



Christ Church Cathedral School's Return to School Plan

For the Prevention of Communicable Diseases

Updated November 24, 2021

We have been travelling with this pandemic down a long road for a long time now. Fortunately, we have been strong, resilient, and flexible travellers. We have also protected and cared for each other by showing compassion and understanding. We have done our best to be Kind, Calm, and Safe. And although the pandemic is still with us in this new school year, we are in a much different place than we were in March 2020. We have lived with this virus for almost a year and a half and we know what we must do to reduce its spread. 75% of us are vaccinated and we know that protects all of us. We also know that the virus does not spread uncontrollably in school, because there are protocols we put in place to prevent that. We are almost there and with everyone's help, compassion, understanding, and Kind, Calm, and Safe demeanor, we will get through this. Believe me! Meanwhile, it is my duty to let you know how we will keep everyone at Cathedral School as safe as we can.

Here's to a safe year for all of you!

Stuart Hall

Christ Church Cathedral School and all other schools in BC are required to adhere to the standards, guidelines, and protocols from the BC Centre for Disease Control (BCCDC) and WorkSafeBC.

Christ Church Cathedral School will implement psychological safety measures and trauma-informed practice alongside physical health and safety measures. The School also commits to ongoing, accurate and clear communication with all families, staff and students regarding our plans and we will update those plans as required and communicate these updates to our School Community.

The following table presents a summary of our plans to prevent communicable diseases, including COVID-19. The measures at the top are the most effective measures while personal protective equipment is the least effect measure, but is important just the same.

The trauma-informed practice described at the bottom of this table is a very effective way to help protect the mental health and well-being of our students and staff.

1. Public Health Measures	
Attendance and Record Keeping	<ul style="list-style-type: none"> • The School will maintain daily attendance records for staff, students, and visitors (including teachers on call, itinerant teachers/specialists, parents/caregivers, and volunteers), and Will maintain accurate class and bus lists. (Daily attendance and seating records for bus trips, field trips, and contact lists of visitors to the school will be kept for at least 45 days)

Vaccines	<ul style="list-style-type: none"> • Vaccines have been shown to reduce the spread of many communicable diseases, including COVID-19. Reducing the spread of COVID-19 protects not only the person vaccinated but also reduces the chances that those who cannot be vaccinated will contract the virus. All children 5 years and older can now receive a vaccination. It is important that everyone who works in or attends a school get vaccinated if they are eligible.
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2. Environmental Measures	
Ventilation & Air Exchange	<ul style="list-style-type: none"> • All HVAC systems are operating and have been maintained as per standards and specifications, and all are working properly. • Every classroom (except the gym) has an industrial grade True HEPA Air Purifier, which will also provide some relief during times of poor air quality. • All classrooms have windows that open and teachers are encouraged to leave them open, weather permitting
Cleaning and Disinfecting	<ul style="list-style-type: none"> • Frequently touched surfaces (those touched by larger numbers of people) are cleaned and disinfected at least once each day. • Staff at Cathedral School have supplies handy if they need to clean and disinfect dirty surfaces at any time during the day. • Other general cleaning occurs in line with regular practices. • If any student or staff member falls ill during the day, they will be segregated until they leave. The area they had previously been occupying will be cleaned and sanitized as appropriate.

3. Administrative Measures	
Gatherings & Events	<ul style="list-style-type: none"> • School extracurricular and social gatherings and events (including those occurring within and between schools) are permitted and support by Public Health Orders, as long as we follow the recommended adaptations to prevent the spread of communicable diseases.
Space Arrangement	<ul style="list-style-type: none"> • Within the confines of our classrooms, we will remind students to give each other adequate ‘personal space’. This means being mindful and developing an awareness of those nearby. With the addition of the middle school learning pavilion, we have additional space to conduct our learning activities.

	<ul style="list-style-type: none"> • During recess and lunch breaks, we have continued the practice of staggering access to the outdoors, which also helps to limit crowded hallways. • We will do our best to maximize outdoor learning all year.
Staff Specific Considerations	<ul style="list-style-type: none"> • Staff will also respect the personal space of others while in common areas, classrooms, and hallways. • The staff room should be limited to use by no more than 6 people at a time. • Staff-only gatherings such as meetings, professional development days, etc. will occur in line with those permitted as per relevant local, regional, Provincial, and Federal public health recommendations and Orders for workplace gatherings and events and any related WorkSafe BC guidance. Staff will have masks on during such group gatherings.
Visitors, including Itinerant Staff, Temporary Teachers on Call, Parents and Others	<ul style="list-style-type: none"> • Parent access to the school (classroom areas, gym, auditorium, etc.) is not permitted at this time. • Parents will say ‘goodbye’ to their children at the school gate. • Parents who wish to come to the office are encouraged to call and make an appointment. • All visitors coming to the office must first put on a non-medical mask, then ring the buzzer. Upon entry, sign in and write their contact information (phone number) on the form, sanitize their hands, and proceed directly to the door of the office. • If someone else is visiting the office, please wait outside the office until invited in. • The School will keep the sign-list for 45 days.
Curriculum, Programs and Activities	<ul style="list-style-type: none"> • Most learning activities will be able to proceed without undue extra precautions beyond good hygiene and sanitation practices, and the wearing of a mask while indoors. • In Music and Band classes, masks can be temporarily removed while engaging in an educational activity that cannot be performed while wearing a mask (e.g. playing a wind instrument), but must be worn while singing or playing an instrument such as a drum. In other words, if a mask can be worn, it should be worn. • K-12 students and staff are required to wear masks during PHE/outdoor program classes when they are indoors and a barrier is not present. <ul style="list-style-type: none"> ○ Students are not required to wear masks during high-intensity physical activities⁶ (e.g. stationary bike, weightlifting, basketball, soccer); mask use during these activities is left to personal preference. ○ Staff are encouraged to move high-intensity physical activities outdoors whenever possible.

