



Central Public School
410 Hunter St.
Woodstock, Ontario N4S 4G4
Phone: 519-537-5362
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Principal: Laurie James

Vice-Principal: Jill Shushkewich

Secretary: Cathy Wilson

NOVEMBER NEWSLETTER 2020

A well educated mind will always have more questions than answers. - Helen Keller

Message from the Administrative Team

Hello to our Central Families,

The month of October has seen students digging in to learning here at Central. Teachers are busy working with students to fill in any learning gaps that may have occurred as a result of our school shutdown. Using a variety of diagnostic assessment tools, teachers are finding these gaps and then tailoring their instruction to meet the individual needs of their students. Thank you staff and students for all of your hard work.

Progress reports will come home on November 13th. Please take time to review and discuss the information on the progress report card with your child. Ask specific questions about assignments and teacher comments. Parents are encouraged to communicate with their child's teacher to discuss academic progress and support teachers in establishing necessary learning goals for each student. Since face-to-face interviews will not take place this Fall, each teacher will be making individual arrangements to touch base with families about these reports. As always, please feel free at any time of the year to contact your child's teacher to discuss their progress or ask any questions that you may have.

We thank you for your ongoing partnership in making sure our Central Cougars stay safe, stay well, and are ready to learn...wherever they may be.

L. James, Principal

J. Shushkewich, Vice-Principal

Traffic Concerns

Families, we need your help. There has been an increase in the number of vehicles that are using Hunter St., in front of the school, as a place to drop off students. This is a designated SCHOOL SAFETY ZONE with no parking and no stopping permitted. This is bylaw enforced. The City of Woodstock's School Safety Zone policy is now in its third year of existence, and we are concerned with the number of drivers that are disregarding this bylaw.

Recently, we have seen some very worrisome situations such as near-miss traffic collisions close to our students on the sidewalk, our bylaw officer nearly hit by an illegally stopped driver, and a very young student dart across the street unattended after being dropped off on the far side of the road. Frankly folks, one of these times it might not be a near miss.

We need you to please park in the municipal parking lots on Light St. and Graham St., the parking spots on Light St. and Graham St. or the "Drive-to-Five" location in the parking lot behind the Library and walk your children to and from the school.

Let's work together to keep our students safe. Thank you.



MAKE OUR SCHOOL ZONES SAFE

The Corporation of the City of Woodstock

SCHOOL ZONE POLICY

In order to improve the safety of our students to and from school, the City of Woodstock has adopted a School Zone Policy. The Policy will make speed and parking restrictions consistent for all public elementary and secondary schools.

To make schools safer for the students, each school zone will:

- Reduce the speed limit to 40 km/hr before and after the school frontages.
- Create 'No Stopping' zones along school frontages (school buses exempt where approved).



These changes are intended to make all schools consistent throughout the city so that drivers will recognize that there is a school in the area, slow traffic down, eliminate congestion in front of the schools and improve visibility in the area of the school. The policy will go into effect September 2018.



www.cityofwoodstock.ca/en/residential-services/school-zones.aspx



MAKE OUR SCHOOL ZONES SAFE

OUR GOAL:

- Improve traffic, visibility and safety around your school
- Improve physical and mental health
- Improve air quality from reduced emissions
- Students will arrive at school alert and ready to learn
- Feel more connected to your community

PARENT ACTIONS TO CONSIDER:

