



Communicable Disease Guidance Parents

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Introduction

This document explains our safety procedures and protocols to allow a safe school experience for all students and staff. It has been updated to reflect the new measures put in place first day of school after Spring break (March 28, 2022)

Daily screening

To keep everybody safe, it is important to remember that parents/caregivers are responsible for monitoring their children daily for symptoms and not sending them to school if they are sick. **Anyone who is sick will not be allowed in school.**

Daily screening for children:

1. Every Sunday, parents/caregivers must fill out the **FMSS online Health Check** for assessment of any symptoms of illness (including but not limited to COVID-19 symptoms)
2. Parents /guardians will continue to be responsible for assessing your child/ren **daily** for key symptoms of illness before entering school and informing the school of any change in your child/ren's health

Daily screening for staff:

1. Staff must fill out daily **before** coming to school the **FMSS online Health Check** for assessment of any symptoms of illness (including but not limited to COVID-19 symptoms)

Physical distancing

In the classroom

1. Jericho and Sitka classrooms follow CCLR regulations for classroom setups allowing staff and children to have sufficient space to support physical distancing.
2. During resting time, the distance between cots will be increased to follow the physical distance guideless. Children should be placed head-to-toe or toe-to-toe if the space is tight.

Between children

1. Teachers will establish different expectations regarding physical distance based on age and/or developmental readiness.

Parents

1. Drop -off and pick-up will remain outside the building.
Jericho: [604-224-2633](tel:604-224-2633) or email jericho@familymontessori.com
Sitka : [604-731-8810](tel:604-731-8810) or email sitka@familymontessori.com

Office

1. Parents are encouraged to call ([604-224-2643](tel:604-224-2643)) or email the office (info@familymontessori.com) for any administrative matter.

Visitors

1. Are allow at school.
2. Staff do not need to keep a list of the date, names and contact information of visitors.

Traffic flow

1. Use floor markings and posters to direct the flow through the school.

Personal measurements

Illness protocol

- If a student or staff member is experiencing symptoms, they **MUST** stay home and seek for guidance

Developing symptoms of illness at school

1. Children

- Children who show signs of illness will be sent home from school. **Parents/caregivers need to arrange immediate pick-up of the sick child.**
- Each classroom will have a separate, supervised area available for children who have symptoms of illness, where they can rest until they can be picked up.
- Provide the child with a mask (if available and tolerated) or tissues if they are exhibiting respiratory symptoms (to cover their coughs or sneezes). Masks should not be worn if the person has gastrointestinal symptoms (e.g., is at risk of vomiting). Throw away used tissues as soon as possible and perform hand hygiene.
- Teachers should avoid touching the child's body fluids (e.g., mucous, saliva, vomit). If not possible, practice hand hygiene.
- Teachers must ensure this area is cleaned and disinfected after the child has left.

2. Staff

- Staff who show signs of illness and is already at school **must go home immediately** and be assessed by a health-care provider to exclude COVID-19 or other infectious diseases.

Self-isolation

Start your self-isolation right away if your child has a positive test or symptoms of COVID-19. Remember the date when your child first had symptoms. This will help figure out how long you need to self-isolate.

Symptomatic staff or children:

- Children that are exhibiting COVID symptoms should **stay home until they feel well enough to return to regular activity.**

If testing is not recommended:

- Self-isolate until they feel well enough to return to regular activities and no longer have fever (without the use of medicines that reduce fever-like Tylenol or Advil).

If testing is recommended

- Continue to self-isolate until you get your test results and follow instructions from public health.

Self-isolate for the length of time recommended by public health

If your child tested positive by PCR or rapid antigen test you can end isolation when all three of these conditions are met:

- At least **5 days** have passed since your symptoms started, or from test date if you did not have symptoms.
- Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
- Symptoms have improved.

If they don't feel better after the 5 or 10 days, keep them self-isolating until they feel better, and the fever is gone (without taking medicine that reduces fever).

If you feel worse, call 8-1-1 or your medical care provider. Public health will let you know if you need to self-isolate for more than 10 days.

If you tested negative

- Self-isolate until your symptoms improve, and your child feel well enough to return to school.
- If they had a fever, please stay home until the fever is gone (without taking medicine that reduces fever)

Self-isolate as a close contact

- Children who are contacts may continue to attend school, regardless of vaccination status, unless they develop symptoms and/or test positive for COVID-19.

Additional information on self-isolation requirements and support is available from [BCCDC](#).

