

# PARENTS' GUIDE

## 2020-2021 SCHOOL YEAR



### Return to in-class learning & self-directed learning with health measures



#### Learning in the new school year

Students will begin a gradual return to school in September. There are health measures that everyone is required to follow to reduce the risk of COVID-19 and help stay healthy.

While your school will develop a plan to meet provincial health recommendations, **everyone** will have a role to play.

### PARENTS' ROLE IN KEEPING SCHOOLS SAFE

#### Screen for symptoms every morning

Check every morning to see if your child has any of these symptoms. If yes, they must stay home:

- Fever, cough, shortness of breath/difficulty breathing, sore throat, chills, painful swallowing
- Runny nose/nasal congestion, feeling unwell/fatigued, nausea/vomiting/ diarrhea, unexplained loss of appetite
- Loss of sense of taste or smell, muscle/joint aches, headache, Conjunctivitis (Pink Eye)

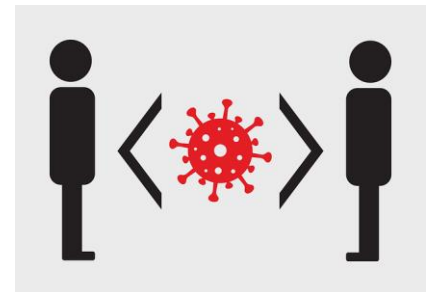


#### Stay home when sick or if in contact with someone who is sick

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 traveled outside of Canada in the last 14 days and who is ill

Use the Self-Assessment tool <https://bc.thrive.health/covid19/enhttps://bc.thrive.health/covid19/en> to check if your child should be tested for COVID-19.



#### Keep a safe distance

Keep 2 metres between you and others when possible:

- During drop-off and pick-up
- During interactions with a teacher, school staff or other parents and students

#### 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. Please ensure the school has your most up-to-date contact information so they may reach you if your child needs to be picked up.

## WHAT STUDENTS NEED TO KNOW

### Cohort

A cohort – or bubble – is a group of students and staff who remain together. The size of the cohort will depend on the physical space of the classroom.

The risk of COVID-19 is reduced by limiting exposure to others. Staying in a cohort also makes contact tracing easier and faster if there is a suspected case of COVID-19.

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

- Wash your hands before entering your classroom/school
- Keep a distance between others and follow marks in hallways
- Do not share food, drinks or personal items
- Cover coughs and sneezes with a tissue or use your elbow/arm
- Tell staff if you are feeling sick at school
- Recess and break time may change to allow for more physical distancing
- Students may be asked to stay in their own cohorts to decrease contact with others

Students who take the bus will have to sit in the same seat every day

Your child may feel nervous about what school will be like. While there will be changes, the key school experience will be the same as before – they will learn in class with their teacher and their friends.



## HEALTH MEASURES AT SCHOOLS

Schools will follow detailed health guidelines to prepare for the return of students. For example:

- More cleaning and disinfection of high touch point areas and shared equipment
- Allow for physical distancing as much as possible, which may include
  - staggering pick-up and drop-off times
  - one-way or marked hallways and designated entrance and exit doors
  - leaving space between desks and tables
  - staggering start and end-times for classes and lunchtime to avoid crowding
  - limiting bathroom occupancy
- When physical distancing is not possible, extra emphasis will be on hand hygiene, covering coughs and sneezes, and cleaning.
- Masks will be provided on request to staff and students. Older students (grade 6-12) and staff will be expected to wear masks on buses and in common areas where physical distancing may not be possible.
- Students, where possible, will be cohorted by class.