



ST. MARK CATHOLIC SCHOOL

420 McAULEY RD., RR4, PRESCOTT, ONTARIO K0E 1T0
TEL. 613-925-4342 - FAX 613-925-0512



Mrs. Karlene Elliott, Principal

Mrs. Anne Leach, Vice-Principal

Dear Parent(s)/Guardian(s),

Welcome back to in-class learning at St. Mark Catholic school. We are excited to begin a new year of learning and growing while maintaining a safe and healthy school environment for all. Prior to your child returning to school, we need to communicate some of our health and safety procedures to you and your child. Please review the information contained in this package and talk to your child about the expectations. This review will not only support your child, it will also inform you of the many precautions we are putting in place to make the return to school a smooth, positive and safe transition.

IMPORTANT: We will require a completed and signed package to be returned with your child by Friday, September 11, 2020.

Supplies for the Day

To experience a successful and productive school day we recommend that your child come to school with:

- Indoor and outdoor shoes

A backpack containing:

- Snacks (nut-free)
- All required utensils for lunches and snacks
- Hearty lunch (nut-free) that your child can open/manage independently; no microwaves will be available.
- A full water bottle or personal refillable bottle (water fountains will not be available for drinking; personal bottles can be refilled at our bottle filling stations)
- A personal computer or iPad (if one is available at home for use at school) (optional)
- Hand wipes (optional)
- Students in Grades 4 to 12 will be required to wear non-medical or cloth masks indoors in school and during classes. Students can bring their own mask (optional) or one will be provided by the school.

All these items will return home at the end of the day (except for indoor shoes) with your child and must be cleaned at home. Students will not be permitted to share any learning tools or items while at school. All learning materials must be kept at the student's workspace.

Please note that school breakfast program will be modified (will include only prepackaged food) to meet new health and safety requirements, and this will begin at a later date TBD. If you can ensure your child has had breakfast before arriving to school, we strongly recommend that you do so. Food can only be consumed in their classroom and at their assigned desk/table. Food cannot be shared at any time.

Students can bring their personal devices (Laptops, iPads, etc.) from home to use for completing their schoolwork. To assist with regular cleaning and limiting contact of numerous touch surfaces, no other electronic games and toys are allowed in schools.

If your child suffers from seasonal allergies or asthma, please communicate this to your child’s classroom teacher in advance of your child attending school. This will help staff understand the cause of your child’s symptoms.

Prior to your child attending school every morning, please complete the following checklist to confirm their health status regarding COVID-19. If your child is feeling unwell, they **must** remain at home. Distance learning will be provided for students who must remain at home for a period of time due to illness. Local public health is developing a student assessment tool based on a risk management approach that can assist parents. More details on this tool will be provided as they become available.

See checklist for COVID assessment:

	Yes	No			
<p>Is your child experiencing any of the following?</p> <ul style="list-style-type: none"> • Severe difficulty breathing (e.g. struggling to breathe or speaking in single words) • Severe chest pain • Having a very hard time waking up • Feeling confused • Losing consciousness 					
<p>Is your child experiencing any of the following?</p> <ul style="list-style-type: none"> • Mild to moderate shortness of breath • Inability to lie down because of difficulty breathing • Chronic health conditions that you are having difficulty managing because of difficulty breathing 					
<p>Is your child experiencing cold, flu or COVID-19-like symptoms, even mild ones? Symptoms include:</p> <table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Fever • Chills • Cough • Shortness of breath • COVID Toes • Nausea or vomiting </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Sore Throat • Painful swallowing • Stuffy or runny nose • Loss of taste or smell • Diarrhea </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Headache • Muscle or body aches • Fatigue • Loss of appetite </td> </tr> </table>	<ul style="list-style-type: none"> • Fever • Chills • Cough • Shortness of breath • COVID Toes • Nausea or vomiting 	<ul style="list-style-type: none"> • Sore Throat • Painful swallowing • Stuffy or runny nose • Loss of taste or smell • Diarrhea 	<ul style="list-style-type: none"> • Headache • Muscle or body aches • Fatigue • Loss of appetite 		
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<p>Some additional symptoms of COVID-19 seen in children include:</p> <table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> Abdominal (belly) pain A rash Red, cracked lips Red eyes Swelling of the hands or feet </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> Vision problems Looking pale Sluggishness or lack of appetite </td> </tr> </table> <p>Note: Some of these symptoms are very common and dizziness can occur in many conditions other than COVID-19</p>	<ul style="list-style-type: none"> Abdominal (belly) pain A rash Red, cracked lips Red eyes Swelling of the hands or feet 	<ul style="list-style-type: none"> Vision problems Looking pale Sluggishness or lack of appetite 			
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<p>Has your child travelled to any countries outside Canada (including the United States) within the last 14 days?</p>					



<p>Did your child have close contact with a person with COVID-19 (probable or confirmed) while they were ill (cough, fever, sneezing, or sore throat)?</p>		
<p>Note: This means you would have been contacted by your health authority's public health team.</p>		

Reminder:

Please call the school if your child is sick. The more information you share with administration, the safer we will keep all our school community. Together, we will work to manage and support our school communities through this pandemic.

