

## COVID-19 INFORMATION

# PARENTS' GUIDE 2020–21 SCHOOL YEAR

Return to near normal daily in-school classes with health measures



### Learning in the new school year

Students will return to school daily at the beginning of the new school year. There are health measures that everyone has to follow to reduce the risk of COVID-19 and help stay safe.

While your school will develop a plan to meet the government's health recommendations, everyone will have a role to play.

## PARENTS' ROLE IN KEEPING SCHOOLS SAFE

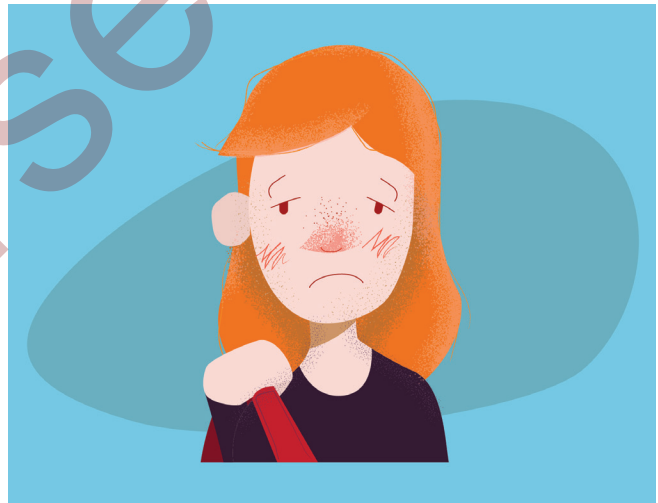
### Screen for symptoms every morning

Check every morning to see if your child has any of these symptoms.

If yes, they must stay home:

- Fever, cough, shortness of breath/difficulty breathing, sore throat, chills, painful swallowing
- Runny nose/nasal congestion, feeling unwell/fatigued, nausea/vomiting/diarrhea, unexplained loss of appetite
- Loss of sense of taste or smell, muscle/joint aches, headache, Conjunctivitis (Pink Eye)

Use the [Self-Assessment tool](#) to check if your child should be tested for COVID-19.



### Stay home when sick or if in contact with someone who is sick

Students, parents or family members must not enter school if they:

- Feel sick or have symptoms of COVID-19
- Had close contact with a confirmed case of COVID-19 in the last 14 days
- Had close contact with a symptomatic close contact of a confirmed case of COVID-19 in the last 14 days
- Have traveled outside of Canada in the last 14 days



For more details: [alberta.ca/returntoschool](https://open.alberta.ca/publications/covid-19-information-parents-guide-2020-21-school-year)

## Mask requirements

Parents can help older children get comfortable wearing [masks](#) as they are required for students in grades 4–12 where physical distancing cannot be maintained such as:

- In all shared areas, such as in hallways
- On a bus
- When activities inside the classroom involves close interactions between students, or students and staff.

[Exemptions](#) will be made for students and staff who are unable to wear a mask due to medical or other needs.

Mask use in students up to grade 3 is not required.

All adult school visitors are required to wear a mask

***\*Your school board may have additional mask use practices.***

## Keep a safe distance

Keep two metres between you and others when possible:

- During drop-off and pick-up
- During interactions with a teacher, school staff or other parents and students

## Pick up students promptly if they show symptoms at school

You will be asked to pick up your child from school immediately if they show symptoms. Please ensure the school has your most up-to-date contact information so they may reach you if your child needs to be picked up.

## Taking your child to school

If your child normally takes the bus, consider taking them directly to school if your personal situation allows for it. This would help with physical distancing on the bus for students who do not have other options besides taking the bus.



## WHAT STUDENTS NEED TO KNOW

Talk to your child about some of the new health measures to help them prepare for the first day of school:

### Cohort

A cohort—or bubble—is a group of students and staff who remain together. The size of the cohort will depend on the physical space of the classroom.

The risk of COVID-19 is reduced by limiting exposure to others. Staying in a cohort also makes contact tracing easier and faster if there is a suspected case of COVID-19.

- Sanitize hands before entering school and classrooms
- Keep a distance between others and follow marks in hallways
- [Wearing mask](#) for students in grades 4–12
- Do not share food or personal items
- Cover coughs and sneezes
- Tell staff if feeling sick at school
- Lunch and recess time may change to allow for more physical distancing
- Students may be asked to stay in their own cohort to decrease contact with others
- Students who take the bus will have to sit in the same seat every day.

Your child may feel nervous about what school will be like. While there will be changes, the key school experience will be the same as before—they will learn in class with their teacher and see friends.



## HEALTH MEASURES AT SCHOOLS

Schools will follow detailed [health guidelines](#) to prepare for the return of students. For example:

- More cleaning and disinfection of high touch areas and shared equipment
- Allow for physical distancing when possible, which may include:
  - Stagger pick-up and drop-off times
  - One-way or marked hallways and designated entrance and exit doors
  - Leave space between desks and tables
  - Stagger start and end-times for classes and lunchtime to avoid crowded hallways and lunchrooms
  - Limiting bathroom occupancy
- When physical distancing is not possible, extra emphasis will be on hand hygiene, covering coughs and sneezes, and cleaning.
- Students, where possible, will be cohorted by class.

For more details: [alberta.ca/returntoschool](https://alberta.ca/returntoschool)