

"Our students love to come to school in Northland"

**Northland School
Division 2020-2021
Re-entry Plan**



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This document will continue to be updated based on orders from the Chief Medical Officer of Health, recommendations from Alberta Education, and the discovery of new evidence. It is based upon the collective practice and advice of Public Health Authorities, Education Authorities, and world-wide School Jurisdictions and subject matter experts.

Updated May 27, 2021

Introduction

It is our pleasure to provide students, parents, staff and education partners of the Northland School Division information about school re-entry for the 2020-2021 school year. On July 21, 2020, Jason Kenney, Premier, Adriana LaGrange, Minister of Education and Dr. Deena Hinshaw, Alberta's Chief Medical Officer of Health announced that in-person classes will resume under Scenario 1, which is a complete return to school with health and safety measures to reduce the risk of COVID-19 transmission. Prior to the announcement, Alberta Education with support from Dr. Hinshaw, provided [guidance](#) and direction to support school divisions with re-entry plans.

NSD values the partnerships we have with parents. This year will be no different and it is more important now, more than ever, that our families and schools work together to support our students and to model healthy practices. The current pandemic makes our work more complex, but this work remains as important as it has ever been. The plan, developed by a committee of school principals, directors and senior administration—in consultation with the Board of Trustees of Northland School Division, Alberta Education, Alberta Health Services, Alberta Teachers' Association and the College of Alberta School Superintendents (CASS), outlines how schools are operating and expectations throughout the COVID-19 pandemic.

- mandatory use of masks for all staff and students grades 4-12 and highly recommended for students K- grade 3 ;
- mandatory use of masks for all students riding the school bus.
- enhanced cleaning and hygiene protocols;
- daily screening requirements;
- strict stay at-home guidelines for individuals who feel unwell or have symptoms related to COVID-19;
- enforced public-health measures; and
- cohort and physical distancing strategies.

If at any time, the province transitions to Scenario 2, which is a partial return to in-school classes, the plan remains the same, using a change in how the students are scheduled to attend. For families not yet ready to send their child to school, due to pre-existing health conditions/immune compromised, or in the absence of a COVID-19 vaccine, NSD will offer an at-home learning option. Both the in-school and at-home learning options allow students to stay connected to school throughout their learning. Overall, it ensures the transition back to school is smooth, and operations take place in the safest way possible. Everyone in our learning communities will need

to play their part and follow the protocols in this plan - after all, we're in this together. This plan is based on the following principles:

- All schools will adhere to the standards, guidelines and direction from the Chief Medical Officer for Health (CMOH) and Alberta Health Services (AHS).
- Be informed about public health measures and implement these to mitigate risk and ensure that all feel safe in schools.
- Provide welcoming, caring, respectful, safe, flexible, and inclusive learning environments that embrace diversity for our learners and communities across the division within a culture of belonging.
- Students and staff health and safety as a priority.
- Everyone will understand their roles and responsibilities in maintaining and promoting public health and school safety.
- Ensure continuity of learning through high quality design , instruction, and assessment.
- Student learning will continue no matter which scenario we are in.
- It will require a collective effort to keep schools open and everyone safe.
- Minimize risks not eliminate risks.
- Clearly communicate the re-entry plan with all education partners.
- Make sure people are informed of the latest expectations.

Given the evolving nature of the pandemic, we may be required to transition from one scenario to another with short notice. For schools to operate in the 'near normal' mode, we will need all stakeholders to work together. As Dr. Hinshaw advises, this is a collective responsibility, we all:

- Must take measures to protect.
- Must maintain high levels of hygiene.
- Must follow provincial health guidance to the best of our ability.

Thank you, students, parents, guardians, staff and community members for your ongoing support, effort and determination during this challenging time in our lives.

Sincerely,



Robin Guild
Board Chair



Dr. Nancy Spencer-Poitras
Superintendent of Schools

Scenario Explanation

As mentioned, the province announced that in-person classes will resume under Scenario 1, which is a complete return to school with health and safety measures in place to reduce the risk of COVID-19 transmission. Throughout the pandemic, the province may need to transition from one scenario to another, on short notice. In addition, as NSD encompasses a large geographic area there may be times when different areas are in different scenarios. As such, the school division must be prepared for all three scenarios at any given time.

Scenario 1: In-school classes resume (near normal with health measures)

- Regular in-school classes resume for K-12 students.
- Early entry (PUF) students will attend on a modified schedule and will not be permitted to ride the bus for social distancing concerns, conveyance will be paid to the families.
- ECS students will attend three days per week.
- School divisions must follow public-health measures.
- Physical distancing when possible.
- Mandatory mask use for staff and students in grades 4-12 and highly recommended for students K- grade 3.
- Mandatory use of masks for all students riding the school bus.
- Continue assessment of children and students.
- Focus on cohorting students as often as possible. Seating plans on the bus and in classrooms for contact tracing if needed.

Scenario 2: In-school classes partially resume (with additional health measures)

- In-school classes resume for K-12 students on an alternating day schedule to reduce class sizes.
- School divisions must follow public-health measures.
- Physical distancing required.
- Mandatory mask use for staff and students in grades 4-12 and highly recommended for students K- grade 3.
- Mandatory use of masks for all students riding the school bus.
- Continued assessment of children and students.
- Focus on cohorting students as often as possible.

Scenario 3: At-home learning continues (in-school classes are suspended)

- In-school classes suspended for all students.
- All school divisions offer out-of-school learning opportunities.
- *ECS to Grade 3*: focus on language and mathematics, with health curriculum incorporated—minimum average five hours of work per week.
- *Grades 4-6*: focus on language arts and mathematics with science, social studies and wellness curriculum—minimum average six to eight hours of work per student, per week.
- *Grades 7-9*: focus on language arts, mathematics, science, social studies and wellness, with a focus on physical and mental health—minimum average 12 to 16 hours of work per week.
- *Grades 10-12*: focus on course requirements for high school graduation—language arts, social studies, mathematics and science. For five-credit courses, and minimum average of 12 hours of work, per week. For three-credit courses, a minimum average of six hours of work, per week. Students on track to receive 100 or more credits are eligible to graduate and receive a high school diploma. The Principal can award up to 15 unassigned credits to students in Grade 12.
- School divisions must follow public-health measures.
- Continued assessment of children and students.
- Students must actively engage in learning and pursue their education.

Minimizing Risk

Prevent the Spread

All Albertans have a responsibility to help prevent the spread of COVID-19. Take steps to protect yourself and others:

- Practice [physical distancing](#) and wear a non-medical face mask in public.
- Practice good hygiene and respiratory etiquette.
- Avoid carpooling with people outside your household and overcrowded spaces.
- Monitor for symptoms related to COVID-19.
- Follow [isolation and quarantine requirements](#). Updated May 27, 2021

School Attendance

Northland School Division believes that in-person learning is the favoured learning approach for students. However, we respect if parents/guardians do not want to send their children to school if they have concerns. Parents are asked to contact the local school principal to discuss distance learning options.

Health and Safety

All NSD schools and departments are guided by the following health and safety principles:

- Every student, staff and visitor completes the daily [COVID-19 Alberta Health Daily Checklist](#) before entering a NSD school or building. The first checklist is for adults 18 years or older and the second checklist is for children under 18. Updated May 27, 2021
- No one is allowed to enter an NSD school or building if they feel unwell. [Please follow isolation and quarantine requirements](#). Updated May 27, 2021
- Within all NSD - operated buildings, buses and other facilities, contact tracing reporting occurs.
- Hand sanitizer is provided by NSD, in multiple locations, in all Division schools, buildings and on buses.
- Encourage the preventative strategies including physical distancing, cohorting and personal protective equipment are strictly followed.
- Strict protocols to reduce congestion in high-traffic areas—hallways, and offices.
- Prohibit large-group gatherings—assemblies, field trips, tournaments, performances.
- Avoid shared-use items, supplies and equipment. All elementary students will have their own supplies contained in a tote. Junior and Senior high school students will have their totes with supplies and textbooks. Digital textbooks have been requested if not enough individual text books are supplied.
- Strict protocols about food handling and food sharing.
- High-risk activities prohibited—some athletic activities, singing, wind instruments cheering.
- Provide all NSD staff with access to mental health supports for students and families.
- Regular and ongoing cleaning and disinfecting of all NSD facilities and high-touch surfaces.
- Mandatory use of masks - applicable to all staff and students Grade 4-12 and highly recommended for students K- grade 3. K-12 students must wear masks when riding the bus. The use of face shields will be at the discretion of the individual staff member. While face shields can help reduce exposure, they are not equivalent to masks. Therefore, staff who choose to wear a face shield will still be required to wear a mask.

Use of Personal Protective Equipment (PPE)

Globally, it's understood the use of masks or face coverings, and physical distancing reduces the spread of COVID-19. Effective December 8, 2020, [masks are mandatory](#) in all indoor places and indoor workplaces. Alberta Education is mandating the use of masks for all staff and students grades 4-12, when physical distancing is not possible. In fact, the province funded the purchase of two reusable masks for each Alberta-based student and school division employee. They also provided schools with additional single use masks, thermometers and face shields for school staff. There are some exceptions as to who is required to wear a mask while inside an NSD school building and on the bus.

