

Student and Parent Health and Safety Orientation

Okanagan Mission Secondary School
September 10-11, 2020



Why do students and parents need a Health & Safety Orientation this year?

- ❖ The world is in the midst of a global pandemic involving a virus that has no vaccine to prevent it from spreading.
- ❖ All governments are trying to keep their citizens safe by enforcing and encouraging public health orders and directives to help prevent the spread of the virus.
- ❖ School District 23 and Okanagan Mission Secondary School have developed protocols in accordance with Public Health Directives to ensure that all students can attend school and be safe doing so.
- ❖ It is crucial that students follow the protocols as outlined in this presentation to prevent the spread of COVID 19 and to keep themselves and others safe.

Routes of Transmission

Droplet (direct transmission)

- sneeze/cough/breath droplets travel short distance (2 metres)
- droplets with the virus directly enter the body through the eyes, nose, or mouth

Contact (indirect transmission)

- person touches a surface contaminated with the virus with their hands (such as another person, an object, or themselves) and then touches their eyes, nose, mouth

COVID-19 is a respiratory disease and is not transmitted through blood or personal contact except as indicated above.

Signs and Symptoms

Common Symptoms:

fever, chills, cough, shortness of breath, sore throat, runny nose, loss of sense of taste or smell, headache, fatigue, diarrhea, loss of appetite, nausea/vomiting, muscle aches

Less Common Symptoms

stuffy nose, conjunctivitis (pink eye), dizziness, confusion, abdominal pain, skin rashes, discoloration of fingers/toes

Symptoms may appear 2-14 days after exposure. Symptoms can range from mild to severe. Children have similar symptoms to adults, but are less likely to have fever, shortness of breath or cough.

Physical Distancing

Maintaining 2 metres (6 feet) distance between yourself and others prevents direct droplet transmission of COVID-19.

Risk of exposure due to not physical distancing increases with the:

- frequency of proximity interactions (number of people you come near)
- intensity of proximity interactions (closer you come to people)
- duration of proximity interactions (length of time spent in close interactions)

Cohorts (Learning Groups)

- a group of students and staff who remain together throughout a school term and who primarily interact with each other. Secondary cohorts are to be no more than 120 students.
- members of the same cohorts must minimize physical contact but they are not required to maintain physical distance. Masks are not required to be worn within learning groups.
- Grade 9's have been placed in a cohort of 120 students or less and remain in that cohort all day.
- Grade 10-12, your cohort is your morning block. In the afternoon you are not in your cohort.

Middle and Secondary School Learning Groups

Students interacting with others outside of their cohort must always maintain physical distance.

If physical distance cannot consistently be maintained by individuals outside of a cohort, non-medical masks should be worn by both staff and students.

Hand Washing: The most effective way to prevent the spread of COVID 19

REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



1

Wet hands with warm water



2

Apply soap



3

For at least 20 seconds, make sure to wash:



4

Rinse well



5

Dry hands well with paper towel



6

Turn off tap using paper towel



palm and back of each hand



between fingers



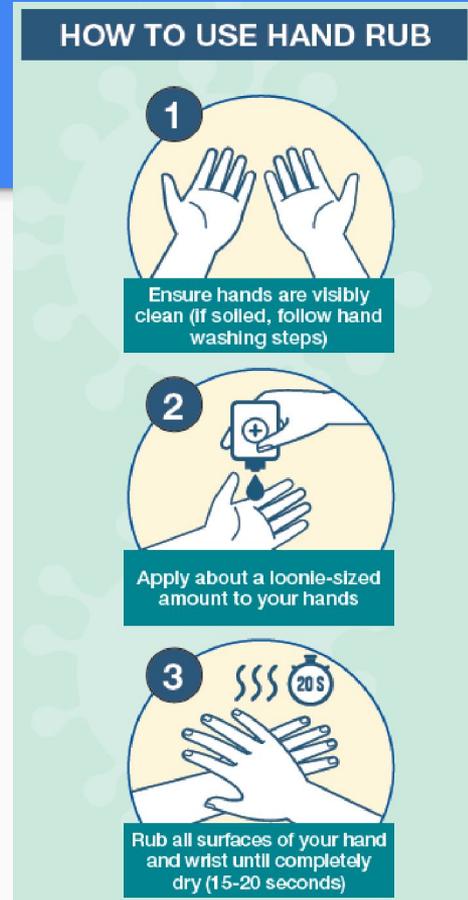
under nails



thumbs

Hand Sanitizing

- If hand washing is not available hand sanitizing with an alcohol-based hand sanitizer composed of at least 60% alcohol is an alternative.
- All entrances to the school have a hand sanitizing station. Students must use hand sanitizer as soon as they enter the building.
- Hand sanitizer will be located in the hallways and in each classroom for students.



