



## Lloydminster Catholic School

"A commitment to faith and a tradition of acaden

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## News

*Information as it relates to COVID-19 will be placed in chronological order below from most recent.*

\*Please scroll to the bottom of this page for information on supporting your children and to view more resources. interested in speaking to a counsellor you can do so by emailing **[counsellor@lcsd.ca](mailto:counsellor@lcsd.ca)** (**<mailto:counsellor@lcsd.ca>**) our Facebook page.



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The following was released on **May 12, 2020** from the Provincial Response Planning Team.



May 12, 2020

Dear Parents and Guardians,

As we settle into our Supplemental Learning Program, students and staff are beginning to focus on the end of the school year and our annual graduation celebrations.

On May 8<sup>th</sup>, 2020, School Divisions within the province of Saskatchewan were directed that in-person graduation ceremonies, held either inside or outside, are not permitted for the class of 2020.

“This decision is heartbreaking, for our students, their families and our staff but it is made to protect the health and well-being of our community. The health and wellness of our students and staff is the top priority in LPSD” stated Karoline Kennedy, Board of Education Chairperson.

Paula Scott Board Chair of LCSD shared “as a parent of the Class of 2020, I know our children, our students will mark the accomplishments of their 13 years with us differently than any that have come before. Yet, it is with an understanding that what is best for the City of Lloydminster and region must guide the decisions we make as a School Division. Our celebration in 2020 will ensure safety for students, staff and families and this is our first priority.”

LCHS, Holy Rosary and Avery Outreach School are in the process of developing virtual graduation ceremonies which will highlight the many accomplishments of their graduates. Parents can expect to receive more information regarding the specifics of these virtual events over the coming weeks.

Both School Divisions are disappointed that we won't be able to gather in person to celebrate the achievements of our students. This year's graduation will be different, but it will continue in the tradition of marking the accomplishments of our children. We look forward to joining you in honouring the hard work and dedication of our graduates during our virtual celebrations at the end of June.

We will continue to keep the families of all graduates apprised of changes to the advice offered on Graduation by the Provincial Response Team. Should the direction from the Province change in the coming weeks, we will revise our planning accordingly. We believe however, that sharing what we know with our parents, as we know it, has been a hallmark of our success thus far in addressing the pandemic. We will continue to do so as we move forward.

We want to thank-you in advance for your cooperation and understanding during this challenging time. As a City, we look forward to celebrating the success of our students.

Todd Robinson  
LPSD Director of Education

Nigel McCarthy  
LCSD Director of Education



The following was released on **May 7, 2020** from the Provincial Response Planning Team.

## Response Planning Team Update – May 7, 2020



Please find enclosed and attached a letter that School Division's can share with their parents regarding the status of education in the province. Feel free to use this document in its entirety or include it as a part of your regular communications with your families.

### COVID-19 Education Update for Saskatchewan Families and Caregivers

Saskatchewan's Education Response Planning Team is offering a sincere thank you to students, families, teachers and staff as you continue to adjust to new ways of learning due to COVID-19. Your commitment to learning is to be commended during this time that we are together in education by being apart.

On the advice of Saskatchewan's Chief Medical Health Officer, the Education Response Planning Team has informed Saskatchewan's school divisions that in-class learning for K-12 students will not resume for the remainder of the school year.

As learning will continue remotely at this time, we encourage students and families to take advantage of the supplemental learning opportunities being provided in ways that work best for your situation.

We understand that the end of the school year is an exciting and important time for students, staff and families and particularly for our graduating students. We appreciate the importance of graduation ceremonies and farewell celebrations as they often involve not just our families and staff but the broader community as well.

While the Chief Medical Officer has prohibited indoor and outdoor public and private gatherings of more than 10 people during Phase 1 and 2 of the province's Re-Open Saskatchewan Plan, we know that school divisions are working on plans to post-pone or find alternate ways to celebrate these important celebrations virtually or otherwise. It is important that we continue to work together, while being apart, to reduce the risk of COVID-19 transmission in our province.

The Education Response Planning Team offers our sincere congratulations to the thousands of graduates and their families across the province

We also wish to congratulate our teachers and staff who are retiring at the end of this school year. While the school year won't end as we thought it would, with hugs from colleagues and high fives from students, we wish all retiring teachers and staff the very best as they embark on new paths. Your impact will live on in the students whose lives you have influenced throughout your career.