COVID-19 Health and Safety Protocols and Information

Our primary methods of keeping your child and our staff safe at school are:

1. Limiting access to the school to only staff and students
2. Maintain a cohort system (keeping the same students together) to limit exposure and facilitate contact tracing when needed
3. Actively monitor for symptoms at home and at school
4. Maintaining physical distancing whenever possible
5. Masking of students/staff as required
6. Handwashing/hand sanitizing multiple times a day
7. Sneezing/coughing etiquette
8. Limiting movement in the school – students remaining in their classroom as much as possible
9. Suspending all excursions/field trips
10. Eliminating large gatherings (Masses, Good News Assemblies, Liturgies)
11. Limiting student access to hallways when possible and maintaining a process that ensures the 2 meters/6 feet physical distancing rule is used if students need to leave the classroom.

Through these methods, we will limit the risk of transmission of COVID-19 and allow for on-site learning to continue. To do this however, we will need your help.

LIMIT ACCESS TO THE SITE TO STAFF AND STUDENTS

- Physical distancing of 2 meters/6 feet must be maintained regardless of the number of parents/guardians or caregivers arriving on school property.
- **Administrators will share the appropriate process needed for pick up and drop off at a later time.**
- Parents/guardians and students must follow the instruction of any staff when on school property.
- Parents/guardians must remain outside of the school unless they have principal permission to enter the building.

ACTIVE MONITORING FOR SYMPTOMS

Prior to your child attending school each day, a parent or guardian is strongly encouraged to take their child's temperature and utilize the COVID-19 Public Health self-assessment tool: [self-assessment](#)

If the self-assessment tool indicates that your child is sick, they must stay at home. Schools will not be admitting symptomatic children. This is important as we must limit the contact and spread of COVID-19.

A health check-in should be expected daily. Your child may be asked questions regarding symptoms prior to



them being allowed into the classroom. If your child begins to show symptoms while at school, they will be moved to a designated area. You will be required to come pick up your child immediately. Please ensure that the school has your most up to date telephone number and e-mail address. This will be key in communicating with you on a regular basis.

As you are probably aware, the Ministry has asked schools boards to be prepared to pivot quickly to another mode of delivery if an outbreak takes place. For this reason, clear and timely communication with all our families will be essential.

PHYSICAL DISTANCING INFORMATION

Physical distancing of 2 metres/6 feet is required for all students and staff whenever possible. Young children are to keep their hands and feet to themselves. They will be reminded of this on a regular basis to help educate them during this transition to a new “normal”. Patience and understanding will be critical as we work to build safe school communities during this challenging time.

Prior to your child attending school you are asked to review the importance of physical distancing (not touching others or sharing belongings) with your child. In addition to disinfection, physical distancing is one of our primary tools for eliminating any potential spread of COVID-19 within our facilities.

Some suggested phrases to use with your child include the following:

- “We’re not able to go close to other people because we want to keep our germs to ourselves if we have them.”
- “We’re doing this to keep everyone else healthy.”
- “I know you want to hug/play closely with your friends/teachers but right now, to keep people healthy, we can’t do that.”

HANDWASHING

Handwashing is a critical aspect in keeping our children and our staff safe. Staff will require that students wash their hands multiple times a day, as well as before and after certain activities (e.g. any outdoor play or mealtimes). Please review the importance of handwashing with your child.

SNEEZING/COUGHING ETIQUETTE

Sneezing/coughing etiquette is critical for controlling the spread of COVID-19. We will be asking that children practice this etiquette while at school. Good sneezing/coughing etiquette means:

- Sneeze/cough into a disposable Kleenex or your sleeve (elbow/arm).
- Direct the sneeze/cough away from those in the general area.
- Wash your hands immediately after sneezing and throughout the day.
- If your child is struggling with School Health and Safety Requirements (including safe physical distancing), the principal will work with you to come up with a plan that supports both your child and the school community in order to keep everyone safe.

MENTAL HEALTH

Measures are in place at the schools to assist students who are struggling with their mental health due to the pandemic and everyday life.

Please see Parent/Guardian Authorization on the next page.



Parent(s)/guardian(s) must review these principles with their child.

AUTHORIZATION

I understand the importance of:

- Limiting site access
- Active monitoring of symptoms
- Physical distancing of 2 metres/6 feet
- Handwashing, and
- Sneezing/coughing etiquette.

I understand the requirements and have reviewed these topics with my child. **I understand that if my child is unable to follow physical distancing or sneezing/coughing etiquette, I will be required to meet with the principal to come up with a plan that keeps everyone safe including my child.** If I have any questions, I will direct them to my child's classroom teacher or school principal.

Child's Name (Printed)

Parent Name (Printed)

Parent or Guardian Signature

Date