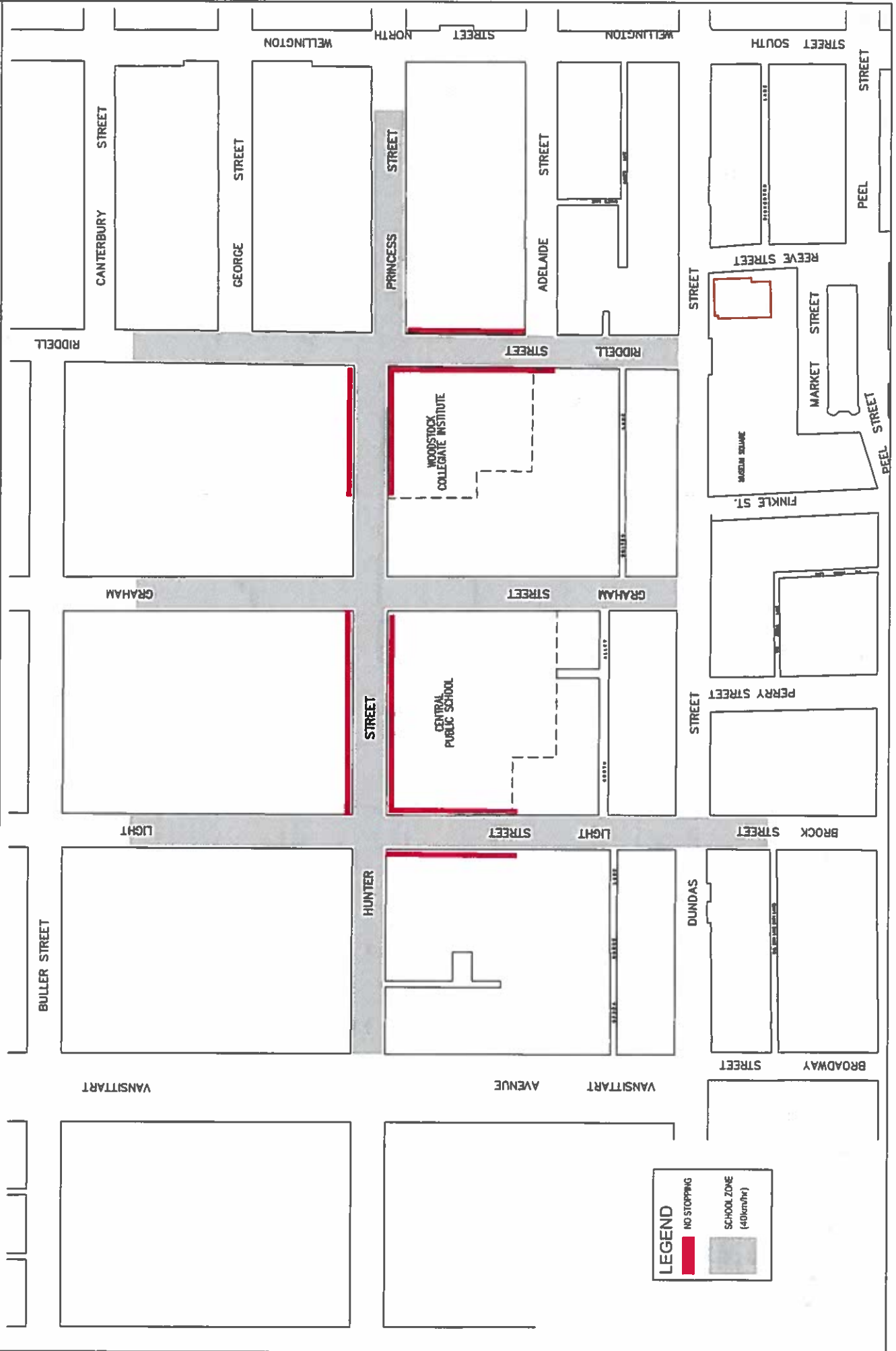
- Walk to school with your child, park a block away and walk your child.
- Put your child on the bus if eligible to reduce cars in the school zone.
- Consider where you can safely drop your child off if you must use your vehicle.

www.cityofwoodstock.ca/en/residential-services/school-zones.aspx

Central Public School
 410 Hunter Street
 Woodstock Collegiate Institute
 35 Riddell Street



Date: 17 MAY, 2018
 Drawn By: B. ROBINSON, C.E.T.
 Scale: 1:3000



LEGEND

- NO STOPPING (Red line)
- SCHOOL ZONE (40km/hr) (Grey shaded area)

