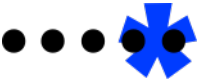


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# PARENTS GUIDE FOR NAVIGATING THE ACADEMIC YEAR 2020/21

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September 2020



**Dear Parents,**

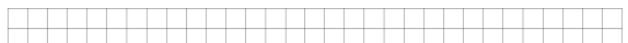
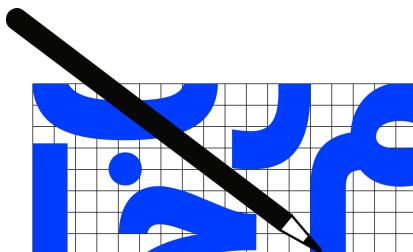
As a follow-up to the Parents Guide for Private Schools Reopening, we are issuing this new guide to support you in effectively navigating the Academic Year 2020/21.

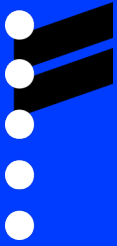
We would like to share valuable insights, reminders and recommendations that will enable you to support your children’s education effectively.

We have worked closely with private schools and health authorities to establish the best safety measures and receive students so they can learn and thrive in the safest environment possible. We have also developed a thorough compliance policy complete with a detailed checklist as well as a penalties’ matrix to ensure private schools maintain the highest standards possible.

We continue to do our part and we are also depending on you to do yours. As parents, you play a vital role in ensuring that our students and by extension, our communities, are safe and healthy. We rely on you to set the right example and continue inspiring your children to learn while adapting to new circumstances.

We thank you for joining your efforts to ours so we can all maintain the safety of the schools and their communities. We hope you will read this guide carefully and share it with your family and friends. Together, we can continue our gradual return to normalcy and enjoy watching our children make new memories.