Within NSD, the goal of the re-entry plan is to ensure everyone's health and safety. Schools are using cohorting and physical distancing strategies to mitigate the virus's transmission. However, NSD can't guarantee physical distancing by all individuals at all times. Wearing a mask is one way to ensure students and staff are protected and supported. As mandated by the province, any person entering an NSD operated building or bus must wear a non-medical mask unless exempt. The measure also includes all students grades 4-12 and highly recommended for students K-grade 3. Those without a mask have two options: not enter the facility or wear a single-use mask supplied by NSD. Individuals who choose not to, are prohibited from entering until a mask is worn.

NOTE: An at-home learning option is available to students who choose not to wear a mask when cohorting and physical distancing isn't possible.

Who is exempted from wearing a mask at school?

Children in pre-kindergarten and up to Grade 3, may not understand the reason behind wearing a mask and have a harder time keeping it on during the day and not touching it. Students and staff with a documented underlying medical condition that inhibits their ability to wear a mask.

Physical Health

DO NOT come to an NSD school facility if you are feeling unwell—student, staff or visitor. Any individual who becomes symptomatic during the school day or workday must leave the building and not return until the time recommended by the Chief Medical Officer of Health and Alberta Health Services. Visit the [Government of Alberta website](#) for more information about COVID-19 symptoms.

Students who can't immediately leave the building, must go to the school's isolation/infirmarary room and wear a face-covering until a family member picks them up—within a one-hour time limit. A staff member will be with the child ensuring physical distancing occurs and will be in appropriate personal protective equipment (PPE). Families must ensure the school has current

emergency contacts on file, and those listed are prepared to respond immediately.

After leaving an NSD building, complete the online [COVID-19 self-assessment tool](#). The tool advises if testing is required and allows users to book an appointment immediately. Anyone who tests positive for COVID-19 is asked to notify the NSD school to ensure proper cleaning and public-health measures are followed. If a child develops symptoms because of a known pre-existing condition, such as allergies, the child must be tested for COVID-19 to confirm it's not the source of their symptoms. A note from a physician, confirming the symptoms are consistent with another condition, may be requested.

Confirmed COVID-19 Cases

Confirmed cases of COVID-19 are dealt with confidentiality and on a case-by-case basis, in consultation with Alberta Health Services. Central Office departments and school administration will reference the [Northland School Division Action Plan - Responding to a COVID-19 case](#).

Illness While on Site

- Staff who become ill must notify their supervisor and immediately self-isolate.
- Students exhibiting signs of illness must be moved to the isolation/infirmary room.
- Use of thermometers will be at the principal's discretion.
- Parents/caregivers must be notified and advised to pick-up their child immediately.
- Parents must designate an emergency contact for student pickup. Within the Alberta

Government's pandemic response, this is something that all families must adhere to. NSD will communicate to families that they are expected to designate an emergency contact who will be able to immediately pick up the student if parents/guardians are unable to do so. An immediate pickup assumes that the student will be picked up within an hour, parents will remain outside and the student will be brought to them.

- Staff supervising symptomatic students must:
 - Keep all other staff out of the infirmary room.
 - Provide the student with a face mask.
 - Use strict hand washing techniques, be fully gowned.
 - Maintain physical distancing.
 - After the student is picked-up, post a sign indicating the room must be cleaned and contact the appropriate custodial staff.
 - An incident report must be filled out.
 - All items the student touched/used that day must be cleaned and disinfected as soon as the student has been picked up.
 - Items that cannot be cleaned and disinfected (e.g. paper, books, cardboard puzzles) must be removed from the classroom and stored in a sealed container for a minimum of 72 hours.

- If two or more staff/students within a cohort are identified as having symptoms consistent with COVID-19, the school must follow directions with the [Resource Guide for COVID-19 Cases in School \(K-12\)](#). The updated resource includes sample messaging for a confirmed variant case (Appendix G).

Mental Health and Wellbeing

A virus such as COVID-19 can create anxiety and fear about the present and future. It becomes especially difficult if someone they know is sick or hears troubling messages on the radio, internet or television. As well, changes in routines and the continued precautions in place to limit the spread of the virus can give rise to unexpected emotions and exacerbate pre-existing mental health conditions such as anxiety, depression or substance abuse. Therefore, mental health and wellness are critical aspects of the NSD 2020-2021 Re-entry Plan.

Mental Health and Wellness Strategies

- Mental Health staff support teams (Family Wellness Workers) continue to reach out to students and families to share mental health resources, information and academic support.
- NSD staff have the capacity to access external resources and supports such as Family and Community Services and Alberta Health Services for students who require intensive assessment and intervention services.
- All NSD staff have access to complete the online course by Dr. Jody Carrington “How to Connect With Kids These Days.”
- A number of Mental Health staff have taken part in a number of Professional Development Opportunities over the summer.
- Lesson plans about supporting students include information about caring for those who are ill or isolated, physical distancing and personal protective equipment.

Mental Health Resources

We understand this is a time of high anxiety for many. There is an overwhelming amount of information coming at us all. NSD is here to support students, parents and community members. We have compiled mental health information from several sources <https://www.nsd61.ca/about-us/division-news/post/covid-19-mental-health-resources>. For students, mental health staff reach out to share resources similar to what’s posted on the NSD website. For NSD staff, they have access to resources through our Employee Family Assistance Program provider [Homewood Health](#). Students, staff and families have various supports within their school community. For example, the [Peekiskwetan "Let's Talk" Society](#) in Wabasca-Desmarais.

Cleaning and Hygiene

To ensure the health and safety of all students and staff, enhanced cleaning protocols are in place at each NSD school and building—all of which follow provincial public-health guidelines.

Cleaning Protocols

- Prior to school opening for the 2020-2021 school year, all schools are undergoing a thorough cleaning.
- Regular cleaning and disinfection are essential to preventing the transmission of COVID-19 from contaminated objects and surfaces. NSD facilities will be cleaned and disinfected in accordance with the AHS Cleaning and Disinfectants for Public Settings.
- Area rugs and soft furnishings that cannot be easily cleaned have been removed.
- Ongoing cleaning and disinfecting of schools—entrances, classrooms, auxiliary spaces, desks, chairs, tables, lockers, walls, technology and other equipment.
- Increased frequency of day-time cleaning of high-touch areas such as doorknobs, light switches, handrails, bottle fillers, bathrooms.
- Offices: Ongoing cleaning of desks, chairs, telephones, light switches, doorknobs, and copiers.
- Regular cleaning and disinfecting of washroom, sink faucets, and soap dispensers.
- Organizing school space to allow for physical distancing, when possible.
- Mandatory cleaning and disinfecting of classrooms and desks after student use.
- Mandatory cleaning and disinfecting of shared-use items.
- Open windows to increase natural ventilation, when possible.
- Ongoing hand-hygiene breaks where students wash hands with soap and water for at least 20 seconds or use hand sanitizer.
- Limits on bathroom occupancy and ongoing cleaning.
- Hand sanitizing stations within or near every classroom.
- Systematically refill hand sanitizer stations.
- Teach and reinforce respiratory etiquette.

Practice Good Hygiene

- Wash hands often for at least 20 seconds.
- Cover coughs and sneezes.
- Avoid touching your face.
- Avoid sharing of items.
- Mandatory face masks for Grade 4-12 students and staff.

- Keep a safe distance between others when possible.
- Stay at home if unwell.

Designated Hand-Hygiene Breaks

- Entering and exiting a school or building.
- Entering and exiting a classroom.
- Using the washroom.
- Using a tissue.
- Coughing or sneezing into hands.
- Before and after eating.
- After physical education or outdoor play.
- After using shared items.
- After using a high-touch surface.

Public Usage of Facilities

Public access to all NSD facilities is suspended because of various health and safety protocols related to COVID-19. As a result, all after-hour use of school facilities are suspended until further notice.

Daily Screening

To ensure schools and Division offices are safe for students, teachers and administration, all school staff and families must complete the [COVID-19 Alberta Health Daily Checklist](#) before entering a NSD school or building. The first checklist is for adults 18 years or older and the second checklist is for children under 18 **Updated May 27, 2021**. It is important for students and staff to self-screen on a daily basis as per the following guidelines:

- Before leaving home each day they plan to enter school for work or education, staff, students, parents/guardians, volunteers, and any other visitors must self-screen for symptoms.
- Parents and students must be provided with a copy of the checklist during school registration with the expectation that it needs to be completed on a daily basis.
- 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. (NSD respects the right of parents to choose not to be tested, this would mean the child would be required to remain at home for a minimum of 10 days, work will be sent home)
- Those who report 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 to determine if they should be tested. Parents and guardians can also refer to [How long to stay home from school](#).

Signs must be posted reminding persons not to enter if they have COVID-19 symptoms, even if symptoms resemble a mild cold.

Risk Assessment: COVID-19 Alberta Health Daily Checklist

This checklist applies for all children, as well as all students who attend kindergarten to Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

Screening Questions for Children Under 18 Updated May 27, 2021

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

1.	Has the child traveled outside of Canada in the last 14 days	YES	NO
<p>If the child answered “YES”:</p> <ul style="list-style-type: none"> ● The child is required to quarantine for 14 days from the last day of exposure. ● If the child develops any symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. <p>If the child answered “NO”, proceed to question 2.</p>			
2.	<p>Has the child had close contact with a case (1) of COVID-19 in the last 14 days?</p> <p>Face-to-face contact within 2 metres for 15 minutes or longer or direct physical contact such as hugging</p>	YES	NO
<p>If the child answered “YES”:</p> <ul style="list-style-type: none"> ● The child is required to quarantine for 14 days from the last day of exposure, except: <ul style="list-style-type: none"> ● Previously tested positive for COVID-19 in last 90 days before exposure: <ul style="list-style-type: none"> ○ No quarantine required. Monitor for symptoms for 14 days. ● Fully immunized (2) against COVID-19: <ul style="list-style-type: none"> ○ No quarantine required. Monitor for symptoms for 14 days. ● Partially immunized (3) against COVID-19: <ul style="list-style-type: none"> ○ Quarantine for 10 days. If tested on day 7 or later after exposure, quarantine 			

ends after receiving a negative test result.

