



## Around Laronde – September 11, 2020

First of all thank you for your patience during this unsettling time.

As we did in June, we ask that each family does a daily health check before coming to school. If your child has one or more of the listed symptoms you are asked to please keep your child at home and to contact a health care provider (call 811, family doctor or walk-in clinic). Please call the school (604-536-1626) to let us know that your child will be away. If your child comes to school and displays any one of these symptoms, we will have to call you to come get your child immediately. Please note the exclusion to pre-existing health conditions such as allergies (please let the school know if this is the case).



Daily Health Check			
1. Symptoms of Illness*	Does your child have any of the following symptoms?	CIRCLE ONE	
	Fever	YES	NO
	Chills	YES	NO
	Cough or worsening of chronic cough	YES	NO
	Shortness of breath	YES	NO
	Sore throat	YES	NO
	Runny nose / stuffy nose	YES	NO
	Loss of sense of smell or taste	YES	NO
	Headache	YES	NO
	Fatigue	YES	NO
	Diarrhea	YES	NO
	Loss of appetite	YES	NO
	Nausea and vomiting	YES	NO
	Muscle aches	YES	NO
	Conjunctivitis (pink eye)	YES	NO
	Dizziness, confusion	YES	NO
	Abdominal pain	YES	NO
	Skin rashes or discoloration of fingers or toes	YES	NO
2. International Travel	Have you or anyone in your household returned from travel outside Canada in the last 14 days?	YES	NO
3. Confirmed Contact	Are you or is anyone in your household a confirmed contact of a person confirmed to have COVID-19?	YES	NO

\*Check BCCDC's [Symptoms of COVID-19](#) regularly to ensure the list is up to date.

If you answered "YES" to any of the questions and the symptoms are not related to a pre-existing condition (e.g. allergies) your child should **NOT** come to school.

If they are experiencing any symptoms of illness, contact a health-care provider for further assessment. This includes 8-1-1, or a primary care provider like a physician or nurse practitioner.

If you answered "YES" to questions 2 or 3, use the [COVID-19 Self-Assessment Tool](#) to determine if you should be tested for COVID-19.

## STAGGERED ENTRY-EXIT & RECESS-LUNCH TIMES

**FOR MONDAY, SEPTEMBER 14<sup>TH</sup> ONLY THESE ARE THE DROP/PICKUP TIMES:**



Students with **last names A – K** will arrive at school at 8:25 and pick-up will be at 2:30.

Students with **last names L – Z** will arrive at school at 8:35 and pick-up will be at 2:40.

Kindergarten students in groups A, B & C arrive at school at 8:45 and pick up will be at 10:45

Kindergarten students in groups D, E, & F arrive at school at 12:15 and pick up will be at 2:15

\*\*\*\*\*

At this time, we will be having staggered entry and exit at the school as well as during recess/lunch times. This will be done to help families and students maintain physical distance while on our school grounds. Once routines are established and we get a better sense of the flow of traffic and density in certain areas we will decide if we can have one entry and exit time.

Students with **last names A – K** will arrive at school at 8:35 and pick-up will be at 2:35.

Students with **last names L – Z** will arrive at school at 8:45 and pick-up will be at 2:40.

**\*\*In June we found that we did not need as much of a delay during the pick-up times.**

Within our bell schedule we will have staggered recesses and lunches. Students will be outside for about one hour each day. When we can, we will bring the students outside more often for outdoor learning. Please make sure your child is dressed for the weather. We will be going outside **LOTS**. With the smoke from regional fires being a new factor, we will monitor the situation day by day and make a decision about students being outside.

**\*\*\*PLEASE SEE ATTACHED MAP FOR DROP-OFF AND PICKUP LOCATIONS\*\*\***

## WHAT TO BRING TO SCHOOL FOR THE FIRST DAY:

- \* Backpack
- \* Water bottle
- \* Snack and lunch (pack in & pack out—littler less lunches)
- \* Pencil case or box with: pencils, erasers, sharpener, colouring pencils or crayons or markers, glue stick, scissors (please label ALL supplies – a black sharpie works well to label)
- \* Dress appropriately for the weather (be prepared to be outside rain or shine)
- \* If your child wants to wear a mask at school, please make sure it is also labelled
- \* We would advise parents to label all of their children's items that come to school (lunch kits, lunch containers, water bottles, coats, umbrellas...)



## PARKING ON THE STREET

When parking on the streets please be mindful of the neighbours that reside around the school. Do not block driveways nor park in the no parking zones. Your co-operation on this is very much appreciated.



