



Health and Safety Policy & Procedures

During COVID-19

Additional Parent Handbook

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Introduction

Pine Lake Montessori School (PLMS) is committed to promote and support education, health, and economic outcomes for families with young children. PLMS is dedicated to work in partnership with families, communities, and other service sectors to achieve its goals.

PLMS has developed Infection Prevention And Control (IPAC) practices based on Toronto Public Health and operational policies and procedures based on Ministry of Education regulations to follow during COVID-19 pandemic. These policies and procedures and code of conducts are in addition to the policies and procedures that had been provided to the all the families. Please note some of the procedures set in this handbook might contradict our program statement shared with you previously and some of the procedures such as illness policy and drop off and pick up procedures might be different than what was our usual practices. Please note during COVID-19 pandemic this document takes priority wherever there is a contradiction or difference between the two documents.

Our Goal during COVID-19 Pandemic:

We are fully committed to health and safety of our students and their families, our staff and the community. In light of the COVID-19, we are taking extra measures to safeguard the wellbeing of all PLMS members while ensuring that we continue to provide an enriching program. As PLMS is preparing for the upcoming school year, we will focus on the following goals:

- Provide a safe and healthy environment for children, families, and staff.
- Help with our local community to achieve its goal of preventing the further spread of the Coronavirus
- Stay informed on updated regulations from Toronto Public Health and Ministry of Education and implement changes as necessary.
- Communicate the updated regulations with all PLMS members and strictly enforce the new regulations.
- Continue training the staff about how to implement the regulations as they are updated.
- Continue with open communication of any communicable disease with all PLMS members
- Continue with offering full Montessori education experience for all our students.
- Continue to maintain a warm and welcoming environment for children with least disruption to their academic, social and emotional development while at school.
- Support the emotional wellbeing of our students, staff and families during these challenging times.
- Continue to support the sense of belonging and community throughout the school year by planning virtual meetings and celebrations.

What is COVID-19?

COVID-19 is an illness caused by a coronavirus (Sars-CoV-2), the coronavirus, that emerged in December 2019.

COVID-19 can be severe and has caused millions of deaths around the world as well as lasting health problems in some who have survived the illness. The coronavirus can be spread from person to person. It is diagnosed with a laboratory test.

How does the coronavirus spread?

As of now, researchers know that the coronavirus is spread through droplets and virus particles released into the air when an infected person breathes, talks, laughs, sings, coughs or sneezes. Larger droplets may fall to the ground in a few seconds, but tiny infectious particles can linger in the air and accumulate in indoor places, especially where many people are gathered and there is poor ventilation. This is why mask-wearing, hand hygiene and physical distancing are essential to preventing COVID-19.

Coronaviruses are most commonly spread from an infected person through:

- Respiratory droplets when you cough or sneeze
- Close personal contact, such as touching or shaking hands
- Touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

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.

Serious Symptoms

- Shortness of breath and difficulty breathing
- Chest pain
- Loss of speech and movement

Most common Symptoms:

- Cough
- Fever (temperature of 37.8 °C or greater)
- Chills
- Difficulty breathing and shortness of breath

- Pneumonia in both lungs
- Extreme and unusual tiredness
- Loss of taste or smell

Less common symptoms:

- Sore throat, trouble swallowing (not related to seasonal allergies or other known causes or conditions)
- Runny Nose, stuffy or congested nose
- Headache
- Pink eye (conjunctivitis)
- Muscle aches and headaches that are unusual or long lasting
- Extreme fatigue and lack of energy
- Nausea, vomiting, diarrhea

In severe cases, infection can lead to death.

Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known incubation period for this disease.

Recent evidence indicates that the virus can be transmitted to others from someone who is infected but not showing symptoms. This includes people who:

- Have not yet developed symptoms (pre-symptomatic)
- Never develop symptoms (asymptomatic)

While experts know that these kinds of transmissions are happening among those in close contact or in close physical settings, it is not known to what extent. This means it is extremely important to follow the proven preventative measures.

Preventative Measures

The best way to prevent the spread of infections is to:

- Wash your hands often with soap and water for at least 20 seconds;
- Avoid touching your eyes, nose or mouth, especially with unwashed hands;
- Avoid close contact with people who are sick;
- Cough and sneeze into your sleeve and not your hands;
- Practice Physical distancing;
- Stay home if you are sick to avoid spreading illness to others; and
- Wear a non-medical mask or face covering, made with at least two layers of tightly woven fabric, constructed to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops, to protect the people and surfaces around you.

Note: The Government of Canada has implemented an Emergency Order under the *Quarantine Act*. PLMS will follow the regulations set by the official organizations in terms of self-isolating after an illness, travelling and/or being in contact who tested positive to COVID-19 virus. Families, staff, essential visitors must contact Toronto Public Health if and when in doubt to determine the next steps prior to attending PLMS.

COVID-19 Self-Assessment

Staff members are encouraged to take the self-assessment test if they are unsure if they are infected with COVID-19 or not. Please visit the following site for the self-assessment.

<https://covid-19.ontario.ca/self-assessment/severe-symptoms>

PLMS COVID-19 Health Screening

PLMS has developed an online health screening form that is shared with the families upon their registration. The form must be submitted prior to their arrival at the school. The teachers check the online form prior to admitting the children into the class. PLMS constantly updates the online form based on the new regulations.

Health and Safety Policy & Procedures During COVID-19

1. PLMS will ensure all current infection prevention and control practices are adhered to. This includes, but is not limited to:
 - PLMS will be using only toys and materials that are made of material that can be cleaned and disinfected (i.e., avoiding plush toys);
 - Increasing the frequency of cleaning and disinfecting objects, toys and frequently touched surfaces. In each class there will be a designated table for children to return their used toy/educational materials after using for the teacher to sanitize with Bioesque Disinfectant solution with DIN number and air dry. PLMS will continue with this sanitization procedure although TPH has announced the sanitization after each use can be eliminated.
 - There will be a big focus on the hand hygiene and respiratory etiquette.
 - Outdoor play structure will be disinfected with a bleach solution between each cohort.

- Frequently touched surfaces are most likely to become contaminated, including doorknobs, light switches, toilet handles, shelves, class phones and tabletops, and must be disinfected at least twice a day;
- Checking expiry dates of products used and always following the manufacturer's instructions;
- Performing proper hand hygiene (including assisting children with hand hygiene); and,
- Incorporating additional hand hygiene opportunities into the daily schedule such as before and after any meal or snack time, upon arrival at the school, after using a washroom, after outdoor play, after exposure to bodily fluid such as cough or sneeze.
- PLMS building is equipped with proper mechanical ventilation system and commercial HRVs. While these equipment ensure the air quality each class, PLMS has invested in HEPA air purifiers as an additional layer of protection.

