

# A Parent and Guardians' Guide to the 2020-21 School Year

## RETURNING TO IN-SCHOOL CLASSES

Nova Scotia students will return to classrooms on September 8. While COVID-19 may have changed what our school day will look like, it has not changed the quality of education children will receive.

We each have a role to play in keeping our schools safe from COVID-19. By working together, we can help our children and students feel safe and supported when they return to school.



### The role parents and guardians play in helping to keep our schools safe

- It is important that parents and guardians use the screening tool, found here, <https://novascotia.ca/CoronaVirus/docs/Daily-COVID-checklist-en.pdf> to check their children each morning for symptoms related to COVID-19
- Students need to stay home if they are sick, even with mild symptoms
- Keep a safe distance from others when possible during drop-off and pick-ups, during interactions with a teacher, school staff or other students and parents/guardians
- Pick your child up as soon as possible if they begin to show symptoms at school
  - If your child exhibits symptoms at school, you will be asked to pick them up right away. Please make sure the school has your most up-to-date contact information, so they can reach you
  - Having a plan in place for possible pick-up during the school day will be helpful for ensuring your child is able to be picked up quickly
  - Contact 811 if your child develops any symptoms consistent with COVID-19

### Talk to your child about the public health measures at school so they are prepared

- You will wash or sanitize your hands before you enter the school and classrooms
- Your class will be your cohort or bubble – this is helpful for limiting contact and for contact tracing if there is a case of COVID-19
- In your classroom, try to avoid direct contact with classmates. In common areas, try to stay two metres from others and follow the direction markers in the hallways
- Do not share your food or personal items
- Remember to cough and sneeze into a tissue. If you do not have one, use the inside of your elbow and not your hands. Wash or sanitize your hands right after
- It is important to tell your teacher if you feel sick
- If you are in Grades 4 to 12 you will be required to wear a mask in class if you do not have a two-metre distance between you and the others around you. You will also have to wear them in the common areas, like hallways
- If you take the school bus you will have to wear a mask. You will also be asked to sit with the other children in your house



### What students need to know

- Your child may be feeling nervous or anxious about returning to school. It is important that they understand that these feelings are normal
- The public health measures in our schools might feel overwhelming, but they are all important steps we need to take to keep each other safe. Teachers will help you get used to the new routines
- There are low numbers of COVID-19 in our province right now and Public Health will continue to watch closely to make sure our schools stay safe



### What schools are doing to keep students safe

- Schools will be doing more frequent cleaning and disinfecting of high touch areas
- Removing unnecessary furniture from the classrooms so there is more space
- They will be sanitizing equipment after each student's use
- Staggering recesses and lunches so hallways are not as crowded
- If children and students require food from the cafeteria, their meals will be delivered to their classroom
- Designating entrance and exit doors
- Marking hallways with directional arrows
- Setting up hand cleaning stations
- Holding classes outside when possible

To read Nova Scotia's Back to School Plan, visit :

[novascotia.ca/backtoschool](https://novascotia.ca/backtoschool)

A list of resources to help families and teachers prepare for back to school can be found here :

[novascotia.ca/backtoschool/resources](https://novascotia.ca/backtoschool/resources)