



# Lakeland Catholic Schools

## Back to School Plan

### 2021-2022 School Year

*Please note: This plan was updated September 23 to reflect recent amendments to  
Lakeland Catholic's Back to School Plan*

# Lakeland Catholic Schools

## Division Prayer

It helps now and then, to step back and take a long view.

The kingdom is not only beyond our efforts, it is even beyond vision.

We accomplish in our lifetime only a tiny fraction of the magnificent enterprise that is God's work.

Nothing we do is complete, which is a way of saying that the kingdom lies beyond us.

No statement says all that could be said. No prayer fully expresses our faith.

No confession brings perfection. No pastoral visit brings wholeness.

No program accomplishes the church's mission.

No set goals and objectives include everything.

This is what we are about.

We plant the seeds that one day will grow.

We water seeds already planted, knowing that they hold future promise.

We lay foundations that will need further development.

We provide yeast that produces far beyond our capabilities.

We cannot do everything, and there is a sense of liberation in realizing that. This enables us to do something, and to do it very well. It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord's grace to enter and to do the rest.

We may never see the results, but that is the difference between the master builder and the worker.

We are workers, not master builders: ministers, not messiahs.

We are prophets for a future not our own.

-AMEN

(A Prayer by Archbishop Oscar Romero)



# Welcome Back Message

Welcome back to the 2021-22 school year with Lakeland Catholic Schools.

We would like to thank our parents, guardians, students, and staff for their continued support of Catholic education.

Lakeland Catholic has learned a great deal over the past 18 months, and using the information we have gathered, we are entering a new year with hope and a vision of possibility.

Our Back to School Plan is developed with your family's safety in mind, while following the direction of Alberta's Chief Medical Officer of Health and Alberta Education. We will be continually assessing throughout the year and adjust our guidelines if necessary.

This plan is also designed to support our schools in reducing the risk of transmission of illness and maintaining safe and healthy environments for our students and staff. Some procedures we introduced in our schools last year will continue because we realize they are good health practices in minimizing the transmission of respiratory infections, including COVID-19, influenza, and common colds.

We recognize that our plan must be flexible, and we remain responsive to the direction and guidance of Alberta Education and Alberta Health. The health, safety, and wellbeing of our students and staff remains our first priority.

We look forward to another successful and safe year at Lakeland Catholic.

God Bless,

**Diane Bauer**  
Board Chair

**Pamela Guilbault**  
Superintendent

*Let the favor of the Lord our God be upon us, and establish the work of our hands upon us;  
yes, establish the work of our hands!*

Psalm 90:17



# Resuming for the 2021-2022 School Year

- Local and provincial field trips - overnight trips are not permitted at this time
- Athletics and extracurricular activities
- All fine arts and options classes
- Assemblies and special events
- Provincial exams
- School opening activities and graduations
- School council meetings
- Libraries and learning commons are open

## Health and Safety Measures

### Wearing Masks

Masks are mandatory for all students in Grades 4-12, staff, and visitors in the common areas of our buildings (i.e. entrance ways, hallways, cafeterias), while students in Kindergarten to Grade 3 are encouraged to wear masks in these spaces.

Masks do not have to be worn in classrooms, outdoors, or other areas where students are participating in instructional activities such as the library, CTS labs, and gymnasium.

Students and staff who choose to wear masks in instructional areas will be supported in their decision to do so.

Masks are still mandatory for all staff and students while riding on the school bus or division provided transportation, as per the provincial health guidelines.

Those who are unable to wear a mask due to a medical condition may apply for an exemption.



### Daily Screening for COVID-19 Symptoms

- Before leaving home, guardians should screen children/students for symptoms daily prior to entering the school using the applicable checklist for their age group, please see **Appendix B**.
- Before leaving home, staff (including substitute teachers), and visitors and volunteers who will access the school for work should screen for symptoms daily prior to entering the school using the applicable checklist, please see **Appendix C**.



# Health and Safety Measures Continued

## Daily Screening Continued

- At the direction of Alberta Health, students and staff who test positive for COVID-19 must isolate and cannot attend school. Contact 811 or refer to [alberta.ca/isolation](https://alberta.ca/isolation) for isolation requirements.
- Anyone with symptoms of COVID-19 or who is experiencing illness cannot attend school and is directed by Alberta Health to stay home, seek health care advice, and fill out the AHS Online Self- Assessment tool to determine if they should be tested. please see **Appendix A**.

## Illness at School

- Should a student exhibit signs of illness at school, they will be moved to a designated private area within the school. Parents/guardians will be notified and advised to pick up their child as soon as practicable.
- Staff supervising symptomatic students will keep all students and staff out of the designated isolation area and wear recommended PPE.
- Schools will ensure the continuation of learning for students who are away from school due to illness.
- Students with a chronic health issue that is medically diagnosed and unrelated to COVID-19 should monitor for new, different, or worsening symptoms.