	<ul style="list-style-type: none"> o For low intensity activities (e.g. yoga, walking), students are required to wear masks when they are indoors and a barrier is not present.
Bus Transportation	<ul style="list-style-type: none"> • Frequently touched surfaces and all other touched surfaces are cleaned and disinfected at least once a day. • General cleaning will occur in line with regular practices. • Students and bus drivers are required to wash or sanitize their hands before boarding and after leaving the bus. • Students will be spread out if empty seats are available. • All staff and students, K - 8 are required to wear a mask while on the bus. The bus driver should remove the mask while driving. • Cathedral School does not support carpooling and uses busses to transport students in almost all cases.
Food at School	<ul style="list-style-type: none"> • Students are not permitted to share food or drink. Please reinforce this with your child. • Our hot lunch providers are following regular operational and food safety practices as regulated. (Our hot lunch program will resume in October)
Community Use of Schools	<ul style="list-style-type: none"> • The School can provide space for the community to use provided those groups follow related public health guidance, recommendations and Orders.
Water Fountains	<ul style="list-style-type: none"> • The use of water fountains is not limited. However, we will encourage all students to bring a water bottle that they can refill during the day, thus reducing the unintentional spread of germs.

4. Personal Measures	
Daily Health Checks	<ul style="list-style-type: none"> • Staff, parents and students have a responsibility to complete a Daily Health Check. There is a K-12 Health Check app and an interactive BCCDC Health Check Webpage appropriate for various aged students. There is also a Health Check Webpage for adults as well as other self-assessment tools provided by the BCCDC.
Stay Home When Sick / What To Do When Sick	<ul style="list-style-type: none"> • Students, staff or other adults should stay at home when sick, as this is one of the most important ways to reduce the introduction to and the spread of COVID-19 in schools. • Seasonal allergies, or ongoing conditions that are stable and unchanging would not require a person to stay home. • Parents/caregivers and students can use the K-12 Health Check app.

	<ul style="list-style-type: none"> • Staff, students and parents/caregivers can also use the BCCDC online Self-Assessment Tool, call 8-1-1 or their health care provider • Staff and other adults can refer to BCCDC’s “When to get tested for COVID-19” •
If staff or students fall ill during the day.	<ul style="list-style-type: none"> • If a student is determined to be sick during the day, parents will be called and asked to pick up their child as soon as possible. • When any person develops symptoms of illness while at school, they will be asked to isolate from others immediately. • Students will be provided a mask, if they do not already have one. • If required, staff will be provided assistance to get home. • All surfaces touched by the ill person will be cleaned and disinfected. • A record is kept of any staff or students who fall ill while at school. • Any person who falls ill while at school (or while at home) should use the assessment tools listed above.
Stay Home When Required to Self-Isolate	<ul style="list-style-type: none"> • Students, staff or other adults must stay home if they are required to self-isolate. Additional information on self-isolation requirements and support is available from BCCDC.
Returning to School After Illness	<ul style="list-style-type: none"> • Health care provider notes (i.e., a doctor’s note) are not required to confirm the health status of any individual, beyond those required to support medical accommodation as per usual practice. • Generally, people can return to school or work once they begin to feel better, if they have not been told to self-isolate. The specific guidance for how long a person should remain at home will depend upon the symptoms experienced. Please see appendix A for more information.
Hand Hygiene & Respiratory Etiquette	<ul style="list-style-type: none"> • All students in grades 1 – 8 will wash their hands with soap and water at our outdoor sink before entering the school buildings. • Kindergarten students will wash their hands in the classroom under the supervision of the teacher. • Hand cleaning facilities are available and accessible throughout the school and in every classroom and are well maintained.

