

## ***Shalom School K-6 COVID-19 Guidelines for Parents 2020 - 2021***

Welcome Back! Our commitment to keeping the children and families we serve and our teachers and staff safe is always our number one priority. Following the novel coronavirus disease (COVID-19) outbreak, it's important that you know that Shalom School is focused on practices to reduce the risk of exposure for your child(ren) and our staff while in our programs. We are also closely monitoring guidelines from the Centers for Disease Control and Prevention (CDC), the American Academy of Pediatricians, and our local Sacramento County Department of Public Health for all updated information. We will continue to update our practices and protocols as new information and guidelines become available. As a reminder, families and their children should engage in usual preventive actions to avoid infection, including cleaning hands often using soap and water or alcohol-based hand sanitizer, avoiding people who are sick, and staying up to date on vaccinations, including the influenza vaccine.

### GENERAL INFORMATION

#### **Hours of Operation**

- Modified school hours will be 7:45 am to 3:30 pm Monday through Friday. Because of restrictions on group sizes, cohort mixing, and the number of staff and students who can safely interact with one another, there will be **no care available between 3:30 pm - 6:00 pm.**
- Drop-off and pick-up procedures will be modified.

#### **Groups/Cohorts**

Students will spend as much time as possible in their grade level cohorts. There will be no combined grade classes, recess times will be staggered, and students will stay in designated spaces with their classmates. All classroom spaces will have desks at least 6 feet apart, and students and teachers will physically distance from one another. As much as is possible, the number of adult staff members interacting with students will be limited.

#### **Schedules**

- Each grade will establish a daily schedule and students will have indoor and outdoor recess and physical education. Students will eat snack and lunch in their classrooms.
- Students will be reminded to wash their hands several times per day, including before and after all snacks and lunch and after any time they leave the classroom.

## HEALTH AND SAFETY PROCEDURES

### Home Health Screening Before Arrival

Please check your child's temperature before you leave for school. If your child has a fever, your child cannot return to school until he or she is fever-free without fever reducing medication for 72 hours and free of COVID symptoms **OR** until he or she is fever-free without fever reducing medication for 24 hours, free of COVID symptoms, and has note from the child's pediatrician indicating the child is safe to return to school.

### Health Screening Upon Arrival

A health screening will be performed with every child before entering school. Temperatures will be taken daily.

### Health Screening for Faculty

All staff members will be required to take a COVID test before the beginning of the school year. Each day, a health screening will be performed with every staff member upon arrival. Staff will not work if they have a fever or are ill.

### Health Screening Throughout the Day

Teachers will be monitoring children throughout the day. Children with any of the following symptoms will be isolated right away, and parents will be asked to pick up their child immediately if he or she:

- Complains of feeling unwell enough to be unable to participate in routine activities.
- Has a fever of 100.4° F or higher.
- Exhibits behavior changes, such as difficulty breathing, uncontrolled coughing, unusually tired, persistent crying, etc.
- Has diarrhea (Must be diarrhea free for 24 hours without the use of medication to return).
- Is vomiting (Must be vomit free for 24 hours without the use of medication to return).
- Has open sores, rash, signs of infection, etc.
- Has a runny nose with colored mucus.

**Ultimately, decisions about whether a child can be allowed into program or to stay in program due to health concerns rest solely with the Head of School.** Given the seriousness of the pandemic, we will err on the side of caution and make decisions based on our understanding of the best ways to mitigate risk to all children and staff in the program.

### Protocols for COVID 19 Exposure or Confirmed Case on Campus

- If an individual infected with COVID-19 spent time in program and had contact with others while ill or potentially contagious, we will follow the guidance of the public health department.
- If an individual who spent time in program reports that he or she has been exposed to someone with a confirmed case of COVID-19, we will follow the guidance of the public health department.

- If there is a confirmed case on campus, we will initiate a deep cleaning of the facility and will close classroom(s) as advised by the public health department.
- We will continue to monitor and remind staff and families that those with COVID-19-like symptoms should self-isolate until 14 days after symptom onset OR 7 days after their fever is gone and initial symptoms have improved, whichever is longer.