If the child answered “NO” or if they have symptoms, proceed to question 3

3.	Does the child have any new onset (or worsening) of the following core symptoms:	YES	NO
	Fever Temperature of 38 degrees Celsius or higher	YES	NO
	Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	Shortness of breath Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO

If the child answered “YES” to any symptom in question 3:

- The child is to isolate for 10 days from onset of symptoms OR receive a negative COVID-19 test and feel better before returning to activities
- Use the [AHS Online Assessment Tool](#) or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If the child answered “NO” to all of the symptoms in question 3, proceed to question 4.

4.	Does the child have any new onset (or worsening) of the following other symptoms:	YES	NO
	Chills Without fever, not related to being outside in cold weather	YES	NO
	Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
	Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
	Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
	Nausea, vomiting and/or diarrhea	YES	NO

Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome		
Unexplained loss of appetite Not related to other known causes or conditions, such as anxiety or medication	YES	NO
Muscle/joint aches Not related to other known causes or conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO
<p>If the child answered “YES” to ONE symptom in question 4:</p> <ul style="list-style-type: none"> ● Keep your child home and monitor for 24 hours. ● If their symptom is improving after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary. ● If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use the AHS Online Assessment Tool or call Health Link 811 to check if testing is recommended. <p>If the child answered “YES” to TWO OR MORE symptoms in question 4:</p> <ul style="list-style-type: none"> ● Keep your child home. ● Use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. ● Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started. <p>If the child answered “NO” to all questions:</p> <ul style="list-style-type: none"> ● Your child may attend school, childcare and/or other activities. 		

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started or until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.

Screening Questions for Adults 18 Years and Older Updated May 27, 2021

1.	Have you traveled outside Canada in the last 14 days?	YES	NO
<p>If you answered "YES":</p> <ul style="list-style-type: none"> You are required to quarantine for 14 days from the last day of exposure. If you develop any symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. If you answered "NO", proceed to question 2. 			
2.	<p>Have you had close contact with a case (1) of COVID-19 in the last 14 days?</p> <p>Face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging</p> <p><i>Note: A health care worker in an occupational setting wearing recommended personal protective equipment is not considered to be a close contact</i></p>	YES	NO
<p>If you answered "YES":</p> <ul style="list-style-type: none"> You are required to quarantine for 14 days from the last day of exposure, except: Previously tested positive for COVID-19 in last 90 days before exposure: <ul style="list-style-type: none"> No quarantine required. Monitor for symptoms for 14 days. Fully immunized (2) against COVID-19: <ul style="list-style-type: none"> No quarantine required. Monitor for symptoms for 14 days. Partially immunized (3) against COVID-19: Quarantine for 10 days. If tested on day 7 or later after exposure, quarantine ends after receiving a negative test result <p>If you answered "NO", proceed to question 3.</p>			
3.	Does the attendee have any new onset (or worsening) of any of the following symptoms:		
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of breath	YES	NO
	• Runny Nose	YES	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• 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 (commonly known as pink-eye)	YES	NO
<p>If you answered “YES” to any symptom in question 3:</p> <ul style="list-style-type: none"> • Stay home and do not attend or participate in the activity or program. • Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. • Individuals with fever, cough, shortness of breath, runny nose, or sore throat, are required to isolate for 10 days as per CMOH Order 05-2020 OR receive a negative COVID-19 test and feel better before returning to activities, as long as they have no known exposure. <p>If you answered “NO” to all questions: You may attend the activity or program</p>			

1 A lab-confirmed case OR a probable case as defined in the Alberta COVID-19 Notifiable Disease Guideline

2 Fully-immunized = 14 days after receiving the second dose of a two-dose vaccine series OR 14 days after receiving one dose of a one-dose vaccine series.

3 Partially-immunized = 14 days after having received one dose of vaccine in a 2 dose vaccine series

NOTE: Individuals who are profoundly immunocompromised and fully immunized should follow quarantine protocol for partially immunized individuals; those who are partially immunized should follow the protocol for those who have not been immunized. Profoundly immunocompromised persons should always consult with their primary care provider if exposed.

Daily Checklists

Before entering a NSD school or building, students, staff, family members, visitors and contractors must complete a checklist before coming to an NSD school or building. Teachers reinforce the checklist with students. Families are encouraged to do so as well.

Student Checklist

The list below is designed to help students prepare for school safely.

Before you leave home

- Complete the [COVID-19 Alberta Health Daily Checklist](#) before entering a NSD school or building. The first checklist is for adults 18 years or older and the second checklist is for children under 18 Updated May 27, 2021.
- DO NOT leave home if you’re feeling unwell or have COVID-19 symptoms.
- Ensure you have a face-covering with you.
- Ensure you have a water bottle, labelled with your name.
- Ensure you don’t have any toys with you or unnecessary items.

Arrival at School

- Enter the school at the designated time and location—specified by the school.
- Students in grades 4-12 must enter the school wearing a mask.
- Respect physical distancing guidelines.
- Wash or sanitize your hands as soon as you enter the building.
- Meet your teacher at the designated entrance and start time. No lockers will be used.
- If you arrive late, go to the main office to check-in.

During School

- Remain with your cohort and follow physical distancing rules when entering, exiting and moving throughout the building.
- Wash or sanitize your hands before entering and exiting the classroom, before eating, after using the washroom and when directed by NSD staff.
- Practice respiratory etiquette.
- Eat snacks and lunch in your designated classroom. Students must remain in their desks as masks will be off.
- Refrain from touching your face, eyes, and mouth with hands, and mask if applicable.
- Refrain from shaking hands with others and speaking or laughing loudly to prevent the spread of vapour droplets.

Pick Up and After School

- Hand sanitize your hands when exiting the building.
- Exit the building at the designated time and location—specified by the school.
- No loitering.
- Respect physical-distancing guidelines.
- Leave the school grounds / facility parking lot.

Staff Checklist

The list below is designed to help staff prepare for school and work safely.

Before you leave home

- Complete the [COVID-19 Alberta Health Daily Checklist](#) before entering a NSD school or building. The first checklist is for adults 18 years or older and the second checklist is for children under 18 Updated May 27, 2021.

- DO NOT leave home if you're feeling unwell or have COVID-19 symptoms. Notify your principal or department supervisor.
- Ensure you've cleaned and disinfected all personal supplies coming into the school.
- Ensure you don't have any unnecessary items.
- Ensure you have face-covering and personal protective equipment with you.
- Ensure you have a water bottle.

Arrival at School

- Enter the school at the designated time and location—specified by school or department—wearing a mask or face covering.
- Respect physical distancing guidelines.
- Wash or sanitize your hands as soon as you enter the building and the classroom.
- Register your attendance for contact-tracing purposes.
- Ensure your classroom or work space is clean and disinfected.
- Wear personal protective equipment (i.e. facemask) —a requirement for all school staff.
- Suggested to have an extra set of clothes at school.

During School

- Meet students at the designated entrance and start time, if applicable.
- Remain with your cohort and follow physical distancing rules when entering, exiting and moving throughout the building.
- Wash or sanitize your hands before entering and exiting the classroom, before eating and after using the washroom.
- Practice respiratory etiquette.
- Eat snacks and lunch in designated areas.
- Refrain from touching your face, eyes, mask and mouth with your hands.
- Wear personal protective equipment (i.e. facemask; face shield is optional but must also wear face mask) —a requirement for all school staff.
- Refrain from shaking hands with others and speaking or laughing loudly to prevent the spread of vapour droplets.

After School

- Ensure cleaning and disinfecting measures are in place for the classroom or workspace.
- Sign out of the attendance log for contact-tracing purposes.
- Hand sanitize your hands when exiting the building.
- Exit the building by the designated time and location.

- Respect physical-distancing guidelines.
- Staff to take Chromebook or laptop devices home daily for access if required.

Substitute Teacher/Classroom Supervisor/Temporary Worker Checklist

The list below is designed to help staff prepare for school and work safely.

Before you leave home

- Complete the [COVID-19 Alberta Health Daily Checklist](#) before entering a NSD school or building. The first checklist is for adults 18 years or older and the second checklist is for children under 18 Updated May 27, 2021.
- DO NOT leave home if you're feeling unwell or have COVID-19 symptoms. Notify the school principal or department supervisor.
- Ensure you've cleaned and disinfected all personal supplies coming into the school.
- Ensure you don't have any unnecessary items.
- Ensure you have face-covering and personal protective equipment with you.
- Ensure you have a water bottle.

Arrival at School/Worksite

- Enter the school at the designated time and location—specified by school or department—wearing a mask or face covering.
- Note the markings in the hallways to ensure following school directional protocols.
- Enquire where the isolation/infirmarium room is if needed, and who to contact if student/themselves are ill at school.
- Respect physical distancing guidelines.
- Wash or sanitize your hands as soon as you enter the building and the classroom.
- Register or report your attendance for contact-tracing purposes.
- Ensure your classroom or work space is clean and disinfected.
- Wear a facemask—a requirement for all school staff.
- Suggested to have an extra set of clothes at school or worksite.

