

September 1, 2020



# 2020-21 Back to School Parent/Caregiver Resource

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# Our Promise to You

It is our promise to you that our [Return to School Plan](#) was designed with the health and safety of our students, staff and their families as our top priority and is based on public health information available at the time.

Enclosed in this Parent/Caregiver Resource is information on:

- Ways your family can help us to maintain healthy schools;
- When your student should stay home and when it may be safe for them to return, and
- How classroom setup and school protocols have changed.

We are opening our buildings for learning under these new protocols, preparing for a school year like no other and depending on each other to make the 2020-21 year a safe, engaging, and successful year of learning for all.

No matter if you have chosen the in-school option or the virtual (online) learning option for your child(ren), we thank you for the trust you are placing in us. We do not take that trust lightly and will continue to make student-centered decisions and always keep the lines of communication open.

Living Sky School Division is a resilient, caring and strong school community, and we are ready to take the next step of this journey together.

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# A Safe Return to School

## Proper hygiene is very important!

Handwashing with soap and water remains the recommended *go to*. This will be LSSD's main strategy, supported by the use of hand sanitizer. Hand washing resources and signage have been supplied to all schools. Schools will teach appropriate hand hygiene practices to students, and we expect students to wash their hands properly.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

**Stop Germs! Wash Your Hands.**

**When?**

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

**How?**

**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

**Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

**Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

**Rinse** hands well under clean, running water.

**Dry** hands using a clean towel or air dry them.

**Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.**

**LIFE IS BETTER WITH CLEAN HANDS**

[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, QIC/JC, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

CS13027-A

**Sanitize your hands**  
to prevent the spread of germs, bacteria & viruses

- 1 Apply hand sanitizer
- 2 Scrub palm to palm
- 3 Palm to back
- 4 Thumbs
- 5 Between fingers
- 6 Knuckles to palm
- 7 Fingertips
- 8 Air dry

**Scrub for a full 15 seconds**

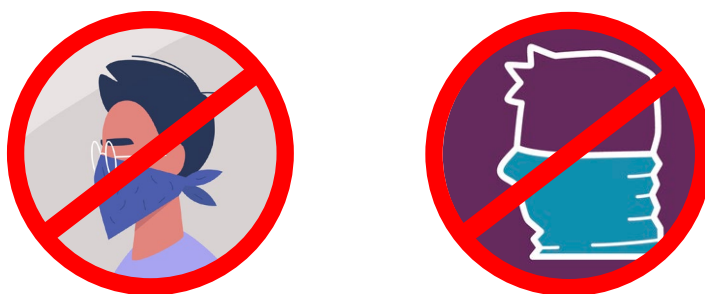
**MISSION: ZERO**

**WorkSafe SASKATCHEWAN**  
Work to live.

# Mask Guidelines

- Masks are required for students in grades 4 to 12 (If your school happens to have a grade 3/4 split class, the students in grade 3 will also be required to wear a mask.) where physical distancing is not possible. This means masks must be worn upon entry to and exit from the school, while in classrooms, hallways or common areas when physical distancing is not possible.
- Masks are optional for students from PreK-3 in school.
- All students are required to wear masks on buses.
- Teachers may instruct students to remove their masks in front-facing situations.
- Masks are not required for outside activities as long as physical distancing is in place.
- Medical exemptions from masks require working through a process that starts with receiving medical restrictions and determining if proper accommodations can be put in place. This process starts with a conversation at the school.
- If there is no medical reason for a student to refuse to wear a mask, the student can be refused entry to the school based on safety.
- From a legal perspective, compulsory age students (ages 6 through 15) must be enrolled in some form of recognized schooling:
  - In-person attendance at your regular school, or
  - A registered home-schooling program – supports will be the same as that given to other home school parents, or
  - Virtual (online) education (within the division) – access and supports are subject to the same rules as other students of the division, or
  - Distance education (outside the division) - any costs are the full responsibility of the parents, or
  - Associate school or registered independent school – any costs are the full responsibility of the parents

LSSD will supply two reusable masks to all staff and students. We encourage everyone to have additional non-medical cloth masks, made using two or three layers of fabric. **Bandanas and gaiter masks are not school-appropriate face coverings. In addition, any print on masks must be school appropriate.**



The province has also purchased disposable masks for staff and students. The first shipment of these masks will be distributed to school divisions before the first day of school.

In addition to face masks, the province has obtained full-face shields, which will be available for all staff. It is important to note that a face shield is not an equivalent substitute for a face mask, as the respiratory pathways are not adequately protected with a face shield alone.

If your children are returning to school, and we certainly hope that they are, you can help us by talking to your child(ren) about mask use and giving them opportunities to practice wearing masks properly.

# Proper Use of Masks

Students will be instructed on proper mask use.

You can help your child learn how to wear a mask properly and get used to wearing one by practicing at home. Here are some links to helpful videos.

- [How to use your mask \(Grade 8 and up\)](#)
- A [nurse's explanation](#) of how to use your mask
- From [Autism Little Learners](#)
- A [Mister Mike](#) social story on mask use.



