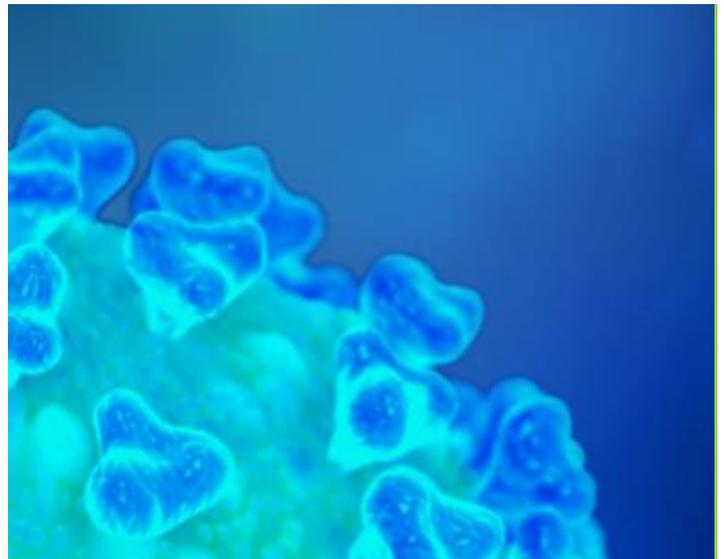




# *Back to School Reminders*

## COVID Safety

As we continue to implement Provincial and Rocky View School COVID protocols we want to remind everyone to do their part. As a school, our community has done a fabulous job of following the protocols and students can come to school and focus on learning and feel comfortable in a sanitized, caring, respectful and healthy environment. Below please find some reminders and recommendations, that will aid in our continuing efforts to keep everyone healthy and well.



## Daily Routines

1. Before leaving for school:
  - a. use the "[Should I come to School Today](#)" flowchart.
  - b. Make sure you have at least 2 face-masks to wear throughout the day (Gr. 4-9)

NOTE: With the weather getting colder, when the students wear their masks outside, they get wet with condensation from their breathing. This condensation severely reduces that mask's effectiveness. If your child has a dry mask, they can then wear it in the school, while protecting themselves and those around them to the best of their ability and be comfortable in a dry mask.

2. Use hand sanitizer:
  - a. As you enter and exit the school
  - b. As you enter and exit the classroom
  - c. Before and after eating
  - d. After blowing your nose
  - e.
3. Wear your face-mask (Gr. 4-9):
  - a. In all common areas (hallways, bathrooms, learning commons, front office)
  - b. In the classroom:
    - i. when not seated and facing forward
    - ii. moving around the classroom
    - iii. when working in groups
  - c. **Outside when talking in groups and distancing is not being practiced.**

## Face-masks

A good mask won't stop you from getting the virus, but it will stop you from contributing to the germ pool, which is huge in getting the nation back to "normal," or as close to normal as possible at any rate.

The CDC recommends that face-masks:

- Fit snugly but comfortably against the side of the face
- Secures with ties or ear loops
- **Includes multiple layers of fabric**
- Allows for breathing without restriction
- Able to be laundered and machine dried

We have noticed a large number of students wearing bandana and neck-tube face-masks. The CDC has indicated that these masks alone are not an effective mask as they are only a single layer. If your child wants to wear a bandana face-mask, the CDC has provided some simple instructions to add a filter and layer to the mask.

- **Step One:** Lay out a bandana or spare piece of fabric completely flat on a table.
- **Step Two:** Place a flat coffee filter in the center of the fabric.
- **Step Three:** Fold the fabric from the top and bottom toward the center over the coffee filter.
- **Step Four:** Place your rubber bands, hair ties, strings, or shoelaces around each end of the folded fabric. Do not tie them around the fabric.
- **Step Five:** Tuck each fabric piece into each other and pull your rubber bands or strings tightly.
- **Step Six:** Slip the rubber bands or strings over your ears. You now have a completed face mask!



**NOTE:** the chin portion of the bandana in the picture above is pulled back toward the neck when using the instructions above.

If your child is noticed wearing a bandana or neck-tube that does not have multiple layers, they will be provide a disposable mask to wear. Please follow the recommendations noted above for all cloth face-masks.

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