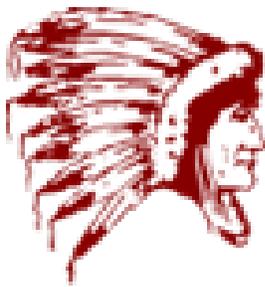


BEST PRACTICES FOR RETURN TO SCHOOL

Fall 2020



FSIN

Education & Training Secretariat

This document is meant as a supporting information piece for First Nations School Administrators to consider and utilize as they see fit. We are not trying to impose a one-size-fits-all solution, but we are giving you practical options for school operations to resume in First Nation communities based on available information resources. We recognize that the needs of each school are different depending on their geographic location and their size. Additionally, First Nation Leadership will have their own ideas on the reopening of their schools which will include their own minimum and maximum measures to be adapted to their community's reality.

Table of Contents

1.	Hygiene – Students and Staff	2
2.	Addressing Staff and Students Illness.....	2
3.	COVID and the Workplace: - Legal Considerations	3
4.	Transportation & Bussing.....	4
5.	Maintaining a Healthy School Environment.....	6
6.	Sports, Physical Education & Extra Curricular Activities	7
7.	Facilities - Cleaning and Sanitation of the School	9
8.	Physical and Social distancing	10
9.	Nutrition Programs	11
10.	Supporting Students with Intensive Needs.....	12
11.	Mental Health/Social Emotional Supports.....	13
12.	Links To Additional Resources	15
13.	APPENDIX A – COVID19 SELF-ASSESSMENT TOOL	16

The COVID-19 pandemic has forced us to change and adapt to a new educational reality. With this in mind, the FSIN Education & Training Secretariat was tasked with creating a Best Practices for First Nation Schools Returning to School in the Fall of 2020 with considerations to the many questions raised by current global crisis. This Best Practices for Return to School document was developed to be used in conjunction with Federal and Provincial Public Health) Guidelines. Communities and schools can adapt this guide to suit their needs. We encourage every community to keep up-to-date on the latest information on COVID-19 pandemic by visiting Saskatchewan Government website <https://www.saskatchewan.ca/> and the Government of Canada website <https://www.canada.ca>

1. Hygiene – Students and Staff

- Promote proper hand hygiene practices for staff and children.
- Training for staff should be provided prior to the arrival of students to support COVID-19 preventative practices and trauma informed practices.
- All staff will be trained in proper hygiene and sanitization practices and the school protocols to create a safe and support climate for students.
- Education should be provided to staff and students specific to infection reduction, personal hygiene practices and cleaning and sanitizing procedures.
- Practices must include using soap and water when hands are soiled and hand sanitizer when visibly clean.
- General use containers of hand sanitizer need to be available.
- Hand sanitizer must be approved by Health Canada and listed as effective for use against COVID-19 (per Health Canada website).
- Maintaining physical distance and minimizing physical contact.
- Hand washing with plain soap and water is the preferred method of hand hygiene, since the mechanical action is effective at removing visible soil and microbes.
- Hands should be washed using soap and warm water for at least 20 seconds. When drying hands, disposable paper towels are preferred.
- If soap and water are not available, an alcohol-based hand sanitizer (ABHS) can be used as a temporary measure until hand washing can be done. ABHS containing 60-90% alcohol concentration (optimally over 70%) are the most rapidly active of all agents used in hand disinfection.

Supplies/Resources Needed

- Hand sanitizer should be optimal 70% alcohol
- Posters/Reminders/Signage to support frequent and proper hand hygiene
- Personal Protective Equipment (PPE)
- Development of protocols for touch surface cleaning – student desks/tables, tablet/device surfaces, learning materials, etc.

2. Addressing Staff and Students Illness

Establish procedures if students or staff become unwell, plan with local health authorities, school health staff and update emergency contact lists. Ensure a procedure for separating sick students and staff from those who are well – without creating stigma – and a process for informing parents/caregivers, and consulting with health care providers/health authorities wherever possible. Students/staff may need to be referred directly to a health facility, depending

on the situation/context, or sent home. All procedures should be communicated with staff, parents and students ahead of time.