During School	During Work Day
<ul style="list-style-type: none"> ● Meet students at the designated entrance and start time, if applicable. ● Remain with your cohort and follow physical distancing rules when entering, exiting and moving throughout the building. 	<ul style="list-style-type: none"> ● Remain with your cohort and follow physical distancing rules when entering, exiting and moving throughout the building. ● Wash or sanitize your hands before entering and exiting the work

<ul style="list-style-type: none"> ● Wash or sanitize your hands before entering and exiting the classroom, before eating and after using the washroom. ● Practice respiratory etiquette. ● Eat snacks and lunch in designated areas. ● Refrain from touching your face, eyes, mask and mouth with hands. ● Wear personal protective equipment (i.e. facemask and shield) —a requirement for all school staff. ● Refrain from shaking hands with others and speaking or laughing loudly to prevent the spread of vapour droplets. 	<p>space/site, before eating and after using the washroom.</p> <ul style="list-style-type: none"> ● Practice respiratory etiquette. ● Eat snacks and lunch in designated areas. ● Refrain from touching your face, eyes, mask and mouth with hands. ● Wear personal protective equipment (i.e. facemask and shield) —a requirement in all school sites ● Refrain from shaking hands with others and speaking or laughing loudly to prevent the spread of vapour droplets.
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After School/Work

- Ensure cleaning and disinfecting measures are in place for the classroom or workspace.
- Sign out of the attendance log and also contact the department you were working for to support possible contact tracing.
- Hand sanitize your hands when exiting the building.
- Exit the building by the designated time and location.
- Respect physical-distancing guidelines.

School Cooks Checklist

The list below is designed to help staff prepare for school and work safely.

Before you leave home

- Complete the [COVID-19 Alberta Health Daily Checklist](#) before entering a NSD school or building. The first checklist is for adults 18 years or older and the second checklist is for children under 18 Updated May 27, 2021.
- Ensure you've cleaned and disinfected all personal supplies coming into the school.
- Ensure you don't have any unnecessary items.
- Ensure you have face-covering and personal protective equipment with you.
- Ensure you have a water bottle.

Arrival at School

- Enter the school at the designated time and location—specified by school or department—wearing a mask or face covering.

- Respect physical distancing guidelines.
- Wash or sanitize your hands as soon as you enter the building and wash your hands as soon as you enter the kitchen.
- Register your attendance for contact-tracing purposes.
- Ensure your workplace is clean and disinfected.
- Wear a facemask —a requirement for all school staff.
- Suggested to have an extra set of clothes at school.

During School

- Follow physical distancing rules when entering, exiting and moving throughout the building.
- Wash or sanitize your hands before entering and exiting the classroom, before eating and after using the washroom.
- Practice respiratory etiquette.
- Eat snacks and lunch in designated areas.
- Refrain from touching your face, eyes, mask and mouth with hands.
- Wear personal protective equipment (i.e. facemask and shield) —a requirement for all school staff.
- Refrain from shaking hands with others and speaking or laughing loudly to prevent the spread of vapour droplets.

After School

- Ensure cleaning and disinfecting measures are in place for the classroom or workspace.
- Sign out of the attendance log for contact-tracing purposes.
- Hand sanitize your hands when exiting the building.
- Exit the building by the designated time and location.
- Respect physical-distancing guidelines.

Maintenance and Contractors Checklist

The list below is designed to help staff prepare for school and work safely.

Before you leave home

- Complete the [COVID-19 Alberta Health Daily Checklist](#) before entering a NSD school or building. The first checklist is for adults 18 years or older and the second checklist is for children under 18 Updated May 27, 2021.
- Ensure you've cleaned and disinfected all personal supplies coming into the school.
- Ensure you don't have any unnecessary items.
- Ensure you have face-covering and personal protective equipment with you.
- Ensure you have a water bottle.

Arrival at School

- Enter the school at the designated time and location—specified by school or department—wearing a mask or face covering.
- Respect physical distancing guidelines.
- Wash or sanitize your hands as soon as you enter the building and the classroom.
- Register your attendance for contact-tracing purposes.
- Ensure your work space is clean and disinfected.
- Wear a facemask —a requirement for all school staff.
- Suggested to have an extra set of clothes at school.

During Workday

- Follow physical distancing rules when entering, exiting and moving throughout the building.
- Wash or sanitize your hands before entering and exiting the classroom, before eating and after using the washroom.
- Practice respiratory etiquette.
- Eat snacks and lunch in designated areas.
- Refrain from touching your face, eyes, mask and mouth with hands.
- Wear personal protective equipment (i.e. facemask and shield) —a requirement for all school staff.
- Refrain from shaking hands with others and speaking or laughing loudly to prevent the spread of vapour droplets.

After Work

- Ensure cleaning and disinfecting measures are in place for the classroom or workspace.
- Sign out of the attendance log for contact-tracing purposes.
- Hand sanitize your hands when exiting the building.
- Exit the building by the designated time and location.
- Respect physical-distancing guidelines.

Parent and Guardian Checklist

The list below is designed to help staff prepare your child for school safely.

Before you leave home

- Complete the [COVID-19 Alberta Health Daily Checklist](#) before entering a NSD school or building. The first checklist is for adults 18 years or older and the second checklist is for children under 18 Updated May 27, 2021.
- Ensure you have a plan in place to pick up your child in the event he or she becomes unwell at school.

- Ensure your child brings the designated daily supplies, as required by the school.
- Hand sanitize your hands when leaving home.
- Ensure your child has their mask. This is also important for the Kindergarten to Grade 3 to carry their masks in their backpacks in case they become ill at school.

Arrival at School

- Drop-off or pick up your child at their designated time and location.
- DO NOT enter the school unless necessary and with appointments booked through the office—medical injections, learning supports—or asked by administration. Families must access the school through the front door, wear a mask or face covering and immediately proceed to the main office.

During School

- Please call first. Family members can only access the school through the front door—don't wander through the school or visit the playground.
- Maintain physical distancing of two metres from others.
- Refrain from shaking hands with others and speaking or laughing loudly to prevent the spread of vapour droplets.

Pick Up and After School

- Respect physical distancing.
- Pick up the child at the correct exit.
- Leave the school grounds / facility parking lot.

Transportation Staff Checklist

The list below is designed to help staff prepare for school and work safely.

Before you leave

- Complete the [COVID-19 Alberta Health Daily Checklist](#) before entering a NSD school or building. The first checklist is for adults 18 years or older and the second checklist is for children under 18 Updated May 27, 2021.
- Ensure you've cleaned and disinfected all personal supplies coming into the school bus.
- Ensure you don't have any unnecessary items.
- Ensure you have face-covering and personal protective equipment with you.
- Ensure you have a water bottle.

Arrival at School

- Drop-off or pick up children at their designated time and location.
- DO NOT enter the school unless necessary or asked by administration. Drivers must access the school through the front door, wear a mask and immediately proceed to the main office. Don't wander through the school.
- After the morning bus run, ensure cleaning and disinfecting measures are completed.

During School

- Maintain physical distancing of two metres from others when entering, exiting and moving throughout the building.
- Refrain from shaking hands with others and speaking or laughing loudly to prevent the spread of vapour droplets.
- Wash or sanitize your hands before entering and exiting the building, before eating and after using the washroom.
- Practice respiratory etiquette.
- Refrain from touching your face, eyes, mask and mouth with hands.
- Wear personal protective equipment (i.e. facemask and shield) —a requirement for all school staff.
- Sign out of the attendance log for contact-tracing purposes

After School

- Exit the building by the designated time and location.
- Respect physical-distancing guidelines.

Pick Up and After School

- Respect physical distancing.
- Pick up children at the correct exit.
- Leave the school grounds / facility parking lot.
- After the afternoon bus run, ensure cleaning and disinfecting measures are completed.

Visitor and Contractor Checklist

The list below is designed to help visitors and contractors enter the building safely.

- Make an appointment to enter the school—non-essential visitors and contractors ARE NOT permitted in the school or workplace without an appointment.
- Complete the [COVID-19 Alberta Health Daily Checklist](#) before entering a NSD school or building. The first checklist is for adults 18 years or older and the second checklist is for children under 18 Updated May 27, 2021.

- Register attendance at the main office, as this is important for security and contact tracing.
- Practice respiratory etiquette.
- Practice physical distancing and wear a mask.
- Masks are mandatory in all NSD schools and buildings.

School Supplies: Required Everyday

Each student must bring the following belongings into the school using a backpack.

Pre-Kindergarten (PUF)

- indoor shoes.
- change of clothes.
- snacks and lunch (if needed) —no food sharing.
- water bottle—labelled with the child’s name.

Kindergarten - Grade 3

- indoor shoes.
- change of clothes.
- snacks and lunch (if needed)—no food sharing.
- water bottle—labelled with the child’s name.
- masks highly recommend to be worn and always in a student backpack if not worn.

Grades 4-6

- indoor shoes.
- snack and lunch (if needed)—the sale of pre-packaged food from the canteen is limited, and food sharing is prohibited.
- water bottle, labelled with the child’s name.
- mask.

Grades 7-12

- indoor shoes.
- snack and lunch (if needed)—the sale of food is limited, and food sharing is prohibited.
- water bottle, labelled with the child’s name.

- masks.

Elementary: Students' backpack and NSD provided Rubbermaid bins to store personal materials when organized by cohort groups or proper physical-distancing guidelines—leave non-essential items at home.

Junior high: Students' backpack and NSD provided Rubbermaid bins store personal materials when organized by cohort group or proper physical-distancing guidelines. Maintain physical distancing between cohorts. When not possible, students can bring items, in a backpack, into the classroom.

Senior high: Students' backpack and NSD provided Rubbermaid bins store personal materials when organized by cohort group or proper physical distancing guidelines. Maintain physical distancing between cohorts. When not possible, students can bring items, in a backpack, into the classroom.

Operations

First Week: September 8-11, 2020

NSD schools reopen to students on Sept. 8, 2020. Unlike previous years, students will return using a staggered entry—meaning only certain grades start back on September 8. The school will contact families to share the start date for each child. It also helps schools explain to students the new routine and health and safety measures before a full restart takes place.

Pre-Kindergarten (PUF)

- Schools offering Early Entry for PUF.
- Virtual Meetings with parents: The virtual meetings allow families to meet the teacher, share important information about the child, and to ask questions about programming.
- Early entry students will not be able to ride the school bus, families will be paid conveyance.
- Families will receive the staggered-entry schedule from the school.

Kindergarten - Grade 12

- Between September 8 - 11, 2020, children attend school in small groups—of 10 children or less.

- The staggered entry allows children and families to ease into school, which is particularly important this year. It also allows teachers to explain the new routine and health and safety measures before a full restart takes place.
- All families will receive a staggered-entry schedule from the school.

How to prepare for back to school: Practice, Practice, Practice

- Practice washing hands and using hand sanitizer.
- Practice opening prepared foods such as snacks, containers, lunch boxes.
- Practice opening, closing and storing personal items—pencil cases, backpacks, jackets, shoes.
- Practice doing up clothing—zippers, buttons, tying shoelaces.
- Practice proper respiratory etiquette.
- Practice strategies to support physical distancing.

Cohorts

A key strategy NSD is using to limit the spread of COVID-19 is [cohort groupings](#). 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. Overall, the cohort limits the mixing of students and staff throughout the day, reduces the number of people exposed if an individual tests positive for COVID-19, and allows for more accurate contact-tracing reporting. Student cohorts are based on class and course schedules.

Teachers/staff should not be in a cohort with each other, unless it is required for operational purposes (i.e., a teacher and a teacher’s assistant who work with the same classroom cohort). Anyone not assigned to a cohort must physically distance from others and wear a face mask when not able to physically distance.

Physical Distancing

Whenever possible, students, staff and visitors are encouraged to physically distance—maintain at least a two-metre space between two or more people. Schools have also rearranged classrooms and daily schedules to encourage space between students. All extra furniture has been removed from classrooms to allow more space for social distancing. That said, physical distancing is challenging, particularly in the lower grades. Cohort groups further enhance efforts to limit the spread of COVID-19. Unlike previous years, kindergarten to Grade 12 teachers will move from class-to-class as opposed to students, again to reinforce physical distancing measures. Staggered breaks, recesses and transition times, and designated entrances will also limit close contact between students while at school.

How NSD is Limiting Close Contact

- Rearranged classrooms to encourage maximum space between students.
- Staggered recess and break times.
- Capacity limits in washrooms, common areas and elevators (i.e. ADCS).
- Restricted hallway use/hallway markings/directional markings.
- Restrictions for higher-risk activities and group gatherings (i.e assemblies, feasts and social gatherings).
- Protocols for student pick up and drop-offs.
- Protocols for the use of face masks/ face shields when physical distancing is not possible.
- Mandatory use of face masks for Grades 4-12 and highly recommended for students K-grade 3.

Classrooms

Pre-Kindergarten (PUF) and Kindergarten

Maintaining physical distance is often challenging for younger children. Close interactions are also key aspects of play-based learning, which is the foundation of early learning programming. As such, children enrolled in a kindergarten program are encouraged to physically distance. Classrooms are, however, organized in ways to encourage physical distancing.

General classroom protocols

- Children stay in their classrooms during learning times.
- Teachers, not children, move between classrooms, as required.
- All individuals practice good hygiene.
- Classroom organized to encourage maximum space between children.
- Personal bins provided for supplies and personal items
- No sharing of food, utensils, electronic devices, toys, books, games and learning aids.
- All eating takes place in a designated classroom.
- At this time no toys and items from home are permitted in the school.
- Play centres will be designated to only one child for a specified time and then the centre will be disinfected or removed for a minimum of 72 hours before another child will have access to it.
- Clorox Total 360 to deep clean play centres.
- Mandatory masks worn by staff at all times.
- Center materials will be scheduled to ensure no sharing.

Grades 1-6

Maintaining physical distance is often challenging for students in the elementary grades. As such, each class serves as a cohort group that will stay together throughout the school day. Physical distancing is encouraged whenever possible.

General classroom protocols

- All students Grades 4-6 are required to wear face masks and highly recommended for students K- grade 3.
- Children stay in their classrooms during learning times.
- Teachers, not children, move between classrooms, as required.
- All individuals practice good hygiene .
- Classroom organized to encourage maximum space between students.
- Personal materials stored in individual totes organized by cohort groups or proper physical-distancing guidelines.
- No sharing of food, utensils, electronic devices, toys, books, games and learning aids.
- Eating takes place in a designated classroom. Students must remain seated.
- Staggered break times and recess.
- At this time no toys and items from home are permitted in the school.
- Mandatory masks worn by staff at all times.

Grades 7-12

At the junior high and senior high level, cohorting is challenging. Students don't always stay with their homeroom class, moving through the school to attend different subjects. For the most part, schools have created cohort groups for core courses. However, that's not always the case for optional classes. When cohorting isn't feasible, students are expected to physically distance as much as possible. Regardless of being in a cohort or not, NSD requires all staff to wear a non-medical mask and optional face shield while inside a Division school or building. Face masks must still be worn with face shields.

General classroom protocols

- All students Grades 7-12 are required to wear face masks.
- Classroom organized to encourage maximum space between students.
- Teachers, not children, move between classrooms, as required.
- All individuals practice good hygiene .
- No sharing of food, utensils, electronic devices, books, games and learning aids.

- Eating only takes place in designated areas using physical distancing.
- Cleaning and disinfecting of classrooms and desks before and after student or cohort use.
- The sharing of books and equipment is only allowed within a cohort group. Before another student or cohort group uses a shared item, it must be cleaned or stored for 72 hours.
- Staggered break times and transitions.
- Mandatory masks for staff.

System Special Education and Students with Special Education Needs

The return to school presents unique challenges for students within the system special-education programs. As such, school staff are consulting with families to ensure a smooth transition and accommodate a more individualized return to school. When possible, schools have developed cohort groups for these students. In addition, classrooms are organized to encourage maximum distance between students and all individuals must practice good hygiene. In addition, all students, with some exceptions, must wear a non-medical mask. For the parents who make the choice to have the students remain at home, Speech and Language Services as well as Occupational Therapy Services will be available through Zoom or Google Meets.

Breaks and Recess

Schools are staggering breaks, recesses and transition times to minimize the number of people using the outside grounds at any one time. All students are required to stay within their cohort group during breaks and recess. Within their cohort, they can also use the playground and school equipment provided they clean their hands before and after use. All school equipment—balls, hockey sticks, nets, pylons, skipping ropes—must be clean and disinfected before another student or cohort group uses it.

Junior high and senior high students are encouraged to gather within their cohort group during breaks and transitions. Students who gather within a small group of people, who are outside their cohort, **must** physically distance. In both scenarios, students are required to wear a non-medical mask.

Shared-Use Equipment

The use of shared items or equipment is discouraged as much possible. Where possible, equipment (e.g., electronic devices, equipment for gym, science, art, music, shop, etc.) should be designated to an individual student. NSD has purchased individual totes that will contain a student's supplies at the elementary level so there is no sharing of regular items. Items and equipment that are shared between cohort groups are cleaned and disinfected after each use.

Materials difficult to clean—books, papers—are taken out of circulation for 72-hours before use by a new cohort group.

Before and after using any shared item, students and staff must wash or sanitize their hands. To reduce the amount of sharing Elementary students will have all materials in their own individual bins. Junior/ Senior high will have access to digital materials.

In Operation And Out Of Operation

- Water fountains remain in operation.
- Microwaves remain in operation in staff rooms only.
- Locker rooms are out of operation.
- Bottle-filling stations remain in operation where available.
- Vending machines: remain in operation.
- Photocopiers remain in operation for staff use.
- Elevators remain in operation for individuals with mobility issues (Fort Chipewyan).
- The Hot Lunch Program remains in operation.

Bussing

NSD has various measures and protocols in place for Student Transportation, which follow the public-health guidelines. Each NSD bus also has hand-sanitizing stations, which riders must use when entering and exiting the bus. In addition, bus operators have created seating plans to spread riders out, as much as possible—riders must sit in the assigned seat and not move to sit with friends. For the most part, the seating plans have siblings seated together.

Similar to previous years, buses are full for the 2020-21 school year.

What this means: more than one student sharing a seat. Because cohorting and physical distancing is not always possible on the bus, all riders must wear a non medical mask and operators must always wear a non-medical mask and face shield. After each route, each NSD bus is thoroughly cleaned and disinfected to ensure operations take place in the safest way possible.

