



ST. MICHAEL'S COLLEGE SCHOOL

Under the direction of the Basilian Fathers

December 18, 2020

Christmas Break Safety Reminders from the Principal and School Nurse!

This past year has interrupted our lives with its unique flair and we hope this update finds you healthy and secure in your preparations for Christmas!

We hope next year will be full of resolve and an opportunity to move on, learn from, and continue to strive for excellence in maintaining a strong defence against COVID-19. The entire SMCS community has demonstrated their dedication to safety and has acted in an abundance of caution. With some much-deserved rest, we must remain vigilant as we continue to manage this virus.

Toronto Public Health has prepared a 'Guidance for Holiday Season Letter' which outlines requirements, recommendations, and resources. Cases are rising; more young people are becoming infected; and the hospitals are feeling an increased burden, so we encourage our community to do our part to keep our loved ones safe and schools open. Unfortunately, COVID-19 won't take a break over Christmas so please review the [attached letter](#) from Toronto Public Health for advice on how to plan your holiday experience.

We cannot take a break from safety, and navigating the abundance of COVID-19 information is not easy! The following document is intended to empower you with accessible resources regarding travel, illness, and exposure should you encounter any of these circumstances during the holidays. These resources will assist you in determining when it is safe for your child to return to school in the new year.

Self-Isolate

You may be informed that you or a member of your household needs to self-isolate. Certain requirements must be followed to isolate within your home. If you are not able to provide the following interventions within your home, other individuals in the household must isolate and are not permitted to return to school. Instructions on how to appropriately self-isolate can be found on the following website:

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en>

COVID-19 Symptoms

The following is a list of COVID-19-related symptoms; any one of them require intervention prior to the return to school. Please review the documents below

should a member of your household encounter any of the following symptoms:

<ul style="list-style-type: none">• Difficulty Breathing (Call 911 Immediately)• Fever >37.8C• Headache	<ul style="list-style-type: none">• Feeling Unwell/Muscle Aches/Unusual Tiredness• Sore Throat/Painful Swallowing	<ul style="list-style-type: none">• Upset Stomach /Nausea/Vomiting/ Diarrhea• Loss of Taste or Smell• Stuffy/Runny Nose
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This guide can assist when determining if your son should attend school:

<https://www.toronto.ca/wp-content/uploads/2020/09/9858-COVID-19-Decision-Guide-for-Schools.pdf>

If someone in your household has been exposed to a COVID-19 positive individual or you require direction regarding what a close contact consists of, please review the next two links for direction.

Who is a close contact?:

<https://www.toronto.ca/wp-content/uploads/2020/11/986b-Who-is-a-Close-Contact-Banner-FNL.pdf>

Know when to self-monitor, self-isolate, or send your child to school:

<https://www.toronto.ca/home/covid-19/covid-19-reopening-recovery-rebuild/covid-19-reopening-information-for-the-public/covid-19-school-information-for-parents-caregivers/>

International Travel

If your family will be travelling internationally or expecting the arrival of an international visitor, please note there is a mandatory 14-day quarantine period post-international travel. Please inform the school nurse, Ms. Hnidec, through Edsby if you will be travelling and what your date of return to Canada will be. Ms. Hnidec will work with you to develop a safe return-to-school plan and advise teachers to accommodate for physical absences.

Quarantine requirements outlined by the government can be found at the following link:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#a2>

We hope everyone remains safe and enjoys their Christmas break! If circumstances are complicated and you are unsure if your son should return to school, please err on the side of caution by remaining home and email nurse@smcsmail.com or send a message through Edsby with the details of your circumstance. On Monday, January 4 you will be contacted to create a safe return-to-school plan.

As a reminder, Cohort A will be the first to return on January 4 in person. In a season where being together is at the heart of everything, we will relentlessly march forward doing what we can to keep healthy in mind, body, and spirit. Keeping to only the people you live with will be tough but seeing the boys back at school together in January would be 'priceless'.

Have a Merry Christmas and we look forward to a happy and healthy New Year.

Peace,

Mr. James McKinnon
Principal

Ms. Natalie Hnidec
School Nurse