- Students and staff who are sick should be advised to stay home. Not all symptoms of illness need to be subject to this requirement (i.e. headaches, cramps, etc.). Staff would not be required to enter the school when sick to create plans for substitute teachers.
- Schools should identify an appropriate isolation area for anyone with COVID-19 symptoms who are not able to immediately leave the facility. If a student develops symptoms at school or upon arrival at school, the student should be isolated from other students and the parent or guardian should be notified to pick up the student immediately. Provision for supervision of the student must be in place.
 - If a separate room is not available, the student needs to be kept at least two metres away from other students and staff.
 - If the student requires close contact and care, staff must wear a mask and eye protection or face shield during all interactions with the sick child, and should try to avoid contact with the student's respiratory secretions.
- Once the student leaves, staff must wash their hands for a minimum of 20 seconds and ensure all areas that the sick student touched are cleaned and disinfected.

3. COVID and the Workplace: - Legal Considerations

**This is not legal advice and merely information and guidelines to assist, if you require legal advice please see a lawyer.*

With schools opening up or dealing with employees in this time of COVID there are legal considerations that you need to think about including employee-employer issues, negligence claims and discrimination. The following provides general guidance to employers in dealing with the potential impacts of COVID 19 in the workplace.

- Temperature checks – Employers should be aware that there may be human rights, occupational health and safety and privacy considerations should they wish to take the temperature of employees or members of the public entering a premises.
- Have a plan in place so that your organization will know what to do if a person becomes infected or is exposed to the virus.
- Have an OH&S committee to deal with on-going Safety issues re co-vid.
- If an employee should contract co-vid at the work place there are obligations to report to worker's compensation.
- Be aware of travel restrictions and keep up to date with information.
- When considering lay-offs, termination and payment to employees read the latest on labour codes, federal or provincial.
- Employers have a duty to provide a safe working environment relative to the expected duties of the employee and the risks in the workplace. The issue of wearing masks is evolving and so find the latest information if an employee has an issue.

NEGLIGENCE CLAIMS

Schools can anticipate that, if there are exposure events upon reopening, or, worse, a full-on outbreak of COVID-19 in their schools, they might be subject to claims of negligence or recklessness from students and teachers. Among many other fact-specific questions that will determine the value and likely success of such claims, one will be whether the school exercised

the appropriate standard of care in the policies and procedures it adopted prior to and upon reopening. While no one knows yet exactly what that standard of care will be, we have put together some guiding principles that might help schools navigate this unprecedented landscape. See attached Appendix.

To protect your organization:

- have a pandemic plan for your school
- consult Canada Public Health, Provincial and Local Guidelines.
- Have procedures and policies in place prior to reopening which include hygiene practices, modifying spaces for social distancing, crowd control, medical practices or protocols
- be aware of privacy legislation.

DISCRIMINATION

We wanted to briefly highlight, the potential for discrimination claims that might arise out of policies designed to mitigate COVID-19 risks.

- Policies that prevent older employees from returning to the workplace or requiring them to work under different conditions might lead to claims of unlawful disparate treatment.
- Conversely, schools should be ready and willing to grant reasonable accommodations to employees that are either elderly or have underlying health conditions and request such accommodations.
- Schools should pay close attention to guidance from the privacy act legislation about how to make appropriate medical inquiries of their employees who are absent from work.
- Along the same lines, schools will need to take care not to discriminate or retaliate against employees who have or are suspected to have COVID-19.

4. Transportation & Bussing

Safety guidance to protect drivers and limit the spread of COVID-19 in transportation and bus vehicle operations

Transportation & Bus Drivers:

- Minimize the number of vehicles shared by employees to limit the spread of the virus between different users of the same vehicles where possible.
- Ensure that drivers have access to appropriate disinfectants, hand sanitizer, personal protective equipment, and other material needed to clean high-touch surfaces in their trucks and implement recommendations made in these guidelines.
- Transportation: The following transportation protocols could be considered for implementation:
- Students should be assigned seats and a record of this seating plan should be kept in order to assist with contact tracing in the case of a student being confirmed with a case of COVID-19.
- Students who live in the same household should be seated together.
- Partitions around drivers can be considered.
- Cleaning and sanitation of buses or other vehicles used to transport students is required between each run.
- Parents will be asked to transport their own children where possible.
- Encourage pickup and drop off of students outside of the building, unless there is a need for the parent or guardian to enter the school.