- Effective for the 2020-2021 school year, all students must be registered to ride the school bus. This includes contracted buses and students attending junior high and high school in another town. Students will not be permitted to ride the bus if they are not registered through the Transportation Department.
- Prior to the start of the 2020-2021 school year, all school buses will undergo a thorough cleaning. The NSD Transportation Department will meet with all school bus drivers and principals prior to school start-up to review COVID-19 requirements.
- Parents will be required to complete daily at-home screening for their child(ren)'s symptoms prior to students boarding the school bus [COVID-19 Alberta Health Daily Checklist](#). The first

checklist is for adults 18 years or older and the second checklist is for children under 18.

Updated May 27, 2021.

- Parents and students should not be in the pick-up area or enter the bus if they have symptoms of COVID-19.
- The bus driver will be provided with a protective face shield for use during loading, unloading and during bus operation.
- Front row seats will have no occupancy. (2-metre physical distance from school bus driver).
- Second row seats will be reserved for students who show symptoms on the route.
- Bus drivers will be provided with cloth reusable non-medical masks.
- Students registered to ride an NSD school bus will be assigned seats, and a record of this seating plan will be kept and updated as needed in order to assist with contact tracing.
- Field trips and activities requiring group transportation should not be scheduled at this time.
- The NSD Transportation Department will support schools in developing procedures for student loading, and unloading that support physical distancing of 2 metres between all persons (except household members), when possible and may include:
 - Students start loading from the back seats to the front of the bus.
 - Where feasible, limit the number of students per bench unless from the same household.
 - Students from the same household may share seats.
 - Students start unloading from the front seats to the back of the bus.
 - If a student becomes symptomatic while on the bus, the driver will contact the NSD Transportation Manager, who will contact the school principal. The school principal will then contact the parent/guardian.
 - A communication workflow process for outbreak notifications will be adopted to include reporting from High Prairie School Division (HPSD), Holy Family Catholic Regional Division (HFCRD), Grande Yellowhead Public School Division (GYPSD), Northern Lights Public Schools (NLSD) and Lakeland Catholic School District (LCSD) to the NSD Transportation Department.
 - Buses will be kept dedicated to one driver as much as possible.
 - Increased frequency of cleaning and disinfection of high-touch surfaces will be completed at the end of the morning and afternoon school bus runs.
 - Drivers will be supplied with disposable gloves, cleaning and disinfectant spray, paper towels and hand sanitizer.
 - Completion of required ongoing cleaning on buses will be documented on driver timesheets.

Large-Group Gatherings

All large-group gatherings are prohibited until further notice. Large-group gatherings include assemblies, convocations, feasts, performances and concerts with audiences, field trips and other social get-togethers. Restrictions on large-group gatherings are reviewed quarterly throughout the school year. Alberta Health recommendations will be followed.

Extracurricular Sports and School Sport Teams

All extracurricular sports and school sports teams—elementary, junior high and senior high are postponed. Locker rooms are also off-limits to students and staff until further notice.

Extracurricular sports and school sport-team restrictions are reviewed quarterly throughout the school year.

Field Trips

For the 2020-21 school year, class and school field trips are changing. Field trips are limited to activities students can walk to and stay outside for. Field trips requiring indoor space or the use of vehicle transportation are prohibited, until further notice. Field trip restrictions are reviewed quarterly throughout the school year.

Outdoor field trip requests located off school property will be carefully vetted by an Associate Superintendent. During the vetting process, field trips must follow protocols listed in this document, as well as any sector-specific guidance relevant to the outdoor location of the field trip, including physical distancing, use of face masks, cohorting, hand hygiene, respiratory etiquette and enhanced cleaning and disinfection.

When submitting field trip requests, please log onto Travel Tracker <https://www.nsd61.ca/information-for-staff/travel-tracker>. Please ensure to upload field trip description documents.

Land Based Learning Activities

As NSD teachers continue to work with their curriculum planning with land based learning, small cohorts of teachers in the school will use a balanced approach to include both indoor and outdoor activities. Land based activities can connect students to histories, cultures and identities through hands-on learning opportunities. Guidelines will require principal approval on the

integrated curriculum activities and safety. Teachers will refer to Administrative [Procedure 260](#) regarding field trip excursions.

School-based Meetings

Throughout the pandemic, meet-the-teacher meetings, parent-teacher interviews and school council meetings are taking place virtually or by phone. Schools and staff are responsible for communicating the related details and facilitating the virtual meetings. All staff meetings will be held virtually or with social distancing. School-based meeting restrictions are reviewed quarterly throughout the school year.

High-Traffic Areas

Schools throughout NSD have controls in place to promote physical distancing in high-traffic areas—main office, hallways, washrooms, staff room, common areas. These include:

- limits non-essential users, staff and students;
- staggered breaks and recesses;
- physical-distancing signs and floor markings;
- removal and restaged seating in public areas to prevent gathering;
- occupancy limits for bathrooms, elevators, staff and meeting rooms;
- strict physical distancing protocols; and
- directional traffic flows.

Libraries and Learning Commons

For the time being, students can't congregate in the library or learning commons. Meetings can take place in these areas when physical distancing is possible. Although students can't congregate, they can use books and materials stored in the library and learning commons. After requesting use, the item is delivered to the classrooms or put on hold for pick up at a designated spot. At the current time elementary classrooms will have a selection of books delivered to each classroom weekly. Once returned, the resource is cleaned and disinfected. Materials difficult to clean are sealed for 72 hours before recirculating.

Playgrounds

Playgrounds are open for use. Students can use the playground with their cohort group. If cohorting isn't possible, physical distancing is mandatory. Staggered school breaks and recess times help limit the number of students using a playground at any one time. Before and after use, students must wash or sanitize their hands.

Gymnasiums

Gymnasiums remain open for use for physical education programming. Schools are required to follow all provincial public-health guidelines, and, when possible, hold physical education activity outside. Other measures include:

- participate in activities and sports that support physical distancing;
- avoid the use of shared items and sport equipment;
- clean and disinfect all equipment after each use; and
- ensure proper hand hygiene.

Fitness Centres

School fitness centres are open for programming purposes only. Recreational use, by staff and students, is strictly prohibited. All activities within a fitness centre require physical distancing, and schools that operate one must follow public-health guidelines for cleaning.

Pick Up and Drop-Off

All NSD schools have procedures in place for student pick up and drop-off to support physical distancing guidelines.

Pre-Kindergarten (PUF) - Kindergarten

- Designated entrances where students meet the teacher or educational assistant—schools will notify families prior to school commencement .
- Separate drop-off and pick-up times for some children with specific medical or individual needs to accommodate cleaning protocols for equipment.
- Children can't enter the building without a school staff member. 15 to 20 minutes before the first bell—before school and after lunch. There will be protocols established by individual schools to support physical distancing and cohorts.
- Hand hygiene protocols when entering and exiting .
- Family members prohibited from entering the school during pick-up and drop-off time—unless medically necessary, or requested by the school. Family members must wear a mask when entering the school or one will be provided.
- No loitering.
- Practice physical distancing and respiratory etiquette. [Cover Your Cough](#).

Grade 1-6

- Designated entrances where students meet the teacher or educational assistant —schools will notify families prior to school commencement.
- Students can't enter the building without a school staff member—15 to 20 minutes before the first bell—before school and after lunch. There will be protocols established by individual schools to support physical distancing and cohorts.
- Hand hygiene protocols when entering and exiting.
- Family members prohibited from entering the school during pick-up and drop-off time—unless medically necessary, or requested by the school
- No loitering.
- Practice physical distancing and respiratory etiquette. [Cover Your Cough](#).

Grades 7-12

- Designated entrances—schools will notify families prior to school commencement.
- Students can enter the school 15 to 20 minutes before the first bell—before school and after lunch. There will be protocols established by individual schools to support physical distancing and cohorts.
- Hand hygiene protocols when entering and exiting.
- Family members prohibited from entering the school during pick-up and drop-off time—unless medically necessary, or requested by the school.
- After entering, students must go directly to their classroom. Congregating at lockers or in the hall is strictly prohibited.
- No loitering.
- Practice physical distancing and respiratory etiquette. [Cover Your Cough](#).

Visitors and Service Providers Entering NSD

Non-essential visitors and contractors ARE NOT permitted in the school or workplace without an appointment. To make an appointment contact the school directly. If permission is granted and an appointment made, the visitor or contractor must complete the [COVID-19 Alberta Health Daily Checklist](#) before entering a NSD school or building. The first checklist is for adults 18 years or older and the second checklist is for children under 18 **Updated February 22, 2021**. If any of the answers to the questions is “YES,” DO NOT enter the school or workplace.

All substitute teachers, classroom supervisors, temporary workers, central office staff, and service providers will all be required to wear a face mask and a face shield if desired. If they choose to wear a face shield they must still wear a mask. After entering, sanitize hands, register attendance at the main office and wait for further instruction from school administration. For deliveries,

offload at the designated location. And, as always, practice respiratory etiquette and physical distancing. Consider wearing personal protective equipment as well. Volunteers and volunteering opportunities within an NSD school or building are suspended until further notice.

Food Handling

The following protocols are in place for food handling in schools, which is consistent with provincial public-health guidelines.

