

WELCOME BACK TO SCHOOL

欢迎回到学校

Information For Students and Families 学生和家長返校須知

Welcome to Elementary School! 欢迎回到小学!

We are happy to welcome you into our school community!

学校和老師都非常高兴看到各位同學返校!



We ask that you read through this information carefully so that you and your child know what to expect. Your child's health and safety is as important to us as it is to you. You can help us by ensuring that both you and your child understand the importance of following the procedures outlined on these pages. We can get through this together and you can help by keeping your child home when you, anyone in your household, or your child is unwell.

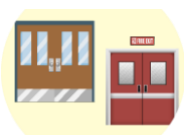
請各位家長和同學仔細閱讀全部返校須知，以便了解相關情況。您的孩子的健康和安​​全對您來說非常重要，對學校來說也是同樣重要的。為了幫助學校，請確保您和孩子都理解遵循本文所列出的步驟的重要性。讓學校和家庭一起攜手抗击疫情：如果您和孩子或者是家中其他人士身體不適，請留在家中。

School start up will be different this fall

今年秋季開學後，學校和以往有所不同

Students will be learning and playing in typical class size groups within a cohort of 60. They will spend the bulk of their time with the same staff and students within this cohort. When students are in places where other cohorts may be present, then physical distancing expectations will be in place. Recess breaks and lunches will be staggered to help with physical distancing. Students will be outside a lot and in all kinds of weather. They will need appropriate outdoor clothing every day, including coats, boots and shoes for rain or shine. Our goal is to balance students' educational needs within a safe, supportive environment and being outside regularly is part of this plan.

在最多由 60 個同學組成的“學習群組”中，遵照常規的班級人數，學生們會分組參加日常的学习和玩耍。在這個“學習群組”中，同一組學生和教職員工大多數時間都會待在一起。在有其他“學習群組”出現的場合，所有人都要遵守保持社交距離的規定。為了保持社交距離，學校會安排各個“學習群組”錯開課間休息和午餐時間。在不同的天氣情況下，學生們都會有很多戶外活動時間。同學們每天都需要穿戴適合當天戶外活動的衣着，包括適合晴天和雨天的外套、雨靴和鞋子。在這個計劃中，有規律的戶外活動是日常教學的一部分，學校的目標是在安全、有保障的環境中，為同學提供均衡的教育。



Scheduled Drop Off & Pick Up 預先安排好的接送時間和地點

Students will enter and leave the school at designated times and locations.

同學們將在事先安排好的時間和地點進入、離開學校。



Wash Your Hands 洗手

Students will wash their hands or use hand sanitizer upon arrival each day, throughout the day, and before leaving.

每天到校以后、学习活动中间、离校以前，同学们都要洗手或者是用洗手液清洁双手。



2 Metres Apart 两米的社交距离

When not in a cohort, staff and students will respect the physical distancing of 2 metres.

来自不同的“学习群组”的学生和教职员工需要遵守“保持两米的社交距离”的规定。



Masks 佩戴口罩

Non-medical masks are not recommended for elementary students due to the increased chance they'll touch their face & eyes, as well as the help they may need to properly put on and take off their mask. Wearing a mask is a personal choice.

对小学的同学来说，学校不建议他们佩戴非医用口罩，因为佩戴口罩会增加孩子们用手触摸脸部和眼睛的机会，同时他们也可能需要别人帮助才能正确地佩戴和脱掉口罩。学生是否佩戴口罩完全是个人的选择。



LABEL EVERYTHING

把所有的个人物品贴上标记

Label your child's water bottle, supplies, and all materials they bring to school. Only water bottle filling stations are open.

请将孩子带到学校的所有个人物品贴上标记，例如水瓶、学习用具等等。学校的饮水机只开放给学生用水瓶接水。



SNACKS & LUNCH

零食和午餐

Pack a healthy, nut free snack & lunch your child can eat independently without reheating.

请为学生准备一份健康、不含坚果类的食物，零食和午餐需要能让学生自己独立进食，不需要经过加热就能食用。

NO LUNCH DROP OFFS

请勿在午餐时间送餐到学校。

NO GOING HOME at LUNCH.

学生们不能在午餐时间回家吃饭。



CARE & CALM

互相关怀，保持镇静

Our goal is always to provide a deep sense of care and calm to support your child's learning.

学校的目标自始至终都旨在为全体同学提供一个充满关怀和安宁的学习环境。

Mandatory Daily Health Declaration Process for Students & Staff

学生和教职员工强制性的日常健康申报程序

You must review these questions each day before bringing your child to school:

在每天送孩子上学之前，家长必须对照下列问题自检：

1. Do you have any of the following symptoms that are not from a pre-existing condition (e.g. allergies)?

您是否有下列症状，且这些症状与既往病症无关（例如：过敏）？

• Fever • Diarrhea • Chills • Loss of appetite • Cough or worsening of chronic cough • Nausea and vomiting • Shortness of breath • Muscle aches • Sore throat • Fatigue • Conjunctivitis (pink eye) • Runny nose/stuffy nose • Dizziness, confusion • Headache • Loss of sense of smell or taste • Abdominal pain • Skin rashes or discolouration of fingers or toes

发烧；腹泻；寒战；没有胃口；咳嗽或者是病情加重的久咳不愈；恶心和呕吐；呼吸急促；肌肉疼痛；喉咙痛；疲劳；结膜炎（眼白变成粉红色）；流鼻涕/鼻塞；晕眩，不清醒；头疼；嗅觉或者是味觉丧失；腹部疼痛；皮疹或者是手指、脚趾变色。

2. Have you or anyone in your household returned from travel outside Canada in the last 14 days?

您或者是家中任何成员在过去 14 天内从加拿大境外旅行归来？

3. Are you or is anyone in your household a confirmed contact of a person confirmed to have COVID-19?

您或者是家中任何成员与被确诊的新冠病毒携带者有已经确认的接触？

Answering YES to any of the questions will prevent the staff/student from entering the school. What if you answered YES?