How to wear a face mask correctly

# When to Keep Your Child at Home

Our first defense from illness is for all of us to stay home if/when we are sick.

The symptoms of COVID-19 are similar to other respiratory illnesses, including the common cold and flu. To be safe, if your son/daughter is experiencing one or more of the following symptoms, please keep him/her home from school. Then, call HealthLine 811 for direction.

If your child is referred for testing, he/she must stay at home and self-isolate until Health notifies you of the results and lets you know what to do next.

## How do you feel today?

Every morning before your child leaves for school, please check to see if they are experiencing any of these symptoms.



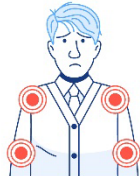
dry  
cough



fever,  
chills



tiredness,  
headache



muscle  
pain



difficulty  
breathing



vomiting,  
diarrhea



sore  
throat



runny  
nose



conjunc-  
tivitis



loss of taste  
or smell

If your child is experiencing any of these symptoms, do not send your child to school.

**Contact  
Healthline 811  
for assistance.**

## COVID-19

Coronaviruses are a large family of viruses. They can cause diseases ranging from the common cold to more severe diseases.

Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2), is a new virus that has not been previously identified. SARS-CoV-2 is the cause of COVID-19, which causes mild to moderately severe symptoms and some deaths. The virus spreads through close person-to-person contact. As with new viruses, further details will be available as we learn more. [[saskatchewan.ca/coronavirus](https://saskatchewan.ca/coronavirus)]

# Your Child Becomes Sick While at School

Living Sky School Division has developed a procedure for all schools to follow, should a student become ill while at school. If this occurs, the following steps will be taken:

1. A staff member will accompany the student to an isolated area of the school and remain with the student until he/she is picked up from the school.
2. The student will be asked to wear a mask, if he/she is not already wearing one, as long as the student is not in respiratory distress. Face shields will also be available.
3. The staff member will also wear appropriate PPE, including a mask and face shield.
4. You will receive a call from the principal or designate. You must arrange for your child to be picked up from the school. Staff cannot transport students. It is important for the school to have up-to-date contact information, including contact information, for all students.
5. After you arrive home with your child, start self-isolation immediately, and be sure to call 811 as soon as possible.
6. Afterward, all appropriate areas will be cleaned and disinfected.
7. The principal or designate will contact Public Health.

\*For more details, please refer to [Appendix G](#) (Illness in Care – Page 39) in LSSD's Return to School Plan.

## There is a Confirmed Case of COVID-19 at School

If a student, teacher or staff member tests positive for COVID-19, Public Health will provide assistance and begin the contact tracing process immediately. Anyone living in the same home would be considered a close contact. The investigation will identify anyone else who may have been a close contact. Public Health will contact close contacts directly.

All teachers, staff and parents/caregivers of students in the same classroom (cohort) of a person with COVID-19 will be contacted directly by Public Health and by their school via email. This notification will occur separate from the contact tracing process.

Teachers, staff and parents/caregivers of students in the same cohort who are considered to be non-close contacts will be advised to self-monitor for symptoms and be offered priority testing options.

Public Health will then advise on further actions that may be required. A positive case in the cohort (classroom) may not present a high risk to the entire cohort.

Those teachers, staff and parents/caregivers of students in the school population, outside of the same cohort, can also seek public health advice regarding self-monitoring for symptoms, transmission risk and access to priority testing options at any time.

You can also find information about notification and illness in school in Saskatchewan's recently released [Parent Package](#).

# Student Groupings and Classroom Settings

Schools will keep students in cohorts as much as possible.

- In the elementary grades, the cohort will be the student's home classroom.
- All classrooms will implement consistent seating plans for students.

While high schools will have seating plans for students, there is more than one way to group students, considering factors such as the size of the building, student enrolment and grade configuration. The key, in all cases, is to reduce the number of classmates and staff with whom students have to interact.

Some of our high schools have moved to a block timetable. This means that students will be part of just two or three cohorts and will make fewer transitions during the day. A block schedule will also allow students and teachers to pivot more easily, should we have to move to Level 3 of the provincial Safe Schools Plan for a period of time. Other high schools are smaller and are able to group students in cohorts. Teachers will move from class to class, thus reducing the potential for crowded hallways during class transitions.

In all classrooms, several steps have been taken to facilitate distancing:

- Unnecessary furniture has been removed from classrooms to provide greater space between students and encourage new methods of interacting to avoid close contact.
- When possible, students will be forward facing. Any exceptions have been reviewed with Public Health officials, and alternatives will be implemented.
- Area rugs and soft furnishings that cannot be easily cleaned and disinfected have been removed.
- Each classroom teacher will determine a flow for student movement, which will be clearly marked with directional arrows.

## Limiting Shared Materials and Equipment

All schools have been asked to limit shared materials by taking actions such as removing toys and other items that cannot be easily cleaned and disinfected from the classrooms. Students will not share food, drinks and other personal items. Students will not drink directly from water fountains; other options will be available. In addition, your child's school may have requested for each student to bring his/her own water bottle from home.

Each school will have a plan in place for bringing materials (backpacks, school supplies) into and taking materials out of the building. Schools will also have plans for locker use.

