



Central Public School
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Principal: Laurie James

Vice-Principal: Jill Shushkewich

Secretary: Cathy Wilson

OCTOBER NEWSLETTER 2020

What you do has far greater impact than what you say. - Stephen Covey

Message from the Administrative Team

Hello to our Central Families,

Congratulations and a heart-felt thank you to each and every one of you for doing your part to make September a successful first month of school. We have adapted to the changes in school procedures and protocols, and are all working together to keep Central a safe and supportive place to learn.

Central students are busy diving into the new Mathematics curriculum, reconnecting with favourite books and stories, and taking their learning outside as often as possible. We are grateful for the beautiful weather that we enjoyed in September!

A copy of the most recent Ministry of Health screening tool has been included in this newsletter, along with the September 24th decision tree created by Southwest Public Health. We ask all families to please use these documents daily when assessing your child's health and making the decision to send them to school. Please be aware that these documents are regularly adjusted. You can find the most up-to-date versions on the Ministry of Health and Southwest Public Health websites. Please also remember, as per the TVDSB Student Health Agreement, that you must have a plan to promptly pick up your child at school when they have symptoms of COVID-19.

We know that Thanksgiving will be different for many families this year, and we want you to know that we are grateful to be part of your community.

L. James, Principal

J. Shushkewich, Vice-Principal

Terry Fox Challenge



Central is celebrating the 40th anniversary of Terry Fox's Marathon of Hope. We have mapped and measured a route through our school yard and are challenging all classes to collectively run and walk 40 km to honour Terry's journey. We are not fundraising at a school level this year; please check out ways to donate online.

<https://terryfox.org/get-involved/ways-to-give/>

By working together we can reach our goal!

Snack Program

Due to changes in TVDSB protocols regarding food handling and volunteer positions, Central's daily snack program is not currently running. We are investigating ways to make the operation of this program possible in the future, however please be aware that at this time we have a very limited "emergency reserve" of pre-packaged food.

Ongoing reminders for school:

1. Please send a full water bottle with your child. There will be scheduled times during the day to refill the bottle. Ask your child to take the bottle home each night to clean and return it filled the next day.



2. Hand hygiene will be regularly scheduled throughout the day. Students who have sinks in their classrooms will use soap and water and those classes without sinks will have hand sanitizer. Please feel free to send hand sanitizer with your child if you would like. This can be used during the day for unscheduled hand hygiene. Students will need to use board-supplied products during scheduled hand hygiene times.

3. Remember that masks are to be worn for all grades K-8. Please make sure that they completely cover the nose to the chin. Students will be able to take breaks from their masks while they eat lunch and when they are outside for recess as well as any classes that take place outside.



4. This year, students will need to remain at the school to eat their lunch due to contact tracing. There will no longer be a form to sign grade 7-8 students out for lunch. For those occasions when your child needs to go home for lunch you will be required to write a note on that day.

5. If you still have a loaned device, please return with your child ASAP so that we can start to distribute technology back into the classrooms. Devices can be sent back with your child or dropped off at the front doors.

6. Student cell phones will once again be "parked" in the office for



the day in our "Cell Hotel." Due to changes in entry procedure this year, instead of students coming to the office with their phones, we will go class-to-class to pick them up. If your child needs to use their cell phone for urgent matters they can come to the office to use it. Students may use the student phone to make phone calls when necessary. Thank you as always for your cooperation with this procedure.

7. Please review the arrival and dismissal procedures posted and emailed at the beginning of the year. When students arrive at school, they will go directly to their class zone. Students will be in the same zones at dismissal. A friendly reminder that parents/guardians are to wait outside of the gate before and after school. Please make sure that your children are dressed appropriately for the weather. Rain and cold weather gear are essential as classes will be spending more time outside than usual.

8. All doors to the school will be locked during the day. Entry will be for board employees and students only. In unique situations, parents/guardians can call the school for an appointment.

If you arrive late, please ring the doorbell and a staff member will meet your child and take them to the office.

If you need to pick up your child for an appointment, please notify the school prior to coming so that we can have your child ready at the office. When you arrive, a staff member will bring your child to the door.