The Education Response Planning Team is working with all school divisions to begin planning for what in-class learning may look like in the new school year, although the timelines will depend on the safety of everyone in Saskatchewan schools including students, teachers and school staff. As they continue to work with education partners across the province, they would like to wish you the very best in learning as we approach the end of the 2019-2020 school year.

More information about how education will look in September will be provided as soon as possible.

We thank you for your continued leadership during these challenging times.

The following was released on **May 7, 2020** from LCSD Director, Nigel McCarthy in conjunction with LPSD.



Lloydminster Catholic  
School Division



May 7<sup>th</sup>, 2020

Dear Parents,

With our virtual programs up and running across the City, we thought it would be time to provide an update on education for students in both LCSD and LPSD. Our joint effort to maintain the continuity of education for your children while working with the Province ensure that the instructions from the Provincial Response team and the Ministry of Education provide the foundation for the way forward in the City of Lloydminster and students in surrounding areas who attend our schools.

With the announcement from the Provincial Government that classes will not resume in Saskatchewan before June 30<sup>th</sup>, 2020. We have begun to work on how education will be delivered in the fall. As we move forward, we are building on the assumption that schools will resume, but that life at the school may look somewhat different than it did before March 2020.

In May and June, we will continue to deliver classes to all of our students virtually. In developing a new method of delivery for education has been challenging, we appreciate your support, as parents, in encouraging at home learning offered by our School Divisions. In our Schools, more than 90% of students participated in our supplemental learning programs. Our classes have focused on literacy and numeracy skills which are the foundation for how we will move forward in the fall. We appreciate your partnership in encouraging your children to continue to engage with supplemental learning and pursue their studies as the weather warms. Summer is calling but we will be delivering on learning until the end of June.

We look forward to working on what education will look like in September. As we do, we are taking direction from the Provincial Medical Officers of Health as well as our Provincial and Local levels of Government. We also look forward to hearing from you, our families, as to what is best for your children over the coming weeks and months. As always, we will put the health and safety of our students and staff at the forefront. We also commit to continuing to be informed of what we know, and how we plan to deliver education through our School Division year to come.

Sincerely yours,



Nigel McCarthy  
LCSD Director of Education



Todd Robinson  
LPSD Director of Education

The following was released **Friday, March 27, 2020** from the Provincial Response Planning Team.



Government  
of  
Saskatchewan

Ministry of Educa  
2220 College Av  
Regina, Canada S4F

March 27, 2020

Dear Saskatchewan Families:

### **Providing students continued opportunities to learn**

The Saskatchewan Education Response Planning Team, made up of education representatives, have been working hard on new ways to address the learning needs of students. Staff and school communities are focused on ensuring the safest and most appropriate way of offering education during the COVID-19 pandemic.

A special thank you to students and families for your ideas, understanding, patience and flexibility during these extraordinary times.

We have come up with some guidelines for school divisions across the province. The main principles the team used to develop the guidelines are important messages for families to know:

- Saskatchewan school divisions are committed to providing all students an opportunity to learn and to support well-being.
- Families and caregivers are not expected to deliver Saskatchewan curriculum.
- Teachers, administrators and school staff want to remain connected to the students, families and communities they serve.
- Teachers are best positioned to offer, during this time of physical distancing, some learning opportunities to the students they are currently teaching, should their students/families choose to take advantage of them.
- In effort to engage all students, we will need to support teachers and staff in many different ways of delivering and offering learning opportunities.
- The learning opportunities will be to support families and caregivers in a continued learning structure for students if they choose to use them.
- Learning programs and decisions should be made with the most flexibility to ensure vulnerable students are given the opportunity to be successful.

When school divisions receive these guidelines they will, in consultation with principals and teachers, be determining the most appropriate learning opportunities based on the local circumstances of their communities, schools,

families and students. Your local school division staff will begin to connect with families and students as deemed most appropriate.



We want to acknowledge and thank the dedicated families, school boards, administrators, teachers and other education staff members for their continued commitment to students during this difficult time. Please continue to practice physical distancing as outlined by the Chief Medical Health Officer.

We will continue to closely monitor the COVID-19 pandemic and we encourage families and staff to stay up-to-date though [Saskatchewan.ca/coronavirus](https://www.saskatchewan.ca/coronavirus). This website for COVID-19 information is for the public and care providers and will be updated frequently with the latest information.

Saskatchewan Education Response Planning Team

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The following was released on Friday, **March 27, 2020** from LCSD Director, Nigel McCarthy.



