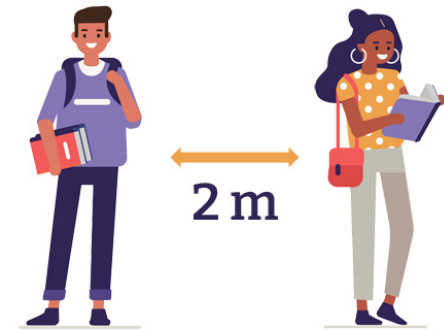


COVID-19 information for parents

For safe and caring schools

February 2021





Reminder: measures currently in place

- Symptoms **must** be checked before your child goes to school
See new app to help with the mandatory daily check
<https://www.k12dailycheck.gov.bc.ca/healthcheck?execution=e1s1>
- Stay at home when sick
- Wash hands frequently
- Practise respiratory etiquette
- Maintain as much physical distance as possible

New Health Check app

NEW! - App to help parents go through their **mandatory daily health check** for symptoms in their children

<https://www.k12dailycheck.gov.bc.ca/healthcheck?execution=e1s1>

The screenshot shows the top of the website with the British Columbia logo and a hamburger menu icon. Below the header is a grey banner with the text "K to 12 Health Check" and a background of white virus icons. The main content area has a dark blue header with the text "Please select your grade to begin your health check". Below this are three circular icons representing grade ranges: "K-5" (a family icon), "6-8" (a person icon), and "9-12" (a person icon). A red arrow points to a red oval containing the text "Download the K to 12 Health Check Mobile App". Below this is a "Disclosure about information collection" section with the text: "No personal information is collected by this application. Grade ranges are collected to better understand the application age usage demographics." At the bottom of the page is a row of colorful icons including a soap bottle, a speech bubble with an exclamation mark, a smartphone, a soccer ball, a backpack, a book, a face mask, a hand sanitizer bottle, a sign that says "SHOULD I GO TO SCHOOL TODAY?", a basketball, a calculator, musical notes, the letters "ABC", a pencil, a pair of scissors, a virus icon, a film strip, an atom symbol, and a thermometer.

Learn about the new strengthened health measures

NEW! Informative website for parents

<http://www.bccdc.ca/schools>



Wearing a face covering or non-medical mask

Mandatory for students attending a secondary school at all times when indoors except:

- When sitting or standing at their desk or work station in the classroom;
- When there is a physical barrier in place (e.g. plexiglass);
- When eating or drinking;

Wearing a face covering is also mandatory:

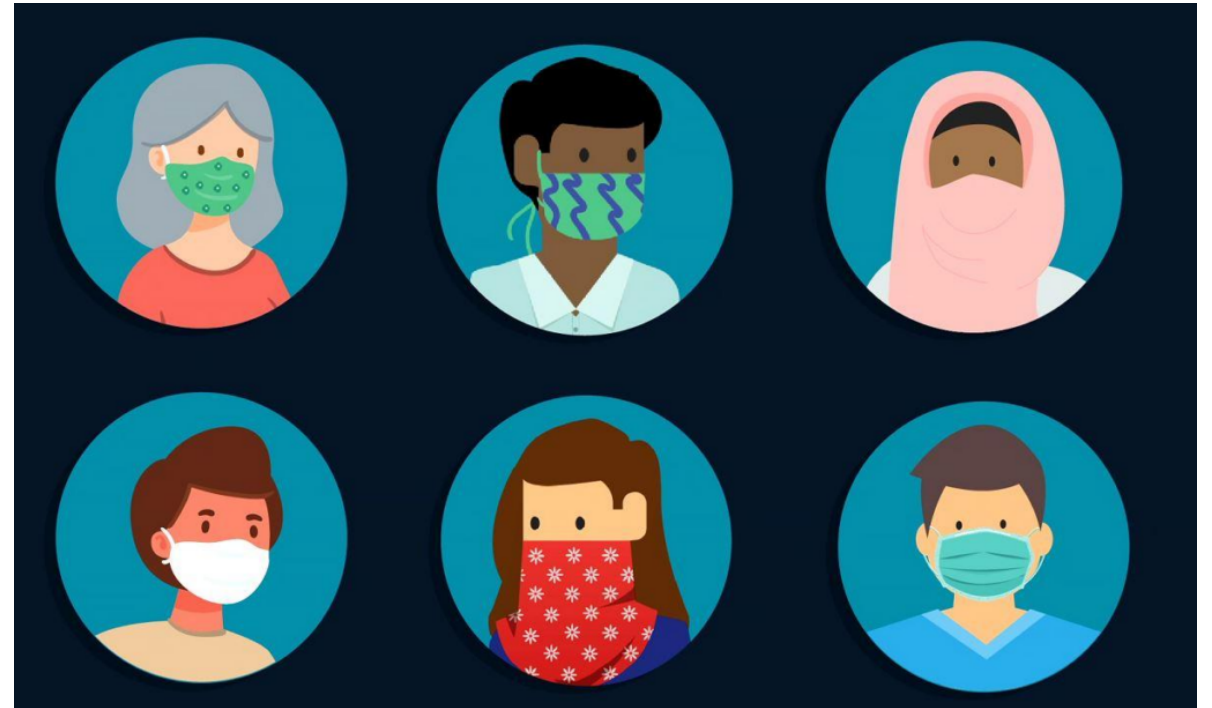
- On the bus;
- During P.E. classes during low-intensity activities when 2 metre physical distancing cannot be maintained;
- During singing activities in music classes.