## **CLASS ORGANIZATIONS FOR FACE TO FACE AND BLENDED**

We have been working very hard to try to create class organizations for our face to face and blended classes. We feel that we have created very thoughtful organizations that take into consideration many factors. These include making sure the students feel valued, important and that they belong. Ideally, we like a good mix of each grade – although this is not always possible, we have tried to do this where we can. This year, the majority of the classes will be combined. Our online blended learners will also be in combined classes. We know that parents are sometimes concerned about combined classes. We want to reassure you that our staff is well prepared to teach combined classes and that they enjoy collaborating with each other. The more we are accepting and positive about combined classes the more our children will embrace and accept them too. We have seen many students actually thrive, form new friendships and grow to have a bigger and kinder group of peers when learning in combined classes. Please allow a few days to a few weeks for your child to adapt to his/her new class grouping.



## **BLENDED LEARNING OPTION**

If you have selected the blended learning option you will be receiving more info shortly. We are working with other schools to form classes. As outlined in the blended learning plan, all students at Laronde will remain registered at Laronde. All students will receive instruction in French by a French Immersion teacher. The plan also outlines that for the face to face portion, until January, some of our students will be attending at Laronde, while others may have to attend other French Immersion schools; we will be trying our best to get families into French Immersion blended groups that are close to their home.



## **HAND WASHING SCHEDULE**

We will be doing LOTS of hand washing and sanitizing. We do prefer that children wash their hands (especially before eating). Here is a list of times children will be washing their hands each day. We will teach students how to wash their hands properly and students will be guided and supervised.



### **When Students Should Perform Hand Hygiene:**

- When they arrive at school.
- Before and after any breaks (e.g., recess, lunch).
- Before and after eating and drinking (excluding drinks kept at a student's desk or locker).
- Before and after using an indoor learning space used by multiple cohorts (e.g. the gym, music room, science lab, etc.).
- After using the toilet.
- After sneezing or coughing into hands.
- Whenever hands are visibly dirty.

If you wish to send your child with his/her own personal bottle of sanitizer, that is okay, we ask that it NOT be scented (i.e. no Bath & Body Works sanitizers as many people are sensitive to the strong odour).



## PERSONAL TOYS

We will be trying to limit the number of items that students share, even though they will be washing or sanitizing before and after shared use. We ask that if you send one favourite toy or stuffy that it be very small, and that it come in a Ziploc bag to be kept in your child's desk. The toy or stuffy should not make any noise or be a distraction to your child. Sometimes a small stuffy or toy can help children self-regulate, feel calmer, feel supported etc. Individual teachers will give more guidance on what they feel is appropriate to bring to school for your child's age/grade. We will be asking students **NOT to bring** any bayblades, trading cards, mini hockey sticks as we will not be able to have students playing together with these items, at this time. We will let you know if and when this changes.



## Parent Resources

Please see attached, Fraser Health's Covid-19 webpage: [Back to school resources for parents and teachers](#). Included is a [video Q&A](#) from Dr. Ingrid Tyler, Fraser Health Medical Health Officer.

Below is a infographic to assist parents and students who may be feeling anxious about coming/returning to school and/or their new groupings. These strategies can help both parents and children feel calmer and capable of dealing with new situations and changes


### Back to School...

#### Sunday evening plan

- Soothe** - do some calming activities and make the last things at night soothing - gentle music, story for younger ones, soft lighting, **talk about 3 good things before bed.**
- Understand** - make sure you let them know that you do understand their feelings and you do not negate or dismiss them - you understand how hard it is but it will get better in time! **Develop your script for this if appropriate.**
- Neutralise** - record any worries in a worry book and then talk through each one helping the child to see a solution where they are catastrophising and **show them the evidence against any irrational thoughts thinking patterns.**
- Decide** - on a plan of action and go through it step by step - this is what we will do tomorrow. Work out the schedule and ensure that everything is ready - book, bag, PE kit etc and laid out for the next morning. **Make the plan visual if needed.**
- Attend** - be vigilant to the child's emotional state and give more time if they need it so that they feel nurtured and safe. **Give reassurance and a transitional object for younger children.**
- Yourself** - look after yourself and make sure that you are regulated and feel calm yourself. Engage in some relaxation and take time out after the bedtime routine for you to build up your own resources and **remember that it is ok to feel worried but don't let it overwhelm you.**

#### Monday morning plan

- Manage** - manage yourself  
**FIRST!** This is not selfish. This is not selfish. You cannot support a child or young person who is unregulated and stressed if you are too. Take time to sort your own needs and then manage your emotional state by using your usual stress management tools e.g. **grounding/time alone Mindfulness** etc.
- Organise** - get everything ready (*by getting up earlier*) so the bags are in the hallway, the breakfast is set up and you own things for work/whatever you need are all organised. **This means that you can attend to the child and do so in a regulated manner.**
- Neutralise** - spend some time with your child talking through any worries and again **helping them to see a solution where they are catastrophising** and show them the evidence against any **irrational thoughts thinking patterns.**
- Decide** - this is the plan - make it clear to them that you have a plan to get to school, how you will get here, what music you might listen to **in the car stories you might tell to each other on the bus as you walk who else might be with you** etc so that it all becomes clear and they feel prepared for each step.
- Accept** - accept the child's emotional state and give them reassurance that you love and care for them so that they feel nurtured and safe. Give reassurance and a transitional object for younger children. **It is okay to feel anxious, but we all need to manage it and I will help you. I am with you and will stay with you while you need me.**
- Yourself - again** look after yourself and make sure that you are regulated and feel calm yourself. Engage in some relaxation and remember that it is ok to feel worried but don't let it overwhelm you. **keep using the script - if I stay calm, I will make him/her feel safe.**