## Lloydminster Catholic School Division

6611B-39 Street  
Lloydminster, AB T9V 2

Phone: (780) 808-85  
Fax: (780) 808-87

[www.lcsd](http://www.lcsd)

March 27, 2020

Good Afternoon Parents,

This Monday LCSD will return from our Provincially mandated pause for education. During the week of March 23<sup>rd</sup> to 27<sup>th</sup> school division personnel worked to develop a plan for the next two weeks of learning.

Some steps being taken next week are:

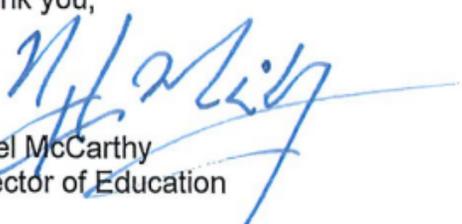
- Throughout the week, individual teachers will be in contact with their classes to begin to offer virtual learning. Many of you will have started to receive the contact from your teacher and a preliminary plan for how learning will be offered.
- The intent of our schools is that learning will begin by April 1, 2020.
- Learning Assistant Teachers and Educational Assistants are putting plans into place that will allow them to have contact with students they normally work with through determined modes of communication. Each student on an IIP (Inclusion and Intervention Plan) will have their parents contacted about the learning plan during the week of March 30 to April 3, 2020.
- Counselling Services and the SHINE program that have been running this week will continue.

Beyond Easter, we understand that the situation with COVID-19 may change. For now, school buildings remain closed to the public in accordance with Provincial guidelines. Some of you may not have made it to the school March 11 to March 13 to pick up your child's belongings, pick up and drop off services will be organized by schools and our bus drivers will support these efforts. If you feel you need to access the school, please contact the school.

Technology will play an important role in our work, and as we start there may be issues to address. In this, we ask for your patience. Next week, there will be activities you can access Google Classroom or Google Hangout to attend or in some cases Seesaw communication for your children. We are excited by the plan's teachers have for learning.

We are all learning as we go forward with this work. Two weeks ago, we would never have predicted that we would be offering learning for nearly 3,000 students without the ability to bring them into our schools. We have faith that we can do this together and we appreciate your partnership.

Thank you,

  
Nigel McCarthy  
Director of Education



**UPDATE March 15, 2020** - from the Provincial Response Planning Team.

The Provincial Response Team (RPT) met on Friday, March 20, 2020. The purpose of the meeting was to identify the way forward as an education sector. It was important to ensure we leverage the expertise that currently exists in school subcommittees as they are being formed: the Instructional Services Team and the Corporate Services Team. These two teams will answer questions and provide provincial level direction on operational matters. The chairs of the teams will provide Provincial communication will continue to come from the RPT.

The composition of the teams may change given the evolving environment and needs of each group. Both teams are scheduled to meet Monday, March 23, 2020.

### **Corporate Services Team**

The Corporate Services Team is tasked with establishing a mechanism by which school division staff may obtain operational decisions or create new processes to meet the challenges presented by the Covid 19 pandemic.

#### **Members:**

Chair - TBD

SSBA - Darren McKee

LEADS - Kevin Grainger, Kyle McIntyre

SASBO - Joel Lloyd, Jamie Valentine, Diana Welter, Naomi Mellor.

Ministry of Education - Angela Chobanik

### **Instructional Services Team**

The Instructional Services Team is tasked with creating the principles to guide the development of supplementary the remainder of the school year.

#### **Members:**

Chair - Susan Nedelcov-Anderson

STF - Ian Krips, Shaun McEachern

LEADS - Tony Baldwin, Brenda Green, Greg Chatlain

SSBA - Karen Itterman

Indigenous Representation - Pat Bugler

Ministry of Education - Maria Cho

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The following was released on **March 20, 2020** from the Provincial Response Planning Team.



March 20, 2020

Dear families:

Saskatchewan has an Education Response Planning Team, consisting of officials from the Ministry of Education, Saskatchewan Teachers' Federation, Saskatchewan School Boards Association, the Saskatchewan Association of School Business Officials and the Saskatchewan League of Educational Administrators, Directors and Superintendents, that is meeting daily to support the education system in our response to COVID-19. For provincial updates and messaging regarding response to COVID-19 please continue to monitor Saskatchewan.ca.