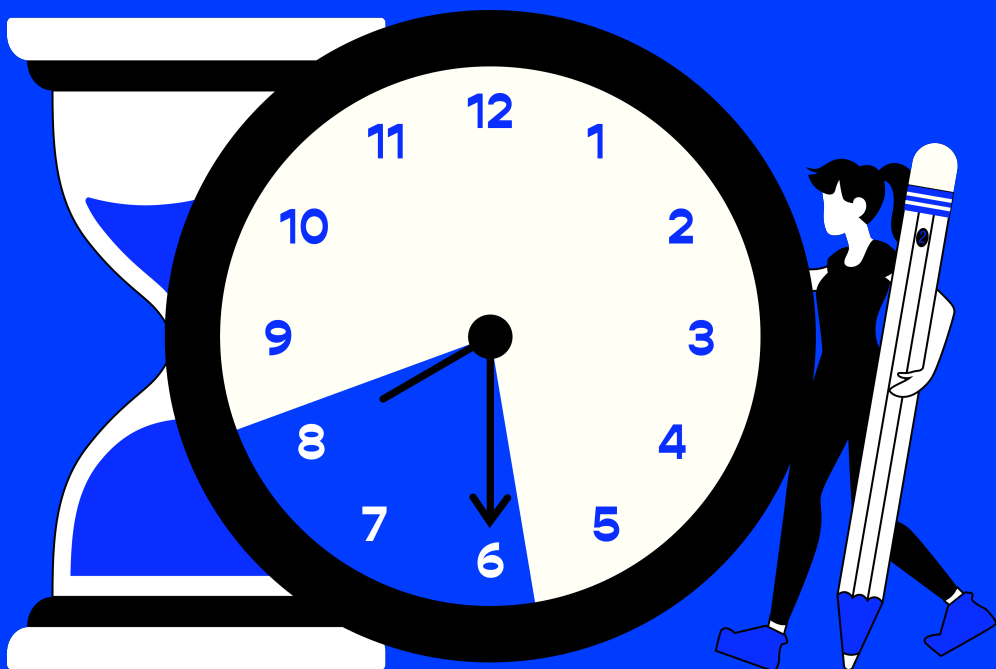


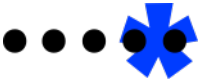


# MORNING PLANNING AT HOME FOR IN-PERSON SCHOOL ATTENDANCE



**06:00 am – 08:00 am**

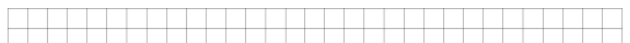
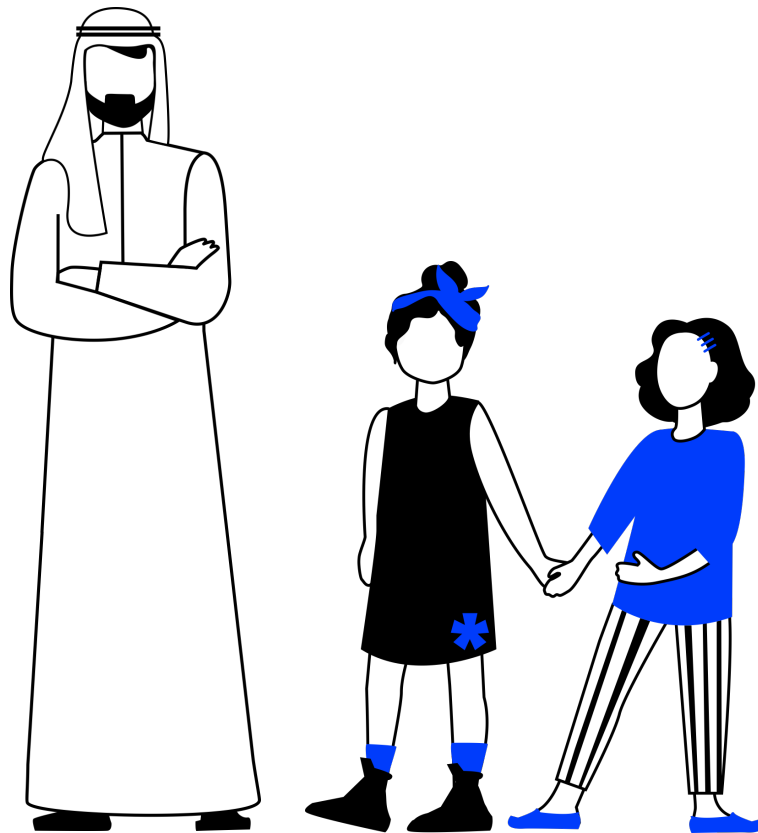


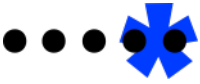


## PREPARING YOUR CHILDREN FOR SCHOOL

We know that our students are happy to be back to school, which is why it is of paramount importance that we continue to work together; we all share responsibility for keeping our schools, our students and our communities safe.

You have signed a health declaration on behalf of your children and as such we trust you to monitor them daily with the underlying promise that if they feel unwell, or have been in contact with anyone who has tested or is suspected positive for Covid-19, you would immediately notify the school and keep your children at home.





## | CHECK YOUR CHILDREN'S BACKPACK FOR THE ESSENTIALS



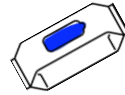
Face masks (at least 2) in case a change is needed



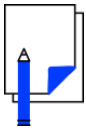
Hand sanitizer



Lunchbox and water bottle



Disinfectant wipes



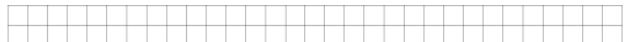
Stationary



Digital gear (if applicable)



Make sure the weight of the bag does not exceed 20% of your child's weight

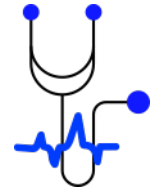
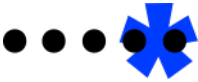


# | DO YOUR DAILY HEALTH CHECK

- Conduct a daily temperature check
- Monitor them for possible symptoms:
  - \* If they show COVID-19 symptoms (nausea, fever, sore throat, loss of smell or taste etc.) **Keep them at home.**
  - \* If they have other signs of illness, like a cough, diarrhea, severe headache, or body aches. **Keep them at home.**
- If they have been in contact with a positive COVID-19 case, **Keep them at home.**
- Only send your children to school when they are healthy and symptom-free to avoid infecting other students.

In all the above cases, please inform your school immediately so they can advise you on the appropriate procedures instated by ADEK and the Department of Health.





