

Africentric Alternative School News

Newsletter February 2022

Volume 1, Issue 11



Hugh Reynolds, Principal
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Nandy Palmer, Superintendent
Alexandra Lulka, Trustee

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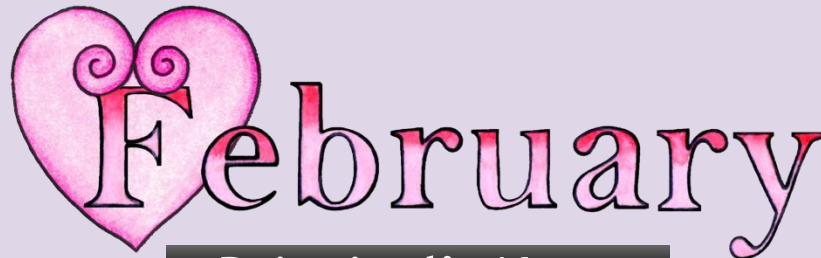
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Principal's News

Dear Africentric Families,

We sincerely hope that you and your family are doing well and staying safe.

We would like to thank you for your continued support in ensuring that all operational guidelines and protocols are followed in an effort to keep all our students and staff safe while they are at school.

Registration for TDSB Kindergarten program begins 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 41-395-5251.

Hard copies of Term 1 report cards will be sent home on Wednesday, February 16, 2022. We will also have parent teacher interviews on the afternoon of February 17th and the morning of February 18th. We believe that it is important that families are regularly kept informed about the academic progress of our students and this is usually an opportunity to have meaningful conversations about what's happening in our classrooms.

We continue to do our best to keep all students and staff safe while at school as we continue to navigate our way through this pandemic.

In celebration of African Heritage Month, we are engaging our staff and students into multiple culturally rich activities. We are also joining The TDSB Center of Black Excellence to participate in learning experiences which are divided into themes of literacy, wellness, STEM and African history.

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.

Finally, please join us on February 17th at 1 p.m. for Integrated Literacy with a focus on Black Heritage Storytelling with Itah Sadu. Thanks to our School Council for organizing this experience.

In Partnership,
Hugh and Rogene

Upcoming Events

- Wednesday, February 16
Term 1 Report Cards to Be Sent Home
- Thursday, February 17
Parent teacher interviews (p.m.)
- Friday, February 18 PA Day
- Mon., Feb. 21 Family Day
- Wednesday, February 23,
Photo and Graduation Picture
- March 4, 2022 - African Heritage Month Assembly
- March Break Mar 14-18

School Council

Celebrating Black History Month



Black history refers to the stories, experiences, and accomplishments of people of African origin. Black history did not begin in recent times in Canada, but in ancient times in Africa. People connected by their common African history and ancestry have created Black history here. The African-Canadian population is made up of individuals from a range of places across the globe including the United States, South America, the Caribbean, Europe, Africa, and Canada.

Source: Black History in Canada | The Canadian Encyclopedia

Workshop Students & Parents Invited

Africentric & School Council
presents
**Integrated Literacy with a focus on Black
Heritage Storytelling**
with

Itah Sadu



picture: via Internet



picture: via Internet

Award winning author, storyteller and owner of Toronto bookstore, A Different Booklist, Itah Sadu shares the rich oral traditions of the Caribbean, Africa and North America with students and teachers. Her stories, workshops and keynotes often address issues of racism and equity as well as demonstrating the wealth of knowledge, experience and wisdom gained from oral traditional cultures of the African Diaspora.

Source: mariposaintheschools

Date: Thursday February 17, 2022

Time: 1:00-2:00 pm (1 hour)

Place: via Zoom

More information to come

This year we would like to do a workshop with the students and their parents. Please save the date and time and join us.



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 February 16, 2022
6:30 -7:30 pm via zoom
- ◆ Wednesday April 13, 2022
6:30 -7:30 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



JOIN US THIS BLACK HISTORY MONTH AND TEST YOUR KNOWLEDGE OF THE CULTURE!

About this event

The Congress of Black Women of Canada, Ajax/Pickering and Oshawa/Whitby Chapters are hosting a virtual Black History Month 2022 trivia competition for students from ages 9 to 15. Kids/youth are invited to participate in a trivia based on their knowledge of Black history, using the fun and interactive online Kahoot app. Prizes will be awarded to the top winners of each round and the Final Round winners. Students, come on out to show what you already know about Black history while learning some new and important facts! During the trivia, you will be asked questions about:

- ancient African civilizations, indigenous peoples
- Transatlantic slave trade
- current Black history
- Black heroes and celebrities

Come with a positive attitude and ready to have some fun while learning something new!!!