To help limit the number of students sharing devices, we are working to achieve a 1:1 ratio for students in grades 4-12. For K-3, we will support the continued use of the existing iPads within schools to accommodate the use of Seesaw and to minimize the sanitation challenges that go with keyboard devices.

We appreciate any students who want to use their own personal devices and will support them in doing so. This will also help us to ensure some flexibility in keeping current devices maintained and accommodating varying student numbers. Education discounts are available to staff and students.

Recommended Websites / Educational Purchasing Options	
<a href="#">Microsoft Education Store</a>	
<a href="#">Dell Member Purchase Plan</a>	Use the Google sign-in with your @lskysd.ca account.
<a href="#">Apple Store for Education</a>	
<a href="#">CDW Employee Purchase Program</a>	Access Number: C5AD9BA. Use an @lskysd.ca to register.
<a href="#">Lenovo EPP</a>	Lenovo employee pricing is available for Living Sky staff and students. Contact <a href="mailto:Jason.caswell@lskysd.ca">Jason.caswell@lskysd.ca</a> for details.
<a href="#">HP SMB Deals</a>	
<a href="#">Best Buy for Business</a>	Employee pricing is available for Living Sky staff and students.
<a href="#">Kelly's Computer Works</a>	
<a href="#">Memory Express</a>	This is the easiest way to get custom specifications.
<a href="#">Apple Refurbished Store</a>	This is not an education rate, but good value regardless.
Budget Friendly Devices	
<a href="#">Kelly's Computer Works</a> <a href="#">Memory Express</a>	The best way to stretch your computer dollars is to buy an off-lease device. Kelly's and Memory Express have good options on Windows computers.
<a href="#">CDW</a>	Chromebooks are popular. We purchase these for student use.
Budget of \$500	
<a href="#">Lenovo 14" Chromebook</a>	This is a good choice for a larger device.
<a href="#">Microsoft Surface Go</a>	A good Windows option from the Microsoft store
<a href="#">Asus Vivobook 14"</a>	A good Windows option from Amazon
Business (\$800)	
<a href="#">Lenovo v14</a>	This is our current teacher device.
<a href="#">Dell Latitude</a> <a href="#">HP Elitebook</a>	Both have been solid choices in previous years.
Budget of \$1,100 +	
<a href="#">Macbook Pro 13"</a>	Always popular!
<a href="#">Surface Laptop</a>	Always popular!

# Entering, Exiting and Movement through the School

Schools have strategies in place to ensure safe entry to and exit from the buildings. Directional arrows will support safe movement in classrooms and through schools. Practices such as staggering breaks and implementing a block schedule will help keep hallways less populated in schools with high student enrolments.

## Recess and Playgrounds

Schools have developed plans to promote student groups staying together and physical distancing during non-instructional time. This may include staggered break times and assigned outdoor spaces for groups of students.

## Assemblies

Generally, school-wide school assemblies will not occur in-person but may occur virtually. If gatherings (meetings) do take place, they will be held in large open spaces such as gymnasiums to allow for appropriate distancing.

## School Visitors

At this time, we are restricting access to all of our buildings. This means that external presenters/speakers will not be scheduled for in-person presentations, and outside programs will not be offered until further notice. It also means that parents/caregivers will have to remain outdoors when dropping off and picking up students. We encourage parents/caregivers to contact the office to make an appointment if they need to come to the school. At this point, we request that this occur only if necessary.

This was a difficult decision to make, as usually we love to see families, learn from interesting speakers and benefit from all of the programs that people so kindly offer to our students. Please know that everything we're doing is to help ensure that students can relax and know that they are learning in a safe environment. Just imagine the celebration when we can all be together again!

Contractors attending the schools to complete facilities work will be limited where possible. If they do have to work in the schools, they will follow the protocols we have put in place:

- Signing in,
- Wearing a mask, and
- Applying hand sanitizer upon entering the buildings.

# SCC Meetings and Student-led Conferences

SCC meetings will be held virtually while visitor restrictions are in place. The division-wide SCC assembly will be reassessed in January 2021.

School community events such as *Meet the Staff* will be held virtually.

Information about student-led conferences, which are held in late fall and early spring, will be forthcoming.



# Getting Your Child to School

## Pick up and Drop off

Each school has created a plan to ensure organized and safe pick up and drop off of students. Families should bring their children to the school as close to the bell time as possible, and no earlier than 15 minutes before the start of the school day. Students must be picked up and dropped off outside the building, as we are restricting access to schools to staff and students only, at least for September. When we determine that we're ready to ease restrictions, general division-wide guidelines will be established, and schools will develop a protocol for visitors and groups who use the building.

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*Access to schools will be limited to staff and students, at least for September.*

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For now, we prefer that parents arrange to meet staff outside the school or communicate by email or phone as much as possible.

If there is a **pressing need** for parents or caregivers to enter the school, you will be required to follow the school's protocol for visitors, which will include taking these actions immediately upon entering the school:

- Signing in,
- Wearing a mask, and
- Applying hand sanitizer.

It is also important for parents and caregivers to maintain physical distance from staff and other students.

