



PARENT BULLETIN

Tel: (905)-294-1886
Email: markham.dhs@yrdsb.ca Website:
<http://www.markhamdistrict.hs.yrdsb.ca>

ATTENDANCE REMINDER

Parents/Guardians are reminded to report all late or absent notices by emailing markham.dhs@yrdsb.ca or calling 905-294-1886, and selecting option 1.
If you do not report the late or absence you will receive an automated call and email after school.
Please respond to every email so that we can update your child's attendance records.

February 8th-12th, 2021

Monday, February 8th	<ul style="list-style-type: none">Online Learning—regular schedulePeriod 2—Black History Month Activity—Video & Discussion
Tuesday, February 9th	<ul style="list-style-type: none">Online Learning—regular schedule
Wednesday, February 10th	<ul style="list-style-type: none">Online Learning—regular scheduleLiteracy Activity
Thursday, February 11th	<ul style="list-style-type: none">Online Learning—regular schedule
Friday, February 12th	<ul style="list-style-type: none">◆ Significant Faith Day –Lunar New YearOnline Learning—regular schedule

February 15th-19th, 2021

Monday, February 15th	<ul style="list-style-type: none">Family Day No classes-Schools Closed
Tuesday, February 16th	<ul style="list-style-type: none">Return to Adaptive Learning (Face to Face and Online Learning) - Rotation schedule begins. (See separate email to be sent by February 12th to confirm Cohort)Virtual School Council Meeting 7:00 pm (information for meeting to follow via separate email). Questions for the MDHS School Council? Please email: markham.dhs@sc.yrdsb.edu.on.ca
Wednesday, February 17th	<ul style="list-style-type: none">Literacy Activity
Thursday, February 18th	<ul style="list-style-type: none">Period 4 –Black History Month Activity—Black Canadians
Friday, February 19th	

Message from Our Trustee-February 2021

Dear families, I hope that you and your families are healthy and doing well. I want to thank all of our students, families and staff members for their flexibility, patience and perseverance during the school closures. We understand that the pandemic is creating challenges and hardships, and we will continue to prioritize and do our very best to support the well-being, learning and achievement of our students during these difficult times.

There are resources on the Board website that students and families may find helpful, including tips for speaking with your child about COVID-19, support using technology, community and mental health resources and more at www.yrdsb.ca/school-reopening.

One of our [priorities](#) as a Board of Trustees is to Champion Equity and Inclusivity: we aim to develop the knowledge, skills and attitudes to remove barriers in support of all learners.

Anti-Black Racism

We want each and every one of our students to know that they are valued, welcome, safe and respected in our schools. We know that sadly that is not the reality for some students and that incidents of anti-Black racism continue to occur in our community and our schools. These incidents cause pain, make our students feel unsafe and affect their well-being and achievement. This is not acceptable.

In the coming weeks, we will be sharing information and inviting you to participate in the *Dismantling Anti-Black Racism Strategy: Creating anti-racist and Black affirming learning and working environments* virtual event. During this event we will be unveiling our Anti-Black Racism Strategy, which was developed in coordination with families, students, community partners, educators and members of our senior leadership team. The strategy was developed in response to continued evidence of anti-Black racism, and it will be a critical tool to support positive change in the system and to improve the experiences of Black students and staff.

A series of training sessions, webinars and opportunities for learning will also be made available.
Future communication will provide registration options.

I want to thank the members of the Anti-Black Racism Committee for generously giving their time, sharing their difficult experiences and their voice. We are committed to ensuring that this strategy is more than a piece of paper and are committed to doing the work to create more equitable learning environments.

I also want to acknowledge that February is Black History Month, and while we take this opportunity to highlight and celebrate the incredible contributions made by Black Canadians, we will also be looking forward to launching our Dismantling Anti-Black Racism Strategy. We will also be continuing our [celebration of Black excellence](#) in our community and I encourage you to take the time to read the stories of some of the inspiring individuals learning and working here in York Region. We all have a role to play in creating a community that enables everyone in it to thrive, and in doing this work, we will create a more inclusive and positive environment for *all* of our students and families.

