

Temple Sinai Stamford Religious School
Health and Safety Policy for 2021-22/5782

Updated December 2021

With the health and safety of our students, staff, and families as our number one priority, we have established the following policies and procedures. The Temple Sinai Religious School will monitor the latest CDC recommendations, medical guidelines, state-mandated policies, and Health Department regulations. It will update these protocols as it becomes necessary, which you will find on our website.

Our families are critical partners in the success of this health and safety plan. All families and staff will be required to read and agree to abide by these guidelines before attending the Temple Sinai Religious School.

- **Health Acknowledgement for Students, Staff, and Parents while on Temple Sinai property.**
 - Staff Statements
 - Neither I nor anyone in my family has been in close contact with a person who has COVID-19.
 - I confirm that I do not have a fever, cough, shortness of breath, difficulty breathing, chills, muscle pain, headache, GI symptoms, or lethargy
 - Parents on behalf of students
 - Neither my child/children nor anyone in our family have been in close contact with a person who has COVID-19.
 - I confirm that my child/children do not have a fever, cough, shortness of breath, difficulty breathing, chills, muscle pain, headache, rash, diarrhea, or lethargy.
 - Any child or staff member who displays visible symptoms of illness will not be admitted to the school that day without a valid doctor's note. This includes, but is not limited to, coughing, sneezing, runny nose, rash, and lethargy.
- **Mandatory Employee COVID-19 Vaccination Policy [see separate policy for details]**
 - All Temple Sinai employees and independent contractors must be fully vaccinated against COVID-19 as a condition of their employment unless they have a legitimate medical condition that precludes them from receiving the vaccine. Those employees who wish to apply for an exemption because of a legitimate medical condition must submit a request in writing to Temple Sinai's HR Advisor, currently Myrna Sessa

- **Quarantining Requirements Following a COVID-19 Exposure**

- People who are **fully vaccinated** do not need to quarantine after contact with someone who had COVID-19 unless they have [symptoms](#) (as per current CDC guidelines). However, fully vaccinated people are required by Temple Sinai to provide a negative COVID-19 PCR test on day 5-7 after their exposure to return to religious school even if they don't have symptoms.
- People who are **unvaccinated** should quarantine for 14 days after their last exposure if they have been in [close contact](#) with someone who has COVID-19 (defined as being within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period). A person can return to religious school after day 10 of a quarantine with no testing and after day 7 after receiving a negative PCR test (test must occur on day 5 or later).
- If individuals live in the same household and have continuous exposure, the 10- or 7-day quarantine period would begin on the last day of the self-isolation of the positive individual. For further explanation of the CDC guidelines on quarantining please click [here](#).
- If anyone in a household of a student has a confirmed direct contact with someone that is positive for COVID-19, all family members should follow quarantine guidelines as outlined by the CDC before returning to school. Students will not be permitted to return to school until the household member with direct contact finishes their quarantine period.
- No staff member or student may attend school if they have cold-/flu-like symptoms.

- **If COVID-19 is confirmed in a staff member or child**

- If any staff member or student has a positive COVID-19 diagnosis, they should stay home and the Temple Sinai Religious School must be notified immediately. We will notify the Health Department and follow their guidance on action and closures.
- All families will be notified immediately by email if there is a positive case of COVID-19 at the Temple Sinai Religious School.
- If a positive case of COVID-19 is diagnosed in a classroom:
 - Students will be dismissed immediately and must be picked up as soon as possible. Parents will receive notification via text message and email.
 - Staff and students should get tested as soon as possible and notify the school with the results so we can continue effective contact tracing.
 - Staff and students must follow the quarantine guidelines stated above. If any staff or students develop symptoms during the quarantine period, please refer to our "returning to school after illness" policy for further guidance.
- Siblings of students who are quarantining due to a positive case of COVID-19 in their class or grade may not continue to attend school.
- We will provide ongoing communication with updates and other important information via email. We will always maintain confidentiality while remaining as transparent as possible.

- **Returning to School for Staff and Students after a confirmed positive case of COVID-19** – Any staff or child who tests positive for COVID-19 will be excluded for at least 10 days from symptom onset or from the date the positive diagnosis is received (if asymptomatic) AND only allowed to return 24 hours after fever resolution AND improved respiratory symptoms without medication.

- **In the Event of a Closure**
 - The "closed" classroom will continue instruction on Zoom.
- **We strongly encourage our staff, students, and families to follow CDC guidelines when not at school.**
- **Children Becoming Ill at School**
- **Returning to School After Illness**
 - **Parents and staff are required to contact the school within 24 hours of receiving a medical diagnosis.**
 - Any child or staff member (regardless of vaccination status) showing any symptoms of COVID-19 (fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea) may not return until the following criteria have been met:
 - Twenty-four hours being symptom-free without fever-reducing medication AND with physician **documentation of negative COVID-19 PCR test results**. While rapid tests are helpful because results are given quickly, they are not as accurate as PCR tests, results of which are usually received a few days after the test is administered. Because the PCR test is more accurate, Temple Sinai Religious School requires a negative PCR test to return to school. A copy of the document stating the results should be sent to the Religious School and Youth Director.
 - **Classroom Closures**
 - When a child or staff member is sent home ill, the Temple Sinai Religious School will make decisions on closures and quarantining on a case-by-case basis with guidance from medical professionals and the Connecticut Department of Health.
- **Classes and Social Gatherings**
 - Teachers, Madrichim, staff and students will always remain masked at all times inside Temple Sinai
 - All classes will go outside and be spaced if they take a snack break
- **Handwashing** – All children and staff will wash hands at the following times if school is meeting indoors:
 - Arrival at school.
 - Before and after eating or handling food.
 - After coming in contact with bodily fluid and using the restroom.
 - Whenever else hands are soiled.
 - Hand sanitizer will be available in each indoor and outdoor classroom.
- **Classroom/Building Cleaning, Sanitizing, and Disinfecting**
 - Our maintenance team will clean and disinfect frequently touched objects and surfaces, including tables, bathrooms, and equipment, including electronic devices, door handles, and handrails in all common areas.

- **Returning to School after International Travel** – In accordance with the CDC guidelines we require the following for any student or staff member upon return from an international destination.
 - Receive a negative PCR test 3-5 days after travel.
 - Getting tested is especially important if you engaged in high-risk behaviors while away.
 - If you do not get tested, stay home and self-quarantine for 10 days after travel.

Updated Illness Policy – In response to the COVID-19 Pandemic, we are modifying our normal sick policies to include more stringent guidelines to reduce the risk of COVID-19. **Parents should keep their children home when they are sick.** We will require the following protocols be adhered to by all staff and families