## Bussing

We are asking for parents to transport their children to and from school, if possible. If your child(ren) will be riding the bus, your bus driver will be in touch to tell you everything you need to know about pick up locations, times, etc.

If your son/daughter rides the bus, it is important to be aware of the following protocols:

- For everyone's safety, everybody riding or boarding busses is required to wear a mask. This includes students, the driver, school staff, parents/caregivers as required to assist a student, and any others who may be on the bus.
- Students will be assigned seats on busses, and a record of the seating plan will be kept in order to assist with contact tracing if necessary.
- Students who live in the same household will be seated together.
- Loading will be conducted from back to front to reduce physical contact in the aisles.

Drivers are equipped with a peroxide-based disinfectant that has been approved by the SHA and SGI for use aboard vehicles. All touch points will be misted between loads, killing all known pathogens. Busses departing the bus garage will be fogged/disinfected prior to rolling out.

Recreational travel requiring vehicles, such as field trips and extracurricular travel are not permitted at this time. Transportation services will be used only to take students to and from school.



**Things to know when riding the school bus this year:**

- Always sit in the same seat
- Sit with a family member
- Everyone wears a mask
- Your bus driver will make sure the bus is clean & safe

## Staggered Starts

LSSD schools are planning for staggered starts so that staff and students can settle in, have time to adjust to new safety protocols and have an opportunity for smaller group discussions and training. Your school will let you know when your child(ren) will be attending during the first week of school.

# Things You Need to Know About School Facilities

## Safe Practices

Several practices are in place in all schools:

- In common areas such as the library or cafeteria, room configurations have been modified to support physical distancing.
- Dispensers of hand sanitizer have been installed in classrooms.
- Lexan splashguards have been installed at all secretary stations.
- Directional arrows, floor stickers, and floor marking tape have been sent to schools to be installed to help with physical distancing. Other signage has also been supplied.
- Appropriate PPE is available for staff to use in a variety of situations (e.g. when helping a sick child, delivering face-to-face interventions, etc.).
- Principals have been advised to keep all non-secure doors open to reduce the number of touch points in the schools.

## Ventilation and HVAC

Caretakers perform daily checks on HVAC equipment to make sure it is working properly. When our Journeyperson Plumbers visit schools, they also check. If HVAC systems are not working properly, they are repaired. We will be increasing outside air as the weather allows and increasing air exchanges as per new AHSRAE COVID-19 standards where possible. We are upgrading all of our filters to help with indoor air quality. Where and when possible, we are increasing our outside air intake.

## Sanitization

Proper sanitization of a surface requires using a mixture of water and disinfectant according to the manufacturer's recommendation. The mixture is placed in a pail or spray bottle, depending on the method being used.

Disinfecting is not the same as cleaning. When we disinfect, a light film of the disinfecting mixture is applied and left to air dry. The dry time allows for the disinfectant to work.

In order to keep staff, students and families safe, disinfection and sanitization will be a high priority this year. We will be providing classrooms with spray bottles and rags or paper towel for disinfection purposes. Refill stations will be located in secure areas.

# Staff Responsibilities

## Expectations for All Staff:

- Keep workspaces clean and free of clutter.
- Disinfect personal technology and desks.
- Disinfect technology after use that others may also touch.
- Disinfect appliances in the classroom as needed.
- Supervise and assist disinfection performed by students in the classroom, such as wiping desks after snacks and lunches.
- Inform caretakers when refill stations are low.

## Expectations for Caretaking Staff:

- Disinfect touchpoints such as doorknobs, crash bars, light switches, handrails, hand sanitizer stations push plates, pencil sharpeners, taps, paper towel dispensers, countertops, etc.) after the first class begins, after recess, after lunch, and after all students have left the school.
- Disinfect washrooms twice daily.
- Ensure there is adequate soap and hand sanitizer and refill as necessary.
- Inform Facilities when the supply of hand sanitizer is at 50% so that we make sure we never run out.
- Keep the school well stocked of all supplies (disinfectant, gloves, soap, rags, paper towel).

# LSSD's Learning Plan

Teachers will plan and provide engaging learning opportunities for all outcomes in all subject areas, and students will be responsible for demonstrating understanding of all outcomes in the curriculum.

## Blended Learning

We are supporting a blended learning approach to education, in order to:

- Ensure powerful learning for our students;
- Be ready to pivot to hybrid or online models should the health situation require adaptation, and
- Allow students who are absent to access learning from home, when their health permits.

Generally, blended learning includes both face-to-face and virtual learning opportunities:

- Lessons and learning materials are developed by teachers and placed within the Google Classroom or Seesaw platforms.
- The Google Classroom/Seesaw content is the same, whether the student is fully in class, partially in class or completely at home. There is at least some flexibility for the student to choose his/her time, place, pace or path through these materials.
- Teachers and students bring the learning content to life through large group, small group or one-to-one learning, either in the classroom or through virtual methods.

## Physical Education, Practical Applied Arts, Career Work Exploration, Arts Education

All learning opportunities – whether in the classroom or in a work setting – must be supported by the direction and guidelines provided by the Chief Medical Health Officer and Re-Open Saskatchewan. Teachers will plan to offer hands-on courses in safe ways.

