



FRIDAY FILE – Oct. 23, 2020

KINDNESS. RESPECT. PRIDE.

Follow us on twitter @ZionTdsb

School Website Link <https://schoolweb.tdsb.on.ca/zionheights/>

School Contact Information:

5900 Leslie St., North York ON M2H 1J9

Phone: 416-395-3120 Email: zion@tdsb.on.ca

Dear Zion families,

We hope everyone enjoyed the lovely weather today. Please see the following important updates:

- **ZHMS Health & Safety Updates:**

Due to rising COVID19 numbers, TDSB Principals can now dismiss a class without Toronto Public Health consent when a confirmed COVID19 case has been determined at the school level. Parents are asked to complete this pre-approval consent form in the event that their child(ren)'s class needs to be dismissed. ***In this scenario, parents will still be notified by the school via telephone and email as soon as possible by the school.*** Please complete this form for each child at our school. This form is for IN-SCHOOL parents only.

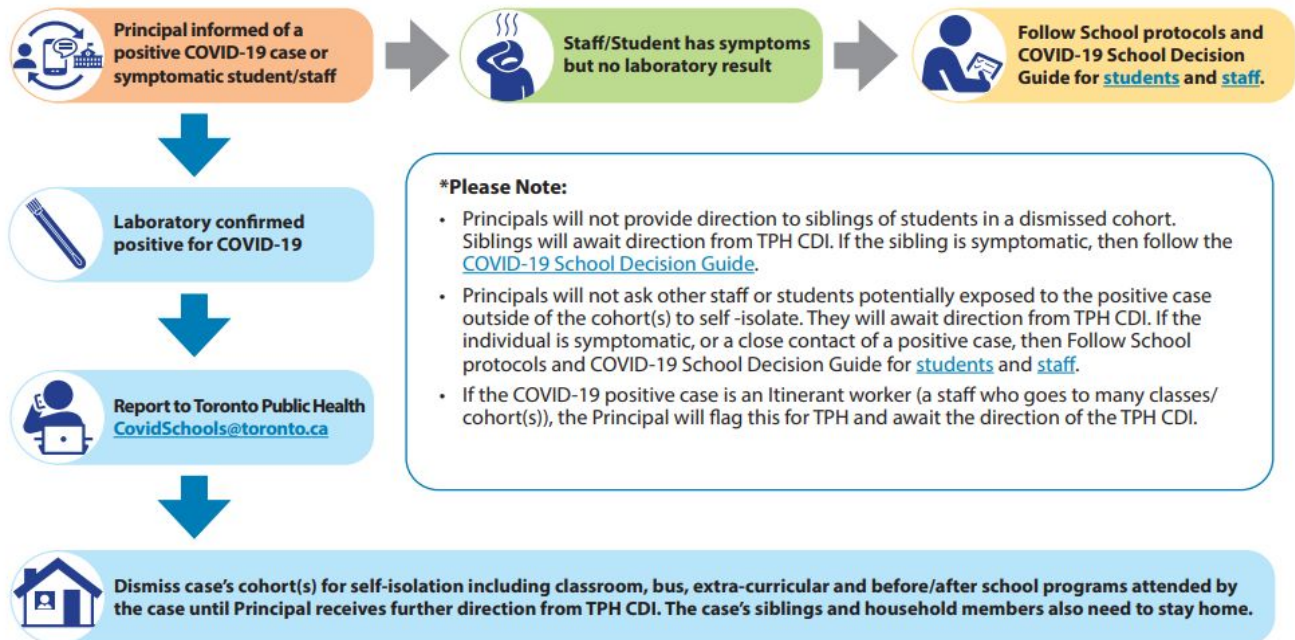
- **ZHMS Pre-approval to Send Students Home Form**

TAKING CARE OF YOUR MENTAL HEALTH & WELL-BEING

Have a routine	Take deep breaths	Call a loved one	Enjoy fresh air	Stay active	Help others
					
Structure your day and keep good habits	Breathing exercises can ease stress	Lean on each other for support	Keep a distance of 6 feet from others when outside	Go for a walk, bike ride or garden	Get essential supplies for a neighbour

TORONTO PUBLIC HEALTH'S (TPH) COVID-19 INTERIM DECISION GUIDE FOR PRINCIPALS TO DISMISS COHORTS TO SELF-ISOLATE

This tool is to be used by Principals to assist in making a decision to dismiss a case's cohort(s) for self-isolation (e.g., classroom, bus, extracurricular activities, before/after school programs attended by the case) while awaiting the results of the TPH Investigation. TPH will investigate all positive cases related to a school and notify their close contacts in a school through a letter. The Communicable Disease Investigator (CDI) will contact the Principal and advise of next steps. If the Principal has any questions while they await for the CDI to contact them, they can contact their TPH COVID-19 [School Liaison Nurse](#). If they are unable to reach their nurse, they can contact our Hotline at 416-338-7600. Please see the TPH [COVID-19 School Contact List](#) for more details.



