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2020-2021 Guidelines for Health and Safety RE-ENTRY PLAN – Parent Guide

The purpose of this Parent Guide is to keep parents informed regarding the ongoing planning that is occurring and the protocols that will be followed for school re-entry the 2020-21 school year. This is a working document and subject to change depending on any new guidelines or protocols announced by Alberta Education and Alberta Health Services.

This guide covers the 3 different scenarios presented by the province: Regular Operations with some restrictions; Blended Operations with restrictions including physical distancing, and At-home Learning.

Minister LaGrange in collaboration with Alberta Health Services has committed to a decision regarding the scenario that will be in place by August 1st.

The Division will provide further communication to parents following this announcement.

June 24, 2020

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Background and Overview

- On March 15, 2020, Alberta's K-12 schools were closed for in-school classes due to the COVID-19 Pandemic.
- Schools commenced with at-home learning instruction. The primary mode of delivery has been on-line learning, although some students who do not have access to technology have been accessing learning with hard copy resources.
- On April 30, 2020, the Alberta government announced the Alberta relaunch strategy ([https://www.alberta.ca/alberta-relaunch-strategy.aspx?utm_source=bing&utm_medium=cpc&utm_campaign=2020%20Relaunch%20-%20Search%20-%20Play%20\(AB%20minus%20Brooks%20and%20Calg\)&utm_term=alberta%20relaunch&utm_content=Relaunch%20-%20General](https://www.alberta.ca/alberta-relaunch-strategy.aspx?utm_source=bing&utm_medium=cpc&utm_campaign=2020%20Relaunch%20-%20Search%20-%20Play%20(AB%20minus%20Brooks%20and%20Calg)&utm_term=alberta%20relaunch&utm_content=Relaunch%20-%20General)).
- On April 30, 2020, Premier Kenney stated that in-school classes will not resume for the 2019-2020 school year.
- Stage 1 allowed some businesses to resume operations starting May 14 with enhanced infection prevention and controls in place.

Lifted restrictions – Stage 1

- retail businesses like clothing, furniture and book stores; all farmers' market vendors; hairstyling and barber shops; cafés, restaurants, pubs and bars can reopen for table service at 50% capacity; some scheduled, non-urgent surgeries to resume gradually; museums and art galleries; daycares and out-of-school care, with occupancy limits; day camps, including summer school, with occupancy limits; post-secondary institutions will continue course delivery, with flexibility for in-person delivery once the existing public health order prohibiting in-person classes is lifted; places of worship and funeral services, if they follow [sector-specific guidance](#); [dog parks](#) and [playgrounds](#), unless restricted by municipal authorities

• STAGE 2 (Started June 12)

Stage 2 allows additional businesses and services to reopen and resume operations starting June 12 with physical distancing requirements and other public health guidelines in place.

What can open with restrictions

- K-12 schools, for requested diploma exams and summer school, following guidance
- Libraries; more surgeries; wellness services such as massage, acupuncture and reflexology; personal services (esthetics, cosmetics skin and body treatments, manicures, pedicures, waxing, facial treatments, artificial tanning); movie theatres and theatres; community halls; team sports; indoor recreation, fitness and sports, including gyms and arenas pools for leisure swimming; VLTs in restaurants and bars; bingo halls and casinos (but not table games); instrumental concerts; provincial campgrounds at full capacity

Events and gatherings can be larger in stage 2

- 50 people maximum: indoor social gatherings, including wedding and funeral receptions, and birthday parties
- 100 people maximum: outdoor events and indoor seated/audience events, including wedding and funeral ceremonies
- No cap on the number of people (with public health measures in place): worship gatherings; restaurant, cafes, lounges, and bars; casinos; bingo halls

- More flexibility for ‘cohort’ groups – small groups of people whose members do not always keep 2 metres apart:
 - households can increase their close interactions with other households to a maximum of 15 people; performers can have a cohort of up to 50 people (cast members or performers); sports teams can play in region-only cohorts of up to 50 players (mini leagues); people can be part of a sports/performing cohort and a household cohort at the same time