- No sharing of food between students or staff.
- No sharing of utensils, dishes or drink containers.
- No snacks or treats sent into classrooms for special occasions.
- All dishes and utensils will be washed and sanitized after each use.
- Cooks will serve students from a food warmer, maintaining social distancing.
- Students, pre-kindergarten to Grade 12, have a designated spot to eat snacks and food.
- If a student brings snacks or a lunch, these will be kept with the student's belongings—an adult will store lunches in a cubby for those in pre-kindergarten and to prevent others from touching it.
- Use of vending machines is OK.
- Practice good hand hygiene before and after eating . Hand washing is recommended. Hand Sanitizer can be used if handwashing is not possible.
- Practice physical distancing, whenever possible.
- Practice respiratory etiquette [Cover Your Cough](#).

Continued operations with public-health measures

Culinary arts and foods-related courses:

- Operational with near-normal operations using public-health measures.
- Food always prepared individually.
- No sharing of utensils.
- No sharing of food.
- Practice proper hygiene before, during and after food preparation.
- Ongoing cleaning and disinfecting of high-touch areas.
- Cleaning and disinfecting of exterior food packaging before storing and using.

Canteens:

- Operational using public-health measures.
- Pre-packaged food available only, served by designated staff—no self-serve (no food prepared in the canteen).

- Utensils distributed by designated staff—no self-serve.
- Ongoing cleaning and disinfecting.
- No selling from classrooms.

Practice Fire Drills, Lockdown, and Hold & Secure

Each site must review current security processes to determine if changes need to occur due to COVID-19 safety guidelines/Safe Work Procedures. On-site staff must be made aware of any changes to security procedures as per the Staff Orientation Checklist.

Assessment and Student Supports

Diploma Examinations

Diploma exams remain optional for the rest of the school year. Students and their families can choose whether to write an exam or receive an exemption for the January, April, June and August 2021 exams. Students who complete a diploma exam course and have a school-awarded mark are eligible for an exemption. It doesn't matter if they are registered for the diploma exam or not. If they choose not to write the diploma exam, they will be granted the exemption. [Click here](#) for more information.

Provincial Achievement Tests (PATs)

All 2020-21 PATs are optional this school year due to COVID-19. School authorities can choose to participate. For the 2020-2021 school year, Northland School Division is not administering PATs.

Off Campus Education

The Registered Apprenticeship Program (RAP) and work-experience programs are operational, with public-health measures in place. Students are expected to follow health and safety protocols set out by the employer, in compliance with the [Workplace Guidance for Business Owners](#). All worksites are also inspected by NSD before placing students to ensure they meet the appropriate public-health measures. For more information, please review [Administrative Procedure 216 - Off-Campus Education](#).

Science Labs, Career and Technology Foundation and Career and Technology Studies

Science labs, Career and Technology Foundation classes and Career and Technology Studies classes continue with near-normal operations using public-health measures. For these classes, cohorting isn't possible. As such, students must physically distance, as much as possible and wear a non-medical mask. The same is true for staff. Shared-use items, such as lab equipment, is cleaned and disinfected before and after each use. And, as always, ongoing hand hygiene is mandatory—before, during and after.

Student Teachers

Student teachers are permitted to work within NSD—provided health-and-safety orientations, COVID-19 measures and staff protocols are followed.

Delivery of specialized supports

With the return to school, its essential specialized supports resume for students. Schools and staff have specific plans in place to ensure specialized supports and services continue for children and students in special education programs and with disabilities. Teachers who have students with Instructional Support Plans (ISPs) continue to differentiate their lessons, as much as possible.

Often, providing these supports require contact closer than two metres. Protocols are in place to work around physical distancing limitations. In addition, speech-language pathologists, occupational therapists, physical therapists, school psychologists, audiologists and specialized support consultants are taking every precaution to protect the students they work with and prevent the potential spread of COVID-19.

Specialized Support Protocols for Speech-language Pathologists, Occupational Therapists, Physical Therapists, School Psychologists, Audiologists And Specialized Support

- practice good hand hygiene before working with a student;
- practice physical distancing;
- mandatory mask required and face shield if desired;
- clean and disinfect assessment and treatment surfaces;
- clean and disinfect assessment and treatment supplies—toys and materials—between uses;
- practice respiratory etiquette; when meeting with family members, meetings will take place virtually.

School Councils

School councils continue with near-normal operations, using public-health measures. Unlike in previous years, school council meetings are taking place remotely through teleconference/video conferencing—Zoom or Google Meet. Similarly, all Committee of School Councils meetings continue virtually. School Council restrictions are to be reviewed quarterly throughout the school year. For information about specific times and details contact the school principal.

At-Home Learning

NSD is pleased to offer at-home learning for families during the 2020-2021 school year. Orientation for at-home learning students will take place the week of September 14, 2020. Students who choose the at-home learning option can also decide to switch to in-school learning at term/semester breaks and vice versa. The decision to change learning preferences must be made in consultation with school administration at the set entry and exit date to ensure continuity.

Set Entry and Exit Date (For specific dates, please contact your local school)

Elementary: Reporting periods.

Junior high: Reporting periods and semester break.

Senior high: Semester breaks

Career Pathways (Grades 10-12)

Is a blended learning program that exists within our current High School Structure. It provides students with the flexibility of online programming with face to face support of the regular classroom. We currently offer High School courses including High School Mathematics, Science, Social Studies, English and Career and Life Management (CALM). If you would like to know more about online learning please speak to your school principal.

Technology Requirements

To participate in online programming students will need:

- A reliable internet connection
- A device capable of accessing the internet such as a computer, chrome book, or tablet such as an iPad or Android Tablet.
- A web camera for video meetings and lessons (most devices come with these)
- Parent supervision and support
- A quiet space to work.

Appendix

Indigenous Services Canada - First Nations and Inuit Health Branch Environmental Public Health Services Contacts **(Page 45)**

AHS Zone Environmental Public Health Contacts **(Page 45)**

AHS Coordinated Early Identification and Response Team for Schools Contact Information **(Page 45)**

Management of children who are tested for COVID-19 **(Page 46-47)**

Management of adults who are tested for COVID-19 **(Page 48-49)**

[K-12 school re-entry](#)

[Alberta Education's 2020-21 School Re-Entry Plan](#)

[Alberta's Relaunch Strategy](#)

[COVID-19 Information for Albertans](#)

[Resource guide for COVID-19 outbreaks in schools](#)

[Visitor Log Sheet for NSD schools](#)

[COVID-19 Hazard Assessment](#)

[Front Entrance Visitor Signage 8.5 x 11](#)

[Front Entrance Visitor Signage 11 x 17](#)

[Student Registration Form 2020-2021](#)

[Guidance for Outdoor Fitness](#)

[Guidance for Playgrounds](#)

[COVID-19 Relaunch Sports Physical Activity And Recreation](#)

[COVID-19 Student Case Report](#)

[COVID-19 Alberta Health Daily Checklist](#) before entering a NSD school or building. The first checklist is for adults 18 years or older and the second checklist is for children under 18. Updated May 27, 2021.

[COVID-19 information : how long to stay home from school](#)

[Get the Facts: Back to School for 2020-2021](#)

[Parents Guide 2020-2021 School Year](#)

[Guidance for Parents of Children Attending School and/or Childcare](#)

[School Daily Practices](#)

[Clorox Total 360](#)

[Video - Returning to school safely \(Elementary\)](#)

[Video - Returning to school safely \(Junior High and High School\)](#)

Schools can use the following posters:

- [Cover Your Cough \(Page 50\)](#)
- [Do Not Enter If Sick \(Page 51\)](#)
- [Keep A Healthy Distance From Each Other \(Page 52\)](#)

- [Do Not Share Things](#) (Page 53)
- [Things To Do To Stay Safe](#) (Page 54)
- [Wash Your Hands](#) (Page 55)
- [Wash And Sanitize Your Hands](#) (Page 56)
- [How to Wear a Non-medical Mask](#) (Page 57)
- [Follow the rules for masks in your school](#) (Page 58)
- [School Visitors Must Wear a Mask](#) (Page 59)

[Help in Tough Times](#) (Image of webpage on Page 60)

COVID -19 - Custodial Daily Cleaning (Page 62)

Indigenous Services Canada - First Nations and Inuit Health Branch Environmental Public Health Services Contacts

ISC-First Nations and Inuit Health Branch	Regular Business Hours 8:00 am - 4:00 pm	
Edmonton Office	Environmental Public Health	780-495-4409

AHS Zone Environmental Public Health Contacts

Zone	Contact Email Address	Phone Number
North Zone	northzone.environmentalhealth@ahs.ca	Grande Prairie 780-513-7517

AHS Coordinated Early Identification and Response Team for Schools Contact Information

The AHS Coordinated Early Identification and Response (CEIR) team is available to school administrators and school authorities who want to reach AHS for guidance or decision making support. If schools do not have an AHS contact who they are currently working with, or are unsure of who to call, the team can be reached at:

Zone	Contact Phone Number
All Zones	1-844-343-0971

Please note: this phone number is **only to be used by school administrators and school authorities** for guidance or decision making support. This number is not to be distributed to be used by parents/guardians, students or staff. **For individual health advice, parents/guardians, students and staff can be directed to call Health Link at 811.**

Management of children who are test for COVID-19

Symptoms	COVID-19 Test Result	Management of Individual	Management of Individual's Close Contacts*:
Symptomatic	Positive	Isolate for a minimum 10 days or until symptoms have improved AND afebrile for 24 hours, without the use of fever-reducing medications, whichever is longer.	Quarantine for 14 days from last exposure.
	Negative	Stay home until symptoms resolve. Except if identified as a close contact of a confirmed case: Quarantine for 14 days since the last exposure (even with a negative result).	No quarantine required.
	Not Tested	If symptoms include fever, cough, shortness of breath or loss of sense of taste/smell: Isolate for a minimum for 10 days or until symptoms have improved AND afebrile for 24 hours, without the use of fever-reducing medications, whichever is longer. Except if identified as a close contact of a confirmed case: Quarantine for 14 days since the last exposure.	No quarantine required. Except if symptomatic individual identified as a close contact of a confirmed case: Close contacts of this individual should quarantine for 14 days from last exposure to this individual.
		If other symptoms (chills, sore throat/painful swallowing, runny nose/congestion, feeling unwell/fatigued, nausea/vomiting/diarrhea,	No quarantine required.

