

École Saint-Sacrement/ Blessed Sacrament School

Restart Plan 2020-2021

Updated: February 18, 2021, by Reine Mykyte in collaboration with school Staff.

Extension of the Provincial Health Officer Order on Province-wide Restrictions

Based on the latest evidence and a review of school exposures to date in B.C., the Provincial Health Officer and the BC Centre for Disease Control (BCCDC) have updated their [public health guidance for K-12 schools](#) to address several key areas. Updates include:

- Strengthened mask guidelines for **middle school** and **K-12 staff** in schools → parents will be asked to send in masks for when students are transitioning between classes, washroom protocols. (please note our school is a K-7 school so we fall under the elementary school rules but we **encourage** our grade 6/ 7 students to wear a mask indoors).
- Specific guidance for Physical Education and music classes (see details below)
- More detailed protocols regarding staff-only spaces and gatherings → we need to become much stricter around gathering of staff members and parents together. For our school, the only gathering is morning prayer as numbers vary and it is for a short period of time only in open hallways. **All meetings are conducted virtually for staff and parents.**

The Ministry, in consultation with the K-12 Education Restart Steering Committee and Health & Safety Working Group, has revised the [Provincial COVID-19 Health & Safety Guidelines for K-12 Settings](#) in alignment with these updates. Changes are summarized at the front of the document and have been highlighted throughout.

PHYSICAL AND HEALTH EDUCATION (PHE) COVID-19 SAFETY PLAN FOR BLESSED SACRAMENT SCHOOL

- 1- Mask are mandatory for Grades 6/7 for all indoor activities (Students have the option to step outside for a brief period when they feel uncomfortable)
- 2- All students from K-7 are required to sanitize their hands at the entrance of the gym and as they exit the gym.
- 3- Homeroom teachers are to wait in the gym at the door or the gym foyer for drop-off and for pick-up of their class
- 4- Maximize the use of our outdoor greenfield and our artificial turf weather permitting.
- 5- PE teacher wears a mask at all times while teaching Grades 2 to 7 [M. Douo is in the K/1 bubble for recognition by little ones].
- 6- Gym doors to the outside are open for air circulation.

Music: For all classes, grade 6 and 7 students are to wear masks at all times in the music classroom including while singing, students and staff are to remain socially distanced as much as possible.

Carpets: K, 1 & 2 will be getting their carpets back week of Feb 23-26th upon confirmation of cleaning routines.

Manipulatives: They can be used again but must be kept within learning group bubbles.

Parents & families: For parents on school grounds, particularly at drop off and pick up, with PEC approval, we “strongly encourage” mask usage, especially if they are coming close to the school building. On the school grounds, siblings may be in separate bubbles, so they shouldn’t be mixing. Please make your way home as soon as kids have been dropped off and/or picked up. **All meetings between staff and parents are to be conducted virtually.**

END OF FEB 18th, 2021 UPDATE

Return to School Committee

In preparation for school re-entry, the school staff, along with the PEC (Parish Education Committee), have formed a Sub-Committee to ensure input from parent stakeholders and to develop a plan which builds upon the CISVA (Catholic Independent Schools of Vancouver Archdiocese), the Ministry of Health, and the Ministry of Education directives. The committee has been meeting regularly over the summer and will continue to do so to further discuss the safe return to school and update the safety plan as needed. Thank you so much for all involved.

Stage 2 COVID-19 Public Health Guidance for K-7 School Settings

In accordance with the Ministry of Education's K-12 Restart Plan, beginning on September 10, École Saint- Sacrement will be resuming K-7 in-class instruction. The 2020/21 school year will begin in Stage 2 of the K-12 Restart Plan with the goal of maximizing in-class instruction for all students within the revised public health guidelines.

Whenever possible, feasible and practical control measures in accordance with the order of the Provincial Health Officer, have been selected to provide the best/widest protection to all staff and students within the school community. This plan is posted at the school and also on the ÉSS website, and it has been communicated to parents. This information is based on the best evidence currently available and will be updated as new information becomes available.

