



We can't
“mask”
our excitement
to have
you back!

www.burnabyschools.ca

What Each of Us Does Matters

We are all working together to keep ourselves, each other, and our school community safe.

It's the big and little things we do that help.

COVID 19 HEALTH & SAFETY PROTOCOLS

- COVID-19 HAS IMPACTED ALL OF US AND HOW WE LIVE EACH DAY.
- THE WAY WE DO THINGS IN SCHOOL HAS CHANGED BECAUSE WE WANT TO MAKE SURE WE ARE ALL SAFE.
- THIS HEALTH AND SAFETY ORIENTATION IS TO INFORM YOU OF OUR PROTOCOLS HERE AT BURNABY CENTRAL.
- THIS PRESENTATION IS DESIGNED TO BE AS CLEAR AS POSSIBLE • OUR HEALTH AND SAFETY PROTOCOLS ARE ONGOING. WE WILL CONTINUE TO REMIND AND UPDATE STAFF AND STUDENTS THROUGHOUT THE SCHOOL YEAR.

BURNABY CENTRAL'S RETURN JAN 2022

Burnaby Central's Return to School Plan is informed by the guidelines provided to us by the Burnaby School District, the BC Ministry of Education and BC's Chief Medical Officer, Dr. Bonnie Henry. We are committed to educating all staff and students around Health and Safety protocols. This work will be ongoing throughout our school year.

The safety of our staff and students is our priority. Our Staff and Student Orientations will cover our health and safety protocols so that students arrive on January 10th prepared to safely begin their classes. All presentations will be posted on our school website for students to access and review.

WEAR YOUR MASK

- Provincial Health Order states – All K-12 students, staff & visitors are required to wear a mask while indoors at school.

Covid 19 virus is airborne, and the Omicron variant is highly transmissible, mask wearing is an important layer of protection for yourself and others around you.

Here is a short video from the WHO that explains what airborne means:

<https://www.youtube.com/watch?v=oqFn6AHoJZQ>



Masks are required for K to 12 students.

If the mask gets dirty or you sneeze in it, put on a clean mask.

Avoid touching the front of your mask - it's the outside of it that can get others' germs. take it off to eat and drink

COVID-19

HOW TO WEAR A CLOTH FACE MASK

PUTTING ON YOUR MASK



- 1 Wash or sanitize your hands before touching your mask
- 2 Put the loops around your ears
- 3 Cover your mouth and nose so there are no gaps, fitting the mask under your chin


REMOVING YOUR MASK



- 1 Wash or sanitize your hands
- 2 Do not touch the front of your mask, lean forward and gently remove it by the loops
- 3 Wash or sanitize your hands

Appendix B – Daily Health Check for Students

Parents/caregivers and students can utilize the provincial [K-12 Health Check app](#) for daily assessment of symptoms or use the “Daily Health Check” for students below. Translations in multiple languages have been provided by the Ministry of Education and are available at www.burnabyschools.ca

 DAILY HEALTH CHECK	
KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C)	If yes to 1 or more of these symptoms: Stay home. Contact a health-care provider or call 8-1-1 about your child’s symptoms and next steps.
Chills	
Cough	
Difficulty breathing	
Loss of sense of smell or taste	
OTHER SYMPTOMS	WHAT TO DO
Sore throat	If yes to 1 symptom: Stay home until your child feels better.
Loss of appetite	
Headache	If yes to 2 or more of these symptoms: Stay home for 24 hours. If symptoms don’t get better or get worse, contact a health care provider or call 8-1-1 about your child’s symptoms and next steps.
Body aches	
Extreme fatigue or tiredness	
Nausea and vomiting	
Diarrhea	
INTERNATIONAL TRAVEL	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	If yes: Fully vaccinated students who have travelled outside of Canada may qualify for the fully vaccinated traveller exemption . Students who are not fully vaccinated and have travelled outside of Canada CANNOT attend school for 14 days after arrival, as part of federal requirements .
CLOSE CONTACT	WHAT TO DO
Have you been notified by public health that your child is a close contact of a person confirmed to have COVID-19?	If yes: Follow the instructions provided by Public Health.

You can also check your child’s symptoms with the [K-12 Health Check](#) or the [BC Self-Assessment Tool](#).

Call 8-1-1 with any questions about symptoms of illness. If your child has severe symptoms, like difficulty breathing (e.g. struggling to breathe or speaking in single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.

Please visit the [BC Centre for Disease Control website](#) for more information on COVID-19.

