



## FRIDAY FILE – Oct. 9, 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](mailto:zion@tdsb.on.ca)

Dear Zion families,

We hope everyone had another fantastic week! Please see the following important updates:

### **ZHMS Health and Safety UPDATES:**

Face shields have arrived and have been given to all Zion HMS students. ***Due to rising COVID19 cases, students are expected to use face shields during lunch to keep themselves as well as everyone else safe.***



- **Toronto Public Health (TPH) Liaison Public Health Nurse @ ZHMS**

*TPH has established a team of school nurses to provide COVID-19 and mental health and well-being support to schools as they reopen. Schools have received information about resources and supports, including information on how to access Public Health Nurse supports.*

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

Cali Kim, (RN, BScN)  
Public Health Nurse  
Toronto Public Health-COVID-19 School Liaison  
[Cali.Kim@toronto.ca](mailto:Cali.Kim@toronto.ca)

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Public Health Nurse  
Toronto Public Health-COVID-19 School Liaison  
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## HOW TO HELP LIMIT THE SPREAD OF COVID-19 IN OUR CITY:



Have close contact only with those in your household



Keep 6 feet from others & wash your hands often



Consider attending events virtually



Limit trips to essential outings like work & school



Wear a mask indoors & if distancing is difficult outdoors



Keep a daily list of where you go



Download the COVID Alert app



Stay home if you are sick

# MY CHILD HAS 1 OR MORE SYMPTOMS OF COVID-19. WHAT SHOULD I DO?

Was your child a close contact of someone who tested positive for COVID-19?

YES

- Everyone, including household members, should stay home & self-isolate. Get your child tested.
- If positive, notify your child's school. Toronto Public Health will follow up with further instructions.
- If negative, the child still has to self-isolate until cleared by Toronto Public Health. Household members can return to work/school as long as they do not have symptoms.

NO

- Notify your child's school that they have symptoms.
- Your child should stay home, self-isolate & get tested.
- Household members should self-monitor for symptoms for 14 days & can attend school or work as long as they do not have symptoms, including while waiting for your child's test results.
- If household members develop symptoms they need to stay home, self-isolate & get tested.

What was the result of your child's COVID-19 test?

POSITIVE

- Let your child's school know that they tested positive for COVID-19.
- Your child must stay home & self-isolate for 14 days from the day symptoms started.
- Household members & close contacts must also self-isolate for 14 days.
- Toronto Public Health will contact you to do an investigation & will provide further instructions.

NEGATIVE

- Your child may return to school after it has been 24 hours since their symptoms started improving.
- Young children may have ongoing mild symptoms, such as a runny nose. If it is not new or worse, they may go back to school if they don't have other symptoms.

NOT TESTED

- Your child must stay home & self-isolate for 14 days from the day the symptoms started.
- After 14 days, they can go back to school if their symptoms are improving.
- Household members should self-monitor & continue attending school or work if they do not have symptoms.
- If a health care provider has diagnosed a condition that isn't related to COVID-19, your child can return to school 24 hours after their symptoms improve.

## FEELINGS OF STRESS AND ANXIETY ARE NORMAL DURING COVID-19

Stay connected.  
Play a virtual game, check in on a neighbour, have a video conference.



Be active & take care of yourself.  
Exercise, eat well, get enough sleep.



Take time to engage virtually or by phone with friends, family & loved ones.



Learn something new. Try a new hobby or take an on-line course.



Help someone else.  
Doing good can feel good.



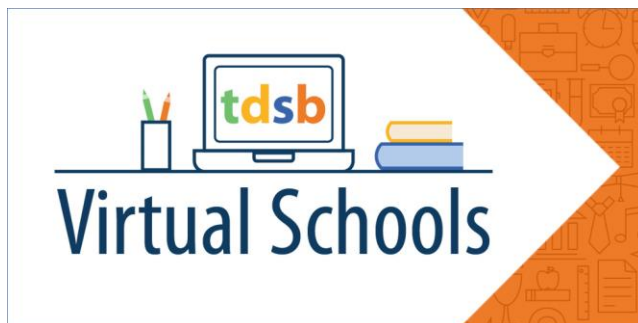
Reach out for help.  
Talk to someone you trust or seek professional support.



Call 211 to connect with mental health support services

[TPH Mental Health Resources](#)  
[ConnexOntario](#)

- TDSB VIRTUAL SCHOOL UPDATE:



The next deadline to request a change to the Virtual School is **November 06, 2020** and a request can be made using the following online form:

[Zion Heights MS - Request for VIRTUAL SCHOOL link](#)

Here's how to contact the TDSB Virtual School

Grades 6-8: Contact Principal Hugh Reynolds at [hugh.reynolds@tdsb.on.ca](mailto:hugh.reynolds@tdsb.on.ca)

- **ZHMS School Council Nomination & Election Procedures:**

Parents and guardians of children attending Zion Heights Middle School or the TDSB Virtual School are eligible for nomination. When considering a position as an elected Council member, please take into account the time commitment and responsibility required to attend as many of the monthly Council meetings as possible, as well as to contribute to the work of the various sub-committees of Council.

Please remember that all parents/guardians are welcome to attend any or all Council meetings on Zoom.

A nomination form can be completed using the following link:

[Zion Heights Middle School Parent/Guardian Nomination Form](#)

Completed forms should be submitted no later than Monday, October 19, 2020. If there is more than 1 candidate for each position, a vote will occur; otherwise the nominee will be acclaimed. We are truly looking forward to having an outstanding School Council once again this year.

- **ZHMS Reorganization / Staff Changes**

We would like to send our best wishes to all our staff and students departing for the TDSB Virtual School. This is not a goodbye, but a see you again soon to **Ms. Park, and Vice-Principal Demakopoulos** who have been redeployed to the TDSB Virtual School.

*Thank you for your dedication and hard work at ZHMS!*

### **LOOKING AHEAD @ ZHMS**

October 12 – Thanksgiving – No School

October 13 – In-school/Virtual School switch date

October 21 – Zion School Council Elections online

October 29 – IEPs to go home to parents



*Happy Thanksgiving to all!*

*Chi Le  
Principal  
Zion Heights Middle School*