



Around Laronde – September 24, 2020



IMPORTANT DATES TO REMEMBER

- * Monday September 28 - Pro-D Day NO SCHOOL
- * Wednesday September 30– Orange Shirt Day
- * Thursday October 1 - Picture Day (Individual)
- * Thursday October 22—Early Dismissal @ 1:40pm
- * Thursday October 23 - Pro-D Day NO SCHOOL

TERRY FOX RUN



A friendly reminder to our students to wear green or blue on Friday. We will be trying to run inside or outside for about 10 minutes per class to commemorate Terry's valiant attempt to run across Canada and to bring awareness to cancer research.

ORANGE SHIRT DAY

On Wed. Sept. 30 we will be honouring the Indigenous children who were sent away to residential schools in Canada and learn more about the history of those schools. During the week of Sept. 29 – Oct. 2, teachers and students will be discussing, reading and learning about residential schools in Canada. We encourage all Laronde students to wear orange.



DRESS FOR THE WEATHER

As stated in the previous newsletter students will be going outside every day. Please ensure they are dressed properly for the weather. We have had lots of students at school today without jackets. We will be sending out student when it is raining.



On **Thursday October 1, 2020** Mountain West Studios will be at Laronde to take individual photos of your child. Please note Mountain West photographers have set COVID safety protocols and responsibilities in preparation for, and during photography sessions.

Daily Health Check

Key Symptoms of Illness*	Does your child have any of the following key symptoms?	Circle one	
	Fever	YES	NO
	Chills	YES	NO
	Cough or worsening of chronic cough	YES	NO
	Shortness of breath	YES	NO
	Loss of sense of smell or taste	YES	NO
	Diarrhea	YES	NO
	Nausea and vomiting	YES	NO
International Travel	Have you returned from travel outside Canada in the last 14 days?	YES	NO
Confirmed Contact	Are you 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 one of the questions included under 'Key Symptoms of Illness' (excluding fever), you should stay home for 24 hours from when the symptom started. If the symptom improves, you may return to school when you feel well enough. If the symptom persists or worsens, seek a health assessment.

If you answered "YES" to two or more of the questions included under 'Symptoms of Illness' or you have a fever, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, you should not return to school until COVID-19 has been excluded and your symptoms have improved.

When a COVID-19 test is recommended by the health assessment:

- If the COVID-19 test is **positive**, you should stay home until you are told by public health to end self-isolation. In most cases this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.
- If the COVID-19 test is **negative**, you can return to school once symptoms have improved and you feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.
- If a COVID-19 test is recommended but is not done because you choose not to have the test, or you do not seek a health assessment when recommended, and your symptoms are not related to a previously diagnosed health condition, you should stay home from school until 10 days after the onset of symptoms, and then you may return if you are feeling well enough.

If a COVID-19 test is not recommended by the health assessment, you can return to school when symptoms improve and you feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).

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

A health-care provider note (i.e. a doctor's note) should not be required to confirm the health status of any individual.