

# **COVID 19 School Health and Safety Measures at Constable Neil Bruce (CNB) Middle School - Sept. 2021**

Throughout the 2021/2022 school year, students and staff are in the classroom full time with updated health and safety measures. These guidelines will be updated as we receive updates from the Ministry of Health and Education.

## **Parent/Caregiver/Learner Plan Overview**



We continue to adjust to a world with COVID-19 and we are grateful for your perseverance and hard work as families to collaborate **as we work together** to prevent further spread of Communicable Disease in schools. Thank you for helping us to maintain learning and safety in our schools. The following prevention guidelines are subject to change as local, provincial and federal health measures are fluid. We will continue to update this page as new information becomes available. **5 Key Health Measures** are our best course of action in schools. These 5 measures include (and will be expanded in further detail below):

1. Health Monitoring
2. Handwashing
3. Sanitizing
4. Wearing of Masks
5. Physical Distancing (where possible)

### **1. HEALTH MONITORING: *before leaving home for school***

- All students and staff are asked to complete a daily health check and stay home if feeling unwell.
- Parents and caregivers are asked to assess their children daily before sending them to school

Please review the link provided here and follow the directions set by **Interior Health**:  
[Daily Health Check Form](#)

## Use the daily health check app for parents

The [K to 12 Health Check website](#) and app is an easy way to decide if your child should attend school based on their symptoms. It includes current health guidelines and offers an age-appropriate user experience for K to 12 students.

### Download the app:

- [iOS devices \(iPhone/iPad\)](#)
- [Android devices](#)

## When feeling unwell at school

If a student feels unwell or shows any symptoms during the school day, they must report to the Front Office immediately and staff will follow protocols for isolating the student, contacting their family, and transitioning the student home safely.

**2. HANDWASHING:** Upon entering the CNB school at designated doors (according to grade assignment) when students enter the building, they must use hand sanitizer at the entrance station and whenever they enter (or) re-enter a different learning space.

## Hand hygiene throughout the day

Students should practice hand hygiene before and after:

- breaks,
- eating and drinking,
- using shared common learning spaces (eg. gym, library),
- using the washroom,
- after sneezing or coughing, and
- whenever hands are visibly dirty

Washing hands with soap and water is best, but when sinks are not readily available (ie. upon entering a building, or, transitioning to new class spaces), hand sanitizer stations with the required alcohol content is approved for hygiene purposes.

## 3. SANITIZING:

### Cleaning and disinfecting schools

General cleaning of schools, cleaning and disinfecting of frequently touched surfaces will be conducted at least once in every 24-hour period and when visibly dirty.

### School-wide cleaning procedures

Each school will have a cleaning team (primarily our custodial staff that will be responsible for cleaning and disinfecting the majority of the site. Schools will be cleaned and disinfected in accordance with provincial guidelines. General cleaning and disinfecting of the premises will occur **at least once every 24 hours**.

**This includes:**

- Single student use items (ie - desks)
- Emptying garbage containers
- Frequently-touched surfaces (ie- doorknobs, light switches, hand railings, sink faucets, handles, toilet handles, tables, tables/desks & chairs used by multiple students, water fountains, keyboards and learning toys

## Shared equipment

Staff and students should not share personal items (pens, food, beverages, phones, cloth towels, etc). Personal items should be labelled with a person's name to discourage accidental sharing. Water fountains can be used, as access to water is not restricted, however, **students and staff are encouraged to use personal, reusable water bottles**. If using water fountains, practice hand hygiene before and after use. Mouths should not touch the fountain.

The sharing of appliances such as microwaves in communities may occur as long as hands are washed before and after use. For shared equipment (e.g. kitchen equipment for our foods programs) are considered frequently-touched surfaces and will be sanitized and cleaned at least once in 24 hours.

## Technology

Students **should not share personal electronic devices** if brought to school (ie. phones, tablets, laptops). When phones are not needed for learning classrooms, they should remain put away, as per the school Code of Conduct. Laptops, chromebooks, and iPads are available at the school as per usual. Devices will be cleaned when returned by the learner before and after each use.