The Response Planning Team would like to share the following with families:

- First, thank you to students, parents and caregivers for your understanding during these extraordinary times. We appreciate your patience and your flexibility. We are working hard to address the needs of students, staff and school communities as schools close starting today, March 20.
- The closure is considered indefinite. How long schools are closed and classes are suspended will depend on decisions made by Saskatchewan's Chief Medical Health Officer.
- For the upcoming week, we feel it is most important for school staff to pause, enact social distancing and focus on caring for themselves and their families. More information will be coming from school divisions about the next steps. Essential services, such as maintaining our buildings, will continue during this pause.
- Premier Scott Moe and Education Minister Gordon Wyant have committed that students will progress to the next grade or class and those who are eligible to graduate will do so.
- As has been stated, we are committed to ensuring that supplementary educational opportunities will be provided for students. Further information on this will be forthcoming.
- We know there are many questions about the details and the Response Planning Team is actively working on this. We are committed to supporting students.
- Education staff are continuing to be employed and paid, as they normally would be.
- The Response Planning Team is continuing to provide updates and information to School Divisions. School Divisions will continue to provide information to students and parents as it is available.

Thank you for your continued support and understanding.

The Response and Planning Team



The following was released on **March 20, 2020** from LCSD Director, Nigel McCarthy.

## Lloydminster Catholic School Division

6611B-39 Street  
Lloydminster, AB T9V 2Z4

Phone: (780) 808-8585  
Fax: (780) 808-8787

[www.lcsd.ca](http://www.lcsd.ca)

March 20<sup>th</sup>, 2020

Good Afternoon Parents,

Yesterday our staff began the Ministry mandated pause period for schools in Saskatchewan. This pause is from March 20<sup>th</sup> to 27<sup>th</sup> inclusive. During this time, schools are closed, and teachers are not delivering classes to our students.

Many teachers have sent home materials to provide some learning activities for your children over the next week. However, for the next week, there will not be classes delivered online or by other means. This pause will provide the time necessary to define how learning will continue in the Province of Saskatchewan. How this plan will roll out to LCSD students still must be clarified by the work of the Provincial Response Team.

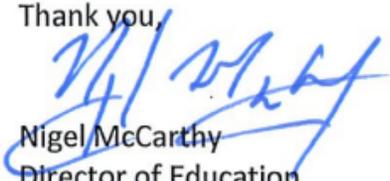
If you need to contact LCSD during the period of March 20<sup>th</sup> to 27<sup>th</sup> we ask that you contact the Central Office rather than individual schools or teachers. The LCSD Central office is operating under the business continuity plan which means that most staff are working from home. If we can support you our number is 780-808-8585 or email at [information@lcsd.ca](mailto:information@lcsd.ca). We are maintaining our buildings, business services and outreach for mental health supports.

On March 16th, the Government of Saskatchewan announced the indefinite suspension of schools in Saskatchewan beginning Friday, March 20<sup>th</sup>. "Indefinite" may mean that school is finished for the year, or it may mean that when the COVID-19 outbreak stabilizes, we will be able to return to school sometime sooner than next fall. We cannot know when this decision will be made but will continue to keep you updated through email, our website and social media.

The Provincial Response Team will provide a common Provincial vision of where we are going from here with the education of our students. We will be able to provide a message of what this will look like at the earliest when our teachers return from the stop pause on March 30<sup>th</sup>, 2020. It is a new challenge and one we will meet with the best we have to offer.

Please view our latest updates at <https://lcsd.ca/news/113-covid19.html> or visit us on Facebook for updates and resources you and your children might like to use this week.

Thank you,

  
Nigel McCarthy  
Director of Education



The following was released on **March 19, 2020** from the Provincial Response Planning Team.

## Response Planning Team Update

The Education Response Planning Team (Ministry, LEADS, SASBO, SSBA, STF) met again today as we support the education system in our response to COVID-19.

Our thanks for your ongoing and coordinated efforts to address the urgent and emergent needs of staff and school communities as we prepare to close schools. Thank you for your leadership and support doing all of this while also holding conference calls, continuing planning, and bringing forth key questions, feedback and issues to the Response Planning Team (RPT).

One of the questions we have been getting is around communications protocols, which is something discussed today. A coordinated provincial response is critical. Going forward the RPT, responses, director sector updates and key messages will be sent from the Education Response Planning Team to Board Directors. Divisions are expected to share this information with their staff shortly after receiving it. In this, the organizations involved will share the same messages with their members. It is very important that as the situation evolves rapidly we are sharing the same messages and not get ahead of ourselves and the Chief Medical Health Officer. As such here are key updates and messages from our meeting today.

