

# THE ABCs OF A SAFE START TO THE YEAR IN SECONDARY SCHOOL



THE START OF THE SCHOOL YEAR IS ALWAYS FILLED WITH NEW CHALLENGES.  
THIS IS EVEN MORE TRUE THIS YEAR, BUT BY WORKING TOGETHER, WE'LL BE ABLE TO ADAPT.

## IN TRANSIT



### We've made school buses safer

- Face coverings mandatory
- No more than two students per seat
- Siblings to share the same seat, where possible
- Students to take the same seats from one day to the next
- Hand sanitizer available for students when boarding the vehicle

## UPON ARRIVAL

- We'll greet everyone with a smile even with our face coverings on, and both parents and students will have to wear theirs as well!

## IN SCHOOL



### We'll follow public health guidelines to ensure a safe environment

- Students from the same class group will remain in the same room. Teachers will move from room to room.
- Students must wear face coverings when they are with students from other class groups, in common areas and in the cafeteria.
- Students must remain 1 m apart from students in a different class group.
- Students and school staff must remain 2 m apart.
- Common areas will be accessible, with public health rules in effect (e.g. students must wear a face covering when circulating in the school).
- Frequent hand-washing will be compulsory.
- Respiratory hygiene rules must be followed (coughing into your elbow and throwing out tissues immediately after use).
- Students must avoid sharing objects as much as possible (e.g. pencils, school books, plates, utensils).
- Surfaces, equipment and washrooms will be kept clean.
- Students and staff must bring as few personal belongings as possible from home.



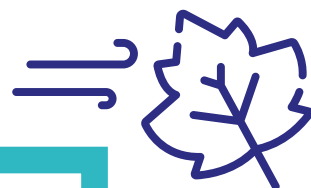
### We'll act fast if your child shows symptoms at school

- If COVID-19 symptoms are detected, your child will be taken care of by a staff member and will be quarantined until they leave the school.
- You will be notified and required to come pick up your child as soon as possible.
- Your child must remain at home and their symptoms must be monitored for 24 hours. Then, use the self-assessment tool available on [Québec.ca/decisioncovid19](https://quebec.ca/decisioncovid19) or call **1-877-644-4545** and follow the guidelines provided.



### We'll offer pedagogical support

- Students' needs will be identified. Those who require remedial instruction will receive it at the beginning of the school year and throughout the year.
- Additional support and guidance for more vulnerable students.
- Follow-up for students who must self-isolate for a certain amount of time.



## LET'S PROTECT OURSELVES AND OTHERS

### Secondary school students must wear a face covering:

- on the way to school when using school transportation or public transit
- when students from other class groups are present
- in the cafeteria or student café when they are not eating or drinking
- in common areas (entrance hall, hallways, at their lockers, library, etc.)



### Let's minimize the risks

- School attendance is not recommended for children if a doctor has determined that the state of their health makes them especially vulnerable.
- Pedagogical support will be provided for children who must be schooled at home.

### Let's work together to help your child succeed

Here are some things you can do to help your child do well in school and to make things easier for the adults who work with them:

- Help your child with school work.
- Monitor their health and notify the school if they have COVID-19 symptoms.
- Remind your child of the importance of proper hygiene (frequent hand-washing, coughing into your elbow, throwing out tissues immediately after use).

### Let's reassure everyone

There are always lots of questions at the beginning of the school year, and this year is no different. The following document will provide answers to questions your child may have:



[My child is worried about the pandemic. What can I do to provide support?](#)

## AT HOME



### Fever

Children **ages 5 and under:**

- **Rectal** temperature of 38.5°C (101.3°F) or higher

Children **ages 6 and older:**

- **Oral** temperature of 38.1°C (100.6°F) or higher



### General symptoms

- Sudden loss of sense of smell without nasal congestion, with or without a loss of taste
- Major fatigue
- Significant loss of appetite
- General muscle pain (not related to physical exertion)



### Respiratory symptoms

- Cough (new or worse)
- Shortness of breath, difficulty breathing
- Sore throat
- Runny or stuffy nose



### Gastrointestinal symptoms

- Nausea
- Vomiting
- Diarrhea
- Stomach aches

### Let's stay alert

Keep an eye on your child and notify the school if they show symptoms listed in the table above.

### If your child has one or more of these symptoms:

- keep your child at home
- after monitoring their symptoms for 24 hours, use the self-assessment tool available on [Québec.ca/decisioncovid19](https://quebec.ca/decisioncovid19) or call 1-877-644-4545 and follow the guidelines provided to see if your child must be tested, or if they can return to school
- notify the school immediately

### For more information

[QUÉBEC.CA/BACK-TO-SCHOOL](https://quebec.ca/back-to-school)