Still not approved in stage 2

- Regular in-school classes for kindergarten to Grade 12 – classes will resume September 2020
- Vocal concerts (as singing carries a higher risk of transmission); major festivals and social gatherings that exceed above listed maximums; concerts, large conferences, trade shows and events (as these are non-seated social events and/or vocal concerts); nightclubs; amusement parks; indoor children’s play places; hookah lounges (permitted for food and drink only; major sporting events and tournaments; non-essential travel outside the province is not recommended – this won't be lifted until stage 3 of the relaunch strategy

The success of Stage 2 will determine when Alberta progresses to Stage 3. Factors are active cases, health-care system capacity, hospitalization, and intensive care unit (ICU) cases, and infection rates.

Education School Re-entry Plan released June 12. Jurisdictions are to prepare for three possible scenarios. Minister LaGrange committed to a decision regarding the provincial choice of scenario August 1, 2020.

STAGE 3 (Timing TBD)

Stage 3 timing will be determined based on health indicators. Some restrictions and enhanced protection controls will remain in place.

Lifted restrictions

- Fully reopening all businesses and services, with some restrictions; larger gatherings permitted (number of people to be determined); arts and culture festivals, vocal concerts and major sporting events will be permitted with restrictions; nightclubs will reopen, with restrictions; industry conferences can resume, with restrictions; no restrictions on non-essential travel

Continuing restrictions

- Physical distancing restrictions will be maintained

Current Health Guidelines

Key public health measures

Public health measure	Current	Stage 1 (to start as early as May 14)	Stage 2	Stage 3
Physical distancing	Maintain distance of 2m	Maintain distance of 2m	Maintain distance of 2m	Maintain distance of 2m
Gatherings	Gatherings > 15 prohibited	Gatherings > 15 prohibited	Size of permitted gatherings will increase	Size of permitted gatherings will increase
Public masks	Encourage wearing a mask where unable to physically distance	Encourage wearing a mask where unable to physically distance	Encourage wearing a mask where unable to physically distance	Unnecessary
Vulnerable Albertans (outside facility)	Remain home unless medically necessary	Stay at home as much as possible	Resume normal activities and interactions	Resume normal activities and interactions
Vulnerable Albertans (facility-based)	Visitor, staff, and operational restrictions	Visitor, staff, and operational restrictions	Visitor, staff, and operational restrictions	Lifted
Non-essential domestic travel	Non-essential travel not recommended	Non-essential travel not recommended	Non-essential travel not recommended	Lifted
Isolation and quarantine	14 days for cases, close contacts, and returning travelers 10 days if symptomatic but don't fit above categories	14 days for cases, close contacts, and returning travelers 10 days if symptomatic but don't fit above categories	14 days for cases, close contacts, and returning travelers 10 days if symptomatic but don't fit above categories	Lifted

South Zone AHS Environmental Public Health Contacts

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Alberta Education School Re-Entry Plan

- On June 12, 2020 the Alberta government released the 2020-21 School Re -Entry Plan
- The provincial Re-Entry Plan for K-12 schools considers three scenarios that could exist when the 2020-21 school year begins.
 - A. Normal operations. Lethbridge School Division calling this **Regular Operations**.
 - B. In-school classes partially resume with some health restrictions that affect operations. Lethbridge School Division is calling this **Blended Operations**.
 - C. Schools remain closed for classes – at home learning continues. Lethbridge School Division is calling this **At-Home Learning**.
- Lethbridge School Division's re-entry plan is built in alignment with the provincial re-entry plan and considers all three scenarios.

- Movement between the scenarios will be based on criteria/triggers established by Alberta Education and Alberta Health.
- The provincial plan states that, “it is imperative that school authorities plan and prepare for all of these three non-mutually-exclusive scenarios as the COVID-19 pandemic may change at any time and school authorities may be required to transition from one scenario to another with short notice.”
- For the upcoming 2020-21 school year, government expects that every child and student will continue to learn.
- We have a commitment to preventing the transmission of COVID-19 at our schools by providing rapid response in the event of a confirmed case, maintaining exceptional levels of hygiene, and conducting hazard assessments for all tasks carried out as part of business operations.