**If your child has a chronic illness, they should be distance learning full time.**

**Even if you believe your child's condition is well managed and under control, they will be on full-time distance learning for their own safety.**

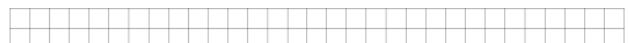
**Health authorities indicated that individuals diagnosed with chronic conditions are more prone to severe side-effects or complications of COVID-19.**

**Below is a list of medical conditions classified as high risk during the COVID-19 pandemic.**

- \* Cardiovascular disease
- \* Diabetes
- \* Lung disease; chronic lung conditions such as Asthma, COPD, lung fibrosis, cystic fibrosis and bronchiectasis
- \* Lung transplant recipients and other immunosuppressive therapies
- \* Cancer patients including those on treatment such as chemotherapy, radiotherapy or immune suppression
- \* People with blood malignancies such as lymphomas, leukemias and multiple myeloma are most at risk
- \* Hypertension
- \* People on immuno-suppressants and immuno-modulators, including long term steroids
- \* People who have an organ transplant or a bone-marrow transplant
- \* Immuno-deficient individuals due to diseases such as HIV/AIDs or hereditary immunodeficiency disease, or those on immuno-suppressants
- \* Auto-immune diseases such as rheumatoid arthritis, systemic lupus, multiple sclerosis (MS) and inflammatory bowel diseases
- \* Chronic kidney disease
- \* Chronic liver disease
- \* Hematological disorders

We understand that most children want to be back in school with their friends and while you may feel that your child is not at risk, it is critical for their own safety to keep them at home.

Withholding information deemed relevant to public safety and knowingly exposing the public to risk is highly negligent and punishable by law.





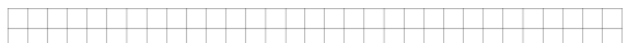


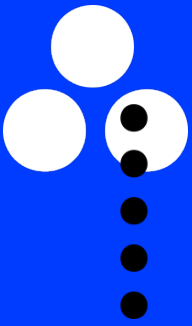
# | FOLLOW ARRIVAL AND PICK-UP REGULATIONS:

- Accompany your children to the dedicated arrival zone.
  - \* Remember only one parent should be present.
- Be on time if schools stagger entry and exit times for students to avoid large queues and crowding.
- If you accompany your child as they stand in the queue, you **must** wear a mask and maintain social distancing.
- We know it is tempting but, for your safety as well as the safety of others, you are not permitted to enter the school building.
  - \* Exceptions are made if you are accompanying a Student of Determination.
  - \* Exceptions can also be made to allow one parent to accompany a KG or early Cycle 1 student, if needed.
  - \* **If you want to accompany your child to class, make sure you have a valid (72 hours) negative PCR Covid-19 test even if you are a volunteer for the vaccine trials.**

# | IF YOUR CHILD IS DISTANCE LEARNING FROM HOME, REDUCE DISTRACTIONS TO HELP THEM STAY FOCUSED:

- Set up a quiet, clutter-free workspace that is comfortable for your child. Dedicated learning spaces can help your child transition into class-mode easier.
- Remove distractions such as favorite toys which can make it harder for children to focus.





# CLASS IS IN SESSION



08:00 am – 02:00 pm



# BE FAMILIAR WITH YOUR SCHOOL'S PLAN FOR HOW THEY WILL COMMUNICATE WITH YOU WHEN A POSITIVE COVID-19 CASE IS DETECTED IN YOUR CHILD'S CLASS OR A PRECAUTIONARY SHIFT TO DISTANCE LEARNING IS REQUIRED.

- Students who are ill at school and show COVID-19 symptoms are taken to the isolation room in school and checked by the school nurse.
- Should your school call you to pick up your child and take them for COVID-19 testing, **you are expected to treat this seriously and pick them up without delay.**
  - \* Follow the nurse's instructions to avoid jeopardizing public health.
- There is no need to panic when receiving standardized pre-approved school correspondence related to suspected cases.
  - \* Trust that the schools and the relevant authorities are properly managing the situation for the community's best interests.
- Ensure the privacy of affected individuals is upheld.