## Extracurricular Activities and Field Trips

All extracurricular activities have been cancelled for the month of September to allow for staff and students to focus on re-opening schools. As the situation evolves, the plans for extracurricular events will be reviewed and updated.

Should schools wish to have students take part in a curricular field trip, a plan must be in place to ensure safety protocols, similar to those in the classroom, are followed. Curriculum-related field trips that involve transportation must ensure classroom cohorts remain the same. Busses are the recommended mode of transportation, and safety protocols must be in place.

Because we are trying to keep students in cohorts as much as possible, regular in-school clubs supervised by staff will not be able to meet in person but can pursue creative alternatives, such as virtual gatherings. As the situation evolves, the plans for extracurricular activities will be reviewed and updated.

# Driver Education

Living Sky School Division will continue to offer Driver Education for the 2020-21 school year through a combination of class instruction and in-car training.

- Masks will be required for students and driver instructors.
- Enhanced cleaning and disinfection of vehicles including door handles, steering wheels, gear shifts, signal lights, etc. must be performed before and after each drive.
- All instructors must practice effective hand hygiene after each student's driving session by washing their hands with soap and water or hand sanitizer.

## Prekindergarten and Kindergarten Programs

### *Classroom Configuration*

The principles of early learning that guide instructional practices include play-based learning. Children learn holistically: socio-emotional, physical, intellectual and spiritual. Many processes that occur in early years' classrooms happen in small groups rather than large group instruction. This provides opportunity for children to build oral language skills, interact with other children and explore their world.

There are several practices we can implement in the early years to comply with public health guidelines, while maintaining the principles of early learning.

Although a classroom is a cohort, small group instruction practice is valued in early years' classrooms. Small groups can be a cohort or pod within a classroom. These smaller groups can sit together at tables and will be tracked in case there is a need for contact tracing.

Materials will be available to children individually to avoid cross contamination.

In instances when materials are shared such as blocks, paint easels etc., these play activities will be grouped together in the same area of the classroom with a clearly defined boundary. Upon entry, a small group of children will wash their hands, play with materials, clean up the materials and wash their hands prior to exiting the area.

Tables will be used for seating, with several restrictions in place:

- Children sit with the same group, in the same spot, for a period of time.
- Table cleaning will occur throughout the day.
- Supplies to individual children will be kept in a separate bin, box, container – labelled with the child's name.
- Hygiene practices, including handwashing and sanitizing, will take place throughout the day.

### *Home Visits (PreK)*

This fall, home visits will not be possible. Options to consider instead of home visits include playground visits, phone calls and online meetings.

### *Family Days (PreK)*

Family days may be hosted virtually. Once restrictions on visitors are lifted, small group meetings may be able to be held in the school, as long as proper precautions are in place.

\*More information about prekindergarten and kindergarten programming is available in [Appendix D](#) (PreK and K Programming - Page 33) of Living Sky School Division's Return to School Plan.

# You Have Options!

Students best engage in their learning through connection with their teachers and classmates, and if there is no medical reason for not attending in person, we encourage students to come back to school. However, if this is not currently the best option for you, we have created an online learning option.

As families choose between in-class and online learning, school staffing may have to be adapted, and classroom assignments may change early in the school year. We appreciate everyone's understanding while we work through these issues. It is proving to be very difficult to determine what student enrolment will be in the fall.

## Learning in the Classroom

Students will remain in cohorts as much as possible. In elementary schools, the student's cohort will be his/her classroom. This will help to limit the number of student interactions during the school day, which will lower the risk of contracting COVID-19 and will assist Public Health officials in their efforts to trace contacts, should this need to occur.

Even though students will be grouped in cohorts, it remains important to maintain physical distancing within a group whenever possible to minimize the risk for disease transmission. We have asked schools to ensure extra furniture has been removed from classrooms to provide students with more space and make distancing easier to achieve.

Teachers will put routines and procedures in place to support student safety in their classrooms. You may want to refer to specific school plans for more details (available on school websites).

Some of our high schools have implemented a block schedule. Block scheduling allows for fewer cohorts, as students in grades 9-12 will be with just two or three groups of students. In the future, if we have to move to Level 3 or 4 of the Safe Schools Plan, students will have fewer courses to continue to learn, which will allow for better teacher-student connections (because of numbers) and more focussed learning.

Other high schools are small enough that keeping students in cohorts is possible.

# Learning Online

Living Sky School Division is expanding its online learning programming to accommodate families who choose an online or at-home learning experience for their son/daughter. K-12 curriculum is available.

We encourage parents to weigh the decision to enroll in online school very carefully. Virtual learning requires strong parental support, including active involvement on a daily basis for students in grades K-4, and then careful monitoring of your student in grades 5-9. While some students thrive in an online environment, others learn best in the classroom. You know your children and their needs, and we trust that you will make the best decision possible. Should you determine that it is best to switch from virtual to physical school (or vice versa) during the school year, it will be necessary to work with your base school administrator, along with your child's online teacher, to determine the best timing for transition. Care and attention to this process will help to minimize the potential disruption for your student.