General Advice to Protect Vehicle Drivers:

- Transportation and Bus vehicle drivers must diligently self-monitor.
- Drivers with symptoms of Covid19 should self-isolate and stay home.
- Transportation and Bus Vehicle Operators should communicate public health recommendations and updates to drivers in a timely manner.
- Wash hands regularly and whenever they become soiled and/or use hand sanitizer
- Avoid touching eyes, nose and mouth with unwashed hands.
- When coughing or sneezing drivers should cough or sneeze into a tissue or the bend in the arm, not into hands
- Dispose of any tissues that have been used as soon as possible in a lined waste basket and wash/sanitize hands.

Before and During Each Trip

Have a check list to ensure the proper protocols are followed and equipment are available.

- Make sure vehicle interiors are clean and hygienic by wiping surfaces with disinfectant.
- If possible, have a thermometer and hand sanitizer on hand
- Personal protective equipment (as required by the operator's health and safety protocol).
- Paper towels and absorbent materials.
- Waste disposal bags, labels and tape.
- Cleaning agents; and disinfectants
- Keys or FOBs.
- Starter button on vehicles with FOBs.
- Inside and outside door handles; inside door grab handles, pads and armrests.
- Steering wheel.
- Shift lever and console.
- Dashboard.
- Power window and power door lock switches.
- Radio and climate control buttons.
- Turn signal and wiper stalks.
- Seats and Seat adjuster.
- Any other parts that are commonly used and that may have been touched (glove compartment, hood, trunk, van panel door handles, pick-up tailgate handle, sleeping areas, for example).
- Wash hands when finished using proper hand washing techniques.
- Transportation and bus vehicle drivers should take precautions such as covering their hands when pumping gas, touching the service station door handles, or handling any automotive products that may be required when performing vehicle maintenance, such as filling windshield washer fluid and adding motor oil, if this is possible. If it is not possible, vehicle drivers should wash their hands or apply hand sanitizer immediately thereafter, if available.

At the End of the Trip

- Repeat a thorough cleaning of high-touch surfaces with appropriate disinfectants as described above.
- Drivers who start to experience symptoms after completing a trip should stay home, self-isolate, and advise their employer so that additional steps can be taken to protect co-workers and other drivers using the vehicle.
- Repeat all steps of regular cleaning areas/surfaces and sanitation

5. Maintaining a Healthy School Environment

Strategies to maintain a safe and a healthy school environment for students upon return to school.

Cleaning and Disinfection

- Staff and students will use hand sanitizer when entering the classroom
- Assigned staff should clean and disinfect as frequently as they can, especially frequently touched surfaces (playground equipment, door handles, sink handles, desk/table surfaces, chairs, light switches, white board markers) this should be done between each use
- Shared objects (physical equipment, gym supplies) should be limited in usage and cleaned between each use
- Develop a cleaning schedule so a routine is developed and will determine where improvements or additional cleaning may be needed
- Staff and students should bring their own water
- Water fountains will not be available for usage
- Cleaning products should be stored in a safe place and out of reach of any children
- Use products that clean and disinfect all at once (e.g. premixed store-bought disinfectant cleaning solutions and/or wipes when available)

Sharing of Objects

- The school will send a list of items that students may bring to school. All others items from home will not be shared (ie. Toys, electronic games, etc.)
- Keep students belongings separated from other students in their own labeled containers/cubbies/areas
- Assign students to their own supplies and equipment minimizing sharing of high touched materials as much as possible
- If sharing of material is required, wiping with disinfectant cloth by the teacher is required
- Disinfect everything students use after every use

Ventilation

- Ensure ventilation systems operate properly and increase the air circulation of outdoor air in the room as much as possible (opening windows and doors)
- Do not open windows and doors if doing so will pose a safety or health risk for students (e.g., risk of falling, triggering asthma symptoms) to children using the facility

Layout of Classrooms

- Space seating/desks should be at least 6 feet apart when possible
- Turn desks to face in the same direction (rather than facing each other), or have students sit on only one side of tables, spaced apart.
- If possible, adjust classes which may include staggered start times and instruction
- Consider having students in the same classroom and from the same household grouped together

Physical Barriers and Guides

- Facilities should have physical barriers, such as sneeze guards and dividers, focusing on areas where it is difficult for individuals to remain at least 6 feet apart (ie., reception desks).