Learning Groups:

Public Health guidelines for the K-12 school setting recognize that physical distancing is challenging. Lowering the number of in-person, close interactions continues to be a key component of B.C.'s strategy to prevent the spread of COVID-19. Students will be placed in Learning Groups or cohorts with no more than 60 people. A Learning Group is a group of students and staff who remain together throughout a school term or year, and who primarily interact with each other. The principle of Learning Groups is used to limit the number of interactions among students and staff, as well as facilitate an effective and efficient rapid-response contact tracing protocol. A cohort is a group of students and staff who remain together throughout a school term. The use of cohorts in schools allows for a significant reduction in the number of individual interactions, while allowing most students to receive in-person learning in a close-to-normal school environment. • Students will remain in an established cohort during the school day. The composition of the Learning Group will remain consistent for all activities that occur in the school day including but not limited to learning and breaks (lunch, recess, classroom changes, etc.). At any given time, the size of a student's cohort will be limited to approximately 60 students. Learning Groups will be the same as Teacher Professional Learning Pairs. — K & 1 — 2 & 3 — 4 & 5 — 6 & 7.

Occupancy limits will be posted in certain areas (e.g. staffroom, LRC, Teacher Resource Room, Sensory Room, library, gym, music room, etc.). The number of adults (teachers/EAs) interacting with groups of students throughout the day will be minimized. Students will stay in assigned cohorts to receive beneficial supports or services (e.g. resource). Within these supports or services, it is expected that cohorts and physical distance are maintained as much as is practical to do while still ensuring the support, program or service continues. Learning Groups will go outside when possible

for lessons and/or play-exercise times. There will be fixed seating arrangements in class. Students' seats should be facing in the same direction whenever possible. A 15-minute transition time between itinerant classes will allow a specialist teacher to clean all surfaces/equipment and aid classes avoid crossing. Specialist schedules must be adhered to with minimal changes. Playground to be divided to accommodate Learning Groups. These areas will rotate daily (not between recess and lunch of that day) to allow for students to be able to play in a variety of areas. First Day of School for Learning Groups will be gradual. Half a day per Learning group on Sept 10.

Key Actions for COVID-19 2020-21 Safety Plan

1. Physical Building

- Signage to reinforce self-screening, hand hygiene, distancing and one-way use of hallways, adjustments to entrance and exit practices, adjustments to the use of playgrounds and school grounds, signage in bathrooms and availability of hand sanitizer are clearly posted within the school building.
- Ensure separate washrooms for Learning Groups. Primary classes only will use washrooms in the primary wing, grades 4/5 will use washrooms in the intermediate wing. Gym washrooms are designated for grades 6/7 students only.
- Increase airflow and ventilation where climate allows (open windows and doors). No fans will be used as recommended by Health authorities. We are looking at upgrading and improving our natural air circulation systems, particularly for the winter months.
- Each student is assigned a sanitized chair and desk daily. Most classes have individual desks for each student. In classes with student tables, a plexiglass has been customized and fitted to tables to provide physical distancing.

2. Recordkeeping

- a. Classroom Teachers prepare and submit to the office a list of students in each Learning Group along with a classroom seating chart. This will be shared with public health should contact tracing need to occur.
- b. Office will keep a list of the date, names and contact information for all visitors who enter the school, a list of students who travel outside Canada during the 2020-21 school year, and monitor school attendance to track student and/or staff absence and compare against usual absenteeism patterns at the school.

3. Access to School Site

Visitors, including parents, will be limited or even prohibited to enter the school. Parents are not permitted to come to the school to drop off lunches, supplies, etc. In line with ministry guidelines, if a student is signed out by parent or guardian, they may not re-enter school on that day. We recommend appointments be kept to after school hours. If you must sign out your child, please ensure arrangements are made with Mme Boivin via email at least 24 hours prior. When you arrive at the school, call the office and your child will be escorted to you at the front main entrance.

