

COVID-19 PARENT INFORMATION GUIDE

August 2020



Welcome Back! Learning will look a little different this year, but we are excited to get back. Staff and students will return to school with education and safety procedures for everyone to mitigate the transmission of COVID-19. We are all in this together! Know. Love. Serve.



SAFETY & HEALTH MEASURES IN SCHOOLS

Keeping each other safe

Cleaning and Handwashing

- Caretakers will disinfect high touch areas throughout the day.
- Classrooms routines will include:



Hand Hygiene

before and after an activity, entering/exiting school spaces, eating, recess, breaks, using a computer/device, any time students and teachers identify the need

- Disinfecting computers/devices between users
- Disinfecting shared spaces between student groups
- Physical distancing when possible
- **Wear a mask** in some instances (see page 4-5)

Learn together by staying apart

Allow for physical distancing when possible:

- Staggered transition times between classes to avoid crowded hallways and bathrooms
- Floor markings (distancing reminders and direction of travel)
- Designated doors and boot rooms
- Maximized space between seating

*When physical distancing is not possible, extra emphasis will be on hand hygiene, respiratory etiquette, cleaning and disinfecting and wearing a mask (see page 4-5)

Safety on the bus

Limiting exposure on the bus

- Students will be assigned consistent seating and will be asked to sit with siblings
- Busses will be cleaned and disinfected between trips
- Grade 4-8 students will be required to wear masks

Safety built into the school schedules

Limiting contact and exposure by staying in a small group, instead of mixing with the whole school

- Students will remain with a consistent cohort (**family**)
- Classroom cohort in elementary

Safety within a cohort

Limiting exposure within a cohort

- Staff will support students to use designated and consistent assigned spots in the classroom
- Reduction in the number of staff in close and sustained contact with a cohort.

Significant reduction in school visitors

Limiting exposure from visitors and guests

- Parents will be asked to avoid visiting the building or if necessary, schedule visits
- A record (sign-in) of all visitors must be kept
- If invited, a visitor will be asked to use **the self-assessment screening tool**.
- Virtual guest presentations.

PARENTS' ROLE IN KEEPING SCHOOL SAFE

Screen for symptoms every morning

- Use **the self-assessment screening tool** to check every morning to see if your child has any symptoms.
 - If "yes" is answered to any of the questions, your child (and siblings) must stay home and call 811 to be directed. A recommendation or negative test will allow your child(ren) to return to school.
 - Please notify the school as soon as possible of a positive test for COVID-19
- *All communications are confidential. If a case of COVID-19 is confirmed, the Division will take direction from public health

If a student has symptoms related to a pre-existing condition

The student should be tested at least once before returning. If negative for COVID-19, these symptoms can be considered a baseline and no future testing is necessary unless symptoms change.

- Please talk to your school about the pre-existing condition.

Safety for students with underlying medical conditions or family risk factors

Parents should consult their child's physician to consider the health risks and discuss what will best support the child. Contact your child's school to discuss available options and support.

Stay home when sick or if in contact with someone who is sick

Students, parents or family members must not enter school if they:

- Feel sick or have symptoms of COVID-19
- Had close contact with someone who is ill with a cough and/or fever
- Have anyone in the household who has been in close contact in the last 14 days with someone who is being investigated or confirmed to have COVID-19
- Have traveled outside of Canada in the last 14 days
- Had close contact with someone who has travelled outside of Canada in the last 14 days and who is ill.

Avoid entering the school

To reduce exposure, all parents, guardians and visitors are asked to avoid entering schools. If a visit is necessary, schedule a meeting. Refer to your school's plan to find out how the school and parents can work together. If a visit is required, you will be asked to complete the self-assessment prior to entering and wear a mask.

Pick up students promptly if they show symptoms at school

- You will be asked to pick up your child from school immediately if they show symptoms and call 811 to be assessed for a test.
- The school must be able to contact you at all times during the school day.
- Please ensure the school has your most up-to-date contact information, including a back-up contact. The student will be asked to wear a mask (if safe to do so) and will be supervised in the Illness in Care room until you get there.