Lethbridge School Division Re-entry Planning

Guiding Principles for Re-Entry Planning

- The safety and well-being of students and staff is a priority.
- The School Division will attend to the protocols established by Alberta Health Services in all aspects of schooling including structuring face-to-face instructional delivery and extra-curricular activities.
- Parents are the primary decision-makers with respect to what they believe is in the best interest of their children.
- Children and staff who are vulnerable require attention to accommodations.
- Students will have quality learning opportunities that are guided by Alberta Education mandates and the provincial Programs of Study in all potential methods of delivery.
- Staff will have access to the professional learning, collaboration, and support they need to grow instructional practice in all potential methods of delivery.
- Consistency of program delivery over time is important for sound allocation of staffing and resources.

Scenarios

The following scenarios are based on *Alberta School Re-Entry Plan*.

Scenario 1 – Regular Operations

- Regular operations means that all students will have access to school every “student day” on the calendar.
- All public health measures will be followed as outlined in the preceding chart, “Alberta Re-Entry Plan Measures to Reduce Risk” and detailed in the “Re-Entry Plan Measures to Reduce Risk” chart.
- At this time, regular operation assumes delivery of all curriculum.

Scenario 2: Blended

- This is the most difficult scenario to plan for and will be challenging for families.
- Blended operation means that schools must be structured in a manner that adheres to the health protocols put in place by Alberta Health Services, including social distancing. Social distancing is the most challenging protocol because schools will not be able to house the regular number of students.
- Schools will have to construct schedules that maintain class sizes, routines, and movement in the school that adhere to social distancing mandates.

- The most likely structure for maintaining class sizes that adhere to social distancing is splitting students into groups (cohorts) that attend on a rotation basis.
- During the time that students are not in school, learning at home strategies will be put in place.
- Because students will not have face-to-face direct instruction every day, the goal will be to minimize the role parents or caregivers need to assume during the at-home time.
 - Learning at home will reinforce the learning that happened in the classroom with learning activities structured to reinforce and practice what was learned in the classroom.

Scenario 3: At-Home Learning

- This method of delivery is what students and families experienced with the announcement of class closures in March.
- Schools remain closed to classes and learning is delivered using at-home strategies, such as on-line learning.
- As we grow in our capacity to deliver learning at home, the delivery system will more closely examine how the needs of students who do not have technology are met in an ongoing manner.
- The delivery system will also examine a more comprehensive delivery of outcomes in the Programs of Study, a schedule that engages students daily with interactive learning, and outline ongoing learning feedback and assessment strategies at the beginning of the delivery.

Health Protocols and Guidelines

Protocols apply to Scenarios 1 and 2 except **THOSE IN RED APPLY TO SCENARIO 2 ONLY**