## Band sanitizing procedures

There are additional health and safety requirements for this program of choice:

**For Band programs across the District:**

- Regular hygiene procedures will apply regarding sanitizing and hand washing
- Masks should remain on unless actively playing
- Shared equipment will be cleaned and disinfected and students are encouraged to wash their hands before and after use
- Students will be asked **not to share equipment that touches the**

**mouth**, like an instrument mouthpiece or mouthguard, **unless carefully cleaned and disinfected in-between uses.**

## **Food safety and sanitizing procedures**

### **Food Preparation as Part of Learning (ie: Foods/Culinary)**

Food prepared as part of learning cohorts may be consumed by the learner(s) who prepared it. No additional measures other than normal food safety measures and requirements need to be implemented at this time (e.g. FOODSAFE trained staff, a food safety plan, etc.).

We will continue to practice diligent hand hygiene with regular hand washing, but especially at the beginning of the class, before and after handling food and especially before and after eating and drinking. Shared equipment (e.g. kitchen equipment for culinary programs) are considered frequently-touched surfaces and will be cleaned at least once in 24 hours.

### **Homemade Foods (ie: bake sale items, birthday treats, etc.)**

Homemade foods are not permitted to be made available to other students and staff.

## **School meal programs & the CNB School Store**

- Food services (meal programs, cafeterias, and fundraisers) will operate normally in the 2021/2022 school year. **Watch for updates on when our school store will be up and running.** We anticipate food sales to begin before September-end.

## **4. WEARING OF MASKS (grades 4-12):**

Staff, students in grades 4-12, and visitors are asked to wear masks in all **indoor areas** including their **desks** and on **busses**.

### **Exceptions to the mask policy include:**

- A person who cannot tolerate wearing a mask for health or behavioural reasons
- A person unable to put on or remove a mask without the assistance of another person
- If the mask is removed temporarily for the purposes of identifying the person wearing it
- If the mask is removed temporarily to engage in an educational activity that cannot be performed while wearing a mask. For example:
  - Playing a wind instrument
  - Engaging in high-intensity physical activity

- If a person is eating or drinking
- If a person is behind a barrier
- While providing a service to a person with a disability or diverse ability (for example, a hearing impairment), where visual cues, facial expressions and/or lip reading/movements are important
- **Please contact CNB school and request your student's administrator (by grade) at 250-870-5177 if you have any questions or concerns.**

## **Mask use during physical education**

During physical education, **while indoors doing low-intensity activities, masks will remain on.** Students are not required to wear masks outside.

## **Masks when riding the bus**

Students should wear their masks and follow the instructions of the bus driver. Please see this [SD23 Transportation Page](#) for up-to-date and further detailed information.

## **5. Physical Distancing Where Possible:**

### **Limited Congregation Indoors**

Students should avoid congregating in large groups indoors. Whenever possible, socializing with peers during outdoor times is preferred.

### **Upon school entry**

Students are encouraged to socialize with peers outside the building prior to school. Congregation in hallways and common areas is allowed **in small groups** but students will be encouraged to move to their own area in the mornings.

### **Movement within CNB school/common areas**

In order to manage the flow of people in our common areas and to minimize crowding :

- We use “road rules” whenever possible: always keeping to the right of the hallways helping to prevent crowding
- Directional arrows will be set in these areas to remind students where to move

### **Access to the building for adults by appointment only**

At this time, we kindly request that parents **not enter the building with your child without a prior appointment** or as an unannounced drop-in. All pre-approved visitors must follow CNBs health and safety procedures:

- Have completed the daily health check prior to arrival (will be required to confirm)

- Maintain mask wearing practices within the school
- Maintain hand sanitizing practices,
- Must provide contact information at the main office for Interior Health contact tracing purposes.

During these recent increased numbers of COVID-19 cases in Kelowna and in the Interior Health region, **in-person meetings with teachers are recommended to take place on Zoom or by phone** until further notice.

## Visitors & Volunteers

Visitor/Volunteer access during school hours will be prioritized to those supporting activities that benefit learner learning and well-being. In an effort to keep sites as hygienic and safe as possible, for the time being, site entry will be limited to those individuals that are required to be on the premises.

- Will be limited within the school at this time
- Volunteers/Visitors are encouraged to be fully vaccinated prior to entering the building

## School Assemblies

- Until further notice, we will hold virtual assemblies or mini assemblies to ensure compliance with a maximum of 50 participants.

## PHE & Changerooms

Our PHE teachers will be collaboratively planning outdoor programs and activities throughout the school year.

