

* No student is required to wear a mask if they are unable to tolerate it nor are required to wear a mask during high intensity activities.*

Microsoft Teams

Each class may set up on Microsoft Teams (K-7). Teachers can maintain general communication with families and students using this platform during the year, if they so choose. The routine use of this platform will allow us a seamless transition if it proves necessary for an individual student or class due to the pandemic or long term illness. The purpose and use of Teams is not intended for family driven vacation time.

Gatherings

Gatherings such as smaller assemblies and buddy classes will be permitted. We are still working on these specific guidelines. We will also be permitted to resume extra-curricular activities. Please stay tuned on these events as well.

SAFETY FOCUS-

What 's continued from June?

1. Staying home when ill

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COMPLETE THE DAILY HEALTH CHECK. See Appendix 1

- Any student or staff or visitor presenting with COVID-like symptoms should stay home.
- Any student, staff or person within the school who has COVID-like symptoms should call 811 or your local clinic for assessment.
- Any student, staff or other person within the school who has symptoms of COVID-19 or travelled outside of Canada in the last 14 days OR was identified as a close contact of a confirmed case or outbreak must stay home and self-isolate.
- Students or staff may still attend school if a member of their household has COVID-19 like symptoms, provided they are asymptomatic. It is expected that the symptomatic member of the household is seeking assessment by a health care provider.
- Students and staff who experience seasonal allergies or other COVID-like symptoms, which are related to a pre-existing condition can continue to attend school.

2. Safe Distancing, Reduce physical contact

2. Safe distancing

- The [BCCDC \(May 15, 2020\)](#) stated, "For younger children, maintaining physical distance is less practical, and the focus should be on minimizing physical contact instead."
- We must practice safe distancing routines as best we can while we work and play

<p>3. Hand Washing</p> <p>4. Sharing</p> <p>5. Frequent cleaning</p> <p>6. Washroom Use</p> <p>7. Attendance</p>	<p>3. Hand washing- See Appendix 2</p> <ul style="list-style-type: none"> • Routine frequent hand washing for 20 sec. with soap and water (enter, exit, eating, break times, dismissal) – STAFF MUST TEACH STUDENTS THIS EXPLICITLY <ul style="list-style-type: none"> ○ keeping hands away from face, eyes, nose and mouth ○ hand sanitizer stations will be clearly marked <p>4. <u>Sharing</u> of supplies/equipment where possible</p> <p>The practice of sharing of personal items will be permitted where possible. Water fountains are not disabled this year though a filled water bottle is expected for all students each day. Majority of items (supplies) will be kept at the student’s desk for intermediate and in bins for primary. If available, school technology devices may be used by students, although there may be a limited number of devices available at the school.</p> <p>5. Frequent cleaning</p> <p>There will be custodial staff on-site regular general cleaning and disinfecting of the premises – Cleaning will occur at least once a day. The classroom areas will be cleaned each day.</p> <ul style="list-style-type: none"> • Technology device cleaning will be performed by staff, not the student. • Garbage receptacles will be changed each day. • Plastic recycling will go into blue bins only. <p>6. Washrooms/ Sinks/ Water fountain</p> <ul style="list-style-type: none"> • Continued staggered approach to accessing washrooms, sinks and water fill station • 3 students per washroom. Please use assigned washroom where possible. • Wait line outside washroom doors/sinks/water fill dispenser to avoid crowding <p>7. Attendance</p> <ul style="list-style-type: none"> • Teachers complete the online attendance as provided to them. • If a child arrives LATE at school, he/she will report to the office. • Parents should NOT need to accompany their child unless they are younger. They must sign in and do a daily health check along with wearing a mask. Parents are still encouraged to make an appointment to visit the office.
<p>Arrival</p>	<p>Staggered entrance between 8:20 – 8:30 am (No drop-offs before 8:15, please.)</p> <p>Students need to report to their regular classroom door entry. There will be spot spacing markings at each exterior door and teachers will be outside to guide students.</p> <ul style="list-style-type: none"> • It is recommended that families avoid congregating outside until their child enters. • Doors will be propped open for entry • Bike racks will be available
<p>Recess, Lunch, and Outside Time</p>	<p>Safe distancing will be expected with “hands-to-self” and “WING SPAN” expectations continuing to be emphasized:</p> <ul style="list-style-type: none"> • Students will wash their hands before they eat and after they eat • Students will go outside for supervised play during the regular recess 9:55-10:15. • Grade groups will be assigned to the following designated play zones unless there is a playground and game schedule. <ul style="list-style-type: none"> K/1 Front playground and zone 1 of forest (1’s only) 2-4 Side playgrounds and forest 5/6/7 Back field • Eating time will start at 12:00 pm but some classes will to early (11:50-12. Outside supervised lunch time will be from 12:20-12:50 • The same play spaces will be assigned to the grade groups as done so for recess