Wearing a face covering or non-medical mask

For **students attending an elementary school**, wearing a face covering or non-medical mask is the **family's personal choice** and that choice must be respected.

We encourage you to discuss your preferences with your child.



New instructions for P.E. classes

For elementary schools:

- Whenever possible, **high-intensity physical activities** like running should be done outdoors;
- **Indoors**, maximize physical distancing and prioritize **low-intensity no-contact activities** like skill exercises.

For secondary schools

- Whenever possible, **high-intensity physical activities** like running should be done outdoors;
- **Indoors**, maximize physical distancing and prioritize **low-intensity no-contact activities** like skill exercises;
- **Indoors**, wearing a face covering or non-medical mask is mandatory when 2 metre physical distancing cannot be maintained during low-intensity physical activities.



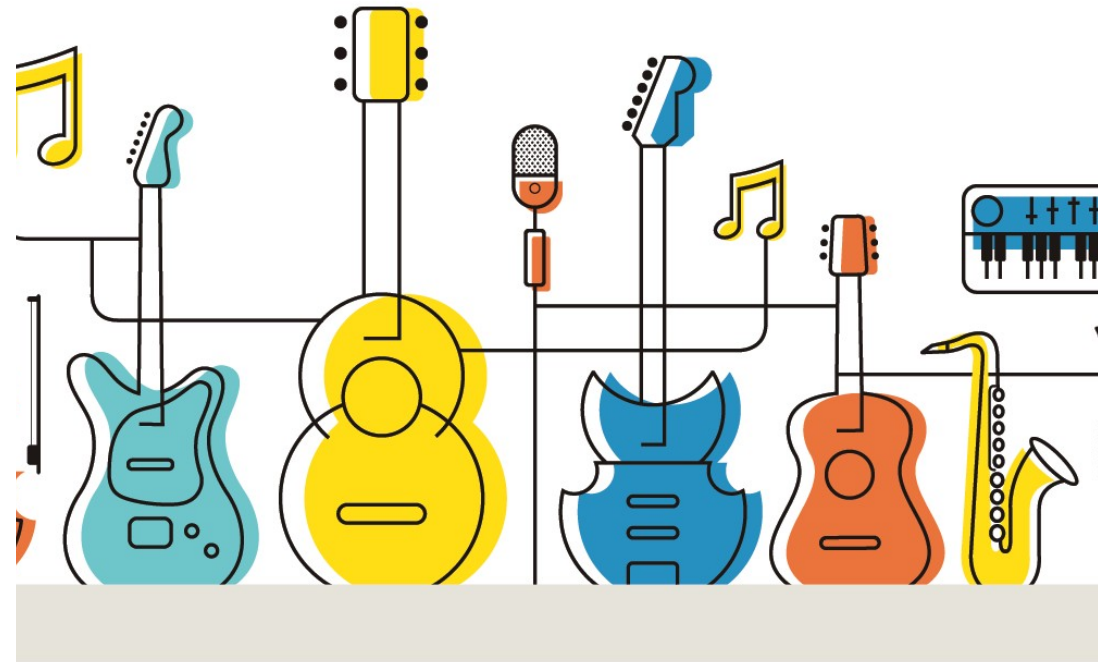
New instructions for music classes

For elementary schools

- Maximize physical distancing between students;
- **Students may opt** to wear a face covering or non-medical mask during singing practice.

For secondary schools

- Maximize physical distancing between students;
- Wearing a face covering or non-medical mask is **mandatory for students** during singing practice and while using wind instruments;
- Bell covers must be used on wind instruments.



Consider how difficult the pandemic can be for young people....

<https://www.csf.bc.ca/education-a-maison/sante-mentale-bien-etre/>

<https://foundrybc.ca/>

<https://jack.org/Resources/COVID-19-Youth-Mental-Health-Resource-Hub>



jack.org



For more information

<http://www.bccdc.ca/schools>

<https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/safe-caring-orderly/k-12-covid-19-health-safety-guidelines.pdf>

http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance-k-12-schools.pdf