2. Encourage more physical space between children by:

- Children have their own designated tables and chairs
- Children's tables are spread out into different areas as much as space allows
- Each child has lunch and snack in their own designated table. Tables will be disinfected before and after meals or snacks.
- Each class has their own designated time to use the outdoor space. The play structure is sanitized in between each cohort.
- Each cohort have their own outdoor play toys to play while outside.
- Outdoor play toys are sanitized and cleaned at the end of each play period.
- All lessons and activities are done individually as usual to encourage more space between children.
- Children will be sleeping head to toe or toe to toe to maximize the space in between them.

3. Group water or sensory tables will not be available for children.

4. Cohorts could go for a community walk but cannot use community playgrounds; however outdoor education within PLMS premises is encouraged in order to encourage physical distancing.

5. Cots are disinfected after each use.

6. Beddings are washed after each use.

7. Children's blankets and sheets are stored in a plastic bag and will be sent home daily to be washed.

8. Linens are laundered between children.

9. Children are not sharing clothing, water bottles, facecloths, etc. These items are labeled with the child's name to discourage accidental sharing.

10. Continue to reinforce "no food sharing" policy.

11. Ensure each child has their own individual meal or snack by portioning the meal on the counter and offering the plates for the children.

12. Outside food that are prepared at home are discouraged, unless for unusual circumstances.

13. Open snack must not practice.
14. Multi-use utensils must not practice.
15. Children cannot serve themselves, food, condiments, fruits or snacks.
16. No cooking activity is allowed.
17. Parents are not allowed inside the school. Pick-up and drop-off of children happens outside.
18. Children are gently reminded of the social distancing while indoors.
19. Emotional needs, comforting of a child, or safety of the child is not compromised by the teachers because of the social distancing. The teachers are will be in a mask and face shield while offering comfort.
20. Staff must wear N95 masks or medical masks and a face shield/goggle at all times.
21. The teachers wash or sanitize their hands prior and after presentation.
22. Only contactless thermometers are used to measure children's temperature.
23. There are no field trips scheduled for 2021-2022 school year.

Use of Masks and Personal Protective Equipment (PPE)

- All adults at PLMS (i.e., staff, teachers, visitors, and students) must wear medical masks or KN95/N95 masks and eye protection (i.e., face shield/goggles) at all times.
- All the parents must wear a non-medical mask on premises (outdoor) during drop off and pick up time.
- Support staff must wear both mask and face shield/goggle during outdoor play as well as indoors.
- All elementary children (grade 1 and up) are required to wear a non-medical mask or face covering at all times.
- Children older than 2 years old and younger than 6 years old are encouraged to wear mask but is not required.
- Children and staff who have
- Masks are not recommended for children under the age of two.
- Staff will be using gloves when dealing with bodily fluids, serving food, during sanitization or as needed throughout the day.

Exemptions and Accommodations

Some students, staff and visitors will be exempt from wearing masks/face coverings and/or face shield at PLMS buildings and premises. **We need to be respectful and understanding of students and staff who cannot wear a mask for medical or other exemptions/accommodations.**

Exemptions may be made for, but are not limited to:

- Individuals with a medical condition that make it difficult to wear a mask, including:
 - Medical condition, mental health condition, cognitive condition or disability that prevents wearing a mask or face covering.
 - Medical condition that makes it difficult to breathe.

- People who are D/deaf and hard of hearing or are communicating with a person who is hearing impaired, and where the ability to see the mouth is essential for communication.
 - Individuals who are unable to put on or remove a mask without assistance.
 - People who require accommodation in accordance with the *Ontario Human Rights Code*.
- PLMS has created a form that must be completed by a healthcare provider or a professional and provide an exemption letter.

Prescreening

All staff members, parents and children are encouraged to conduct a prescreening for COVID-19 symptoms or any other illnesses prior to their arrival at PLMS. Symptoms of COVID-19 are as following:

- Cough
- Fever of 37.8 degree Celsius
- Soar throat, trouble swallowing
- Difficulty breathing and shortness of breath
- Pneumonia in both lungs
- Runny/stuffy nose
- Decreases or loss of taste or smell
- Chills
- Extreme and unusual tiredness, not feeling well, sore muscles
- Nausea, vomiting and diarrhea
- Pink eye (adults only)

Health Screening Procedure

In order to help reduce the risk of respiratory infections (including COVID-19), a health screening is an essential step.

This procedure applies to all employees, students, clients, community members and any other persons engaging in business with PLMS (PLMS). Everyone must be screened prior to entering the school.

- Parents must submit their children's health screening online prior to their arrival at the school.
- All the essential Visitors will be screened upon their arrival at the school. Our screening area is at the entrance door of Casa building from the parking lot.
- There is going to be only ONE screening area, to ensure that each person is screened.

- If an individual knocks on the class door and the teachers in class have not informed if the individual screened, the teachers will not open the door for them.
- Person conducting the screening uses personal protective equipment.
- Hand sanitizer will be placed at the screening table. Staff and essential visitors entering the building are asked to hand sanitize.
- Children will wash their hands upon their arrival at their class.
- Anyone who does not pass the screening will be referred to Toronto Public Health.
- The health screening area is disinfected regularly throughout screening time.
- Health screening questions are for the parent/guardian to answer on their child's behalf, essential visitors and for staff.
- Staff members are not permitted past the health screening line until they have been cleared to enter PLMS.
- Only the children and staff will have their temperature taken, not parents/guardians.
- Parents/guardians are not permitted into PLMS.

PLMS has developed an online health screening form that is shared with the families upon their registration. The form must be submitted prior to their arrival at the school. The teachers check the online form prior to admitting the children into the class. PLMS constantly updates the online form based on the new regulations.

Screening Procedure for Essential Visitors

Essential visitor such as public officials, scheduled repair/maintenance technicians must be screened prior to being admitted into PLMS and the school's main Screening forms on Google forms must be completed. Staff must follow the screening checklist for each person and record the outcome (pass or fail).

Staff member responsible for health screening completes the hand hygiene (hand washing or hand sanitizing), then put on gloves and a mask or face shield prior to conducting the screening. Staff takes the temperature using the laser thermometer, and then record the temperature.