		<p>unexplained loss of appetite, muscle/joint aches, headache or conjunctivitis):</p> <ul style="list-style-type: none"> ● ONE symptom: stay home, monitor for 24h. If improves, return when well enough to go (testing not necessary). ● TWO symptoms OR ONE symptom that persists or worsens: Stay home until symptom(s) resolve (testing recommended but not required). <p>Except if identified as a close contact of a confirmed case: Quarantine for 14 days since the last exposure.</p>	
Asymptomatic	Positive	Isolate for a minimum of 10 days from the collection date of the swab.	Quarantine for 14 days from last exposure.
	Negative	No isolation required. Except if identified as a close contact of a confirmed case: Quarantine for 14 days since the last exposure (even with a negative result).	No quarantine required.

Management of adults who are test for COVID-19 (COVID-19 variant information on page 49)

Symptoms	COVID-19 Test Result	Management of Individual	Management of Individual's Close Contacts*:
Symptomatic	Positive	Isolate for a minimum 10 days or until symptoms have improved AND afebrile for 24 hours, without the use of fever-reducing medications, whichever is longer.	Quarantine for 14 days from last exposure.
	Negative	Stay home until symptoms resolve. Except if identified as a close contact of a confirmed case: Quarantine for 14 days since the last exposure (even with a negative result).	No quarantine required.
	Not Tested	If symptoms include fever, cough, shortness of breath, sore throat or runny nose: Isolate for a minimum for 10 days or until symptoms have improved AND afebrile for 24 hours, without the use of fever-reducing medications, whichever is longer. Except if identified as a close contact of a confirmed case: Quarantine for 14 days since the last exposure.	No quarantine required. Except if symptomatic individual identified as a close contact of a confirmed case: Close contacts of this individual should quarantine for 14 days from last exposure to this individual.
		If other symptoms, stay home until symptoms resolve. Except if identified as a close contact of a confirmed case: Quarantine	No quarantine required.

		for 14 days since the last exposure.	
Asymptomatic	Positive	Isolate for a minimum of 10 days from the collection date of the swab.	Quarantine for 14 days from last exposure.
	Negative	No isolation required. Except if identified as a close contact of a confirmed case: Quarantine for 14 days since the last exposure (even with a negative result).	No quarantine required.

***Close Contacts:**

- Provide direct care for an individual with COVID-19 or who had similar close physical contact OR
- Had close prolonged contact OR
- Had direct contact with infectious body fluids of an individual with COVID-19 (i.e., was coughed or sneezed on).

COVID-19 Variant Information

Recently, new variant COVID-19 strains were identified in the United Kingdom, South Africa and Brazil. These strains are Variants of Concern because they appear to spread more easily than other strains. They have since also been identified in many other countries around the world.

Should you test positive for a Variant of Concern, and choose to stay in your own home to isolate, household contacts need to stay at home in quarantine until 14 days have passed from the end of the case’s isolation period, which is 10 days. This means, household contacts that stay at home, need to quarantine for 24 days. For more information visit the [AHS website](#).

COVID-19 INFORMATION

COVER YOUR COUGH



Cough and sneeze
into your elbow

Wash your
hands after



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COVID-19 INFORMATION

DO NOT ENTER IF SICK



Students and family members should not enter school if they have any of these symptoms:

- Fever
- Feeling unwell/Fatigued
- Cough
- Nausea/vomiting/diarrhea
- Runny nose/nasal congestion
- Unexplained loss of appetite
- Sore throat
- Painful swallowing
- Shortness of breath
- Chills
- Loss of sense of taste or smell
- Muscle/joint aches
- Headache
- Pink eye

Stay home if you had close contact with someone who is ill or suspected of having COVID-19.

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COVID-19 INFORMATION

KEEP A HEALTHY DISTANCE FROM EACH OTHER



- In hallways
- In classrooms
- In the playground
- In the lunch area

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COVID-19 INFORMATION

DO NOT SHARE THINGS

—

Do not share
personal items,
including food,
and store your
belongings
separately.



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COVID-19 INFORMATION

THINGS TO DO TO STAY SAFE

- Wash your hands
- Keep a safe distance from each other
- Cover your cough
- Stay home if sick
- Do not share food or personal items

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COVID-19 INFORMATION



WASH YOUR HANDS



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COVID-19 INFORMATION

WASH AND SANITIZE YOUR HANDS



BEFORE

- entering school
- entering your classroom
- eating
- leaving school

AFTER

- sneezing or coughing
- using shared equipment
- using the washroom, water fountain, vending machine and microwave

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COVID-19 INFORMATION

HOW TO WEAR A NON-MEDICAL MASK

Non-medical masks, including homemade cloth masks, can help prevent the spread COVID-19. They are another tool to use in places where it's difficult to keep two metres from other people for extended periods of time – such as public transit, grocery stores, pharmacies, hair salons, airplanes and some retail shops.

Masks do not replace proper hygiene, physical distancing or isolation to prevent the spread.

SAFELY PUTTING A MASK ON

- 1 Wash/sanitize your hands.
- 2 Inspect the mask, holding it by the ties or loops. Discard if damaged or dirty.
- 3 Open fully to cover from the bridge of your nose to your chin.
- 4 Adjust the mask to your face so there are no gaps on the side.
- 5 If mask has stiff edge, pinch to close gaps between nose and mask.
- 6 Keep your nose, mouth and chin covered at all times. **Avoid touching the mask.**

SAFELY TAKING OFF A MASK

- 1 Wash/sanitize your hands.
- 2 Remove it from the back by releasing ties or loops. Do not touch the front of the mask.
- 3 Discard the mask immediately if disposable. Wash thoroughly if reusable.
- 4 Wash/sanitize your hands.
- 5 Wash/sanitize your hands.

FOR MORE INFORMATION ON WEARING AND CARING FOR YOUR MASK

alberta.ca/masks



COVID-19 INFORMATION

WEAR A MASK



Follow the rules for masks in your school



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COVID-19 INFORMATION

SCHOOL VISITORS MUST WEAR A MASK



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COVID-19 info for [Albertans & Health Professionals](#) and about [Family Support & Visitation](#).

COVID-19 testing available for all Albertans. [Book now](#).

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[FIND HEALTHCARE](#) ▾

[INFORMATION FOR](#) ▾

[CAREERS](#) ▾

[NEWS](#) ▾

[AHS IN MY ZONE](#) ▾

[Home](#) > [Information For](#) > [Patients & Families](#) > [Addiction and Mental Health](#) > [Help in Tough Times](#)

Help in Tough Times

We're here to help

At some point in our lives we all have stressful times. We can be impacted by such things as financial pressures, unexpected difficulties, unemployment, or stressful situations such as the current outbreak of the [novel coronavirus \(COVID-19\)](#).

Support is available from Alberta Health Service Addiction and Mental Health, although how the services are provided may have changed.

Alberta Health Services has resources and services, such as [Text4Hope](#), available to help you or someone you know. Remember, if you are struggling you are not alone. There are supports in place to help you.

- Free Virtual Stress Management Workshops August 27 and September 29 - see [Public Service Announcement](#) for more information.

Get Help Now

- Emergency – 911
- [Health Link](#) – 811

Self-Help

Emergencies & Disasters

- [Alberta Ready – Are You Prepared?](#)

COVID -19 - Custodial Daily Cleaning

High Traffic Area

- Tables and desks.
- Countertops.
- Chair-backs.
- Door Knobs inside and outside.
- Light switches (throughout the entire school).
- Cabinet pulls and handles
- Handrails.
- printer/copier (disinfectant has been provided so staff can disinfect per use).

Front desk/Staff desks

- Phones, computer mouse, and keyboards (Some staff have chosen to do their own computer area).
- Desk accessories such as staplers, tape dispensers, and pen-cups.
- Digital touchscreens.
- Coat-racks and hangers.

Kitchen & Break Area

- Appliance handles and controls (fridge, toaster, oven, dishwasher).
- Chair-backs at seating areas.
- Coffee station and coffee/tea service items.

Bathrooms

- Bathroom fixtures (toilet handles, faucets, soap and towel dispensers).
- Waste-bins
- Door and stall handles.

Conference Room

- Technology controls such as speakerphone buttons, remotes.
- Touchscreens.
- Whiteboard accessories such as pens and erasers.
- Weight Room ALL equipment.

All areas within the school need to be dusted

Contributors

Northland School Division is fully committed to working together to prepare for the reopening of schools. Our thanks to everyone involved in the development of this plan. Special thanks to Elk Island Public Schools, Foothills School Division and High Prairie School Division for their assistance.

The NSD 2020-2021 Re-entry Plan was created by a committee of school principals, directors and senior administration—in consultation with the Board of Trustees of Northland School Division, Alberta Education, Alberta Health Services, Alberta Teachers' Association and the College of Alberta School Superintendents (CASS).