- The Premier and Minister have indicated that students will progress, and that those students eligible to graduate will do so.
- The parameters and a framework for education delivery and grading is yet to be established and is underway.
- We expect that teachers will have opportunities to continue learning activities after March 20. We don't need to rush and finalize grades. There will still be opportunities for students to progress and mark they have at this time. We are not closing off the school year at this time.
- In the upcoming week, as recommended by the Chief Medical Health Officer, it is most important for staff to pause, be able to enact social distancing and focus on the care and well-being of themselves and their families. Further direction will be coming from school divisions in terms of plans for next week in the context of the COVID-19 response.
- The Saskatchewan Teachers' Federation does have sanctions in place. If those sanctions change, the STF will notify school division administrations. If you have questions about alignment with local school division continuity plans, please contact the STF.
- During the week of March 20 to March 27 inclusive, school divisions will continue to carry out continuity plans being mindful of the health directives in place, which includes processing payroll, infrastructure care, etc. Some school staff may be asked to carry out these duties, and those decisions are being made and communicated at the local school division level.
- While the suspension of classes has been deemed to be indefinite, it is not known what timeframe will be involved as this will depend on decisions made by Saskatchewan's Chief Medical Health Officer.
- Thank you for your continued efforts to work together, share information and ensure the education system is providing a coordinated response.

Clint Repski, CA  
Assistant Deputy Minister  
Ministry of Education

Marc

2220 College Avenue, 5th Floor  
Bus: 306-787-6115 Cell: 306-519-9527  
Email: [clint.repski3@gov.sk.ca](mailto:clint.repski3@gov.sk.ca)



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The following was released at **7:00pm on March 17, 2020** from LCSD Director, Nigel McCarthy.

# Update

Working together to help manage the spread of COVID-19

## Lloydminster Catholic School

Dear Parents,

On behalf of the Education Sector Response Planning Team and advice from the Chief Medical Officer of Saskatchewan, starting all 27 Saskatchewan school boards should pause educational operations for a one-week period. This one week away will allow the Response Planning Team and individual school divisions to put in longer term plans to support students and families moving forward to ensure that no student's education is impacted by closing schools indefinitely. LCSD will be following the lead of the province and staff. Our business continuity will ensure that core functions such as building security continue to function while ensuring all staff safety. Personnel will be available for parents, families and staff to call with any questions during this time.

Thank you,

*Nigel McCarthy*

**Director of Education**

The following letter was released at **2:00pm on March 16, 2020** from LCSD Director, Nigel McCarthy.

March 16, 2020

Good Afternoon Parents,

We know that the last day has been a challenge for parents and indeed for school across the Province. We are thankful to you for your understanding of the unique situation in

The advice from the Saskatchewan Government is that parents who are able to keep their children at home should do so. There will be no absence or grade impact to making this plan work in Lloydminster, most parents already have this planning in place. We would ask that you proceed with this plan with the understanding that schools are able to support your needs until Wednesday, March 18<sup>th</sup>, 2020 when Professional Days were scheduled to begin. We know that busses are a concern for some parents. We will run our buses, but there may be cancellations on certain routes. Notices of routes will be updated on our LCSD page under "School Bus Updates".

In each grade or course at the High School, students will receive a final mark as they have thus far in the class. Students will receive their grade 12 diploma despite the closure. Students in each grade will progress to the next grade in the fall.

Over the next few days, we are developing a plan to support the learning of our students and to facilitate their learning for the period of school closure. We understand, at this time, that schools are closed indefinitely. Learning, though, is to continue to the best of our ability through alternative, or online means.

Our staff has begun working today on plans to support learning including:

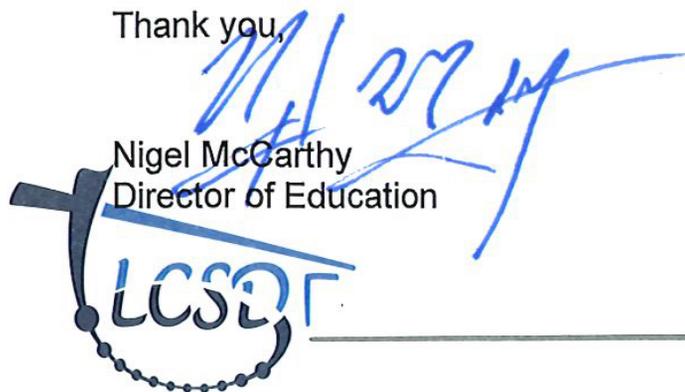
- Marking all assignments that have been given to date.
- Calculating marks.
- Preparing suggested supports for learning at home including programs and resources that may be available in your homes. We are also working on future learning plans for our students.

