

Africentric Alternative School News

Newsletter March 2022

Volume 1, Issue 12



Hugh Reynolds, Principal
Rogene Reid, Vice Principal
Nandy Palmer, Superintendent
Alexandra Lulka, Trustee

School Council Co-Chairs:

Maureen Burbick
Howard Ford



Email: AfricentricAlternativeSchool@tdsb.on.ca
School Website: <https://schoolweb.tdsb.on.ca/africentricschool/>

1430 Sheppard Ave. W., North York, ON M3M 2W9, Phone: 416-395-5251

<u>Contents</u>	<u>Page</u>
Principal's News & Events	1
AAS School Council News	2
Daylight Savings Time	3
Punctuality	3
Spring & March Break Activities	3
Snack Program	4
AAS Donations	4
School Procedures	5-6
Theme & Related Quote	7
Adinkra Symbols & Nguzo Saba	8
TDSB 2021-2022 Calendar	9
AAS School Pledge	9
General Housekeeping Items	10
<u>NEW</u> COVID Screening 2022	11-12



Principal's News

Dear Africentric Families,

We would like to thank you for your ongoing support throughout the school year. As you are aware, we continue to follow the health and safety guidelines based on Toronto Public Health and the TDSB operations guidelines in an effort to keep all students and staff safe.

Registration for TDSB Kindergarten program began in February. We look forward to welcoming you and your child. You may choose to register using our online registration system or by booking a virtual face-to-face meeting directly by calling our school office at 416-395-5251. Please share this information with your close contacts who might have children who are looking forward to entering Kindergarten next school year.

We are in the process of finding solutions to increasing enrollment at our school. Please stay tuned for more information regarding this initiative while you share all your great experiences with close contacts.

Thank you to our School Council for organizing the Integrated Literacy with a focus on Black Heritage Storytelling workshop with Itah Sadu on February 17th. This event was a success and we thank all members of our community who attended.

In celebration of African Heritage Month, our school engaged in multiple culturally rich activities organized by The TDSB Center of Black Excellence. These learning experiences were based on themes of literacy, wellness, STEM and African history. Our grade 7-8 students will also participate in the Black Brilliance Conference in April. This event is organized by Downsview Secondary school.

Our Photo Day was on February 23rd. This included graduation photos. You will be informed about the date for re-takes as soon as we receive confirmation from our photographers.

Please contact the school if you know a steel pan instructor who is available.

Our school improvement achievement goal is focused on Guided Reading. You are encouraged to read with your child as often as you can. This will reinforce what is being done at school.

As we are still in the winter months, please remember that all students are to dress as the weather dictates. Dressing for the weather helps to keep us warm and can prevent hypothermia.

In Partnership,
Hugh and Rogene

Upcoming Events

- March 4, 2022 - African Heritage Month Assembly
- **March 11, Spirit Friday - wear something African**
- March 13 Daylight Savings Time
- March Break Mar 14-18
- March 20 First Day of Spring
- March 21 United Nations Day for Elimination of Racial Discrimination
- Good Friday is April 15
- Easter Monday is April 18

School Council



Picture: via IWD



Picture: via IWD



Picture: via IWD

Strike the IWD #BreakTheBias pose

IWD 2022 campaign theme: #BreakTheBias

Imagine a gender equal world.

A world free of bias, stereotypes, and discrimination.

A world that is diverse, equitable, and inclusive.

A world where difference is valued and celebrated.

Together we can forge women's equality.

Collectively we can all #BreakTheBias.

Individually, we're all responsible for our own thoughts and actions - all day, every day.

We can break the bias in our communities.

We can break the bias in our workplaces.

We can break the bias in our schools, colleges and universities.

Together, we can all break the bias - on International Women's Day (IWD) and beyond.

Whether deliberate or unconscious, bias makes it difficult for women to move ahead. Knowing that bias exists isn't enough, action is needed to level the playing field.

Are you in? Will you actively call out gender bias, discrimination and stereotyping each time you see it?

Will you help break the bias?

Cross your arms to show solidarity.