Thank

You

TVDSB Student Health Agreement

We are looking forward to welcoming back all of our students in September. Thank you for your patience as we plan for your child's safe return to learning. In order to support the health and well-being of our Thames Valley community members, we are requiring all parents and guardians with children attending one of our schools in-person this September to complete a Student Health Agreement by Monday, September 14. This agreement outlines important steps that need to be taken by all of our families in order to reduce the transmission of COVID-19. The Agreement is now posted on the Parent Portal (www.tvdsb.ca/parentportal).

One important component outlined in the agreement involves committing to monitoring your children's health each day before riding school transportation or arriving at school. If parents and guardians answer "yes" to any of the screening questions, they must not send their child on school transportation or to school and must contact their family health care provider and/or their local health unit for further instructions.

If you have any questions about the Student Health Agreement please contact your child's school.

We look forward to welcoming back all of our students on September 14.

If you have not yet completed an online or paper agreement, please contact the office to let us know.

Thank you,

Central Public School and Thames Valley District School Board

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.

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!

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.

Ministry of Health

COVID-19 Screening Tool for Children in School and Child Care

Version 1 – October 1, 2020

This tool provides basic information only and contains recommendations for children to support decision making by parents about whether their child should attend school/childcare and/or needs to be tested for COVID-19. This can be used to assess symptoms of any child who attends child care or school (junior, intermediate, high school). It is not to be used as a clinical assessment tool or intended to take the place of medical advice, diagnosis or treatment. Screening must occur daily and at home before a child enters school or child care.

When assessing for the symptoms below, you should focus on evaluating if they are **new, worsening, or different from your child's baseline health status or usual state** (check off "Yes"). Symptoms associated with known chronic health conditions or related to other known causes/conditions should not be considered unless new, different or worsening (check off "No"). (see examples below).

After developing symptoms, in general, children should no longer have a fever and their symptoms improving to be able to return to school/child care. Mild symptoms known to persist in young children (e.g. runny nose or mild cough that may persist following infections) may be ongoing at time of return to school/child care if other symptoms have resolved.

Required Screening Questions

1. Does your child have any of the following **new or worsening** symptoms? *Symptoms should not be chronic or related to other known causes or conditions.*

| | | |
|---|------------------------------|-----------------------------|
| <p>Fever and/or chills (temperature of 37.8°C/100.0°F or greater)</p> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| <p>Cough (more than usual if chronic cough) including croup (barking cough, making a whistling noise when breathing) <i>Not related to other known causes or conditions (e.g., asthma, reactive airway)</i></p> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

| | | |
|--|------------------------------|-----------------------------|
| <p>Shortness of breath (dyspnea, out of breath, unable to breathe deeply, wheeze, that is worse than usual if chronically short of breath)</p> <p><i>Not related to other known causes or conditions (e.g., asthma)</i></p> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| <p>Decrease or loss of smell or taste (new olfactory or taste disorder)</p> <p><i>Not related to other known causes or conditions (e.g., nasal polyps, allergies, neurological disorders)</i></p> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

2. Does your child have any of the following **new or worsening** symptoms? *Symptoms should not be chronic or related to other known causes or conditions.*

| | | |
|---|------------------------------|-----------------------------|
| <p>Sore throat (painful swallowing or difficulty swallowing)</p> <p><i>Not related to other known causes or conditions (e.g., post nasal drip, gastroesophageal reflux)</i></p> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| <p>Stuffy nose and/or runny nose (nasal congestion and/or rhinorrhea)</p> <p><i>Not related to other known causes or conditions (e.g., seasonal allergies, returning inside from the cold, chronic sinusitis unchanged from baseline, reactive airways)</i></p> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| <p>Headache that is new and persistent, unusual, unexplained, or long-lasting</p> <p><i>Not related to other known causes or conditions (e.g., tension-type headaches, chronic migraines)</i></p> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| <p>Nausea, vomiting and/or diarrhea</p> <p><i>Not related to other known causes or conditions (e.g., transient vomiting due to anxiety in children, chronic vestibular dysfunction, irritable bowel syndrome, inflammatory bowel disease, side effect of medication)</i></p> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

| | | |
|---|------------------------------|-----------------------------|
| <p>Fatigue, lethargy, muscle aches or malaise (general feeling of being unwell, lack of energy, extreme tiredness, poor feeding in infants) that is unusual or unexplained</p> <p><i>Not related to other known causes or conditions (e.g., depression, insomnia, thyroid dysfunction, anemia)</i></p> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|---|------------------------------|-----------------------------|

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

Yes

No

4. Has your child been identified as a close contact of someone who is confirmed as having COVID-19 by your local public health unit (or from the COVID Alert app if they have their own phone)?