If parents/caregivers need to contact the school principal or their student's teachers, they will be directed to do so by phone or email. In-person visits should be for essential purposes and arranged in advance by appointment. Visitors must be aware of, and follow safety protocols; limited in their

access to necessary spaces only; and will be asked to confirm they have completed the requirements of a daily health check before entering the school building.

4. Arrival Time and Procedure

All staff will enter the building only through designated doors. Staff are to complete the online self-assessment form prior to entering the school. Student drop-off and pick-up times will be in Learning Groups, which will be staggered to avoid the gathering of large crowds. Students are to arrive by 8:40 a.m. If students arrive earlier before the teacher is present in the parking lot, they are to remain in the car or with a parent (unless they are registered in Before School Care). The playground is closed before and after school (exceptforBeforeandAfterSchoolCareProgramsrunbyÉSS). It is important that students arrive on time to enter the school with their teacher and classmates. Upon arrival, students are to report to their marked area (please see photo attached) where their teacher or EA will be waiting at their assigned school entry time. Teachers will then proceed with their Learning Group and enter the building through designated doors. Students will wash/ sanitize their hands before class begins. A contactless hand sanitizer machine will be placed at each school door including gym and church basement.

5. Dismissal Time and Procedure

Students will be dismissed at staggered time to avoid the gathering of large crowds. Their teacher or EA will escort the class back to the waiting area where parents will meet them. Parents are to arrive punctually to pick up their children after school. Children are to go straight home.

Exposure Control Measures

Exposure control measures help create safe environments by reducing the spread of communicable diseases like COVID-19. Multiple protection strategies, informed by public health advice, will be implemented to ensure that ÉSS is a safe environment. Staff must assess themselves daily for symptoms of common cold, influenza, or COVID-19 prior to entering the school building. Should symptoms be present, **staff** will not be allowed to enter the school, and will be asked to return home. Please complete the following self-assessment form BEFORE entering the school building: https://docs.google.com/forms/d/e/1FAIpQLSfN0ihac0MvVxtV32jxPQjaViaWJOf4j2tFEFGLMZfy0NCttg/viewform?usp=sf_link

*This Screening Form must be completed and submitted **DAILY** by all staff entering the building.*

Parents/ caregivers will be expected to check their children daily for signs and symptoms of illness prior to school arrival. Upon arrival at school, children who appear to be ill will be sent home. Please establish a daily and consistent routine of assessing your child prior to getting ready for school.

Case Finding, Contact Tracing and Outbreak Management

At the School Level: The office will call the parent to arrive as soon as possible when notified their child is ill. Parents will need to have a plan in place to pick up their child within the hour of school call. The office will contact 811 or the local public health unit to notify them of a potential case and seek further input. The office will record illness in First Aid records in the event this information is later needed. The student will have to put on the mask and immediately separate the sick child from others and put him/her into a supervised area until the parent/guardian arrives. Apply physical distancing, respiratory etiquette, and hand hygiene principles apply while waiting for pick up. Avoid touching the student's body fluids (mucous/saliva). Wash hands thoroughly. Staff member to clean/disinfect the area where the child was relocated. Staff is asked to establish TOC procedures in advance in case they become unwell. Child will require a medical note to return to school. Online learning will be made available while a student is isolated at home or in quarantine.

At the Public Health Level: If a staff or student in a school is confirmed by public health as positive for COVID-19, publichealthauthorities will work with school administration to determine what actions should be taken, including if any staff or students who have been in contact with that person need to self-isolate, and if other staff and students' families should be notified. • School is NOT responsible to provide notification to staff or students' families if a staff member or student becomes ill at home or at school, including if they display symptoms of COVID-19, unless directed to by public health.

At the Home Level: Children with common cold, influenza or COVID-19 like symptoms must stay home, be assessed by their health care provider and tested for COVID-19. Self-isolation is also advised for those who are considered a close contact of a confirmed case and are waiting to see if they develop COVID-19 illness. If concerned, parents can be advised to contact 8-1-1, or the local public health unit to seek further input. They can also be advised to contact a family physician or nurse practitioner to be assessed for COVID-19 and other infectious respiratory diseases.