<p>General Building Safety</p>	<ul style="list-style-type: none">• A thorough cleaning of school facilities must be completed prior to re-entry.• Many school buildings have had reduced or no water flow through the plumbing water system during the pandemic, leading to the stagnation of water in the pipes. Prior to the launch of school, the physical setting should be checked to ensure fresh water replaces the stagnant water in the water lines.• HVAC systems should be checked to ensure good ventilation.• Area rugs and soft furnishings that cannot be easily cleaned and disinfected should be removed.• Schools must develop procedures that outline hand hygiene and cleaning requirements for schools and should address:<ul style="list-style-type: none">• Placement of hand sanitizer containing at least 60% alcohol content (or a non-alcohol-based hand sanitizer approved by Health Canada) in entrances, exits, classroom entrances, high-touch equipment such as microwave ovens and vending machines and other high traffic areas.• Disinfectants used must have a Drug Information Number (DIN) with a virucidal claim. Alternatively, 1000 ppm bleach solution can be used.• General cleaning and disinfecting of the premises should occur at least once a day.• High contact surfaces and any shared surfaces should be cleaned and disinfected at least two to three times a day. (e.g. doorknobs, light switches, toilet handles, tables, desks, chairs, electronic devices, keyboards and toys, water fountains, vending machines, microwave ovens, shared equipment)• Water Fountains can remain open. Mouthpieces of drinking fountains are not a major source of virus transmission and require regular cleaning according to manufacturer recommendations; Encourage students to bring water bottles• Limit items that are not easily cleaned (e.g. fabric or soft items).• Empty garbage containers daily.• Wear disposable gloves when cleaning blood or body fluids (e.g. runny nose, vomit, stool, urine).• Students and staff are required to perform hand hygiene when entering and exiting the school as well as before entering the classroom.• Proper hand hygiene and respiratory etiquette should be promoted.• AHS Infections Prevention & Control posters: Hand Washing; How to Hand Wash; How to use alcohol-based hand rub/sanitizer [links on Division website]• Avoid spending time at school before and after school; if health protocols are in place, staff will be expected to leave the building by 5:00 p.m. to ensure proper cleaning of the school without compromise.• A collaborative decision was made with the City of Lethbridge to suspend the Joint-Use Agreement until January 2021.
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<p>Screening</p> <p>School administration inform all staff of screening protocol All parents/ students provided with a copy of the screening tool; communicate reminders on a regular basis</p>	<ul style="list-style-type: none"> • Before leaving home, staff, children/students, visitors, and volunteers who will access the school for work or education, must self-screen for symptoms each day that they enter the school using the attached tool. • Parents and children/students must be provided a copy of the screening tool upon school registration with the expectation that it needs to be reviewed on a daily basis. The screening tool does NOT need to be “completed” and submitted to the school; the expectation is that it is completed by going through it as a parent, staff member, and student (age appropriate). As well, the screening questions need to be visible at entry ways to the school. • Schools must keep records of children’s known pre-existing conditions. If a child develops symptoms that could be caused by either COVID-19 or by a known pre-existing condition (e.g., allergies), the child should be tested for COVID-19 to confirm that it is not the source of their symptoms before entering or returning to school. • Anyone that reports symptoms should be directed to stay home, seek health care advice as appropriate (e.g., call Health Link 811, or their primary health care practitioner, or 911 for emergency response), and fill out the AHS Online Self-Assessment tool (https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx) to determine if they should be tested. • Signs must be posted reminding persons not to enter if they have COVID-19 symptoms, even if symptoms resemble a mild cold. [Signs on division website]
<p>Cohorting</p>	<ul style="list-style-type: none"> • The risk of transmission of COVID-19 is reduced by limiting exposure to others. • Contact tracing is also more feasible when groups (cohorts) are maintained. It is recommended, where possible, that students be cohorted by class. • A cohort is defined as a group of students and staff who remain together. The size of the cohort will depend on the physical space of the classroom or learning setting. At least 2 metres of physical distancing, where possible, should be maintained between desks. • Cohorting will decrease the number of close contacts a case of COVID-19 would have in a school and assist public health officials in their efforts to trace contacts and contain an outbreak. For the purpose of contact tracing, consider limiting capacity of rooms to a number that allows for physical distancing (e.g. less students in a smaller room and more students in a larger room). For the purpose of contact tracing, consider limiting capacity of rooms to a maximum of 15 people, or to a number that allows for physical distancing.

<p>Physical Distancing</p> <p>Scenario one: 2 metre physical distancing not required but schools are to strategize classroom set-up to distance students as best as possible</p> <p>The need for a non-medical face mask to be determined using the best judgement of administrators and staff.</p>	<p>Note that physical distancing is not <i>required</i> but... it is encouraged in Scenario 1</p> <ul style="list-style-type: none"> Physical distancing (2 metre spacing) is a useful public health measure to help prevent the spread of disease. Increasing the space between persons decreases the risk of transmission. Where 2 metres is not possible between desks, the greatest possible spacing is recommended. If 2 metres cannot be arranged between desks/table, students should be arranged so they are not facing each other (e.g. arranged in rows rather than in small groups of 4 or a semi circle). This way, if a student coughs or sneezes, they are not likely to cough or sneeze directly on the face of another student. In situations where physical distancing is not possible (e.g., busses, classrooms and some sporting activities), extra emphasis on hand hygiene, respiratory etiquette, not participating when sick and cleaning and disinfecting on a regular basis before and after activities is strongly recommended. In circumstances where 2 metres of physical distance is not possible (especially if the circumstance requires prolonged close contact for longer than 15 minutes), teachers, staff and students may choose to wear a non-medical face mask to protect one another. Guidance on mask use is available here. https://open.alberta.ca/publications/covid-19-information-guidance-for-wearing-non-medical-masks It is still recommended to maintain physical distancing within a cohort whenever possible to minimize the risk for disease transmission (i.e., spacing between desks).
<p>Drop-off/ pick-up & entry areas</p> <p>Busing is complex and it may be difficult to change time to stagger arrival given the number of connected schools</p>	<ul style="list-style-type: none"> Schools should develop procedures for drop-off/pick-up that support physical distancing where possible between all persons (except household members). Consider strategies to support physical distancing such as staggering drop-off and pick-up times and locations, or put in place other protocols to limit contact between staff/parents/guardians/children/students as much as possible. Leave doors propped open during 15 min entry and exit period (includes entrance doors and classrooms).