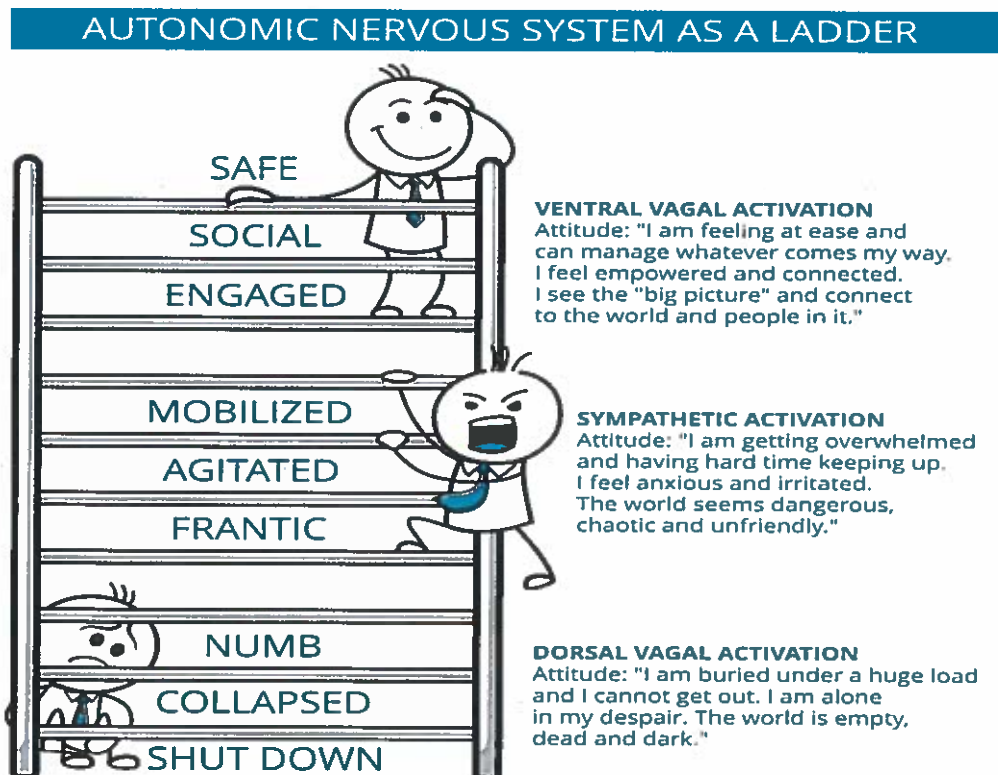
Fostering Well-Being at Home by Modelling Calm

– brought to you by the department of
School Counselling & Social Work Services

The events of the last several months, brought on by COVID-19, have had an impact on each one of us. In the uncertainty of these continually changing times, it is safe to say that we have all experienced some degree of stress.

While stress is completely normal and a healthy part of our lives, too much stress, noticeable in changes in our minds and bodies, can be damaging over time. Is your typically joyful, happy, easy-going child now angry, overwhelmed or afraid much of the time? Is your hard working, friendly, socially engaged student now withdrawn, hopeless or disconnected? Trace your child's behavior over the last 6 months, or even your own. In the image of a ladder, people are meant to be at the top, where feelings of confidence, happiness and social engagement happen, with movement up and down throughout each day/week/month. But when a person gets "stuck" in the middle (anger, out of control, overwhelmed) or at the bottom (numb, withdrawn, dark, hopeless), they need a nudge to move back up. As a parent, you are the compass point for your child. You can bring calm to your child's chaos by 1. Co-regulation – model how to behave in stressful situations and share your calm with your child; 2. Provide Predictability – create a schedule, maintain routine and be consistent; 3. Incorporate Play – find time every day to laugh and to have fun with your child.

If you are concerned that your child is experiencing stress that has them "stuck" and you are looking for ways to support, reach out. And remember, before you can help someone else, you need to put on your own oxygen mask first – so look after yourself too!



Adapted from *The Polyvagal Theory in Therapy* by Deb Dana

Connect with Central!

There are many ways to communicate with us:

- email l.james@tvdsb.ca OR j.shushkewich@tvdsb.ca OR centralsenior@tvdsb.ca OR your child's teacher
- connect with teachers through your child's digital learning platform (Google Classroom or Brightspace)
- follow us on Twitter @central_public
- follow us on Facebook @CentralPrincipal
- call the school 519-537-5362

We look forward to hearing from you!

Speaking of Connecting...

