



FRIDAY FILE – Oct. 2, 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 had another fantastic week! Please see the following important updates:

ZHMS Health and Safety UPDATES:

- In response to rising confirmed cases of COVID-19 in Toronto. Parents/guardians who are on school property temporarily (e.g., drop off/pick up) must wear masks and physically distance.



Parents/Guardians are required
to wear a mask/face covering while
outdoors on school property, including
during pick-up and drop-off

- (UPDATED OCT.4, 2020) Student Daily Health Screening UPDATE:

- Please only use the paper Health Pass until further notice:

[Revised TDSB Student Health Pass](#)

The Ministry of Education announced on Thursday that it has [updated its COVID-19 school and child care screening guidance](#). In line with this new direction, Toronto Public Health has also revised their guidance for students and related materials. Please see the complete email from TPH below with revised information, including a new screening tool and decision guide.

- *The TDSB Health Screening App is currently being updated and should not be used by students until further notice.*



COVID-19

Please complete before entering the school.

Name: _____ Date: _____ Time: _____

1. Does your child have any of the following new or worsening symptoms?*



Fever > 37.8°C



Cough



Difficulty breathing



Loss of taste or smell

If "YES": Stay home, self-isolate & get tested or contact your child's health care provider.

2. Does your child have any of the following new or worsening symptoms?*



Sore throat,
painful swallowing



Stuffy/runny nose



Headache



Nausea,
vomiting,
diarrhea



Feeling unwell,
muscle aches,
feeling tired

If "YES" to 1 symptom:

- Stay home for 24 hours from when symptom started.
- If improving in 24 hours, can return to school. No test needed.
- If not improving, or getting worse, self-isolate & get tested.

If "YES" to 2 or more symptoms:

- Stay home, self-isolate & get tested or contact your child's health care provider.

- **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.*

Nikita Ambekar RN BScN
Public Health Nurse
Toronto Public Health – COVID-19 School Liaison
[City of Toronto](#)
Mon to Fri 8:00 – 4:00 pm
Nikita.Ambekar@toronto.ca

- **More TPH resources for Zion HMS parents:**
- <https://www.toronto.ca/wp-content/uploads/2020/09/8e4c-TPH-Child-Symptoms-Flowchart-final.pdf>

WHAT PARENTS NEED TO KNOW IF SOMEONE AT SCHOOL TESTS POSITIVE FOR COVID-19



Parents will be notified but the person's identity will not be shared.



Not all students are at-risk if there is a positive case at school.



Public Health will follow up with close contacts, likely including the class cohort.



Close contacts will self-isolate for 14 days, monitor for symptoms & get tested.



Other people at school will monitor for symptoms but don't have to self-isolate.



Public Health will continue to monitor & notify parents/staff of risk as needed.

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.

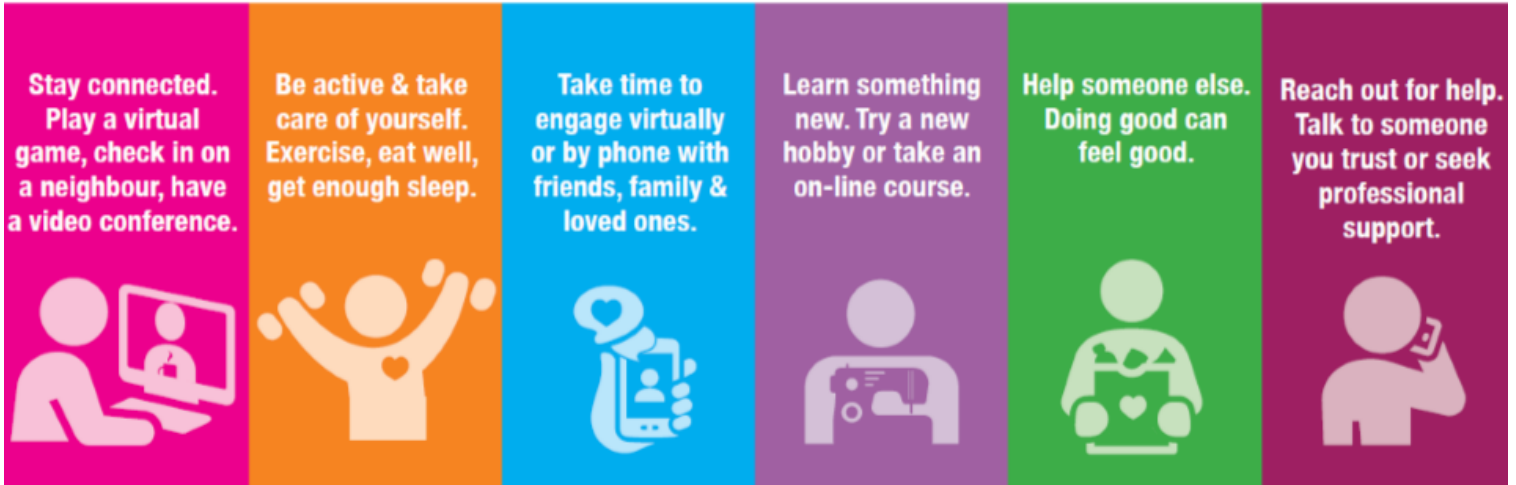
NEGATIVE

- 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



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

Terry Fox Activity Day UPDATE!

Thank you Zion for a wonderful Terry Fox day. It was wonderful to see everyone walking, jogging, running and smiling! **To date we have raised \$350.00.**

Please keep the Marathon of Hope alive!

Together, we can all make a difference!



LOOKING AHEAD @ ZHMS

October 5 – Teacher Appreciation Day!

October 6 – IEP consultation letter to go home to parents

October 7 – Zion School Council Election information – will be sent out to in-school and virtual school parents

October 12 – Thanksgiving – No School

October 13 – In-school/Virtual School switch date

October 21 – Zion School Council Elections

October 29 – IEPs to go home to parents

Please stay safe everyone!

***Chi Le
Principal
Zion Heights Middle School***

***Chris Demakopoulos
Vice-Principal
Zion Heights Middle School***