



Week #25 Glad Park PS E-Bulletin: March 1 - 5

IMPORTANT MARCH DATES:

- March 1 - Face to Face students begin in their new classrooms - new timetables begin
- March 3 - Model Change move from Face to Face ↔ Elementary Virtual School
- March 5 - Spirit Day - Summer Beach Day (Ms. Saunders/Mrs. Setiawan)
- March 8 - Virtual School Council @ 6:30 pm
- March 9 - Virtual Presentation Presenter Duane Gibson - Celebrating Black History
 - Kindergarten @ 8:30 - 9:20 am
 - Grade 3 - 5 @ 10:40 - 11:30 am
 - Grade 6 - 8 @ 1:15 - 2:05 pm
- March 19 - Flannel Friday

Health and Safety reminders:

- 1) Students riding the bus must wear their mask at all times
- 2) Students in grades 1 - 8 must wear masks - it is strongly recommended that students in Kindergarten wear a mask
- 3) Ensure you have completed daily screening for your child

STOP PLEASE COMPLETE BEFORE ENTERING THE SCHOOL

1. Does your child have any of the following **new or worsening** symptoms?*

FEVER (above 38°C / 100.4°F or greater) | COUGH OR SOBBERING COUGH | SORE THROAT OR HOARSENESS | LOSS OF TASTE OR SMELL OR BOTH

IF "YES":
 • Your child should stay home to isolate
 • Contact your child's health care provider for further advice or assessment, including if your child needs a COVID-19 test or other treatment

2. Does your child have any of the following **new or worsening** symptoms?*

RUNNY NOSE OR NASAL CONGESTION | HEADACHE | MUSCLE ACHES OR PAIN | DIARRHEA | OTHER (LET YOUR PROVIDER KNOW)

IF "YES" TO 1 SYMPTOM:
 • Your child should stay home for 24 hours from when the symptom started
 • Your child may return to school/care if symptoms are improving and they feel well enough (as test is needed)
 • If symptoms persist or worsen, contact your child's health care provider for further advice or assessment, including if your child needs a COVID-19 test or other treatment

IF "YES" TO 2 OR MORE SYMPTOMS:
 • Your child should stay home to isolate
 • Contact your child's health care provider for further advice or assessment, including if your child needs a COVID-19 test or other treatment

3. Has your child travelled outside of Canada in the past 14 days? Yes No

4. Has your child been identified as a close contact of someone with COVID-19? Yes No

5. Has your child been instructed to stay home and self-isolate? Yes No

IF YOU ANSWERED "YES" TO QUESTION 3, 4 OR 5:
 Your child must stay home and self-isolate for 14 days from the date of their last travel or the date of last contact with a case. Follow the advice of York Region Public Health.

*Children who have an existing health condition identified by a health care provider that goes from the symptoms should not answer "YES" unless the symptom is new, different or getting worse. Seek further advice from your child's medical symptoms.

Stay safe. Stay informed.
 york.ca/covid19
 Last Updated: December 8, 2020

York Region

4)

Social Media and Mental Health

The following are resources from our recent parent presentation by Scott St. Marie. Our students also had a presentation about Social Media and Mental Health. Some highlights of learning from our students:

Being on technology too long may make you feel lonely.

We are spending more time scrolling when we could be learning an instrument, hiking and socializing which would make us feel less lonely.

I didn't realize that you never really delete anything from the internet.

The point he made about why have people on your social media if they make you feel bad about yourself.

I am going to try what he said to take note in how you feel before you go on social media and after.

BOOKS:

- The Coddling of the American Mind: [Click Here](#)
- iGen: [Click Here](#)
- The Art of Screen Time: [Click Here](#)
- Play: [Click Here](#)

OTHER RESOURCES:

- Phone Contract - see attached
- Common Sense Media: [Click Here](#)
- Child Mind Institute: [Click Here](#)
- VPN Privacy Pro App: [Click Here](#)
- Off the Grid App (Locks Phone): [Click Here](#)