

## Cohorts/Learning Groups

A cohort is a group of students who remain together for a school term. This reduces individual interactions, while allowing students to receive in-person learning in a close-to-normal school environment.

- **Secondary** learning groups are up to 120 people (students & staff) . Some blocks will have people from more than one learning group in them, you will be required to wear a mask when you are in a “non learning group” classroom.
- When you are with your Learning Group, you do not need to wear a mask, but you do need to maintain social distancing where you can.
- Bring your own belongings to school each day. You should not share pens/paper etc. with friends. Lockers are not available at this time. This includes sharing food.
- During break times students can socialize with peers from different learning groups IF you maintain physical distance and wear a mask

## Personal Protective Equipment

Masks are required for all staff and all students in secondary school when they are in high traffic areas like school buses and hallways, or anytime they are outside of their learning group and they cannot safely distance from others. You may bring your own mask, or one can be provided for you.

Even when wearing a mask, everyone needs to maintain physical distance from people outside of their learning group. Avoid crowding whenever possible by:

- Standing further back from others in line ups
- Following the direction arrows around the school
- Spending break-times in designated areas

## Cleaning and Disinfecting

- A regular cleaning schedule has been established. You will see custodians wiping down “high-touch” surfaces such as doorknobs and light switches during the day.
- Students will be assisting with wiping keyboards for shared technology as they are put away. Teachers will have the cleaning materials available.
- Please do not share personal technology with others. Wipe it down at home at least once a day.

## Other Health and Safety Practices

- Wipe your feet and hand sanitize when you enter the building.
- Keep track of your belongings in a backpack or other bag. Don't leave things laying around.
- Cough or sneeze into your elbow, sleeve, or a tissue
- Practice frequent hand washing.
- Avoid touching your eyes, nose or mouth.

# Stage 2

## Health and Safety Practices

### Hand Washing

Rigorous hand washing with plain soap and water is the most effective way to reduce the spread of illness. Both students and staff can pick up and spread germs easily, from objects, surfaces, food and people.

Everyone should practice diligent hand washing.

#### How to practice diligent hand washing:

- Wash hands with plain soap and water for at least 20 seconds. Antibacterial soap is not needed for COVID-19.
- Hand sanitizing dispensers are located in all school entries
- If hands are visibly soiled, soap and water work better than hand sanitizer.

### If You Get Sick

- If you have a cough or fever, or other flu symptoms, **stay home.**
- If you develop symptoms at school, you will be asked to wait in an isolated space (such as a medical room), with a mask on, until someone is able to pick you up.
- When you get home, call 8-1-1 to talk to a Health Nurse. The nurse will advise you of your next steps. If you are advised to get a COVID test, Public Health will tell you how and where to get it, and they will help to notify the school.

### References:

- Video: [How to Handwash](#)
- Video: [How to Wear a Non-Medical Mask or Face Covering Properly](#)