Allan Tam - Board Vice Chair, Trustee Wards 4 and 5

Message from Computer Science

The **Computer Programming Club** continues to meet every Wednesday after school, virtually. We are currently practicing for the University of Waterloo's **Canadian Computing Competition**, to be held on **Wednesday, February 17, 2021. The registration cut-off is Tuesday, February 9th.** Instructions on how to register are in the Computer Programming Club Google Classroom. Please email michael.berry@yrdsb.ca to be added to the Google Classroom for the club. Students will need their parents' help in registering.

Important Information for Inclement Weather Days

This year, given the importance of adhering to our [health and safety guidelines](#) to reduce the spread of COVID-19, schools will be closed to students when an inclement weather day is declared and school transportation is cancelled. Please do not send your child to school when an inclement weather day is declared. Please ensure that you take the time to make plans in the event of an inclement weather day school closure. Student learning will continue on inclement weather days when schools are closed to students. To find out if transportation is cancelled, check:

- [Board website](#)
- [@YRDSB](#) Twitter account
- [Student Transportation Services' \(STS\) website](#) or hotline: 1-877-330-3001
- Markham District website
- Radio and TV media outlets

Learn more about inclement weather, and important information for students and parents/**guardians** by visiting the [Severe Weather Conditions webpage](#).

Message from the Yearbook Team

Hope everyone had a Happy Holiday and New Year. This year's Yearbook will include all MDHS students who are participating in the F2F OR SVS.

An email will be sent to your GAPPS email in the weeks to come with further information on how you will be represented in the book.

Graduation photos are still being determined and as a precaution of a chance of them not happening this year, as a team, we will be sending a message to the GAPPS accounts of graduating seniors. In the event that graduation pictures might not be taken this year, we hope all graduates will send a photo for graduation following similar guidelines to ensure cohesiveness. Also, before it's too late, make sure to buy your yearbook.

YEARBOOKS ARE AVAILABLE FOR PURCHASE ON SCHOOL CASH ONLINE FOR \$30.

Waterloo Math Contest Reminder

MDHS has always offered our students the option of writing multiple Math contests throughout the school year, hosted through the University of Waterloo. In the past, we have always been proud to acknowledge many of our students have achieved top ranking in the province and even in the country! This school year, due to the unprecedented nature of the learning environment, we have made the difficult decision to postpone hosting these Math contests in a formal capacity at our school, until we feel it is safe to do so. This, however, does not mean your child is not able to participate in writing the contest. The University of Waterloo Centre for Education and Computing (CEMC), has assured us they will still be running their contests this year and have given the option for students to register for them INDIVIDUALLY rather than through the school. For any student wishing to register to write any of this year's contests, we highly encourage them to do so by visiting the following link: <https://cemc.uwaterloo.ca/contests/registration.html> and click on the button that says "New Individual / Remote Learning / Home School Application"

Message from the Student Athletic Association

Your Student Athletic Association (SAA) has over 50 General members but there's still time to join us! Please fill in the [SAA General Membership Google Form](#) and we will add you to our Google Classroom. We meet online each Wednesday from 3:00 pm - 3:15pm. Be sure to check School Cash Online for our 'OFSAA Virtual Challenges' and 'SAA Online Events'. Once the permission form is signed we will add you to those classrooms for contest details & participation.

For those who have Instagram - follow us @mdhssaa for updates and virtual activities!

Staff Advisors: Ms. Morrison, Mr. Morris & Ms. Tunnichiff

York Region Alliance of African Canadian Communities (YRAACC)

Sankofa Mentoring Program for youth between the ages of 12 and 18.

Bridging the past with the present. Navigating the present into the future.