如果您对上述任何问题回答“是”，任何教职员工和学生都不能进入学校。如果您回答了“是”，情况会怎样呢？

• **Question 1:** If you answered YES to question 1 and the symptoms are not related to a pre-existing condition, you need to stay home until you have been assessed by a health-care provider to exclude COVID-19 or other Infectious diseases AND your symptoms have resolved.

问题 1: 如果对问题 1 的回答为“是”，且症状与既往病情无关，则该人士需要待在家里，直到医生对您进行评估以排除 COVID-19 或其他传染性疾病，并且您的症状已消失。

• **For assessment of any symptoms, contact 8-1-1, a physician or a nurse practitioner.**

如果需要对症状进行诊断，请拨打电话：811，与医生或者是执业护士联系。

• **Question 2:** If you answered YES to question 2, you will need to stay home to self-isolate based on the Quarantine Act.

问题 2: 如果对问题 2 的回答为“是”，根据“防疫隔离法”，您需要留在家中自我隔离。

• **Question 3:** If you answered YES to question 3, you will need to stay home to self-isolate based on the advice of the Public Health Authority.

问题 3: 如果对问题 3 的回答为“是”，根据公共卫生机构的建议，您需要留在家中自我隔离。

Contact the school if you have answered yes to any of the above questions and anytime you keep your child home.

如果您对上述任何问题回答了“是”，请让您的孩子留在家中。

Our goal is for everyone to be healthy and safe.

我们的目标是确保每个人的健康与安全。

Arrival and Leaving School 到校和离校

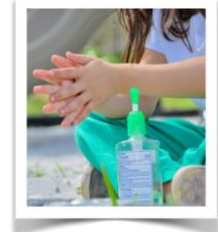
It will be important to be on time and come at your designated arrival and pick up times, as well as note the entrance/exit your child will use. Families and children will line up to be welcomed and dismissed at staggered times to allow for physical distancing. Families and caregivers will not enter the school. Appointments may be made as needed.

准时在指定的时间和地点接送孩子非常重要，同时也要知道您的孩子需要使用的出入口。为了确保保持社交距离，各个家庭和学生需要排队出入校门，并且错开上学、放学的时间。家长和照顾孩子的人士不能进入学校，如有需要，必须提前预约。

Students will: 所有同学需要:

Wash their hands before proceeding to class and wash their hands frequently, or use hand sanitizer. Label everything they bring to school: a re-fillable water bottle, lunch, pencil box, their own school supplies, jackets, hoodies, etc.

在进入教室前洗手，在校期间经常洗手，或者是使用洗手液。把所有带到学校的个人物品都要贴上标签：包括可以重复使用的水瓶、午餐盒、铅笔盒、个人的学习用品、夹克、连帽衫等等。



Need nut free snacks and lunch, that do not require re-heating. Lunches must be packed and NOT delivered. Students will not go home for lunch. There will be NO food sharing. Birthday treats must be individually wrapped, store bought snacks. No homemade treats.

需要为学生准备一份不含坚果类的零食和午餐，这些食物应该不需要加热就能够食用。学生需要自带零食和午餐入校，家长不能到校送餐，学生也不能离校到家里吃午餐，同学之间不允许分享食物。为了庆祝学生生日而带到学校的零食必须是从商店里购买的、每份独立包装的食物，不能是家庭自制的食物。

Bring clothing for being outside in all weather, including indoor and outdoor footwear. Continue to practice physical distancing at all times when outside their school cohort.

请为学生准备适应各种天气情况、室内和室外的衣物和鞋子，在校外期间，和非“学习群组”人士接触时，请让学生一直遵守保持社交距离的规定，

Masks 口罩

Students and staff will each be given two re-useable face masks. Non-medical masks are not recommended for elementary students due to the increased likelihood they will touch their face and eyes, as well as required assistance to properly put on and take off their mask (requiring increased close personal contact from school staff). Wearing a mask is a not always possible for everyone. No student needs to wear a non-medical mask if they do not tolerate it. Students may choose to wear a mask.

学校会为每位同学和教职员工提供两个可以重复使用的口罩，对小学的同学来说，学校不建议他们佩戴非医用口罩，因为佩戴口罩会增加孩子们用手触摸脸部和眼睛的机会，同时他们也可能需要别人帮助才能正确地佩戴和脱掉口罩（由此增加了学校教职员工和学生接触的机会）。不是每个人都习惯佩戴口罩，如果学生不习惯戴口罩，他们可以不戴非医用口罩。学生可以自主选择是否戴口罩。

It is important to treat everyone with respect, regardless of their ability to wear a mask or not.

无论是否佩戴口罩，最重要的是要对每个人都保持尊重。

Anytime staff or students are outside of their cohort or in an area where physical distancing is not possible, we ask staff to wear masks.

如果教职员工和学生身处所规定的“学习群组”之外，或者身处没有办法保持社交距离的地方，学校要求教职员工戴上口罩。

Click on the image to the right to learn about mask care

请点击右边的图像，了解有关佩戴口罩的知识。