Date and time:

Saturday, February 12, 2022 | 1:00 pm -3:30 pm EST

Register in advance: [Black History Month 2022 Virtual Kids Trivia Tickets, Sat, 12 Feb 2022 at 1:00 PM | Eventbrite](#)

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

Shutterstock -

Will be donating 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 - February

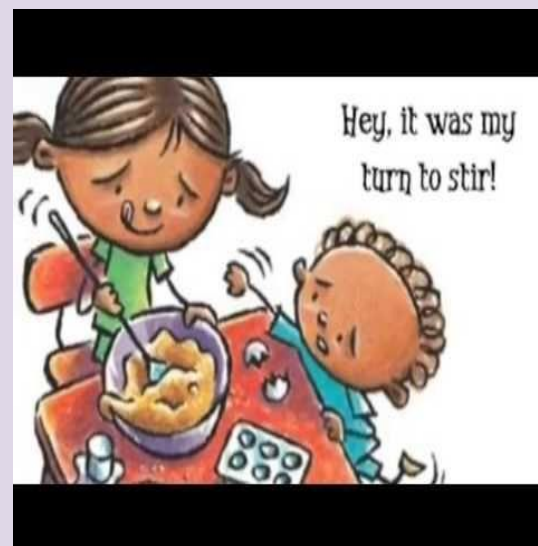
Fairness and KUUMBA

*Theme for the
Month of
February are
KUUMBA and
Fairness*



"Minds are like parachutes...
they only function when they
are open."

— Sir James Dewar (inventor
of the vacuum flask)



**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.

**February is African Heritage Month at the
TDSB**

During the month of February, the Toronto District School Board proudly recognizes African Heritage Month. It is an occasion to celebrate the many achievements and contributions of peoples of African descent to Canada and the world. The chosen theme for 2021-2022 is NIA: Walking in Our Purpose.

The first Black Canadian woman elected to Parliament, the Honourable Jean Augustine, introduced a motion to recognize February as Black History Month. The motion was carried unanimously by the House of Commons. In December 1995, the House of Commons officially recognized February as Black History Month in Canada. At the Toronto District School Board, a motion to recognize African Heritage (Black History) Month was carried in January 2002 and reaffirmed again in January 2004.

Please see the full message on African Heritage Month on www.tdsb.on.ca

For a listing of all our initiatives please see the Heritage/History Month website: <http://tdsweb.tdsb.on.ca/equity/Heritage-History-Months/2021-2022/African-Heritage-Month-at-the-TDSB-February-2022>.

This website includes daily quotes that may be shared as announcements throughout the month of February, and resources from the TDSB Professional Library.

Africentric Alternative School Parent Council Members:

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



Adinkra
symbol,
meaning Love,
Faithfulness &
Harmony



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



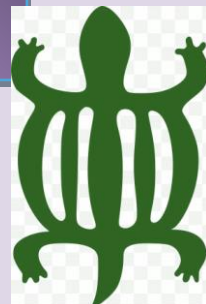
ODO NNEW FIE
KWAN

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



Umoja

Kujichagulia

Ujima

Ujamaa

Nia

Kuumba

Imani

Nguzo Saba

The Seven Principles

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

University of Sankofa Press, 3018 West 48th Street, Los Angeles, CA 90043 • (323) 295-9799



TORONTO DISTRICT SCHOOL BOARD
Africentric Alternative School
2021 - 2022

H	Statutory Holiday
B	Bd. Designated Day
PA	PA Day

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

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

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

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

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

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		

Fairness

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

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

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

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		

Perseverance

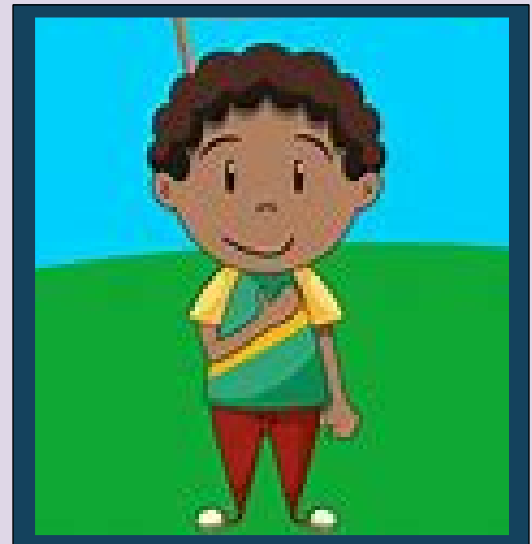
Professional Activity Days:
 Thursday, September 2, 2021
 Friday, September 3, 2021
 Wednesday, September 8, 2021
 Friday, November 19, 2021
 Friday, January 14, 2022
 Friday, February 18, 2022
 Friday, June 3, 2022

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



Black History Month in Canada

The Centre of Excellence for Black Student Achievement has created a new website that features resources and programs, opportunities for ongoing collaboration with families, and initiatives to enhance partnerships with community organizations and service providers. The content is focused on improving experiences of belonging and academic outcomes for Black students.

Please visit www.tdsb.on.ca/cebsa for information on programs, resources, news and more.

An internal website that contains additional resources for educators is available on the Google Sites platform for staff. Many professional learning opportunities are currently available for registration via myPath.

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.