Please let the school know if you change your phone number, email address, or emergency contact information. Many important electronic platforms, such the Parent Portal, are tied to the email address that we have on record at the school. As well, current contact information helps us reach you quickly in case of emergency. Thank you very much.

Dress for a Comfortable Day!

In order to reduce COVID transmission risk, Central students are taking their learning outdoors as much as possible. This, along with our new school entry and recess procedures, means that our students are outside for longer periods of time even when the weather is not the greatest. Please make sure that your child is dressed appropriately for the day's weather, be it rain, snow, or chilly temperatures. The Coats for Kids and Adults program is running a bit differently this year. Please check out the information later in this newsletter and contact the school if we can help connect you with warm winter wear!

Tobacco, Cannabis and Smoke-Free Environment:

Students, staff and visitors are prohibited from smoking or vaping on school board property and within 20 metres from any point of the perimeter of any school board property. This includes the smoking or holding of lighted tobacco or cannabis (marijuana), and includes a ban on the use of e-cigarettes and electronic smoking devices. Students and staff that have a legal medical document authorizing them to use medical cannabis will be able to do so on school board property, but only in a non-smoking or non-vaping form (e.g., capsules, edibles and oils). Students, staff and visitors are also prohibited from using shisha, smokeless tobacco and/or cannabis products (unless medically prescribed) and all related accessories. This code of conduct is in effect 24 hours a day, 7 days a week, and on school buses, or during any part of an official school field trip, including athletic team trips and school club excursions.

Failure to comply with this code of conduct may result in internal student discipline (e.g., warning, notification to parents/guardians, withdrawal of privilege, suspension, etc.) and/or charges and fines issued by an Officer of a Provincial Enforcement Agency.

Safe Dismissal Reminder

Please remember to contact the school if you need to make a change to your child's usual dismissal routine. Most importantly, we need to know if someone different will be picking up your child. **We are not able to dismiss your child into the care of someone without communication from you letting us know the name of the "pick up person."** You may write a note and send it with your child, call the school office, or use School Messenger to relay this information to your child's teacher. Thank you very much.

School Council

Central would like to welcome the following parents to our School Council:

Chair - Erica Hughes

Representatives - Kelly Fitch, Shea Pavlou, Karen Roscoe and Bahader Sokhal

We look forward to our first virtual meeting on TEAMS, November 16th from 6:30 - 8:00 PM.

Thank you to all for volunteering your time!



Southwestern Public Health

Our Public Health Unit has a wealth of up-to-date information about COVID-related matters for our area, but that's not all! Check out the link below for all kinds of community health supports and services.

<https://www.swpublichealth.ca/en/index.aspx>



Safe Mask Storage Solutions

Students are required to wear masks at all times inside of the school. That means travelling at recess from classroom to outside and back could be a challenge. We suggest a “fanny pack” or other closed pocket-style item that does not loop around the neck to keep the child and the mask safe and clean during recess play.

Coats for Kids and Adults

If you or anyone in your family are in need of winter apparel (coats, snow pants, boots, hats and mittens), Woodstock’s Operation Sharing - Coats for Kids and Adults program is here for you. All you need to do is fill out the attached form and submit requests by phone to the program coordinators, no later than November 30th, 2020.

- Kathy Stevenson: 519-535-4872 or 519-533-5394
- Marilyn Schmiedl: 226-228-1022

The pick-up address is College Ave. United Church, 22 Wilson St. Woodstock. You will receive information about the pick-up date and time when you call.





Operation Sharing

Coats for Kids & Adults Request Form

Family Name: _____

Phone Number: _____

Number of Family Members: _____

(Note: Adults & Children/Teenagers Included)

	Sex (Male or Female)	Age (for appropriate selection of coats)	Grade (for appropriate selection of coats)	Coat-Size	Snow Pants-Size	Boot-Size
Example	Male	7	Gr. 2	Size 6	Size 6	Size 11
1.						
2.						
3.						
4.						
5.						

*Add any additional Family Members to the back of this form.

Game On & Go Girls!

