



# Archbishop O'Sullivan Catholic School Newsletter - February 2021



Principal: Lisa Bickerstaffe  
 Secretary: Kathleen Logan

St. Paul the Apostle Parish Priest: Father Sebastian Amato  
 Superintendent: Carey Smith-Dewey




**Learn**  
**Reflect**  
**Change**  
**Grow**



*"Joy does not simply happen to us.  
 We have to choose joy and keep choosing it  
 every day."* ~ [Henri J.M. Nouwen](#)



## Safe Arrival Reporting System

<p>SchoolMessenger Mobile App</p>  <p><b>SchoolMessenger</b></p> <p>Download the app from the Apple App store or Google Play store.</p> <p>Sign up to create your account.</p> <p>To report an absence, select Attendance, then Report an Absence.</p>	<p>SchoolMessenger Website</p>  <p><a href="http://go.schoolmessenger.ca">go.schoolmessenger.ca</a></p> <p>Sign up to create your account.</p> <p>To report an absence, select Attendance, then Report an Absence.</p>	<p>Call toll-free</p>  <p><b>1-844-445-4383</b></p> <p>Call the toll-free number at 1-844-445-4383 to report your child's absence.</p> <p>You will be asked to enter your phone number that you have registered with the school.</p> <p>Follow the prompts to report your child's absence.</p>
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Safe Arrivals Program – Report your Child's Absence  
**Archbishop O'Sullivan Catholic School has launched the Safe Arrivals Program in early December** which allows parents/guardians to report their child's absence in a new, more convenient way. Using the SafeArrivals Program, parents/guardians will be able to report daily absences (such as an illness, medical appointment, etc.) and even schedule upcoming absences in one of three ways:

- **SchoolMessenger mobile app**
- **SchoolMessenger website**
- **Calling toll-free 1-844-445-4505**

Please note that all student absences or late arrivals will need to be communicated via the new system after our launch date. **Please refer to our school website for further information about using the SafeArrival Absence Reporting System.**



Archbishop O'Sullivan's school web page is a great way of keeping current and up-to-date with what is going on at our school. School email: [flhpabos@alcdsb.on.ca](mailto:flhpabos@alcdsb.on.ca).  
 Web site: [www.alcdsb.on.ca/school/abos](http://www.alcdsb.on.ca/school/abos)  
 Follow us on Twitter [@alcdsb\\_abos](https://twitter.com/alcdsb_abos)





## SCHOOL COUNCIL

Our next Catholic School Council virtual Microsoft Teams Meeting scheduled for **Wednesday, February 24<sup>th</sup> at 6:30 pm**. All are welcome. 😊 If you are not currently on the Catholic School Council contact list and would like to attend, please email the school and we will send you the Microsoft Teams link for our virtual meeting.

### Dispensing of Medication at School

We recognize that from time to time, your child may require medication to be dispensed at school. Please note that the school requires to be informed of any medication coming to school with your child. All medication is to be in the original container and to be stored at the office. There is a Parent/Guardian form and a Physician statement to be signed prior to any medication being dispensed.



Holy Cross  
@HolyCrossCSS

Attention Grade 8 Students  
Reminder from Holy Cross

**Feb. 10<sup>th</sup>**

🌟 Save the date 🌟

We look forward to "seeing" our future Crusaders at our Virtual Gr. 8 Info Night on Feb 10th [#WeAreHC](#) [@alcdsb](#)  
[pic.twitter.com/NDiwmiE2pK](https://pic.twitter.com/NDiwmiE2pK)

2020-12-11, 3:25 PM



**YMCA of Kingston Before/After School Care**  
We offer both an Extended Day (Kindergarten) and a School-Aged program. The hours are: 7:30 - 9:00 a.m. and 3:20 - 5:30 p.m. The contact is April Kilpatrick, Supervisor 613-546-2647 x 237



### Indoor Shoes

With the wet and snowy weather, we are asking that all students have a pair of indoor shoes. Students will also require appropriate footwear for physical education classes.

Supporting Healthy Schools

## Hand Hygiene

The first line of defense!

As the cold and flu season draws nearer, remember that hand hygiene is the single most important way to control the spread of infection. Teach your child how to clean their hands properly and re-enforce the message often.

### Clean your hands before:

- preparing or eating food, or
- visiting someone who is sick.

### Clean your hands after:

- using the bathroom,
- coughing, sneezing, wiping or blowing your nose,
- handling foods,
- handling garbage,
- outdoor activities, or
- playing with pets.

### Soap or Sanitizer?

If hands look dirty, use soap and water. If they don't, use an alcohol-based hand rub.

For more information, visit [www.kflaph.ca](http://www.kflaph.ca)



### Tips

#### How to wash your hands:



**Report Cards** will be sent home on Wednesday, February 17<sup>th</sup>, 2021

**Family Day:** Monday, February 15<sup>th</sup>, 2021

**March Break:** March 15<sup>th</sup>-19<sup>th</sup>, 2021



## Working Together for School Safety

**Yard Supervision:** Please be aware that students may not be on the school yard before 8:55 a.m. as it is unsupervised until this time. Your cooperation in this matter is greatly appreciated. Buses are not unloaded until 8:55 and students walking or being dropped off should plan to arrive between 8:55 and 9:10. Please ensure that you do not enter our bus loading zone prior to or at the end of day. I recognize during inclement weather it may save a few steps, however we need to prioritize the safety of all our students and bus drivers.



