



BACK TO SCHOOL, NOT BACK TO NORMAL

Mother Teresa Middle School
2021-22 Return to School Plan

08/27/2021



FIRSTLY THANK YOU

First and most importantly, thank you to everyone in the Mother Teresa Middle School (MTMS) community for responding to our requests for patience, flexibility and compassion as we continue to navigate the COVID-19 pandemic. While the unprecedented situation created some challenges and caused significant disruptions, it also showed the resilience of teachers, school staff, and especially students and their families.

As MTMS prepares to welcome back students, our priority remains the health and safety of the MTMS Family. Our children and our community cannot flourish if the virus does. Our goal is to protect every member of our community by minimizing virus transmission. The Return to School Plan outlines the protocols for the 2021-22 academic year with the goal of reducing the potential for virus transmission in our school community.

We will continue to work with the Saskatchewan Health Authority, the Ministry of Education and the Regina Catholic School Division to develop and execute our planning throughout the course of the COVID-19 pandemic. Whatever the challenges ahead, we are confident that together, we can support the well-being and learning of all MTMS students and alumni. Parents, guardians and care givers will be instrumental in supporting the health and wellness of our students and staff. We thank you in advance for following the recommendations, self-screening protocols and guidance provided in this document to ensure a safe environment for our community.

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SCHOOL CALENDAR

2021-2022

August	31	Teachers' Institute (No school)
September	1	Teachers' Institute (No School)
	2	Students return to school
	6	Labour Day Holiday (No School)
	20	Teacher Professional Development Day (No school)
October	8	Teachers' Institute (No School)
	11	Thanksgiving Day Holiday (No school)
	15	Teachers' Convention (No school)
November	5	Teacher Professional Development Day (No school)
	11	Remembrance Day Holiday (No School)
	12	School Holiday (No School)
December	17	Last teaching day before Christmas Break
	20-31	Christmas break
January	3	Classes resume
	14	Teacher Professional Development Day (No school)
February	11	Teachers' Institute (No School)
	21-25	February Break - School Office Closed
March	11	Teacher Professional Development Day (No school)
April	15	Good Friday Holiday (No School)
	18-22	Easter break - School Office Closed
May	20	Teacher Professional Development Day (No School)
	23	Victoria Day (No School)
June	10	Teacher Professional Development Day (No School)
	29	Last day of school for students/Report card distribution
	30	Last day of school for teachers

WE ARE MADE FOR EACH OTHER

The goal at MTMS is to maximize in-person attendance while ensuring that health and safety measures are in place to reduce the risk of COVID-19 transmission.

In the MTMS school community, **we believe that we are better together** because we are a family. Come September, our plan is to have every student in the building at MTMS. **Our first day of classes, for students, is Thursday, September 2nd.** Our goal is to ensure that your child flourishes and this compels us to take all necessary precautions to minimize the spread of COVID-19 and its' variants.

Given the current public health situation, these precautions will include; mandatory wearing of masks, physical distancing and having lunch in the classrooms. Training and education will be provided to staff and students, specific to infection reduction, personal hygiene practices, cleaning and disinfecting procedures. We are confident that we can provide an excellent, holistic education while safeguarding each member of our community.

We are made for each other. This belief, and the latest scientific information from the Saskatchewan Health Authority about how the virus is transmitted continues to guide our decisions. MTMS's goal is to ensure your child's educational experience is uninterrupted, rigorous, and as rich as possible.

We are always learning. With humility, we recognize that the public health situation may change rapidly. MTMS is able to mobilize additional supports and our team is prepared to develop thoughtful and adaptable ways of proceeding, with this changing landscape.

In the 2021-2022 academic year, every student will have access to equitable education, quality instruction and supports. The **MTMS Return to School Plan** will focus on ensuring that students are safe and their mental health, physical well-being and education are supported.



6 Mitigation Strategies



Hand Washing & Sanitizing

MTMS will promote increased hand hygiene practices for staff and students. This includes frequent hand washing and easy access to hand sanitizer. Hand sanitizer can be found throughout the building, in each classroom and workspace. Students and staff will be expected to sanitize before entering the building in the morning and when returning from brain breaks outside.



Physical Distancing

MTMS will continue to be mindful of the benefits of social distancing. **Transportation:** Students will be assigned seats to allow for physical distancing on the school's busses. **Classroom:** spacing of desks within the classroom, a designated lecture space for the teacher and a protective barrier on the teachers' desk. **Bathrooms:** staggered times for classrooms throughout the day, with only one individual in the space at a time. **Brain break:** training and education around sanitizing before and after brain breaks will be a priority. Sporting equipment will be assigned to each classroom and outside activities will adhere to social distancing protocols.



Sanitizing Spaces/Surfaces

Increased cleaning of high-touch surfaces throughout the day e.g. door handles, hand railings and desks. Bathrooms will be cleaned frequently during the day. Students and staff will wipe down personal devices and desks at lunch and at the end of the day. Classrooms and MTMS buses will be disinfected as required with a Health Canada approved peroxide-based fogging solution.



Personal Protective Equipment (PPE)

MTMS will have PPE's in the building that includes: gloves, hand sanitizer, disinfectant wipes, medical grade masks, face shields. Medical grade masks, provided by MTMS, will be mandatory for students and staff when travelling on the bus and in the school building. Re-usable shields will be used by staff in addition to masks when working closely with students. Any alumni who has a scheduled meeting with a staff member will, upon entering the building, be required to proceed directly to Student Services and wear a mask for the duration of their visit.



Signage

Signage will be present for physical distancing when exiting the bus and upon entry into the school. Brightly-coloured floor markings and directional arrows will be visible throughout the building to indicate direction of travel in and out of various spaces, and to prevent entry into restricted areas. Signage will also be present throughout the building to continually remind students of the COVID-19 safety procedures.



Administrative Controls

To avoid congestion, visitors will be required to have scheduled appointments. MTMS has also removed extra furniture and shelving to de-clutter spaces to ensure adequate physical distancing and limit touchable objects in the classroom. Students will be provided with backpacks and all necessary supplies, sharing will not be permitted. Meals and snacks will be prepared and individually packaged in re-usable dishes by the MTMS Nutrition staff and delivered to each classroom, to be distributed by an assigned supervisor.

THE 2021-2022 SCHOOL YEAR

MTMS has learned from the experiences over the last year and a half, and will continue to evolve as the situation unfolds. There are three potential scenarios of instructional delivery: **1. face-to-face instruction**, **2. a hybrid model (face-to-face with remote)**, **3. full remote learning**. The goal is to have in-person learning but MTMS is ready to pivot and respond to scenario two or three should the Saskatchewan Health Authority require us to move in that direction.

CURA PERSONALIS

MTMS's holistic approach supports the intellectual, physical, spiritual, social, and emotional well-being of its students. MTMS's innovative model and philosophy of providing care for the whole person (*cura personalis*) is an integral part of MTMS and provides more than traditional education. The at home learning time, followed by the return to school, and summer break created a variety of different challenges for students and their families. MTMS will continue to ensure students have consistent and appropriate connections to school learning and a sense of belonging. Lessons and teaching practices will be tailored to address and respond to the mental

health and wellness of students. The goal will be to help students heal and build stronger inter-personal relationships among their peers, with the staff and the wider school community.

COMMUNICATION

MTMS will continue to communicate with families to ensure they are informed and engaged in the conversation about educational programming and services at MTMS. As the public health landscape shifts throughout the year, MTMS will provide ongoing updates regarding plans for instruction, programming, services and supports.

DAILY SELF-SCREENING

The health and well-being of students, staff and our community is paramount at MTMS. If a student is feeling ill, they are required to stay home. MTMS is requesting that families self-screen daily to ensure their child has none of the listed symptoms (not including pre-existing conditions that need to be reported to the school). Please use the **COVID-19 Daily Checklist** below for self-screening.

COVID-19 - DAILY CHECKLIST: DOES YOUR CHILD HAVE ANY OF THESE SYMPTOMS?



Fever
(i.e. chills,
sweats)



Cough or
worsening of a
previous cough



Sore throat



Headache



Shortness of
breath



Muscle
aches



Sneezing



Nasal congestion/
runny nose



Hoarse voice



Diarrhea



Unusual
fatigue



Loss of sense
of smell or
taste

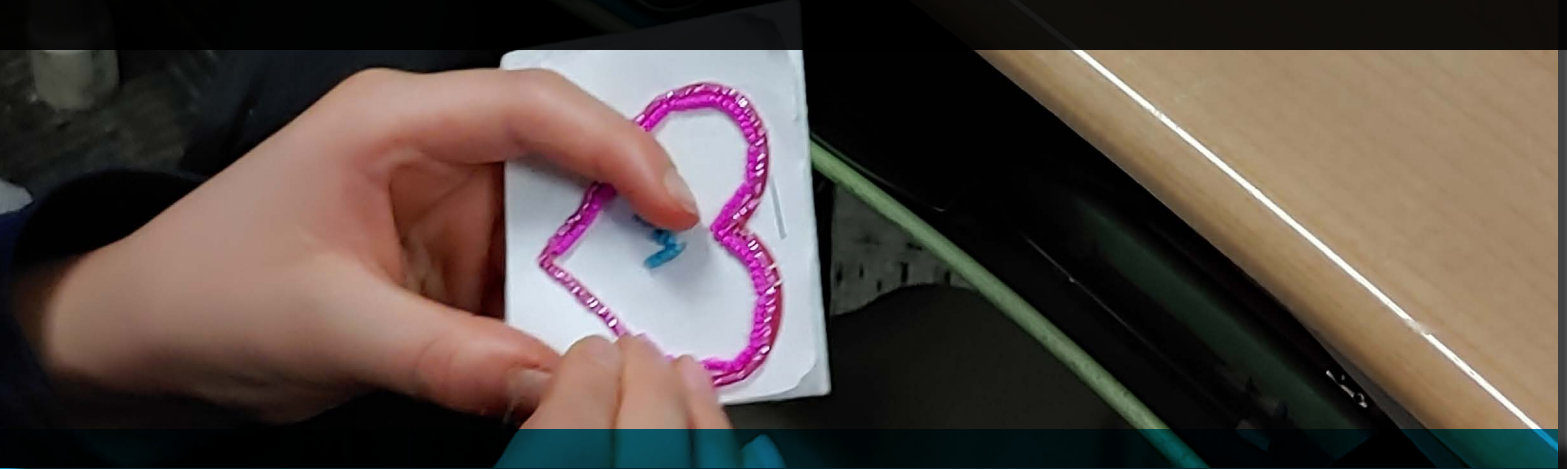


Red, purple or blueish
lesions (spots) on the
feet, toes or fingers
without clear cause

If yes, stay home and contact 811 for more information.

ENRICHMENT PROGRAMS

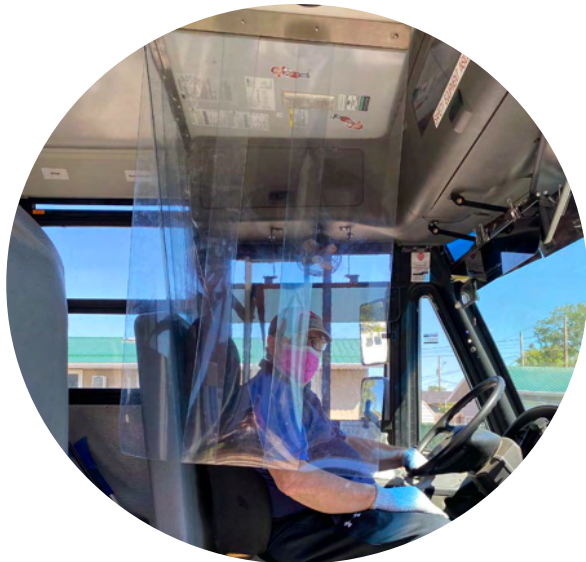
After-school enrichment programming will resume at MTMS from 3:15 – 4:15 pm, Monday to Thursday. To start the year, students will remain in their cohort groups for after-school enrichment programming. Extra-curricular sports will resume with some adjustments at the middle years level, based upon the age and vaccination status of participants.



SAMPLE DAILY TIMETABLE

8:15 am - 9:00 am	Students arrive/breakfast/silent reading
9:00 am - 10:15 am	Instruction time
10:15 am - 10:30 am	Brain break & snack
10:30 am - 12:00 pm	Instruction time
12:00 pm - 12:30 pm	Lunch (in classroom)
12:30 pm - 1:00 pm	Clean-up/silent reading
1:00 pm - 2:00 pm	Instruction time
2:00 pm - 2:15 pm	Brain break & snack
2:15 pm - 3:15 pm	Instruction time
3:15 pm - 4:15 pm	Enrichment programs & extra-curricular sports
4:15 pm	Student dismissal *

*Every Friday, students will be dismissed at 3:30 pm.



TRANSPORTATION

MTMS will continue to provide its students with reliable transportation to and from school, Monday through Friday, with updated transportation protocols. The School Community Outreach Coordinator (SCOC) will communicate the method of transport and pick-up time prior to the beginning of the school year.

BUS

The MTMS buses have been fitted with plexiglass barriers to protect the drivers. Drivers will also be required to wear a mask. Upon boarding the bus, students will be asked to sanitize their hands and put on a medical grade mask. Students will have an assigned seat and will not switch seats at any time. The busses will be sanitized and cleaned after the morning route and at the end of the day.

CONTRACTED SERVICE

This year, MTMS will employ Driven with Care to assist with transportation to and from school for students who reside outside of our bussing area. MTMS has chosen this service provider due to its high standard of care and strict practices for the cleanliness of their vehicles. Drivers and students are required to wear masks and use hand sanitizer when entering the vehicle. Additionally, the vehicles will be sanitized between every use.

PARENT DROP OFF'S & PICK-UP'S

MTMS is requesting the assistance of any families who are able to transport their children to and from school. Families who are able to assist are asked to contact Ms. Courtney MacDougall, SCOC prior to the start of the school year at 306-541-9402. Parents and guardians must have scheduled appointments to be in the school. Parent drop-offs and pick-ups will be outside of the MTMS staff parking lot, on Hamilton Street.

ENTRY, EXIT & FLOW OF TRAFFIC

Physical distancing (2 meters/6 feet) significantly decreases the spread of COVID-19. Students and staff will be encouraged to distance as much as possible. School entrances and exits will be clearly marked with directional signage and clear directives. Hallways will have brightly coloured markings to control the flow of traffic and remind students and staff to practice physical distancing. Time and resources will be devoted to re-educating students and staff about the routines and procedures.

VISITORS

Visitors, including parents and guardians, must have a scheduled appointment to be in the school. This will allow the MTMS team to intentionally attend to any needs families may have and at the same time, avoid unnecessary crowding in all areas of the school building. Individuals who are essential to school operations will be allowed limited access to the school.

LOGISTICS



ACADEMIC EXCELLENCE

CURRICULUM

The Ministry of Education Provincial Curriculum will be delivered in its entirety and all students will be expected to engage in academic programming during the 2021-2022 school year, regardless of the delivery model. MTMS will work with families to provide assurance that their children will be returning to safe classrooms. MTMS will work in collaboration with parents and medical professional for students requiring accommodations due to medical concerns. Documentation from a doctor or health care professional will be requested. MTMS will design schedules to maximize enriched learning with a focus on mental health and wellness. The delivery of classes like physical education and band will follow safety protocols. A major factor in promoting ongoing well-being is access to daily activity. MTMS will ensure that movement is integrated into daily learning and utilize the opportunity to conduct classes outside, weather permitting. Proper clothing and footwear will be expected. The focus will be on the teaching of outcomes, rather than the amount of time per subject.

TECHNOLOGY

Students will be provided with a laptop to support teaching and learning in all subject areas. Students will be better prepared to use technology should there be a need to transition to remote learning. Laptops will be stored inside student desks when not in use during the day. Students will follow strict classroom procedures when retrieving and returning laptops to the charging carts. Students will be required to clean their device frequently. Personal devices, such as cell phones, will not be shared and will remain in backpacks for the duration of the day and on the bus.

ASSESSMENT & PULL OUTS

All MTMS staff will wear the masks provided when working with small groups of students. Small group pull-outs will occur in the student lounge, which has been re-purposed with social distancing guidelines. Small-group pull-outs will only occur with students from the same class.

PHYS. ED.

Equipment will be sanitized frequently. MTMS will deliver physical education outdoors whenever possible. Teaching and learning will focus on activities that require reduced physical contact.

BRAIN BREAKS (RECESS)

MTMS will have staggered brain breaks with a designated supervisor. Floor markers will guide traffic in and out of the school. Equipment will be assigned to each classroom and students will be asked to stick to a single activity for the duration of the brain break. Emphasis will be on proper hand washing and sanitizing before and after brain breaks.

LOCKERS

Lockers will not be used at this time. Students are able to hang their backpacks under their desks upon arrival in the classroom.



Students will be provided with backpacks and an individual set of school supplies that will be kept at school, in their desk. A “no sharing” policy will be in place. The backpacks will be hung on the side of the desk upon arrival at school and taken home at the end of the day. We encourage students to leave all nonessential items at home.

BAND

Band will continue to be offered for all grade 6 students and for 7's and 8's who have expressed an interest. Band instruction will focus on sectionals and small group instruction that will allow students to maintain physical distancing of 2 meters. Students who participate will be kept in their grade groupings.

LIBRARY BOOKS

Students will sign up for a library card from the Regina Public Library and books will be accessed online and read on personal devices. Staggered times will be set up for classrooms to choose books from the schools selection. There will be a selection protocol in place to ensure students do not touch the books prior to selection. Book return bins will be placed in the lounge to facilitate a safe return process. Books will stay in the bins for 72 hours, prior to being placed back on shelves.

AFTER-SCHOOL ENRICHMENT PROGRAMMING

After-school enrichment programming and extra-curricular sports will resume at the start of the school year. MTMS will re-evaluate this should the situation surrounding the pandemic evolve. At that time, MTMS will follow the guidelines of the Saskatchewan Health Authority.

LARGE GATHERINGS

Large gatherings will not be permitted at this time. Assemblies will be held virtually. The Examen Prayer will be on Monday's and students will remain in their own classrooms. Father Jeff Burwell, SJ and Father Sami Helewa, SJ will hold virtual masses for students and staff until such a time that Campion College re-opens to the public.

CLASSROOM SETUP

MTMS's small class size is advantageous for facilitating adequate social distancing within each of the school's classrooms. In classrooms, desks will be separated to create as much space as possible while adhering to distancing guidelines. Non-essential classroom furniture has been rearranged or moved. Designated teaching spaces will be identified at the front of each room with floor markers.

VENTILATION

MTMS understands that ventilation will be a key mitigation strategy. Each classroom will be equipped with True-HEPA Air Cleaner, that captures all of the unseen particles and impurities suspended in the air.



At this time, the water fill station will be used to fill reusable water bottles. At the end of each day, water bottles will be collected and sanitized.

KITCHEN PREP/LOUNGE

MTMS will continue with its Nutrition Program, providing students with breakfast, lunch and two snacks daily. Staff will adhere to proper protocols and procedures around food handling and preparation. Training and education around food safety protocols will be offered in accordance with the provincial recommendations.

The cooking area will be off limits to students. Food will be packaged individually in re-usable dishes by the MTMS Nutrition Staff. Any food contact surfaces, including dispensing equipment, dishes, pots, and utensils will be sanitized after every use. Students will not be involved in the preparation, distribution or clean-up of meals.

The lounge area has been re-purposed to accommodate for small student pull-outs and new safety protocols are in place to provide the safest environment for our students and staff.

MEALS & SNACKS

Students will enjoy breakfast, lunch and snacks in their classroom. A designated supervisor will distribute food and supervise each classroom following safety protocols including the wearing of a mask, face shield and gloves. MTMS will offer foods that are individually packaged for snacks like yogurt, applesauce and granola bars. Food and snacks at meal times will not be shared.

NUTRITION PROGRAM





HYGIENE PRACTICES

HAND HYGIENE

Frequent hand washing is important for everyone entering the school. At MTMS, students and staff will wash or sanitize their hands with an alcohol-based hand sanitizer when they enter the school, before and after eating, as well as regularly throughout the day. Signage will be visible throughout the school reminding everyone about frequent hand washing, as well as proper coughing and sneezing etiquette. Additionally, alcohol-based hand sanitizer will be available throughout the school. MTMS will continue to educate and reinforce healthy hygiene practices.

CLEANING

MTMS will implement enhanced cleaning and disinfecting procedures. The school will be cleaned daily with an emphasis on disinfecting high-touch

surfaces and common areas including classrooms. Regina Catholic Schools (RCS) will provide additional cleaning staff for the building. Regular monitoring and disinfecting of school washrooms will be a priority.

MASKS

Masks will be an expectation for students and staff at MTMS. Masks do not need to be worn outdoors where social distancing can occur. Disposable medical grade masks will be provided for all students. MTMS expects all students to be responsible for the masks provided.

SOCIAL-EMOTIONAL SUPPORTS & WELLNESS



MIYIWÂHTAN KAMAWÊTIYAK

At MTMS, messaging from classroom teachers and student services will reflect our common goal; **Miyiwâhtan Kamawêtiyak**: we are working together to take care of each other: Classroom teachers will be mindful of students health and wellness throughout the day. The Indigenous Advocate will also work to incorporate traditional ways of healing specific to Indigenous culture for MTMS students.



TRAUMA-INFORMED PRACTICE

MTMS will implement trauma-informed practices to support students, staff and their families. Trauma informed practices include the administration of the PEAR Mental Health and Wellness Survey, mindfulness and creating an environment that promotes healing. Additional resources will include Art Therapy to help facilitate a creative therapeutic process where thoughts and feelings can be expressed, that would otherwise be difficult to talk about.



COUNSELLING SPACES

MTMS will have counselling support available for all students and staff if and when they are needed. Counselling procedures will adhere to social distancing protocols. When possible, social distance walks or conversations with students outside will be practiced at MTMS.



FOSTERING CONVERSATION

The SCOC will work with classroom teachers and the administrative team to craft a unique plan for each class that will address student mental health and wellness. This includes continuing with “Courageous Conversations” in grades 6, 7 and 8.



ADDRESSING FEARS & ANXIETIES

The School Community Outreach Coordinator (SCOC) and Graduate Outreach Coordinator will work in collaboration with classroom teachers and the administrative team during the first months of school to address anxiety, fears, and concerns surrounding COVID-19.



HOLISTIC SUPPORTS

MTMS’s innovative and transformative model focuses on removing barriers to students’ education. MTMS has been fortunate to be able to adapt its model and will continue to minimize additional stress and trauma by addressing individual student needs.

GRADUATE SUPPORT PROGRAM



ALUMNI AT MTMS

The Graduate Support Team may, on occasion, meet with MTMS alumni, at the school, for scheduled meetings. Alumni will not be permitted to drop-in for unscheduled visits. Meetings will occur on an individual basis and students will be required to wear a mask, sanitize and follow strict procedures while in the school. Alumni will be accompanied by a staff member at all times and they will not have any contact with middle school students. Alumni will only be permitted to access the Graduate Support Office while in the school.

HOME VISITS & TRANSPORTATION

At this time, MTMS staff will continue to exercise good judgement if it is necessary to enter the homes of our students and their families. The

THE GRADUATE SUPPORT TEAM

The Graduate Support Team will follow the protocols as outlined by each individual high school. All MTMS staff will be required to wear masks and practice safe social distancing when interacting with alumni outside of MTMS. The workflow and delivery model for the GSP will be dependent on evolving protocols for each high school, this includes the potential for a staggered workday to accommodate small groups of MTMS alumni outside of the school day.

Graduate Support Team will continue to find alternative ways to connect with students for counselling i.e. physically distanced walks, virtual meetings, phone calls, etc.

When the staff at MTMS, including the Graduate Support Team, transport students in their personal vehicles, students will be required to wear masks and sit in the back seat when possible. In an emergent situation, contracted services may be used and students will be required to follow the school's transportation protocols.

SUSPECTED OR CONFIRMED COVID-19 CASE PROTOCOLS

All staff and students who are feeling unwell and/or exhibiting symptoms of COVID-19 will remain home. As an associate school of Regina Catholic Schools (RCS), MTMS will follow the RCS Illness in Care - Students with COVID-19 Symptoms in Schools [Administrative Application 10220](#).

ILLNESS

Should a staff member or student become unwell at school, the office will immediately be notified, and a designated staff member will attend to the person until they can leave the facility. Emergency contacts should be aware that the student will need to be picked up promptly. Parents/guardians should contact 811 for an assessment.

If a student develops symptoms consistent with possible COVID-19 infection:

- Student need to identify to a staff member that they are experiencing symptoms.
- Students must be immediately separated and moved to the designated area for isolation while awaiting pick-up.
- Staff will be trained and will have protocols posted for the appropriate response to a student who is exhibiting COVID-19 symptoms.
- Sign-in protocols and staff/student schedules will be readily available to support contact tracing.
- Students will be monitored by a staff member when in isolation.
- Staff members and students will perform hand hygiene prior to entering and exiting the room.
- Staff members will wear a mask, face shield, gloves and a protective suit when accompanying the student in the isolation room.

- If the student needs to leave the isolation room for any reason, the staff member will remove all PPE, wash hands, and accompany the student out of the room.
- Only one symptomatic person per isolation area.
- Isolation rooms will be thoroughly cleaned by a caretaker after each use.
- Once a responsible adult for the ill person arrives, that person will be required to call 811 for an assessment or seek further advice from a healthcare provider on behalf of the ill person for further follow up.
- Any student waiting for results from a COVID-19 test is required to stay home and follow the instructions given by Public Health.
- Following testing, the student must demonstrate proof of a negative test result to return to school.

CONFIRMED CASE

In the event that a case of COVID-19 is confirmed to be connected to a school setting, Public Health will provide additional guidance on the required actions. The collaboration between the Saskatchewan Health Authority and schools will continue and will reflect the needs of the school as required.

When cases are identified in schools, schools and school divisions will continue to be notified by public health officials in order to inform students and parents. Contact tracing will continue to occur, and unvaccinated close contacts may be directed to self-isolate as deemed appropriate by public health.

In the last 14 days, have you or your child (who is not fully vaccinated) been a confirmed close contact (within 2 metres/6 feet) with someone confirmed to have COVID-19?

If yes, your child must stay home. If you haven't spoken with Public Health or been tested, you should contact 811 for guidance on self-isolation guidelines depending on vaccination status.

LOOKING AHEAD

At MTMS we are proud to say that during this Pandemic, a story of togetherness and hope has emerged. It is a story of the power of Mother Teresa Middle School's "ways of proceeding" and how engaging a community has allowed the MTMS Team to care deeply, connect strategically and look ahead.

The 2021-2022 school year will focus on student safety, mental health, well-being and learning. In understanding the rapidly evolving nature of the virus, plans will be flexible in terms of how programming and supports will be delivered to best meet the needs of MTMS students.

We will continue to do whatever it takes to keep everyone in our community safe. Our story will be one of coming together and the power of unconditional love, compassion, and kinship. May the words of Father Kevin Boyle SJ, **"We Belong to Each Other"** and those of Elder Harry Francis, **"Love one another and help one another...sákihitók mina wicíhitók,"** continue to inspire us and lead us well into the school year that lies ahead.

For more details or if you have any questions, please reach out to us at:

info@mtmschoolregina.com

306-569-6867



Mother
Ceresa



Middle School
A Jesuit Nativity Miguel Academy

1975



WELCOME BACK

RESOURCES:

[COVID-19 Self-Assessment Tool \(Home Screening\)](#)

[Regina Catholic Schools - Return to School Update](#)

[Government of Saskatchewan - 2021-22 Safe Schools Plan](#)

[COVID-19 Immunization Clinic Information](#)

[Mental Wellness and COVID-19](#)

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