

WELCOME BACK TO SCHOOL

欢迎回到学校

Information For Students and Families 学生和家長返校須知

Welcome to Secondary School! 欢迎回到中學

We are happy to welcome you into our school community this fall!

开学了，这个秋季，学校和老師都非常高兴看到各位同學返校！

We ask that you read through this information carefully so that you know what to expect. Students' health and safety is as important to us as it is to you. You can help us by ensuring that family members and the students understand the importance of following the procedures outlined on these pages. We can do this together and you can help by keeping students home when you, anyone in your household, or the student is unwell.

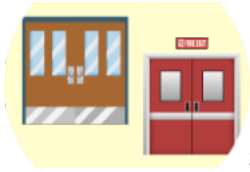
請各位家長和同學仔細閱讀全部返校須知，以便了解相關情況。各位同學的健康和安全對他們的家庭來說非常重要，對學校來說也是同樣重要的。為了幫助學校，請確保每位同學和其家庭成員都理解遵循本文所列出的步驟的重要性。讓學校和家庭一起攜手抗击疫情。如果哪位同學或者是家中其他人士身體不適，請留在家中。

School start up will be different this fall

这个秋季，學校和以往有所不同

Students will be learning in typical class size groups within a cohort of 120. When students are in places where other cohorts may be present, then physical distancing expectations will be in place. When a student is outside of their cohort and physical distancing is not possible, then masks need to be worn. Breaks for all students and lunch times will be staggered to help with physical distancing. Our goal is to balance students' educational needs within a safe, supportive environment and being outside regularly is part of this plan.

在最多由 120 个同学组成的“学习群组”中，遵照常规的班级人数，学生们会分组参加日常的学习。在有其他“学习群组”出现的场合，所有人都要遵守保持社交距离的规定。每位同学在身处非自己“学习群组”的场合中，如果无法保持社交距离，均需佩戴口罩。为了遵守保持社交距离的规定，课间休息和午餐时间将错开安排。学校的目标是在安全、有保障的环境中，为同学们提供均衡的教育，让学生保持有规律的户外活动也是这个教育计划的一部分。



Scheduled Drop Off & Pick UP 预先安排好的接送时间和地点

Each student will enter & leave school at designated times and locations.

每位同学将在事先安排好的时间和地点进入、离开学校。



Wash Your Hands 洗手

Students will wash their hands or use hand sanitizer upon arrival each day, throughout the day, and before leaving.

每天到校以后、学习活动中间、离校以前，同学们都要洗手或者是用洗手液清洁双手。



2 Metres Apart 两米的社交距离

When not in a cohort, staff & students will respect the physical distancing of two metres.

来自不同的“学习群组”的学生和教职员工需要遵守“保持两米的社交距离”的规定。



Masks 佩戴口罩

All students will be provided with 2 non-medical masks. Anytime students are outside of their cohort or in an area where physical distancing is not possible, they are to wear masks.

学校为每位同学准备了两个非医用口罩，任何时候，每位同学在身处非自己“学习群组”的场合中，在无法保持社交距离的时候，均需佩戴口罩。



LABEL EVERYTHING

把所有的个人物品贴上标记

Label your water bottle, supplies, and all materials you bring to school. Only water bottle filling stations are open.

请每位同学将带到学校的所有个人物品贴上标记，例如水瓶、学习用具等等。学校的饮水机只开放给学生用水瓶接水。



SNACKS & LUNCH

零食和午餐

Pack a healthy snack that does not need reheating. Grade 8s and 9s should bring a healthy lunch.

请准备一份不需要加热就能够食用的零食和午餐，八年级和九年级的同学需要准备一份健康的午餐。

NO LUNCH DROP OFFS

家长不能到校送餐

AVOID LEAVING SCHOOL

学生应避免午间离校外出午餐。



CARE & CALM

互相关怀，保持镇静

Our goal is always to provide a deep sense of care and calm to support each student's learning.

学校的目标自始至终都旨在为全体同学提供一个充满关怀和安宁的学习环境。

We are here for you.

学校和老师始终与各位同学同在！

Mandatory Daily Health Declaration Process for Students & Staff

学生和教职员强制性的日常健康申报程序

You must review these questions each day before bringing your child to school:

在每天送孩子上学之前，家长必须对照下列问题自检：

1. Do you have any of the following symptoms that are not from a pre-existing condition (e.g. allergies)?

您是否有下列症状，且这些症状与既往病症无关（例如：过敏）？

• Fever • Diarrhea • Chills • Loss of appetite • Cough or worsening of chronic cough • Nausea and vomiting • Shortness of breath • Muscle aches • Sore throat • Fatigue • Conjunctivitis (pink eye) • Runny nose/stuffy nose • Dizziness, confusion • Headache • Loss of sense of smell or taste • Abdominal pain • Skin rashes or discolouration of fingers or toes