DAILY SELF-HEALTH CHECK

- BEFORE YOU COME TO SCHOOL REMEMBER YOU WILL NEED TO COMPLETE YOUR DAILY SELF-HEALTH CHECK.
- STUDENTS AND STAFF WITH ILLNESS SYMPTOMS MUST STAY HOME.



DAILY HEALTH CHECK

How to complete you Daily Health Check?

Each student's daily health check needs to be completed before entering the building.

- Daily Health Check located on Burnaby Central Website

And

- you can use the Province's online assessment tool, please click on health check assessment:

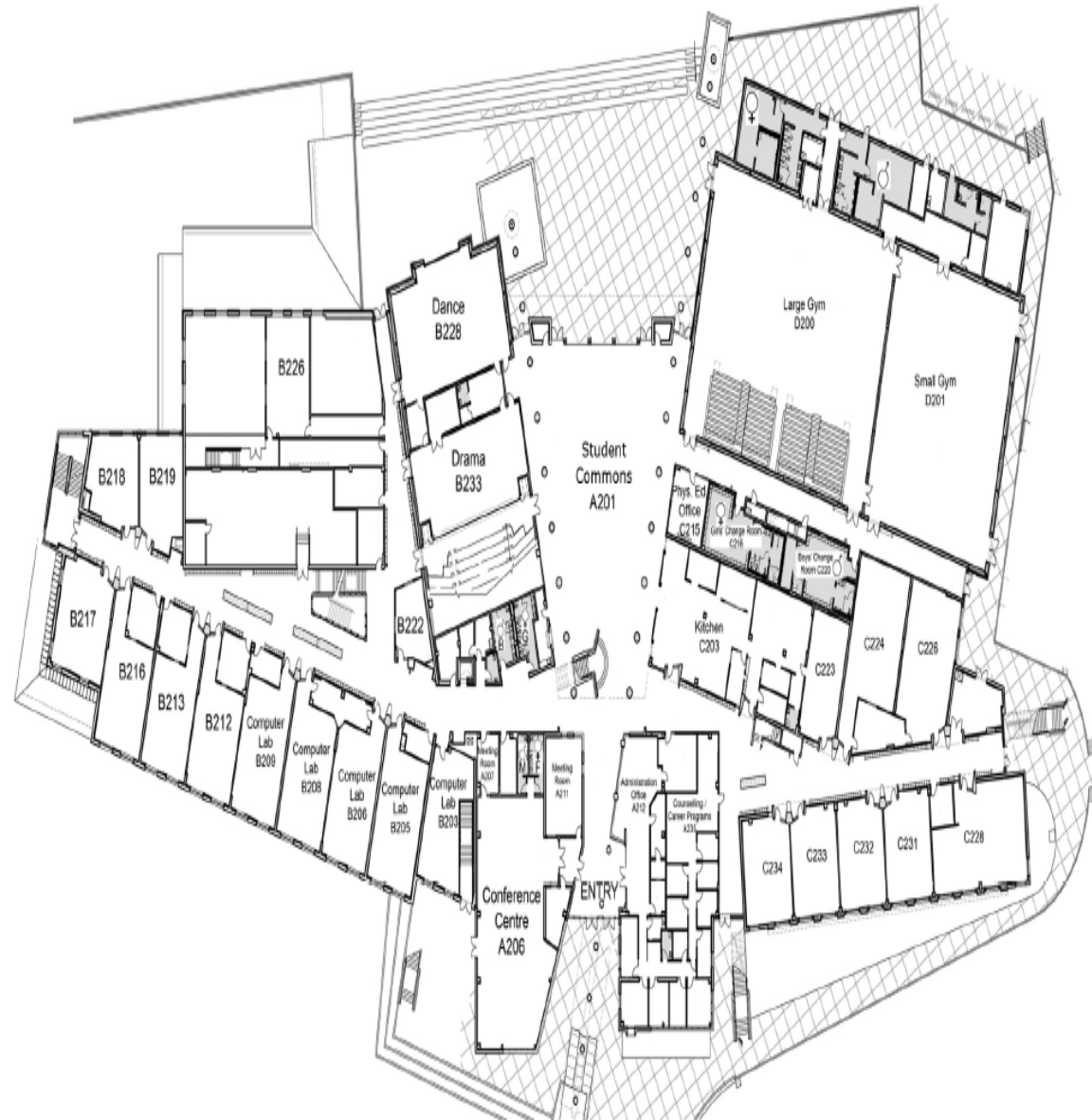
<https://www.k12dailycheck.gov.bc.ca/healthcheck?execution=e6s1>

BURNABY CENTRAL ENTRANCE/ EXITS 2022

Gr 8s & 9s – Must enter through front entrance doors

Gr 10s-12s – Must enter through Parking lot entrances

Students must leave the school based on their nearest exit.