In-person learning

Considerations for instruction and activities

- Schools should develop procedures and plans for in-person learning that supports physical distancing (**2 metres**) where possible, and to separate cohorts to the greatest extent possible.
- Consider how to best address traffic flow throughout the schools. This may include one-way hallways and designated entrance and exit doors. Note that it is important not to reduce the number of exits and ensure the fire code is adhered to.
- **If two or more people from different cohorts are required to come within 2 metres of one another for the purpose of instruction, practice or undertaking examinations, additional protections must be instituted such as engineering controls (Plexiglass barriers or partitions) administrative controls (adapting the activity to minimize or eliminate close contacts) or use of masks.**
- For activity planning, staff should ask themselves the following questions to determine the risk of the activities and whether they are allowed to proceed:
 - Does the activity involve shared surfaces or objects frequently touched by hands?
 - Can an activity be modified to increase opportunities for physical distancing?
 - What is the frequency/possibility to clean high touch surfaces (e.g., electronic devices, instruments, equipment, toys)?
- Ensure items used for self-regulation that require sanitation are immediately put into a designated bucket to be cleaned and disinfected. Non-caretaking school staff are responsible for cleaning instructional items and student personal use items.
- Soft toys (plush toys and blankets) should not be used at this time.
- To align with physical distancing, field trips and activities requiring group transportation are postponed at this time. Keep in mind that taking students outside for a walk or exercise is encouraged and not considered a field trip that is restricted.
- No performances or celebrations requiring gathering of individuals beyond the restrictions.
- Stagger lunch/snack breaks to maintain physical distancing among children/students.
- Learning experiences involving unprotected (without a mask or physical barrier) in-person singing, cheering or shouting or playing wind instruments should be postponed at this time.