Mentorship, Leadership, Cultural Experience, Field Trips, Life Skills, Retreats, Self-Awareness, Career Exploration, Academic Support; The Sankofa Mentoring Program is rooted in an African Rites of Passage framework that highlights the principles of Unity, Self-Determination, Collective Work and Responsibility, Cooperative Economics, Purpose, Creativity, Faith and Self-Respect.

When we meet: **(During physical distancing we will be online on Thursdays for all students)**

Tuesdays at Vaughan Secondary School from 6:30 pm to 8:30 pm or

Thursdays at Bur Oak Secondary School from 6:30 pm to 8:30 pm

Food is provided

For more information please contact the program manager at pgmmgr@yorkregionaacc.ca or call (647) 807-2016.

During this period of physical distancing due to COVID-19, the program will be delivered online on Thursdays only from 6:30 pm to 8:30 pm for all York Region students. The program will continue to offer mentoring, workshops and tutoring.

We are also offering laptops and cellphones to students to support their participation.

School Council Meetings remaining for the 2020/21 school year

Tuesday, February 16, 2021

Monday, March 22, 2021 (Sub-Committee Meeting)

Monday, April 19, 2021

Monday, May 17, 2021

All meetings are virtual and begin at 7:00 pm, meeting link information to follow via separate email.

MDHS School (Parent) Council, email contact: markham.dhs@sc.yrdsb.edu.on.ca

211 Ontario

Do you need help finding food, housing, financial assistance, mental health support, employment support, support for seniors, winter clothing and/or shelter? For information and referral to government, health, community and social services, call 2-1-1, search 211Central.ca, text 21166, live-chat at 211Ontario.ca/chat or email get help@211Ontario.ca. 211 is free, confidential and available 24/7 in 150+ languages to connect you



Central Region

Free | Confidential | 24/7 | 150+ Languages

211 CENTRAL FACT SHEET

What is 2-1-1?

211 is a free service that connects individuals and families with the complete range of government, health, community and social services in their communities.

211 Central Quick Facts:

- 211 can be accessed by:
 - Phone (Call 2-1-1 / Toll-Free Number: 1-877-330-3213 / TTY: 1-888-340-1001)
 - Online (Search [211Central.ca](#) for Toronto, Peel and York Regions / [Durham.211Central.ca](#) for Durham Region / [211Ontario.ca](#) for province-wide / [211.ca](#) for nation-wide)
 - Text (Send an SMS to 21166 / Monday-Friday | 7am-9pm EST)
 - Live Chat ([211Ontario.ca/chat](#) / Monday-Friday | 7am-9pm EST)
 - E-mail (gethelp@211Ontario.ca / Monday-Friday | 7am-9pm EST)
- 211 is free, confidential and available 24/7 (even on holidays) in 150+ languages
- When you dial 2-1-1, the line is answered by certified Service Navigators who will help you navigate the complexities of the human services system quickly and easily
- Contact 2-1-1 for information and referral to:
 - Health Services & Mental Health Supports
 - Income Support & Financial Assistance
 - Food Banks & Meal Programs
 - Housing Help
 - Seniors Support Services
 - and more...

Next time you are facing a non-emergency situation or are seeking community help and don't know where to turn, remember to contact 211! Help starts here.



FREE Triple P Parenting virtual sessions available for parents in Ontario

Dear Friends,

Now more than ever, we all need help with parenting.
Join us for this 3-part series to learn why children behave in certain ways and the practical strategies to promote good behaviours and manage the misbehaviours.