How to respond:

- If the individual answers NO to all questions, and does not have a fever (37.8 degrees C and above), they have passed the screening and can enter the building:
- If the individual answers YES to any of the screening questions, refuses to answer, and/or has a fever (37.8° Celsius and above), they have failed the screening and cannot enter the building.

Management of Children with Illness or Suspected to Have COVID-19

Policy Statement

PLMS is committed to providing a safe and healthy environment for children, families and employees. We will take every reasonable precaution to prevent the risk of communicable diseases within PLMS (PLMS).

Purpose

To ensure that all employees are aware of and adhere to the directive established by Public Health and Children's Services regarding the exclusion of sick children.

Application

This policy applies to all employees, students, community members and any other persons engaged in business with us.

Being ill while at home

The illness policy has been developed in order to ensure health and safety of all PLMS members.

- Children who feel ill while at home must not attend school.
- The child who experience vomiting, diarrhea, and fever must be symptom free for 48 hours (2 full days from the day of onset of symptoms) prior to returning to school. Children experiencing any other symptoms must be symptom free for 24 hours (1 full days from the day of onset of symptoms) prior to returning to school
- Many of COVID-19 symptoms are common with other illnesses such as common cold or flu. If you have one or more than one symptoms of COVID-19 please seek medical advice from a registered medical practitioner.
- PLMS will require an official clearance of health and wellbeing letter in case a child is experiencing a lingering or persistent symptom in order for the child to return to school.
- Parents must notify the school of any illnesses or communicable diseases via an email.

Being ill or displaying COVID-19 related symptoms while at school

Procedures

As required by the Child Care and Early Years Act, we must separate children of ill health and contact parents/guardians to take the child home.

When children are ill and/or exhibit COVID-19 related symptoms, PLMS employees will ensure the following:

- Ill children will be separated from all other children and will be supervised and monitored by staff until they are picked up from school by a parent/guardian.
- Symptoms of illness will be recorded in the child's daily record and in a daily log as per the CCEYA
- The parent/guardian of the ill child will be notified of the child's symptoms and of the need to pick the child up immediately; or
- If it appears that the child requires immediate medical attention, the child will be taken to the hospital by ambulance and examined by a legally qualified medical practitioner or a nurse registered under the Health Disciplines Act. R.R.O. 1990, Reg. 262, s. 34 (3).
- If a child is suspected of any reportable communicable disease, local Health Unit (416-392-2489 in Toronto) will be contacted. The information will be shared with all the parents via an email.

Important note: If a child has a persistent cough, runny nose or any other symptom, a letter from a physician stating that the cough is not a COVID-19 related symptom is required in order for the child to join the school.

When to exclude

Staff must exclude a sick child upon onset of any new signs and/or symptoms or any worsening symptom.

How to exclude

- Supervise the child in the office/or 2 meters away from the others while resting on their cot with a hand sanitizer available
- Attending staff must wear proper PPE such as gloves, masks, and face shield
- Notify parents/caregivers of the sick child for pick up
- Only one staff should be attending the child in exclusion and attempt physical distancing.
- In addition, staff should perform hand hygiene and attempt to not touch their face with unwashed hands
- If possible, a mask should be placed on the ill child, but only if the child is able to understand that they cannot touch it (Mask should not be used for children younger than 2 years old)
- Increase ventilation in the designated exclusion room if possible (e.g., open windows) ☒
- Clean and disinfect the area immediately after the child has been sent home.
- Children who are being managed by Public Health should follow their instructions to determine when to return to PLMS.
- If we had a confirmed case of COVID-19, we will be following Toronto Public Health guidance to follow up with cleaning and sanitization, closure and reopening date.

- If a child is ill for any other reasons beside COVID-19 we ask the child to rest at home for at least 48 or 24 hours (depending on the symptoms) after they are symptom free without any medication in order to return to school.
- PLMS will require an official clearance of health and wellbeing letter in order for the child to return to school.

Surveillance throughout the day

Ensuring that all environmental conditions are constantly monitored is essential in prevention and reducing illness. Employees must monitor for an increase in above normal amount of illnesses among other employees and children by looking at the normal occurrence of illness at that location and during the specific time period.

Ensure surveillance includes the following:

- Observe children for illness upon arrival
- Record symptoms of illness for each child including signs or complaints the child may describe (e.g., sore throat, stomach-ache, headache etc.)
- Record the date and time that the symptoms occur
- Record the room the child attends (e.g., room number/description)
- Record attendances and absences

Returning from exclusion due to illness

Covid-19 related illnesses

- Staff/children who are being managed by Toronto Public Health (TPH) (e.g., confirmed cases of COVID-19, household contacts of cases) should follow instructions from TPH to determine when to return to the facility.
- If not advised by TPH, staff/children will not be permitted back to the facility until full recovery; they must be at least 48 or 24 hours (depending on the type of the symptoms) symptom free in order to return to school. This policy also applies for children who have a suspected case or a confirmed case in their household.
- PLMS will require an official clearance of health and wellbeing letter in order for the child to return to school.

Other illnesses

- If your child is ill with fever, vomiting, and diarrhea and it is confirmed by officials that symptoms are not COVID-19 related, the child must be symptom free for at least 48 hours (2 full days from the day of onset of symptoms) without any medication. Other symptoms such as a headache, runny nose, sore throat, and sore muscles the child could return to school after being 24 hours symptoms free without medication.

- PLMS will require an official clearance of health and wellbeing letter in order for the child to return to school.

Please note that we strictly adhere to this policy. We understand that fees are involved in getting notes from doctors or it might be hard to get the note from a doctor within 48 hours. However, we will be unable to admit the child in the classroom without such note from a doctor. This is to ensure the safety of all PLMS members.

Serious Occurrence Reporting for COVID-19

Effective August 13, 2020, regulatory changes were made to Ontario Regulation 137/15 under the CCEYA. These regulatory requirements are aligned with the guidance provided in the “Operational Guidance During COVID-19 Outbreak” document.

PLMS will submit a Serious Occurrence report to Ministry of Education if a child/student or a staff member has a confirmed case of COVID-19 (i.e. a positive COVID-19 test result). In addition PLMS will inform Toronto Public Health unit of the confirmed positive case of COVID-19 and will provide any records, documents or materials to help TPH to conduct case management and contact tracing and other activities in accordance with all applicable legislation. PLMS will update the serious occurrence for any new cases.