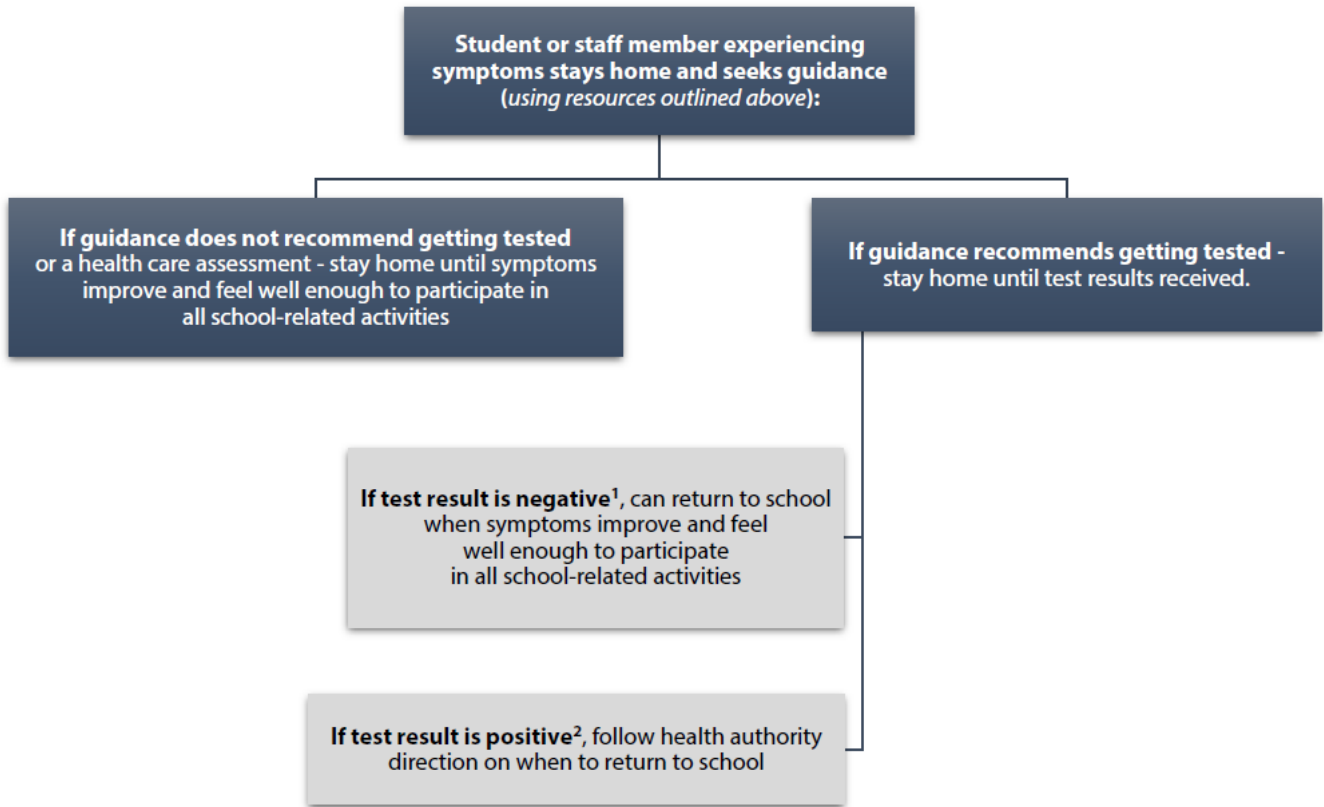
5. Personal Protective Equipment	
Masks	<ul style="list-style-type: none"> • Staff, adult volunteers and visitors, and students in Grade K to 8 must wear a non-medical mask while inside the school, if they are able to do so. • Masks are available at the office for those who have forgotten theirs.

Supportive School Environment & Trauma-Informed Practice	
Personal Prevention Practices	<ul style="list-style-type: none"> The adults at the school will continue to support students as they become familiar with personal prevention measures like hand hygiene and respiratory etiquette. We have signs in place in all classrooms, the washrooms, and hallways reminding students about these personal prevention practices.
Personal Space	<ul style="list-style-type: none"> Students and staff will be encouraged to consider and respect others' personal space. Personal space is the distance from which a person feels comfortable being next to another person.
Positive & Inclusive Approaches	<ul style="list-style-type: none"> All staff will use positive and inclusive approaches to support students' personal prevention practices. No one will be made to feel guilty or ashamed if they are not performing the personal prevention practices correctly or if they choose, for example, not to wear a mask.
Trauma-Informed Practice	<ul style="list-style-type: none"> This has been a very long pandemic and students and staff come to school with diverse experiences, family practices and beliefs, and varying levels of anxiety. All the adults in the school have committed to look at things through a compassionate, trauma-informed lens when planning activities, events, lessons, field trips, etcetera, in order to support students and ensure they feel welcomed and safe while at school.

See next page for Appendix A: COVID-19 Symptoms, Testing, and Return to School

Appendix A: COVID-19 Symptoms, Testing & Return to School

When a student, staff or other adult can return to school depends on the type of symptoms they experienced and if a COVID-19 test is recommended. See the K-12 Health Check app When to get tested for COVID-19. Staff, students and parents/caregivers can also use the BCCDC online Self-Assessment Tool, or call 8-1-1 or their health care provider.



1. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless the person develops a new illness. BCCDC has information on receiving negative test results.

2. Public health will contact everyone with a positive test. Visit the BCCDC website for more information on positive test results.