

## Back-to-School 2020-21: Parent Checklist



### Before the First Day of School:

- Re-focus your child on routines and practice them before school starts (e.g., go to bed, get up, get dressed, eat breakfast, brush teeth, get screened for symptoms, grab backpack, lunch and mask, and leave for school).
- Practice proper hand-washing techniques and using alcohol-based hand sanitizer (at least 60% alcohol), especially before and after eating and after sneezing or coughing.
- Practice sneezing and coughing into a tissue or your elbow/sleeve.
- Work on getting your child comfortable wearing a non-medical or cloth mask. Make sure your child knows how to put it on, wear it properly, take it off, store it and when to throw it out or replace it.
- Make sure your child can open and close their own food containers, packages and drinks. Start practicing with lunches and snacks before school starts.
- Make sure your child can do up or zip up their own sweaters, outerwear and shoes.
- Talk to your child about how school will look different with new health measures like:
  - Washing and sanitizing hands more often,
  - Keeping physical distance from other students,
  - Wearing non-medical or cloth masks, and
  - Not sharing personal items, food or school supplies with other students.
- Talk to your child about cohorts, and why they are important.
  - A cohort is a group of students and staff who stay together each day.
  - This may mean that your child won't see all their friends as much as they used to.
  - Lunch/nutrition breaks and recess may be different than before with physical distancing measures.
  - Staying in a cohort makes it easier for public health to track and trace contacts when there is a suspected case of COVID-19.

**Learn more at:**  
[wdgpublichealth.ca/backtoschool](http://wdgpublichealth.ca/backtoschool)



## What to Bring to School:

- Limit the personal belongings your child brings to school.
- Label all your child's personal belongings, including masks.
- If your child will be wearing a cloth mask indoors at school and/or on the school bus, have multiple masks so you can wash them daily and have back-ups ready.

### Choose masks that:

- Have multiple layers of fabric,
- Can be machine washed and dried,
- Fit snugly but comfortably against the sides of your child's face,
- Completely cover your child's nose and mouth,
- Secure with ear loops or ties, and
- Allow for breathing without restriction.

- Provide your child with a resealable container or paper bag labelled with their name to store their mask when they are not wearing it (e.g., when eating or going outdoors).
- Pack extra masks in your child's backpack.

### Consider:

- Packing a small bottle of alcohol-based hand sanitizer (that contains at least 60% alcohol) in your child's lunch bag to use before and after eating (if they know how to use it properly and safely).
- Packing a tea towel or cloth in your child's lunch bag to eat their lunch on and change it each day.
- Cutting up your child's food (e.g., fruit) and packing a fork to discourage eating with their hands.



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## Before School Each Day:

- Screen your child for symptoms of COVID-19 and potential exposures every morning before school using the **COVID-19 School and Child Care Screening tool**
  - Any student who is feeling unwell or showing symptoms of COVID-19 must stay home from school.
  - Students must not enter school if they are feeling unwell or have had close contact with a confirmed case of COVID-19 or with someone who is showing symptoms of COVID-19.
  - Federal Government safety measures for travellers still apply. Students who have recently travelled outside of Canada are required to quarantine for 14 days and cannot enter school during that time.



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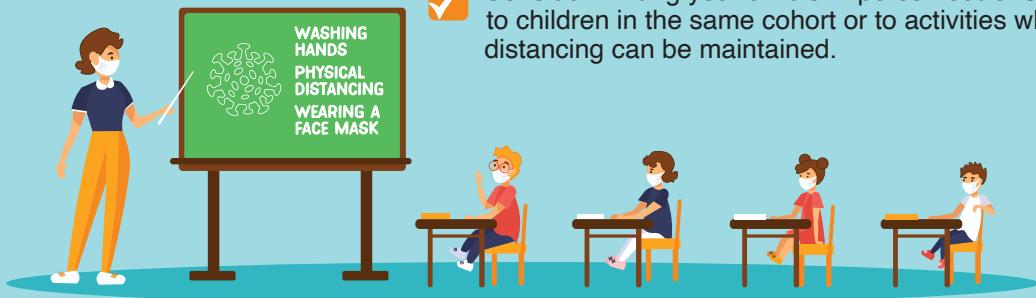
## Getting To School:

- Consider using active transportation (e.g., walking, biking) to get to school, if possible. If your family/child is walking or biking to school with other families/children, keep 2 metres distance.
- Keep 2 metres distance during drop-off, pick-up and when interacting with teachers, staff or other parents and students at school.
- If your child normally takes the school bus, consider taking them to school if you are able. This may help with physical distancing on buses for those students who do not have any other options.
- If your child will be taking the school bus, non-medical or cloth masks will be required, so have them ready at the bus stop.
- Talk to your child about the importance of following bus rules (e.g., sitting in the same seat each day).

## Other Considerations:

- Given the strict daily screening requirements, your child may spend more days away from school. Consider how you might manage this scenario (e.g., working from home).

- Consider limiting your child's in-person out-of-school interactions to children in the same cohort or to activities where physical distancing can be maintained.



### References

Centers for Disease Control and Prevention. (August 24, 2020). Back to School Planning: Checklists to Guide Parents, Guardians, and Caregivers: July 23, 2020. Retrieved from: <https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Back-to-School-Planning-for-In-Person-Classes.pdf>

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