Dismissal	<p>Staggered exit between 2:20 and 2:30</p> <ul style="list-style-type: none"> • We encourage parents and students to not congregate in large numbers outside • Doors will be propped open for exit
Supplies, Lockers, Cloakrooms	<p>Please have your students bring:</p> <ul style="list-style-type: none"> • A full water bottle (school water fill stations will be open) • Suitable, healthy snacks and lunch • Clothing appropriate for the weather • Indoor shoes • No personal belongings like toys, trading cards, etc., from home except for Fridays only for POKEMON • Lockers will be available for use. Access will continue to be staggered by group. • Cloakrooms will be staggered for use. One group of students per time.
Bus	<p>Students Grades 4-12 and all adults will be required to wear non-medical masks on buses. K-3 will be encouraged. Buses will be loaded and off loaded in a one way direction(back to front).</p>
Breakfast Program	<p>The program will continue in a changed format. Snacks will be provided outside in three designated areas as determined by classroom proximity.</p>

Considerations:

- ❖ Our school building will be open to parents and visitors.
 - Parents/guardians/adults are invited into the building where necessary and should call the office and make an appointment if possible.
 - Adults entering the building will be required to wear a non-medical mask and hand sanitize along with completing a daily health check and signing in and out
 - Main Doors will remain open throughout the day
- ❖ Communication with teachers or the office should be encouraged through email or telephone first, unless an appointment is made.

Welcome Back to all!

**Rita Tedesco
Principal**

Appendix 1 – Daily Health Check – Individual Self Home Screening

Daily Health Check – Staff/Visitors/Students

Daily Health Check			
1. Key Symptoms of Illness	Do you have any of the following symptoms?	Circle One	
	Fever higher than 38 C	Yes	No
	Chills	Yes	No
	Cough	Yes	No
	Loss of sense of smell or taste	Yes	No
	Difficulty Breathing	Yes	No
<p>If you answered “YES” to 1 or more of the questions included under “Key Symptoms of Illness”, please contact a health care provider or call 8-1-1 about your symptoms and next steps.</p>			
2. Other Symptoms	Sore Throat	Yes	No
	Loss of Appetite	Yes	No
	Extreme Fatigue or tiredness	Yes	No
	Headache	Yes	No
	Body Aches	Yes	No
	Nausea and vomiting	Yes	No
	Diarrhea	Yes	No
<p>If you answered “YES” to 1 of the “Other Symptoms”, please remain home until you feel better.</p> <p>If you answered “YES” to two or more of the questions included under ‘Other Symptoms’, please remain home for 24 hours to see if you feel better. If symptoms do not get better or get worse, contact a health care provider or call 8-1-1 about your symptoms and next steps.</p>			
3. International Travel	Have you returned from travel outside of Canada in the last 14 days?	Yes	No
<p>IF you answered Yes to the question on International Travel, fully vaccinated students, staff and other adults who have travelled outside of Canada may qualify for the fully vaccinated traveller exemption.</p> <p>Students, staff and other adults who are not fully vaccinated and have travelled outside of Canada CANNOT attend school for 14 days after arrival, as part of federal requirements.</p>			
4. Close Contact	Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19?	Yes	No
<p>If you answer yes to the question on Confirmed Contact, please follow the instructions provided by Public Health.</p>			

You can also check your symptoms with the K-12 Health Check or the BC Self-Assessment Tool.

Call 8-1-1 with any questions about symptoms of illness. If you have severe symptoms, like difficulty breathing (struggling to breathe or you can only speak single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.

Visit the BC Centre for Disease Control website for more information on COVID-19.

Appendix 2 - Handwashing

REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.

- 1**
Wet hands with warm water
- 2**
Apply soap
- 3**
For at least 20 seconds, make sure to wash:
 - palm and back of each hand
 - between fingers
 - under nails
 - thumbs
- 4**
Rinse well
- 5**
Dry hands well with paper towel
- 6**
Turn off tap using paper towel

1-833-784-4397

@canada.ca/coronavirus

Public Health Agency of Canada / Agence de la santé publique du Canada

Canada

BC'S RESTART

Golden Rules for Everyday Life



Get vaccinated



Respect personal space



Follow guidelines



Consider people's situations & comfort levels



If sick, stay home



Clean your hands



Check before you travel



It's always safer outdoors

Our circumstances are all unique. But the things we can do to keep each other safe and support each other are the same. Follow these basics and do your part to bring us all back together again.



Stay Informed:
www.gov.bc.ca/RestartBC | 1-888-COVID19

