

Daily Covid-19 Checklist:

If students are not feeling well or have any symptoms, they need to stay home for at least 24 hours or until feeling better. Use the [daily checklist](#) below to check for symptoms of Covid-19:

COVID-19 Daily Checklist

It is important to closely monitor your health and the health of those you care for to help prevent the spread of COVID-19 and other illnesses like the flu.

Vaccination is your best defense against COVID-19 and some other illnesses like the flu.

NOTE: If you are in a school or child care setting, you need to follow this checklist AND instructions for the [Test to Protect Program](#).

1

Do you feel sick?

If yes, stay home or put a mask on right away and go home. Keep doing healthy habits like washing your hands and coughing or sneezing into your elbow. Avoid school, work, child care settings and public spaces. Do not return until you feel better (without fever medications) for at least 24 hours. It's ok if you still have a mild cough or runny nose, unless you are in one of the situations below.

2

In the past 48 hours, have you had, or are you currently experiencing:



Cough (new or worsening)

OR two or more of the following symptoms (new or worsening):



Fever
(i.e. chills/sweats)



Sore
throat



Runny nose/
nasal congestion



Headache



Shortness of breath

If yes, go home or stay home as noted above. Follow [Public Health instructions](#) for testing and isolation.

3

Have you visited a COVID-19 exposure site?

Check the list of [COVID-19 exposure sites](#) and follow Public Health instructions. You may need to be tested. You may also need to self-isolate.

4

Have you been outside Nova Scotia in the past 14 days?

If yes, check if you are required to [isolate due to travel](#).

5

Has someone who tested positive for COVID-19 told you that you are one of their close contacts?

If yes, follow [Public Health instructions](#).



My child is a close contact, now what?

You have been told that your child has been exposed to someone with COVID-19 in the community. Their testing and isolation requirements will be based on their vaccination status and if they have symptoms. If there is a positive case in the household, please visit nshealth.ca/household-close-contact for direction.

Is your child fully vaccinated or age 11 years and under?

Yes

If the exposed child does not have symptoms:

- Complete a **COVID-19 test** at least 72 hours after the last exposure.
- Have them stay home, except for school or child care, while waiting for their test results.
- If this test is negative, they can return regular activities and are asked to complete a second rapid test 48 hours later.

If the exposed child is experiencing symptoms:

- Self-isolate immediately. Complete a COVID-19 test as soon as possible, and again at least 72 hours after the last exposure. If using rapid tests, a 3rd test should be completed 48 hours after the second.
- The exposed child can only stop isolating if all tests are negative and they are feeling better (symptoms are resolved or improving, and there is no fever for 24 hours).

No

- Self-isolate for 7 full days after the last exposure.
- Complete a **COVID-19 test** 72 hours after the last exposure and then again 6-7 days after their last exposure.
- The child can leave isolation after two negative rapid tests done on day 6 and on day 8 or after one negative PCR test done on day 6 or 7.
- **If they have symptoms**, the exposed child is only able to leave isolation if their tests are negative and they are feeling better (symptoms are resolved or improving, and there is no fever for 24 hours).

Book a **COVID-19 test** (rapid or PCR, based on eligibility) using the online self-assessment tool or call 811. If symptoms develop after the **COVID-19 test**, self-isolate and use the online self-assessment tool or call 811 to be retested.

Reminder: It is very important to carefully follow Public Health measures even if fully vaccinated.



- **If your child gets a positive rapid test result**, they are considered to be positive for COVID-19. Self-isolate immediately and follow these instructions nshealth.ca/testedpositiveforcovid.
- **If your child has recovered from COVID-19 in the past 90 days**, please visit nshealth.ca/information-covid-19-close-contacts for direction.

Updated Jan. 18, 2022



“Close contact” isolation instructions for your child at home.

The child self-isolates in a designated area of the home away from other members of the household as much as possible.

- One parent/guardian should be designated as the child’s main caregiver and encourages the child to isolate from other family members as much as possible.
- The designated caregiver is not required to isolate with the child, only to provide care and support as needed which may include staying home from work during the child’s isolation.
- All other family members can continue to work and go to school.

If the child tests positive, they are no longer considered a close contact but rather a case of COVID-19. Please then follow instructions for **Someone in my household tested positive: What do I do?**

How to isolate

- Stay in your home/deck/balcony/yard.
- Limit contact with people they live with.
- **If your child has no symptoms, they can go beyond the property for one hour of outdoor activity a day. They must keep distanced from other people and cannot go beyond walking distance of home.**
- Use a separate bedroom and bathroom, if they can.
- If they can’t keep distance from other family members, clean shared spaces after use.
- Take and record their temperature daily.
- **Do not** have any visitors to your home.
- Complete an **online self-assessment** if symptoms develop, or call 811.



Updated Jan. 18, 2022

For more information visit nshealth.ca/information-covid-19-close-contacts



How to properly wear a mask

Comment porter un masque correctement



novascotia.ca/coronavirus | novascotia.ca/coronavirus/fr





A Note from the SJAM Home and School Association (HSA)!

Join us! The **SJAM HSA** meets (via Zoom) on the second Tuesday of every month at 6:30pm to cook up future fundraising and community building activities for SJAM. All parents/guardians of current students are invited to join the team, which also includes SJAM staff.