These definitions are in addition to previous Serious Occurrence defined as below:

1. The death of a child who received childcare premises or child care centre, whether it occurs on or off the premises,
2. Abuse, neglect or an allegation of abuse or neglect of a child while receiving child care at the child care centre
3. A life-threatening injury to or a life-threatening illness of a child who receiving child care at the child care centre
4. An incident where a child who is receiving child care at the child care centre goes missing or is temporarily unsupervised, or
5. An unplanned disruption of normal operations of the child care centre that poses a risk to the health, safety or well-being of children receiving child care at the home child care premises or child care centre

Ministry of Education and Toronto Public Health will be informed of any Serious Occurrence related to COVID-19 within 24 hours. Parents also will be communicated of such incidents via an email. There will be a note with the details of the incident posted at the playground fence for the parents.

Outbreak Management

An outbreak may be declared by the local public health unit when within a 14-day period, there are two or more laboratory-confirmed COVID-19 cases in children, staff/providers or other visitors with an epidemiological link (e.g., cases in the same room, cases that are part of the same cohort) where at least one case could have reasonably acquired their infection in PLMS.

The local public health unit will work with the PLMS to determine whether epidemiological links exist between cases and whether transmission may have occurred at PLMS.

- If the local public health unit declares an outbreak, they will determine what happens next. This could include closing particular classrooms or cohorts or the entire PLMS.
- The public health unit will help determine which groups of children and/or staff/providers need to be sent home or if a partial or full closure of PLMS is required.
- If the public health unit determines that partial or full closure of PLMS is required, the licensee must revise their existing serious occurrence report for a confirmed COVID-19 case to include information about the closure.
- The outbreak will be announced to the parents/guardians/families via group email announcements as per the usual practice of communicating with the parents/guardians/families.
- A note will also be posted on the playground fence for parents/guardians/families' attention.

Communication with Families

- The enhancement of health and safety measures and health and safety protocols to COVID-19 will be communicated with the current and prospective parents by posting the information in our website. This site will be updated as new information are added or updated. The parent body of the PLMS will also be notified with an email.
- Where possible, the use of in-person communication will be limited. PLMS will communicate with the parents mainly via email, online meetings and telephone conversation.
- PLMS will continue the open and transparent communication with all PLMS members with the policies and procedures regarding health and safety protocols to COVID-19 and any updates to these policies, any communicable diseases or operational changes that might affect the children at PLMS.

Access to Child Care Spaces and Prioritizing Families

As of September 2021, PLMS is operating with full capacity in each class.

- Toddlers class: 15 Students
- Casa 1 class: 20 Students
- Casa 2 class: 16 Students
- Lower elementary: 12 Students

When determining prioritization of limited spaces, PLMS will consider the following:

- Our current students and their siblings
- Returning children served through emergency child care to their original placement and continuity of service for these families;
- Care for families where parents must return to work, and their work cannot be done remotely.

Staff Training

- Staff members are trained prior to their start, any time the policies are updated based on the guidelines and as needed throughout the year.
- PLMS meets all requirements under the CCEYA in addition to the enhanced health and safety measures outlined in this document and by local public health.
- Staff members are trained on IPAC file sent by TPH.
- Staff members are trained on screening process, how to use PPE, exclusion of an ill child or Covid-19 case set by TPH.

Drop-Off and Pick-up Procedures

- We will practice scattered pick up and drop off time.
- The drop off time is from 8:00 am to 9:00 am. Pick up time is from 4:00 pm to 5:00 pm.
- In order to practice physical distancing no parents are allowed entering the buildings.
- Parents arriving to school will line up as drop off might take a bit longer with the confirmation of online health screening. Please line up while social distancing (2 meters apart) if another parent is at the door picking up/dropping off their child.
- Parents will be picking up and dropping off their children as following:
 - Casa 1, Door A along Sheppard Avenue West.
 - Casa 2, the main entrance through the parking lot.
 - Toddlers, Door C along Sheppard Avenue West.

- Elementary, Elementary class door though parking lot.

There will be signs and postages to direct the parents to these doors.

- There are buzzers on Casa 1 door and Casa 2 window that parents can use during pick up and drop off time.
- Please note that we won't be opening the doors through intercom, as there are no visitors allowed in the school. We will come to the door if and when required.
- Parents must not go past the screening area unless there is an emergency case that a parent's presence is needed. PLMS will determine which situation is considered an emergency case.
- All entrances have a hand sanitizer, and they are kept out of children's hand reach.
- Personal belongings (e.g., backpack, clothing, etc.) is discouraged. If brought, belongings will be labeled and kept in the child's cubby/ designated area.
- The strollers must be stored in the Northwest corner of the parking space.
- All the parents are required to have a mask on while at PLMS premises.

Visitors

- There will not be any non-essential visitors at PLMS.
- PLMS will ensure that there are no volunteers at the program.
- All essential visitors will go through screening process and must sanitize their hands prior to entering the building.
- Students completing post-secondary educational placements will be permitted to continue their training at PLMS if PLMS is only setting for their practicum. Student teachers will be assigned only to one group of children while at PLMS.
- Student teachers will also be subject to the same health and safety protocols as other staff members such as screening, and the use of PPE when on PLMS premises, and must also review the health and safety protocols.
- The provision of special needs services may continue and PLMS may use their discretion to determine whether the services being provided are essential and necessary at this time.
- Videoconferencing and telephone interviews will be used to interact with families where possible, rather than in person.
- Ministry staff and other public officials (e.g. fire marshal, public health inspectors) are permitted to enter and inspect PLMS premises at any reasonable time.
- Parents will not be permitted to go past the screening area.

Space Set-Up and Physical Distancing

- Each group of children have their own assigned indoor space, separated from all other groups.

- When setting up the environment, physical distancing is maintained as much as space allows within members of one group (cohort). Children are encouraged and gently reminded of social distancing when possible.
- Spreading children out into different areas, particularly during work cycle and dressing time;
- Continuing with individual activities or activities that encourage more space between children.
- Using visual cues to promote physical distancing.
- Cots are set with a safe distance apart, if the space does not allow head to toe or toe to toe set up must be practiced.
- Shared spaces and structures that cannot be cleaned and disinfected (such as reading corners) are not used.
- Staff do not plan activities that do not involve shared objects or toys in the classrooms;
- We have prepared multiples of activities that are in high demand in the classrooms to help with rotation of the materials during sanitization.

