

RSU5

COVID-19 RETURN TO SCHOOL GUIDELINES FOR STUDENTS & FAMILIES

Addendum to the Student Handbook

UPDATED: 9/30/2020 based on current Maine CDC/DOE Guidelines



INTRODUCTION

In response to COVID-19, RSU5 will comply with the guidelines set forth by the Maine Centers for Disease Control (CDC), as well as the State of Maine, which are incorporated herein. These RSU5 Guidelines will be in effect beginning on August 31, 2020 and will be updated with the latest CDC and State of Maine guidelines. These COVID-19 guidelines are mandatory for all students and their families.

We consider the safety of your children as our collective responsibility. With a continued focus on positive relationships, meeting our students' social/emotional needs and the overall wellbeing of the "whole child", we strive to successfully meet this challenge and become stronger for it.

HEALTH & SAFETY

DAILY SELF-CHECK:

- Prior to boarding the bus or dropping off your child, parents/guardians will need to complete a daily self-screening assessment for their child to check for symptoms of COVID-19. Certain responses will require that a child remain home. In this event, parents/guardians should contact their child's school.
- *Daily self-check questions:*
 - *Student ID/ Student Name*
 - *School*
 - *Phone number*
 - *Within the past 24 hours has your child had a fever (100.4 and above) or used any fever reducing medicine?*
 - *Does your child feel sick with any of the most common symptoms of COVID-19 (fever, chills, cough, sore throat, shortness of breath, new loss of taste or smell), had vomiting/diarrhea or felt unwell?*
 - *Have you been in close contact with a person who has COVID-19?*
 - *Have you traveled outside of the state of Maine (excluding NH, VT, CT, MA, NJ, NY) within the last 14 days?*

<u>Most Common Symptoms</u>	<u>Less Common Symptoms</u>
<p style="text-align: center;">Consider COVID-19 with ≥ 1 most common symptoms or ≥ 2 less common symptoms If only 1 most common symptom, students/ staff may return to school after 24 hours of symptoms improving. If ≥ 2 less common symptoms, students/staff must stay home until symptoms improve.</p>	
New, uncontrolled cough Shortness of breath or difficulty breathing (not exercise induced asthma) New loss of taste or smell Fever (100.4 or higher), chills Sore throat	Headache Muscle pain Runny nose/congestion Vomiting/diarrhea Nausea or stomach pain Fatigue Rash Swelling or redness of hands/feet Red eyes/eye drainage

WHEN SOMEONE BECOMES SICK AT SCHOOL OR AT HOME

- Parents/guardians will avoid exposing others by ensuring their child remains home if they experience 1 of the “most common” or 2 of the “less common” symptoms.
- If a student develops 1 of the “most common” or 2 of the “less common” COVID-19 symptoms during school hours, students will be required to wait in a designated isolation space for parents to pick them up.
- In order to return to school after being sick:
 - If a COVID-19 PCR or Abbott Rapid ID-NOW* test is done and the result is **NEGATIVE**, the student must stay home until the test result is confirmed to be negative and when symptoms have improved and the student has been fever-free for 24 hours without the aid of medication. If a COVID-19 test other than a PCR or Abbott Rapid ID-NOW is done and the result is **NEGATIVE**, the student must stay home until the test result is confirmed to be negative and may return to school with a medical clearance note when symptoms have improved and the student has been fever-free for 24 hours without the aid of medication.
 - If a test for COVID-19 was done and the result is **POSITIVE**, the parent/guardian needs to notify the school nurse as soon as possible. Return to school will be according to CDC guidelines.
 - If the student consults with their healthcare provider and no COVID-19 test was done because an alternative diagnosis was made, then the student may return to school **with a medical clearance note** when symptoms have improved and the child has been fever-free for 24 hours without the aid of medication.
 - **If the student was not tested for COVID-19 and there was no alternative diagnosis made** (patient/family declined, unable to obtain a test), it is presumed that the student likely has COVID-19, then the student may return to school when **ALL** three criteria are met:

- 10 days have passed since the onset of symptoms;
- 24 hours have passed with no fever (without the use of fever reducing medication);
- Improvement of symptoms.