Taking your child to school

If your child normally takes the bus, consider taking them directly to school if you can. This will help with physical distancing on the bus.

Keep a safe distance

To minimize contact please be mindful of keeping 2 meters from others who may not be in your child's cohort.

When unsure – please contact us

We will navigate these very different times together as things evolve.

School Website and contact information <https://www.your.school>

**FAILING TO PLAN
IS PLANNING TO FAIL.**



HELPING STUDENTS TO KNOW WHAT TO EXPECT

Your child may feel nervous about returning to school. You can help prepare your child for the changes. Also, it will be important to focus on what will stay the same. Students will learn in class with their teacher and see friends.

Talk to your child about some of the new health measures to help them prepare for the first day of school:

- Before school - review the Daily Self-Assessment Screening Tool every morning
- Plan to have 2+ masks to wear during the day
- Sanitize hands before entering school and classrooms (hand hygiene stations will be at entrances and in all classrooms)
- Keep a distance between others and follow markers in hallways
- Do not share food
- Personal items/toys should be left at home
- Cough and sneeze into the elbow
- Tell staff if feeling sick at school
- Some recess/breaks may be at different times to reduce hallway traffic
- Stay in your cohort during class and lunch time to decrease contact with others
- Students who take the bus will have to sit in the same seat every day

Cohort

A cohort—or family—is a group of students and staff who remain together. The size of the cohort will depend on the school size and schedule.

Be kind with each other, as we work together to keep each other safe.

MASKS IN SCHOOLS

Regina Catholic School Division in consultation with public health, has decided to begin the school year at level 2 of the Safe Schools Plan which includes the use of masks.

- All grade 4-8 students are required to wear a mask on school buses unless not able to do so safely.
- Students in pre-k to Grade 3 will be strongly encouraged, but not required, to wear masks while in school or on buses.
- Students in Grades 4 - 8 will be required to wear a mask in high traffic areas and all other areas where 2 meter distancing is not possible.
- Masks will be required for all students in Grades 9 to 12 in high traffic areas and wherever 2-meter physical distancing is not possible.



How to Wear A Mask
<https://youtu.be/gvLA--hGU70>

HOW TO SAFELY USE A NON-MEDICAL MASK OR FACE COVERING

DO'S



DO wear a non-medical mask or face covering to protect others.



DO ensure the mask is made of at least two layers of tightly woven fabric.



DO inspect the mask for tears or holes.



DO ensure the mask or face covering is clean and dry.



DO wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.



DO use the ear loops or ties to put on and remove the mask.



DO ensure your nose and mouth are fully covered.



DO replace and launder your mask whenever it becomes damp or dirty.



DO wash your mask with hot, soapy water and let it dry completely before wearing it again.



DO store reusable masks in a clean paper bag until you wear it again.



DO discard masks that cannot be washed in a plastic-lined garbage bin after use.

DO YOUR PART.

Wear a non-medical mask or face covering to protect others when you can't maintain a 2-metre distance.

NON-MEDICAL MASKS ARE NOT RECOMMENDED FOR:

- People who suffer from an illness or disabilities that make it difficult to put on or take off a mask
- Those who have difficulty breathing
- Children under the age of 2

DON'T JUDGE OTHERS FOR NOT WEARING A MASK.

Kindness is important as some people may not be able to wear a mask or face covering.

- All staff members are required to wear masks when working within a school facility unless physical distancing of 2-meters can be ensured.
- Parents and guardians are encouraged to purchase or construct reusable masks for their child(ren), but the school division will supply one re-useable mask for students in grades 4 -12 and disposable non-medical masks as needed. [Here are guidelines for constructing a reusable mask.](#)

DON'TS

- DON'T** reuse masks that are moist, dirty or damaged.
- DON'T** wear a loose mask.
- DON'T** touch the mask while wearing it.
- DON'T** remove the mask to talk to someone.
- DON'T** hang the mask from your neck or ears.
- DON'T** share your mask.
- DON'T** leave your used mask within the reach of others.