These programs are offered to male-/female-identifying individuals aged 11-13. The 6-week group programs are offered online after school, and aim to build skills surrounding healthy lifestyles, physical activity, self-esteem and positive relationships. Two fully screened and trained volunteer mentors lead the group of 6-10 individuals as they participate in activities, discussions and games. A kit is provided to ensure that the individual participating has all of the required supplies.

These programs will operate virtually this year, using Zoom. Please see the flyers later in this newsletter for more specific information about the programs.

The deadline for applying to the Fall program is November 3, 2020.

Caregivers can easily enroll their child by following this link:

Go Girls: <https://oxford.bigbrothersbigsisters.ca/go-girls-registration/>

Game On: <https://oxford.bigbrothersbigsisters.ca/game-on-registration/>

Remembrance Day

As with many other important events, Central will be honouring Remembrance Day differently this year. Our dedicated staff are collaborating to create a virtual Remembrance Day assembly that students will view from their classrooms on November 11th. Thank you to all of our Canadian Military Service members, past and present, who serve for our protection and freedom.



GAME ON VIRTUAL

Keep your 11-13 year old connected & engaged



Big Brothers Big Sisters
OF OXFORD-COUNTY

The Game On program is now offered ONLINE!

The same program previously offered at your child's school, Game On! is now being offered online. Game On! is a group mentoring program that promotes physical activities, complemented with healthy eating support. Participants build skills through games, activities and discussions surrounding physical activity, life skills, communication, and emotional health.

How can it be done online?

Fortunately, we live in a time where almost anything is possible using modern technology!

Instead of meeting the mentors in person, participants will use online video chat to stay connected as a group using Zoom. The Zoom conferencing application is free and very easy to use.

Each group will have 2 mentors and up to 10 mentees.



What will they be doing?

Has your child been feeling isolated, alone, stressed, etc.? The Virtual Game On! group focuses on connecting participants with other self-identifying males experiencing similar feelings, discussing different topics including health and well-being and participating in physical activities such as games and at home work-outs.



HOW TO SIGN UP

Parents/Guardians can sign up their child for Virtual Game On, by visiting:

By visiting: www.bbbsoxford.ca & clicking on What We Do > Programs > Game On

Once we have received your online application, Chantal our Game On Mentoring Coordinator will contact you to confirm your child's involvement in the group and answer any questions you may have.



TECHNOLOGY REQUIRED

In order to take part in Virtual Game On, the participants need access to a private smart phone, tablet or computer that can download the Zoom app, and has video/audio capabilities. The participants will also need reliable internet access available at their home.



THE MENTORS: SCREENED, TRAINED & TRUSTWORTHY

Our online mentors are the same mentors who have facilitated the program in local area schools. They have been fully screened by Big Brothers Big Sisters including: Criminal Record & Vulnerable Sector Check, interview, and references.

Questions? Concerns? Please Contact:

Chantal Desmarchais, Mentoring Coordinator

chantal.desmarchais@bigbrothersbigsisters.ca

GO GIRLS



Keep your 11-13 year old connected during social isolation.



Big Brothers Big Sisters
OF OXFORD-COUNTY

The Go Girls program is now offered **ONLINE!**

The same program already offered at your child's school, Go Girls! Healthy Bodies Healthy Minds, a group mentoring program that promotes active living, balanced eating and self-confidence/self-compassion is now offered online.

How can it be done online?

Fortunately, we live in a time where almost anything is possible using modern technology!

Instead of meeting the mentors in person, participants will use online video chat to stay connected as a group using Zoom. The Zoom conferencing application is free and very easy to use.

Each group will have of 2 mentors and up to 10 mentees.



What will they be doing?

Has your child been feeling isolated, alone, stressed, etc.? The Virtual Go Girls group focuses on connecting participants with other girls experiencing similar feelings, discussing different topics including health and well-being as well as involves doing physical activities such as yoga, dancing, and at home work-outs.

HOW TO SIGN UP



Parents/Guardians can sign up their child for Virtual Go Girls, by visiting:

<https://oxford.bigbrothersbigsisters.ca/go-girls-registration/>

OR by visiting: www.bbbsoxford.ca & clicking on What We Do> Programs> Go Girls

Once we have received your online application Chantal our Go Girls Mentoring Coordinator will contact you to confirm your child's involvement in the group and answer any questions you may have.