Here is more information about virtual (online) learning:

- Online programming is developed and delivered by Living Sky teachers and is at no cost to families.
- K-9 instruction will center around English language arts and mathematics curricula. Outcomes from science, social science, health education, arts education, and physical education will be addressed through project-based learning.
- Grades 10 to 12 students can choose from a selection of courses in order to achieve their high school diploma. Elective courses will be determined depending on student registration and interest.
- Students who enroll full-time in LSSD Virtual will still be registered through their physical schools. However, the primary contact for students will be their virtual teacher(s). Report cards will be issued through LSSD Virtual and parents will have access to the LSKY parent portal to view their student's engagement data and grades.
- Families who have students requiring intensive supports or who are currently enrolled in special education programs will still receive services from their school's student service teachers, as well as division supports if required.
- Virtual classrooms will be comparable in size and composition to other elementary classes in the division but will include students from a variety of schools. The exact composition of the virtual classrooms will be based on enrolment.
- Students in Grades 10-12 will use Blackboard or Google Classroom as their learning management system.
- K-9 students will use Google Classroom and/or Seesaw.

**More information can be found in our Town Hall Video – [Episode One: Virtual \(Online\) Learning](#)**



The school division is working closely with your school to create a safe environment for students to return to in the fall. School staff are excited to see their students and are ready for a year of learning and growing together.

They also know that right now in-person learning might not be what is best for all students. **This is why we are expanding our LSSD Virtual to include online learning options for K-12 students.**

If online learning is the path that you choose this year, we want to make sure that all students feel cared for and continue to be connected to their school community while engaging in learning experiences that interest them and build their knowledge on a variety of subjects and topics.

## WHAT YOU CAN EXPECT:

### Kindergarten to Grade 9:

- A caring teacher guiding students through a variety of online learning
- Devices and tech support will be provided, when necessary
- Team approach: family, student and online teacher working together
- A variety of opportunities to stay connected with your school community

### Grades 10 to 12:

- A personalized plan to complete required courses for each high school student
- Devices and tech support will be provided, when necessary
- A variety of opportunities to stay connected with your school community

# Supporting Students with Intensive Needs

Living Sky School Division has planned for serving students with intensive needs in accordance with the Ministry of Education's [Primary and Secondary Educational Institution Guidelines: Students with Intensive Needs](#).

- The school division will continue to offer a variety of supports and services for students with intensive needs, keeping in mind the Chief Medical Health Officer's directives.
- School teams will work with division staff to prioritize and coordinate student supports and services.
- Support for students with intensive needs will be based on students' individual intervention plans (IIPs).

## IIP Development

- IIPs will be strength-based, living documents that respond to student need.
- Additional goals will be added around safety, distancing and cleanliness.
- Transition goals may need to be altered if students have community placements such as work experience that cannot go forward due to restrictions related to COVID-19.

## Group and Individual Interventions

- Schools may need to look at how students are grouped and prioritize students for some interventions.

## Intervention Supplies

- Students should have their own pens, pencils and other items necessary for the intervention that can be kept in the intervention space.
- Students may use items, such as fidgets, identified specifically for them and kept in a clearly marked bin.
- Items required to deliver services will be cleaned as necessary, and specific instructions for each item are in place.

## Assessment

- Division-based student services personnel such as speech and language pathologists, psychologists and occupational therapists, will spend blocks of time at a particular school or pod of schools.
- Staff will evaluate what can be done virtually and what needs to be done face-to-face.
- When assessing in person, proper safety and hygiene practices will be observed.

## Toileting and Tube Feeding

- Staff working with students requiring personal care will be kept as consistent as possible.
- Proper safety and hygiene practices will be observed.

## Immunocompromised Students

- If parents choose not to send their children to school, tele/video assessments/therapy can continue.
- Children with compromised immune systems may need to access tele-assessment, rather than physically distanced, environmental assessment with precautions.
- Parents will need to act as proctors for their child's assessment.

## Work Experience

- Staff cannot transport students to work experience in private vehicles.
- If work experience is not possible, direct teaching will happen to ensure students are getting the skills they need.

## Sensory Rooms

- Sensory rooms should be reserved for students who require sensory programs.
- If possible, items for specific use for each child will be identified to avoid cross contamination.
- Only materials that can be sanitized will be used.

## Educational Assistants

- School teams will strive to assign educational assistants to class cohorts/groups to minimize the number of student contacts.
- Educational assistants will not enter private residences or provide personal transportation.

## Outside Supports

- Staff will continue to work in partnership with parents, guardians and interagency partners to support students' individualized learning plans.
- In-person external provider involvement in schools may be considered on a case-by-case basis, and providers must adhere to SHA guidelines.
- Professionals providing school-based services are considered visitors and will follow the school division's protocols, which include signing in, wearing masks, and applying hand sanitizer upon entering the school.

# Food and Nutrition Programs

## Food from Home

Food from home should be packed in containers, and students must bring their own utensils. Students should bring items for lunch that they can open unassisted to limit contact from others.

We encourage students to use reusable containers and utensils to limit garbage resulting from their lunch.

