

HELPING EACH OTHER STAY HEALTHY



Dear Parents and Guardians,

Thank you for your continued patience as we navigate through these COVID times. As the flu and cold season is now upon us I wanted to send a friendly reminder of how each and every one of us can help minimize the uneasiness many are feeling.

We know that schools tend to be environments where spreading of viruses and colds happen by the very nature of how many people are in close contact. Please carefully read the suggestions below to do your part in H.T. Thrift remaining a healthy place to learn:

TOP 10

1. If your child is not feeling well or if showing symptoms (drippy nose, sore throat, sneezing, coughing, headache etc.) please stay home. We know this is unlikely to be COVID however, the more we can limit exposure of sickness to others, the more comfortable everyone will be. This applies to both students and staff.
2. Wash the mask(s) at least every other day or if using a disposable one, use a new one each day. Alternately, have 2-3 masks available so you are able to air them out after each use for 48 hours. Turning the mask to the reverse side exposes others to bacteria. Additionally, students playing with/touching the inside of their masks, spreads germs.
3. Use the right PPE. Neck tubes/bandanas are not effective barriers to reducing the spread of aerosol spray/droplets.
4. Remind children to wash their hands throughout the day (as well as after recess and lunch). Desks are wiped down twice a day however, when children move from class to gym, to library to the music room etc, they may bring germs to high touch areas.

5. Practice how to effectively cough/sneeze into elbow. If using a tissue, wash hands immediately after.
6. If your child feels unwell, the school will call you and ask that someone pick them up as soon as possible. If you are a two parent working family, please have available someone who can collect your child if necessary.
7. Knowing we have both students and staff with weakened immune systems, it is important we think of others before ourselves. Social distancing and/or wearing a mask is MANDATORY when students are in the hall and when outside their learning cohorts/groups.
8. Remind children that wearing a mask protects others (not them) so by wearing one, they are showing respect and care for others wellbeing.
9. The new COVID protocols released by Dr. Bonnie Henry on Saturday state: no family, friends and/or visitors are allowed in your home. This has been upgraded from your "safe 6" as cases continue to rise. Please be diligent in adhering to these protocols.
10. Dr. Henry has also recommended that even if you have milder symptoms to stay home until you consult 811 or your family doctor.

THANK YOU ALL FOR REVIEWING THESE MEASURES WITH YOUR CHILDREN
TO HELP KEEP THE H.T. THRIFT COMMUNITY HEALTHY!