TECHNOLOGY REQUIRED

In order to take part in Virtual Go Girls, the participants need access to a private smart phone, tablet or computer that can download the Zoom app, and has video/audio capabilities. The participants will also need reliable internet access available at their home.



THE MENTORS: SCREENED, TRAINED & TRUSTWORTHY

Our online mentors are the same mentors who have facilitated the program in local area schools. They have been fully screened by Big Brothers Big Sisters including: Criminal Record & Vulnerable Sector Check, interview, and references.



Questions? Concerns? Please Contact:

Chantal Desmarchais, Mentoring Coordinator
chantal.desmarchais@bigbrothersbigsisters.ca



Home Connections in Mathematics

Addition Strategies that Make Sense

"The ability to compose and decompose numbers is an important aspect of number sense that contributes significantly to children's success in arithmetic, particularly addition and subtraction." - Cathy Bruce (2013)

How would you solve $46 + 38$? Many of us would stack the two numbers and add them the way we were taught. Our curriculum requires teachers to develop methods with our students that are grounded in understanding. With this in mind, let's look at the meanings of addition and strategies built on understanding.

Meanings of Addition

Although addition always relates to the combining of things, there are two situations to consider: one is active and one is static.

a) An active addition situation:

"Kara had 5 pencils. Her mom gave her 6 more pencils. How many pencils does she have altogether?"

b) A static addition situation (no action takes place):

"Kara has some pencils in her pencil case. 7 are blue and 6 are red and 3 are yellow. How many pencils does she have?"

Students often find it easier to first consider active situations, where joining actually occurs, and later more static situations, where a whole is made up of two or more parts that are already joined.

What strategies help with addition?

All strategies are based on breaking apart numbers and adding in parts.

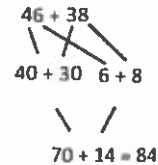
$$46 + 38$$

Splitting: This strategy splits (decomposes) and joins (composes) numbers in ways that make computation

easier. It ensures that students are thinking about the value of the numbers.

$$46 = 40$$

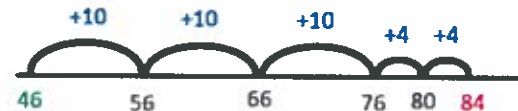
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Jumping: strategy involves open numbers

sequential "jumps" on an number line, by or to that make the operation easier. The use of a number line allows students to maintain their sense of quantity as they add numbers together, and is less prone to computational errors. Two different jumping strategies are shown below. The first example shows three jumps of 10, then a jump of 4 to get to 80, then 4 more. The second example shows a jump of 4 to get to 50, then a jump of 34 more.

$$46 + 38$$



Compensating: Sometimes it may be more helpful to add too much and then subtract the extra. In this case, the student adds 40 to 46 to get 86, and then subtracts 2 to get 84.

$$46 + 38$$



With practise, students will learn to operate flexibly with numbers, choosing from meaningful strategies.

STOP

Covid-19 Screening FOR CHILDREN

If you answer YES to ANY of the following questions, do not send your child to school.

Is your child experiencing any of the following NEW OR WORSENING SYMPTOMS associated with COVID-19?

1. If you answered "YES" to any of the symptoms, your child should stay home to isolate immediately and obtain a COVID 19 test.



Fever of 37.8°C/100°F (temperature)

YES NO



New or worsening Cough

YES NO



Shortness of breath, Difficulty breathing

YES NO



Loss of sense of taste or smell

YES NO

2. If the symptom persists or worsens, obtain a COVID 19 test. If you answered "YES" to two or more of the symptoms, your child should stay home to isolate immediately and get a COVID 19 test.



Sore throat, Difficulty swallowing

YES NO



Runny nose or nasal congestion

YES NO



Nausea, vomiting, diarrhea

YES NO



Unexplained fatigue/ malaise/ chills

YES NO



Headache

YES NO

If you answered "YES" to any of the following questions, your child should stay home to isolate immediately and follow the advice of public health. If your child develops symptoms, your child should be tested for COVID 19.