Strike the IWD 2022 pose

Tuesday March 8th 2022 - International Women's Day

For more information: [International Women's Day 2022 \(internationalwomensday.com\)](https://internationalwomensday.com)

Source: IWD Website

Black Mental Health Week in Toronto - March 7 to 11, 2022



Picture: via internet

400 years is long enough. Although awareness regarding racism and equity may be increasing, we've only just begun to do the work required to end anti-Black racism, and there's a long way to go. It's time to address the root cause of Black mental health issues. Anti-Black racism continues to impact the daily lives of Black Torontonians. If 2020 has taught us anything, it's that there is a desire and a demand, from communities across the globe, to increase awareness and initiate action to address the impact of anti-Black racism on mental health and social well-being.

Source: [Black Mental Health Week](#)

For more information: [Anti-Black Racism & Mental Health - City of Toronto](#)



Picture via internet

Getting Involved

Our Meeting Dates

School Council will meet on Wednesday nights @ 6:30 -7:30 pm (1 hour)

unless extra time needed for planning special events

Upcoming Meetings

◆ Wednesday April 13, 2022

6:00 -8:00 pm via zoom

◆ Wednesday June 15, 2022

6:30 -7:30 pm via zoom

Save the dates we would love to see all our parents there.



Picture via internet

School Council Meeting Minutes

[School Council \(tdsb.on.ca\)](https://tdsb.on.ca)

We would like to share with you a beautiful short animation film: [Hair Love](#), Enjoy!



FULL SHORT FILM

March Break Activities

<https://www.torontopubliclibrary.ca/programs-and-classes/featured/march-break.jsp>



Africentric Spirit Day!
Friday, March 11

Wear something African to school to celebrate your awesome heritage.



March 20 is the first day of Spring

Leaf Out Dates in the Midwest: Expect tree bloom in the Midwest when warmer temperatures get on a steady schedule, around mid-April.

Daylight Saving Time Starts

Mar 13, 2022

Sunday, March 13, 2022, **2:00:00 am** clocks are turned **forward** 1 hour

Sunrise and sunset will be about 1 hour later on Mar 13, 2022 than the day before. There will be more light in the evening.

Also called Spring Forward, Summer Time, and Daylight Savings Time.



Punctuality

The Benefits of Being on Time - Punctuality

Punctuality is a habit of:

- Attending a task **on time**.
- Doing things at the **right time**.
- Not missing parts of the lesson and school routines
- Managing your work and personal life

Punctuality is one of the keys to a successful life.

The following are a few reasons that prove why punctuality is important for life:

1. Punctuality and time management **affects the process of learning**.
2. A **key to success**... Being punctual gives you a sense of stability, security and self-confidence.
3. It **divulges your integrity and demonstrates respect for others**... being late affects those around you by interrupting other students and teachers in the class

THE SNACK PROGRAM!

Thank you to our school's Nutrition Program supporters.

We would like to acknowledge and thank President's Choice for the President's Choice Children's Charity School Nutrition Grant. Our Nutrition Program is supported in part by President's Choice Children's Charity and the Toronto Foundation for Student Success (TFSS).



Sample Snack Menu:

Monday	Tuesday	Wednesday	Thursday	Friday
Clementine	Red apple slices	Carrots & Ranch dip	Clementine	Red apple slices
Organic Granola Bar	Apple currant flat	WW Carrot muffin	WW Bagel with jam	Breton Crackers and jam
White milk	Cheese string	Yogurt drink	Yogurt tube	Cheese string
Monday	Tuesday	Wednesday	Thursday	Friday
Red Grapes	Carrots & ranch dressing	WW Veggie samosa (Delivered on the morning of serving)	Red grapes	Carrots & ranch dressing
Digestive Cookie	Bread sticks	Yogurt drink	Blueberry Scone	WW Breadsticks
Cheese String			Yogurt tube	Cheese string

We are **grateful** for the support of the following organizations:

Angus Systems -

a very substantial donation to assist classroom technology needs

Barilla Canada -

donated cooking demonstration, pasta, and a very substantial financial contribution for Chromebooks and music program supplies

Moez and Marissa Kassam Foundation and TFSS - (Toronto Foundation for Student Success)

Morning Meal/Snack Program Freezer donation

Shutterstock -

Donated books and puzzles created by black authors and illustrators

Starbucks Coffee Canada -

Employees donated hats, mitts, scarves, socks

Turner Consulting Group Inc. -

Tana Turner, Principal Consultant generously donated books and resources for our library



School Procedures

What to bring to school?