<p>Work Experience & Other Learning Activities</p> <p>Note that if indoor sports are permitted all guidelines must be adhered to including AHS guidelines and any governing sport body such as ASAA If gym use is permitted for practices as noted above, there must be strict adherence to limiting student movement (e.g. no going to lockers after practice; no change rooms; and one set of washrooms - boys/girls)</p>	<ul style="list-style-type: none"> • Work experience may resume as long as the risk of infection is mitigated for all participants. • If the work experience placement is in a workplace, the child/student is expected to follow health rules set out by the workplace which should comply with the Workplace Guidance for Business Owners (https://www.alberta.ca/assets/documents/covid-19-general-relaunch-guidance.pdf) • The time that individuals are in close contact should be kept to a minimum. • Use of shared items or equipment should be avoided. Equipment that must be shared should be cleaned and disinfected before and after each use, and users should perform hand hygiene before and after each use. • Sports practices and outdoor activities may proceed in accordance with sector specific guidance (https://www.alberta.ca/biz-connect.aspx) • Guidelines for resuming indoor sport are under development and will be posted shortly. • For more guidance on outdoor sports and recreation, refer to the Guidance for Outdoor Recreation (https://open.alberta.ca/publications/covid-19-information-guidance-for-outdoor-recreation#summary)
<p>International Students</p>	<ul style="list-style-type: none"> • Once Canada lifts travel restrictions and non-essential international travel resumes, international travel programs and international education programs in Alberta can resume if quarantine requirements and public health orders are followed.
<p>Visitors & service providers</p>	<ul style="list-style-type: none"> • The public is allowed into the school following the procedures and protocols established in the school • The public should not enter the school if they are ill. • There should be no non-essential persons allowed into the school. • Parents/guardians can attend the school if they are required. • When a visitor enters the school they should be [must be] asked to use the self screening tool (see Appendix 4) before they enter the school. • If a visitor or service provider answers YES to any of the questions, the individual must not be admitted into the school. • A record of all visitors should be kept.
<p>Risk mitigation for high traffic areas</p>	<ul style="list-style-type: none"> • Schools should institute controls to promote physical distancing between all attendees in areas in and outside of the classroom, including hallways, washrooms, and common areas. This may include: <ul style="list-style-type: none"> ○ Staggering start and end-times for classes to avoid crowded hallways. ○ Posting signs and marking floors. ○ Removing and restaging seating in public areas to prevent gathering. ○ Considering limiting bathroom occupancy at any one time.
<p>Expectations for shared use of equipment</p>	<ul style="list-style-type: none"> • Use of shared items or equipment is to be avoided where possible. • Equipment that must be shared should be cleaned and disinfected after each use. • Arrangements for storage of personal items should be made. • Children/students should be provided with an area for storing personal items.

<p>Auxiliary Spaces</p>	<ul style="list-style-type: none"> • Gymnasiums can be used to deliver physical education programming. • When possible physical education should be done outside instead of inside as the risk of transmission is more likely to occur indoors rather than outdoors. Follow the Guidance for Outdoor Activity (https://www.alberta.ca/restrictions-on-gatherings.aspx) as relaunch progresses. • Administrators and teachers should choose activities or sports that support physical distancing (e.g. badminton over wrestling). • Consider using auxiliary space such as gyms and libraries to deliver education program to aid in physical distancing. • Use of shared items or sports equipment should be discouraged. Equipment that must be shared should be cleaned and disinfected before and after each use, or users should perform hand hygiene before and after each use. • School assemblies or other large gatherings (e.g., concerts or dances) should be [must be] avoided virtual options should be offered instead of in person gatherings.
<p>Food Services</p>	<ul style="list-style-type: none"> • No activities that involve the sharing of food between students or staff. • Classes that teach food preparation may occur as long as students do not share the food they prepare with other students or staff. • For classroom meals and snacks: <ul style="list-style-type: none"> ○ No self-serve or family-style meal service. Instead, switch to pre-packaged meals or meals served by designated staff. ○ Food provided by the family should be stored with the student's belongings. ○ Close the food preparation areas off that could be accessed by students/children, non-designated staff, or essential visitors. ○ Ensure that food-handling staff practice meticulous hand hygiene and are excluded from work if they are symptomatic. ○ Students/children should practice physical distancing while eating. ○ There should be no common food items (e.g., salt and pepper shakers, ketchup). ○ Utensils should be used to serve food items (not fingers). ○ If a school is using a common lunchroom and staggering lunch times, ensure that cleaned and disinfected after each use all surfaces of the tables and chairs (including the underneath edge of the chair seat) are cleaned and disinfected after each use. <p>Food Service Programs (Cafeteria)</p> <ul style="list-style-type: none"> • Food service establishments should follow the Alberta Health restaurant guidance posted here: https://open.alberta.ca/dataset/covid-19-information-guidance-for-restaurants-cafes-pubs-and-bars