Stay home when you're sick or have illness symptoms.



-Get plenty of rest and check with a health care provider as needed.

-We will work with you to ensure that you and your learning are supported here at school.

Avoid close contact with people who are sick.



If you are sick at home, keep your distance from others to protect them from getting sick.

Cover your mouth and nose with a tissue when coughing or sneezing, and throw the tissue away immediately.

It may prevent those around you from getting sick.



Avoid touching your eyes, nose, or mouth.

You can become ill by touching a surface contaminated with germs and then touching your eyes, nose, or mouth.



Stop the Spread

Stop the spread of viruses that make you and others sick!

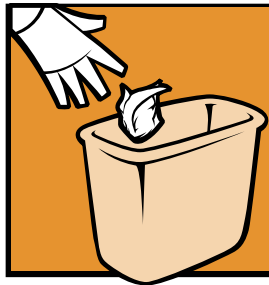
Cover your mouth

and nose with a tissue when you cough or sneeze



Throw tissues away

Immediately



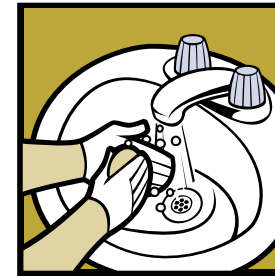
No tissue?

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



Wash your hands.

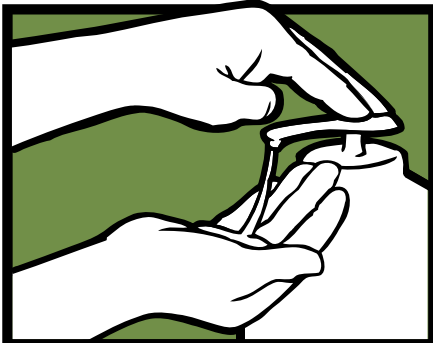


Washing your hands often will help protect you from getting sick.

When soap and water are not available, use alcohol-based disposable hand wipes or gel sanitizers.

Handwashing with Soap and Water

Viruses can live on hard surfaces for up to 2 days, and on hands for up to 5 minutes. Wash your hands often and keep yourself and others healthy.



1 **Remove jewelry.** Wet hands with water, add soap to palms and rub hands together to create lather.



2 **Thoroughly cover all surfaces** of your hands and fingers with lather and work fingertips into palms to clean under nails.



3 **Rinse hands well** under running water.

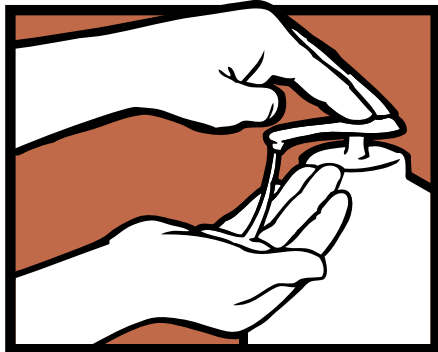


4 **Dry with a single-use towel** and then use towel to turn off the tap.

Hands should be washed for a minimum of 10-20 seconds. To help children wash long enough, say ABCs or sing "Twinkle, Twinkle Little Star"

Handwashing with Alcohol-based Sanitizer

Viruses can live on hard surfaces for up to 2 days, and on hands for up to 5 minutes. Wash your hands often and keep yourself and others healthy.



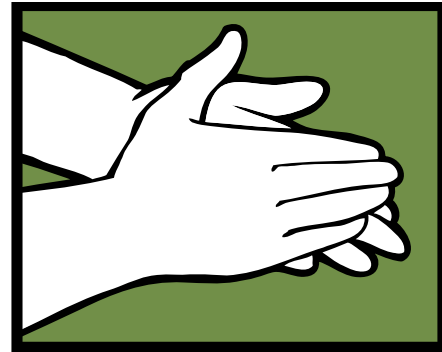
1 **Remove jewelry** and apply enough product to keep hands moist for 15 seconds.



2 **Rub product** in palms and thoroughly cover all surfaces of the hands and fingers, including the backs and each thumb.



3 **Rub fingertips** each hand in opposite palm.



4 **Keep rubbing** until hands are dry.

Do **NOT** use hand sanitizer with water. Do **NOT** use paper towels to dry hands.

Note: Wash hands with soap and water if hands are visibly dirty.

Some manufacturers recommend washing hands with soap and water after 5-10 applications of gel.

DO NOT CONGREGATE

- The enhanced safety measures will place all school gatherings and events virtually for students and staff.
- UNDER THE DIRECTION OF OUR CHIEF MEDICAL OFFICER –WE CANNOT CONGREGATE IN LARGE GROUPS.



