

## Credo Christian High School Health and Safety Measures for Students and Staff

In June 2020, staff and students had to take special precautions when returning to school. This gave us a glimpse at what a full return to school in September might be like. We, as staff, felt very blessed that over 90% of our students returned for the two weeks in June – a sign of the good cooperation that we experience between home and school.

Fast forward to the middle of August. Planning for the return to school has been underway for the last few weeks. Covid-19 precautions remain, but government guidelines have changed to allow all students to return to school. Staff now talk of cohorts, hand washing stations, signage and the wearing of masks and shields. It has been a learning curve!

Thankfully, the size of our school means that almost all classes will be able to proceed as normal. Some changes will have to be made, as summarized below.

In formulating this plan, school staff were guided by the following documents:

- [Provincial COVID-19 Health and Safety Guidelines for K-12 settings](#)
- [Operational Guidelines for Districts and Independent School Authorities](#)
- [WorkSafe BC requirements](#)
- [Public Health Guidance for K-12 School Settings](#) from BC Centre for Disease Control

Our planned health and safety measures include:

1. Public Health Measures
  - a. CCHS will abide by all public health measures. Specifically, we will cooperate with Fraser Health in any communication to the school community that concerns public health (such as a confirmed case of Covid-19 at the school).
  - b. All students and staff who have travelled outside of Canada must self-quarantine for 14 days upon return.
2. Environmental Measures
  - a. A full cleaning of the school building will take place once per school day.
  - b. High-touch surfaces will receive an additional cleaning during the middle of the school day.
  - c. Teachers and students will sanitize desks at the beginning of each class.
3. Administrative Measures
  - a. The provincial high school cohort limit is 120 people. Students at CCHS will be divided into four cohorts, as follows:
    - i. Grade 8: 54 students and 10 staff members
    - ii. Grade 9&10: 109 students and 10 staff members
    - iii. Grade 11: 60 students and 5 staff members
    - iv. Grade 12: 64 students and 6 staff members
  - b. Most classes will be composed of a single cohort. When classes include multiple cohorts, or if the teacher is outside the cohort, physical distancing will be in effect. To assist in contact tracing, consistent seating plans will be the norm in classrooms.
  - c. Homerooms will be organized within cohort (mostly by grade).
  - d. At the beginning of the day, students and staff will be required to do a health check. Individuals with symptoms will not be permitted to attend. The student health check should be completed by parents, who will be asked to agree in writing that they will do so.
  - e. During nutrition break, students will be assigned to different areas of the school. If necessary, the break will be staggered to prevent interaction between cohorts.
  - f. During lunch hour, students will be in their assigned areas, socially distanced in common areas (e.g. library) or outside.
  - g. At the end of the day, dismissal times will be staggered to minimize contact between cohorts as students leave the school and enter the busses.
  - h. Whole-school gatherings such as assemblies will not take place. However, students can gather in large groups with appropriate spacing between cohorts.
  - i. Only one student or visitor will be allowed at the office desk at a time.
  - j. Visitors who need to proceed past the office will sign in and out and wear a visitor pass or tag, as well as a mask.
4. Personal Measures
  - a. Students and staff must **stay home when they are sick**. It is expected that students or staff with Covid-like symptoms will consult a health professional (e.g. phone 811) and follow their advice, including obtaining a Covid-19 test if necessary. If a positive result is obtained, staff members and students are expected to inform the school, who will in turn inform our public health authority.
  - b. Students or staff may return to school after symptoms disappear or on the advice of a health professional.
  - c. Students will sanitize their hands upon entering the school, after nutrition break, before and after lunch, and before entering the bus. Students will also be encouraged to wash their hands regularly.
  - d. Students and staff should cough or sneeze into their sleeve; refrain from touching their eyes, nose or mouth with unwashed hands; and refrain from sharing food and drink.
5. Personal protective equipment
  - a. Masks will be provided for all students and staff. Face shields will be provided for staff.
  - b. A student or staff member may choose to wear a mask and/or face shield at any time during the school day.
  - c. Students and staff are required to wear masks in common areas or when physical distance cannot be maintained in a cross-cohort situation.
  - d. Any student who cannot tolerate wearing a mask will be exempted from the requirement to do so. Such an exemption will require a written note from a parent. The note will be kept on file.

While our trust is ultimately in God (Ps 46: 1-3) we must continue to act responsibly to protect ourselves and our neighbor, including our fellow staff members and students. As such, we thank you for your cooperation.

## Credo Christian High School: Daily Health Check

Parents are responsible for assessing the health of their children each day before sending them to school. The form below may be helpful.

Daily Health Check			
1. Symptoms of Illness*	Does your child have any of the following symptoms?	CIRCLE ONE	
	Fever	YES	NO
	Chills	YES	NO
	Cough or worsening of chronic cough	YES	NO
	Shortness of breath	YES	NO
	Sore throat	YES	NO
	Runny nose / stuffy nose	YES	NO
	Loss of sense of smell or taste	YES	NO
	Headache	YES	NO
	Fatigue	YES	NO
	Diarrhea	YES	NO
	Loss of appetite	YES	NO
	Nausea and vomiting	YES	NO
	Muscle aches	YES	NO
	Conjunctivitis (pink eye)	YES	NO
	Dizziness, confusion	YES	NO
	Abdominal pain	YES	NO
	Skin rashes or discoloration of fingers or toes	YES	NO
2. International Travel	Have you or anyone in your household returned from travel outside Canada in the last 14 days?	YES	NO
3. Confirmed Contact	Are you or is anyone in your household a confirmed contact of a person confirmed to have COVID-19?	YES	NO

\*Check BCCDC's [Symptoms of COVID-19](#) regularly to ensure the list is up to date.

If you answered "YES" to any of the questions and the symptoms are not related to a pre-existing condition (e.g. allergies) your child should **NOT** come to school.

If they are experiencing any symptoms of illness, contact a health-care provider for further assessment. This includes 8-1-1, or a primary care provider like a physician or nurse practitioner.

If you answered "YES" to questions 2 or 3, use the [COVID-19 Self-Assessment Tool](#) to determine if you should be tested for COVID-19.

**PLEASE KEEP THIS FORM FOR REFERENCE.**