Label all items that come to school with the child's name and grade. Every day the child needs the following items:

1. Lunch & snack
2. Re-usable water bottle
3. Facemasks (minimum 2) Please note: Face masks are required for grades JK/SK to grade 8. Please send more than one labelled mask each day; practice wearing the mask at home to build stamina.
4. Clothing for the weather; cold weather gear i.e. coat, mittens, hat, scarf, winter boots/indoor shoes, etc. We need to have our students out often to allow for "mask breaks". Please ensure your child is dressed for the weather.
5. **School Uniform is black pants/skirt, white shirt (not a t-shirt) and black shoes.**
6. Kleenex and hand sanitizer. There will be Kleenex in the classroom and hand sanitizer for students to use, however, having a small (unscented) hand sanitizer and a small Kleenex package in the lunch bag would be very helpful
7. Indoor and outdoor shoes – this will ensure hallways and classrooms stay clean
8. JK/SK students please bring a change of clothes as well as the above

We will be focusing on outdoor education and daily physical activity this year to allow for "mask breaks" for our students and staff.

Lockers

Students will not be using lockers at this time. Please keep in mind that students will be keeping their backpacks, sweaters, etc. at their desk. Try to keep that in mind while shopping!

Cell Phones

If a student has a cell phone, please remind him/her that it must be turned off during the **entire school day** and it is his/her responsibility to take care of it (without a locker) this year. Please discuss if your child can handle this responsibility. **Our school does not take responsibility for any lost or stolen items.**

School Parking Lot

A reminder that we share the building with another school. Please park in the designated parking lot and not in the bus route. Please support us with this again and allow us to use our supervision allocation on our students rather than parking lot expectations.

Dress appropriately for the weather - cold weather gear (i.e. coat, mittens, hat, scarf, winter boots/indoor shoes). We need to have our students out often to allow for "mask breaks".
Please ensure your child is dressed for the weather.

Thank you 😊

TDSB Health and Safety Guidelines

It is more important than ever for families and the school to align and share responsibility for public health and safety. Thank you in advance for being strong allies and advocates for our students, the community, and our staff. Here's an update: We have installed hand sanitizer stations at all our main entrances for students and staff, installed directional arrow decals on the floors of the school to direct traffic and keep everyone safe, prepared protocols for any suspected Covid cases and implemented cleaning procedures that will ensure everyone's safety. In addition to all the safety protocols we mentioned above, here are a few great things we have done at the school level to help keep everyone safe.

Cohorts

Students in Kindergarten to grade 8 will remain with students in their own classes for the entire day. We will not be combining any classes for gym, reading buddies, library time, etc. and hence reduce the contact of your child to students in their classroom only while indoors. They will also be strongly encouraged (please help us with this) to play with students in their classroom while they are outside on the playground.

Late arrivals

Due to new policies mentioned above, late arrivals will be lining up on marked spots outside the school building and checked in by our school office staff. Please lineup with your child if you are late until they have formally been checked in with the office staff. We do not have supervision available once the instructional day has begun at 8:55 am. PLEASE BE ON TIME as this will be a much longer process this year and will impact the flow of the school and the instructional day.

Appointments

Please try to avoid scheduling appointments (i.e. dentist, doctor) during the school day. If it is unavoidable, **call the school when you arrive**, and we will call your child down to meet you outside of the school. This will be a longer process than usual as we can't have students waiting in the office. Students will be walked out to meet their parents outside our front doors.

Dropping things off

Please send your child to school with everything they need to avoid the need for drop off. **Please send all lunches to school with children in the morning.** We are unable to have a drop-off table for school lunches any longer and hence every dropped off item would mean a disruption to the entire class. For health & safety reasons, families are encouraged to not come and drop off anything during the day! Students are expected to take a packed lunch and snacks from home.

Lunch at School

We are **STRONGLY** encouraging parents to allow students to stay in their routine for the whole day. Students are expected to stay at school for lunch. Not only is this crucial for their social wellbeing during nutrition breaks, but it is safer for everyone when no one is leaving and returning to the building. No student can leave school property during lunch hour.