Cough / Sneeze Etiquette



Cover your mouth and nose with a tissue when you cough or sneeze.



Throw tissues away immediately.



No tissue? Cough or sneeze into your upper sleeve, not your hands.



Wash your hands often with soap and water or an alcohol-based hand sanitizer.



Stay home if you are sick.

Symptomatic Students

- Any person that has a cold, flu, or Covid-19 like symptoms are considered symptomatic.
- Symptomatic students can not attend school, even if the symptoms are mild.
- Parents of symptomatic students must contact 811, or their family doctor to determine if the student should be tested for COVID 19.
- Symptomatic students must wait until they have **no** symptoms in order to return to school.

Symptomatic Students

- If a student is in contact with anyone who develops COVID-19, they must self-isolate for 14 days before returning to school.
- A student may still attend the site if a member of their household has a cold, influenza, or COVID-19-like symptoms, provided they themselves are asymptomatic (do not have any symptoms).
- Students who have seasonal allergies or symptoms that are related to an existing condition can continue to attend school when they are experiencing these symptoms as normal.

Daily Health Checks

- Students, parents, and visitor must do a Daily Health Check every day before they come to school.
- Parents are responsible for ensuring that the Daily Health Check is completed.
- A Daily Health Check checklist/questionnaire is located on the OKM webpage under the tab “Documents & Publications.”The Form will also be available [here](#). Students do not need to hand in this form at school. It is for home use only.
- School staff will not be screening students for symptoms, checking temperatures or other COVID-19 testing.

What happens when a student gets sick at school?

- Students will be taken to an isolation room located in the school, by a school staff member.
- The student will be given a mask if they do not already have one.
- The student's caregiver will be contacted to come and pick them up.
- Parents will be asked to have the student assessed by a medical practitioner, or through 811, before they can come back to school.
- The isolation room will be sanitized after each use.

If COVID-19 should show up in our students or staff:

- We will follow the direction of the Public Health officials.
- Parents will receive communication from the school as directed by Public Health.

Cleaning / Disinfecting

- General cleaning/disinfecting at least once every 24 hours.
- Frequently touched items at least twice every 24 hours.
- Students may be asked to help sanitize items that were used by them in the classroom: chromebooks, sports equipment, paintbrushes, etc. Commercial grade non-irritating sanitizer has been provided to each classroom.
- Teacher or staff will give direction on how to sanitize.
- Time at the end of each class will set aside for this cleaning.

Non-medical Masks

Must be worn by staff and students:

- When interacting with people outside their cohort (learning group) and when physical distancing cannot be consistently maintained.
- At all times in high traffic common areas such as hallways, Multi, front office, counselling center.
- Wearing non-medical masks outside of the circumstances outlined above is a personal choice and will be respected.
- Students are not mandated to wear masks in the classroom, but will be encouraged to do so.
- A student will not be removed from a classroom because they are not wearing a mask.

Non-medical Masks

On school buses:

- masks to be worn at all times by our student and staff when riding in a school bus.



School Bus Riding Protocols

- A student must not ride a school bus if they are symptomatic.
- Masks must be worn when riding in a school bus. If a student is not wearing a mask or is not willing to wear a mask, they will be denied access onto a school bus.
- Students must wash their hands before they leave home to meet the bus, before they leave school prior to boarding the bus, and when they arrive home.
- Should use hand sanitizer when boarding the bus.

School Bus Riding Protocols (continued)

- Students will sit in assigned seat and will not exchange seats.
- Guest passengers will not be permitted. Only those assigned may ride.
- Students must not consume food or beverages, with the exception of personal water bottles.
- Students must load the bus as directed by the bus driver.

Visitors to OKM

There will be no visitors (including parents, ex-students, community members) to OKM unless they:

- have an appointment with a staff member.
- have completed a Daily Health Check prior to arrival.
- sign in and out at the front office leaving their name and phone number in a sign-in book.
- follow the Daily Entry protocols.
- uninvited students, parents, and community members will be refused access and asked to leave the building.

Daily Entry Protocols for OKM

- Students should enter the building at the door nearest to their classroom.
- Students must immediately upon entering the school, apply hand sanitizer, to be located at each entrance.
- Students must then proceed to the nearest hand washing station to wash their hands.

Foot Traffic Flow at OKM

- Hallways to remain two way. Use directional arrows. Students must walk on the right side of the hallway.
- Students are not allowed to bunch up or walk in groups.
- Students will have staggered break times to reduce the number of people moving about at any given time.
- Students should remain in the classroom during breaks unless they are transitioning to another classroom, need to use the washroom, or need to go to the counselling or front offices. There will be no hanging out in the hallways or common areas.

Physical Distancing at School

Students must ensure that they maintain a two metre physical distance between school staff and other students:

- When they are not in their cohorts.
- When entering or exiting the school or classroom.
- When they are lining up for any activity.
- When they are going into the front office, counselling centre, in the hallways and common areas, and when lining up for the bus.