We have approached this understanding that we need to work first on Senior High School students, those who will be heading to College or University next year. We want to support this unique situation and more information will be forthcoming.

We would also like to provide advice from our Counselling Teams who are prepared today to support your conversations with children. This will be shared out at an evening.

Plans for how we will facilitate students coming into the schools to collect their belongings and gather materials for learning are being prepared at each school. This plan needs your advice on large gatherings from Public Health services. Schools will communicate with you this evening.

Thank you,



Nigel McCarthy  
Director of Education



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"Where academics, faith, family, and community m

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### **UPDATE March 15, 2020 -**

Dear Parents and Guardians,

We have received confirmation from the Ministry of Education in Saskatchewan that schools in Lloydminster will be closed on March 16. Schools will remain open to staff.

Further updates regarding school closures beyond March 16 will be provided tomorrow.

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### **UPDATE March 12, 2020 -**

At the Lloydminster Catholic School Division, the health and safety of students, staff, and school communities is a top priority. We are working closely with the Saskatchewan Health Authority and Alberta Health Services on all health matters that concern students and staff.

We understand that many families have questions and concerns. With the World Health Organization declaring COVID-19 a global pandemic, we have taken preventative measures to ensure the safety of all staff and students. As of March 12, there is one confirmed case in Saskatchewan and in Alberta, there are 23 confirmed cases as of March 12. However, both provinces have stated the risk remains low.

We would like to share the following preventative measures that are also being shared with our school staff for everyone's safety:

- Practice proper cough and sneezing etiquette (into the bend of your elbow)
- Wash your hands often with soap and water; if soap and water are not available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Maintain safe food practices

- Avoid close contact with people who are sick
- Avoid large crowds and practice social distancing (do not shake hands or hug)
- Avoid unnecessary travel



If your child is sick, we ask that parents and guardians help by keeping the child home from school. If you have concerns, call the Saskatchewan or Alberta Healthline at 811. Parents and guardians are asked if they have any questions to contact their school principal.

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STAFF SELF-CARE GUIDE: **HERE** (<https://bit.ly/3a2olsA>)

Thank you to the SHINE team for assembling the above to support teachers during this time.

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Our team of dedicated counsellors and support services have gathered resources and information to support you and your family during this time of COVID-19.

As well there is a list of resources shared below to support you in this time of need.



**What other resources can help?**

**SEEKING ADDITIONAL HELP?**

Mental Health Help Line  
1-877-303-2642 (toll free within AB)

**Alberta & Saskatchewan Help Line**

This line is open 24/7 and it connects individuals to support and services in their community. **Dial 211**

**Alberta & Saskatchewan Health Link Dial 811**

**Mental Health & Addiction Services Lloydminster**  
306-820-4250

**Kids Help Phone**

1 800 668 6868 or text "connect" to 6868

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**ONLINE**

**Lloydminster Mental Health Navigation Tool**  
[www.lloydminstermentalhealth.ca](http://www.lloydminstermentalhealth.ca)

**Kids Help Phone** [www.kidshelpphone.ca](http://www.kidshelpphone.ca)  
**Youth Space** [www.youthspace.ca](http://www.youthspace.ca)

**For online crisis and emotional support** text 7787830177

**Calgary Connect** [www.calgaryconnectteen.com](http://www.calgaryconnectteen.com)

**Lloydminster Catholic School Division**

OTHER RESOURCES:

From PBS: How do talk to your children about about coronavirus. **HERE** (<https://www.pbs.org/parents/thrive/h-coronavirus>)

From The Conversation: How to talk to your kids about COVID-19. **HERE** (<http://theconversation.com/how-to-talk-to-your-kids-about-covid-19>) 

From UNICEF: Eight tips to help comfort and protect children. **HERE** (<https://www.unicef.org.au/blog/news-and-your-children-about-coronavirus>)

Released March 16, 2020

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# TALKING TO KIDS ABOUT COVID-19



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## A GUIDE FOR PARENTS AND CAREGIVERS

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Working together to help manage the spread of COVID-19.



# General Principals

when talking to children

## REMAIN CALM AND REASSURING

Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.

**MODEL CALMNESS**

## MAKE YOURSELF AVAILABLE

Make time to listen and talk with your children. Be sure children know they can come to you when they have questions.

## MODEL APPROPRIATE LANGUAGE

Avoid language that may blame others. Remember that viruses can make anyone sick, regardless of a person's race or ethnicity. Avoid making assumptions about who might have COVID-19.