Themes of the Month - March

Honesty and Nia (Purpose)

*Theme for the
Month of March
are Nia and
Honesty*



“Speak only the truth, Act with only the best intentions. Once you get into the habit, you can live by this code.”
(Author unknown)

“A lie has speed; the truth has endurance.”
(Edgar J. Mohn)



**Africentric Alternative School
2021-2022 Daily Schedule
Have a Happy Day!**

Entry Time	8:50 - 8:55 a.m.
Period 1	8:55 - 9:25 a.m.
Period 2	9:25 - 10:05 a.m.
Recess	10:05 - 10:20 a.m.
Period 3	10:20 - 11:00 a.m.
Period 4	11:00 - 11:40 a.m.
Lunch	11:40 - 12:30 p.m.
Entry Time	12:30 - 12:35 p.m.
Period 5	12:35 - 1:15 p.m.
Period 6	1:15 - 1:55 p.m.
Recess	1:55 - 2:05 p.m.
Period 7	2:05 - 2:45 p.m.
Period 8	2:45 - 3:15 p.m.

Study Tips for Students

1. Make your studies a priority.
2. Work honestly.
3. Stay focused - Don't multi-task.
4. Set a Schedule.
5. Find a quiet place to study, with few distractions - turn off the cell phones, turn off the headphones, shut down the videos, disconnect from social media.
6. Manage your time. Work steady. Keep up with your homework. Review periodically.
7. Whenever possible, work with a friend who can keep you focused. We learn a lot when we talk to others. Make up questions and test each other.
8. Spend at least one hour per day studying.
9. Think critically about what you are learning.
10. Rehearse and remember.
11. Test yourself.
12. Believe in your ability.
13. Relax. Get enough sleep.
14. Don't compare yourself to anyone else.



Remember, the teacher starts you on a path. To have a good journey, you need to stand up and walk it by yourself. (J. D. Hancock - Global Cognition)

Africentric Alternative School Parent Council Members:

Co-Chair	Maureen Burbick
Co-Chair	Howard Ford
Treasurer	Robert Griffiths



Adinkra symbol, meaning Love, Faithfulness & Harmony



Sinkofa: A symbol of the wisdom of learning from the past to build for the future.



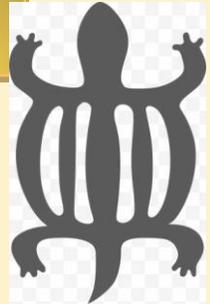
ODO NNEW FIE
KWAN

Odo Nnew Fie Kwan meaning...Love does not lose its way home. Those led by love always end up in the right place.

Adinkra symbol, in the Akan language, which means – None is greater than God, the Creator. The symbol is called Gye Nyame (pronounced Gee-Nah-May)



Adinkra symbol, meaning adaptability



Nguzo Saba

The Seven Principles



Kujichagulia



Ujima



Ujamaa



Nia



Kuumba



Imani

Umoja ▲ Unity

To strive for and maintain unity in the family, community, nation and race.

Kujichagulia ▲ Self-Determination

To define ourselves, name ourselves, create for ourselves and speak for ourselves.

Ujima ▲ Collective Work and Responsibility

To build and maintain our community together and make our brother's and sister's problems our problems and to solve them together.

Ujamaa ▲ Cooperative Economics

To build and maintain our own stores, shops and other businesses and to profit from them together.

Nia ▲ Purpose

To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.

Kuumba ▲ Creativity

To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.

Imani ▲ Faith

To believe with all our heart in our people, our parents, our teachers, our leaders and the righteousness and victory of our struggle.

Dr. Maulana Karenga
Creator of Kwanzaa
©1965



TORONTO DISTRICT SCHOOL BOARD
Africentric Alternative School
 2021 - 2022

H	Statutory Holiday
B	Bd. Designated Area
PA	PA Day

September						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Respect

October						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Responsibility

November						
S	M	T	W	Th	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Empathy

December						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Kindness & Caring

January						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Teamwork

February						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Fairness

March						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Honesty

April						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Co-operation

May						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Integrity

June						
S	M	T	W	Th	F	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Perseverance

Professional Activity Days:
 Thursday, September 2, 2021
 Friday, September 3, 2021
 Wednesday, September 8, 2021
 Friday, November 19, 2021
 Friday, January 14, 2022
 Friday, February 18, 2022
 Friday, June 3, 2022

First Day of School:
 Thursday, September 9, 2021

Last day of school for Elementary students:
 Thursday, June 30, 2022

Dates to Remember:
Labour Day: September 6, 2021
Thanksgiving: October 11, 2021
Winter Break: December 20, 2021 - December 31, 2021 (last day of school December 17, 2021); school resumes January 3, 2022
Provincial Family Day: February 21, 2022
Mid-Winter Break: March 14 - 18, 2022
Good Friday: April 15, 2022
Easter Monday: April 18, 2022
Victoria Day: May 23, 2022

Total Instructional Days: 187



Africentric Alternative School School Pledge

Today I pledge to be the best possible me. No matter how good I am, I know that I can become better.