Yes

No

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

Yes

No

Results of Screening Questions:

If you answered "YES" to any of the symptoms included under question 1:

- Your child should stay home to isolate immediately.
- Contact your child's health care provider for further advice or assessment, including if your child needs a COVID-19 test or other treatment.

If you answered "YES" to only one of the symptoms included under question 2:

- Your child should stay home for 24 hours from when the symptom started.
- If the symptom is improving, your child may return to school/child care when they feel well enough to do so. A negative COVID-19 test is not required to return.
- If the symptom persists or worsens, contact your child's health care provider for further advice or assessment, including if your child needs a COVID-19 test or other treatment.

If you answered "YES" to two or more of the symptoms included under question 2:

- Your child should stay home to isolate immediately.
- Contact your child's health care provider for further advice or assessment, including if your child needs a COVID-19 test or other treatment.

If the individual answers "YES" to question 3, 4 or 5

- Your child should stay home to isolate immediately and follow the advice of public health.
- If your child develops symptoms, you should contact your local public health unit or the health care provider for further advice.

Frequently Asked Questions**1. My child has woken up not feeling well, what do I do?**

If you notice that your child has new or worsening symptoms, what you do depends on the symptom and how usual they are for your child.

If your child has new or worsening:

- Fever/chills
- Cough
- Shortness of breath
- Decreased or loss of smell or taste

Your child should isolate immediately and you should contact your child's health provider for further advice or assessment. The health care provider can help you determine whether the symptoms are related to another non-COVID-19 condition, or if they should get tested for COVID-19.

*If your child has **ONE** new or worsening symptom (that is not related to a known cause or condition) that include:*

- Sore throat
- Stuffy nose/runny nose
- Headache
- Nausea/vomiting/diarrhea
- Fatigue/lethargy/muscle aches/malaise

Your child should stay home for 24 hours to be monitored to see whether the symptoms get better or worse. If they start to feel better and symptoms are improving, they can return to school/child care when well enough to do so and no COVID-19 testing is needed.

If the symptoms get worse, you should contact their health care provider for further advice or assessment. The health care provider can help you determine whether the symptoms are related to another non-COVID-19 condition, or if they should get tested for COVID-19.

*If your child has **TWO or MORE** new or worsening symptoms (that are not related to a known cause or condition) that include:*

- Sore throat
- Stuffy nose/runny nose
- Headache

- Nausea and/or vomiting
- Diarrhea
- Fatigue/lethargy/muscle aches or malaise

Your child should isolate immediately and you should contact your child's health provider for further advice or assessment. The health care provider can help you determine whether the symptoms are related to another non-COVID-19 condition, or if they should get tested for COVID-19.

2. My child has a runny nose, what should I do?

If your child's only symptom is a runny nose, you should keep your child home and monitor their symptoms as you would in any other year. When they feel better, they are ready to go back to school/child care and no COVID-19 testing is needed. If they get worse or develop other symptoms, you should contact their health care provider for more advice. Mild symptoms known to persist in young children (e.g., runny nose) may be ongoing at time of return to school/child care if other symptoms have been resolved.

3. Who in my family needs to be tested along with my child?

If your child has been identified as needing a test and everyone else in the family is well, no testing of other family members is needed. If your child tests positive for COVID-19, the local public health unit will contact you/your child and make a plan for additional testing of all close contacts.

