

Skeena Middle School Covid-19 Safety Plan

Updated Feb. 5/2021

BC COVID-19 Self-Assessment Tool

- The Ministry of Health in partnership with Thrive Health created this self-assessment tool to provide up-to-date guidance and recommendations for testing and follow-up for COVID-19 that follows BCCDC guidance. It is not a diagnostic tool and does not replace the advice of your healthcare provider.
- Note that this self-assessment tool is intended for COVID-19 only. Your symptoms may not be related to COVID-19 and could require you to seek medical attention. If you are uncertain and/or feel very sick, contact your family doctor/nurse practitioner, or call 8-1-1.
- To start the Covid-19 self-assessment go to <https://bc.thrive.health/covid19/en>
- It is very important to daily assess children for COVID symptoms.

According to BCCDC document (Appendix C p. 23), it is expected to conduct a daily health check before sending your child to school. Please use the table below to determine if you should send your child to school that day.

Daily Health Check

Key Symptoms of Covid-19	Circle	One
Fever	Yes	No
Chills	Yes	No
Cough or worsening of chronic cough	Yes	No
Shortness of breath	Yes	No
Loss of sense of smell or taste	Yes	No
Diarrhea	Yes	No
Nausea and vomiting	Yes	No

If a “YES” is circled to one of the questions included under ‘Key Symptoms of Illness’ (excluding fever), you should **stay home** for 24 hours from when the symptom started.

If the symptom improves, you may return to school when you feel well enough. If the symptom persists or worsens, seek a health assessment.

IF SICK WHILE AT SCHOOL....

- If a student starts showing symptoms of what could be illness, influenza or COVID-19:
 - Parents/Guardians will be contacted to come and pick them up right away.
 - We will have a separate and supervised area (medical room in the office) where we can promptly separate a child from others until their parent/guardian can come and pick up the student. Students in sent in this area must wear a mask.
 - It is important to stay/go home if you are sick.
 - Students who go home with COVID-19 symptoms must seek assessment by a health-care provider and self-isolate while waiting for results.

ACCESSING THE BUILDING

- Entry to the building is to be through the front door in the morning.
- Students arriving early must sanitize or wash their hands and go to their designated areas.
- Student entry will be staggered.
- Re-entry from break/lunch will differ for every grade level. Please refer to break/lunch section for time. Grade 7 exit/entry for break – by the art room. Grade 8 exit/entry for break – central exit by the stairs (use to be the no exit). Grade 9 exit/entry for break – open area exit.
- Every person that comes into our school **must** immediately wash their hands.

EXITING THE BUILDING

- To avoid overcrowding, students will be dismissed at different times. All students will exit through the front door.
- Students who walk, bike, or get picked up will be dismissed at 3:10.
- Students who ride the bus will be dismissed at 3:18.
- An announcement will be made when and which students will be dismissed.

WHEN TO WASH HANDS OR SANITIZE

- Every time you enter the school from outside.
- Before and after eating, drinking, touching food.
- After touching your face, eyes or mouth.
- After using the restrooms.
- After playing outside or handling pets.
- After sneezing or coughing into hands or Kleenex
- Whenever hands are visibly dirty.
- After cleaning tasks.

- Before and after any transitions: (e.g. outdoor-indoor transitions, from the gym to the classroom)
- Every time you enter the school.

PROPER HAND WASHING

- **Six steps to proper handwashing:**
 1. Wet hands with running water.
 2. Apply a small amount of liquid soap. Antibacterial soap is not required.
 3. Rub hands together for at least 20 seconds (sing the ABC's). Rub palms, backs of hands, between fingers and under nails and creating a lather.
 4. Rinse off all soap with running water.
 5. Dry hands with a clean, disposable towel.
 6. Discard the used towel in the waste container.

PHYSICAL/SOCIAL DISTANCING

- Students are highly encouraged to physically distance and minimize physical contact with their peers.
Students are to social/physical distance when
 - they are in the hallways
 - transitioning from one class to the next
 - during their exploratory classes
 - during break/lunch
 - interacting with peers outside
- No hugging or handshakes, we will wave and say "hello."

ROOM/SPACES

- There are signs throughout the building outlining occupancy limits for each space/room. Please read signs for each area before entering.
- A number of shared spaces – the gym, dance room, wrestling room, weight room, band room, WW rom, MW room, library – will be available on a rotating schedule for each cohort
- Grade level/cohorts will be given a designated area during break/lunch.
- Any time a student leaves or enters a classroom, students must sign out and sign in. They must write the time of exit and entry.
- Students will put on their masks whenever they get up from their desk or workspace.