- Students will be asked to wash their hands frequently, including before coming to school. They will have access to hand sanitizer when hand washing is not available.
- Teachers will be scheduling breaks to allow students to wash their hands.
- Washroom areas will be monitored and supervised. Maximum capacity in the washroom is 2. Traffic flow to and from the washroom will be controlled. Educational assistants to assist with movement.
- Hand sanitizers will be available in each classroom and other areas including the front entry to the school, office, staff room, gym, library, etc., Food and Personal Items
- Parents will be asked to label ALL personal items, including water bottles and masks. Cloth and disposable masks are labeled with the students initials and room number and kept in a paper envelope or cloth bag. (It has been recommended drinking fountains not be used at this time).
- Each student is to bring a backpack with what they need for the day. Everything must fit into the student's backpack (no extra bags), as the backpack is stored in the classroom by the student's desk or table. Students are to take their backpack home each day.
- The classroom teacher will give more specifics but, in general, students are to bring: — Filled water bottle — Snack/lunch in a container. — Outdoor play equipment (e.g. ball, skipping rope, hula hoop, etc.). — School supplies (There is no communal sharing of supplies) — Personal size hand sanitizer-labelled with child's name (optional). Personal devices will be assigned to all intermediate students by the school. Damage deposit will be required. Further instructions will be provided in the first week of school.
- The Public Health Guidance says that " there is no need to limit the distribution or sharing of books or paper-based educational resources." However, laminated paper-based products should be cleaned and disinfected daily if touched by multiple people. A quarantine process will be established for library books.
- Avoid sharing communal equipment/ supplies as much as possible.
- Staff room amenities (fridge, microwave, etc.) may be continued to be used, however, staff are encouraged to use these items as infrequently as possible and only with routine cleaning. Hands must be washed before and after using shared staff room items.

Personal Protection Equipment and Cleaning

The school has stocked several PPE items (sanitizer, disinfectant wipes, infrared thermometers, masks, face shields, gloves, hands free dispensers, paper towels, hand soap, etc.).

- Staff will have access to personal protective equipment and cleaning supplies. These items must remain in the classroom and not travel between classrooms. Refills always made available and replenished regularly.
- Staff and students will be trained on appropriate hand hygiene and mask wearing.
- Scheduled breaks will allow students to wash their hands frequently. Scheduled sanitisation transitions will allow for cleaning and avoid cross contact among classes.

Staff Training - Health and Safety

The ÉSS staff will receive intensive training on Health and Safety protocols and PPE guidelines on September 8 and 9th. Completion of Safety training forms will be required to CISVA post training and prior to September 10th class entry.

Use of Personal Protective Equipment

- Masks are recommended for grades 4/5 and mandatory for grades 6/7 when those students are in the school hallways or outside of their learning groups. These students have an awareness of the proper techniques and efficacy of using masks. Masks should be worn when students must travel or wait in the hallways for prolonged periods of time. Cloth and disposable masks can be labelled with the students initials and are to be kept in a labelled paper or cloth bag. Students are welcome to bring their own and school will have additional sterile masks available for both students and staff use.
- Encouraged masking for teachers and staff within their Learning groups. Mandatory masks for teachers when outside of their Learning groups. (Reasonable exceptions for medical conditions).
- Specialists teachers (Music, PE, librarian, Learning Resource Department, and office staff) to wear a protective visor during instruction to facilitate and reduce congregate exposure. A mask must also be worn if physical distancing cannot take place. Anytime a staff member works with a student, not in his or her Learning Group, a visor and a mask must be worn, and physical distancing is mandatory.
- Staff on duty are encouraged to wear a protective visor even if outdoors. They must have a mask handy in case they need to assist a student indoor.