- Provide physical guides for staff and students, such as tape on floors or sidewalks and signs on walls, to indicate that staff and students remain at least 6 feet apart in lines and at other times (e.g. guides for creating “one way routes” in hallways)
- Add physical barriers, such as plastic flexible screens, between bathroom sinks and urinals in the male bathrooms, especially when they cannot be at least 6 feet apart.

Screening to prevent symptomatic individuals from entering the school

In order to prevent the spread of infection, students, teachers and other employees who have signs/symptoms of COVID-19 should stay home. In addition, return to school decisions for those who have had an exposure to Covid-19 should be in accordance with Public Health recommendations.

- It is essential that strict exclusion policies are in place for symptomatic students and employees.
- While student screening by school staff at the school may be appealing, it could result in increased lines and is not practical without significant staggering of start times.
- We would strongly recommend that parents and caregivers be empowered by placing the responsibility for screening on the parents/caregiver. A checklist should be provided for them to do daily screening before arriving at school to clear for entry. (Does this go in sequence with travel?)
- Virtual learning or other forms of structured learning should be put in place for children who are required to stay home because they are sick or in isolation due to Covid-19 infection or exposure. It will be important to continue to work to identify options for students who have limited internet availability or other barriers to online learning.

Considerations

- Students that reside in the same household with someone who is symptomatic
- Tracking sheets of temperature
- School visitors: Workers, parents, etc.

Communication with Staff & Students

- Sending out a fact sheet of what to expect upon returning to school to parents/families and staff

6. Sports, Physical Education & Extra Curricular Activities

This guideline should align with provincial and national sporting bodies for each activity and be at least as restrictive as provincial guidelines. Each First Nation School who has organized sports and/or sports facilities must establish a plan for how to minimize physical contact and the risk of COVID-19 transmission between participants.

Guidelines for General Operation

- Parents and other spectators must not total more than the maximum gathering limits per the public health order per team at each game/activity, and must ensure physical distancing between non-household members.
- Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces (e.g. fields of play, courts).
- Contactless fundraising activities for sporting events are permitted.
- Signage must be posted to caution participants about the risks of COVID-19.
- Encourage participants to arrive no more than 5 to 10 minutes before the scheduled activity and depart immediately after to reduce people gathering in groups.

- Wherever possible, activities should be relocated to outdoor settings.
- Facility ventilation systems should be operational and appropriate for the activities being practised in them. Refer to link on School ventilation.
- Remove unnecessary common items, such as magazines, brochures, etc.
- Registration processes should be completed online whenever possible; however, if in-person registration is required, physical distancing and sanitizing pens between uses is required.
- Indoor play spaces are permitted; however, increased cleaning and disinfection are required. Operators must put measures in place to ensure physical distancing of non-household members and provide access to handwashing facilities or an alcohol-based hand sanitizer
- Food and beverage services are subject to the Restaurants and Licensed Establishments Guidelines.
- Contactless payment is preferred; however, cash may be accepted where necessary.
- Instruction is permitted with no contact and appropriate physical distancing. If physical distancing cannot be maintained or is unpredictable, a mask should be worn by the instructor.

Competition and Game Play

- If physical distancing is possible, certain individual and group organized sports, physical activities and recreation activities may proceed as normal (programming, training, practice and competition) while following the guidelines for general operations, cleaning and disinfection, etc.
- Tournaments and interprovincial competition are not permitted.
- For sports or activities where participants are unable to adhere to physical distancing, groupings (mini-leagues) should be formed. Mini-leagues can be comprised of multiple teams, but no more than 50 individuals.
 - Mini-leagues allow sports teams to return to a safe level of play, and will help mitigate the risk of widespread transmission by limiting the number of athletes that come in close contact with each other.
- The 50-person maximum per mini-league includes coaches/staff, instructors, participants from multiple teams, officials and volunteers who cannot maintain two metres of distancing from others at all times. Spectators, including parents, who are not part of a previously listed category, and others who can ensure physical distancing are not included in the 50-person total.
- No single group on the field, court, ice surface, etc. shall exceed the gathering limits in the public health order. Teams need to be separated while on the sidelines, and players cannot exceed gathering limits during games, practices or training.
- Mini-leagues must be comprised of individuals within the same neighbourhood, community or local geographical region (e.g. within a rural municipality, town, quadrant of a city or nearest community).
- Mini-leagues should remain together until restrictions are further relaxed.
- Game play can resume between teams in a mini-league and must be limited to teams within the same mini-league.
- Teams in different mini-leagues should not play each other.
- At least two metres distancing should be maintained between all individuals, except members of the same household, when off the field of play (e.g. on benches, during intermission).