It is normal to have parenting challenges and help is available for free.
To learn more about Triple P click here: <https://www.triplep-parenting.ca/ont-en/about-triple-p/faqs/>

To register use the link below:

Part 1 – January 25, 2021 starting at 6:30 pm. Join via Zoom from anywhere in Ontario (yes from your couch or bedroom or garage)

Part 2: February 1, 2021- Strategies to Promote Good Behaviour 6:30 pm-8:30 pm

Part 3: February 8, 2021- Managing Misbehavior 6:30 pm-8:30 pm

Register: <https://www.eventbrite.ca/e/triple-p-causes-of-child-behaviour-and-parent-traps-tickets-136372366419?aff=ebdssbonlinesearch>

AJ Luo
Triple P Facilitator (She/ Her)
4261 Highway 7, Suite 203
Unionville, ON L3R 9W6
Tel: 905-477-5741 (voice mail only)
Fax: 905-415-9706
www.fsyrr.ca

Black History Month

In honour of Black History Month, York Region District School Board will be celebrating Black excellence throughout the month of February and beyond by sharing stories of our students, alumni, staff, community members, community partners and our region as a whole.

Stories may be shared by YRDSB in the following ways: Written feature stories/profiles, Social media profiles, Videos

If you would like to see samples of how stories will be shared, please visit the Celebrating Black Excellence page on the Board website <http://www.yrdsb.ca/schools/Repository/NewsEvents/Pages/BoardNews/Celebrating-Black-Excellence.aspx>, on youtube https://www.youtube.com/playlist?list=PL3Mt6fg5oCkIIGMJZXe9aaAhS_OcHmWHx and twitter https://twitter.com/search?q=%23BHMyrdsb&src=typed_query

Do you have a story of Black Excellence about yourself or someone you know? If so, please consider nominating a student, alumni, staff member, community member or York Region resident through our Celebrating Black Excellence form.

<https://docs.google.com/forms/d/e/1FAIpQLScq0mDrZHIwSuTIXbADR9MVZNmhmUfclFKy1gMtxVP2NPN7iQ/viewform>

Nominations will be accepted from February 1, 2021 - February 15, 2021.

Black History Month at MDHS

Since 1996, February has been officially recognized as Black History Month in Canada. This recognition offers people in Canada, an opportunity to celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada the culturally diverse, compassionate, and prosperous nation it is today.

This year, despite the challenges presented by COVID limitations, we aim to honour this celebration through a series of videos, personal profiles, and student voice. Students at MDHS will continue to learn about the many contributions Black Canadians have made to society through traditional storytelling, spoken word and historical research, acknowledging that Black History is integral to Canadian History. Please see below for dates and periods that Black History Month Activities will be taking place in classrooms.

Black History Month Activities

- Period 2 - February 8th - Video & Discussion
- Period 4 - February 18th - Black Canadians
- Period 5 - February 26th - Multicultural Club Activities

The Association of Black Law Enforcers (A.B.L.E.) created its Scholarship Program to commemorate the contributions of Rose Fortune (1774-1864) and Peter C. Butler III (1859- 1943) – the first Black police officers in Canada.

By awarding scholarships, A.B.L.E. assists Black and visible minority students in achieving their educational and career aspirations. A.B.L.E. is committed to ensuring that the criminal justice system is reflective of the entire Canadian mosaic, by providing opportunities for our young people to serve, protect, and correct.

This scholarship opportunity is for any graduating students who have been accepted at a designated educational institution.

Please see these links for details on the application process, the candidate letter and the selection criteria.

[Application Form](#) [Candidate Letter](#) [Selection Criteria](#)

Application deadline has been extended to March 22, 2021 at 5:00 pm.

For any questions, students may contact the Scholarship & Awards Committee Chair at ablescholarship@gmail.com



Black History Month

STANDING ON STRONG SHOULDERS

FEB 1-28 2021

Join us for an exciting lineup of virtual activities!

FEATURING:
Flag Raising Ceremony, Reception, Panel Discussion, Music, Guest Author, Ujamaa Black-Owned Marketplace and more!

Visit newmarket.ca/blackhistory for complete schedule, activities and to register.