Travelling outside Canada

- Children under 12 years old, travelling with fully vaccinated adults, will continue to be exempt from quarantine, without any prescribed conditions limiting their activities. This means, for example, they no longer need to wait 14 days before attending school, camp or preschool.
- Unvaccinated travellers will continue to be required to test on arrival, on Day 8 and quarantine for 14 days.
- Travellers arriving to Canada from any country, who qualify as fully vaccinated, will be randomly selected for arrival testing. Travellers selected will also no longer be required to quarantine while awaiting their test result.

Public health measurements

1. **Vaccines** : Are the most effective way to reduce the risk of COVID-19 in schools. Everyone eligible is strongly encouraged to be fully vaccinated against COVID-19 to protect themselves and those around them – including those who are not eligible to be vaccinated.
2. **Attendance**: Schools should continue to maintain daily attendance records for staff, students, and visitors and keep accurate class lists. Please advise the teachers if your child stay home due to illness.
3. **School exposures and notifications**: With higher levels of community transmission, a shorter virus incubation period, and the increased use of rapid antigen testing, contact tracing and close contact notification by public health is no longer effective to minimize spread of COVID-19. Public health has transitioned to individual self-management (i.e., individuals care for themselves, engaging with health care providers when needed), with public health focused on identifying and responding to larger clusters and outbreaks. Individuals who test positive are to notify those they live with or have had intimate contact with.

School closures:

Due to the faster spread of the new variants, schools may be affected by two different kinds of closures.

1. Health closure of a school, which is determined by the local health authority due to the COVID19 case count in, or related to, a school.
2. Functional closure of a school, which will be determined by the school due to a lack of staff to provide the required level of teaching, supervision, support, and/or custodial to ensure the health and safety of students. This would likely be due to a high absenteeism of all staff or certain employees required for a school to function and the inability to replace those absences.

FMSS has created an emergency plan to continue operating with shorter staff; however, a functional closure may happen if more than two full-time staff members get sick or are required to self-isolate. FMSS will communicate to the affected families and present an alternative plan if this happens.

Outdoor Spaces and Ventilation

1. Keep adequate ventilation by opening all the windows in the classroom, if possible.
2. When using fans in ventilated spaces, air should be moved from high places to lower places instead of blowing air directly from one person's breathing zone to another's. Avoid horizontal cross breezes. Use of portable air conditioners and fans in unventilated spaces with doors and windows closed should be avoided, except when necessary during high or excessive heat events
3. Have children outside often. Teachers are encouraged to plan as much as possible outdoor learning activities and/or outdoor snack time.
4. Children **must** have at least 30-40 min of outdoor playtime daily.
5. Children must wash their hands before and after going into the playground.
6. Teachers need to have hand sanitizer available at all times during playtime in case a child/teacher/parent/caregiver needs to clean their hands while outside.

Respiratory Etiquette

1. Teachers will remind the children to use their elbow sleeve or a tissue to cough or sneeze. Children and staff must throw away used tissues and immediately wash their hands for at least 20 seconds.
2. Teachers will remind children not to touch their eyes, nose or mouth with unwashed hands. If needed, use tissue paper instead and wash their hands after.

Use of personal protective equipment (PPE)

1. The decision to wear a mask or face covering is a personal choice for staff, students and visitors. A person's choice should be supported and respected.
2. Each classroom will continue having masks on hand for those who have forgotten theirs but would like to wear one, or who become ill at school.

Emergency and Evacuation Drills

1. Teachers will continue to practice emergency and evacuation drills (e.g. fire, earthquake, lockdown). During these practices, staff will follow the health and safety guidelines described in this document.

General cleaning and disinfecting

1. Frequently touched surfaces should be cleaned and disinfected at least 1x/day and when visibly dirty. These include cabinet handles, stair railings, toilet handles, tables, chairs, washrooms, shared office spaces, desks, keyboards, light switches, and communications devices, PE equipment and music
2. Books, paper, other paper-based products, laminated or glossy paper-based products and items with plastic covers do not need to be cleaned and disinfected, or quarantined for any period of time.
3. Tables and chairs will be disinfected at the end of each session by using a diluted bleach solution. The solution should be left on the surface for at least 3 mins before wiping it off (bleach solution CCLR recommendation is 1-part household bleach and nine parts water)
4. Teachers will wear disposable gloves when cleaning blood or body fluids; they need to wash their hands before wearing and after removing gloves.
5. Montessori materials will be disinfected during the session if needed.
6. Cots and mats should be labelled for each child. They will be cleaned and disinfected prior to use and after they are used.
7. The linens should be placed in individual containers after being used. Do not shake the linens.
8. The linens must be laundered once a week and placed in a sealed plastic bag or washable bag.
9. Laundry should be placed in a laundry basket with a plastic liner. Do not shake dirty items. Wash with regular laundry soap and hot water (60-90°C)
10. Garbage containers must be empty daily.
11. Compost must be placed in a sealed bag after each session and must be thrown away daily.