7. Facilities - Cleaning and Sanitation of the School

Precautionary measures for cleaning and disinfection of schools.

Is There a Difference Between Cleaning and Disinfecting?

- Yes. Cleaning products remove dirt, dust and oils that can protect germs but don't always kill germs.
- Disinfectants are applied after cleaning to destroy germs.
- Cleaning is required prior to disinfection to remove soil and ensure the effectiveness of the disinfection step (unless otherwise indicated by manufacturer).
- Common disinfectants include bleach solutions, quaternary ammonium (QUAT), alcohol (70%) and peroxide. Vinegar, tea tree oil solutions, etc. are not proven to be effective disinfectants.

What Do I Need To Know?

- The COVID-19 virus can survive for several days on different surfaces and objects.
- Frequent cleaning and disinfection is important to prevent spread of the disease.
- Many common household and commercial disinfectant products will destroy the COVID-19 virus.
- Some disinfectants will have an 8-digit Drug Identification Number (DIN). These products are approved for use by Health Canada.
- Household bleach (5% sodium hypochlorite) may not have a DIN but may be used.
- Many chemicals used for cleaning and disinfecting are classified under the Workplace Hazardous Materials Information System (WHMIS) 2015. Look for the WHMIS hazard symbols on your products. Learn more about WHMIS 2015.

What Do I Need To Do?

- Clean often. Areas visited by people should be kept clean and free from clutter.
- Commonly touched areas should be cleaned and disinfected frequently or whenever visibly soiled.
- Commonly touched areas include light switches, door knobs, toilets, taps, hand rails, counter tops, toys, touch screens/mobile devices and keyboards.
- Clothing and fabric items should be laundered and dried on the highest temperature setting possible. Ensure items are thoroughly dried.
- Always use Personal Protective Equipment (PPE) including protective gloves.
- Food contact surfaces should be rinsed with fresh water after disinfecting.
- Toys/equipment that may be mouthed by children must be thoroughly rinsed after disinfection.
- If using disinfectant wipes, manufacturer's recommended contact time (i.e., how long the surface remains wet) must be met.
- Disinfectant wipes are not recommended for heavily soiled surfaces.

What Else Can I Do to Prevent the Spread of the COVID-19 Virus?

- Reduce contact between people in your facility. When possible, provide extra space between clients.
- Wash your hands often with soap and water. Scrub for 20 seconds.
- Use hand sanitizer when hands are not visibly dirty and hand washing isn't available. Only use hand sanitizer approved by Health Canada (DIN or NPN number).
- Avoid touching your face, mouth, nose and eyes.

- Stay home and self-isolate if you have symptoms of Covid 19
- Practice social distancing in general.
- Avoid close contact with others who are sick.
- Practice good respiratory hygiene. Cover your coughs and sneezes and then wash hands with soap and water.
- Avoid shaking hands.

8. Physical and Social Distancing

Safety guidance on the difference between and benefits of physical and social distancing. Consistency is essential for children and it will be important to ensure that once children return to school that children rely on structure and schedule for stability, which supports the need for a daily school model.

Physical distancing

The objective of physical distancing is to reduce the likelihood of contact that may lead to transmission and has been a widely used strategy during the pandemic. However, strict physical distancing should not be emphasized to children in the school setting as it is not practical and could cause significant psychological harm. Close interaction, such as playing, and socializing is central to child development and should not be discouraged. Encourage educators to be creative within their classrooms on how they plan to set up small group work.

The following are some recommendations and considerations for children in the school setting.

Classrooms

- When children are in the classroom, to the extent possible, efforts should be made to arrange the classroom furniture to leave as much space as possible between students.
- Smaller class sizes, if feasible, will aid in physical distancing. However, the daily school schedule routine should not be disrupted to accommodate smaller classes for physical distancing.
- If weather permits, consideration could be given to having classes outside.
- Consider Land based learning as a method for instruction delivery
- Rotating classes
- Teacher mobility from class to class is suggested to minimize student movement throughout the school

Large gatherings/assembly

- Large gatherings/assemblies should be **cancelled** for the immediate future.
- Any group practices/performances should be limited
- Wind instruments may pose a higher level of risk and special consideration should be given to how they are held, the room ventilation and the distance between performers.
- Instruments should not be shared between students.