Responding to Illness

- Schools should develop procedures to address staff that become symptomatic during the school day to allow that staff member to isolate/leave the school for the time recommended by the Chief Medical Officer of Health and Alberta Health Services. The staff member should be encouraged to access COVID-19 testing by accessing the AHS Online Testing tool.
- Have emergency kit available at school. Containing: gloves, masks, protective eyewear, re-closable bag, cleaning solution wipes, touchless thermometer
- If a child/student develops symptoms while at the school, the child/student should be asked to wear a non-medical mask if they are able to and be isolated in a separate room. The parent/guardian should be notified to come and pick up the student immediately. If a separate room is not available, the child/student should be kept at least 2 metres away from other children/students. The student should be encouraged to access COVID-19 testing by accessing the AHS Online Testing tool.
- If the child/student requires close contact and care, staff can continue to care for the child/student until the parent is able to pick up the child/student. The student and staff should wear a mask and close interactions with the student that may result in contact with the student's respiratory secretions should be avoided. If very close contact is required and the child is young the staff member should also use a face shield or eye protection.
- Staff/students must wash their hands before donning a mask and before and after removing the mask (as per Alberta Health mask guidance), and before and after touching any items used by the child/student.
- All items the student touched/used while isolated must be cleaned and disinfected as soon as the child/student has been picked up. Items that cannot be cleaned and disinfected (e.g. paper, books, cardboard puzzles) should be removed from the classroom and stored in a sealed container for a minimum of 10 days.
- Schools must keep records of a student's known pre-existing conditions. If a student develops symptoms in or outside of the program that could be caused by COVID-19 or by a known pre-existing condition (e.g. allergies), the student should be tested for COVID-19 at least once to confirm that it is not the source of their symptoms before entering or returning to the school.
- If two or more staff/students within a cohort are identified as having symptoms consistent with COVID-19, the school should follow outbreak notification procedures as per routine zone protocols (under review for September 2020).

Wellness

Wellness in Schools

Our Division Wellness Work Plan 2020-2023 is focused on building an inclusive, positive school culture that embraces diversity and facilitates access to learning for all. Lethbridge School Division recognizes returning to school post-COVID-19 will likely present with heightened levels of stress for staff, students and families. In recent conversations with parents we have heard common themes of concern. These themes involve the desire to receive communication around “what is certain” in the fall, what social emotional supports will be in place in the fall for their children, and how will our Division address curricular/learning gaps moving forward.

As per **Policy 504.2- Wellness In Schools**, we aim to support social (connection), physical (activity), emotional, spiritual and intellectual needs in our schools. We acknowledge that we will need to reframe learning and instruction through a trauma informed lens when we return to learning in September.

Alberta Health Services has worked diligently to provide our community with several resources supporting Wellness that can be found at <https://www.lethsd.ab.ca/download/240280>. We will continue to follow Alberta Health Services Guidelines and Recommendations to best serve and support our schools in keeping students and staff safe. Here you will find helpful tips around increasing physical activity, limiting electronic use, sleep, making healthy nutritional choices and getting outside. These are all strategies to promote “Wellness for All”.

Administrators and Health Champs recently experienced professional learning specific to Trauma Informed Practices. Instructional Services is continuing to plan social emotional professional learning opportunities into the 2020 school year. Trauma Informed Practices recognize that all students benefit from learning environments that are calm, predictable, collaborative and supportive. If you wish to learn more about Trauma Informed Practice please refer to Alberta Education’s link at <https://www.alberta.ca/trauma-informed-practice.aspx>

In order to best serve and support Wellness in our Division, we know that a coordinated **multi-agency and multi-tiered approach** supporting all individuals in our system is paramount. While ensuring community is a part of our return, we also recognize the classroom is the first line of universal support provided to students. Relationships are the foundation of robust instruction. The School Division works closely with various agencies within the Lethbridge Community, recognizing that we cannot “do it all” for staff and students. Returning to school in September will bring many Wellness challenges to the surface that students, staff and families experience. It is also understood that a focus on Wellness is at the foundation of a healthy learner and staff member. Endorsing a system that “takes care of each other” ensures that we all are responsible and are accountable for the positive and healthy culture that we co-create.

Common language is key in building understanding, communicating positively and supporting one another. Supporting our return in September requires a common understanding of the difference between stress and trauma. See chart on the next page.

