



The Elkhorn Express

YOUR SCHOOL'S INFORMATION NEWSLETTER

MARCH

- 09 Monday — Day 3
- 10 Tuesday — Day 4
- 11 Wednesday — Day 5
- 12 Thursday — Day 1
- 13 Friday — Day 2

MARCH BREAK

March 16 — March 20

SCHOOL CLOSED

FROM THE PRINCIPAL

Strike Clarification

Parents, please listen carefully to media reports regarding teacher strike dates and which union will be striking. ETFO (Elementary Teachers' Federation of Ontario) is the union that represents elementary teachers for the Toronto District School Board. There was confusion yesterday, Thursday, March 5th with parents thinking that the school was closed due to a teachers' strike. Yesterday's strike did not include ETFO. You will receive electronic communication from TDSB in advance of any strike date that would involve Elkhorn.

Lockdown Drill

Today, Friday, March 6th, the students at Elkhorn participated in a lockdown drill. Procedures for lockdowns are reviewed and updated annually and drills practiced to ensure that in the event of an emergency, staff and students would follow the prescribed procedures. As student and staff safety is of paramount importance the drills are conducted a minimum of two times per year. Elkhorn staff and students did an excellent job following all safety protocols today!

TDSB Just Read It supports reading engagement for all students. As parents, we know the importance of reading to and with our child. Please consider having your child write a book review about a favourite book and submit it to the link provided. Each month, students are selected to receive a book prize with a congratulatory letter from Director of Education, John Malloy, and their reviews are highlighted on the TDSB webpage. <https://www.tdsb.on.ca/About-Us/Innovation/Just-Read-It>

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Phone Numbers

For safety reasons it is very important that your child know their phone number. We have many office visits from students and it is surprising how many do not know their phone numbers. Please work with your child to memorize a number where they can reach you. Thank you for your assistance with this important safety measure.



Late Arrival

Please check in at the office should you bring your child to school late.

Attendance is sent to the office by 9:00 am and teachers would already have marked your child absent.

If your child does not check in at the office you will receive a safe arrival call because the absence has not been changed to a late. This causes a great deal of alarm for parents and the school.

Thank you for your cooperation with coming to the office when your child is late.

As always, thank you for your support and please do not hesitate to contact me should you have any questions or concerns,

Danila Duliunas, Interim Principal

March Break Vacation

Please inform the office if you are planning to be away before or after the March Break for an extended vacation.

We will be able to then enter the absence in the system and thus make sure you do not receive any automated phone calls while you are away.

March Break for this school year is from **March 16th – March 20th**.



Terry Fox Run

Our 2019 Terry Fox School Run was a great success!

We are proud to announce that Elkhorn Public School has generously donated **\$2,532.40** for cancer research!

The Terry Fox Foundation sends a big thank you to our school community for our generosity and support.

40 years later, Terry's message of hope lives on and stronger than ever!



Greek Heritage Month



March 2020

Inquire, Innovate, Inspire - Σπουδή, Καινοτομία, Έμπνευση

March is Greek Heritage Month at the Toronto District School Board. It is an opportunity to recognize and celebrate the many achievements and contributions of Greek Canadians to Canada, and an occasion to mark and enjoy the history of Greek culture.

The theme for this year is "**Inquire, Innovate, Inspire - Σπουδή, Καινοτομία, Έμπνευση**"

February 28, 2020

Dear School Community:

Re: Novel Coronavirus (COVID-19)

I am writing to provide you with an update about the novel coronavirus: COVID-19. Toronto Public Health (TPH) continues to respond to the situation working with City of Toronto and health care partners.

What is the risk in Toronto?

The risk of getting COVID-19 in Toronto remains low because the virus is not spreading in the general community. Toronto Public Health has investigated a number of individuals who have contracted COVID-19 after travel in an affected area, or having close contact with an individual who had COVID-19. Globally, most people have gotten this virus through travel in affected areas or through close, household contact with someone who had the virus. Overall, most infections have resulted in mild illness.

Has anything changed?

The list of designated affected areas has been expanded beyond mainland China to include Hong Kong, Republic of Korea, Japan, Singapore, Iran and Italy.

What do these changes mean for school communities?

You may have travel plans in the near future, including over the March break. If you are planning to travel, please consult the [Government of Canada](http://www.gc.ca/gov) website for travel advice and advisories related to COVID-19. You should be aware that some countries have entry and exit restrictions. Incoming travellers to Toronto continue to receive information about COVID-19 at airports, including to:

- monitor themselves for respiratory symptoms, including fever, cough, and difficulty breathing;
- seek medical care immediately if these respiratory symptoms develop within 14 days after returning to Canada; and
- inform their healthcare provider or local public health department about symptoms and travel history before they seek medical care.

People who are travelling in the affected areas are advised that for 14 days after their last day in this region they should monitor their health for fever, cough or difficulty breathing, and avoid places where they cannot easily separate themselves from others if they become ill. Individuals who have signs and symptoms of fever, cough or difficulty breathing

within 14 days of travelling in these areas will be asked to self-isolate and call their local public health department, which for Toronto is TPH.

How can I protect myself and my family from this virus?