发烧；腹泻；寒战；没有胃口；咳嗽或者是病情加重的久咳不愈；恶心和呕吐；呼吸急促；肌肉疼痛；喉咙痛；疲劳；结膜炎（眼白变成粉红色）；流鼻涕/鼻塞；晕眩，不清醒；头疼；嗅觉或者是味觉丧失；腹部疼痛；皮疹或者是手指、脚趾变色。

2. Have you or anyone in your household returned from travel outside Canada in the last 14 days?

您自己、或者是家中任何成员在过去 14 天内从加拿大境外旅行归来？

3. Are you or is anyone in your household a confirmed contact of a person confirmed to have COVID-19?

您自己、或者是家中任何成员与被确诊的新冠病毒携带者有已经确认的接触？

Answering YES to any of the questions will prevent the staff/student from entering the school. What if you answered YES?

如果您对上述任何问题回答“是”，任何教职员和学生都不能进入学校。如果您回答了“是”，情况会怎样呢？

• **Question 1:** If you answered YES to question 1 and the symptoms are not related to a pre-existing condition, you need to stay home until you have been assessed by a health-care provider to exclude COVID-19 or other Infectious diseases AND your symptoms have resolved.

问题 1: 如果对问题 1 的回答为“是”，且症状与既往病情无关，则该人士需要待在家里，直到医生对您进行评估以排除 COVID-19 或其他传染性疾病，并且您的症状已消失。

• **For assessment of any symptoms, contact 8-1-1, a physician or a nurse practitioner.**

如果需要对症状进行诊断，请拨打电话：811，与医生或者是执业护士联系。

• **Question 2:** If you answered YES to question 2, you will need to stay home to self-isolate based on the Quarantine Act.

问题 2: 如果对问题 2 的回答为“是”，根据“防疫隔离法”，您需要留在家中自我隔离。

• **Question 3:** If you answered YES to question 3, you will need to stay home to self-isolate based on the advice of the Public Health Authority.

问题 3: 如果对问题 3 的回答为“是”，根据公共卫生机构的建议，您需要留在家中自我隔离。

Contact the school if you have answered yes to any of the above questions and anytime you keep your child home.

如果您对上述任何问题回答了“是”，请让您的孩子留在家中。

Our goal is for everyone to be healthy and safe.

我们的目标是确保每个人的健康与安全。

Arrival and Leaving School

到校和离校

It will be important for students to be on time and come to their designated entrance/exit. Students will be dismissed at staggered times to allow for physical distancing. Families are not to enter the school. Appointments may be made as needed.

各位同学需要在指定的时间准时到达指定的出入学校地点，这一点非常重要。为了确保保持社交距离，学生们需要错开放学的时间。家庭成员不能进入学校，如有需要，必须提前预约。

Students will:

所有同学需要:

Wash their hands or use hand sanitizer frequently throughout the day.

在校期间经常洗手，或者是使用洗手液。

Label everything they bring to school: a re-fillable water bottle, lunch (grade 8 & 9s only), their own school supplies, jackets, hoodies, etc.

所有带到学校的个人物品都要贴上标签：包括可以重复使用的水瓶、午餐盒、铅笔盒、个人的学习用品、夹克、连帽衫等等。

Bring snacks and lunches that do not require re-heating. Lunch deliveries will not be happening. Students are recommended to not go home for lunch. There will be NO food sharing, for example, no sharing of home made treats.

准备一份不需要加热就能够食用的零食和午餐，家长不能到校送餐，学校也不建议学生午间离校到家里吃午餐。同学之间不允许分享食物，比如不能分享家庭自制的食物。

Continue to practice physical distancing at all times when outside their school cohort.

在校外期间，和非“学习群组”人士接触时，请始终遵守保持社交距离的规定。

Be encouraged to have their own small bottle of hand sanitizer and non-medical mask.

学校鼓励各位同学自备小瓶的洗手液和非医用口罩。

Masks 口罩

Students will each be given two re-useable face masks. Everyone will be wearing masks in hallways and other areas where maintaining physical distancing is difficult. Wearing a mask is a not always possible for everyone. No student needs to wear a non-medical mask if they do not tolerate it. It is important to treat everyone with respect, regardless of their ability to wear a mask or not.

学校会为每位同学提供两个可以重复使用的口罩，在校内难以保持社交距离的地方，例如走廊里，每位同学都需要佩戴口罩。不是每个人都习惯佩戴口罩，如果某位同学不习惯戴口罩，可以不戴非医用口罩。无论是否佩戴口罩，最重要的是要对每个人都保持尊重。

Click on the link below to learn about mask care.

请点击右边的图像，了解有关佩戴口罩的知识。



https://www.youtube.com/watch?v=gvLA--hGU70&feature=emb_logo