REMEMBER, wearing a non-medical mask or face covering alone will not prevent the spread of COVID-19. You must also wash your hands often, practise physical distancing and stay home if you are sick.

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

Canada

- Parents and guardians are asked to wash reusable student masks according to appropriate guidelines. [Here is more information](#) on mask etiquette and maintenance provided by the Government of Canada.

<https://www.canada.ca/content/dam/hc-sc/documents/services/publications/diseases-and-conditions/covid-19-safely-use-non-medical-mask-face-covering/covid-19-safely-use-non-medical-mask-face-covering-en.pdf>

- *Are students to wear masks at all times, like during recess/breaks and during lunch?*
There will be circumstances during the day where students will have to remove masks and physical distancing protocols are to be implemented during these times as much as possible.

- *What if my child cannot or does not want to wear a mask?*

These situations will be assessed on an individual basis and a medical note may be required. Please work closely with your school-based administration to determine options for your situation.

ST. GABRIEL

We will be asking students to wear their mask and/or gaiter while inside the school. Teachers will have specifics for their classroom where physically distancing can occur.

"What is essential is not always easy yet the benefits are appreciated"

WE ARE ALL IN THIS



TOGETHER

*Let's Collectively
"Be the Change We Want to See"
and find out what happens!*

- *What if I do not have a mask for my child?*
Schools have disposable masks available.



“We are employing mitigations that reduce the risk of transmission of COVID-19”

Hello Guardian Families,

On August 19 and 20, Mrs. Mohart and I attended two days of learning about and putting together, our specific “Return to School Plan” for St. Gabriel School. We recognize that information is still coming from all sorts of sources but be assured we are giving you the latest from St. Gabriel.

This is an RCSD quick reference that you can go to for Frequently Asked Questions. There are videos and written explanations.

FAQ [https://www.rcsd.ca/Pages/newsitem.aspx?ItemID=190&ListID=0a4c1744-c2f5-4005-baf7-a2c97d156d4e&TemplateID=Announcement_Item#/=](https://www.rcsd.ca/Pages/newsitem.aspx?ItemID=190&ListID=0a4c1744-c2f5-4005-baf7-a2c97d156d4e&TemplateID=Announcement_Item#/)

Videos of varying explanations https://www.youtube.com/channel/UCcu3lCUS6H7G_2l9Ba4kqNQ

Here is what we know at St. Gabriel. As we prepare and practice these plans, we may learn efficiencies that result in the implementation of a safer environment.

Start Up

1. We will be having two different days for families to come and see their child’s classroom. This “Wellness Welcome” is an opportunity to quickly meet your teacher, view the classroom and experience the mitigation protocols which your children will practice and employ daily. To reduce numbers we ask you to follow this specific schedule and make arrangements for siblings not attending St. Gabriel.
 - o Wednesday, September 2 4:00 - 5:00 PM A through L and 5:00 – 6:00PM M through Z
 - o Thursday, September 3 4:00 – 5:00PM M through Z and 5:00 – 6:00PM A through L

* Administrators will stay till 7:30PM on the 3rd for families that are unable to attend earlier.

In an attempt to mitigate the spread of COVID 19 we also ask families to attend to the following:

 - o Masks are required
 - o Immediate family only
 - o While at the school, families move to each of their children’s classroom only
 - o We love our community feel at St. Gabriel but while at the school we ask parents not to visit with other families in or near the school.
 - o You may bring your child’s school supplies yet consider keeping the multiples of glue sticks, pencils, and items you anticipate not needing immediately at home until they are requested by the teacher.
2. After these two nights, parents will not be allowed in the school without an appointment. This includes picking up and dropping off students, supplies, forgotten items etc. This may mean some extra attention to detail in the morning when families are reviewing the pre-screening tool for COVID 19. This is a mandate that all schools are following.
3. First Day for ALL K – 8 students at Gabriel as follows (the school division won’t be making a new day schedule – so the first day will actually be Day 3 on the calendar)
 - Sept. 8 & 10 – Families with last names A-L attend
 - Sept. 9 & 11 – Families with last names M-Z attend
 - Sept. 14 – Full capacity programming commences
4. At the beginning of the day, as students come to school, we will be asking them to come in directly to minimize contact on the playground.
5. All students should enter their assigned doors, to use their boot racks and maintain physical distancing.
6. At the end of the day we will be releasing the students in two groupings. To start with, it will be as follows: Please note that this dismissal will be a work in progress. Check the weekly reminders for changes.
 - 3:30PM – Betteridge, Cherwaty, Lang, Kuntz, Borys, Paidel, Beitel, Rieger,
 - 3:35PM – Welburn, Marcotte, Hayward, Weber, Parisien, Hannant, McManusOur hope is this will minimize congestion in entrances as well as minimize congestion for parent pickups.
7. We have split the student population into three recesses in the morning and three in the afternoon. Cohorts are assigned play areas at each recess and only one or two classrooms will enter and exit their assigned doors. This minimizes transition congestion and the number of students on the playground at one time.
8. Lunch will be eaten in cohort groups. We will be adjusting lunch so that half the students will go out for a 15 minute recess at 11:55 while the other half will eat for 30 minutes then go for recess at 12:25.

9. Excess furniture and materials have been eliminated from classrooms. While they may be missing a few of those luxury items, hard surfaces and fewer of them makes for better cleaning. A minimalist approach.

Programs

10. Extra-Curricular activities of cross country, improv and touch football are cancelled. This will be reviewed in October. The high schools are following guidelines of the RHSAA.
11. Band will happen but September will consist of recruiting, planning and material distribution.

Washroom

12. Students will sign in and sign out of the classroom to use the washroom. Washroom space is limited so recognize the need before you leave for school and when you return home.
13. Teachers will work with students to set hand washing protocols throughout day.

Mask Protocols

14. Masks are mandatory for students in Grade 4-8 throughout school. K-3 will be optional yet strongly encouraged.

Hallways

15. As we have large/oversized hallways we will teach students to walk on right hand side with physical spacing. We will have signage throughout the school indicating walking direction.

Gym

16. We have two prep teachers who are doing much of the P.E. Other classrooms are scheduled with teachers who will make plans that will ensure proper procedures as outlined by SPEA

Multi-Purpose rooms

17. Will only be used sparingly. This schedule has been shared with the caretaker so that the caretaker has time to clean prior to other use

Library

18. Library is closed to all students and non-essential staff. Each classroom will have a bucket where books are put in. The librarian will pick up buckets, leave the books for 48 hours then reshelve. Students will be encouraged to use SORA. They may also choose books from the catalogue. The librarian will pull the books and deliver to classrooms.

Other

19. The classrooms will be cleaned daily.
20. The HVAC system and air conditioning provides St. Gabriel with quality air circulation which has been recently maintained and assessed and to meet or exceed standards. We can also open our windows.
21. No hot lunches in September and TBA after that (probably not).

Protocols

Definition – In RCSD a **cohort** consists of the students in one classroom only. **Even classrooms of the same grade cannot interact in or out of the school.**

1. Lockdown and fire drills will not be done like the past – classes will do these individually and descriptions, discussions, and images will replace the huddling, hiding and furniture movement of a lockdown.
2. Vital Oxide is the disinfectant being used to spritz classrooms, gyms, equipment etc. – it does not require wiping – it evaporates after 10 minutes quickly (we have a large spray machine and a small machine at each school which will be used daily) we will also create sanitation stations at all classrooms and entrances.
3. Each teacher will have a face shield, mask, and a buff provided.
4. In general, students will not share desks, chairs, classrooms, school supplies or food. We will all be busy sharing love, patience, common expectations and our enjoyment of teaching and learning.