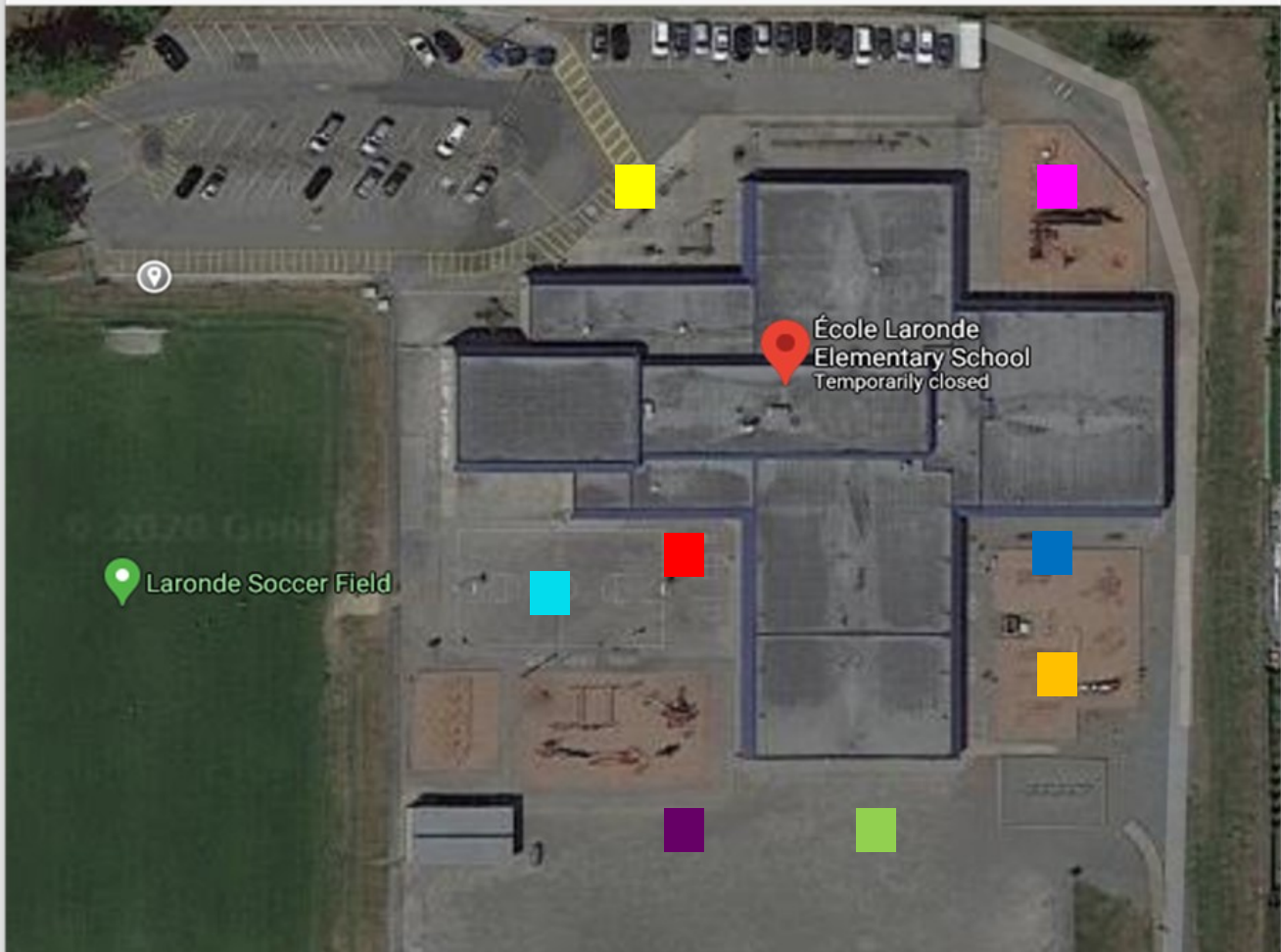


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# Drop off and Pick up locations

THANK YOU FOR YOUR COOPERATION AND UNDERSTANDING



DROP OFF and PICK UP AREAS ARE THE SAME FOR SEPTEMBER 10 and 11<sup>th</sup>. –

REMINDER TO ALL PARENTS AND STUDENTS WE NEED TO PHYSICALLY DISTANCE (2 METERS) AT ALL TIMES FOR THESE 2 DAYS.

 KINDERGARTEN	 Grade 5
 GRADE 1	 Grade 6
 GRADE 2	 Grade 7
 GRADE 3	
 GRADE 4	