3. Has your child travelled outside Canada in the last 14 days?

YES NO



4. Has your child been identified as a close contact of someone who tested positive for COVID-19 as identified by public health?

YES NO



5. Has your child been directed to isolate by a health care provider, including public health officials?

YES NO

COVID-19 DECISION TOOL FOR PARENTS/CAREGIVERS

Please use this document if your child has failed their daily COVID-19 student screening at <https://covid-19.ontario.ca/school-screening/>

Call 911 if your child is struggling for each breath, can only speak in single words, has severe chest pain, is confused or unsure of where they are, or is losing consciousness.

NOTE: INDICATE WHICH SCENARIO THE STUDENT IS IN AND FOLLOW THE GUIDELINES ACCORDINGLY.

SCENARIOS

ONE

Your child develops **NEW** symptoms of fever/chills (>37.8C/100F), cough, difficulty breathing or loss of taste/smell.

TWO

Your child develops **TWO** of the following symptoms of sore throat, stuffy/runny nose, headache, nausea/vomiting/diarrhea, muscle ache/fatigue.

THREE

Your child develops **ONE** of the following symptoms of sore throat, stuffy/runny nose, headache, nausea/vomiting/diarrhea, or muscle ache/fatigue.

FOUR

Your child is a **CLOSE CONTACT*** of someone with COVID-19 (confirmed by Public Health).

FIVE

Your child has **TRAVELLED OUTSIDE OF CANADA.**

SCENARIO ONE

COURSE OF ACTION

Your child develops **NEW** symptoms of fever/chills (>37.8C/100F), cough, difficulty breathing or loss of taste/smell.



Your child must stay home. If symptoms develop while at school, they will be sent home.

WHAT SHOULD I DO NEXT?

Parents/Guardians have three options:

1. Take your child for testing at an assessment center (Middlesex-London, Elgin-St. Thomas, Oxford) OR
2. Contact your health care provider for further assessment including if your child needs a COVID-19 test or other treatment OR
3. If your child will not be tested, they must isolate for 10 days after symptoms first appear

Note: If your child is getting tested or receives an alternative diagnosis, household members without symptoms should self-monitor and can go to school or work.

WHEN CAN MY CHILD RETURN TO SCHOOL, ACTIVITIES & WORK?

If your child has a POSITIVE COVID-19 Test:

Your local Public Health Unit will contact you with further direction.

- Your child must stay home and self-isolate for 10 days from the day the symptoms first appear. They may return to school after 10 days if they do not have a fever (without using medication), **AND** their symptoms have been improving for at least 24 hours.
- All members of your household need to self-isolate and follow public health advice.

If your child has a NEGATIVE COVID-19 test:

- Your child can go back to school if their symptoms have been improving for 24 hours, **AND** if they are not a close contact* of someone with COVID-19.
- Household members without symptoms should self-monitor and may go to school or work.

If your child is NOT tested for COVID-19 but has an alternative diagnosis unrelated to COVID-19:

- Your child can go back to school if their symptoms have been improving for 24 hours.
- Household members without symptoms, should self-monitor and may go to school or work.

If your child is NOT tested for COVID-19 and has no alternative diagnosis:

- Your child needs to self-isolate for 10 days from the day symptoms started. Your child may return to school after 10 days, if they do not have a fever (without using medication) **AND** their symptoms have been improving for 24 hours.
- All members of your household need to stay home and self-isolate for 14 days from when your child developed symptoms.

COVID-19 DECISION TOOL FOR PARENTS/CAREGIVERS

SCENARIO TWO

COURSE OF ACTION

Your child develops **TWO** of the following symptoms of sore throat, stuffy/runny nose, headache, nausea/ vomiting/diarrhea, muscle ache/fatigue.



Your child must stay home. If symptoms develop while at school, they will be sent home.

WHAT SHOULD I DO NEXT?

- Your child should stay home and self-isolate.
- Your child should get tested at an assessment center (Middlesex-London, Elgin-St. Thomas, Oxford) **OR**
- Contact your Health Care Provider for further assessment if you think your child's symptoms are not due to COVID-19. Health Care Providers are unlikely to be able to rule out COVID-19 without a test.
- If your child is getting tested, or receives an alternative diagnosis, household members without symptoms should self-monitor and can go to school or work.