Lunch breaks

- Stagger break and lunch times (or have lunch in classrooms).
- Hand hygiene should be performed prior to and after lunch breaks
- If weather permits, consideration could be given to having lunch breaks outside.

Outdoor and other activities

- During outdoor activities, such as recess, physical distancing should be required

- Children should perform hand hygiene prior to outdoor play/playground use.
- Physical education classes should be encouraged and continue according to available protocols.
- There should be special consideration as to whether re-starting sports with a high degree of physical contact (i.e. volleyball, soccer and wrestling) should be postponed or modified for the present time.
- Sports equipment (e.g. balls, hockey sticks etc.) should be cleaned at the conclusion of the activity.

Benefits of Social Distancing

- Limiting close face-to-face contact with others is the best way to reduce the spread of coronavirus disease 2019 (COVID-19).
- Social distancing, also called “physical distancing,” means keeping a safe space between yourself and other people who are not from your household.
- To practice social or physical distancing, stay at least 6 feet from other people who are not from your household in both indoor and outdoor spaces.
- Social distancing should be practiced in combination with other everyday preventive actions to reduce the spread of COVID-19, including wearing cloth face coverings, avoiding touching your face with unwashed hands, and frequently washing your hands with soap and water.

Staff Meetings

- Other considerations should be in place to avoid gatherings
 - Communication via email
 - Use of open spaces such as a gymnasium
 - Online connectivity such as zoom

9. Nutrition Programs

Safety guidance for food and water provided in schools.

- Water fountains should not be used; cover with plastic and tape the plastic closed. Post a sign indicating water fountain is not to be used but include options for water access:
- Bottles of water should be provided.
- Chewing gum and sunflower seeds will not be allowed. Disposal is unsanitary when the user spits them out.
- Stagger lunch breaks.
- Close common eating / lunch areas and cafeterias.
- Students should eat lunch in their classroom.
- If the weather permits, take lunch breaks outside.
- Food from home must not be shared with other students and should be stored with the student’s belongings.
- School supplied meals should be packaged and served in individual portions, by a designated staff member and delivered directly to the classroom.
- Designated staff members should wear masks when preparing and packaging individual food portions and when distributing packaged food to students, in the classrooms.
- If the lunch break is outside, packaged food can be taken outside.

- All used bottles, cans, utensils and bowls should be collected after use. Non-reusable utensils and bowls should be put into a garbage bag and properly disposed of. Reusable utensils should be disinfected after use.
- All bins, containers, surfaces must be disinfected prior to and after use.
- Students should not be allowed to participate in food preparation.
- It is recommended that schools consider not offering home economic classes. Policies and procedures for students, that considers social distancing and all aspects of proper food handling, preparation and storage; and cleaning / disinfection of all surfaces, cooking equipment, and utensil will be too cumbersome and time consuming to monitor. Ensure they are properly followed.
- These recommendations of food handling, processing, packaging and storage will apply to all land-based education that includes picking, gathering, hunting, and fishing.

10. Supporting Students with Intensive Needs

Safety guidance to ensure the safety our staff and students in intensive needs programs. Schools should work with the specialized personnel to devise safety protocols, which ensure the safety our staff and students in intensive needs programs. The school should provide training for staff, provide the appropriate personal protective equipment as recommended by the SHA guidelines and work with facilities for enhanced cleaning/disinfecting protocols.

The school should provide protocols around the following:

- Use and cleaning of specialized equipment
- Training and support for teachers and support staff
- Personal protective equipment: gowns, face shields, hand sanitizer, masks (Procedure masks), WHERE REQUIRED FOR MEDICALLY COMPROMISED STUDENTS [must have a medical designation]
- Include safety goals as part of the IEP's
- Consideration for Sensory needs of students were required
- Safety around learning centres – plexi-glass/barriers for U shape-horse
- Protocols for transition back to learning environments with training for parents and students

In addition to medically fragile students, consideration for students who require supports from other support professionals such as Speech-language pathologists, learning resource teachers, or instructional assistants, the school will develop protocols/procedures for the following:

- Tracking and limiting the number of support professionals working with a group of students within a building
- Protocols for student program delivery models: special education support with Learning Resource Teacher, SLP, literacy, etc. and consideration for instructional barriers and/or virtual delivery models
- Students with additional needs may require updated assessments and revised individual goals.
- For personal interactions, conditions must be created to allow for the provision of supports within a safe and secure environment, which may include the school setting or other appropriate spaces.
- All health and safety measures must be in place and communicated with the relevant staff and family prior to the provision of the service.