Food must not be shared with other students and should be stored with the student's belongings. Students must not share utensils, dishes, water bottles or drink containers.

## Lunch Breaks

**We encourage students to return home for lunch, if possible.** Students who remain at school for lunch will eat in their classrooms. If a cafeteria/lunchroom is available, schools will determine how these spaces are best utilized.

- Groups of students may alternate to reduce the number of people dining together at once.
- Tables may be removed or rearranged to help with distancing.
- Lunch times may be staggered to reduce the number of people in the space.

No common food items such as saltshakers and ketchup will be used. Your school will let you know if your child will have access to a microwave at lunch.

In all schools, staff members will continue to be assigned to noon-hour supervision.

## Breakfast Programs, School Hot Lunches and Snack Programs

Schools offer a variety of nutrition programs for students. The precautions taken will follow the direction of the Chief Medical Health Officer and Re-Open Saskatchewan, including the *Restaurant and Licensed Establishments Guidelines* as applicable for the facility. Food for such programs will not be prepared by students, unless the students are participating in Commercial Cooking and/or Food Studies and are learning about safety and sanitation in the preparation, storage and service of food.

- Proper hand hygiene will be practiced before and after eating.
- School-supplied food will be delivered directly to the classroom unless the school has a designated room that students can remain in cohorts and be physically distanced.
- Students will eat lunches in their classrooms.
- There will not be any self-serve or family-style meal service nor common food items. Food will be served in individual portions to each child by a designated staff member.
- Utensils will be used to serve food items. Reusable utensils will be cleaned and sanitized after each use.

# Cafeteria Service

Within the context of Commercial Cooking and Food Studies, students learn about safety and sanitation in the preparation and storage of food, and Commercial Cooking may involve students participating in the preparation and service of food for the school cafeteria.

Food will be served to individual students. Cutlery, napkins, and other items will be dispensed to students rather than having students pick up their own items.

# Resilience and Wellness

## School Supports

Fear and anxiety about COVID-19 can be overwhelming and cause strong emotions in children (and adults). Schools play an important role in helping students cope by offering support in a variety of ways.

Training has been made available to LSSD staff to ensure that they are prepared to support students' social emotional learning. School counsellors will also be on hand to support students as needed.

We encourage students and families to talk with those they trust about their concerns about COVID-19 and how they are feeling. During the first weeks of school, teachers will be focused on building trusting relationships designed to support students during this uneasy time.

## Home Supports

*This resource has been developed and shared by the Saskatchewan Health Authority (from Saskatchewan.ca).*

Children and youth react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them if they are better prepared.

**Not all children and teens respond to stress in the same way. Some common changes to watch for include:**

- Excessive crying or irritation in younger children;
- Returning to behaviours they have outgrown (for example, toileting accidents or bedwetting);
- Excessive worry or sadness;
- Unhealthy eating or sleeping habits;
- Irritability and "acting out" behaviours in teens;
- Poor school performance or avoiding school;
- Difficulty with attention and concentration;
- Avoidance of activities enjoyed in the past;
- Unexplained headaches or body pain, and/or
- Use of alcohol, tobacco, or other drugs.

**There are many things you can do to support your child:**

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or youth can understand.
- Reassure your child or youth that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.

- Try to keep up with regular routines. Create a schedule for learning activities and relaxing or fun activities. See below for ideas.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

**Structure, consistency and predictability are very important for children and youth, especially during times of crisis.** Keeping a simple routine every day helps meet these needs while there is no school. A routine for at home might include the following ideas. How long you allow for each activity will depend on the age of your child. For older youth, you may want to request they accomplish 3-4 things each day, and give them more choice on what that will look like.

- Sleep and wake at consistent times each day – keep times similar to what they would typically have during the week and weekend.
- Plan healthy meals and snacks – healthy food keeps our immune system strong and our moods more stable.
- Exercise – think outdoors, fresh air, yoga for relaxation, or go online to find a free class. Many gyms are offering online videos for free, and a lot can be found on YouTube. Here is one resource with [Alo Yoga](#) you may want to check out.
- A project – something that spans several days can give children and youth something to look forward to, give them purpose, and be grounding. Ideas to consider include a puzzle, arts & crafts, Lego, researching a topic of interest, reading a chapter book together and talking about it, or learning a musical instrument.
- Education – while school is out, look for opportunities for your child or youth to use their minds to continuing learning. This might include things like reading, math work sheets, zoos that have online activities (e.g. San Diego), documentaries, Ted talks, Scholastic kids, learning apps, Raz kids, and online public library resources. Ask your child what he/she is interested in learning about as a starting point.
- Chores – jobs give children a sense of purpose and remind them that they have an important role to fill in keeping the family home running.
- Down time – unstructured time is important too and might include free play or colouring for younger children; for older children and youth consider board games or card games.
- Screen time – Canadian Pediatric Association recommends no more than two hours each day. As parents feel pressure to manage their children's time with limited opportunities for entertainment, these rules may be loosened, but there should still be limits.

