



RESTART PLAN

This document is informed by [BC's Restart Plan: Next Steps to Move BC Through the Pandemic](#), the [BC COVID-19 Go-Forward Management Strategy](#), [BC Centre for Disease Control: COVID-19 Public Health Guidance for K-12 School Settings](#), and is aligned with [BC's COVID-19 Go-Forward Management Checklist](#) and [WorkSafe BC's COVID-19 Information and Resources](#)

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Taking care of our children's future...today!

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Vaheguru Jee Ka Khalsa, Vaheguru Jee Kee Fateh!

Dear parents and students,

These past few months have been challenging for everyone. We hope that all Gurmat Center families are doing well. We would like to take this opportunity to welcome you back for another exciting school year! For those who are new to our school community, we would like to extend a special welcome. Although this year will be unlike any other due to the global pandemic, it will be filled with many exciting activities, challenges and opportunities for students. We are excited to start classes in September as they will allow students to remain connected to a positive learning environment, their Punjabi and Sikhi education, and prevent learning loss!

Despite the new changes due to COVID-19, Gurmat Center is committed more than ever to educating children in areas of Punjabi, Kirtan, Sikh Studies, Santhia (Nitnem and Sri Guru Granth Sahib Jee), and much more. We are continuing our trademark Katha in English at our Sunday Youth & Family Darbar to help students gain more understanding as well as learn the importance of Sikhi. Over the years, the Darbar has inspired many students to become more aware of their rich heritage and glorious history. It is also a great way to have children connect with the greater school community.

Gurmat Center's top priority has always been the safety and well-being of our students and volunteers. Since March, we have been following and will continue to follow recommendations from our provincial health officer, the Canadian government and local authorities.

Over the summer, our team developed and implemented a restart plan with the guidance of BC health authorities. This plan has been reviewed and approved by a health care representative. This booklet contains details about how we will be moving forward, taking into account all COVID-19 safety precautions.

It is our belief that we are working together as partners with parents in the education and safety of students. Parents should be fully aware of student progress as well as our safety procedures and policies. Despite the pandemic challenges, we are committed to providing an authentic learning experience to ensure the success of all students.

Please take some time to read all of the information in this package, including the restart strategy, timetable, and new policies and procedures.

If you have any questions or concerns, you may contact our office through email or phone call. Thank you for your patience, cooperation and support!

Sincerely,

Gurmat Center Team of Educators

**Please note that plans are subject to change as more information is released from local authorities, the provincial health officer, and Canadian government.*

RESTART STRATEGY

JULY 2020	Staff return to Gurmat Center
SEPTEMBER 2020	<p>The following classes/programs start in week 4:</p> <ul style="list-style-type: none"> • Punjabi (Levels 1, 2, & 3) • Santhia (Levels 4 & 6) • Sikh Studies (Level 5) • Seva Club
OCTOBER 2020	<ul style="list-style-type: none"> • Gurmat Center Youth (Saturday, October 3, 2020) • Sunday Youth & Family Darbar starts on Sunday, October 4, 2020 • Kirtan (Levels 1, 2, 3, 4, & 5) • Gatka (Beginners, Intermediate & Advanced)
POSTPONED EVENTS	<ul style="list-style-type: none"> • Simran Club • Langar 4 Hunger
CANCELLED	<ul style="list-style-type: none"> • Little Gursikhs Sangat • Volunteering (limited to Seva Club) • GCO Adopt-A-Park

2019 - 2020 SCHOOL YEAR

All registered students from the 2019 - 2020 school year have been promoted to the next level. To ensure that our students' education is not hindered, see plan below:

LEVEL	DESCRIPTION
Punjabi, Level 1 promoted to Level 2	Classes will resume from where they left off.
Punjabi, Level 2 promoted to Level 3	Classes will resume from where they left off.
Punjabi, Level 3 promoted to Nitnem Santhia, Level 4	Students have developed reading skills and can advance to Nitnem Santhia.
Nitnem Santhia, Level 4 promoted to Sikh Studies, Level 5	Students will complete their remaining Nitnem Santhia (Anand Sahib) in level 5 and then proceed to the Sikh Studies curriculum.
Sikh Studies, Level 5 promoted to GGSJ Santhia, Level 6 (Part 1)	Students have practiced Gurbani reading skills and will move to level 6.
GGSJ Santhia, Level 6 (Part 1) promoted to GGSJ Santhia, Level 6 (Part 2)	Class will resume from where it was left off.
GGSJ Santhia, Level 6 (Part 2) (2019)	Students in this level did not complete their Santhia and will be offered a class every Thursday for 1 hour & 15 minutes for the duration of 2 months. Students that attend this class and complete Santhia will be recognized at the Awards Ceremony. Students will have to register for this class and pay the fees.
Kirtan (all levels)	Students will remain in the same level as last year and classes will resume from where they left off.
Gatka	Students will remain in the same level as last year and classes will resume from where they left off.

IMPORTANT NOTE: *If students do not complete the Summer Reading program and are unable to keep up with the class, they may be sent back to the previous level by their teacher.*

2020 - 2021 SCHOOL YEAR

We are very excited to have classes starting up in September. We are looking to see what the School District of Abbotsford will be doing this September as well.

Details regarding the upcoming school year are listed below:

- Registration will open in the first week of August.
- Classes will begin on Monday, September 21, 2020.
- Since class sizes have been greatly reduced due to physical distancing, spaces are very limited. As a result, registration will happen on a first-come, first-served basis.

CLASS SCHEDULE

Due to physical distancing, class sizes have been greatly reduced and seats are limited. Classes have been shortened to 1 hour & 15 minutes and 2 classes will be held on one day. See class schedule below:

- **5:00 - 6:15 PM:** Class #1
- **6:15 - 6:30 PM:** Transition/disinfection
- **6:30 - 7:45 PM:** Class #2

The shortened classes will allow for physical distancing as well as increase available seats. Smaller classes will also allow teachers to complete the curriculum within the school year. All classes will be held only once a week this year, including all Santhia classes. A 2-month class is being offered to 2019-2020's level 6 part 2 class to complete their GGSJ Santhia.

See the time table on the next page.

TIMETABLE & FEES

CLASS	DAY	TIME	YEARLY FEES	COURSE DURATION	# OF MONTHS	LOCATION OF CLASS
Punjabi Level 1	Monday or Tuesday	5:00 - 6:15 pm or 6:30 - 7:45 pm	\$410.00	Sept - May	9	Main Floor
Punjabi Level 2	Thursday or Friday	5:00 - 6:15 pm or 6:30 - 7:45 pm	\$410.00	Sept - May	9	Main Floor
Punjabi Level 3	Wednesday	5:00 - 6:15 pm or 6:30 - 7:45 pm	\$410.00	Sept - May	9	Main Floor
Nitnem Santhia Level 4	Tuesday or Thursday or Friday	5:00 - 6:15 pm or 6:30 - 7:45 pm	\$410.00	Sept - May	9	GC Basement
Sikh Studies Level 5	Friday	5:00 - 6:15 pm or 6:30 - 7:45 pm	\$410.00	Sept - May	9	GC Basement
Sri Guru Granth Sahib Jee Santhia Level 6 Part 1	Monday or Wednesday	5:00 – 7:00 pm	\$410.00	Sept - May	9	GC Basement
Sri Guru Granth Sahib Jee Santhia Level 6 Part 2	Monday or Wednesday	5:00 – 7:00 pm	\$410.00	Sept - May	9	GC Basement
Sri Guru Granth Sahib Jee Santhia Level 6 Part 2 (2019)	Thursday	5:00 - 6:15 pm or 6:30 - 7:45 pm	\$100	Sept - Nov	2	GC Basement
Kirtan	Level 1: Friday Level 2: Monday Level 4: Tuesday Level 4: Thursday Level 5: Sunday	Level 1 – 4: 6:30 - 7:30 pm Level 5: 4:00 – 5:00 pm	\$328.00	Oct - May	8	GC Basement
Gatka	Sunday	Advanced: 2:30 - 3:15 pm Intermediate: 3:30 - 4:15 pm Beginners: 4:30 - 5:15 pm	\$323.00	Oct - May	8	GC Basement
Sunday Youth & Family Darbar	Sunday	5:30 – 7:00 pm	Free	All year Restarting Sunday, October 4, 2020		Main Darbar Hall

**Please note that there has been an increase in registration fees. Gurmat Center prides itself in its quality service. The fee increase will allow Gurmat Center to keep up with rising costs of production while serving families to its fullest potential.*

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POLICES & PROCEDURES

For everyone's safety, strict policies and procedures have been implemented. Please read through this section very carefully.

