

Dear ASD-S Families,

There has been a lot of information shared from the province's Return to School plan in the last couple of weeks, and we wanted to share a few key reminders to help families as you prepare for the start of school.

### Return to School

- Every student is expected to have a clean community mask with them every day.
- Masks must be washed frequently and should be labeled with the child's name.
  - Students in K-5 should wear them in common areas when they are outside of their class bubbles inside the building (e.g. going to the washroom, visiting the resource teacher, etc. )
  - Students in grades 6-12 must use masks in common areas outside of their classes, such as in the hallways, lockers, lobbies, and stairwells.
  - Students should also have masks on as they approach and board the school buses.
  - Students in 6-12 will need to wear masks on the buses.
  - Students are more likely to be comfortable wearing a mask if they see members of their family wearing a mask at appropriate times, too.
- If you are providing your child with their own hand sanitizer, please make sure it is **free of added scents.**
- Water fountains will be replaced in September with bottle filling stations. Please provide your child with a reusable water bottle, labelled with their name and clean it regularly.
- Schools with cafeterias will not have service right away. Cafeterias will re-open through the months of September to November. Please plan to pack your child a lunch until you have confirmed their cafeteria service has resumed.
- In schools with no cafeterias, we will work to continue breakfast/lunch programs following guidelines from Public Health, however please plan on providing your child breakfast and lunch until you confirm these services are in place.
- Be sure to have a plan in place for picking up your child in the event that they become unwell at school.
- Please review [this document](#) prepared by our Healthy Learner Nurses for an overview of what is new and what you should know about COVID-19.

### Coming Up

- Schools have released their staggered entry schedules. Please contact your school if you have not received the dates for your child(ren)'s first day back.
- Administrative staff have returned to schools. If you need to update your contact information, please reach out to your child(ren)'s school so you can be sure to receive the latest information.
- Teaching staff will be returning to schools on August 31 to begin prepping learning areas and prepare for the start of the new year.
- School Operational Plans will be released to parents on September 3. These may be emailed to families from your child(ren)'s school or posted to their websites.
- Be sure to double check [BusPlanner](#) prior to the first day of school to verify your child(ren)'s busing details. For those who have had issues logging on, or who identified incorrect information, please email us at [asdsinfo@nbed.nb.ca](mailto:asdsinfo@nbed.nb.ca)

## Helpful Tips

- Be positive about returning. Yes, there will be some new processes and routines, but it is also exciting to have students back with their friends and teachers.
- Students have been out of the school routine for many months and it is natural that they may have some anxiety about returning. Some students will benefit from practicing their morning routine before the first day of school, including following their route to school and walking around the school grounds.
- Know that your child may want to talk about their concerns, fears, and questions. Let them talk about their feelings and reassure them with honest, age appropriate information.
- Be aware that children will model their family's attitudes about returning. Modelling calmness and excitement to return may go a long way in reducing a child's nerves.
- When your children asks what will be different about school, answer honestly and with what information you do know. Let your child know that time will be taken to ensure they feel comfortable with the changes at school, and that new rules and procedures will be well explained. We've staggered the start dates for all grades to help ease everyone back.
- A week or so before the first day back, restore school night bedtimes and morning wake-up routines so that your child doesn't have to adjust to too many changes simultaneously. This is equally important in the older grades, as sleep schedules can become very out of sync.
- More information about talking to your child about COVID-19 can be found on the ASD-S website.

School Operational Plans will be released on September 3, 2020. These documents will answer many questions about your child's Return to School. Please continue to watch for emails, or monitor our website, Twitter and Facebook for updated information. We know detailed and timely communication is important as we head back to school. Thank you for your patience and your support as we work through the re-opening of our schools. The health and safety of your children is our priority.

ZW