TORONTO.CA/COVID19

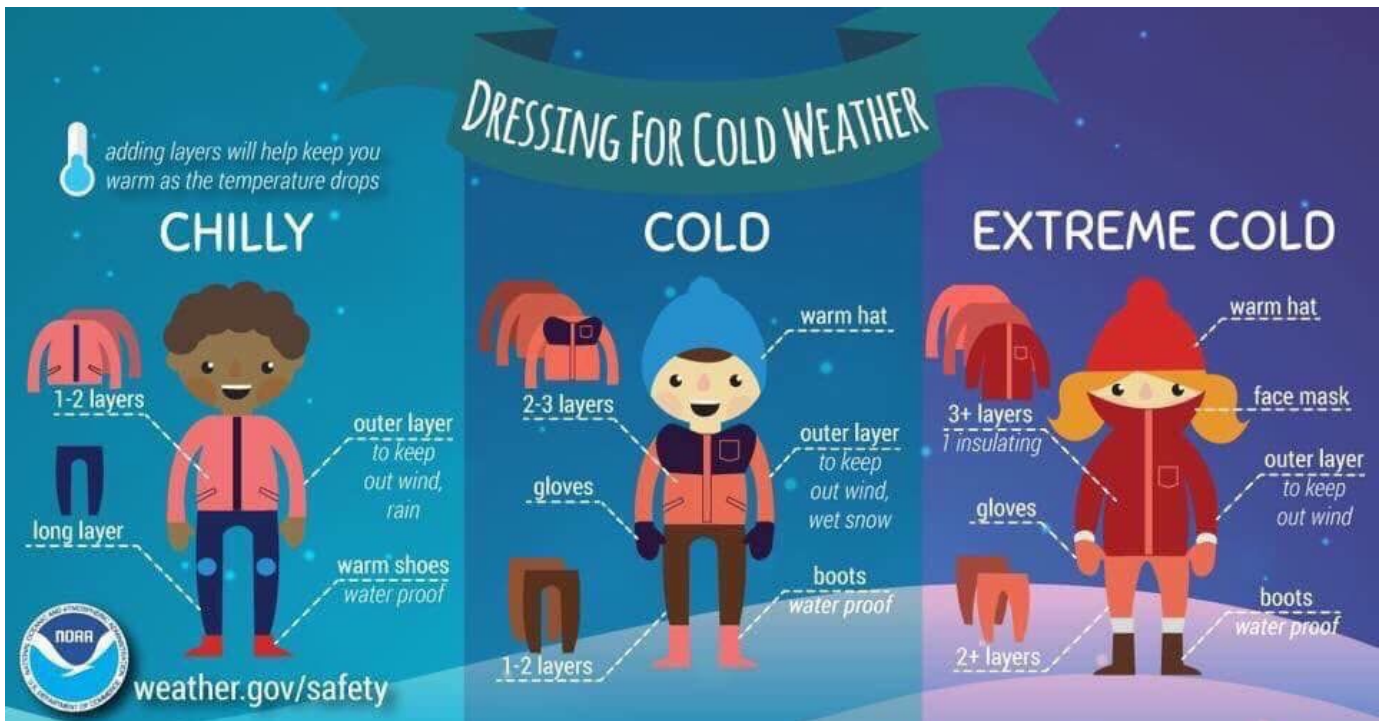
TORONTO Public Health

- **TDSB COVID19 SCHOOL ADVISORIES ARE UPDATED DAILY HERE:**
 - <https://www.tdsb.on.ca/Return-to-School/covid-19-advisories>
 - *Currently there are 150 out of 588 TDSB schools with at least 1 positive COVID19 case.*

- **INCLEMENT WEATHER**

- Just a reminder to all parents to help remind students that they should be dressing for the weather when coming to school.

- In situations of extreme inclement weather (ex. heavy rain, hail, snowstorm, etc.) we have inclement weather spaces designated to accommodate a large number of students, but in most instances, students will be expected to come prepared for the weather during our morning supervision times between 8:35AM - 8:50AM.



- **ZHMS Public Health Nurse:**

TPH has established a team of school nurses to provide COVID-19 and mental health and well-being support to schools as they reopen. Our school liaison nurse is:

Wendy Negrazis, B.Sc.N., R.N.

Public Health Nurse

Toronto Public Health-COVID-19 School Liaison

wendy.negrazis@toronto.ca

*Schools and parents/caregivers can also call us at **416-338-7600** if you have any COVID-19 questions.*

- **Virtual School Update**

- LC2 Elementary Virtual School Team for ZHMS students/families

- **Vice-Principal:** Christine Pouliot- Grade 8 (Guidance and Transitions)
- **Vice-Principal:** Elever Baker- Grade 6 (French Immersion, French Extended)
- **Vice-Principal:** Jamie Wolch- Grade 7 (Special Education)
- **Principal** Hugh Reynolds (hugh.reynolds@tdsb.on.ca)
- **Office Administrator:** Sandra Magnani (Sandra.magnani@tdsb.on.ca)

LOOKING AHEAD @ ZHMS

October 29 – IEPs to go home to parents

October 30 - School Wide TDSB Character Trait Virtual Assembly (Responsibility)

November 11 - Remembrance Day Activities @ ZHMS

November 19 - Progress Reports Cards go home

November 20 - Parent/Teacher Conferences (PA Day - No classes today)

FACE MASKS & COVERINGS OFFER BEST PROTECTION

RECOMMENDED	NOT RECOMMENDED		
<p>✓ Face mask or covering</p> <p>Should cover your nose, mouth & chin without gaping.</p>	<p>✗ Face shield</p> <p>Not a replacement for masks. Can be an option for communicating with people who are deaf or hard of hearing.</p>	<p>✗ Mask with exhalation valve</p> <p>Valve does not filter virus particles.</p>	<p>✗ Clear plastic mask</p> <p>Gaps allow your germs to spread. Cannot be cleaned & disinfected between uses.</p>

TORONTO.CA/COVID19 TORONTO Public Health

Please stay safe!

Chi Le

Principal

Zion Heights Middle School