EXPECTATIONS FOR THOSE WHO TEST POSITIVE FOR COVID-19

- Parents/guardians will notify the school nurse if their child, or anyone in their household, has been confirmed to have COVID-19. RSU5 will follow current Maine CDC guidelines.
- Under the current Maine CDC guidance, a student who has tested positive for COVID-19 will NOT be able to return to school until:
 - the student has had 24 hours without a fever without medicine, at least 10 days from start of symptoms, and symptoms improving;
 - and*
 - receives a release from the Maine CDC to return to school.
- Students who have had close contact with someone who tests positive for, or is diagnosed with, COVID-19 must self quarantine at home and monitor symptoms for 14 days from the date of last contact with the infected person.
- The school will work closely with Maine CDC on all contact tracing and other related protocols.

EXPECTATIONS IF REQUIRED TO QUARANTINE

- Students required to quarantine will continue to have access to some educational programming, i.e. instructional packets.
- If a classroom or multiple classrooms are required to quarantine due to a positive COVID-19 test, impacted students will be provided instruction remotely until the quarantine period is over.
- Students who have traveled to non-exempt states with their parent/guardian may not return to school until there is a negative COVID-19 test or the student must self-quarantine for 14 days. Acceptable testing includes PCR testing and Abbott Rapid ID Now testing only.
[COVID-19: Travel | Coronavirus Disease 2019 \(COVID-19\) | Airborne Disease Surveillance Epidemiology Program | MeCDC](#)
[Keep Maine Healthy | Covid-19](#)

OTHER EXPECTATIONS

FACE MASKS:

- All students are required to wear a face covering/mask that covers their nose and mouth when in the presence of others and maintain at least three (3) feet of distance from other students and six

(6) feet from adults at all times throughout the day whenever possible. Gaiters and bandanas are not allowed because they do not meet CDC guidelines. [See CDC guidance on social distancing.](#)

- Face coverings must be worn at all times except when eating/drinking or outside with required physical distancing.
- Face coverings must be worn by all students utilizing transportation by bus or van.
- All students will be provided with a face mask if they need one at school. If disposable, these should be replaced daily. If cloth, they should be [washed daily](#). Face coverings are subject to meeting current dress code standards in regards to the appropriateness of language/images.
- Students with a serious medical or behavioral condition who are unable to wear face masks will require a doctor's medical diagnosis that documents the reason a student cannot wear a mask. In that case a face shield must be worn in place of a face mask and must extend below the chin and back to the ears.

PREVENTION MEASURES:

- All students must practice [proper handwashing guidelines](#) and use hand sanitizer upon entering the school, their classroom, before and after putting on or removing a face mask, and throughout the day. Hands should be washed with soap and water for at least 20 seconds before and after eating, and after coughing/sneezing and using the restroom.
- All students must practice proper [CDC infection control measures](#):
 - If coughing or sneezing, students must cover their mouth and nose with a tissue, or the inside of their elbow, and immediately discard the tissue.
 - Avoid touching their eyes, nose, or mouth.
 - Avoid touching any surfaces unnecessarily.
 - Avoid physical contact, including hugs and hand-shakes.
- Restroom procedures will be established at each school to limit the number of students in the hallway and restrooms at one time.
- Students should only bring to school what is absolutely essential for each day. Any items brought to school should fit into a single backpack.
- Classrooms will be reconfigured to allow physical distance with students facing one direction where possible.
- Students will be allowed to carry a backpack with them.
- Sharing of items (electronic devices, toys, books, and other games or learning aids) will be restricted.
- Each child's belongings will be separated from others.
- Curriculum nights, open houses and some other school events will be held virtually when possible to limit exposure to staff and students.
- Large gatherings will follow Maine Department of Education and Maine CDC guidelines.

FOOD DISTRIBUTION/MEALS:

- Students will maintain six (6) feet of physical distance while eating breakfast and lunch. They are not wearing face masks while eating.
- Students are encouraged to bring a water bottle each day. Bottles may be refilled at school.
- Sharing food is prohibited. Parents are asked only to send food for their child. No food is allowed for class consumption (i.e. birthdays; holiday celebrations).
- Students will be required to practice [proper hand washing](#)/sanitizing prior to eating.

PLAYGROUND USE (ELEMENTARY):

Use of designated playground equipment and supplies will be allowed under close monitoring.