COUGHING/SNEEZING ETIQUETTE

- Cover your mouth and nose when you sneeze or cough using a tissue.
- Throw the tissue away.
- When there is no tissue, cough or sneeze into your shoulder or elbow.
- Wash your hands right way.

CLEANING

- Cleaning/disinfecting will occur throughout the day and in the evening.
- Please only bring essential items. These items must be easy to disinfect.
- A custodian will be in the building from 11:30 am to disinfect frequently touched surface twice in a 24 hour period.
- Surfaces to be cleaned most frequently
- Door handles and push areas, tops and sides of counters and desks
- Arms and top backs of chairs
- Light switches, cabinet handles
- Faucets, stair railings
- Water-station handles and buttons
- Keyboards, telephones
- Photocopy machine control panels and lids
- Physical Education equipment

PERSONAL PROTECTIVE EQUIPMENT (PPE)

Summary of the New Covid-19 safety protocols.

1. **Masks must be worn in all indoor spaces in middle schools.** However, there are exceptions, and they include:
 - If students can be seated independently with 6 feet between them and the next student, masks are not required. However, if they get out of their workspace, they must put their mask on. Otherwise, masks are required in all classes, as well as other spaces within the school.
 - If there is a physical barrier between students like a plexiglass shield, masks can be taken off.
 - When students are eating or drinking.
2. Staff are required to wear masks in classes when they are teaching. The exception would be if a teacher is at their desk and there are no students near them, or if they have a plexiglass barrier between them and their students. If students come to a teacher's desk for help, both student and teacher should have a mask on. The same is expected if STAFF members are circulating in the classroom.

3. Gym classes that involve high intensity activity should take place outdoors if possible, and if indoors, ensure that there is appropriate physical distancing between students. If physical distancing cannot be maintained, students must wear masks.
4. Music classes now have a mask requirement when students are singing, and while playing instruments, students must be physically distanced.

Masks must also be worn when students are on a school bus. This includes students going on field trips.

WATER FOUNTAINS

- Please ensure you bring a water bottle and only use the water bottle fill stations on the water fountain.
- All water fountains will be closed.
- Water fill stations will still be available for use.

HALLWAYS AND LOCKERS

- Please ensure no items are stored in the hallways.
- When walking in the hallway, please walk along the wall to ensure a 2-meter physical distancing.
- When walking in the hallways, please follow the arrows.
- When walking in the hallways, stay on the correct side of the center line.
- Do not gather in groups.
- Avoid touching any surface while walking in the hallways.
- Do not block the movement of others.
- Lockers will be available for students.
- **REMEMBER – YOU MUST WEAR A MASK WHEN YOU ARE INSIDE THE SCHOOL.**

SHARING

- Students will not share, cell phones, books, food, or water.
- Outdoor activities will be focused on fun, educational and maintaining physical distancing.
- Each cohort will be given equipment they can use outdoor which will be brought back to their classroom after use. Students are required to sanitize/wash the equipment after using the equipment.
- Students are permitted to bring sports equipment from home as long as they only share with students in their cohort and the equipment goes back to the student's classroom. Phones, laptops and other educational resources are permitted.

GUESTS AND VISITORS

- Visitors/Guests/Parents must call the school (250-635-9136) before entering the school property and make an appointment if they wish to enter the building.
- All guests/visitors/parents must wear a mask before entering the school.
- Please make sure you are keeping 6 feet apart when from others when you are waiting outside before school.

LUNCH TIME

- When eating lunch, students are required to stay on their desk/designated area. Students must stay seated until they are finished eating. Once they are finished eating, they must put their masks on.

BREAK AND LUNCH TIME

- Students should not leave the building during the day for such things as lunch, etc.
- Break Schedule
 - Grade 8 10:10 – 10: 20
 - Grade 7 10:20 – 10:30
 - Grade 9 10:30 – 10:40
- **Microwaves are all off limits.**

LUNCH SCHEDULE

12:10 – 12:34

Grade 7's and 8's from classrooms 208, 219, 220 – OUTSIDE

Grade 9's and 8's from 202, 221,222, 223, 224 – EAT INSIDE

12:34 – 12:58p

Grade 7's and 8's from classrooms 208, 219, 220, – EAT INSIDE

Grade 9's and 8's from 202, 221, 222, 223, 224 – OUTSIDE