NACCA
est.2018

naccacommunity.ca
@nacca_newmarket
@nacca.ne
@NaccaNewmarket



York Region Alliance of African Canadian Communities Presents

Annual Black History Month Event

Date: Saturday, February 13, 2021
Time: 11:00am – 2:00pm

Keynote Speaker:
Dr. Bettina Love
Living A Hip Hop & Abolitionist Life: Creativity, Hip Hop Civics Ed and Black Joy

Afrocentric Entertainment

Breakout Sessions / Workshops:

- The History of Drumming
- Celebrating Black Canadian Innovation
- Black Health Matters: caring for yourself inside and out
- Youth and Children Workshop

Venue: Virtual Event
Registration: via Eventbrite at: bit.ly/YRAACCBHM2021

Visit www.yorkregionaacc.ca/events for more details.

For more information:
Ann Marie Campbell (647) 280-9879
Info@yorkregionaacc.ca



High School and Transition Planning Workshops

Getting Ready for High School

This workshop is for families who have a child in grade 8 with an IEP attending York Region District School Board.

We will discuss:

- The differences between Elementary and High school
- Services and supports available in public High Schools
- Tips and strategies to help you and your child prepare for life in high school

Dates and times:

January 28, 2021 from 7:00 p.m. to 8:00 p.m.

February 16, 2021 from 7:00 p.m. to 8:00 p.m.

Transition Planning

This workshop is for students with an IEP in grade 9 to graduation year attending York Region District School Board.

We will discuss:

- Adult services
- Tips and strategies for preparing for adult life
- Options for after high school
- Individual appointments can be booked with a Transition Planner after the workshop

Date and time:

February 3, 2021 from 7:00 p.m. to 8:00 p.m.

Visit our website to register: yssn.ca/events



About us

York Support Services Network offers a range of developmental services and mental health programs throughout York Region and South Simcoe.

yssn.ca

About Support for Learners

You can get financial support to help with additional costs during the 2020-2021 school year due to COVID-19. Eligible applicants will receive a one-time payment of:

- \$200 for each child or youth up to Grade 12
- \$250 for each child or youth up to age 21 with special needs

The deadline to apply is February 8, 2021.

<https://www.ontario.ca/page/get-support-learners>

Developmental Services Resource Days



This free one-on-one session enables those living with a developmental disability and their families access a case manager who can help them navigate and understand the developmental services system. Case managers will provide families with a 60-90 minute, one-on-one information session, where they can assist individuals with application forms for Ontario Disability Support Program (ODSP), Special Services at Home (SSAH), Mobility transit, and accessing other appropriate resources.

These sessions are for children 4 years and older, and adults who have a developmental disability.

December 2020

Date	Time
No dates available	

January 2021

Date	Time
Jan 13, 2021	9:00 a.m. to 5:00 p.m.
Jan 26, 2021	9:00 a.m. to 5:00 p.m.

February 2021

Date	Time
Feb 9, 2021	9:00 a.m. to 5:00 p.m.
Feb 25, 2021	9:00 a.m. to 5:00 p.m.

Please Note: Due to the COVID-19 pandemic we will only be offering our appointments via teleconference and/or video conference.

To arrange an appointment, or for more information:

Call us 905.898.6455 or 1.866.257.9776 x. 2574
Visit us online at yssn.ca/Events

Aurora

240 Edward St.,
Unit 3

Markham

50 McIntosh Dr.,
Suite 239

Vaughan

9401 Jane St.,
3rd Floor, Suite 301

Ontario Autism Program Brief Resource Assistance



Book a 90-minute appointment to meet with a family support worker so that you can get help with:

- Childhood budget applications
- Funding options
- Recreational resources
- Completion of other applications
- Referral to other agencies
- Transitional information
- Respite Services

These sessions are for families who have a child up to age 18 with a diagnosis of autism who are registered with the Ontario Autism Program. Contact the Developmental Intake Department for an appointment.

December 2020

Dates	Times
Dec 21, 22, 30	9:00 a.m., 11:00 a.m., or 1:30 p.m.