Today I pledge to build on the work of yesterday which will lead me into the rewards of tomorrow.

Today I pledge to feed my mind knowledge, my body strength, and my spirit faith.

Today I pledge to take my education seriously and I will always do my best, at school, at home, and in my community.

Today I pledge to be focused, self-disciplined and ready to learn
 Today I pledge to believe in me.

Ashe



Your child's safety is very important to us.

To keep your child safe the TDSB requires that parents advise the school of a child's absence or lateness. This is done to ensure children arrive to school safely and are accounted for accurately. If you do not advise the school, you will receive an automated Safe Arrival Call and/or a call from the school.

If your child is going to be absent or late for school - please call the school at 416-395-5251.

Please call the school office - 416-395-5251, for the occasional instance that you are going to be late picking up your child at the end of the day. This allows the school to plan proper supervision for your child.

If you need to pick up your child early, please give the school office a call and give us sufficient time to call down your child.

We truly appreciate your help to ensure the safety of the students at Africentric Alternative School.



GENERAL HOUSEKEEPING ITEMS



NO SMOKING

TDSB Policy PR502 prohibits smoking on school property. Please help us keep a healthy learning environment that is free from smoking.



Student Pick up and Drop off

We are reminding you that the bus loop at the front of our school should not be used for student drop off or pick up. To ensure the safety of all students, please park in the designated parents'/visitors' parking area at the side or back of the building. Thank you for helping us to keep our students safe.



Access to Building

Reducing the number of people in the building is crucial to our success during this critical time. Only students and staff may enter the building. Essential visitors (i.e., maintenance) will be allowed into the building during the school day; however, parents and visitors will not be permitted in the school. Any parent meetings will take place virtually or over the phone. Please call the school if you would like to schedule an appointment with administration or staff.





COVID-19 Screening for children/students/adults

Please complete before entering the child care/JK-12 school setting. A parent/guardian can complete for their child.

Updated February 11, 2022

Name: _____ Date: _____ Time: _____

1. A) Do you or anyone in the household have 1 or more of these new or worsening symptoms, today, or in the last 5 or 10 days*?



Fever > 37.8°C and/or chills



Cough



Difficulty breathing



Decrease or loss of taste/smell

B) Do you or anyone in the household have 2 or more of these new or worsening symptoms today, or in the last 5 or 10 days*?



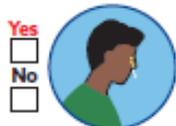
Sore throat



Headache



Feeling very tired



Runny nose/
nasal congestion



Muscle aches/
joint pain



Nausea/vomiting/
diarrhea

- If the symptom is from a known health condition that gives you the symptom, select "No". If the symptom is new, different or getting worse, select "Yes".
- If there is mild tiredness, sore muscles or joints within 48 hours after a vaccine, select "No".
- Anyone who is sick or has any symptoms of illness, should stay home. Seek assessment from their health provider if needed.



If "YES": Stay home & self-isolate.



Your household must self-isolate***



If you have one symptom from Part B, stay home until symptoms improve for at least 24 hours or 48 hours if nausea/vomiting/diarrhea.

2. Have you or anyone in the household had a positive COVID-19 test in the last 5 or 10 days*, or been told to stay home and self-isolate? Yes
No

- If you had a positive test or live with someone who is isolating or awaiting test results select "Yes"
- If you had a confirmed COVID-19 infection within 90 days*** select "No"



If "YES": Stay home & self-isolate.

3. In the last 5 or 10 days* have you been notified as a close contact of someone with COVID-19 in the community? Yes
No

- If the person is not a household member AND you are fully vaccinated** OR had a confirmed COVID-19 infection within 90 days*** select "No"
- If the person was in the same classroom/school/child care cohort select "No".