Environmental Caretaking Protocols:

(Cleaning, Sanitizing, and Disinfecting Measures)

The school administration continues to meet regularly with the custodial staff to ensure compliance with Ministry cleaning guidelines, which have been significantly enhanced, and the proper functioning of all toilets and sinks, as well as consistent replenishment of hand soap and paper towels. Daily cleaning responsibilities will also include ongoing disinfection of high-touch areas throughout the day and nightly deep-cleaning. Regular cleaning and disinfection are essential to preventing the transmission of COVID-19 from contaminated objects and surfaces. This includes:

- General cleaning and disinfecting of the premises at least once a day.
- Cleaning and disinfecting of frequently-touched shared surfaces at least twice a day. (e.g. door knobs, light switches, toilet handles, tables, desks, chairs, electronic devices, keyboards and toys).
- Cleaning and disinfecting of any surface that is visibly dirty.
- Using common, commercially-available detergents and disinfectant products and closely following the instructions on the label.
- Limiting items that are not easily cleaned and disinfected (e.g. fabric or soft items).
- Providing paper hand towels in all our bathrooms and classroom sinks.
- Emptying garbage containers daily.
- Wearing disposable gloves when cleaning blood or body fluids (e.g. runny nose, vomit, stool, urine).
- Washing hands before wearing and after removing gloves.
- Washrooms should be cleaned at least twice a day keeping in line with the high touch surface area protocols.
- Shared items where cross-contamination is possible (e.g. shared school supplies, devices, coffee and water stations, plates, etc.) should not be used. Staff should bring their own items.
- Items that are not easily cleaned (e.g. fabric or soft items) are to be limited.
- Classroom carpets have been professionally cleaned and stored away temporarily.
- a gym mat will be used for ill children awaiting parent pick up. Mat will be disinfected and cleaned after use.
- The custodian will ensure that handwashing supplies are available at all times (i.e. soap, paper towels and minimum 60% alcohol-based hand sanitizer at all school entries.)
- All school entries will have contactless hand sanitizer dispensers.

- Cleaning products will be provided for cleaning desks, photocopiers and other common devices.
- The evening janitors will adhere by cleaning protocols to be used in the school under these new requirements.

Staff Meetings

- Ensure physical distancing and mandatory masks.
- Instruct teachers in the latest facts and basic information about coronavirus disease (COVID-19), including its symptoms, complications, how it is transmitted and how to prevent transmission.

Additional Information

- **Masses and assemblies** - Student Assemblies will be transmitted via Zoom to the classrooms (i.e. assemblies, masses, etc...) All class field trips will be cancelled until further notice. Masses will occur with one class in the church at a time with a class rotation order and viewed by all via zoom. Buddy Classes will be postponed until January 2021. (This will be reviewed in January 2021.)

- **Uniforms** - Students can wear summer uniforms until Oct 10th. Comfortable footwear like runners are recommended for daily wear. Students must wear black shoes for Fridays when their class is attending mass at church. Rain Boots for rainy days. Students must come to school prepared to go outside for recess rain or shine on a daily basis.

- **Washrooms** - Grades K-2 will use the washrooms in the primary hallway. Grades 3-5 will use washrooms in the intermediate hallway. Grades 6-7 will use washrooms in the gym. Students will be taught to wait their turn if there are more than 3 students in the washroom.

- **Parent Participation** –Outdoor volunteer positions will be made available on the portal. No volunteer jobs inside the school when students and staff are in the school. Outdoor volunteer positions will be made available on the portal. PEC has approved a reduction of parent participation hours from 40 hours to 20 hours to reflect the COVID-19 restrictions. This change only applies to the 2020-2021 school year.

- **Extracurricular activities** will take place if they can be organized into learning groups, i.e. Grades 4 & 5, Grades 6 & 7 intramurals. Discussion can happen in October to determine if this can be done. If yes, the Learning Groups will rotate through the activity in order to provide an opportunity for as many students as possible to participate. i.e. Grades 2 & 3 – Rosary Club – September, Grades 4 & 5 – Rosary Club – October

- **Hot Lunch** - Online order of hot lunch only (more information to come). A reminder that homemade food items are not to be made available to other students (e.g. birthday treats, bake sale items).