#### **Resources for helping children to manage stress with COVID-19:**

- Health Canada: [Parenting during COVID-19](#)
- WHO document: [Helping children cope with stress during the 2019-nCoV outbreak](#)
- Zero to Three for [Tips for Families of Young Children](#)
- [Social Story](#) for children between ages 5-12
- [Social Story](#) for children 4-6 years

#### **Resources for parents/caregivers to manage stress with COVID-19:**

- Canadian Psychological Association: [Fact Sheet: Coping with and Preventing COVID-19](#)
- World Health Organization: [Coping with stress during the 2019-nCoV outbreak](#)
- Anxiety Canada: [What to do if you're anxious or worried about coronavirus \(COVID-19\)](#)
- University of Victoria: [10 Ways to cope with anxiety about coronavirus \(COVID-19\)](#)
- American Psychological Association: [Five Ways to View Coverage of the Coronavirus](#)

## Supporting Children During COVID-19

» There are many things you can do to support your child during this stressful time.

- Listen to your child's concerns.
- Answer questions and share facts in a way they can understand.
- Reassure your child that they are safe. Let them know it is ok if they feel upset.
- Limit your family's exposure to news coverage, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.



[saskatchewan.ca/COVID19](https://saskatchewan.ca/COVID19) #COVID19SK

Saskatchewan

## Other Supports

### Intake Numbers for Health Services:

North Battleford Mental Health and Addictions 446-6500

Lloydminster Mental Health and Addictions 306-820-6250

Meadow Lake Mental Health and Addictions 306-236-1580

### Crisis Counselling and Support:

Health Line (Professional Health Advice and Mental Health support) 811

Emergency Services 911

Kids Help Phone 1-800-668-6868; 24 hour Crisis Text Line (Kids Help Phone) Text 686868

First Nations and Inuit Hope for Wellness Help Line – 24/7 1-855-242-3310

Indian Residential School Crisis Line 24/7 1-866-925-4419

Trans Lifeline (Support for Transgender people) 1-877-330-6366

Veterans Crisis Help Line 1-800-268-7708

Catholic Family Services of the Battlefords 306-445-6960

West Central Crisis and Family Support Centre 24/7 306-463-1860

### Gambling:

Saskatchewan Problem Gambling Help Line 24/7 1-800-306-6789

### Domestic Violence:

West Central Crisis and Family Support Centre 24/7 306-463-1860

Northeast Crisis Line 24/7 1-800-611-6349

North Battleford Interval House 24/7 Crisis Line 306-445-2742

### Sexual Abuse:

West Central Crisis and Family Support Centre 24/7 306-463-1860

Northeast Crisis Line 24/7 – 1-800-611-6349

Prince Albert Mobile Crisis Unit – Sexual Assault Line 24/7 306-764-1039

Battlefords and Area Sexual Assault Centre Line 24/7 306-446-4444

West Central Crisis and Family Support Centre 24/7 306-463-1860

# Working Together

We have all had to become comfortable with uncertainty since the pandemic began. As new information becomes available, we have to respond to it. Our plan has to be flexible.

Although this fall students will be coming back to schools that look different, with directional arrows on the floors, dispensers of hand sanitizer on the walls, masks... the most important thing has not changed: staff are going to be excited to see students, and the joy of being together again will far outweigh everything else that looks or feels different.

We encourage staff to settle in, re-establish relationships with students and colleagues, and get used to new routines. This will take time. We've all been away from our regular routines for several months, and returning to school will be an adjustment.

As we re-adjust to our new reality, we'll get more used to our circumstances, and learning will come.

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*Last fall, we kicked off the year with a presentation from Dr. Jody Carrington. She reminded us that we are wired to do hard things. She also spoke of the importance of just BEING with the students, as often that's exactly what they need. We are ready, and we're really looking forward to seeing our students, your children, at school!*

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## Family To-Do List

1. Review how and when kids should wash their hands.
2. Send a personal supply of unscented hand sanitizer to school with your child.
3. COVID-19 can happen to anyone. Please help us reduce the stigma around COVID-19 by showing support, kindness and empathy to those who have, or are tested for, COVID-19.
4. Although we will supply some masks for students, please supplement this by purchasing additional masks. Remember that these masks must be school appropriate in the same way as all clothing worn to school. Gaiter masks and bandanas are not suitable.
5. Help teach your child how to wear a mask and practice wearing them at home.

DO ALL THINGS WITH  
kindness

# Answers to Your Questions

Thank you to everyone who sent in questions for our Virtual Town Hall video. We had such a great response that we decided to make a few separate videos instead of one very long video. This way, you can watch all of them if you so desire, or pick the one that is most relevant to you.

## Virtual Town Hall Videos:

Episode One: Virtual (Online) Learning: <https://streaming.lskysd.ca/player/?i=PZjIF>

Episode Two: Student Safety: <https://streaming.lskysd.ca/player/?i=N3YVT>

Episode Three: Student Health: <https://streaming.lskysd.ca/player/?i=1U8Ed>

(Mini) Episode Four: Bus Loading: <https://streaming.lskysd.ca/player/?i=nu9RM>

## Supplementary Q&A Documents:

[Town Hall Virtual Learning.pdf](#)

[Student Health and Safety.pdf](#)