Equipment and Toy Usage and Restrictions

- PLMS only uses equipment, which are made of materials that can be cleaned and disinfected (e.g., avoid plush toys).
- Outdoor Toys and equipment are cleaned and disinfected at a minimum between groups.
- Mouthed toys are cleaned and disinfected immediately after the child is finished using it.
- PLMS have designated toys and equipment for each room or group of children. Where toys and equipment are shared, they are cleaned and disinfected prior to being shared, including between groups.
- If sensory materials (e.g., play dough, water, sand, etc.) are offered, they are provided for single use (i.e. available to the child for the day) and labelled with child's name, if applicable.
- Play structures is only used by one group of children at a time and is sanitized between each group's use.

Program Statement/Activities

- Staff will continue to implement PLMS's program statement.
- Where the program statement contradicts the guideline set in this documents, the guidelines set in this document takes the priority over PLMS's program statement.
- No field trips or educational/entertainment programs will be scheduled during COVID-19 pandemic and all previously scheduled programs have been cancelled.

Outdoor Play

- PLMS schedules outdoor play by groups in order to facilitate physical distancing.
- Play structures in the playground is only used by one group (cohort) at a time and is cleaned and disinfected before and after each use by each group.
- PLMS have designated toys and play equipment (e.g., balls, loose equipment) for each group. Where toys and equipment are shared, they are cleaned and disinfected prior to being shared.
- Children should bring their own sunscreen where possible and it is not shared.
- Staff may provide assistance to apply sunscreen to any child requiring it. Proper hand hygiene is exercised when doing so (for example washing hands before and after application or wearing a fresh pair of gloves for each single child).
- Community walks are conducted while practicing social distancing. PLMS will refrain from using public playgrounds during COVID-19 pandemic.

Interactions with Children

- Recognizing that physical distancing is difficult with small children and toddlers, PLMS teachers practice follow routine below to support physical distancing:
 - Planning activities that do not involve shared objects or toys; and,
 - When possible, moving activities outside to allow for more space.
- Children do not share food, feeding utensils, bottles, etc.
- Mouthed toys are removed for cleaning and disinfecting and are not shared with other children.
- Children's belongings are labeled with the child's name to discourage accidental sharing.
- Children are encouraged to practice social distancing as much as possible.
- Teachers keep their distance from the children and practice social distancing as much as possible.
- Emotional need of children is very important and is taken seriously in our school. Staff members who wear facemasks and face shield help with comforting children if and when needed.

Plans for Managing Possible Cases at PLMS

As it was announced effective December 31st, PCR testing will be available only for high-risk individuals who are symptomatic and/or are at risk of severe illness from COVID-19, including for the purposes of workers and residents in the highest risk settings, as well as vulnerable populations. Schools/daycares are not considered as high-risk settings.

Because of lack of testing to confirm possible cases as positive or negative cases, PLMS will be taking every irregular health condition of its staff or students very seriously. These steps will be taken to ensure the safety of all the members in our community, although we understand that this could create inconvenience and complications in schedule of families who run a busy life.

Given recent changes to case and contact management by the Ministry of Health and the Office of the Chief Medical Officer of Health OCMOH, the ministry will suspend reporting of COVID-19 cases in child care and schools. PLMS goal is to be transparent with all its members and share any irregularities within its members. All the families and staff will be notified via an email of a possible case in one of the classrooms and updates that might follow as it was done previously.

In light of the Omicron (B1.1.529) variant of concern and how quickly it is spreading, the COVID-19 case, contact and outbreak management approach is being updated across all sectors, by OCMOH, to balance individual risk and societal disruption – while maintaining safety in schools, child care programs and communities. As a result, cohort-based closures addressed by Toronto Public Health units may not occur in schools and child care settings.

PLMS will take all the necessary steps to offer an uninterrupted program for the families. However, there is a possibility that PLMS will deem necessary to close a classroom or the entire school based on the number of possible cases or how many staff members need to isolate because of possibility of being exposed to COVID-19 virus or having symptoms of COVID-19. **All families must plan for such scenarios as this could create a big interruption in their daily lives.**

Supports for Staff Absences to Minimize Possibility of Closures

In recognition of anticipated increases in staff absences, staff and children could be assigned to different groups to better accommodate staffing needs and minimize program closures for operational reasons based on the new regulations. PLMS will strive to continue with assigned cohorts and reduce the number of staff travelling between the groups, however, the ratio of staff to children takes greater importance. In extreme cases we might need to combine two cohorts of the same age group together to maintain the adult to the child ratio.

PLMS will ensure ratios and maximum group size for each class are met at all times and will maintain clear documentation that demonstrates the “groups” or “cohorts” children and staff have been

assigned to (e.g., accurate attendance records including the time/days each child spent in each group).

Some possible examples include:

- Combining two groups for a period of time to minimize staffing needs (e.g., children from two Casa with low attendance are combined to form a new Casa class that operates out of a single room and allows for more flexible staffing arrangements)
- Re-assigning staff to other groups when attendance permits (e.g., move staff from a room with low attendance to support another group where a staff is absent)

Self-Isolation Guidance

Please note the day that symptoms from category 1 & 2 (see the lists below) is developed is counted is as day zero. The number of days for isolation mentioned below must be counted from day one (day one is the next day).

1. If your child or any member of your household are experiencing any of the following symptoms:
 - **Fever and/or chills:** Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher
 - **Shortness of breath:** Out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions they already have)
 - **Cough or barking cough (croup):** Continuous, more than usual, making a whistling noise when breathing, not related to other known causes or conditions (for example, asthma, post-infectious reactive airways or other known causes or conditions they already have)
 - **Decrease or loss of taste or smell:** Not related to other known causes or conditions (for example, allergies, neurological disorders)

If you answered “YES” to any symptoms in question 1, do not go to school

- The student/child must isolate (stay home) and not leave except to get tested or for a medical emergency.
- If the student/child is not tested, and if:
 - The student/child is fully vaccinated OR 11 years old or younger they must isolate for 5 days from when symptoms started and stay in isolation until their symptoms have been improving for 24 hours (or 48 hours after fever, nausea, vomiting and/or diarrhea symptoms), whichever is longest.
 - The student/child is 12 years old or older and not fully vaccinated OR is immune compromised they must isolate for 10 days from when the symptoms started and stay in isolation until their symptoms have been improving for 24 hours (or 48 hours after fever, nausea, vomiting and/or diarrhea symptoms), whichever is longest.
- If testing is available:
 - If a single PCR test or rapid antigen test (RAT) is positive, the student/child should follow the guidance above “if the student/child is not tested”