	Stress (Canadian Mental Health Association definition)	Trauma (Canadian Addictions and Mental Health definition)
<i>Definition</i>	Stress is the body’s response to a real or perceived threat. That response is meant to get people ready for some kind of action to get them out of danger. Most of the threats people face today aren’t something that they can fight or run away from. These threats are usually problems that people have to work through. Some stress can be a good thing. It can motivate us to focus on a task or take action and solve a problem. Stress is a reaction to a situation-it isn’t about the actual situation. We usually feel stressed when we think that the demands of the situation are greater than our resources to deal with that situation.	Trauma is the lasting emotional response that often results from living through a distressing event. Experiencing a traumatic event can harm a person’s sense of safety, sense of self, and ability to regulate emotions and navigate relationships. Long after the traumatic event occurs, people with trauma can often feel shame, helplessness, powerlessness and intense fear.
<i>Example</i>	i.e. work demands, difficult challenges while parenting, challenging issues with a spouse or friend	i.e. a car crash, violent assault, sudden death of a loved one, natural disaster, war, childhood neglect, sexual or physical abuse

Our Wellness Teams work closely with Administrators, Learning Support Teachers, family members and Classroom Teachers to best support students who are struggling to function within the educational context. Teachers understand the importance of universal teaching strategies such as self-regulation opportunities in the classroom, assessment to guide instruction, accommodations/adaptations and visuals (i.e. schedules, if then statements), behavior plans, ISP/IPPs, classroom expectations, peer mentoring/support) that help all learners to be successful. If students continue to present with social emotional concerns that impact learning, referrals are made to the school Wellness Team.

Communication

It is important to have open lines of communication between division, parents, and staff

- Return to school package will be developed for parents with the following information:
- Student Attendance and Registration
- Transportation
- Drop-off Procedures
- Health and Safety Protocols including hygiene practices, physical distancing and any information pertaining to PPE
- Entry and Exit Procedures
- Caretaking
- Lunches
- FAQ’s
- Protocols for Symptoms of COVID-19, including screening: Students and Staff

Transportation

- Student transportation under Scenario 1 and Scenario 2 are still being developed.
- Parents and children/students should not be in the pick-up area or enter the bus if they have symptoms of COVID-19.
- **Encourage private (e.g. parents or caregivers) vehicle use where possible to decrease transportation density.**
- Students should be **[must be]** assigned seats and a record of this seating plan should be **[must be]** kept in order to assist with contact tracing in the case of a student being a case of COVID-19. Students who live in the same household should be seated together if on the same bus.
- Schools, in collaboration with Transportation (Business Affairs Transportation Coordinator) and should **[must]** develop procedures for student loading, unloading and transfers that support physical distancing of 2 metres between all persons (except household members).
- If a child becomes symptomatic during the bus trip, a mask may be made available. The driver will contact the school to make the appropriate arrangements to pick up the child/student
- Bus cleaning records will be maintained.
 - Increase frequency of cleaning and disinfection of high-touch surfaces, such as door handles, window areas, rails, steering wheel, mobile devices, and GPS prior to each run.
 - Buses will be cleaned and disinfected nightly. Drivers will carry sanitizing wipes to routinely wipe down high-touch areas between routes.

Screening Questionnaire

STAFF/PARENTS/GUARDIANS/STUDENTS MUST USE THIS QUESTIONNAIRE TO DECIDE IF THE STAFF MEMBER OR STUDENT SHOULD ATTEND SCHOOL

Risk Assessment: Initial Screening Questions

1.	Do you, or your child is attending the program, have any of the below symptoms:	CIRCLE ONE	
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of Breath / Difficulty Breathing	Yes	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Runny Nose / Nasal Congestion	YES	NO
	• Feeling unwell / Fatigued	YES	NO
	• Nausea / Vomiting / Diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle/ Joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (Pink Eye)	YES	NO
2.	Have you, or anyone in your household, travelled outside of Canada in the last 14 days?	YES	NO
3.	Have you or your children attending the program had close <u>unprotected*</u> contact (face-to-face contact within 2 metres) with someone who is ill with cough and/or fever?	YES	NO
4.	Have you or anyone in your household been in close <u>unprotected</u> contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

* "unprotected" means close contact without appropriate personal protective equipment (PPE).

If you have answered "**Yes**" to any of the above questions, please **DO NOT** enter the school at this time.

If you have answered "**No**" to all the above questions, you may attend school.