If "YES": Stay home & self-isolate.

4. In the last 14 days, have you travelled outside of Canada? Yes



If "YES": Follow federal quarantine [travel rules](#). No

*Use 5 days: If the person is fully vaccinated or 11 years or younger. Use 10 days: If they are 12 years or older and not fully vaccinated; or immune compromised.
**Fully vaccinated means 14 days or more after a second dose of a COVID-19 vaccine series, or as defined by the Ontario Ministry of Health.
***Confirmed COVID-19 infection within 90 days means: if tested positive within 90 days on a Rapid Antigen, or a PCR test AND completed self-isolation. Then, do not need to self-isolate if someone in the home has symptoms.



HOW LONG SHOULD YOU SELF-ISOLATE FOR?

You have symptoms+ of COVID-19 or tested positive

If:

- Fully vaccinated**, OR
- 11 years or younger, regardless of vaccination status

Stay home & Self-isolate:

- Must self-isolate for at least 5 days from the day symptoms started and until symptoms have been improving for 24 hours (or 48 hours if nausea/vomiting/diarrhea), whichever is longer
- Use test date if no symptoms
- Wear a mask in public places, including while exercising, and do not visit higher risk settings from days 6 to 10.

If:

- 12 years of age or older AND not fully vaccinated** OR
- Immune compromised

Stay home & Self-isolate:

- Must self-isolate for 10 days from the day their symptoms started, or longer if symptoms last longer than 10 days
- Use test date if no symptoms

Someone in the household has symptoms+ of COVID-19 or a positive test AND you did not have a confirmed COVID-19 infection within 90 days***

- You must self-isolate for the duration of the household member's isolation period

If the household member is:

- Fully vaccinated**, OR
- 11 years or younger, regardless of vaccination status

Stay home & Self-isolate:

- You must self-isolate for at least 5 days from the day the household member's symptoms started and until their symptoms have been improving for 24 hours (or 48 hours if nausea/vomiting/diarrhea)
- Use test date if no symptoms

If the household member is:

- 12 years of age or older AND not fully vaccinated**, OR
- Immune compromised

Stay home & Self-isolate:

- You must self-isolate for 10 days from the day the household member's symptoms started

You were notified as a close contact of a positive case in the community

If:

- Fully vaccinated** AND no symptoms, **Do not need to self-isolate**
- Monitor for symptoms for 10 days and self-isolate immediately if symptoms develop
- Wear a mask in public places, including while exercising, and do not visit higher risk settings for 10 days from last exposure.

If:

- 12+ years AND not fully vaccinated** OR
- Immune compromised

Stay home & Self-isolate:

- Must self-isolate for 10 days from last exposure unless you had a confirmed COVID-19 infection within 90 days***.

If:

- 11 years and under AND not fully vaccinated**

Stay home & Self-isolate:

- Must self-isolate for 5 days from last exposure unless you had a confirmed COVID-19 infection within 90 days***.
- Wear a mask in public places, including while exercising, and do not visit higher risk settings from days 6 to 10.



+Symptoms include 1 or more symptom from 1.A or 2 or more symptoms from 1.B on the screening tool

- If you have one symptom from 1.B, other household members do not have to self-isolate.
- If you have one symptom from 1.B AND were a close contact of someone in the community, then self-isolate consistent with a COVID-19 infection.
- If you/your household member's symptoms are improving for 24 hours AND the person with symptoms never had a positive test AND tests negative on a PCR test OR 2 rapid antigen tests taken 24 to 48 hours apart, self-isolation ends.
- When the person with symptoms completes their self-isolation, they do not need to self-isolate again if other household members become ill.
- Clearance testing is not required. A positive test requires completion of the isolation period even if symptoms are improving.
- For counting isolation days: the day symptoms start (or test date if no symptoms) is Day 0.
- Being in the same classroom/school/child care cohort is not considered a close contact because preventive and protective measures are in place.



If you travelled outside of Canada in the last 14 days:

- Follow federal [requirements](#) for quarantine and testing after returning from international travel.

This tool is consistent with provincial guidance: [COVID-19 School and Childcare Screening](#) and [COVID-19 Integrated Testing & Case, Contact and Outbreak Management](#).
Interim Guidance: [Omicron Surge](#) ([gqov.on.ca](#))