## Positive COVID-19 Cases in Schools

- Lakeland Catholic will be notifying parents when a positive case of COVID-19 is reported in their child's classroom.
- Parents of children who test positive for COVID-19 are encouraged to report cases to their school administration. All reporting continues to be confidential.
- Schools will continue to report an absence rate of 10% or higher or an unusual amount of individuals with similar symptoms to the Superintendent and Alberta Health Services. (This was established pre-pandemic and helps health officials monitor for illness that may not be related to COVID-19).
- Alberta Health Services will investigate respiratory illness outbreaks at schools and work with Division staff to determine if additional measures are required.
- AHS Public Health will not inform school authorities or administrators of individual cases of COVID-19 within their school setting, as they are treating it as a respiratory illness.



# Health and Safety Measures Continued

## Hand washing, Sanitizing, Enhanced Cleaning, and Other Measures

- Anyone who enters a school will be required to practice hand hygiene.
- Alcohol-based sanitizers will be available throughout the school and at designated entry points.
- Hand washing will be part of daily routines, including washroom use, recess, and lunch.
- Schools will have visible signage about hand washing and proper respiratory etiquette.
- Schools will continue with the enhanced cleaning practices that began last year, including regular cleaning and disinfecting of high touch surfaces.
- At this time, microwaves will be available to students (Grades 7-12)
- Lakeland Catholic has temporarily suspended community groups' access to schools

## Cohorts

Cohorts are mandatory for all students in grades Kindergarten to 12.

## Transportation

- As per the Chief Medical Officer of Health's directive, all students will be required to wear masks on LCSD buses and division transportation, given the potential for close contact on a school bus. Exceptions will be made for students with medical conditions or special needs.
- School bus drivers will be required to wear masks or face shields when picking up and dropping off students.
- Cleaning of high-touch surfaces will be done before every run.



## Sports and field trips

- Team sports will continue and league play is allowed
- Spectators will not be permitted into the schools at this time
- Overnight field trips are postponed until further notice





# Health and Safety Measures Continued

## Vaccination

The most important step we can take to ensure the health and safety of our community is to get vaccinated against COVID-19. Children aged 12 and up are eligible to receive a first and second dose of an approved vaccine in Alberta.

Lakeland Catholic Schools will support Alberta Health Services as it runs temporary vaccination clinics in our schools. Immunization is voluntary and will be available in September and October for eligible students in Grades 7-12 and staff. More information will be provided to parents and guardians, parental consent will be required for in-school immunizations.

Here are some links to additional information about the COVID-19 vaccine to help you make an informed decision for your family:

- <https://www.alberta.ca/covid19-vaccine.aspx>
- <https://www.canada.ca/en/public-health/services/vaccination-children.html>
- <https://www.caringforkids.cps.ca/handouts/immunization/covid-19-vaccine-for-children>

*Due to privacy laws, we cannot ask or disclose if students and staff are vaccinated.*

## Ventilation

Lakeland Catholic Schools will continue to meet or exceed the minimum requirements for our HVAC systems, ensuring they are maintained in accordance with manufacturer operational guidelines.

Our systems:

- are checked regularly and maintained so that they are functioning as intended;
  - utilize a centralized monitoring station that alerts our staff in real-time, indicating if a piece of equipment is not functioning properly. If a mechanical fault is detected, repair or evaluation of the fault occurs rapidly; and
  - are currently adjusted based on measured CO2 levels rather than on air changes.
- Furthermore, natural ventilation is encouraged in schools by opening the doors and windows to increase ventilation and bring in fresh air. We will also support classes and activities to be held outside when possible.



# Supporting Mental Health and Wellbeing

Lakeland Catholic Schools supports student mental health. Student mental health and wellbeing are critical to academic and personal success.

For additional supports, parents can also access:

- Mental Health Helpline: Phone: 1-877-303-2642
- French Mental Health Help Line: Phone: 1-800-567-9699 (Same services as above)
- Kids Help Phone: 1-800-668-6868, [www.Kidshelphone.ca](http://www.Kidshelphone.ca), Text CONNECT to 686868
- French Kids Help line: [www.jeunessejecoute.ca](http://www.jeunessejecoute.ca)
- Health Link: Phone: 811
- Alberta Health Services: Help in Tough Times, Healthy Together
- The federal First Nations and Inuit Hope for Wellness Help Line at 1-855-242-3310, 24-hour availability, 7 days a week, or chat online at Hope for Wellness



## AHS COVID-19 Guide for Parents

Alberta Health Services has released the *COVID-19 Guide for Parents of Children Going to School, Childcare, or Camps*.