- **Children who are ill and are not contacts of positive cases can return to school** after they've been symptom-free for 24 hours and with a doctor's note certifying that they are fit and healthy for school.
- **Children who are contacts of a positive COVID-19 case, can return to school** after completing at least 14 days of home quarantine (for contacts who test negative) or isolation (for contacts who test positive) and after showing two consecutive negative PCR test results or a clearance report from SEHA or their healthcare provider.

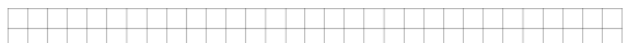
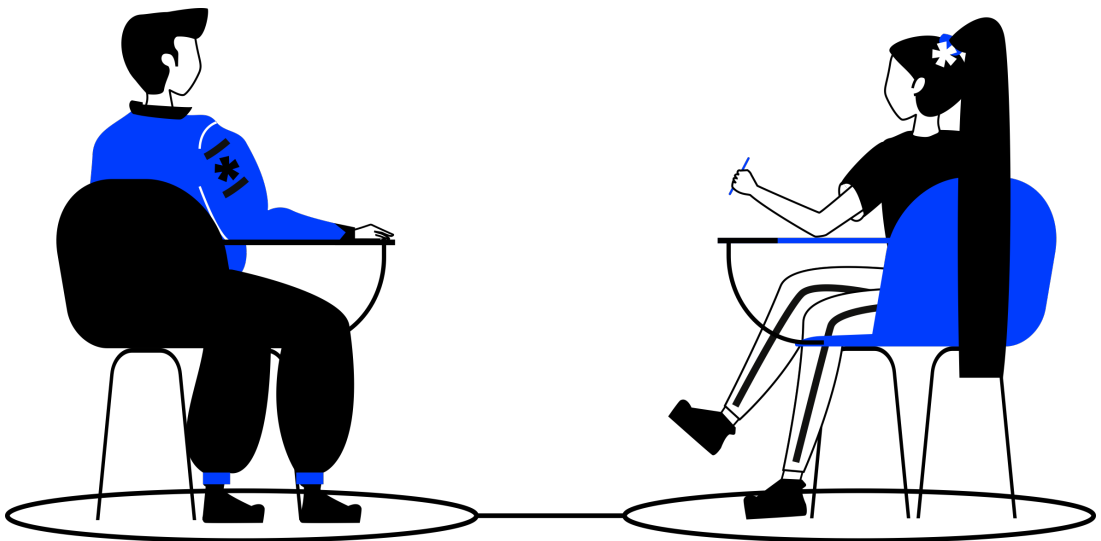






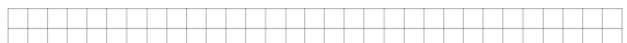
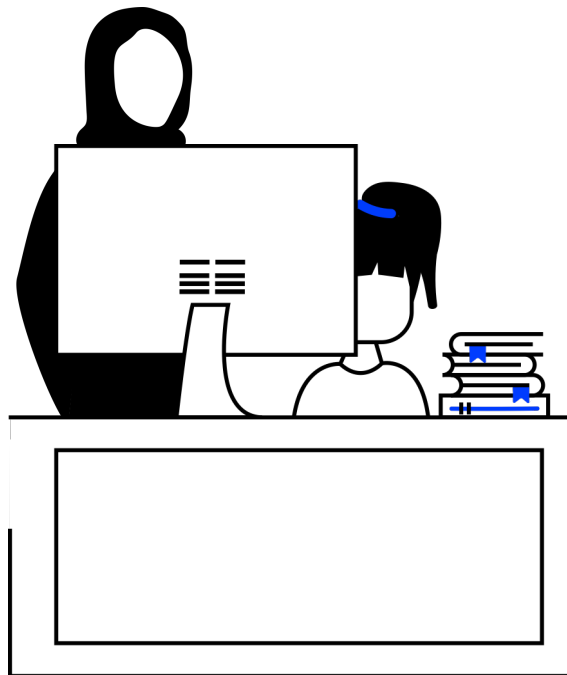
# | FOR OLDER CHILDREN RETURNING PHYSICALLY TO SCHOOL, PLEASE REMEMBER:

- Students who do not abide by the schools' health and safety rules, including maintaining a 1.5 m social distance and keeping the mask on will risk disciplinary measures.
- Students who are 12 years and older and returning to school physically will be Covid-19 tested prior to going back to school in addition to ad hoc testing within the school grounds. Please follow instructions from the school in this regard.
- Remind your older children to follow all health and safety rules even when outside of school and if this is not possible, limit their interactions to specific peer groups.
- Schools will be asking the students coming back into school to abide by a code of conduct as a sign of their commitment to strictly adhere to preventative measures.



