

JK-12 E-Newsletter Inserts for Parents/Caregivers and PA Announcements for JK-12 Students

E-Newsletter Inserts

Screening

COVID-19 Student Screening tool

To help keep schools safe, please review the [COVID-19 screening questionnaire for students JK to grade 12](#) and complete it each day before coming to school. Specifically, students cannot attend school:

- If they or anyone in their household has COVID-19 symptoms;
- If they have been notified as a close contact of a positive case; or
- If they have travelled outside of Canada in the last 14 days.

If the student has no symptoms and is [fully vaccinated](#) (has received two doses of a COVID-19 vaccine and it has been more than 14 days since their last dose, or as defined by the Ontario Ministry of Health) and/or who has tested positive in the last 90 days and has been cleared, they may not be required to self-isolate if they have travelled outside of Canada or they are a close contact of someone who has COVID-19.

For more information please review [Toronto Public Health's information for Parents and Caregivers](#).

Complete Daily Screening

Screening for symptoms before coming to school each day helps keep our community safe. Please use the [COVID-19 Screening Questionnaire for students](#) each day before coming to school. If your child has one or more symptoms, please make sure they do not go to school. They should stay home, and arrange to get tested or contact their health care provider.

For more information please review [Toronto Public Health's information for Parents and Caregivers](#).

COVID-19 Screening before Students come to School

Every student must complete COVID-19 screening before coming to school each day. Please use Toronto Public Health's [COVID-19 screening questionnaire for the school setting](#).

If your child has one or more symptoms of COVID-19:

- Keep your child home.
- Anyone in the household must stay at home until the child showing symptoms tests negative, or is cleared by the public health unit, or is diagnosed with another illness. Household members who are fully vaccinated with a COVID-19 vaccine or who have tested positive for COVID-19 in the last 90 days and been cleared by public health are not required to stay home
- Arrange for your child to get tested or contact your health care provider.
- If your child does not get tested, they must stay home for 10 days. A doctor's note is not needed for return to school.
- Monitor your family for symptoms. Everyone in the household must stay home if they have one or more symptoms.

For more information, review [Toronto Public Health's information for Parents and Caregivers](#).

Screen for Symptoms Every Day

Screening for symptoms every day before coming to school helps keep our community safe. Please continue with daily COVID-19 symptom screening for [students](#) and [adults](#). If anyone in your household has one or more new or worsening symptoms of COVID-19 they should arrange to get tested with a PCR test as soon as possible or contact their health care provider. Rapid Antigen tests are not to be used by individuals with symptoms or individuals who are a close contact of someone who tested positive for COVID-19. More information about COVID-19 testing and where you can get tested is available at toronto.ca/COVID19Testing.

Face Masks

Wearing a Mask to Reduce the Spread of COVID-19



Wearing a mask, along with physical distancing and other public health measures, can help reduce the spread of COVID-19. When we all wear a mask to cover our respiratory droplets it provides [source control](#) to reduce the spread of germs into the air and on surfaces.

Teach your child [how to wear a mask or face covering at school](#) and how to safely [put on and take off a mask](#).

Infographic: [The best mask is the one that fits well](#)

Testing

Do you need to go for COVID-19 testing?

Get tested for COVID-19 with a PCR test if:

- You have any COVID-19 symptom, even if it's mild;
- You had close contact with someone who tested positive for COVID-19;
- You were notified by the COVID Alert app; or
- Public health recommended you get tested.

Note: Testing does not replace the need to limit visits with others. Seek medical attention if you need urgent care.

See [COVID-19 Testing For Child Care Attendees, JK–Grade 12 Students & Child Care/School Staff](#) or visit toronto.ca/COVID19Testing for more information and to find an assessment centre near you.

Infographic: [Get Tested](#) (also [available in multiple languages](#))

Vaccines

Do You Have Questions about the COVID-19 Vaccine?



Getting vaccinated helps protect our community against COVID-19. Learn more about the COVID-19 vaccine, the benefits of getting vaccinated and how to book an appointment.

For more information visit toronto.ca/COVID19Vaccine.

Youth 12 Years of Age and Older are Eligible for the COVID-19 Vaccine



Health Canada has approved the Pfizer-BioNTech vaccine for youth 12 to 17 years old



Vaccinating youth protects them from getting sick and reduces virus spread within the household



Vaccinations for youth are safe and they work



Vaccinating more people will allow us to get back to normal sooner

To learn more about the COVID-19 vaccine and youth, read Toronto Public Health's [information about COVID-19 vaccines and children](#) and the [COVID-19 vaccine resource list for youth](#).