- All athletic equipment will be cleaned and sanitized as per health orders.
- High intensity activities will be moved outside **when possible**.
- Low-intensity activities still require masks to be worn when they take place indoors.

Although students will have the option to change, **we encourage students to come to school on PHE days in clothing that is appropriate for PHE and the appropriate weather conditions**. Our CNB PHE teachers will further detail plans for appropriate use of change room facilities to help prevent unnecessary crowding.

## Sports & Extracurricular Activities

School sports teams will be practicing and competing under relevant guidance from BC School Sports, Interior Health, and our school district. For further information regarding sports at CNB (ie. rules, regulations, coaching opportunities, etc.) please contact our Athletic Director, Mr. Burdeniuk at: [michael.burdeniuk@sd23.bc.ca](mailto:michael.burdeniuk@sd23.bc.ca).

## Student Arrival/Drop Off & Dismissal/Pick Up:

### **Morning Arrival/Drop Off**

We encourage families not to drop students off at CNB to avoid longer duration times for large group congregations. The main school doors will open at 8:55 for entry. Programs running before that time (Clubs or sports teams) will be let in by their teacher or coach.

### **Bikes, Scooters & Skateboards**

For those students who travel to school by bike, scooters or skateboards, we have bike racks available. For those students who use skateboards, they will need to be stored as they were last year. Please ensure that your students have good, quality locks for our racks, and that they are wearing helmets at all times. **Bike, scooter, and skateboard riding on property is not permitted**, therefore we ask that when students arrive, they walk their equipment to the appropriate locations.

### **Afternoon Dismissal & Busing**

At dismissal students who are not waiting for a school bus or a ride will be encouraged to leave the property in a timely manner to prevent excessive congregating. For families picking up in cars, we recommend parking out of the parking lot and as often as possible, keeping congestion to a minimum, especially during peak bus times, 3:00-3:30 pm. For parents/caregivers who pick up their child, to reduce congestion and public congregation, **we ask that you remain in your vehicles or off the property entirely and not congregate in high traffic areas where children will be walking**. While we have a Memorandum of Agreement to share the upper parking lot of the church across the street, **the pass-through that allows an entrance and exit in front of the church entrance will now be blocked Monday through Friday during morning and day-end times** as there have been too many near-miss incidents for church attendees.

**Please note that Regional District bylaws and our signage clearly states that dogs cannot be anywhere on the school grounds outside of waiting vehicles at any time.**

### **Emergency Procedures:**

In the event of a fire, or other immediate need to evacuate the building, we will follow our usual safety procedures and protocols for CNB Middle School. During an emergency, we will do our best to respect current health orders (such as masking) whenever possible, but the priority will always be the immediate welfare of everyone in our building.

## **Mental Health Supports for Students & Parents/Caregivers:**

Anxiety and uncertainty created by the COVID-19 outbreak should not be disregarded. It is important to remember that mental health is just as important as physical health and to take measures to support mental well-being. See below for resources:

### **Parent/Caregiver Resources for students**

There are several documents for parents to support your children available on the district website and shared via counsellors and through a dedicated [Mental Health Webpage](#). This webpage is updated regularly.

### **Mental Health Resources for Parents/Caregivers/Workers**

Parents in the workplace may also be affected by the anxiety and uncertainty created by the COVID-19 outbreak. Here are some resources that can assist with maintaining mental health in the workplace for our parents/caregivers during this time:

[COVID-19 Psychological First Aid Service: Information and Signup](#) (British Columbia Psychological Association) – Free virtual counselling provided by registered psychologists.

[COVID-19: Staying Well In Uncertain Times](#) (Canadian Mental Health Association – B.C.) – Tips and information on how to reduce and manage anxiety in the workplace due to the COVID-19 outbreak.

[Mental Health and Psychosocial Considerations During COVID-19 Outbreak](#) (World Health Organization) – These mental health considerations were developed by the WHO's Department of Mental Health and Substance Use as messages targeting different groups to support mental and psychosocial well-being during COVID-19 outbreak.

[Mental Health and COVID-19](#) (Conference Board of Canada) – Videos on different aspects of mental health, including coping with anxiety, job loss, and dealing with isolation.

[Taking Care of Your Mental Health](#) (COVID-19) (Public Health Agency of Canada) – Tips and resources for taking care of your mental health during the COVID-19 outbreak.