Break/Lunch Expectations

- Smoke/vape pit is closed until further notice.
- Breaks are staggered to reduce hallway crowding.
 - During breaks students can access washrooms or water fountains.
 - Visiting in the hallways is not allowed; students may visit outside, physically distanced, or take their break in their classroom.
- At lunch or the end of the day students will exit the building immediately via the closest door, unless they have another class, or are going to the front office or counselling center.
- Students who have after-school classes will go directly to those classes at the end of the day and not linger in the hallways or common areas.

Lunch



- Students are encouraged to go outside for lunch
- Students are expected to clean up after themselves and sanitize their eating area before they go to their afternoon class.
- Students remaining inside for lunch stay in their AM classroom
 - Alternate locations will be arranged for Tech Ed, Foods, PE, Drama students
- Students are expected to clean up after themselves and sanitize their eating area before they go to their afternoon class.
- Students may be asked to leave the room briefly to allow the custodians to clean. Students will remain in the hallway in the hallway with their masks and then return to the classroom to finish their lunch or wait until the afternoon class.

Students not attending in the afternoon are expected to leave campus.

Sharing of items

- Sharing of personal items discouraged
 - phones, pens, personal food, water bottles, vapes
- Any shared item (appliances, tools, equipment, technology, etc.) must be sanitized after each use.
- Students may be asked to help sanitize shared items after they are used.

Classroom Protocols

Students will

- Physically distance when not in their non-cohort group. This applies to Grade 10-12 during their afternoon class, and 9-12 in all multi-grade classes.
- Wash their hands before entering a classroom at the nearest hand washing station.
- Use hand sanitizer, provided in each classroom.
- Use the same seat, desk, or table for the whole term or quarter.
- Not get up and wander around the classroom unless directed by a teacher or staff member.
- Not leave the classroom for any reason, unless permission is received from the teacher, and then wear a mask in the hallways or common areas.
- Not enter any other classroom, workspace, or gym if they do not have a class there.

Food and Food Preparation

- Students cannot share homemade foods like birthday treats. Bake sale items are not allowed to be made available to staff or students
- All heating and cooking devices, i.e: microwaves, toasters, and kettles will not be available to students. Ensure that they bring a lunch that does not require reheating.
- Students will not share food that they cooked in Foods classes with other students or staff.

Water Fountains

- Water fountains are on and available for staff and student use.
- Students should bring a personal water bottles to school.
- If drinking from a water fountain, avoid touching the fountain with your mouth.
- Water fountains will be disinfected at least twice a day.

PE and Sports

- Students will be outside as much as possible for PE classes. Please ensure that they dress accordingly.
- If a student has PE, encourage them to come to school in clothing for the PE class and to reduce the need to use the change rooms.
- Change rooms will be available to a maximum of four students at one time. Students waiting to use the change room must physical distance until it is there turn.
- Masks must be worn in the change room if the student is unable to physically distance.
- Students may be expected to help sanitized shared equipment after they use it.

Lockers

Lockers will not be assigned to students at this time.

Students should only bring to school what they need to use for that day.

Washrooms

- Students will continue to use the washrooms as needed: at breaks, at lunch, and with their teachers permission.
- Students must use masks in the washroom unless they can physically distance.
- Only four students are allowed in the washroom at one time. Students waiting to use the washroom must physically distance outside.
- Students found vaping in the washroom will be consequenced and their names will be sent to the Tobacco Control Officer for a possible fine.

Gyms, Hallways, Common Areas.

- Gyms are out of bounds at breaks and lunch.
- Students are not to be in the gyms during class time, unless they have a class there.
- Hallways and common areas are out of bounds for all students during breaks and lunch, unless you are:
 - in transition from one class to another.
 - Have permission to be in the hallway, given to you by a staff member.
 - Are with a supervising teacher or staff member.

Mental Health and Well-being

- We understand that students and parents are approaching the return to school with different levels of anxiety and uncertainty.
- If everyone follows the protocols this will help reduce some of the anxiety and uncertainty.
- Students are asked to approach their dealings with other students and staff members through a compassionate lens of understanding.
- If students and parents have any concerns or questions, please contact your student's administrator: Mike Dornian, A-L, or Jasmine Lemon, M-Z, or counsellor: Jen Mackereth, A-L or Solenn Dishaw, M-Z.

Finally:

The teachers and staff at OKM want every student to have a fantastic year, despite the restrictions placed on us by the COVID-19 pandemic.

If you have any concerns or questions, please ask your teacher, your counsellor, or your administrator for help or assistance.

And remember...take care of each other and be kind to one another.

In the words of Dr. Bonnie Henry, the Chief Medical Health Officer of BC.:

“This is not forever, this is only for now.”