



# ST. MICHAEL'S COLLEGE SCHOOL

Under the direction of the Basilian Fathers

December 22, 2021

Holiday Greetings from the Principal and School Nurse!

Christmas Break Awareness:

We hope this update finds you healthy and secure in your preparations for Christmas! It is our wish that 2022 will be full of resolve and the continued opportunity to strive for excellence in maintaining a strong defense against COVID-19.

Unfortunately, as we are experiencing, COVID-19 won't take a break over Christmas. Following public health measures are especially important as we move indoors during the colder months. As COVID-19 cases typically increase during this period, we encourage our community to do their part to keep our loved ones safe and our school open in 2022. We ask for your continued awareness in regards to monitoring for illness, testing, and reporting to the school any potential exposures to COVID-19 before the resumption of classes on January 3.

As a reminder, COVID-19 can affect us all, regardless of vaccination status, and physical symptoms may or may not be present. Symptoms typically take up to 10 days after exposure to appear, and include new or worsening:

- Fever > 37.8° C and/or chills
- Cough – new or worsening
- Trouble breathing
- Decrease or loss of smell or taste
- Very tired, sore muscles and joints (age 18 + only)
- Nausea, vomiting, and/or diarrhea (age < 18 only)

If you are a close contact of a confirmed case of COVID-19, you should also monitor for these additional symptoms and get tested:

- Sore throat
- Runny nose
- Stuffy nose
- Abdominal pain (ongoing)
- Headache (new and unexplained)
- Pink eye
- Lack of appetite (young children)

If you develop any symptoms of COVID-19, you must stay home and self-isolate until you test negative for or a healthcare provider has diagnosed a condition that is not related to COVID-19.

To determine if you and/or your family should self-isolate, please refer to the following links:

[Coronavirus \(COVID-19\) self-assessment \(ontario.ca\)](#)  
[96b3-CovidIsolateInfograph21F.pdf \(toronto.ca\)](#)  
[9858-COVID-19-Decision-Guide-for-Schools.pdf \(toronto.ca\)](#)

We acknowledge that travel may occur over the holiday season and we would like to remind our families to ensure that they are up to date with current travel restrictions. ***Please note that if you are travelling outside of Canada, you must have a 14-day quarantine plan in place regardless of whether or not you are vaccinated.*** If on return to Canada, you have been notified you must quarantine, please email our school nurse at [hastings@smcsmail.com](mailto:hastings@smcsmail.com) to assist you in developing a safe return-to-school plan and alert our Dean of Students so we can accommodate for physical absences. The current Government of Canada travel restrictions can be found on the following websites:

[COVID-19 Travel: Checklists for requirements and exemptions - Travel restrictions in Canada - Travel.gc.ca](#)  
[COVID-19: Travel, testing and borders - Travel.gc.ca](#)

If you are unsure if your family member should return to school, please err on the side of caution by remaining home and notifying the Attendance Office with the details of your circumstance. On Monday, January 3, you will be contacted by our school nurse to ensure a safe return to school!

Wishing our families, a Merry Christmas! We look forward to welcoming your sons back to school for a healthy New Year!

Mr. James McKinnon  
Principal

Mrs. Lori-Anne Hastings, RN, BScN  
School Nurse, SMCS.

