



Phone: 1-306-682-2558
Toll-free: 1-866-966-2558
Fax: 1-306-682-5154
10366 8th Avenue
PO Box 40
Humboldt, Saskatchewan
S0K 2A0

To: Horizon Families and Staff
From: Kevin C. Garinger, Director of Education
Date: March 17, 2020
Re: Information Related to School Closure - COVID-19

Good afternoon, Horizon families and staff.

The constantly evolving, uncertain nature of the situation we find ourselves in requires regular updates and open lines of communication. I thank you for your patience in this unprecedented time.

Families, we thank you for staying in contact with your school and reporting your child's absence if they are staying home prior to March 20. Continue to communicate with your bus driver to indicate if your child will not require transportation prior to March 20.

We are asking students to take home their personal items and books -- including textbooks -- on or prior to Thursday, March 19. Students taking home their personal effects will allow us to do a deep clean during the time your children are away from school. This is a great segue into my next point.

As we have shared, Saskatchewan school closures are in place indefinitely. We are unsure as to the length of time schools will be closed. As we receive further direction from the Government of Saskatchewan, we will be certain to relay that information to our families and staff.

Just a reminder that children or staff who exhibit symptoms of a cough or a fever will be sent home from school. We encourage adults to use the [Self Assessment Tool](#) available on www.saskatchewan.ca/coronavirus and/or to call the provincial HealthLine at 811, if necessary.

We all play a significant role in helping children feel safe and cared for during uncertain times. Families and staff, we encourage you to share the following tips in order to support the emotional wellness of everyone in your home.

- **Take care of yourself** – continue to engage in healthy, positive activities that you enjoy. Healthy adults create healthy children.
- **Model calm and be reassuring to your children** – let your children talk about their feelings, fears, and questions. Responding calmly will positively influence your child's emotional responses.
- **Maintain normal routines to the extent possible** – maintaining routines provides a sense of comfort and reassurance. Seek out and maintain fun activities as a family. A few examples include crafting, baking, board games, reading, movie nights, and enjoying outdoor activities together.
- **Monitor and limit media/social media exposure** – excessive exposure is linked to an increase in anxiety and worry. Limit your own exposure to reliable sources.

- **Share factual and age-appropriate information with your children** – consider both the age and individual characteristics of your child when determining how much to share. Emphasize actions that you can do to limit risk, such as following recommended hygiene practices.

I also want to share the following online resources. If you do not have access to the internet at home, please contact your school. We can arrange to make these online resources available for your family by other means.

Tips for managing anxiety about COVID-19

[Canadian Mental Health Association](#)

[Anxiety Canada](#)

Talking to your children about COVID-19

[Center for Disease Control](#)

[Kids Health](#)

Thank you for your immediate attention to this matter. Further updates will be shared as soon as possible, and as they arise. Once again, on behalf of my Board of Education, I want to thank each of you for your efforts to help “flatten the curve” in relation to the spread of COVID-19. The truth is, if the curve does flatten, people may think we have overreacted. The best way to look at it is that the measures we implemented worked. Take care of yourself, your children, and each other.

Thank you,



Kevin C. Garinger, B. Ed, M.A. Ed
Director of Education/CEO
Horizon School Division No. 205