- If a single PCR test is negative or two rapid antigen tests (RATs) collected 24-48 hours apart are both negative, the student/child may return to school/child care when their symptom(s) have been improving for 24 hours (48 hours for fever, nausea, vomiting and/or diarrhea).
 - Household members, including siblings, must stay home at the same time as the student/child, whether they are fully vaccinated or not.
2. If your child or any member of your household are experiencing any of the following symptoms:
- **Sore throat or difficulty swallowing:** Painful swallowing (not related to seasonal allergies, acid reflux, or other known causes or conditions you already have)
 - **Runny or stuffy/congested nose:** Not related to seasonal allergies, being outside in cold weather, or other known causes or conditions you already have
 - **Headache, Unusual, long-lasting:** (not related to tension-type headaches, chronic migraines, other known causes or conditions you already have, or experiencing headache after having a flu/COVID-19 vaccination in the last 48 hours)
 - **Extreme tiredness, Unusual, fatigue, lack of energy, poor feeding in infants:** (not related to depression, insomnia, thyroid dysfunction, sudden injury, other known causes or conditions they already have, or receiving a COVID-19 and/or flu vaccination in the last 48 hours and experiencing mild fatigue and/or mild muscle aches/joint pain that only began after vaccination.
 - **Muscle aches or joint pain:** Not related to receiving a COVID-19 and/or flu vaccination in the last 48 hours and experiencing mild fatigue and/or mild muscle aches/joint pain that only began after vaccination.
 - **Nausea, vomiting and/or diarrhea:** Not related to irritable bowel syndrome, anxiety, menstrual cramps, or other known causes or conditions they already have

If you answered “YES” to any symptoms in question 2, do not go to school

- If the student/child has experienced only one of these symptoms in the last [5, 10] days the student/child must stay home until the symptom has been improving for at least 24 hours (48 hours for fever, nausea, vomiting and/or diarrhea).
- If the student/child has experienced two or more of these symptoms in the last [5, 10] days the student/child must stay home.
- If the student/child is not tested and:
 - The student/child is fully vaccinated OR 11 years old or younger they must isolate for 5 days from when symptoms started and stay in isolation until their symptoms have been improving for 24 hours (48 hours for fever, nausea, vomiting and/or diarrhea), whichever is longest.
 - The student/child is 12 years old or older and not fully vaccinated OR is immune compromised they must isolate for 10 days from when the symptoms started and stay in

isolation until their symptoms have been improving for 24 hours (48 hours for fever, nausea, vomiting and/or diarrhea), whichever is longest.

- If testing is available:
 - If a single PCR test or a rapid antigen test is positive, the student/child should follow the guidance above, “if the student/child is not tested”
 - If a single PCR test or two rapid antigen tests (RATs) collected 24-48 hours apart are both negative, the student/child may return to school/child care when their symptoms have been improving for at least 24 hours (48 hours for fever, nausea, vomiting and/or diarrhea).
- Household members, including siblings, must stay home at the same time as the student/child, whether they are fully vaccinated or not.

3. In the last [5, 10] days has the student/child tested positive for COVID-19? **Yes/No**

This includes a positive COVID-19 test result on a lab-based PCR test, rapid antigen test or home-based self-testing kit.

- If the student/child is fully vaccinated OR 11 years old or younger, use 5 days.
- If the student/child is 12 years of age or older and not fully vaccinated OR if they are immune compromised, use 10 days.

If you answered “YES” to question 3, do not go to school

- The student/child must isolate (stay home) and only leave for a medical emergency.
- If the student/child is fully vaccinated OR 11 years old or younger they must isolate for 5 days from when symptoms started or from when they tested positive for COVID-19 (whichever was first) and stay in isolation until their symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/or diarrhea symptoms), whichever is longest.
- If the student/child is 12 years old or older and not fully vaccinated OR is immune compromised they must isolate for 10 days from when the symptoms started or from when they tested positive for COVID-19 (whichever was first) and stay in isolation until their symptoms have been improving for 24 hours (or 48 hours after fever, nausea, vomiting and/or diarrhea symptoms), whichever is longest.
- Household members, including siblings, must stay home at the same time as the student/child, whether they are fully vaccinated or not.

4. Do any of the following apply? **Yes/No**

- The student/child lives with someone who is currently isolating because of a positive COVID-19 test.
- The student/child lives with someone who is currently isolating because of COVID-19 symptoms.
- The student/child lives with someone who is currently isolating while waiting for COVID-19 test results.

If the individual isolating has not tested positive for COVID-19 and only has one of these symptoms: sore throat or difficulty swallowing, runny or stuffy/congested nose, headache, extreme tiredness, muscle aches or joint pain, nausea, vomiting and/or diarrhea, select “No.”

If you answered “YES” to question 4, do not go to school.

- The student/child must isolate (stay home) while there is anyone in the home who is isolating because of symptoms, a positive COVID-19 result or is waiting for a COVID-19 test result. The student/child should only leave home for a medical emergency.
- All household members must stay home at the same time as the household member who has COVID-19 symptoms or is a positive COVID-19 case, whether they are fully vaccinated or not.

5. Has the student/child been identified as a “close contact” of someone who currently has COVID-19 and been advised to self-isolate? **Yes/No**

If public health guidance provided to you has advised you that you do not need to self-isolate, select “No.”

6. Has a doctor, health care provider, or public health unit told you that the student/child should currently be isolating (staying at home)? **Yes/No**

This can be because of an outbreak or contact tracing.

If you answered “YES” to question 5 or 6, do not go to school.

- The student/child must isolate (stay home) and not leave except to get tested or for a medical emergency.
- If the student/child develops symptoms, follow isolation guidance found under results to “If you answered “YES” to any of the symptoms listed under question 1 do not go to school or child care.” and/or “If you answered “YES” to any of the symptoms listed under question 2, do not go to school or child care” depending on the symptoms the student/child is experiencing
- If the student/child is isolating because they were identified as a close contact of someone who currently has COVID-19 and advised to isolate, or because of an outbreak or contact tracing, siblings or other people in the household can go to school, child care or work, but must not leave the home for other, non-essential reasons.