WHEN CAN MY CHILD RETURN TO SCHOOL, ACTIVITIES & WORK?

If your child has a **POSITIVE COVID-19** test:

Your local Public Health Unit will contact you with further direction.

- Your child must stay home and self-isolate for 10 days from the day the symptoms first appear. They may return to school after 10 days if they do not have a fever (without using medication), **AND** their symptoms have been improving for at least 24 hours.
- All members of your household need to self-isolate and follow public health advice.

If your child has a **NEGATIVE COVID-19** test:

- Your child can go back to school if their symptoms have been improving for 24 hours, **AND** if they are not a close contact* of someone with COVID-19.
- Household members without symptoms should self-monitor and can go to school or work.

If your child is **NOT** tested for COVID-19 but has alternative diagnosis unrelated to COVID 19:

- Your child can go back to school if their symptoms have been improving for 24 hours.
- Household members without symptoms should self-monitor and can go to school or work.

If your child is **NOT** tested for COVID-19 and has no alternative diagnosis:

- Your child needs to self-isolate for 10 days from the day symptoms started. Your child may return to school after the 10 days, if they do not have a fever (without using medication) **AND** their symptoms have been improving for 24 hours.
- All members of your household need to stay home and self-isolate for 14 days from when your child developed symptoms.

SCENARIO THREE

COURSE OF ACTION

Your child develops **ONE** of the following symptoms of sore throat, stuffy/runny nose, headache, nausea/ vomiting/diarrhea, or muscle ache/fatigue.



Your child must stay home. If symptoms develop while at school, they will be sent home.

WHAT SHOULD I DO NEXT?

- Your child should stay home and self-isolate.

WHEN CAN MY CHILD RETURN TO SCHOOL, ACTIVITIES & WORK?

- Your child must stay home for 24 hours.
- If the symptom is improving, they can return to school 24 hours later. Testing is not needed.
- If the symptom is not improving after 24 hours or is getting worse, your child should stay home, self-isolate and get tested. You can also contact their health care provider.

COVID-19 DECISION TOOL FOR PARENTS/CAREGIVERS

SCENARIO FOUR

COURSE OF ACTION

Your child is a **CLOSE CONTACT*** of someone with COVID-19 (confirmed by Public Health).

➔ Your child must not attend school and they are required to quarantine for 14 days.

WHAT SHOULD I DO NEXT?

- You can expect a call from their local public health unit to provide you with next steps and further information.

WHEN CAN MY CHILD RETURN TO SCHOOL, ACTIVITIES & WORK?

- Your child can return once the self-isolation period determined by public health has been completed AND they do not have any symptoms.
- If your child is tested and is negative, they must still complete their 14 day self-isolation before returning to school, activities and work.

SCENARIO FIVE

COURSE OF ACTION

Your child has **TRAVELLED OUTSIDE OF CANADA.**

➔ Your child must not attend school and they are required to self-isolate for 14 days.

WHAT SHOULD I DO NEXT?

- The 14 day quarantine begins on the day your child returns to Canada.
- If your child develops symptoms of COVID-19 while quarantining after travel, testing should be done at an assessment center (Middlesex-London, Elgin-St. Thomas, Oxford) or consult with health care provider if you think symptoms are not due to COVID-19.
- Your child must self-isolate from household members that did not travel. If they do not, other household members must also self-isolate.

WHEN CAN MY CHILD RETURN TO SCHOOL, ACTIVITIES & WORK?

- Your child can return once the 14-day self-isolation has been completed AND they do not have any symptoms.

* A close contact is someone who has spent greater than 15 consecutive minutes within 6 feet of someone else who tested positive for COVID-19, regardless of whether either party was wearing a mask.

***The isolation period is 10 days for people who already have symptoms. The self-isolation period is 14 days for people who do not have symptoms but have been a close contact.

Double your protection.

Download the COVID Alert app and wear a mask.



The more Canadians who install the COVID Alert app, the better we can limit the spread of COVID-19.

Let's protect each other. Download the app.

Learn more:

 canada.ca/coronavirus

 1-833-784-4397