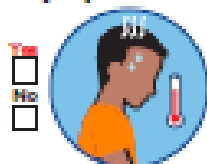


COVID-19 Screening for children/students

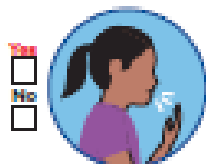
Please complete before entering the child care/JK-12 school setting.

Updated January 10, 2022

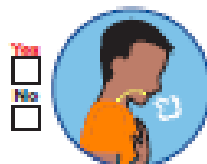
1. A) Does the child/student or anyone in the household have 1 or more of these new or worsening symptoms, today, or in the last 5 or 10 days*?



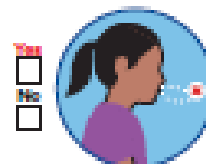
Fever $> 37.8^{\circ}\text{C}$ and/or chills



Cough

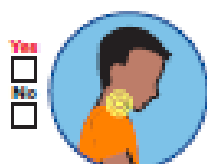


Difficulty breathing



Decrease or loss of taste/smell

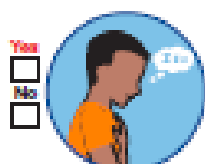
B) Does the child/student or anyone in the household have 2 or more of these new or worsening symptoms today, or in the last 5 or 10 days*?



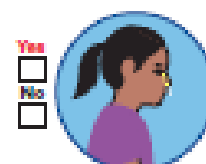
Sore throat



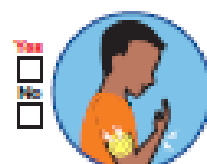
Headache



Feeling very tired



Runny nose/
nasal congestion



Muscle aches/
joint pain



Nausea, vomiting
or diarrhea

- If the symptom is from a known health condition that gives them 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 COVID-19 vaccine, select "No". If longer than 48 hours, select "Yes."
- Anyone who is sick or has any symptoms of illness, should stay home and seek assessment from their health care provider if needed.



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



Your household including siblings must self-isolate, regardless of vaccination status.

* If child/student has one symptom from Part B stay home until symptoms improve for at least 24 hours or 48 hours if nausea/vomiting/diarrhea.

2. Has the student/child or anyone in the household had a positive COVID-19 test in the last 5 or 10 days*, or has the student/child been told to stay home and self-isolate?

Yes ☐
No ☐



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

3. In the last 10 days has the student/child been notified as a close contact of someone with COVID-19, or received a COVID Alert notification?

Yes ☐
No ☐

- If the person is not a household member AND the student/child is fully vaccinated ** or public health has told you that you do not need to self-isolate, select "No"



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

4. In the last 14 days, has the student/child travelled outside of Canada?

Yes ☐
No ☐



If "YES": Follow federal quarantine [travel rules](#).



* 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.



MY CHILD MUST SELF-ISOLATE - FOR HOW LONG?

Child/Student has symptoms*** of COVID-19 or has tested positive

If Child/Student is:

- 12 years of age or older AND 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

If Child/Student is:

- 12 years of age or older AND either partially vaccinated or unvaccinated, 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 has tested positive

Stay home & Self-isolate:

- The child/student must self-isolate for the duration of the household member's isolation period

If the household member is:

- 12 years of age or older AND fully vaccinated, OR
- 11 years or younger, regardless of vaccination status

Stay home & Self-isolate:

- The child/student 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 is not fully vaccinated, OR
- Immune compromised

Stay home & Self-isolate:

- The child/student must self-isolate for 10 days from the day the household member's symptoms started

Child/Student has been notified as a close contact of someone with COVID-19 outside of the household, or received a COVID Alert notification

If Child/Student is:

- Fully vaccinated AND no symptoms, **Do not need to self-isolate**
- Monitor for symptoms for 10 days and self-isolate immediately if symptoms develop
- If leaving home, they should maintain masking, physical distancing and all other public health measures. They should NOT visit any highest risk settings or individuals who may be at higher risk of illness (e.g., seniors) for 10 days from their last exposure.

If Child/Student is:

- 12 years and older AND either partially vaccinated, unvaccinated OR
- Immune compromised

Stay home & Self-isolate:

- Must self-isolate for 10 days from their last exposure

If Child/Student is:

- 11 years and under AND either partially vaccinated, unvaccinated

Stay home & Self-isolate:

- Must self-isolate for 5 days from last exposure

All household members, including students and siblings, must self-isolate for the duration of time that the person with symptoms/COVID-19 positive person is isolating.

If the Child/Student/Household member's symptoms are improving for 24 hours AND tests negative on a PCR test OR 2 rapid antigen tests taken 24 to 48 hours apart, self-isolation ends.



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

- If the student/child has one symptom from 1.B, other household members do not have to self-isolate.
- 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](#) (gov.on.ca)



If the child/student travelled outside of Canada in the last 14 days:

- The child/student must follow federal [requirements](#) for quarantine and testing after returning from international travel.
- If the child/student is not fully vaccinated, they are not to attend school/child care for 14 days, even if they traveled with a vaccinated companion.