

The background image shows a modern school building with large glass windows and a light-colored facade. In the foreground, a wooden totem pole is visible, featuring a blue frog-like figure and a blue fish-like figure. The scene is set during the day with a clear sky.

SUTHERLAND SCHOOL HEALTH AND SAFETY ORIENTATION

Mandatory Guidelines for
January 2022 Restart

We would like to acknowledge and thank the Coast Salish people, specifically the Skwxwú7mesh Nation and Tsleil-Waututh Nation, upon whose unceded traditional territory the North Vancouver School District resides. We value the opportunity to learn, share and grow on this traditional territory.



WE ARE STILL ALL IN THIS TOGETHER



To keep yourselves and each other safe, please ensure you understand and follow the mandatory guidelines at school.

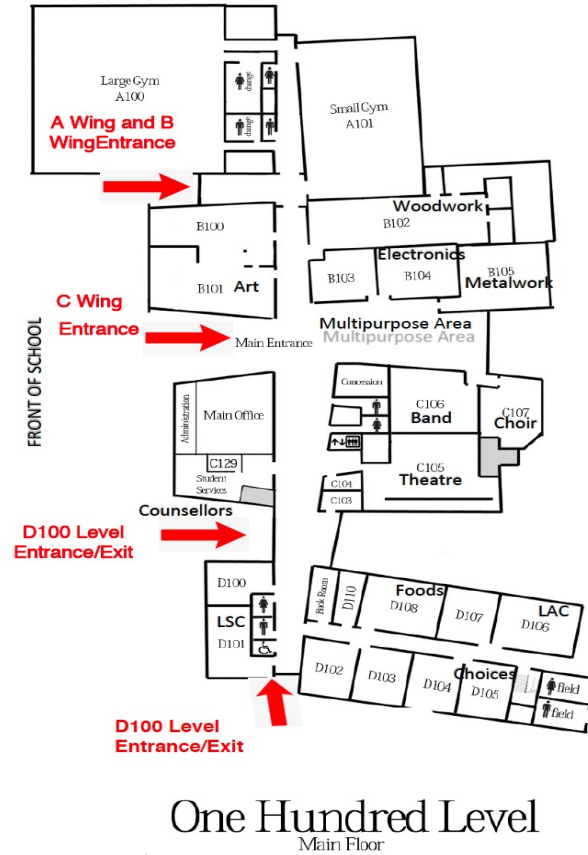
This new variant spreads easily, so it's important we are vigilant in our actions. We must all continue to work together to keep our community safe!

DESIGNATED ENTRANCES, EXITS, AND STAIRWELLS

- Students must enter and exit the school through their designated stairwell and doorways at the beginning and end of each class.
- Your entrances, exits, and stairwells are determined by where your morning and afternoon classes are. Maps are posted around the school.
- At all times, please only travel on stairwells in assigned directions and stay to the RIGHT when walking in hallways.
- Follow SIGNAGE – Arrows (Up Only, Down Only), Exit Only, Do Not Enter or barriers in the hallway – do NOT pass through.
- Please avoid crowding in the hallways – give lots of space to those around you.

