

## Preparing for School- September 2020

Parents and educators know that the best way to help children get ready for school in September is to practice routines like sleep and wake times before the first day of school. This school year will be a little different as teachers and students will be following new routines such as: wearing masks, handwashing/sanitizing regularly, and physically distancing, as much as possible, to support everyone's health and safety. It will be helpful to begin preparing your child/children by practicing these new routines at home so that they feel comfortable and confident before school starts.

*The following are some suggestions to help children prepare for the new routines of the 2020-2021 school year:*

### **MASKS- Wearing a face mask significantly reduces the spread of the virus that causes COVID-19.**

- Remind children that doctors and nurses wear masks. "We wear a mask to keep ourselves and other people safe. We wear masks to help stop the virus from spreading."
- Let your child/children see you wearing a mask to ease any worries they might have about covering their mouth, nose and chin with a mask.
- Tell your child/children that masks are made of cloth just like clothes. Help them choose a mask they like or use fabric markers to make their own design on a plain cloth mask.
- Have your child practice wearing the mask at home and gradually increase the time they can wear the mask without taking it off. Start with 5 or 10 minutes at a time, then 15 -20 minutes and increase the time each day.
- Take a photo of your child/children wearing a mask. Find pictures of their favorite characters wearing masks. Children can put a mask on a stuffed animal and tell the stuffed animal why it's important to wear a mask.



### **HAND WASHING-One of the best ways to protect yourself from the coronavirus is by washing your hands properly.**

- Practice proper handwashing with your child/children. Use soap and water to scrub between fingers, to wash the thumb, and rub hands on both sides for at least 20 seconds.
- Remind children to wash their hands: after using the bathroom, sneezing, coughing or blowing their nose, before eating and immediately after coming inside from outdoors.



### **PHYSICAL DISTANCING**

- Let your child/children know that everyone at school will be staying physically apart (1 to 2 metres), to the maximum extent possible, in order to stay safe and that their teachers will help them with this new rule.



We look forward to learning together and taking care of each other while keeping healthy and staying safe.