Washing hands

Rigorous handwashing with plain soap and water is the most effective way to reduce the spread of illness.

1. Staff and children must wash their hands with plain soap and water for at least 20 seconds. If sinks are not available (e.g., children and staff are outside), supervised use of alcohol-based hand sanitizer containing at least 60% alcohol may be considered.
2. Staff should model washing hands properly **in a fun and relaxed way**.
3. Teachers should assist younger children with hand hygiene as needed.
4. Hand washed signage must be display in washrooms or/and near any sink in the building.

Children must wash their hands:

- When they arrive at school and before they go home
- Before eating and drinking
- After using the toilet
- After sneezing or coughing into hands or tissue
- After putting fingers in their mouth or nose
- Whenever hands are visibly dirty, if hands are visibly soiled, alcohol-based hand sanitizers may not be effective at eliminating respiratory viruses. Soap and water are preferred when hands are visibly dirty.
- When moving between different learning environments (e.g., outdoor-indoor transitions, from the music room to the classroom, etc.)

Staff must wash their hands:

- When they arrive at school and before they go home
- Before and after any breaks (e.g. recess, lunch).
- Between different learning environments (e.g. outdoor-indoor transitions, from the music room to the classroom).
- Before and after eating and drinking.
- Before and after handling food or assisting students with eating.
- Before and after giving medication to a student or self.
- After using the toilet.
- After contact with body fluids (i.e., runny noses, spit, vomit, blood).
- After cleaning tasks.
- After removing gloves.
- After handling garbage.
- Whenever hands are visibly dirty

Personal items

1. Staff is encouraged only to bring items that are necessary and to avoid any sharing.
2. Children will need to carry their belongings independently into the school.
3. Children should not share toothbrushes, facecloths, and other personal items.
4. Personal items must be labelled with the child's name to discourage accidental sharing.
5. Reusable utensils must be cleaned and sanitized after each use.
6. Children cannot bring personal toys/jewelry to school.

Snack & lunch

1. Children will bring their water bottle, snack and/or lunch.
2. Containers and utensils must be labelled with the child's name to discourage accidental sharing.

Children

- Children need to wash their hands before and after having snacks.
- Children should not share food, drinks or utensils.

Staff

1. Staff must wash their hands before and after any food preparation.

Music & French classes*

1. During these classes, any shared equipment or material should be cleaned and disinfected as per Cleaning and Disinfecting Guidelines.
2. Children will practice proper hand hygiene before and after participating in any extra-curricular classes*.
3. Extra-curricular teachers are required to wear a mask in school except when: they are eating or drinking. Masks are not a replacement for the need for physical distancing.

Physical education

1. During these classes, any shared equipment or material should be cleaned and disinfected as per Cleaning and Disinfecting Guidelines.
2. Encourage outdoor activities as much as possible.

Supporting students with disabilities/diverse abilities

Currently, FMSS don't have any children with disabilities/diverse abilities; however, if this change over the next months, FMSS will ensure:

- To discuss the needs to understand better the supports the child and family may require
- Children with disabilities/diverse abilities won't be excluded from the learning group.

School gatherings and events

1. Social gatherings and events (including those occurring within and between schools) can occur in line with those permitted as per relevant local, regional, provincial and federal public health recommendations and Orders.
2. For indoor spaces without a defined operating capacity, FMSS will determine a capacity limit. Use space available to spread people as much as possible. Respect room capacity limits and ensuring enough spaces available to prevent in voluntary physical contact between attendees.
3. Staff only gatherings (e.g., meetings, professional development days, etc.) can be held in person, however, they should occur in line with those permitted as per relevant local, regional, provincial, and Federal Public Health recommendations.
4. Parent conferences will remain virtually

Communication

Parents:

1. Parents are encouraged to approach the if any safety concerns arise (principal@familymontessori.com) (604-224-2643)
2. Any update to the Communicable Disease Plan, Daily routines and expectations will be sent to all families via email.
3. Parents should check FMSS website (www.familymontessori.com) for any updated information regarding COVID-19.
4. A paper copy of the Communicable Disease Guidance and extra resources (How to prevent hand washing, cover cough and sneezes, etc.) will be placed at the School's Policies and Procedures Binder that can be found in the hall at each location.

References

- Rescindment of Addendum - Provincial COVID-19 Communicable Disease Guidelines for K-12 Settings. February 15, 2022

- Provincial COVID-19 Communicable Disease Guidelines K-12 Settings. Updated, March 10, 2022
- Public Health Communicable Disease Guidance for K-12. School Settings. Updated, March 10, 2022
- Public Health Guidance for Child Care Settings. Updated: March 18, 2022