



West St. Paul School

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David Ingram – Principal Jenny Macdonald – Vice-Principal

January 12, 2022

Dear West St. Paul School Families,

We are pleased to have rapid test kits available for families of kindergarten to grade 6 students to support the return to in-person learning next week. Each bag contains the supplies for 4 Rapid Antigen Tests. Please refer to the attached instructions on how to perform the tests. Also, there is a YouTube link to a video below, from the government of Manitoba website, that outlines how to use the tests. These tests are intended to be an added measure of security as students return to in-person learning. It is recommended that you test your child(ren) twice a week, Sundays and Wednesdays.

Please note that when your child is experiencing symptoms, they may not attend school, even if they have a negative test result. Tests will be available for pick up at the school on Friday, January 14th between 8:00 am and 2:30 pm. Please contact the office if you need to make alternate arrangements.

Video link to Test Instructions: <https://www.youtube.com/watch?v=5wMgGuTMnTo>

We continue to teach students ways to keep themselves and others safe from the Covid-19 virus. Students wash their hands with soap and water and/or sanitize their hands often throughout every day. Students are distanced in classrooms to the greatest degree possible and encouraged to distance from each other during play times. We encourage students to wear their mask as often as possible and to remove their masks only while eating. Our air exchange system in the building exceeds the required provincial standards and classroom windows are open to allow for fresh air circulation throughout the day. We have installed HEPA air filtration units for all classrooms without windows in the school. Safety of our students, staff, families, and community remain the priority during the school day. We know that getting vaccinated as soon as one is able is an important way to reduce the chances of serious illness.

We have had some questions regarding masks for students. As stated by Public Health "Non-medical masks are required indoors for all K to 12 students. Where possible, focus should be on wearing a mask that fits the face well and has at least three layers. Masks can be provided by schools to students if forgotten/needed." We will have some medical procedure masks available at the school, in 2-sizes, pediatric and adult, as needed. We will not be sending masks home for students. We know that since medical masks aren't adjustable, they don't always fit all children's faces well, so our focus as a

school will be on students wearing well-fitted masks, which could be fabric or disposable, with the recommendation being masks with at least 3 layers.

We thank you for your patience and understanding, as we have all had to make adjustments and arrangements after the winter break to allow for the extended break, followed by remote learning, along with some students learning in-person. We thank you in advance for continuing to monitor your children for symptoms at home and keeping them home when they are symptomatic. We look forward to having all students back, in-person, next week.

Sincerely,

David Ingram

Principal

Jenny Macdonald

Vice-Principal

COVID-19

How to give your child an anterior nasal swab test with the Abbott Panbio™ COVID-19 Rapid Antigen kit

Public Health Factsheet

December 2021

Manitoba 

Please note: If your child has COVID-19 symptoms, we recommend going for testing at a provincial testing facility. For a full list of locations, visit <https://www.gov.mb.ca/covid19/testing/locations.html>

- Your kit comes with enough components for five tests, including five test cartridges, five sterile swabs that look like a Q-Tip, five tubes and caps and five buffer bottles with solution.
- Before you start, make sure everything is at room temperature and your testing area is free from clutter. Wash your hands thoroughly with soap and water before you begin. Get your child to wash their hands too and have them gently blow their nose into a tissue.
- Open the buffer bottle with solution and add it to an empty tube.
- Open the sterile swab package, making sure the tip of this swab doesn't touch anything.
- Tilt your child's head back and insert the swab 1.5 centimeters inside your child's nostril. Be very careful not to insert it more than two centimeters.
- Move the swab in a circle inside of the nostril for at least five seconds. Then, press your child's nostril down against the swab and spin the tip for five more seconds. Now, using the same swab, repeat the same thing in the other nostril.
- Put the swab inside the tube, ensuring that it's completely covered by the liquid. Mix it really well, occasionally squeezing the tube against the swab at least five times.
- Pull the swab halfway out of the tube, locate the breakpoint on the swab and snap the stick, letting it fall to the bottom of the tube. Avoid touching the swab and contaminating the sample during the process. Close the tube with the cap provided.
- Open the test cartridge package. Take your tube and unscrew the bottom. Add five drops of the liquid onto the test side of the cartridge. Put the end back on the tube and set aside.
- Set your timer for 15 minutes. When the timer goes off and the result is positive, you'll see two lines – one line under the "C" and one line under the "T" on the test cartridge. If your child is positive, take them to get a PCR test at a facility near you. Find a location at <https://www.gov.mb.ca/covid19/testing/locations.html>
- If the result is negative, you'll only see a line under the "C". Remember, a negative test result does not rule out COVID-19. All public health guidelines must continue to be followed.
- Finally, if something went wrong with the test, you won't see a line at all or may only see a line under the "T". If this happens, throw the test away and start over.
- Tests are to be administered every three to four days until the Kit (five tests) is completed.

These items were part of a larger shipment of tests. All precautions were taken to ensure that they were safely repackaged.