- **Parents Townhall Meeting with administration and PEC**– Sept4that1pmand7pmviaZoom. The principal, along with the PEC will host a Welcome Back Zoom Meeting. This will be an opportunity to share updates and address questions about the upcoming year. Slideshow of inside of school and Q/A period.

• **Meet the Teacher Night** - [Sept17that7pmviaZoom](#). Learning packages will be sent home with each child prior to the evening. A general address by the administration and then each teacher will introduce themselves and share important and pertinent information about their class in breakout rooms. All parents and guardians are encouraged to attend.

• **Parking:** As parking on the street is limited, we encourage you to walk, bike, or carpool. Parking is available on 14th street and drop off zone is on Heather street. Staff Lot is for ÉSS staff only. To allow for outdoor leaning space, courtyard parking is restricted to afternoon pickup available for parking starting 2:30 pm. Please be calm, be safe, and be kind.

Learning for Children with Immunocompromised health

1. **Please review links below and** contact the principal immediately at principal@ess.vancouver.bc.ca for details, forms, and required documentation.
2. Guidance for Families of Immunocompromised Children in School and Group Gatherings Updated: July 10, 2020 <http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19-easing-social-distrancing-IS-children.pdf>
3. BCCDC Guidance for Children with Immune Suppression (June 15, 2020) <http://www.bccdc.ca/Health-Info-Site/Documents/COVID-19-IS-Children-FAQ-BCCH.pdf>

School Communications

Parents will receive an email update from administration each Friday, for the remainder of the school year. Everyone in the school community (staff, students and parents) will know the policies around staying home when they are sick. This information will be communicated in writing.

• All staff will be trained and informed as to how to keep themselves safe while at school. Formal staff training and information sessions will be held on Sept 8th and include:

i. the risks of exposure to COVID-19

ii. how to report an exposure to or symptoms of COVID-19 iii. safe procedures and instructions regarding proper handwashing, cough/sneezing etiquette, etc.

• Staff will be informed of changes made to work policies, practices, and procedures due to the COVID-19 pandemic. During daily check-ins or via email, updates will be provided as soon as available.

• The health and safety measures in place prior to the pandemic are still in place.

• The administration will keep records of training meetings. Covid-19 related meetings are documented and minutes available in the staff room and the Principal's office.

• A bulletin board will be dedicated to sharing information with staff and TTOC about policies and practices for COVID-19

• Signage will be posted around the school including occupancy limits and effective handwashing practices. Signage will also be posted at the main entrance indicating who is restricted from entering the school including anyone with symptoms.

Timeline:

• August 21 – 26: Ministry reviews Restart Plans and confirms approaches. School districts and independent schools begin to communicate information to parents once the Ministry review is complete.

- August 26: School districts and schools communicate information to parents on Stage 2 Plans and post final versions online.
- September 10: School re-opens and Stage 2 of the K-12 Restart Plan starts.

ÉSS Learning groups first day gradual re-entry: September 10th, 2020

9:00-11:30 am ---> Grades 2 & 3 (courtyard door) and grades 6 & 7 (grade 7 door)

12:30-3:00 pm ---> Grades 4 & 5 (Office/ Main door) and grades K* & 1 (Kinder door)

*Kindergarten (K) has a varied schedule as communicated by Mme Pimentel)

Schedule starting Sept 11th, 2020 first full day of school.

Monitor Workplace and Update Plans

- As new information is provided, some of these protocols and guidelines may change.
- Steps will be taken to update policies and procedures and involve the staff in this process.
- All staff are asked to raise any health and/ or safety concerns with the Principal.

Additional Items to consider

Age-specific Health Education Accessed: Below are suggestions on how to engage students of different ages on preventing and controlling the spread of COVID-19 and other viruses. • Activities should be contextualized further based on the specific needs of children (language, ability, gender, etc.,).

