

February 12, 2021

Dear Students, Parents, Guardians and Staff,

I would like to start by acknowledging that we are all tired and fatigued by the stress, angst and sense of loss that living, working and educating during COVID-19 brings. We, in the North Vancouver School District, also feel this frustration; like you, we look forward to a time when COVID-19 is no longer impacting our lives to the extent it is today. However, that time is not yet here.

This Family Day long weekend, I am encouraging and reminding all members of the North Vancouver School District community to please be cautious in your interactions and celebrations. According to recently released data, COVID-19 numbers across the North Shore have trended upwards (source: [North Shore News](#)).

Across the North Shore, we have seen an increase in the number of COVID-19 exposures in schools, following the trend in community transmission. And while we cannot change what has happened, nor will we cast blame, I am requesting that we all collectively recommit to being cautious, vigilant and thoughtful of how our actions outside our households impact others.

As a gentle reminder to all of us:

- Spend time close to home
- Stay home when ill
- Practice diligent and frequent handwashing
- Practice physical distancing
- Wear a mask in settings and situations when they are required
- *"This is the weekend to stay home – to show your family and friends you care by not giving COVID-19 the opportunity to spread."* - Provincial Health Officer Dr. Bonnie Henry and B.C. Minister of Health Adrian Dix

At the end of this letter, I have included a listing of resources to support you in your efforts to keep yourself and your loved ones safe and informed.

We are all looking forward to the day when we can once again safely spend time with family and friends. With the COVID-19 immunization plan in place in B.C., we are beginning the journey to that day. We also know schools are an important part of maintaining a sense of normalcy for our students and our staff. Now more than ever, we are asking everyone to do their part so that we can keep our schools and our entire community safe.

With appreciation,

A handwritten signature in black ink that reads "Mark Pearmain".

Mark Pearmain  
Superintendent, North Vancouver School District

## Resources

Visit the [BCCDC's School COVID-19 Information page](#) to access:

- **K-12 Health Checker app.** Use this [daily health check with students in K-12](#) and before sending children to school.
- **COVID-19 Self-Assessment Tool.** A [self-assessment tool for adults](#) that provides up-to-date guidance and recommendations for testing and follow-up for COVID-19.
- **When to get tested for COVID-19** [document](#).
- **FAQs for Families and Students.** A [Q&A document](#) that answers questions around keeping children safe while at school, when to keep children home from school, mask wearing, and what to do should a school exposure notice be issued.
- **FAQs for Staff.** Similar to the document created for families and students, a [Q&A document](#) that answers questions regarding what to do if a close contact tests positive for COVID-19, school safety, mask wearing and school exposures.