# | IF YOUR CHILD IS DISTANCE LEARNING, TRUST THEIR LEARNING CURVE:

- ⦿ Do not interfere during classes. This disrupts the continuation of the lessons and their efficacy.
- ⦿ Allow your children to take their quizzes and exams without interference. We know you want to empower your children so just remember that:
  - \* Even in full-distance learning mode, children are still attending school and are expected to follow the same rules of engagement as everyone else.
  - \* Over-reliance on parents will limit children's drive to solve challenges and can affect their learning abilities.
- ⦿ Monitor your children's devices during classes. Non-class related social media and web surfing may hurt their performance.

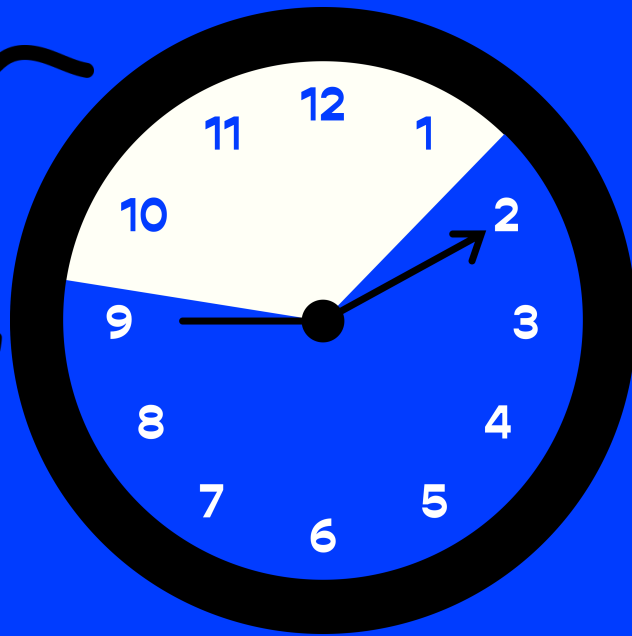




# SCHOOL IS OUT

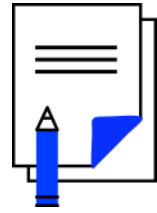


02:00 pm onwards









## **| MOTIVATE YOUR CHILDREN TO CONTINUE LEARNING**

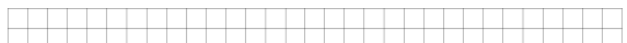
- Prepare children so that they understand that schools may need to close again if more people get sick. Reassure them that if schools close again it is so that our communities stay safe and healthy.
- Continue to remind them that learning can happen anywhere whether at school or at home.

## **| ENSURE YOUR CHILDREN ARE SAFE WHEN SOCIALIZING OUT OF SCHOOL:**

- Normalize mask wearing and help your children value their own safety.
- If you have older children who hang out with their friends, make sure they always wear masks and maintain social distancing.
- Pay attention to whom your child physically interacts and socializes with, out of school. You should encourage them to socialize with a tight knit group of family or friends who adhere to the same safety norms.
- Avoid large gatherings and maintain social distancing.

## **| DO NOT FEED THE RUMOR MILLS:**

- We ask you to avoid the spread of misinformation within parent groups and the wider community as we do not want to cause unnecessary panic.
- When in doubt, check all official communication channels and do not hesitate to use the dedicated hotlines.



# | ENGAGE YOUR CHILDREN IN FUN AFTER-SCHOOL ACTIVITIES:

- Check out the latest competitions and challenges on [Activity platform](#)
- Encourage them to exercise.
- Introduce them to new hobbies.

# | RESOURCES YOU CAN USE TO STAY UPDATED:

- [ADEK schools reopening web page](#)
- ADEK Parents Hotline: 056-3771833
- ADEK Social media channels: [ADEK insta](#)
- DOH / SEHA

