



# Communicable Disease Prevention Plan

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## Introduction

Sunrise Waldorf School (SWS) is committed to maintaining a safe environment for all school community members.

## Trauma Informed Approach

Trauma-informed practice is a compassionate lens of understanding that is helpful to all children, youth and adults, especially those who have experienced traumatic events. The main components of this lens are rooted in the understanding that all behaviour and actions happen for a reason and it is up to each of us, in our helping capacity, to acknowledge current coping strategies and to assist children, youth and adults through supportive relationships and creative opportunities.

Trauma-informed practice involves the long-term work of transforming schools into compassionate learning communities.

We will continue:

- Working with our families in a supportive way
- Keeping the best interests of our students at the forefront of our day-to-day
- Putting health first and foremost
- Providing inclusive and compassionate learning environments
- Understanding coping strategies
- Supporting independence
- Helping to minimize additional stress or trauma by addressing individual student needs
- Supporting one another in a positive, collaborative way

## Keeping Students and Staff Healthy

Sunrise Waldorf School will continue to work on improving the health and safety and continue to review current trends and needs. The school is committed to activities such as ensuring good air circulation in classrooms, regular cleaning, and disinfection, providing frequent opportunities for hand hygiene, posting and following public health notifications, and going outside more often.

## Student Support

SWS will continue to provide the necessary care needed to facilitate learning for our students that are in student support. We will continue to implement health and safety measures that promote inclusion of students with disabilities/diverse abilities.

## Illness

In sending your child to school, you are agreeing to not have your child attend school if they have communicable disease symptoms.

If you have any **concerns** or **questions** about your student's health, contact 8-1-1 at any time.

## Infection Prevention and Exposure Control Measures

Infection prevention and exposure control measures help create safe environments by reducing the spread of communicable diseases. Schools are considered a controlled environment. This is because schools include a consistent grouping of people, there are policies for sick students and staff and there is an ability to implement effective personal practices that are followed by most people most of the time in the setting (e.g. diligent hand hygiene, respiratory etiquette, etc.).

## Hand Hygiene

Rigorous hand-washing with plain soap and water is the most effective way to reduce the spread of illness

Follow these guidelines to ensure effective hand hygiene in schools:

- Practice diligent hand hygiene by washing hands with plain soap and water for at least 20 seconds
- Facilitate regular opportunities for staff and students to practice hand hygiene
- Hand-washing should be encouraged upon school entry and before/after breaks and eating, using washrooms and using frequently touched shared equipment.
- Ensure hand-washing supplies are always well stocked including soap, paper towels and where appropriate, alcohol-based hand rub with a minimum of 60% alcohol.
- Staff should assist younger students with hand hygiene as needed.

## Respiratory Etiquette

Students and staff should:

- Cough and sneeze into their elbow, sleeve, or a tissue.
- Throw away used tissues and immediately perform hand hygiene.

## Public Health Measures

SWS will respond appropriately to requirements of the Provincial Health Officer, and/or local Medical Health Officer, and WorksafeBC.