All you need to do is email us at [**sjamhomeandschool@hotmail.com**](mailto:sjamhomeandschool@hotmail.com) and let us know that you would like to receive the invites to our monthly Zoom meetings and we can send you the link.



Our next meeting is February 8th at 6pm via Zoom.

A Note from the SJAM School Advisory Council (SAC)!

Our School Advisory Council (SAC) is looking for parents/guardians, staff and community members that reflect the diversity of our community to serve as a member for a two-year term. The SAC is an advisory body that supports school administration. For more information about the role of the SAC, please see: [**https://www.ednet.ns.ca/SAC**](https://www.ednet.ns.ca/SAC)

Our next meeting is February 15th at 6pm via Zoom. If you are interested, please reach out to Ben Stone, SAC Chair, at [**ben@zuppatheatre.com**](mailto:ben@zuppatheatre.com) and/or Amy Hunt, SJAM Principal, at [**HuntA@hrce.ca**](mailto:HuntA@hrce.ca)

Update on the Rebuild of SJAM School:



Our SJAM school building at 5389 Russell Street is being replaced! The estimated timeline for this process is as follows:

- relocate SJAM students & staff to 1589 Walnut Street in south end for two school years (across from LeMarchant-St.Thomas);
- demolish the current building between November 2021 & February 2022; start construction in Spring 2022
- return to a new school on the existing site (5389 Russell Street) in September 2023.

*** Stay tuned for a way to voice your ideas on our school's name to the School Renaming Committee! They will be in touch with all school community members in February & March!**

For updates and meeting minutes on the replacement, please see the following link:

www.hrce.ca/about-hrce/operations-services/capital-projects/replacement-school-sjam

RECESS & LUNCH AT SJAM₂:

- Students should bring a refillable water bottle each day. We have filling stations throughout the school and a water cooler in the portable.
- We do not have microwaves. Students need lunches that do not require heating. Using a thermos is a great way to send a hot lunch.
- If your child requires utensils to eat the lunch they are bringing, you need to send utensils. Recess should be a quick snack while children play for 15 mins.
- Students eat lunch with their classroom teacher for 20 minutes, and have 40 minutes of activity time on the playground with lunch monitors. In the case of inclement weather, students will spend the activity time in classrooms.
- On Fridays, we offer a free hot lunch to all interested families, sponsored by Admiral Insurance (as long as funds allow). To participate, fill out the form at the end of each month and send it back to school by the due date.



Guidelines for school and/or bus cancellations due to inclement weather

Nova Scotia winter weather can change quickly and can be challenging to predict. This document outlines the steps we take when deciding whether to cancel school and/or bussing.

A 6:00 am announcement could be:

All schools are closed for the day

OR

Some schools (either individually or by family) are closed for the day

OR

All schools are open, but some or all busses are not operating for the day

OR

All schools are delayed in opening by 2 hours

If weather deteriorates, or is forecast to worsen throughout the morning

An 11:00 am announcement could be:

Bussed students will be picked up 2 hours earlier than their regular dismissal time

AND

Walking students will be dismissed at their regularly scheduled lunch hour

Remember:
Parents/guardians always have the right to keep their child home from school if they believe that the travelling conditions are unsuitable.

How does Halifax Regional Centre for Education (HRCE) decide on school and/or bus cancellations?

By 4:30 am, HRCE staff begin to gather information from:

- A contracted weather service that provides radar and satellite imagery, real-time road conditions and weather warnings;
- A meteorologist who provides forecast details, level and type of precipitation and impact on road conditions;
- HRCE’s three transportation service providers, who provide updates on road conditions in their area;
- Municipal and provincial transportation staff; and
- Other local weather services, including Environment Canada and the Weather Network.

By 5:30 am, HRCE staff make recommendations to the Regional Executive Director (or designate), who then makes the final decision.

This decision is communicated by 6:00 am.



Halifax
Regional Centre for Education

Where can cancellation information be found?

Website: www.hrce.ca

Twitter: @HRCE_NS

Phone: 902-464-INFO (4636)

Local media outlets

Subscribe to email/text notifications at www.hrce.ca



Income support for parents who lost wages due to COVID-19

Parents & Guardians: Did you miss 50% or more of a work week when your child's school was closed due to COVID? Did you lose wages because you were home sick with COVID? If YES, you may qualify for the Canada Recovery Caregiving Benefit AND/OR the Canada Recovery Sickness Benefit (up to \$500/week). All the details are at: <https://www.canada.ca/en/departement-finance/economic-response-plan.html#individuals>

If you need help with this, you can phone, text or email St. Joseph A. Mackay's community outreach worker, Brenda McNutt at: bmcnutt@hrce.ca or 902-233-4395.

Food Security during Covid-19

Now that public health has shifted how contact tracing is happening, families that are required to isolate may no longer be advised about how to access food during their period of isolation. The Family Resource Centers in HRM are taking on the responsibility for this program and our SchoolsPlus Team can be of assistance as well.

If you require assistance or know of a family that may be isolating and requires food support, please connect them to Brenda McNutt, SchoolsPlus Outreach Worker at bmcnutt@hrce.ca or 902-233-4395.

