

March Norwood News

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School Council Chair: Laurie Strawbridge
Superintendent of Student Achievement: Ann Marie Duncan
Trustee: Emilio Ojeda

From the Office...

Welcome back!

With the lifting of many mandates, school looks very different again. While staff and students no longer need to wear masks there are many who will continue to do so. It is important to be aware and respectful of staff, student, and parent comfort levels. Another change is that families are no longer asked to complete the daily covid report through google docs. We do ask that you continue to follow the covid screener when your child is not feeling well and keep them home. The screener continues to be our best tool for guiding us through questions and next steps.

We are looking forward to class trips and activities again. We will be needing volunteers for these out of building activities and a current police check is required. We imagine that there will be a surge on these requests so please allow time to complete these checks. Once completed, please provide a copy to the office. All police checks are valid for one calendar year.

Thank you to all families for their diligence in dropping off students each morning; we know it is a very busy time. We ask that cars continue to not use the front bus lane and park in designated spaces for drop off. We appreciate families not crowding the gate and remaining at least 10 feet away from the gate and gym wall so our students can exit safely, and we can all have a clear sightline on them. We will continue to keep our doors locked as a safe school. We will continue to use the buzzer at the front entrance and will send your student out to you.

Another change for our students is that they are no longer required to cohort outside or inside. We will continue to follow our existing supervision schedule to allow time for the custodian to clean each classroom between learning blocks.

And finally, spring is finally here! Remember to dress in layers and be prepared for our muddy yard. For those little ones in our building, parents, you may want to update the clothing the teacher has as extra as surely, they will need it!

Upcoming Events:

Kernels Popcorn – Purchase on School Cash On-Line between March 22 to 31st. Delivery will be the following week.

Hot lunch will resume in April but can be ordered now. A reminder will go out in the next newsletter.

Peterborough Public Health Updates:

The **Parent Resource – Child with Symptoms** has been updated and is now available on our website. This resource reflects new guidance about isolation of household and non-household contacts and now includes how to self-monitor. A copy is attached to this newsletter.

Masking

Masking is still required in the following circumstances:

- when returning from international travel for 14 days;
- when identified as a close contact or household contact (for 10 days following last exposure to the person with symptoms); and
- if isolation period is 5 days, from days 6 to 10 after testing positive.

Although most provincial masking mandates have been lifted, Peterborough Public Health recommends wearing a mask while indoors and around others until COVID-19 transmission levels decline.

SchoolCashOnline

If you are new to school cash on-line please click

on this link for KPR instructions. It takes less than 5 minutes to set up your account [School Cash on-line](#)



Do you have concerns about your child?

If you do, contact your child's teacher and arrange a time to discuss over the phone.

Always speak to the classroom teacher first.

At Norwood we...



We are **kind**.

We keep our **hands and feet** to ourselves.

We **stay under control**.

We *use equipment appropriately*.

We **problem solve**.

Breakfast Program



We continue to run our snack bin program with the help of our school council. Every classroom has its own bin with individually wrapped healthy foods that are available throughout the entire day.



We are an Allergen Aware School & Scent sensitive

It is important that we provide an environment in which all can learn. Norwood, staff, students and families are reminded that:

1) We are a **Nut Free School**. Please check lunch items carefully to ensure that they are safe to come to school. The Internet is a great resource for nut-free lunches.

2) We are also a **Scent Sensitive Building**. Please be aware that colognes, perfumes, scented products and even the smell of cigarette smoke can trigger severe reactions. We ask that scented products not be worn.

3) While dogs are cute some of our students are very scared, even when on a leash. If you are walking your child to school with your dog we ask that you stay on the sidewalk and not be near gates or doors to our building.



SCHOOL COUNCIL



Upcoming dates: April 26th
In-Person and all are welcome
4:30 pm

Norwood Executive for 2021-2022:

Chair – Laurie Strawbridge

Vice Chair – Kate Webb

Treasurer – TBD

Secretary – Liz Hilts





Child/Student with Symptoms of COVID-19

Complete the [COVID-19 school and child care screening](#) before going to school or child care each day.







If you are sick with symptoms, you must **stay home and follow directions provided on the provincial screening tool**. Call your health care provider if required.

When determining if you have symptoms, think about if they are new, worsening, or different from usual. Symptoms should not be chronic or related to other known causes or conditions.