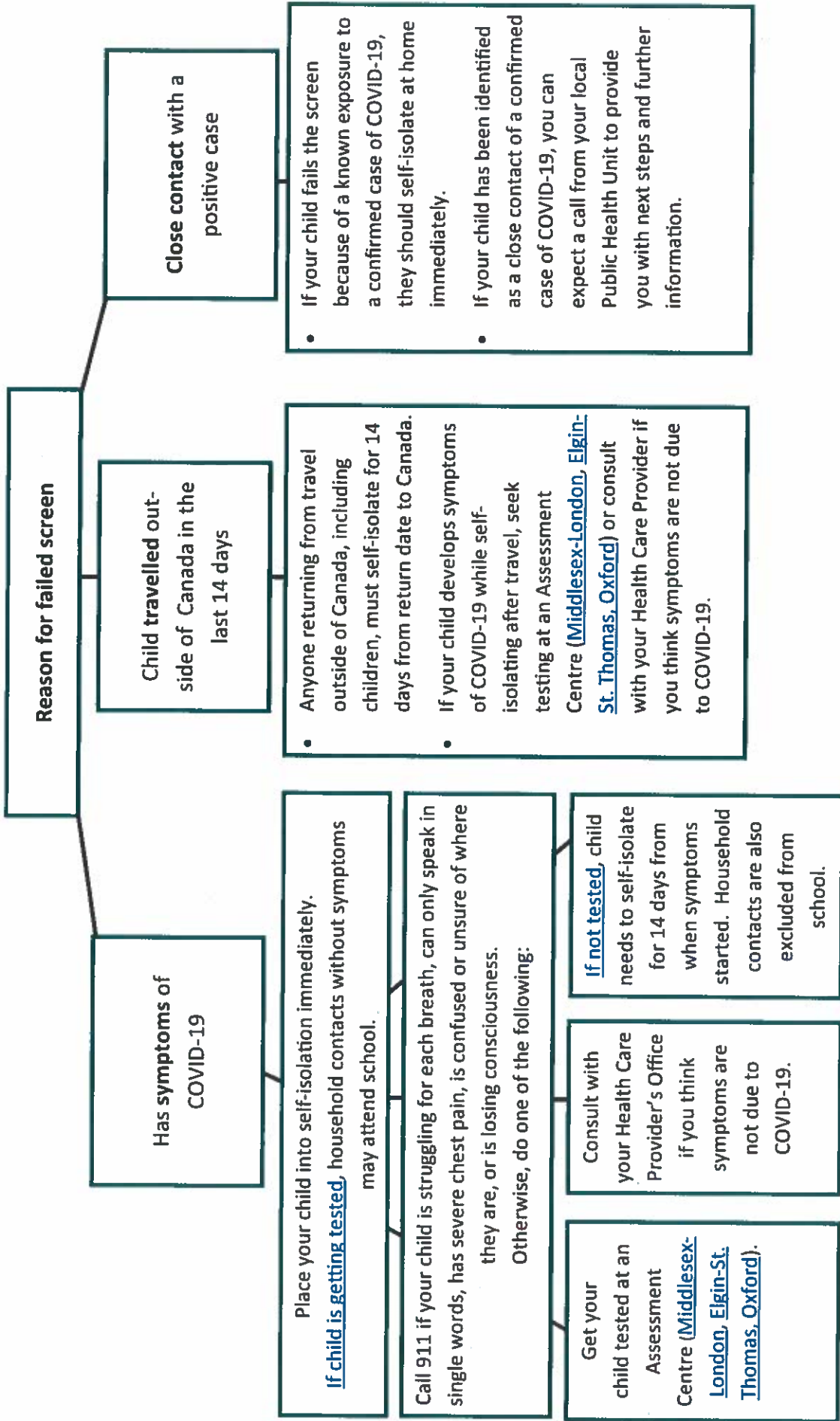
4. Do I need a note from a doctor before my child goes back to school/child care or a copy of a negative test result?

No, you do not need a note from your doctor or proof of a negative test before your child returns to school/ childcare.