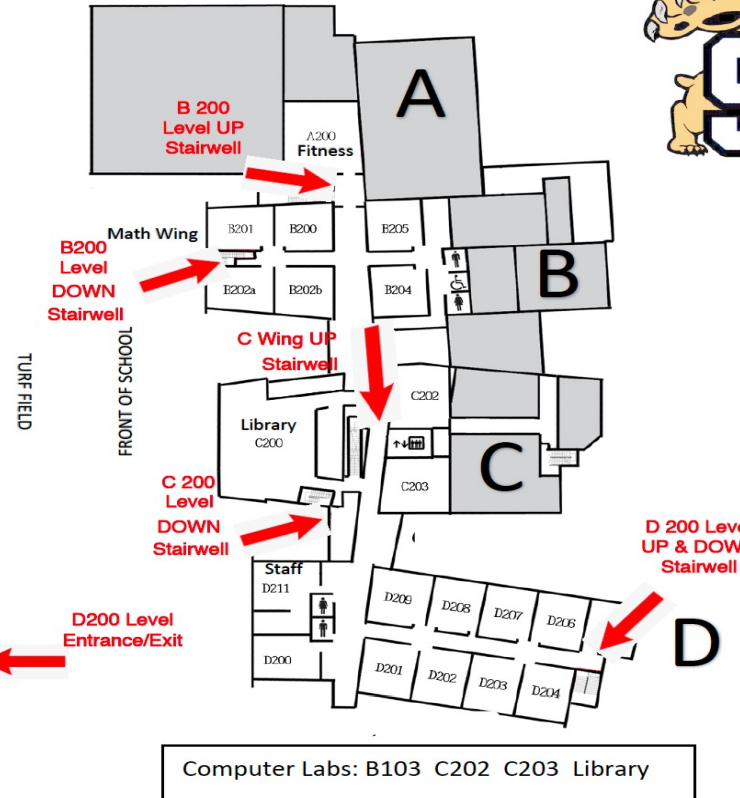
DESIGNATED ENTRANCES-EXITS

ENTRANCES/EXITS



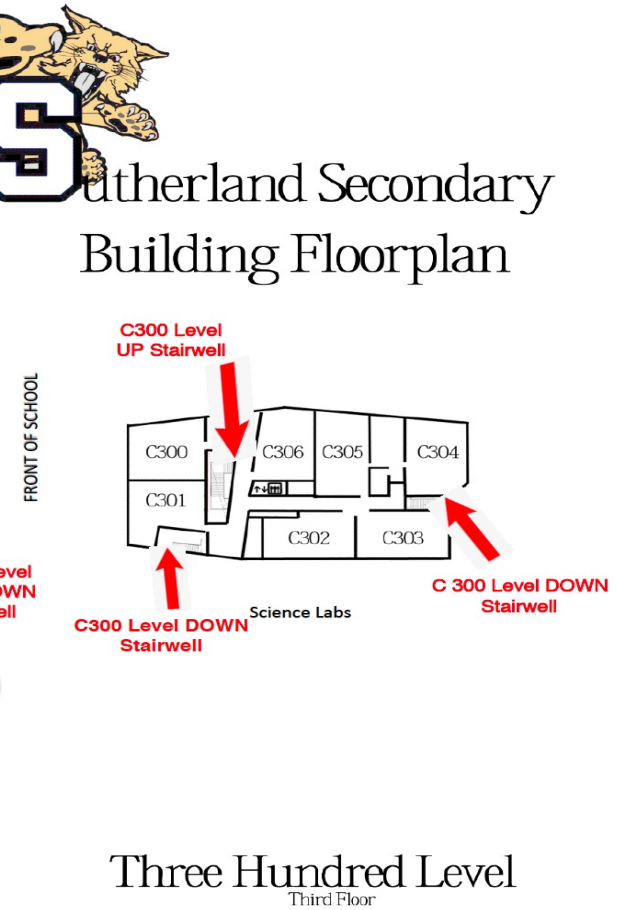
One Hundred Level
Main Floor

200 LEVEL STAIRWELLS



Two Hundred Level
Second Floor

300 LEVEL STAIRWELLS



Three Hundred Level
Third Floor



Sutherland Secondary Building Floorplan

MASKS

- Masks MUST be worn properly (over nose and mouth) at all times in all indoor areas in the school.
- You can temporarily remove your mask to eat or drink, but you MUST be seated at ALL times when eating or drinking.
- Masks can be removed temporarily to engage in high-intensity sports activities (in PHE or athletics) or to participate in Band but must be put back on as soon as you're not moving or playing.
- Even when wearing a mask, please give space to people around you – spread out!

LUNCH AND BREAKS

- Please ensure you are DISTANCED from others when in the hallways and around the school.
- A reminder that you MUST be seated to eat or drink – do not walk around while eating or drinking – even momentarily.
- Use your designated stairwell exits if you're exiting the school or moving to a different area for breaks and at the end of class - please avoid crowding in the hallways.
- Go outside at lunch, whenever possible.
- Do NOT visit other classrooms or stand outside of classes that are not yours.


PERSONAL PROTECTIVE MEASURES

- Hand Hygiene: Remember to wash your hands frequently – especially before and after eating, after touching surfaces, and washroom breaks
- Respect Personal Space of Others: Keep your distance from others so that you can keep each other safe.
- Get your Vaccine if you can!



MANDATORY DAILY HEALTH CHECK

Ensure you are completing this EVERY DAY before you come to school!

 DAILY HEALTH CHECK	
KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C) Chills Cough Difficulty breathing Loss of sense of smell or taste	If yes to 1 or more of these symptoms: Stay home. Contact a health care provider or call 8-1-1 about your symptoms and next steps.
OTHER SYMPTOMS	WHAT TO DO
Sore throat Loss of appetite Headache Body aches Extreme fatigue or tiredness Nausea or vomiting Diarrhea	If yes to 1 symptom: Stay home until you feel better. If yes to 2 or more of these symptoms: Stay home for 24 hours. If symptoms don't get better or get worse, contact a health care provider or call 8-1-1 about your symptoms and next steps.
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	If yes: Fully vaccinated students, staff and other adults who have travelled outside of Canada may qualify for the fully vaccinated traveller exemption . Students, staff and other adults who are not fully vaccinated and have travelled outside of Canada CANNOT attend school for 14 days after arrival , as part of federal requirements .
CLOSE CONTACT	WHAT TO DO
Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19?	If yes: Follow the instructions provided by Public Health.

You can also check your symptoms with the [K-12 Health Check](#) or the [BC Self-Assessment Tool](#).

Call 8-1-1 with any questions about symptoms of illness. If you have severe symptoms, like difficulty breathing (struggling to breathe or you can only speak single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.

Visit the [BC Centre for Disease Control website](#) for more information on COVID-19.



STAY HOME IF YOU ARE SICK

If you're home, remember to do your best to keep up and catch up on any missed work. Contact your teacher, check your class Teams information and stay up to date.

**LET'S TAKE
CARE OF
EACH OTHER**