## MONITOR SCREEN TIME AND MEDIA

Consider reducing the amount of screen time they have and monitor their online access carefully. Much of the information online will be difficult for children to process and can increase stress and anxiety.

## BE HONEST AND ACCURATE

Provide children with information that is truthful and appropriate for the age and developmental level of the child.

As public conversations around coronavirus disease 2019 (COVID-19) increase, children may worry about themselves, their family, and friends getting ill with COVID-19. Parents, caregivers and other trusted adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear.





## TEACH PROPER ETIQUETTE

- 1) Remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.
- 2) Discuss why schools and large events have been cancelled. It is for the safety of everyone.
- 3) Get children into a proper and regular hand washing habit.



Teach them to wash their hands with soap and water for at least 20 seconds, especially after blowing their nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

If soap and water are not available, teach them to use hand sanitizer.

## FACTS ABOUT COVID-19

Try to keep information simple and remind them that health and school officials are working hard to keep everyone safe and healthy.

COVID-19 is the short name for “coronavirus disease 2019.” It is a new virus. Doctors and scientists are still learning about it. Recently, this virus has made a lot of people sick. Scientists and doctors think that most people will be ok, especially kids, but some people might get pretty sick. Doctors and health experts are working hard to help people stay healthy.

**What is COVID-19?**







# What can I do so that I don't get COVID-19?

Working together to help manage the spread of COVID-19.



Cough or sneeze into a tissue or your elbow.



If you sneeze or cough into a tissue, throw it in the trash right away.



Keep your hands out of your mouth, nose, and eyes. This will help keep germs out of your body.

Wash your hands with soap and water for at least 20 seconds. Follow these five steps—wet, lather (make bubbles), scrub (rub together), rinse and dry. You can also sing the “Happy Birthday” song twice.



If you don't have soap and water, have an adult help you use a special hand sanitizer or cleaner.



Keep things clean. Older children can help adults at home and school clean the things we touch the most, like desks, doorknobs, light switches, and remote controls.



If you feel sick, stay home. Just like you don't want to get other people's germs in your body, other people don't want to get your germs either.



**Note for Adults: more information about cleaning and disinfecting can be found on the CDC's website.**





COVID-19 can look different in different people. For many people, being sick with COVID-19 would be a little bit like having the flu. People can get a fever, cough, or have a hard time taking deep breaths. Most people who have gotten COVID-19 have not gotten very sick. Only a small group of people who get it have had more serious problems. From what doctors have seen so far, most children don't seem to get very sick. While a lot of adults get sick, most adults get better.

**What happens if you get sick with COVID-19?**

**If you suspect your child may have COVID-19, call the healthcare helpline at 811.**

## **THE ONLINE ASSESSMENT TOOL**

**Google: Online Assessment Tool COVID-19**  
*or visit one of the following URL's.*

**Government of Saskatchewan Tool**  
<https://public.ehealthsask.ca/sites/COVID-19/>

**Government of Alberta Tool**  
<https://myhealth.alberta.ca/Journey/COVID-19/Pages/Assessment.aspx>

**If you do get sick, it doesn't mean you have COVID-19.**  
People can get sick from all kinds of germs. What's important to remember is that if you do get sick, adults will help get you any help that you need.





# Taking Care of You

Even if your family is isolated or quarantined, realize this will be temporary.

**Keep your family's schedule as consistent as you can when it comes to bedtimes, meals, and exercise.**

Make time to do things at home that have made you and your family feel better in other stressful situations, such as reading, watching movies, listening to music, playing games, exercising, or engaging in religious activities (prayer, participating in services on the Internet).

**Recognize that feelings such as loneliness, boredom, fear of contracting disease, anxiety, stress, and panic are normal reactions to a stressful situation such as a disease outbreak.**

Limit your own social media. There is a lot of information being shared. Some of it is true and some of it is false. Much of it can be overwhelming. Stay aware but do not allow it to take over your day.

**Shift expectations and priorities to focus more on what gives you meaning, purpose, or fulfillment.**

Give yourself small breaks from the stress of the situation.

**Remember, you are a role model for your children. How you handle this stressful situation can affect how your children manage their worries.**

Seek religious/spiritual help or professional counselling for support. This may be available online or by telephone during an outbreak.





# Helping Children Cope

Your children may respond differently to an outbreak depending on their age. Below are some reactions according to age group and the best ways you can respond.