Infographic: [COVID-19 Vaccination for Youth Aged 12+](#)

For additional vaccine resources that can be used as newsletter inserts, including translations in many languages, please review [Toronto Public Health's COVID-19 Vaccine Resources](#).

General Reminders

Keeping Our Community Safe

Families can take the following steps to help keep our community safe:

- Get fully vaccinated as soon as you can if you haven't already, and encourage your loved ones to do the same.
- Stay home if you are feeling unwell.
- Keep a two metre distance from others, and wear a mask or face covering.
- Wash your hands often or use 70-90% alcohol-based sanitizer.
- Avoid touching your face with unwashed hands.
- Cover your cough or sneeze with an elbow or a tissue.
- Clean and disinfect high-touch surfaces.
- Restrict gatherings to the limits indicated in Ontario's [Roadmap to Reopen](#).
- Download the [COVID alert app](#) to be notified if you come into contact with someone who is contagious with COVID-19.

For more information, please visit: toronto.ca/COVID19.

Important Reminders for Families

Here are some important reminders for families on masks and face coverings:

- Individuals must wear masks at all times when in indoor areas of businesses or organizations that are open.
- Wearing a mask or face covering is recommended outdoors when you can't physically distance more than two metres

For more information, review [Toronto's COVID-19 Guide for Residents](#).

Help Stop the Spread of COVID-19

Families can take the following everyday steps to help avoid the spread of COVID-19:

- Wash your hands often with soap and water for at least 20 seconds.
- Cover your cough or sneeze with a tissue, throw the tissue away, and then wash your hands.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects or surfaces such as remote controls and doorknobs. Avoid close contact with people who are sick.

Revised September 30, 2021

- Stay home if you are sick. Call your doctor if you develop a fever, cough, or have difficulty breathing.
- Get vaccinated. Getting vaccinated is the best way to prevent serious illness, hospitalization and death from COVID-19.

For more information, please go to toronto.ca/COVID.

Helping Kids with Physical Distancing

To practice physical distancing means to stay two metres from other people. By limiting close contact with others, we can reduce the spread of COVID-19. The actions we take will help us to protect each other.

You can help your children with physical distancing:

- Show them what it looks like to be six feet/two metres from someone else.
- Reassure them it is okay to politely ask someone for more space.
- Remind them that some space is better than no space.
- Practice fun greetings like hand over heart or long distance high fives.

For more information, please visit toronto.ca/COVID19

Mental Health and Wellbeing

Feelings of Stress and Anxiety are Normal During COVID-19

The COVID-19 pandemic has challenged everyone's ability to cope with stress. Managing stress is more difficult when we are taken out of our regular routines, dealing with a constantly changing situation and distanced from our usual supports.

For more information on mental health and general coping with stress, visit the [TPH COVID-19 Mental Health Resources](#) webpage.

You can also call 211 to connect with mental health support services.

Taking Care of Your Mental Health and Wellbeing

- Have a routine: Structure your day and keep good habits.
- Take deep breaths: Breathing exercises can ease stress.
- Call a loved one: Lean on each other for support.
- Have fun: Play online with friends or start a hobby.

- Open windows: Sunlight can improve your mood.
- Help others: Get essential supplies for a neighbour.

Infographic: [Taking care of your mental health and wellbeing](#)

Poster: [Mental Health Supports](#)

PA Announcements

- We all need to do our part to help reduce the spread of COVID-19. Please wash your hands often, cover your cough/sneeze, stay six feet from others, and wear a face mask.
- Please remember, COVID-19 can be spread:
 - when sharing hugs and kisses;
 - when people gather close together, talking, laughing, singing, sneezing or coughing;
 - when people linger to talk, longer than 15 minutes, and forget to physically distance; and
 - when touching the mouth, nose or eyes after touching surfaces contaminated with the virus.
- Please remember to complete the required COVID-19 screening questionnaire before coming to school each day. If you have one or more symptoms, please do not come to school, stay home and arrange to go for testing or to see your health care provider.
- If you were born in 2009 or earlier and have not yet received the COVID-19 vaccine, it is not too late. Getting vaccinated is the best way to prevent serious illness, hospitalization and death from COVID-19. Visit toronto.ca/COVID19 to learn more about how to get vaccinated.