### **Communication of Illness**

In addition to the above, if we have a confirmed case of COVID 19 in our program, we will take the following steps:

- Notify families, staff, board and the health department of a confirmed/potential COVID-19 infection in our community.
- Protect personal identifiers of who had the confirmed case – we will not share names.
- Share with you if your child has had close interaction with someone who has displayed or reported symptoms.
- Share any plans for closure, additional health and safety measures, and other relevant information.

### **Hand Washing**

The hand washing protocols described by the CDC and numerous other sources will be taught and posted in all classrooms. All children and staff should wash hands thoroughly for a minimum of 20 seconds in the following situations:

- Before, during, and after preparing food
- Before eating food
- Before and after treating a cut or wound
- After using the toilet
- After nose blowing, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage

### **Sanitizing, Cleaning, and Disinfecting**

All classrooms will be cleaned daily, and bathrooms will be disinfected several times throughout the day. We will focus on both daily and routine sanitizing, cleaning, and disinfection of surfaces and objects that are frequently touched as well as deep cleaning of all campus spaces. More details regarding cleaning guidelines can be found here: <https://nrckids.org/files/appendix/AppendixK.pdf>.

### **Physical Distancing**

Shalom School will make every effort to maintain physical distancing as much as possible. Physical distancing practices include:

- Encouraging students to maintain 6 feet of distance from one another and teachers whenever possible.
- Students will be eating in their classrooms.
- Recess times will be staggered and recess areas will be designated for each grade level group.
- Shared equipment will be limited.

## Face Coverings

Adults and elementary students will wear face coverings in public settings and will maintain as much physical distance as is practical. Children will not wear face coverings at snack or lunch. Staff will remind students to avoid touching their masks or faces.

We recognize that it may be difficult for some children to wear face coverings and will partner with families to support and assist with encouraging this important health and safety measure. We encourage you to have your child help pick out his or her face coverings and practice wearing them at home.

## ARRIVAL AND DEPARTURE

### Student Arrival:

- All K - 6 students will arrive between 7:45 am and 8:00 am.
- Students will receive a health screening and temperature check upon arrival. **Please remain in your car while waiting for the health screening.**
- Once the health screening is complete, students will leave their cars and go directly to their classrooms; parents may not walk them to class.
- By necessity, parent/teacher contact at the beginning of the day will be limited. Please let the teachers know if you would like a phone call or Zoom appointment to discuss any questions, issues, or concerns.

### Student Dismissal

- All students must be picked up at 3:15 pm. At this time, there will be no after care.
- **Students who are not picked up by 3:30 pm will be charged a late fee of \$5 per minute.**
- Parents should go to the assigned location and remain in their car. You may be asked to circle through the pick-up line if your child is not ready and you are keeping others waiting.
- By necessity, parent/teacher contact at the end of the day will be limited. Please let the teachers know if you would like a phone call or Zoom appointment to discuss any questions, issues, or concerns.

## MEALS AND NUTRITION

### Snack and Lunch

- Students will bring snacks and lunch to school each day and will eat at their desks.

## HOME-SCHOOL PARTNERSHIP

### Communication

- By necessity, in person parent/teacher contact will be limited. Please let the teachers know if you would like a phone call or Zoom appointment to discuss any questions, issues, or concerns.

- Though communication will look a bit different, open lines of discussion between teachers and parents are the foundation of your child's education. Please don't hesitate to let your child's teacher know that you would like to set up a time to check in, touch base, or problem-solve.

#### **What can I do to help my child?**

- Talk with your child about face coverings and the fact that teachers will be wearing them. Model wearing a mask yourself and encourage them to practice.
- Encourage your child to avoid touching the mask and his or her face.
- If your child has long hair, keep it tied back to help limit the possible spread of germs and make wearing a mask easier.
- Remind your child about proper hand washing practices. Wash hands frequently for a minimum of 20 seconds with soap and water and practice turning off faucets with a clean paper towel.
- Here are some additional resources on face coverings for your child:
  - <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Cloth-Face-Coverings-for-Children-During-COVID-19.aspx>
  - <https://kidshealth.org/en/parents/coronavirus-masks.html>

## ONGOING PLANNING

As we are all aware, information regarding the COVID-19 virus and recommendations and guidelines about the most effective health and safety practices are changing at a rapid pace. We will continue to gather information and implement practices based on the recommendations of health and safety experts. Please continue to share your feedback and to partner with us as we work to keep our children, families, staff, and campus as safe as possible.