

COVID-19 Health and Wellness Statement

Dr. Bonnie Henry is advising parents who can, to care for their children at home. For essential service workers, Dr. Henry maintains that child care centres can safely care for children if they are following the prescribed health protocols.

Accordingly, please note the following Covid19 Health and Wellness policy, which applies to all staff and children within this facility.

Parents will be asked to sign a statement each morning, confirming that their child is symptom free & that their child has not been given acetaminophen or ibuprofen in the last 12 hours. You must also sign that your children and family are practicing social distancing when away from the child care center

Symptom	May return when
Temperature of 100 F / 37.8 C or higher (orally) or 99 F / 37.2 C or higher (under the arm)	May return to child care after 10 days or when symptom-free, whichever is longer
Runny nose	May return to child care after 10 days or when symptom-free, whichever is longer
Cough	May return to child care after 10 days or when symptom-free, whichever is longer
Sore throat	May return to child care after 10 days or when symptom-free, whichever is longer
Difficulty breathing or wheezing	May return to child care after 10 days or when symptom-free, whichever is longer
Unexplained fatigue, aches or cold/flu-like symptoms	May return to child care after 10 days or when symptom-free, whichever is longer
Sinus congestion	May return to child care after 10 days or when symptom-free, whichever is longer
Children who have, or children with others living in the same home who have just returned from international travel	May return after self-isolating for 14 days and being symptom-free
Children who have, or children with others living in the same home who have been identified as at-risk of potential Covid19 exposure	May return after self-isolating for 14 days and being symptom-free

Dear parents,

We understand that it is not easy to send your child into a group setting at this time and will be doing our best to ensure their health, safety and happiness. In order to do so, it is vital that parents also do their part in this, in order for your child and others to stay safe.

1. You will be asked to be in compliance with the health and wellness commitment every day. Each morning you will be asked to sign indicating:
 - a. That you and your child are practicing social distancing and self-isolation outside of childcare and work.
 - b. That your child is free from cold and flu symptoms
2. Each morning we ask that you assist your child in:
 - a. Hanging up their belongings on their designated hook and reminding them to keep their belongings off the floor.
 - b. Monitor a thorough 20-30 second-hand wash
3. Do not allow your child to bring toys or personal belongings from home, other than necessary clothing, food and drink.
4. We will be working on creating personal bubble zones the size of fingertip to fingertip with arms outstretched. If there is not enough space to spin with arms outstretched, then kids are too close and should give space. Staff will be helping kids throughout the day by calling out "space check" everyone will stretch out their hands and move far enough away as to not be able to touch another outstretched hand.
5. Explain to your children that in order to help with social distancing and to be breathing in fresh clean air as much as possible that they will be playing outdoors for the majority of the day. This may be hard for some to get used to.
6. Send belongings with them to help them have a comfortable day outdoors/dress them in layers inc. a warm jacket, hoodie or sweater, and t-shirt.
7. Send two snacks, lunch and a refillable water bottle labelled with their name. It is important to note we are not allowing use of Thrive cups or spare water bottles right now so it is essential that your child has their water bottle every day.
8. Thrives program moto is EXPLORE DISCOVER THRIVE. We believe kids are happier, healthier and smarter when interacting with nature. Therefore we are often out on trips to natural parks and forest areas. Because of this, it is important that your child is dropped off by 9:30 am and picked up no earlier than 3:30 unless otherwise pre-arranged with staff. If your child can not attend an out trip you will need to find alternate care for that

day. Please note Thrive will not be participating in any out trips to indoor facilities, playgrounds or crowded areas where safe social distancing can not be practiced.

9. Tick season seems to have started early this year and so it is important to note that we are playing outside in grass and forest. Most ticks do not carry diseases, and most **tick bites** do not cause serious **health** problems, however, to help your child remain safe from tick bites please have them dress in long pants and use long socks. In certain brushy locations, the kids will be asked to tuck their pants into their socks. Hats are also a must-have for forest play at this time. Staff will be applying bug repellent to kids ankles, waist, neckline, and hats if you have signed permission for that in your sandbox file. If you have not done so and you wish to send your own natural bug repellent, please do. We also encourage you to ensure your child showers off once home and that you help do a tick check in the hard to see places.
10. Reading, Writing and Arithmetic - learning comes naturally in play, especially in play outside with loose parts that invite social interaction, creativity, problem solving and innovation. However, we will also do our best to support ongoing awareness and practice of reading, writing, math and STEM. We will continue to have 30 min. Of homework/ reading time each day as well as do our best to incorporate fun hidden learning in our daily activities. If our child has homework from school you are hoping they do while at Thrive please speak to staff about it. They will do their best but can not promise to fill the directed academic needs of each child.
11. Help us find hand sanitizer, anti-bacterial hand wipes, surface sanitizing wipes and spray on Lysol. As you know it is very very hard to find these items on the shelves at stores these days. We are set with bleach and soap products but if you are able to find any of those other handy easy to use convenient items please grab us some! We will be happy to reimburse you!
12. Registration is on a month by month basis. 30 days written notice to withdraw is not required during this pandemic. However, you must still give written notice if you are withdrawing. If you give written notice before the 15th of the month you will be given credit for future care. If you give notice after the 15th you will not be credited for the remainder of the month.
13. Please stay in communication with us! The staff will be doing their best to have open and invited communication with parents. If you feel that concern is not being heard on-site please do not hesitate to call us at the support office. Feedback is always valuable.
office.thrivekelowna@gmail.com