

# Parents' Guide 2020–21 School Year

Return to near normal daily, in-school classes with health measures.

## COVID-19 INFORMATION

### Learning in the new school year

Students will return to school daily at the beginning of the new school year. There are health and safety measures that everyone must follow to reduce the risk of COVID-19. While your school will develop a plan to meet Public Health recommendations, everyone will have a role to play.

## PARENTS' ROLE IN KEEPING SCHOOLS SAFE

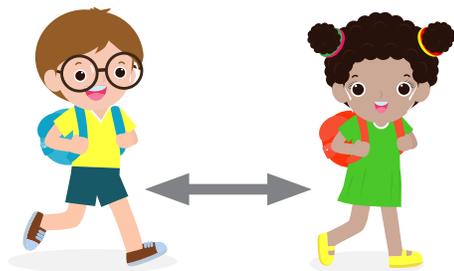
### Screen for symptoms every morning

Check every morning to see if your child has any of the following new or worsening symptoms:

- 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
- Muscle/joint aches
- Loss of sense of taste or smell
- Headache
- Red or purple spots on hands and/or feet

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

- Feel sick or have symptoms of COVID-19
- Have been in close contact with a confirmed case of COVID-19 in the last 14 days
- Have returned from travel outside Atlantic Canada in the last 14 days
- Have been in close contact with someone with acute respiratory illness, who has traveled outside Atlantic Canada within 14 days of the onset of symptoms



### Keep a safe distance

Keep two metres between you and others:

- During drop-off and pick-up
- During interactions with a teacher, school staff member 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 current contact information so they can reach you if your child needs to be picked up.



## Taking your child to school

If your child normally takes the bus, consider taking them directly to school if your personal situation permits. This will help with physical distancing on the bus for students who do not have other transportation options.

## WHAT STUDENTS NEED TO KNOW

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

- Sanitize hands before entering school buildings and classrooms
- Keep a distance between others and follow hallway markers
- Do not share food or personal items
- Cover coughs and sneezes
- Tell staff if you are feeling sick
- Lunch and recess time may change to allow for more physical distancing
- Students may be asked to stay in their own cohort to decrease contact with others
- Students who take the bus will have to sit in the same seat every day

### Cohort

A cohort 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 outside of the cohort. Staying in a cohort also makes contact tracing easier and faster if there is a suspected case of COVID-19.

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 see friends.

## HEALTH MEASURES AT SCHOOLS

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

- More cleaning and disinfection of high touch areas and shared equipment
- Allow for physical distancing when possible, which may include:
  - Staggered pick-up and drop-off times
  - One-way or marked hallways and designated entrance and exit doors
  - Space between desks and tables
  - Staggered start and end-times for classes and lunchtimes to avoid crowded hallways and lunchrooms
  - Limiting bathroom occupancy
- When physical distancing is not possible, extra emphasis will be placed on hand hygiene, covering coughs and sneezes, and cleaning.
- Students, where possible, will be cohorted by class.



For more information visit [gov.nl.ca/eecd/NLSafeSchools](https://gov.nl.ca/eecd/NLSafeSchools)