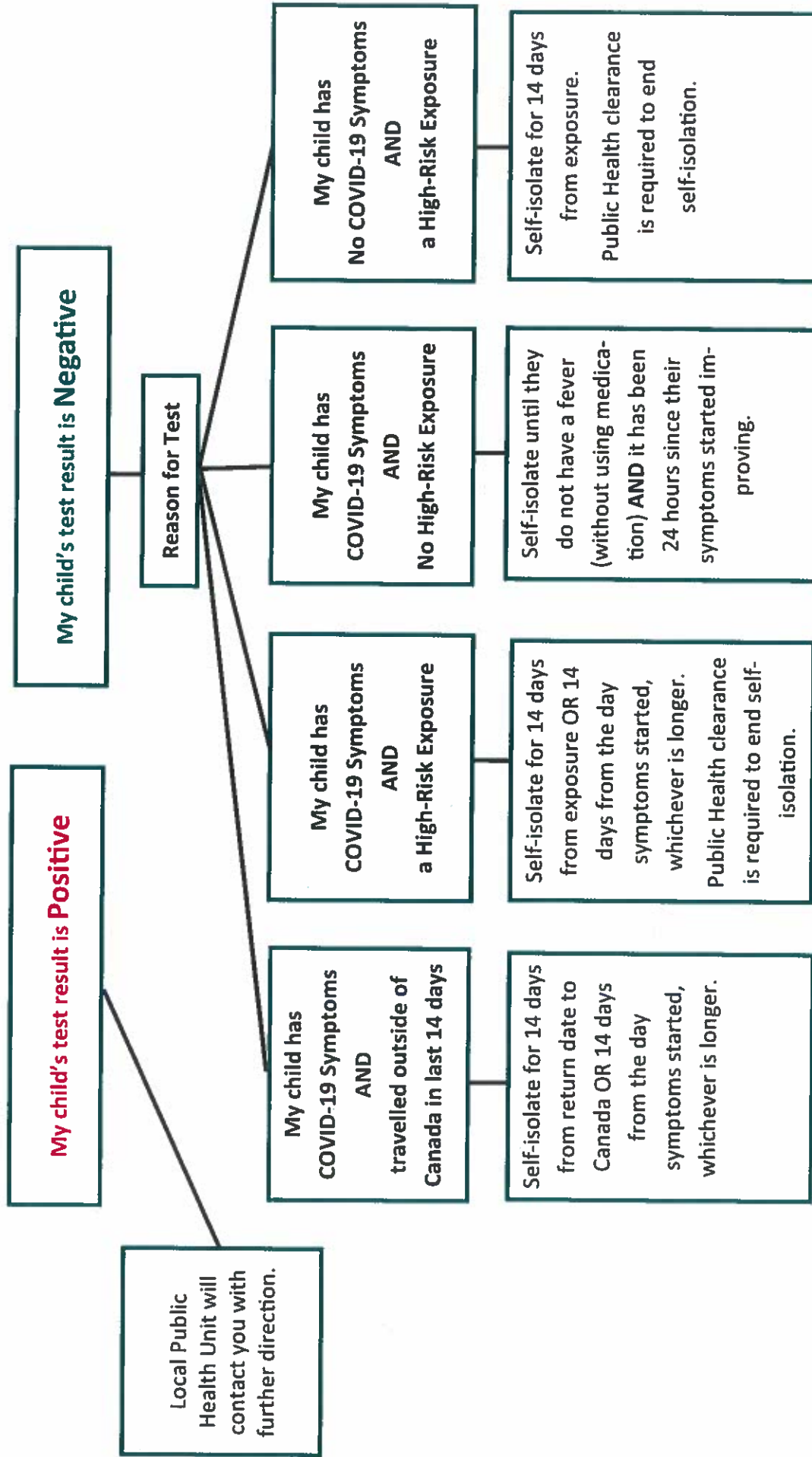
5. I need more information to feel confident in my assessment, what do I do?

If you need additional information about COVID-19 or have a question specific to your child and their health, please contact your health care provider.

My child has failed the daily COVID-19 School Screening and cannot go to school. What should I do?