BREAKS & LUNCH

DO NOT CONGREGATE

- MAINTAIN SOCIAL DISTANCING
- BRING YOUR OWN LUNCH AND WATER.
- THE CAFETERIA IS CLOSED FOR NOW.
- EAT IN YOUR CLASSROOM OR IN AREAS WHERE YOU ARE SOCIALLY DISTANT.



Stop the Spread

- These posters will help to remind you

COVID-19 5 THINGS YOU NEED TO KNOW



Check your symptoms

If you feel sick, stay home.



Check your hands

Wash or sanitize often & avoid touching your face.



Check in on your friends

Find ways to connect & support each other.



Check yourself

It's ok not to be ok. Reach out for help if you need it.



Check the weather

Hanging out outside with friends is safer, if you can.

Learn more: www.burnabyschools.ca



2020

Stop the Spread

- These posters will help to remind you

COVID-19

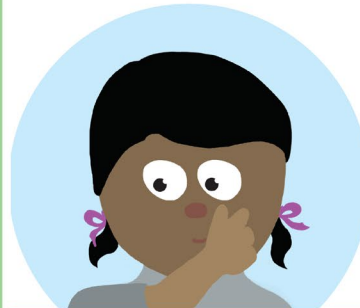
KEEP OUR SCHOOLS HEALTHY



Wash your hands often.
Sing "Happy Birthday" twice.



Sneeze or cough
into your elbow.



Avoid touching your
eyes or mouth.



Stay home if you are sick.

www.burnabyschools.ca

BOARD OF EDUCATION
BURNABY
SCHOOL DISTRICT 41

BOARD OF EDUCATION
BURNABY
SCHOOL DISTRICT 41

Stop the Spread

- These posters will help to remind you



Don't be Afraid to Reach Out for Help!

What am I Supposed to Do?

What Am I Supposed to Do?

<p>Stay at Home Keep yourself busy with things like a craft, watching t.v. or reading a book.</p>	<p>Wash Your Hands Use soap and water and wash long enough to sing "Happy Birthday" twice.</p>	<p>Don't Go Near Others Both of you reach your arms out. If you don't touch, you are as close as you should get.</p>
<p>Don't Feel Alone If you are by yourself make sure to phone someone to keep in touch.</p>	<p>Don't Share Dishes and Food Use only your own dishes and forks, knives, spoons and food.</p>	<p>Clean If you share a house, clean surfaces with soap and water or cleaner wipes at least once a day.</p>

Are you scared or anxious right now?
-Talk to your caregiver or family.

-Or call

Developmental Disabilities Mental Health Services information accurate April 2020

I Feel So Anxious!

I Feel So Anxious!

What Can I Do to Feel Better?

<p>Limit the News The news can be scary. Try to limit yourself to one half hour per day or less of viewing.</p>	<p>Write Down Your Worries It's normal to feel anxious. Write down your feelings and let them leave your mind.</p>	<p>Call a Friend Phone someone who makes you feel happy and have a great talk!</p>
<p>Think About What is Good in Your Life Think about the good things. You are cared for and loved.</p>	<p>Fill Your Time with Nice Activities Start a new routine at home. Do puzzles, sew, or do fun crafts.</p>	<p>Breathe Deeply and Exercise at Home Do exercises and stretches at home. Take the time to breathe deeply and slowly.</p>

Are you scared or anxious right now?
-Talk to your caregiver or family.

-Or call

Developmental Disabilities Mental Health Services information accurate April 2020

I Feel Sick

I Feel Sick

<p>Go to Bed Like any other time that you are sick you need to stay in your bed and sleep as much as you can.</p>	<p>Have Enough to Drink Drink water, juice, even soup! It is important to keep your body as healthy as you can.</p>	<p>Coughing + Sneezing Cough or sneeze into your elbows or use tissues and throw them out afterwards!</p>
<p>Wash Your Hands Before Touching Use soap and water and wash long enough to sing "Happy Birthday" twice.</p>	<p>Don't Share Dishes, Towels or Bedding This will keep others in your home safer from the Coronavirus.</p>	<p>Tell Your Caregiver Let them know you are not feeling well. Tell them especially if you have a hard time breathing.</p>

Are you scared or anxious right now?
-Talk to your caregiver or family.

-Or call

Developmental Disabilities Mental Health Services information accurate April 2020

Practice other good health habits.



Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, eat nutritious foods, and avoid smoking, which may increase the risk of serious consequences if you do contract the flu.

THANK YOU!