- All engagements will occur in a supervised setting, which may include the school or other appropriate spaces, and staff will not enter into private residences or provide personal transportation.
- Other methods of providing service or additional precautions may be suggested for those with compromised immune systems, in consultation with a medical professional.
- Consideration will be given to the directions given by the professional governing body of the staff providing the supports.

11. Mental Health/Social Emotional Supports

Students and families may require extra support to return to classroom activities and routines. Students may also be feeling anxious due to the pandemic and need extra support in relieving the stress and anxiety.

Mental

- Develop routines and reminders for following Covid 19 precautionary measures within the classroom and school
- Learn about the mental health support available to students and families within the community
- Students may require extra information about Covid 19 to relieve stress and anxiety
- Provide concrete and accessible information and facts about Covid 19 to ensure students and families aware

Emotional

- Remain calm, comforting and consistent in your approach with students, especially those with difficulty adjusting back to a classroom environment
- Daily check ins with all students before the day and at the end of the day
- Identify and provide extra support for vulnerable students

Physical

- Create a safe space in the timetable for calming and reflection time
- Create social distancing opportunities to remain active

Spiritual

- Reinforce positivity through daily affirmations and opportunities to share and build on student and teacher strengths
- Share processes for and provide reminder for students about anxiety management techniques

Frequently Used Resources

- these could be made available in laminated cards for students
- First Nations should seek access and information on the local contacts for mental health issues

Kids Help Phone

Text Service (24-hour) 686868

Saskatchewan Health Line

Phone: 811

Kids Help Phone

(24-hour) 1-800-668-6868

First Nations and Inuit Hope for Wellness Helpline and Online Counseling Services

The hope for wellness helpline offers immediate mental health counseling and crisis intervention to all indigenous people across Canada.

Toll-free 1-855-242-3310

Hope for Wellness Chatline www.hopeforwellness.ca

211 Saskatchewan

211 Saskatchewan is a free, confidential, 24/7 service that connects individuals to human services in the province by telephone, text, or web chat, plus a searchable website with over 5,000 listings of social, community, non-clinical health, and government services across the province.

Website: www.sk.211.ca

12. Links To Additional Resources

www.deroise.com – article on opening schools amid COVID 19 climate, June 2020 – modified to fit our area

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/cleaning-disinfecting-public-spaces.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>

Recommendations for School Reopening

<https://www.sickkids.ca/PDFs/About-SickKids/81407-COVID19-Recommendations-for-School-Reopening-SickKids.pdf>

Saskatchewan Health on Education

<file:///E:/2020-07-13%20COVID%20FILES/Educational%20Institution%20Guidelines%20-%20June%2018%20.pdf>

<https://mathewsdinsdale.com/covid-19-and-the-workplace-frequently-asked-questions/>

Restaurants and Licensed Establishments Guidelines

13. APPENDIX A – COVID19 SELF-ASSESSMENT TOOL

Testing is available and recommended if you have unexplained new or worsening symptoms (even mild symptoms) that may include one or more of the following:

- Fever
- Cough
- Headache
- Muscle and/or joint aches and pains
- Sore throat
- Chills
- Runny nose
- Nasal congestion
- Conjunctivitis
- Dizziness
- Fatigue
- Nausea/vomiting
- Diarrhea
- Loss of appetite (difficulty feeding for children)
- Loss of sense of taste or smell
- Shortness of breath
- Difficulty breathing

You can obtain a referral to a community testing centre by phoning:

- HealthLine 811
- Your family physician
- Your nurse practitioner

Please call HealthLine by dialing 811. If you have questions regarding COVID-19 and your health, they can help you with screening for COVID-19 to determine if a test is recommended for you and refer you for testing. All residents should be familiar with self-monitoring and self-isolation precautions, in order to keep you and those around you safe. To protect yourself while out in public, wash your hands frequently and maintain a safe distance from others.

If you have questions about COVID-19, you can:

- Call HealthLine 811
- Access the most up-to-date news and information on www.saskatchewan.ca/COVID19
- Email: COVID19@health.gov.sk.ca