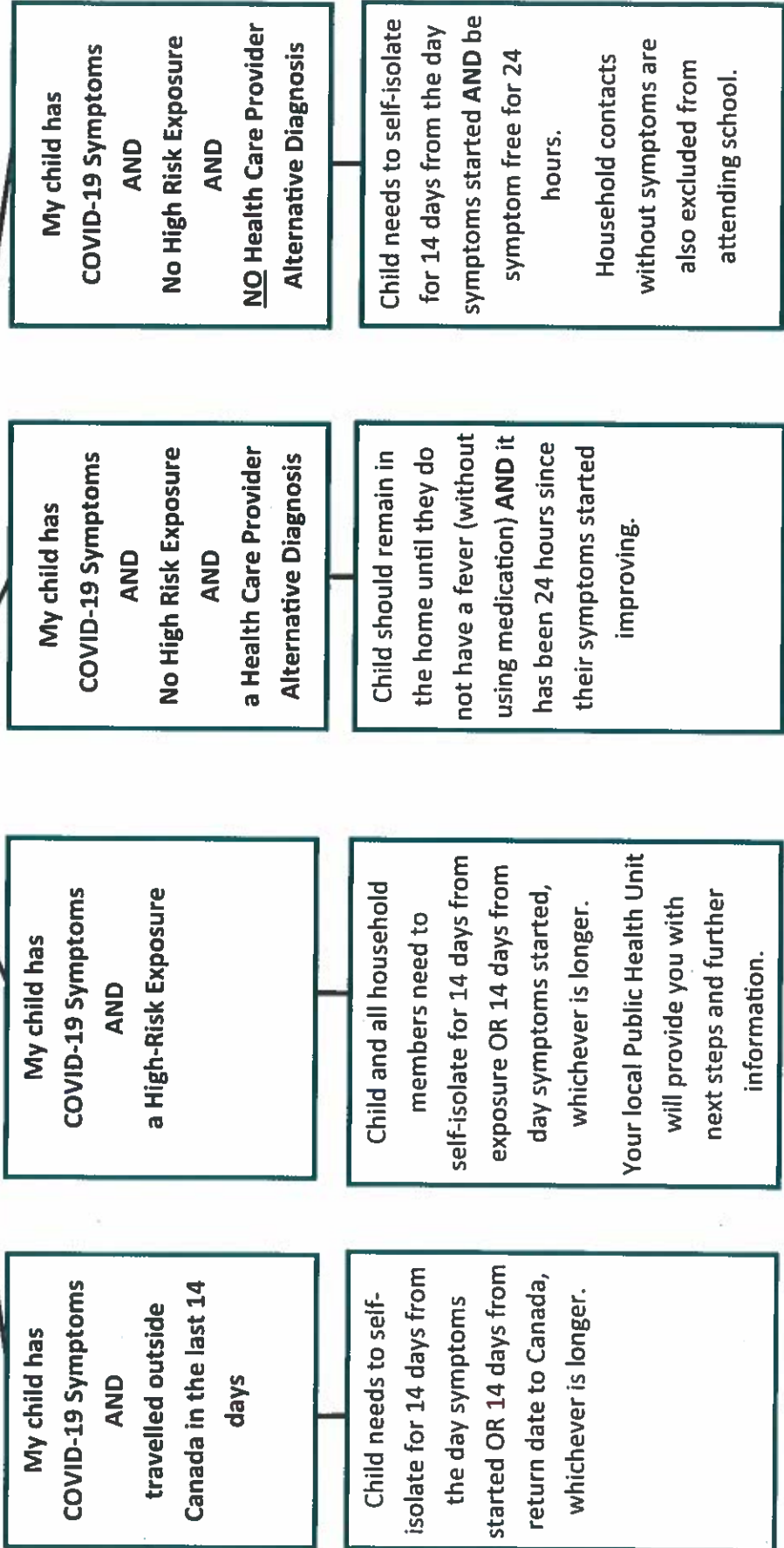
My child has been tested for COVID-19. When can they return to school?



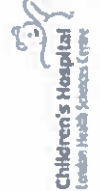
High Risk Exposure is defined as: Close contact with a positive case of COVID-19 as determined by public health.

My child has symptoms but will not be tested for COVID-19. When can they return to school?

My child WILL NOT be tested for COVID-19



High Risk Exposure is defined as: Close contact with a positive case of COVID-19 as determined by public health.



Last updated: September 24, 2020