January 2021

Dates	Times
Jan 5, 6, 12, 14, 15, 20, 21, 25, 27, 28	9:00 a.m., 11:00 a.m., or 1:30 p.m.

February 2021

Dates	Times
Feb 1, 3, 9, 10, 18, 19, 22, 24, 25	9:00 a.m., 11:00 a.m., or 1:30 p.m.

*Additional dates and times available if required—please ask for details.

Please Note: Due to the COVID-19 pandemic we will only be offering our appointments via teleconference and/or video conference.

To arrange an appointment, or for more information:

Call us 905.898.6455 or 1.866.257.9776 x. 2574
Visit us online at yssn.ca/Events

Transition Planning Resource Days



Need help with transition planning? Book a free appointment with a YSSN transition planning case manager so that they can help you:

- Find resources relating to transition planning
- Develop a transition planning checklist
- Get information on ODSP and DSO
- Understand financial planning resources
- Navigate and understand the developmental services system
- Locate and access appropriate resources

These sessions are for individuals who have a developmental disability and/or autism, have an IEP, are transitioning to or are in high school, or have recently graduated from high school and need help planning for adult services. Appointments are made on a first-come, first-served basis.

December 2020

Dates	Time
December 21	9:00 a.m. to 5:00 p.m.

January 2021

Dates	Time
January 4, 7, 11, 14, 18, 21, 25, 28	9:00 a.m. to 5:00 p.m.

February 2021

Dates	Time
February 1, 4, 8, 11, 15, 18, 22, 25	9:00 a.m. to 5:00 p.m.

Please Note: Due to the COVID-19 pandemic we will only be offering our appointments via teleconference and/or video conference.

To arrange an appointment, or for more information:

Call us 905.898.6455 or 1.866.257.9776 x. 2574
Visit us online at yssn.ca/Events

Grey Tree Frog Apprenticeship Program

Friends of the Rouge Watershed is excited to announce that we will be running our 8th annual virtual **Grey Tree Frog Apprenticeship Program** for local secondary students this March Break! FRW is looking for students from Markham District to participate because your school is located in, or nearby the Rouge watershed and Rouge National Urban Park.

Do you know any high school students who:
Live in Toronto, Markham, Richmond Hill or Pickering?

Are interested in the environment?

Want to take tangible steps to reduce climate change while helping Mother Nature?

Want to explore green careers?

Students get the opportunity to:

- Explore career opportunities in the Environmental Non-Government Organization (ENGO) sector
 - Learn how to overcome environmental challenges through education, leadership, planning, communication, and individual and community action
 - Gain professional skills, including species identification, ecological restoration, outreach, team leadership, and public speaking
- Gain ecological knowledge to combat the local effects of climate change, making our watershed and surrounding communities healthier

Students will earn:

- A personalized letter of reference
- Up to 20 community service volunteer hours

Timeline: 3-Day March Break program with volunteer opportunities through to mid-June

Important Dates: **Application Deadline: Friday, February 19th, 2021 at 11:59 pm**

3-Day March Break Program: March 16-18, 9:00 am to 2:30 pm

To apply, please fill out this short application form: <https://www.surveymonkey.com/r/KFCCDSL>

More details: Grey Tree Frog Apprentice (GTFA) programming will take place over 3 days during March Break 2021 with staff from Friends of the Rouge Watershed. In the spring of 2021, apprentices will put their skills to work: apprentices will choose to volunteer at a minimum of 3 weekend events during FRW's spring community stewardship activities from April to June following social distancing and COVID-19 guidelines. At these events, apprentices will help plant native trees, shrubs and wildflowers; lead other volunteers in stewardship activities; help with educational hikes; and talk about local environmental issues and solutions. In June, apprentices will virtually attend a post-program celebration night to present a reflection of their volunteer experience.

For more details, please see the poster below!

