



## Pleasant Valley Christian Academy

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### **HEALTH & SAFETY PROTOCOLS 2025-2026**

- **HEALTH CHECKS:** Parents and caregivers should assess their children daily for illness before sending them to school. **If a student, staff, or other adult is sick, they should stay at home.**
- **ABSENCES:** Parents are requested to **text their child's teacher** when a child will be absent.
  - Please tell us why they are absent.
  - Please list the symptoms if the child is absent due to illness.
- If someone **STARTS FEELING SICK WHILE AT SCHOOL:**
  - They are to be isolated in a supervised area until they can go home.
  - Provide the student with tissues to cover their coughs or sneezes.
  - The parents are to be contacted to pick the student up as soon as possible.
  - All areas that the ill student was in contact with are to be cleaned and disinfected.
  - Practice diligent hand hygiene after being in contact with someone who is ill.
- **RECESS 'OUTSIDE' POLICY**
  1. Outside: Rain or Shine
  2. Have students bring a change of clothes in case it is wet outside.
  3. In newsletter, a couple weeks into each new season, remind parents appropriate gear to wear outside.
  4. The only times classes will stay indoors for recess are:
    - Temperatures are -15 degrees or lower
    - Morning recesses when snow gear is needed (K-3 only)
    - For Volleyball practices
    - When there is poor air quality outside

Please Note: **This policy is for RECESS, not PE.** It is at the teacher's discretion where their class has their PE lesson.

- **INSIDE/ASSEMBLIES/GROUP ACTIVITIES:** We will have separate assemblies. (K-3 & 4-8) Students are encouraged to use the space available to spread out and to respect other students and staff comfort levels regarding personal space.
- **VISITORS ARE WELCOME IN THE SCHOOL!** Visitors, PLEASE:
  - Fill in the visitor sheet in front of the front office and
  - Please do not enter the school if you are sick.
- **HOT LUNCHESES/FUNDRAISERS:** Schools can provide food services, including for sale, provided they align with "Food Safety Legislation" and the "Guidelines for Food and Beverage Sales in B.C. Schools". This includes having at least one volunteer in attendance that has their Food Safety Certification.

- **WHERE FOOD IS PREPARED AS PART OF LEARNING** and is consumed by the students who prepared it, the following health and safety measures should apply:
  - Follow normal food safety measures and requirements.
  - Follow appropriate cleaning and disinfecting protocols.
  - A minimum of one adult should have their Food Safety Level 1 Certificate.
- **DRINKING WATER:** The water fountains should be back on, however, we request that the students bring their own personal water bottles to school. We have filtered water taps in each classroom where the students can fill their bottles.
- **HANDWASHING:** Wash hands with plain soap for at least 20 seconds, temperature does not matter. It is suggested that the students are given lessons on handwashing regularly so that it is constantly on their minds. There are signs posted reminding the students to wash their hands frequently.
- **PLANNED & FREQUENT HANDWASHING:** Before and after going to the bathroom; before and after eating; etc.
- **DISINFECTING:** General cleaning, and cleaning and disinfecting of frequently touched surfaces - once a day
  - Commercial approved disinfectants are used.
  - A disinfectant fogger machine is used for efficiency.
- **HALLWAY TRAFFIC FLOW:** We have placed arrows on the floor to show the desired traffic flow. The general rule will be to stay to the right in the hallway.
- **MASKS:** Masks are by choice. Please respect EVERYONE'S choice.
- **GROUP EVENTS:** We are able to have group gatherings if we are following the protocols and are respectful of others' personal space while on school grounds, including outside as outlined in this document.
- **EVACUATION DRILLS:** continue to be a priority.
- **PROTOCOLS** are reviewed on a regular basis during school staff meetings. Any changes will be updated as they happen.
- **FIELD TRIPS:** We are grateful for our volunteer drivers! Here are the following protocols we follow:
  - Follow safety guidelines distributed to each driver.
  - Do our best to get fresh air when possible.
- **SCHOOL SPORTS/CASA:** can occur in alignment with the provincial guidelines and the provincial health recommendations.

**Thank you volunteers and staff for making this a safe school!**

**BLESS YOU!!!!**