- Students will wash their hands/use sanitizer before and after using playground equipment.
- Limits will be placed on the number of students using equipment at one time.
- Based on Maine CDC guidelines, the number of students who may congregate in one section of a play area at a time will be limited.

SPECIAL EDUCATION AND NURSE PERSONNEL

- Staff will wear appropriate PPE as needed:
 - Face masks
 - Face shields
 - Goggles
 - Gloves
- Determination of additional PPE requirements will be based upon Maine CDC and/or DOE guidelines.

TRANSPORTATION

- Parents/Guardians are encouraged to transport their child to and from school, if able.
- Drivers will remind parents/students at bus stops and direct as much as possible to maintain 3 foot distance between students and 6 foot distance between students and adults.
- Students are required to wear a face mask at all times while on the bus/van, including upon entry/exit.
- Students must use hand sanitizer when they enter the bus/van.
- Students will be seated and distanced according to Maine CDC guidelines.
- Siblings will be allowed to sit together.
- Students in PK-12 will be assigned a seat on the bus.
- Students will need to practice social distancing when exiting the bus.
- Windows will be opened for air ventilation as appropriate for weather conditions.
- Up to two (2) children are allowed in each van unless the children are siblings. The total capacity of a van should not exceed three (3) people at any given time, including the driver, unless the

children are siblings.

- Bus/van drivers will clean and disinfect frequently-touched surfaces between uses as much as possible. High-touch areas in buses such as seat, seat backs, handrails, stability poles, bars, windows and window ledges and the possibility of spraying busses between runs.

PARENTS/GUARDIANS/VOLUNTEERS

- Face-to-face meetings will be limited by utilizing alternative methods to receive updates (i.e. email, conference call, phone call, web-based meetings).
- Volunteers will be limited in the schools.
- Any parent/guardian needing to enter the schools for other important business should notify the school and complete a screening.
- Parents/guardians are asked to answer the same screening questions as students prior to entering the schools. If any response is “yes”, the parent/guardian will not be allowed into the schools.
- When in the schools, parents/guardians:
 - Must wear a face mask while in the buildings. Face masks must meet Maine CDC guidelines (at least double-layered with loops around ears or tied behind head/neck; no gaiters, no bandanas).
 - Must use the sanitizing station upon entry; maintain a social distance of six (6) feet.
 - Must attend to their specific business and then leave.
- Please be sure that students have what they need each day before leaving home as school access will be extremely limited (ex: lunch, proper footwear, sports equipment, etc.).

TECHNOLOGY

- In the remote learning option, 1:1 devices will be provided to each K-12 student who needs one.
- Parents/guardians agree to return the borrowed devices at the end of the school year, unless otherwise determined.
- Sharing of devices between students will be restricted. If devices are required, they will be sanitized after each shared use.

CLASSROOM SETTING *(If In-Person Instruction Occurring)*

- Classroom seating will be configured with maximum allowable space between students.
- All school schedules will be developed in a way that will limit student movement and/or interactions between student groups throughout the day.

- Employees will modify instructional plans to reduce student contact, sharing of materials or equipment and maintain appropriate physical distancing to the greatest extent possible.
- Common touch surfaces will be sanitized throughout the day.

REMOTE LEARNING OPTION

- Any RSU5 student will have the option of participating in a remote learning option through December 22, 2020.
- Materials for pick up will be clearly labeled with each student's name. Teachers will set clear expectations and guidelines with specific schedules for instruction and/or support to students and families.
- The remote learning option will be fully graded.
- For students in grades 9-12, classes will vary. For classes offered synchronously, remote learners will have opportunities to participate in them. Students will be responsible for following the schedule they are given. Attendance policies will be enforced and failure to participate may result in loss of credit.
- Students are expected to follow the same code of conduct rules as they would in person such as dress codes, respectful behavior, and appropriate student engagement.
- Students who elect to participate in this remote learning option at the beginning of the year are encouraged to remain in the program at least through the end of the first trimester for grades K-8 or the end of the semester for grades 9-12. Any other moves may be permitted at the discretion of the administration.
- Assigned instructional staff will also coordinate to ensure programs such as Special Education, 504 accommodations, RTI services, GaTE or ELL services are provided to students remotely as needed.

TRAINING VIDEOS FROM THE CDC

- [Handwashing](#)
- [Social Distancing](#)
- [Taking Care of Your Daily Health During COVID-19](#)