You can view the guide at the link below:

- <https://www.albertahealthservices.ca/topics/Page16998.aspx>





# Appendix A

## Management of Symptomatic Individuals and Individuals Tested for COVID-19

Symptoms	COVID-19 Test Result:	Management of Individual:
Symptomatic	Positive	Isolate for a minimum 10 days or until symptoms have improved AND no fever for 24 hours, without the use of fever-reducing medications, whichever is longer.
	Negative	Stay home until symptoms resolve.
	Not tested	<p><b>Student:</b> If symptoms include fever, cough, shortness of breath or loss of sense of taste/smell: Isolate for a minimum for 10 days or until symptoms have improved AND afebrile for 24 hours, without the use of fever-reducing medications, whichever is longer.</p> <p><b>Adult:</b> If symptoms include fever, cough, shortness of breath, sore throat or runny nose: Isolate for a minimum for 10 days or until symptoms have improved AND afebrile for 24 hours, without the use of fever-reducing medications, whichever is longer.</p> <p><b>Student:</b> If other symptoms (chills, sore throat/painful swallowing, runny nose/congestion, feeling unwell/fatigued, nausea/vomiting/diarrhea, unexplained loss of appetite, muscle/joint aches, headache or conjunctivitis):</p> <ul style="list-style-type: none"> <li>• ONE symptom: stay home, monitor for 24h. If improves, return when well enough to go (testing not necessary).</li> <li>• TWO symptoms OR ONE symptom that persists or worsens: Stay home until symptom(s) resolve (testing recommended but not required).</li> </ul> <p><b>Adult:</b> If other symptoms, stay home until symptoms resolve.</p>
Asymptomatic	Positive	Isolate for a minimum of 10 days from the collection date of the swab.
	Negative	No isolation required.



# Appendix B

## AHS COVID-19 Checklist (Children Under 18)

1.	<b>Does the child have any new onset (or worsening) of the following core symptoms:</b>		
	<b>Fever</b> Temperature of 38 degrees Celsius or higher	YES	NO
	<b>Cough</b> Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	<b>Shortness of breath</b> Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	<b>Loss of sense of smell or taste</b> Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
<p><b>If the child answered "YES" to any symptom in question 1:</b></p> <ul style="list-style-type: none"> <li>The child is required to isolate for 10 days from onset of symptoms as per <a href="#">CMOH Order 39-2021</a> OR receive a negative COVID-19 test and feel better before returning to activities</li> <li>Use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to arrange for testing and to receive additional information on isolation.</li> </ul> <p><b>If the child answered "NO" to all of the symptoms in question 1, proceed to question 2.</b></p>			
2.	<b>Does the child have any new onset (or worsening) of the following other symptoms:</b>		
	<b>Chills</b> Without fever, not related to being outside in cold weather	YES	NO
	<b>Sore throat/painful swallowing</b> Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
	<b>Runny nose/congestion</b> Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
	<b>Feeling unwell/fatigued</b> Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
	<b>Nausea, vomiting and/or diarrhea</b> Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
	<b>Unexplained loss of appetite</b> Not related to other known causes/conditions, such as anxiety or medication	YES	NO
	<b>Muscle/joint aches</b> Not related to other known causes/conditions, such as arthritis or injury	YES	NO
	<b>Headache</b> Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	NO
	<b>Conjunctivitis</b> (commonly known as pink eye)	YES	NO
	<p><b>If the child answered "YES" to ONE symptom in question 2:</b></p> <ul style="list-style-type: none"> <li>Keep your child home and monitor for 24 hours.</li> <li>If their symptom is <b>improving</b> after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.</li> <li>If the symptom <b>does not improve or worsens</b> after 24 hours (or if additional symptoms emerge), use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to check if testing is recommended.</li> </ul> <p><b>If the child answered "YES" to TWO OR MORE symptoms in question 2:</b></p> <ul style="list-style-type: none"> <li>Keep your child home.</li> <li>Use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to determine if testing is recommended.</li> <li>Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.</li> </ul> <p><b>If the child answered "NO" to all questions:</b></p> <ul style="list-style-type: none"> <li>Your child may attend school, childcare and/or other activities.</li> </ul>		



# Appendix C

## AHS COVID-19 Checklist (Adults Over 18)

1.	<b>Do you have any new onset (or worsening) of the following symptoms:</b>		
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of breath	YES	NO
	• Runny nose	YES	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Nasal congestion	YES	NO
	• Feeling unwell / fatigued	YES	NO
	• Nausea / vomiting / diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle / joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (commonly known as pink eye)	YES	NO
	<b>If you answered "YES" to any symptom:</b> <ul style="list-style-type: none"> <li>• Stay home.</li> <li>• Use the <a href="#">AHS Online Assessment Tool</a> or call Health Link 811 to arrange for testing and to receive additional information on isolation.</li> <li>• Individuals with fever, cough, shortness of breath, runny nose, sore throat or loss of sense of taste or smell are required to isolate for 10 days as per <a href="#">CMOH Order 39-2021</a> OR receive a negative COVID-19 test and feel better before returning to activities.</li> </ul>		
<b>If you answered "NO":</b> <ul style="list-style-type: none"> <li>• You may attend work, school, and/or other activities.</li> </ul>			



Christ Our Model.  
Children Our Focus.