










BACK-TO-SCHOOL CHECKLIST

PLANNING FOR IN-PERSON CLASSES

ACTIONS TO TAKE AND POINTS TO CONSIDER

NOTES

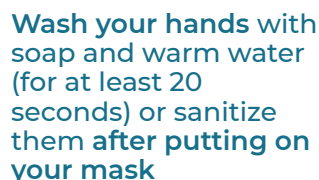
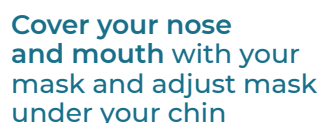
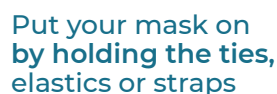
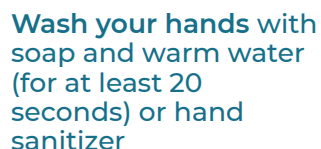
-  Check in with your children each morning for signs of illness using the system recommended by your school and school board.
-  Be familiar with your local CMC's procedures in the event you or your children develop symptoms.
-  Be familiar with how your school will make water available during the day. Consider packing a water bottle in your child's bag.
-  Make sure your child is up-to-date with all recommended vaccines, including for flu.
-  Review and practice proper hand washing techniques at home with your children, especially before and after eating, sneezing, coughing, and adjusting your cloth face coverings or masks. Make hand-washing fun and explain to your children why it's important.
-  Develop daily routines before and after school—for example, things to pack for school in the morning (hand sanitizer and an additional cloth face covering or mask) and things to do when you return home (washing hands immediately and washing the cloth face coverings they wore).
-  Talk to your child about precautions to take at school. Children may be advised to:
 - Wash and sanitize their hands more often.
 - Keep physical distance from students that are not in your class.
 - Wear a cloth face covering when recommended.
 - Avoid sharing water bottles and food.
-  Plan for possible school closures or periods of self-isolation. If transmission of COVID-19 is increasing in your community, the school might close. Similarly, if a close contact of your child (within or outside of school) tests positive for COVID-19, your child may need to stay home. You may need to consider the possibility of teleworking, taking leave from work or identifying someone who can supervise your child in the event of school building closures or self-isolation.
-  Try limiting your child's in-person, out-of-school interactions only to children in the same class. You may also encourage them to participate in activities where physical distancing can be maintained.

CMC's phone number:

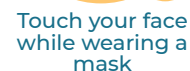
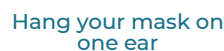
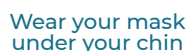
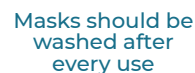
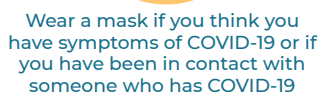
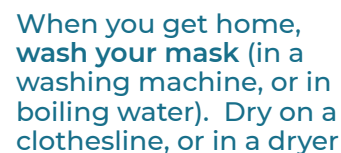
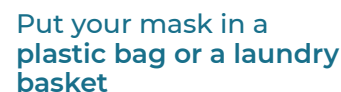
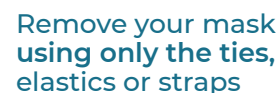
The flu vaccination campaign will start November 1st. Information will be posted on social media and on the radio.



HOW TO PUT ON YOUR MASK



Wash your hands with soap and warm water (for at least 20 seconds) or hand sanitizer



ACTIONS TO TAKE AND POINTS TO CONSIDER

[illegible]

- ➔ Fit snugly but comfortably against the side of the face.
- ➔ Completely cover the nose and mouth.
- ➔ Are secured with ties or ear loops.
- ➔ Include 3 layers of fabric.
- ➔ Allow for breathing without restriction.
- ➔ Can be washed and machine dried without damage or change to shape.









+ alfresco.rtss.qc.ca/share/s/MZUF8Zd-sTLKZ9_SD9DN-Aw



MENTAL HEALTH & SOCIAL-EMOTIONAL WELLBEING CONSIDERATIONS

PLAN TO TAKE TIME FOR YOUR FAMILY'S MENTAL HEALTH

ACTIONS TO TAKE AND POINTS TO CONSIDER

NOTES



Talk with your child about how school is going and about interactions with classmates and teachers. Find out how your child is feeling and communicate that what they may be feeling is normal.



Be aware of behavior changes in your child. Watch for changes like excessive crying or irritation, excessive worry or sadness, unhealthy eating or sleeping habits, difficulty concentrating, which may be signs of your child struggling with stress and anxiety.



You can be a role model for your child by practicing self-care:

- Take breaks
- Get plenty of sleep
- Exercise
- Eat well
- Stay socially connected



Get out of the house. A change of scenery after being cooped-up will help you relax and breathe. During nice weather, seek out the trails, look at the water, listen to the trees, birds, or just step outside your doorstep. It will let your mind wander further away from work.



Unwind with exercise. Work off the stress, exercise feel-good chemicals in your brain. Regular exercise boosts happiness and energy in the long run -- with a good playlist of course!



Relax with creative activities. Bead or sew something, draw, do puzzles, color, paint, play board games, read a book, listen to a podcast or watch some TV.



Use your support system. Many of us love alone time; however, this may not always be possible. Make your needs known; take time for self-care. Talk and share stories with your partner, parents, grandparents, family, and friends. You can maintain regular contact with everyone safely via telephone, video chat or FaceTime to debrief, catch up, share and laugh. Do fun activities together as a family and take turns watching the kids so everyone has some time to themselves.



Turn off screen time. At least one hour before bedtime. Put phone on silent, let family and friends know you are getting ready to wind down. Read a book, journal, meditate, pray and enjoy the silence.



List three things you are most proud of and write them down before bed. Let yourself shift from negative to positive. What went well today? Invite yourself to witness and savor the positives despite the challenges of the day. Don't forget the little moments. If you are proud of just getting out of bed, having a funny conversation, hearing a joke, reading a book or just taking the time to breathe, this is enough.



Make time for activities as a family (even the teen gamers); go to your camp, go berry picking, play cards or board games, prepare a meal together, teach them a traditional family recipe, the possibilities are endless.



Keep the document "You are not alone- Important phone numbers" for everyone to see so they know there are other people to talk to if needed.





YOU ARE NOT ALONE!

IMPORTANT PHONE NUMBERS



COVID-19 RESOURCES

COVID-19 Info-line (9 am – 9 pm)

1 866 855-2811

Wiichihiwaaauwin helpline (24/7)

1 833 632-4357 (HELP)



DOMESTIC VIOLENCE

Robin's Nest Women's Shelter (24/7)

1 855 753-2094



YOUTH PROTECTION

Psychosocial emergency line
for children's safety (RTS) (24/7)

1 800 409-6884



OTHER BILINGUAL (EN & FR) RESOURCES

First Nations and Inuit Hope for Wellness Helpline (24/7)

(Cree counsellors available upon request)

→ hopeforwellness.ca

1 855 242-3310

Suicide Action Montreal (24/7)

(Available across the province)

→ suicideactionmontreal.org/en

1 866 277-3553

Drogue Aide Reference (DAR) addiction helpline (24/7)

→ drogue-aidereference.qc.ca

1 800 265-2626