PHYSICAL DISTANCING	<ul style="list-style-type: none"> Students will be seated 6 feet apart from other students and teaching staff in all classes. Although public/independent schools have decreased physical distancing measures, we will still be reinforcing strict rules to ensure 6 feet physical distancing.
DAILY HEALTH ASSESSMENT	<ul style="list-style-type: none"> Students, volunteers, and staff will be required to complete a daily health assessment on Gurmat Center's website prior to arriving to class. If the health assessment is not completed, students will be sent home. For the safety of other students, volunteers, and staff, students must stay home if they check <i>yes</i> to any sickness symptoms.
DISINFECTION	<ul style="list-style-type: none"> All classrooms will be disinfected before and after classes. Students will be given hand sanitizer before entering classrooms. We will be increasing the frequency of cleaning on high touch surfaces.
VISITORS	<ul style="list-style-type: none"> Visitors will be limited. A detailed record will be kept of all visitors.
MOVEMENT WITHIN BUILDING	<p>A procedure has been developed regarding movement within the building to ensure that traffic flows in one direction:</p> <ul style="list-style-type: none"> Entering and exiting building: <ul style="list-style-type: none"> Sangat may enter/exit from either east or west of the building. Doors will be designated for entering/exiting with signs. Sangat must follow door signs when entering or exiting the building. Basement <ul style="list-style-type: none"> Students & volunteers will enter from the east door and exit from the west door. Punjabi classroom <ul style="list-style-type: none"> Students will enter from the east side (current entrance) and exit from the west side. Entrance: door located to the right of the elevator Exit: door located to the left of the elevator
SELF-ISOLATION	<ul style="list-style-type: none"> Students coming from another province must isolate for 14 days (2 weeks). If students have someone from their household who has travelled outside of Canada in the last 14 days, students cannot attend class for 14 days.
INFECTED	<ul style="list-style-type: none"> If a student or family member of a student is infected with COVID-19, they are NOT permitted to come to Gurmat Center. Students must report the infection to the Gurmat Center office immediately via email.
MASKS	<ul style="list-style-type: none"> Masks are mandatory for all students, volunteers and staff.
TEMPERATURE CHECKS	<ul style="list-style-type: none"> GC will be doing daily temperature checks for all students, volunteers and staff prior to entering the classroom/ basement.