## COVID-19 Updates

In our ongoing efforts for school safety we encourage students to bring additional masks to school. Often when students return from outside, they are wanting to change their mask. As a reminder, we ask all adults who come to the school for pick up or drop off to be wearing a mask. Please ensure you continue to actively screen your child prior to each school day. The current screening tool is located on our school website, ALCDSB website and on KFL&A PH site. I've included a copy of it below. Thank you for your ongoing support as we work together for the safety of all.

### COVID-19 Update for Schools

Dr. Kieran Moore, Medical Officer of Health at KFL&A Public Health is asking everyone to consider voluntary, asymptomatic testing for COVID-19 if you:

- have travelled outside of the region (i.e., beyond Hastings, Prince Edward, Leeds, Grenville, or Lanark counties),
- have had visitors from outside the region, or
- have moved to the region in the last 14 days.

This asymptomatic testing initiative is being recommended in the KFL&A region, as KFL&A Public Health has received a lab confirmed B.1.1.7 case, a new, more easily transmissible variant of COVID-19 that was first found in the United Kingdom.

The recommendation is to monitor closely for signs and symptoms of COVID-19 and get tested 5 to 7 days post return to the KFL&A area, even if no symptoms have developed. Students and staff do not need to isolate while waiting for results of *asymptomatic* testing.

Tests can be booked at the:

- COVID-19 Assessment Centre – Beechgrove Complex, 51 Heakes Lane, or
- COVID-19 Assessment Centre Lennox & Addington – LACGH Westdale Campus, 12 Richmond Park Dr. Napanee.

Please remain vigilant and continue to adhere to public health measures over the coming weeks and months as schools begin in-person learning. The continued efforts of individuals and families to stay home, stay local, and to not travel unless for essential purposes will help keep the number of positive cases low in our area and help our community stay safe until vaccines are available to all.

\*Note: International travel requires a mandatory 14 day quarantine upon return.

Updated December 11, 2020

COVID-19

# School and Child Care Screening Tool

Complete screening before attending child care or school.

For an online version, visit [covid-19.ontario.ca/school-screening](https://covid-19.ontario.ca/school-screening)

**Level 1.** (Primary symptoms) **Does your child/student have any of the following new or worsening symptoms?**



Fever  
37.8°C or  
higher



Cough



Shortness  
of breath



Loss of  
taste or  
smell

If **YES**: Your child/student must stay home, self-isolate and contact an assessment centre or your child's health care provider. It is recommended that household members isolate until the child/student receives a negative test result.

**Level 2.** (Secondary symptoms) **Does your child have any of the following new or worsening symptoms?\***



Sore throat,  
painful  
swallowing



Runny,  
stuffy,  
congested  
nose



Headache that  
is unusual or  
long-lasting



Nausea,  
vomiting,  
diarrhea



Muscle aches  
or extreme  
tiredness that  
is unusual

If <b>yes</b> to 1 symptom:	If <b>yes</b> to 2 or more symptoms:
<ul style="list-style-type: none"><li>• Stay home for 24 hours from when symptom started.</li><li>• If improving in 24 hours (48 hours after last episode of vomiting or diarrhea), can return to school. No test needed.</li><li>• If not improving, or getting worse, self-isolate and contact an assessment centre or your child's health care provider.</li></ul>	<ul style="list-style-type: none"><li>• Stay home, self-isolate and contact an assessment centre or your child's health care provider.</li></ul>
<ul style="list-style-type: none"><li>• If your child/student has <b>more</b> than 2 secondary symptoms, it is recommended that household members isolate until a negative test result is received.</li></ul>	

\*Children/students who have an existing health condition, should not answer **yes**, unless the symptom is new, different, or getting worse.

1. **Has your child/student travelled outside of Canada in the past 14 days?**
2. **Has your child/student been identified as a close contact of someone with COVID-19?**
3. **Has your child/student been instructed to stay home and self-isolate?**

If you answered **yes** to questions 1, 2, or 3. Your child/student must stay home, self-isolate, and follow the advice of public health.

## How do I isolate my child/student?



Stay home



Wash hands frequently



Avoid contact with others



Cover coughs and sneezes



Keep your distance



Wear a face covering, if possible

For detailed isolation instructions, please visit [kflaph.ca/Selfisolation](https://www.kflaph.ca/Selfisolation) or COVID-19 Self Isolation pdf.



## How do I get my child/student tested for COVID-19?

Visit [kflaph.ca/AssessmentCentre](https://www.kflaph.ca/AssessmentCentre) for information on locations and hours of operation for assessment centres in Kingston, Frontenac and Lennox & Addington Counties.



## How do I access my child/student's COVID-19 test results?

Test results are available online at [covid-19.ontario.ca](https://www.covid-19.ontario.ca).