One or more of the Most Common Symptoms of COVID-19 requires self-isolation:

 <p>Fever (37.8°C or higher) and/or chills</p>	 <p>Cough (that is new or worsening)</p>	 <p>Shortness of breath</p>	 <p>Decrease or loss of taste or smell</p>
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Two or more of the following Other Symptoms of COVID-19 requires self-isolation:

 <p>Sore throat or difficulty swallowing</p>	 <p>Runny or stuffy nose</p>	 <p>Headache (unusual or long lasting)</p>	 <p>Extreme tiredness or lack of energy</p>	 <p>Muscle aches or joint pain</p>	 <p>Nausea, vomiting, and/or diarrhea</p>
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What to do if your student/child has symptoms

- If your student/child has ONE or more of the MOST COMMON SYMPTOMS or TWO or more of the OTHER SYMPTOMS, they likely have COVID-19. They must stay home and self-isolate as indicated below.
- If your student/child has ONE of the OTHER SYMPTOMS, they must stay home for at least 24 hours until symptoms are improving (48 hours for nausea/vomiting/diarrhea) and as long as they do not develop any new symptoms. Siblings and other household members do not have to go/stay home.
- Household members should follow the instructions in the [COVID-19 School and Child care screening tool](#) or below.

11 years old or younger
OR
Fully vaccinated

They must isolate for 5 days from when symptoms started and stay in isolation until their symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/ or diarrhea symptoms), whichever is longest.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

12 years old or older and partially vaccinated or unvaccinated OR immune compromised

They must isolate for 10 days from when the symptoms started and stay in isolation until their symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/ or diarrhea symptoms), whichever is longest.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

Legend



Symptoms start, self-isolate immediately



Self-isolate at home, except for emergency medical care



Return to childcare/ school if feeling well



If your isolation period is 5 days, from days 6 to 10 after testing positive or developing symptoms, your student/child must:

- wear a mask in public places, including school and child care, and avoid activities where mask removal would be necessary (e.g. high-contact sports, playing a musical instrument, or dining out)
- do not visit any highest-risk settings (such as long-term care or retirement homes) or people who may be at higher risk of illness (such as seniors or immunocompromised)

What household members need to do:



Household members with no symptoms are required to isolate for as long as the person with symptoms is isolating, **unless they are:**

- 17 or younger and fully vaccinated
- 18 and older and have their COVID-19 booster; or
- tested positive for COVID-19 in the last 90 days and completed their isolation period

If household members are not required to isolate, or if their isolation has ended after 5 days, they are still required to **self-monitor for 10 days*** following last exposure to the person with symptoms.

Close Contacts¹

Tell your child's close contacts that they may have been exposed to COVID-19 and give them the link to www.ontario.ca/exposed. If you are a close contact, **self-monitor for 10 days*** following last exposure to the person with symptoms.

¹Close contacts include those who had contact with your child within the 48 hours before symptoms began and until they started self-isolating, AND were within 2 metres for a total of at least 15 minutes without masking, distancing and/or use of personal protective equipment.

*Self-Monitoring

Self-monitoring means:

- monitor for symptoms for at least 10 days after exposure
- wear a well-fitted mask in all public places and avoid activities where they need to take off their mask (e.g., dining out, playing a musical instrument, or playing high-contact sports).
- individuals who are exempt from masking (e.g., children under two years of age, etc.) may return to public places without masking, however, parents must monitor them for symptoms for 10 days following last exposure.
- do not visit any highest-risk settings (such as long-term care or retirement homes) or people who may be at higher risk of illness (such as seniors or immunocompromised) for 10 days after your last exposure

COVID-19 testing



Take home PCR self-collection kits or rapid antigen tests may be available for students/staff from their school. If a single PCR test is negative or two consecutive rapid antigen tests collected 24 to 48 hours apart are both negative, it is less likely that the person with symptoms has COVID-19. Household members can stop isolating after these negative tests. The person with symptoms can stop isolating when their symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/or diarrhea symptoms).

Travel outside of Canada

If your child/student has returned from travel outside of Canada, regardless of vaccination status, for 14 days they must:

- continue to wear a mask at all times when in public spaces (including schools and child care)
- maintain a list of all close contacts; and
- monitor for signs and symptoms of COVID-19.