THE CLASSROOM

PUNJABI LEVEL 1	<ul style="list-style-type: none"> Students registering in this level must be in grade 2 or higher.
PUNJABI CLASSES	<ul style="list-style-type: none"> There will be no volunteers or parents in the Punjabi class (only students and teachers) in order to accommodate physical distancing rules.
SANTHIA CLASSES	<ul style="list-style-type: none"> Hand washing procedure: Students must wash their hands at the upstairs sinks and walk down with hands folded (to avoid touching anything) to their classroom. Students must wash their Hazooriya once every week at minimum.
LABELLING PERSONAL ITEMS	<ul style="list-style-type: none"> Although students will be physically distancing from classmates, all personal items must be labelled to avoid accidental sharing.
SEATING PLAN	<ul style="list-style-type: none"> A strict seating plan will be implemented in all classes. Upon arrival, students will go directly to their assigned seat and remain at their seat throughout class. Since class times have been reduced, students will not have a break. This will also ensure there is less contact amongst students and reduce touching of areas.
HOMEWORK	<ul style="list-style-type: none"> Homework for all classes will be posted on the Gurmat Center website after each class. Students must visit the website to view and complete homework. Without completing homework, students will fall behind in class. This holds back both the class and the individual student. It is the parents' responsibility to ensure their child(ren) complete homework on a regular basis.
WASHROOM BREAKS	<ul style="list-style-type: none"> Washroom breaks will be prohibited. Students must use the washroom before arriving to Gurmat Center.
SCHOOL SUPPLIES	<ul style="list-style-type: none"> Gurmat Center staff will not be distributing any school supplies (except workbook on the first day of class) to students. Students are responsible for bringing the following (labelled) school supplies from home: <ul style="list-style-type: none"> Pencil Eraser Sharpener Pencil case Gym bag/backpack Workbook (provided on first day of class) Hazooriya (Santhia students) Vaja (Kirtan students)
TEACHERS	<ul style="list-style-type: none"> Like students, teachers will remain in their designated spot throughout class (in front of the classroom). In the event that a teacher is ill, class will be taught by a substitute teacher (who will be screened using the daily health assessment). A protocol for substitute teachers has been implemented if teachers are ill.
UNIFORM	<ul style="list-style-type: none"> All students are required to wear the official school uniform to every class. All students must wear a white Punjabi suit or kurta pajama (any design/any fabric) and a royal blue head covering (turban or rumaal). A chunni alone is not recommended because it is difficult to manage and slips off the head.

PARENTS/GUARDIANS

IN THE CLASSROOM	<ul style="list-style-type: none"> • Parents are not allowed to sit in classrooms as seats for students are limited. • Parents are also not allowed to visit students in classrooms. • Parents must communicate any messages to their children through the office.
PICK UP/DROP OFF	<ul style="list-style-type: none"> • Parents/rides must wait outside of the Gurdwara Sahib or atrium area (outside of the Langar hall/across Dharm Parchar Store) when picking up students. • Parents/rides cannot come behind the elevator area or in the basement for the safety of students, volunteers, and staff. • Parents should plan pick up times beforehand so children are picked up from class on time.
PREARRANGED MEETINGS	<ul style="list-style-type: none"> • If parents would like to meet with teachers, they must call the office to arrange a meeting. Parents cannot enter classrooms to meet teachers without talking to the office.
TRAFFIC NOTE	<ul style="list-style-type: none"> • Parents must park vehicles in appropriate parking spots when dropping off and picking up children at the Gurdwara Sahib. Traffic congestion is caused when vehicles are not parked in parking stalls, and stop in the middle of the parking lot. • When dropping off or picking up your child(ren), parents must walk them to the entrance of the building and back to the vehicle so that they are under parent supervision at all times.
COMMUNICATION	<p>NEWSLETTER</p> <ul style="list-style-type: none"> • Please subscribe to Gurmat Center's newsletter on the website. It is important that you check your emails every week. Emails include important information including midterm and final exam information, parent teacher interview schedules, and class cancellations (in case of bad weather). <p>To subscribe, complete the following 5 easy steps:</p> <ol style="list-style-type: none"> 1. Go to the website: www.gurmatcenter.com. 2. Scroll to the bottom. 3. In the blue banner, it says 'Subscribe to our newsletter'. 4. Fill in your first name, last name, and email. 5. Hit 'subscribe'. <p>REMIND APP</p> <ul style="list-style-type: none"> • Remind is a communication platform that will help connect teachers and office staff to parents in a quick and effective way. • Downloading this free app to your phone will allow you to receive notifications for quick classroom announcements and reminders. • Messages can be sent to teachers, or a teacher can send a message to a parent for direct communication - similar to a text message. • More details will be sent closer to the school year.

For any questions or concerns, please do not hesitate to contact us.

For the safety of Sevadars, the Gurmat Center office is closed for the Sangat during the summer. However, you may call between Monday and Friday from 8:00 AM to 4:30 PM at 604-855-0020. You may also send an email at info@gurmatcenter.com. Visit our website for regular class/program updates at www.gurmatcenter.com.

Please note that plans are subject to change as more information is released from local authorities, the provincial health officer, and Canadian government. Updates will be given through emailed newsletters and the 'Remind' app.

We look forward to seeing you soon! 😊



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