7. Do any of the following apply? **Yes/No**

- In the last 14 days, the student/child travelled outside of Canada and was told to quarantine.
- In the last 14 days, the student/child travelled outside of Canada and was told to not attend school/child care.
- In the last 14 days, someone the student/child lives with has returned from travelling outside of Canada and is isolating while awaiting results of a COVID-19 test.

Please note that if the child/student is not fully vaccinated but is exempt from federal quarantine because they travelled with a vaccinated companion, they must not attend school or child care for 14 days. Select “yes” if this applies to the student/child.

If you answered “YES” to question 7, do not go to school or child care.

- The student/child must follow federal guidelines for individuals who have travelled internationally, including not going to school/child care for 14 days after their arrival and getting tested as per federal requirements.
- If the student/child has been directed to quarantine, they must stay home for 14 days and not leave except to get tested or for a medical emergency. For more information on federal requirements for travellers, please see the Government of Canada’s website.
- If someone the student/child lives with is isolating following return from travelling outside of Canada and received a take-home PCR test at the airport, is symptomatic following international travel OR is awaiting test results, the student must stay home until the individual has received a negative PCR test result.
- If the student/child develops symptoms, follow isolation guidance found under results to “If you answered “YES” to any of the symptoms listed under question 1 do not go to school or child care.” and/or “If you answered “YES” to any of the symptoms listed under question 2, do not go to school or child care” depending on the symptoms the student/child is experiencing.

PLMS Illness Policy

The health and safety of students/children, staff members and all PLMS families is our utmost priority. PLMS will be following illness policies to help maintain everyone’s wellbeing and safety. We understand that this policy would mean for children to stay at home and may cause inconvenience with the families working schedule, but we will strictly adhere to this policy to ensure everyone’s safety as much as possible.

1. If any staff member, a child/student, or a family member is experiencing one of the following symptoms the staff member or the child/student must not attend school and self-isolate immediately based on Toronto Public Health guidelines (please see self-isolation guidance section on page 21).
 - Fever (37.8 degree Celsius)
 - Cough
 - Difficulty breathing
 - Decrease or loss of taste/smell
2. If any staff member, a child/student, or a family member is experiencing two or more of the following symptoms the staff member or the child/student must not attend school and self-isolate immediately based on based on Toronto Public Health guidelines.

- Sore throat
- Headache
- Feeling very tired
- Runny nose/nasal congestion
- Muscle aches/joint pains
- Nausea, vomiting or diarrhea

Please note if a staff member or a child/student is experiencing only one symptom from the category 2 except for nausea, vomiting or diarrhea they must stay home and monitor for other symptoms. If no other symptoms are developed and the initial symptom has been improving for 24 hours then the staff member, the child/student could return to school.

If a staff member or a child/student is experiencing nausea, vomiting or diarrhea they must stay home. They can return to school when they have no symptoms for 48 hours without medication.

If a staff member or child/student is feeling unwell or sick with symptoms that has not mentioned above they must stay home and return to school only if their symptoms are improving for 24 hours.

Please note that any symptom of illness will be taken seriously regardless of the assumed cause.

The children with lingering or persistent symptoms from category 2 (such as a lingering or persistent runny nose) must provide a letter from health practitioner stating that the child is in good health to return to school.

Staff Vaccination

All PLMS staff must be fully vaccinated. “Fully vaccinated” means two doses of a Health Canada approved vaccine and a 14 day waiting period.

PLMS strongly recommends that, when eligible, all teachers and school staff receive their third dose of the COVID-19 vaccine as soon as possible. In light of changing public health circumstances, the third dose of a Health Canada approved vaccine will become mandatory for all school employees in future, when the Ontario government updates its definition of “fully vaccinated” to require a third dose of a Health Canada approved vaccine. At that time, the definition of “fully vaccinated” within the meaning of this policy will be updated to require the third dose of a Health Canada approved vaccine.

It is the responsibility of the staff member to proactively receive their third dose of a Health Canada approved vaccine once eligible, in anticipation of this update.

Additional doses of the vaccine may become mandatory for all school employees in future, in accordance with the recommendations of public health in response to changing public health circumstances.

Staff members who fail to comply with the terms set out in this Policy may be subject to disciplinary action, up to and including termination from their employment.

PROOF OF VACCINATION

Once a staff member has been fully vaccinated, they are required to provide proof of vaccination to PLMS. Proof can be in the form of a copy of the proof of vaccination given at the time of receiving vaccination, or a letter from a medical practitioner, confirming the staff member has been vaccinated.

PLMS will only collect, use and disclose information regarding an individual staff member's vaccination status in accordance with its Privacy Policy and all applicable privacy laws. Proof of vaccination will be kept in a confidential file, stored in a secure location.

EXEMPTIONS

PLMS recognizes its responsibilities and duties under provincial human rights legislation, such as the Ontario *Human Rights Code* (the "Code"). If a staff member is unable to be vaccinated, due to a protected ground, as defined by the Code, the School has a duty to accommodate to a point of undue hardship.

However, this duty to accommodate must be balanced against PLMS' obligations to protect the health and safety of staff and students. Due to the serious health threat COVID-19 presents to the public, if a staff member will not be vaccinated because of a protected ground under the Code, they must provide an appropriate medical exemption.

Medical Exemption

A staff member who is requesting an exemption from this Policy must provide PLMS with written proof of a medical reason, provided by a physician or registered nurse in the extended class that sets out (i) a documented medical reason for not being fully vaccinated against COVID-19, and (ii) the effective time-period for the medical reason.

Process to Receive an Accommodation

1. The staff member who seeks an accommodation, including an exemption, is required to complete a COVID-19 Vaccination Accommodation/Exemption Request Form.
2. The staff member must provide the completed Accommodation/Exemption Request Form to the School's Head of School, with supporting documentation.
3. The Head of School will consult with the school administration and other appropriate school personnel to determine whether the accommodation, including an exemption, will be granted based on the accommodation process set out below. If additional information is required from the staff member, the Head of School will follow up.
4. The Head of School will confirm receipt the Accommodation/Exemption Request Form. An original copy of the Form will be securely stored at PLMS.

The accommodation process is a shared responsibility. All parties should co-operatively engage in the process, share information and consider potential accommodation solutions. School staff members who are requesting an accommodation are required to:

- make the accommodation needs known to the best of their ability, preferably in writing, in a timely manner;
- answer reasonable questions or provide information about relevant restrictions or limitations, including information from health care professionals;
- take part in discussions about possible accommodation solutions;
- co-operate with any experts whose assistance is required to manage the accommodation process;
- meet agreed-upon performance standards and requirements, once accommodation is provided; and
- work with school administration on an ongoing basis to manage the accommodation process.