We continue to advise members of the public to take the usual prevention measures to reduce the risk of transmission of the flu and respiratory illness, including:

- wash your hands frequently and thoroughly with soap and water or use an alcohol-based hand sanitizer;
- cover your mouth and nose when you cough or sneeze;
- **If you don't have a tissue, sneeze or cough into your sleeve or arm;**
- get an annual flu vaccination, available from clinics and pharmacies; and
- stay home if you are ill.

These measures may seem simple, but they are powerful ways to protect yourself and others from getting sick.

How can I stay informed?

Toronto Public Health continues to carefully monitor this evolving situation, and regularly update our website with the latest, factual information at www.Toronto.ca/coronavirus. We encourage you to stay informed through regular review of credible information sources such as our website. If you have any questions, you can call TPH at 416-338-7600, Monday to Friday from 8:30 a.m. to 8:00 p.m., and on weekends from 10:00 a.m. to 6:00 p.m. Translation is available in many languages.

Sincerely,



Dr. Eileen de Villa
Medical Officer of Health

2019 Novel Coronavirus (COVID-19)

What are coronaviruses?

Coronaviruses are a large family of viruses. Some coronaviruses can cause illness in people and others can cause illness in animals. Rarely, animal coronaviruses can infect people, and more rarely, these can then spread from person-to-person through close contact.

What is the 2019 Novel Coronavirus (COVID-19)?

Novel coronaviruses are new strains of coronaviruses that have not been previously identified in humans. A novel coronavirus has emerged in Wuhan, China which is called the 2019 Novel Coronavirus or COVID-19.

Signs and Symptoms

In general, human coronaviruses commonly cause mild but occasionally more severe respiratory infections. It is estimated that they cause about 15% of common colds. Coronaviruses can also cause more severe illness, such as severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS).

Some of the symptoms of COVID-19 include:

- Fever
- Cough
- Muscle aches and tiredness
- Difficulty breathing
- Less commonly: sore throat, headache and diarrhea have been reported.

Older patients and those with chronic medical conditions may be at higher risk for severe illness.

Diagnosis and Testing

In general, coronavirus infections are diagnosed by a healthcare provider based on signs, symptoms, and laboratory tests. Travel history is also important. There is a specific test for COVID-19 to confirm the infection if it is suspected.

Treatment

There is no specific antiviral treatment for COVID-19. People ill with COVID-19 should receive supportive care to help relieve symptoms. People with more severe illness may require hospitalization.

Prevention

There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to this virus. Prevention measures include:

- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are ill.
- Stay home when you are ill.
- Cover your cough or sneeze with a tissue, then immediately throw the tissue in the garbage and clean your hands.
- If you don't have a tissue, sneeze or cough into your sleeve or arm.
- Clean and disinfect frequently touched objects and surfaces using a household cleaner.
- Prior to travelling, check the Public Health Agency of Canada – Travel Advice and Advisories website (<https://travel.gc.ca/travelling/advisories>) for up-to-date travel information.

Advice for people who have recently returned from China (mainland), Hong Kong, South Korea, Japan, Singapore, Iran, or Italy, OR have had close contact with a person ill with COVID-19

Those who have recently travelled from Hubei Province, China (including Wuhan City) OR have had close contact with a person ill with COVID-19 are asked to self-isolate (see self-isolation below) for a total of 14 days after last exposure (i.e., last day in Hubei or last contact with a person ill with COVID-19). Contact Toronto Public Health at 416-338-7600.

Those who have recently travelled from China (other than Hubei Province), Hong Kong, South Korea, Japan, Singapore, Iran, or Italy are asked to watch for signs and symptoms which may develop up to 14 days after an exposure (i.e., last date of travel). If you develop symptoms of COVID-19, you must self-isolate (see self-isolation below) and follow-up with a healthcare provider. Tell your healthcare provider about your symptoms and travel history before going to a medical office or an emergency department. This will allow the healthcare provider to prepare for your visit and protect other patients.

Self-isolation

Persons diagnosed with COVID-19 or those who are suspected of having COVID-19 should **STAY HOME**. Specifically, **DO NOT** attend child care, school or work. **AVOID** public spaces, contact with others, taking public transit, and refrain from having visitors.

Public Health's Role

All suspected and confirmed cases of COVID-19 are reportable to local health authorities under the Health Protection and Promotion Act. Toronto Public Health is following-up on all suspect or confirmed COVID-19 cases and their contacts; and is working collaboratively with provincial and national health agencies; as well as local partners including hospitals, local airports, and community agencies; to contain spread and lessen the impact of the virus. At this time the virus is not circulating locally, however given the global circumstances, we are actively working with our City and health partners to plan for the potential of local spread.

Transmission/Spread

COVID-19 is spread person-to-person through large respiratory droplets (e.g., coughing, sneezing) that can travel up to two metres. It may also be possible for a person to get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. COVID-19 is an emerging disease and there is more to learn about how it spreads.

More information

- For more information, contact Toronto Health Connection: 416-338-7600.
- Ontario Ministry of Health. The 2019 Novel Coronavirus (COVID-19). <https://www.ontario.ca/page/2019-novel-coronavirus-2019-ncov>
- Centers for Disease Control and Prevention. Coronavirus Disease 2019 (COVID-19). Situation Summary. <https://www.cdc.gov/coronavirus/2019-nCoV/situation.html>
- City of Toronto. Novel Coronavirus (COVID-19). <https://www.toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/coronavirus/>
- Public Health Ontario. Coronavirus Disease 2019 (COVID-19). <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus>