



# CLAUDE WATSON SCHOOL FOR THE ARTS

## WEEKLY ANNOUNCEMENTS

### JANUARY 29, 2021



#### Staying Healthy During Flu Season

Flu season is here again. In Canada, flu season tends to run between October and April. The Ontario government is encouraging Ontarians to avoid getting sick this flu season by getting their annual flu shot.

Toronto Public Health is recommending that whenever students and staff experience flu-like symptoms, they are sent home and do not return to school until they are no longer infectious to others. Therefore, ill students and staff should be symptom-free (especially from vomiting and diarrhea) for at least 48 hours before returning to school.

The primary concern is for the health and safety of all students and staff. Please note that no special measures are required when there is a case of influenza in a school or daycare. However, everyone should do their part to stop the spread of the flu. As parents, you can also assist by:

- Reminding children to wash their hands often especially after using the washroom and before and after eating;
- Reminding children to cover their sneeze and cough;
- Watching for symptoms of vomiting, diarrhea, dizziness, and/or high fever;
- Informing the school if your child is ill;
- Keeping your child at home when he/she is ill.

For more information, please visit the Toronto Public Health website [www.toronto.ca/health](http://www.toronto.ca/health), contact your family doctor, or Telehealth Ontario. 1-866-797-0000.

#### Survey from the Board

Now that we are part way into the 2020-21 school year, we would like to connect with you once again to hear how things are going from your perspective and to receive input and comments about mental health and well-being, student engagement, and learning experiences to date.

We invite you to complete this short survey. It should take no more than 10 minutes and is anonymous. The survey will be available until January 31. Students in Grades 6 to 12 will also receive a survey link to their TDSB gmail accounts.

Complete the survey now at: [https://tdsb.ca1.qualtrics.com/jfe/form/SV\\_835EiBqHYP7KGWx](https://tdsb.ca1.qualtrics.com/jfe/form/SV_835EiBqHYP7KGWx)

#### Supporting Mental Health and Well-Being and Bell Let's Talk Day

Here is a video link below for elementary students called "Talking Mental Health"

<https://youtu.be/nCrjevx3-Js>