Depending on workplace considerations, possible accommodations may include antigen testing three times a week, masking, physical distancing, work-from-home arrangements, restructured duties and responsibilities and/or unpaid leave of absence.

Strongly Recommended COVID-19 Vaccination Policy for Students

PURPOSE

At **Pine Lake Montessori School** (the “**School**”) we are committed to providing and maintaining a safe school environment for all. Consistent with this commitment, the School has established this Strongly Recommended COVID-19 Vaccination Policy for Students for the 2022/2023 (the “**Policy**”). In accordance with this Policy, the School strongly recommends that all eligible students (as defined in “**Scope**” below), be vaccinated for COVID-19 or obtain an approved exemption.

The School has established this Policy, considering reliable scientific evidence, government guidance, protocols, and requirements, and relevant human rights legislation.

The COVID-19 pandemic is an evolving public health issue in Canada. The School is monitoring guidance from all applicable public health authorities and reserves the right to revise this Policy as determined to be necessary or appropriate. It is recommended that students and their parents/guardians consult with their pediatrician or healthcare provider regarding COVID-19 vaccination.

BACKGROUND

The objective underlying this Policy is to provide a healthy and safe school environment for students, teachers and staff, and safeguard the broader communities in which they live.

The COVID-19 Science Advisory Table reports that as of January 9, 2022, 96.2 percent of the new cases in the province are the Omicron variant. It stated that the Omicron variant is far more transmissible

than other variants of COVID-19, including the Alpha and Delta variants. The Science Advisory Table stated that the spread of the Omicron variant will likely drive COVID-19 cases above current projections. Medical experts warn that unvaccinated populations remain most vulnerable.

Dr. Kieran Moore, the Ontario Chief Medical Officer of Health, has confirmed that that vaccines provide the best protection against COVID-19. He stated that keeping youth in school to the fullest extent possible is critical to their learning, development and well-being. He confirmed that the protection of students in schools from COVID-19 disease enhances the protection of other community members by reducing the risk of disease transmission during an outbreak.

Health Canada has approved the Pfizer-BioNTech COVID-19 vaccine and the Moderna Spikevax COVID-19 vaccine for individuals aged 12 and older.

On November 19, 2021, Health Canada approved the Pfizer-BioNTech COVID-19 vaccine for administration to children aged five to 11. The vaccine will require two doses of 10 micrograms for children aged five to 11, one third of the dose for adults. The National Advisory Committee on Immunization (NACI) is recommending the two doses be spaced eight weeks apart. Data from Pfizer-BioNTech shows that its COVID-19 vaccine is 91 percent effective in preventing COVID-19 in five to 11-year olds.

As a school, we have a heightened responsibility to ensure we are doing everything we can to protect our students, staff, their families and the surrounding community. Due to the fact that the unique nature of in-person learning involves close contact with other students and staff members, the vaccination of all students is strongly recommended, with certain exemptions, as set out in the Policy.

SCOPE

This Policy applies to all students attending in-person at the School during the 2022/2023 school year and who are eligible to receive a COVID-19 Vaccination ("**Eligible Students**").

TIMING

It is strongly recommended that all Eligible Students have at least one dose of the vaccine prior to June 15, 2022. It is also strongly recommended that All Eligible Students receive their second dose and, if possible, their third dose of the vaccine by August 15, 2022. If it is not possible for an Eligible Student to receive the third dose of the vaccine by August 15, 2022, it is strongly recommended that they receive their third dose as soon as it becomes available to them. If required, assistance will be provided by School staff with booking an Eligible Student's vaccination.

Additional doses of the vaccine may become strongly recommended for all Eligible Students in future, in accordance with the recommendations of public health in response to changing public health circumstances.

PROOF OF VACCINE

Prior to the commencement date of school, the School requests that Eligible Students produce proof of vaccination. Proof can be in the form of a copy of the proof of vaccination given at the time of receiving vaccination, or a letter from a medical practitioner, confirming the student has been vaccinated.

The School will only collect, use and disclose information regarding a student's vaccination status in accordance with its Privacy Policy and all applicable privacy laws. Proof of vaccination will be kept in a confidential file, stored in a secure location.

REQUIRING PROOF OF VACCINATION IN SELECT CIRCUMSTANCES

Although vaccination against COVID-19 is strongly recommended for all Eligible Students at this time, and although the School is requesting that documentation of vaccination status be disclosed by Eligible Students on a voluntary basis in most cases, the School reserves the right to require proof of full vaccination against COVID-19 in select circumstances, which may include but not be limited to student boarding, field trips, sports activities, and certain indoor events and extracurricular activities.

Where mandatory vaccination of Eligible Students is required, the School will recognize its duties and responsibilities under the Ontario *Human Rights Code* (the "Code"). If a student is unable to be vaccinated, due to a disability or medical condition as defined by the Code, the School will provide reasonable accommodation to a point of undue hardship.

If an Eligible Student cannot be vaccinated because of a protected ground under the Code, their parent/guardian may request an accommodation. The accommodation process is a shared responsibility. All parties should co-operatively engage in the process, share information and consider potential accommodation solutions. This duty to accommodate must be balanced against the School's obligations to protect the health and safety of students and staff.

Rapid Antigen Testing

The Ministry of Education provides two Rapid Antigen Tests (RAT) for each staff and child/student at PLMS. The RAT kits include two tests which should be used by staff and child/student who are exhibiting the following symptoms:

One of the following symptoms:

- Fever and/or chills
- Cough
- Shortness of breath
- Decrease or loss of taste or smell

Two or more of:

- Runny nose/nasal congestion
- Headache
- Extreme fatigue
- Sore throat

- Muscle aches/joint pain
- Gastrointestinal symptoms (i.e. vomiting or diarrhea)
- A child/Student with symptoms of COVID-19 is presumed to have COVID-19 even if not tested.
- A child/Student or staff who tests positive using a RAT is presumed to have COVID-19. No further testing is required.
- A negative test result:
 - A single negative test cannot rule out a COVID-19 infection by itself.
 - If you have symptoms, should be followed by a second test 24 to 48 hours later if available. If your second test taken within 48 hours of your first negative result is also negative, this most likely means you do not have COVID-19.