

September 3, 2021

Dear students, parents and caregivers,

As we put all the finishing touches on all our schools today – ready to welcome you back – I wanted to follow up on a few last pieces.

This is a reminder that it is the responsibility of parents and guardians to ensure a Daily Health Check is completed every day, for each student, prior to them attending school.

- You can find the most recent and updated version of the Daily Health Check attached.
- Alternately, if you would like to use the Province's online version or download their app, you can find those options here: <https://www.k12dailycheck.gov.bc.ca/>

As I flagged last week, the notification process has been reviewed by the provincial authorities and by Fraser Health. Fraser Health will continue to prioritize schools in their contact tracing process. Fraser Health will directly follow up with anyone identified as a COVID-19 case and determine if other students or staff were close contacts. In line with the practices for other community settings and workplaces, school notifications to the broader school community such as letters or exposure notices on the Fraser Health website, will be used when public health deems them necessary to support contact tracing or outbreak management.

Our District and schools will continue to support Fraser Health in providing them information required for their assessment processes and support their communication needs.

Our District-wide COVID-19 Communicable Disease Plan has been updated, developed using the recommendations that were provided by the Ministry of Education and the BC Centre for Disease Control. Our Health and Safety Committees at each school will now use these as they update the site-specific versions. You can find the most up-to-date version of that plan here:

<https://newwestschools.ca/daily-health-checks-and-safety-plans-for-2021-22/>

If you have any further questions about how these layers of measures will help keep our schools safer, I encourage you to reach out to your Principal who can provide the most specific information to answer your questions.

We're looking forward to the start of another remarkable school year. Thanks for working with us to make sure it's as safe as possible for everyone.

Sincerely,

A handwritten signature in black ink, appearing to read 'K. Hachlaf', enclosed in a light gray rectangular box.

Karim Hachlaf  
Superintendent of Schools / CEO



**Student** (Kindergarten to grade 12)

# Daily Health Check

Under the new protocols and processes that will keep our schools safer, each morning it is your responsibility to do a daily health check for your children (complete for each child), prior to them attending school. That check needs to include a full review of all symptoms and questions listed on this form.

## 1. Key symptoms of illness

Do you have any of the following key symptoms?

- Fever (above 38°C)
- Chills
- Cough
- Difficulty breathing
- Loss of sense of smell or taste

**If you answered “YES” to 1 or more of these symptoms:** stay home and get a health assessment, by contacting your health care provider or calling 8-1-1, to determine the next steps.

## Other symptoms:

- Sore throat
- Loss of appetite
- Headache
- Body aches
- Extreme fatigue or tiredness
- Nausea and vomiting
- Diarrhea

**If you answer “YES” to 1 symptom:** stay home until you feel better.

**If you answer “YES” to 2 or more of these symptoms:** Stay home for 24 hours. If symptoms either don't get better or get worse, get a health assessment by contacting your health care provider or calling 8-1-1 to determine next steps.

## 2. Do you need to isolate or quarantine?

Have you been instructed to isolate or quarantine? If so, do not attend school and only return when you've been instructed that it is safe to do so.

**If you are unsure if you're required to get a COVID-19 test or self-isolate,** because you are worried about new symptoms, have travelled to a place where restrictions may apply, or are a confirmed contact of a person confirmed to have COVID-19, use the Province's K to 12 Health Check at [k12dailycheck.gov.bc.ca](http://k12dailycheck.gov.bc.ca) or call 8-1-1.

## After a period of illness, when is it safe to return to schools?

If a COVID-19 test has been recommended, follow the guidance provided by the health professional you're working with (guidelines also listed in BC Centre for Disease Control link below). If a COVID-19 test is not recommended by the health assessment, your child can return to school when symptoms improve and they feel well enough to do so.

## Keeping New Westminister schools safer

Questions? Email [info@sd40.bc.ca](mailto:info@sd40.bc.ca)  
Learn more at [newwestschools.ca](http://newwestschools.ca)

Updated: August 24, 2021 – Based on BC Centre for Disease Control Guidelines:  
[bccdc.ca/Health-Info-Site/Documents/COVID\\_public\\_guidance/Guidance-k-12-schools.pdf](http://bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance-k-12-schools.pdf)



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