**NATIONAL CHILD TRAUMATIC STRESS NETWORK**  
www.NCTSN.org

## PRESCHOOL

### POSSIBLE REACTIONS

Fear of being alone,  
bad dreams

Speech difficulties

Loss of  
bladder/bowel  
control,  
constipation,  
bed-wetting

Change in appetite

Increased temper  
tantrums, whining,  
or clinging  
behaviours

### HOW TO HELP

Patience and tolerance

Provide reassurance  
(verbal and physical)

Encourage expression  
through play,  
reenactment,  
story-telling

Allow short-term  
changes in sleep  
arrangements

Plan calming, comforting  
activities before  
bedtime

Maintain regular family  
routines

Avoid media exposure



# Helping Children Cope

Continued from previous...

## SCHOOL AGE (Age 6-12)

### POSSIBLE REACTIONS

- \*Irritability, whining, aggressive behaviour
- \*Clinging, nightmares
- \*Sleep/appetite disturbance
- \*Physical symptoms (headaches, stomachaches)
- \*Withdrawal from peers, loss of interest
- \*Competition for parents' attention
- \*Forgetfulness about chores and new information learned

### HOW TO HELP

- \*Patience, tolerance, and reassurance
- \*Play sessions and staying in touch with friends through telephone and Internet
- \*Regular exercise and stretching
- \*Engage in educational activities (workbooks, educational games)
- \*Participate in structured household chores
- \*Set gentle but firm limits
- \*Discuss the current outbreak and encourage questions. Include what is being done in the family and community
- \*Encourage expression through play and conversation
- \*Help family create ideas for enhancing health promotion behaviours and maintaining family routines
- \*Limit media exposure, talking about what they have seen/heard including





# Helping Children Cope

Continued from previous...

## ADOLESCENT (Age 13-18)

### POSSIBLE REACTIONS

- \*Physical symptoms (headaches, rashes, etc.)
  - \*Sleep/appetite disturbance
- \*Agitation or decrease in energy, apathy
- \*Ignoring health promotion behaviours
- \*Isolating from peers and loved ones
- \*Concerns about stigma and injustices
  - \*Avoiding/cutting school

### HOW TO HELP

- \*Patience, tolerance, and reassurance
- \*Encourage continuation of routines
- \*Encourage discussion of outbreak experience with peers, family (but do not force)
  - \*Stay in touch with friends through telephone, Internet, video games
- \*Participate in family routines, including chores, supporting younger siblings, and planning strategies to enhance health promotion behaviours
- \*Limit media exposure, talking about what they have seen/heard including at school
- \*Discuss and address stigma, prejudice and potential injustices occurring during outbreak



# Our Latest Video Updates



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## Our Schools

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**HOLY ROSARY**  
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 Avec Jésus nous vivons, nous aimons, et nous apprenons en français.

See More (/schools/ecole-st-thomas.html)



Father **GORMAN** lcsd  
 Community School  
 Grades 1-6  
 See More (/schools/father-gorman.html)  
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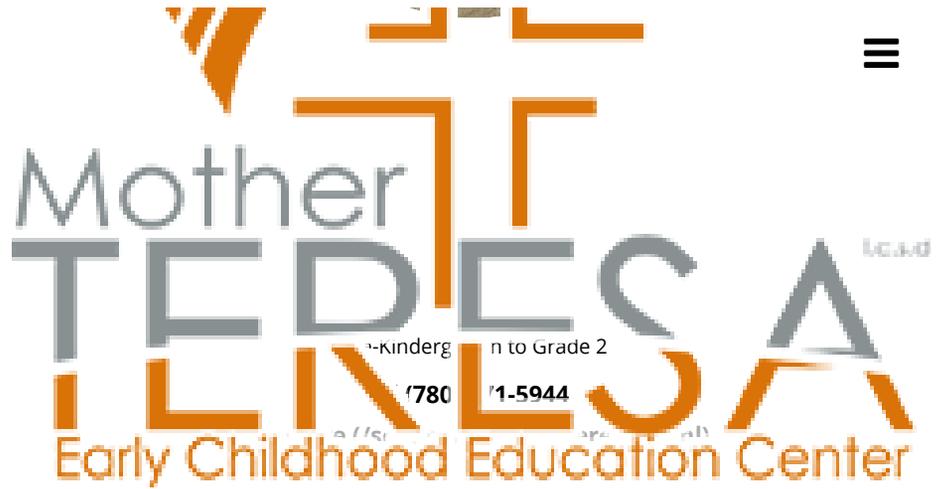
Living and Learning With Jesus




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Stay up to date on current events at your school and in your community. You can unsubscribe at any time by clicking the link in any of the newsletters you receive.

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