Handwashing

• Handwashing will become a routine activity carried out several times during the school day particularly: — upon arrival and before going home — before and after eating and drinking — after using the toilet — after sneezing/coughing into hands or tissue — whenever hands are visibly dirty — when transitioning to a different area (e.g. coming in from recess, etc.,) — Students will be using sinks in those classrooms which have them, as well as in the washroom area (limit 2 children at a time). Each classroom has a functioning sink for hands washing. Hand sanitizers are available in the classrooms, all school entries, and other areas of the school. If parents have extra supplies (hand sanitizer and Lysol wipes) we would welcome your donation for your child's classroom.

Let's Talk Handwashing (kid-friendly posters and videos from CBC Kids - Adapted from the World Health Organization's recommendations for handwashing, but with a more kid-friendly approach.) —

<https://www.cbc.ca/parents/learning/view/handwashing-poster-covid-19-kids> —

<https://www.cbc.ca/kidscbc2/the-feed/handwashing-101-how-to-become-a-handwashing-artist>

DECODA - Good information about COVID-19 in an easy to understand format? The images and concise text of a poster or infographic can convey a clear message. —

<https://www.decoda.ca/read-all-about-lit/covid-19-posters-and-infographics/>

Primary

- Make sure to listen to children's concerns and answer their questions in an age-appropriate manner; don't overwhelm them with too much information. Encourage them to express and communicate their feelings. Discuss the different reactions they may experience and explain that these are normal reactions to an abnormal situation.
- Emphasize that children can do a lot to keep themselves and others safe. - Introduce the concept of social distancing (standing further away from friends, avoiding large crowds, not touching people if

you don't need to, etc.) - Focus on good health behaviors, such as covering coughs and sneezes with the elbow and washing hands

- Help children understand the basic concepts of disease prevention and control. Use exercises that demonstrate how germs can spread. For example, by putting colored water in a spray bottle and spraying over a piece of white paper. Observe how far the droplets travel.
- Demonstrate why it is important to wash hands for 20 seconds with soap and water - Put a small amount of glitter in students' hands and have them wash them with just water, notice how much glitter remains, then have them wash for 20 seconds with soap and water.

Intermediate

- Make sure to listen to students' concerns and answer their questions. • Emphasize that students can do a lot to keep themselves and others safe. • Introduce the concept of social distancing - Focus on good health behaviors, such as covering coughs and sneezes with the elbow and washing hands - Remind students that they can model healthy behaviors for their families.
- Encourage students to prevent and address stigma - Discuss the different reactions they may experience and explain these are normal reactions to an abnormal situation. Encourage them to express and communicate their feelings
- Build students' agency and have them promote facts about public health. - Have students make their own Public Service Announcements through school announcements and posters
- Incorporate relevant health education into other subjects - Science can cover the study of viruses, disease transmission and the importance of vaccinations - Social studies can focus on the history of pandemics and evolution of policies on public health and safety.
- Media literacy lessons can empower students to be critical thinkers and makers, effective communicators and active citizens

Videos This child-friendly Covid-19 video was created by UBC's Faculty of Medicine. • https://www.who.int/news-room/q-a-detail/q-a-schools-and-covid19?fbclid=IwAR2lfvfchpcyEhlp_pTBmwsKFfpI8jqlYgng1TzR8y85obsNFAeIeuVA5tI

About Kids Health This hub includes resources on COVID-19 and how to help parents cope. There are resources on how to support children's mental health and general wellbeing through physical activity, sleep, nutrition and learning.

Please Refer to the school website for all posters on handwashing, masks, health guidelines and ministry of education websites related to safety for school restart plans 2020-2021.

https://ecolesaintsacrement.ca/moodle_ess/

Thank you for your cooperation and support as we endeavour to bring back our students and staff to a safe school environment at École Saint-Sacrement. We look forward to welcome back all ÉSS families to our growing learning community. Let us walk together with Jesus, our Living Hope. Marchons avec Jésus notre espérance. God bless all ÉSS families.

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