Questions? Contact Thivyah at thivyah@frw.ca

Thivyah Siva | Environmental Project Coordinator

HIGH SCHOOL VOLUNTEER OPPORTUNITY

FRIENDS OF THE ROUGE WATERSHED'S

GREY TREE FROG APPRENTICESHIP PROGRAM

Are you a high school student who wants to:

- ✓ Help reverse climate change while helping Mother Nature?
- ✓ Gain ecological knowledge and restoration experience?
- ✓ Learn about and enjoy Nature while exploring green careers?

JOIN US THIS MARCH BREAK!

Friends of the Rouge Watershed (FRW) will host the three-day online Grey Tree Frog Apprentice Program via Zoom. Apprentices will receive a scientific introduction to ecology, ecological restoration, climate change, ecosystem decline and environmental problem solving. Apprentices will learn how to overcome environmental challenges through education, leadership, planning, communication, and individual and community action. Apprentices will develop job and life skills and contribute to improved watershed, ecosystem and community health.

Upon completion of the program, students will receive:

- Up to 20 community service hours
- Certificate of completion
- Personalized letter of reference

GREY TREE FROG

APPRENTICESHIP RUNS ONLINE MARCH 16-18, 2021

SPOTS ARE LIMITED!

APPLY BEFORE FEBRUARY 19, 2021 AT

[HTTPS://WWW.SURVEYMONKEY.COM/R/KFCCDSL](https://www.surveymonkey.com/r/KFCCDSL)

OR CONTACT THIVYAH@FRW.CA

FRW COVID-19 Workplace Health & Safety Protocol

FRW will abide by all government protocols, including physical distancing and limiting the size of events.

COVID-19 spreads from person to person, most commonly through respiratory droplets during close interactions (i.e., within 2 metres). COVID-19 can be spread by individuals who have mild symptoms, or who have not yet or who may never develop symptoms (Government of Canada).

- FRW staff and volunteers will maintain a physical distance of at least 2 metres (6 feet) at all times. If not possible, then FRW staff and volunteers will wear non-medical masks.
- FRW staff and volunteers will wash or sanitize hands at the beginning and end of work activities. FRW staff will provide access to hand sanitizer and soap.
- FRW staff and volunteers will wear gloves when working together in the field.
- FRW staff will sanitize all equipment (shovels, trowels) before and after use.
- FRW staff and volunteers will arrive at the work site / office through independent means of transportation.
- FRW will limit the number of staff and volunteers working and interacting at the same time to an appropriate number as per applicable government guidelines. (A maximum of 5 participants, including staff, are allowed per event as of January 2021).
- FRW staff and volunteers are required to stay home if feeling ill or if showing symptoms of COVID-19.
- FRW will develop sick day policies and work at home policies to enable employees to stay home and in self-isolation when ill, to undergo COVID-19 testing and to care for children of someone who is ill.
- FRW will post signage to discourage anyone who is ill from entering our office.
- A maximum of two people will be allowed in FRW's small office if both are well and wearing non-medical masks which fully cover their mouth and nose.
- FRW will reinforce general practices to maintain physical distancing, such as distance greetings and NO handshakes.

FRW staff will be required to review and agree to this protocol, and pledge to implement this protocol when working with each other and volunteers, to protect the health and wellbeing of all FRW staff and volunteers.

Screening:

FRW will ask staff and volunteers if they are ill (coughing or sneezing) or have any symptoms of COVID-19 before they commit to a volunteer shift. FRW participants will complete the Event Intake and Health Assessment Form prior to joining a session. A screening poster will be printed and shared at events, and FRW staff will complete an on-site participant health screening using the poster. Anyone who answers yes to a screening question or who is exhibiting symptoms of COVID-19, has traveled in the last 14 days or has had close contact with a confirmed case will not be permitted to participate.

Symptoms of COVID-19

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu. Symptoms have included: cough, fever, difficulty breathing, pneumonia in both lungs. Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known incubation period for this disease.