

Little Flower Catholic School

Return to School Health Guidance

With guidance from the North Dakota Safety Council, the North Dakota Department of Public Instruction, and North Dakota Department of Health, Pierce County Health Nurse and LFS has developed a health guidance plan for the 2020-2021 school year. This is a document that will be ever changing as we learn more about the best practices for the physical, emotional, and social health of our students and staff. As we respond to the local changes within our community, LFS will respond using this guide to support the health and well-being of all students and staff



Our Mission Statement

Little Flower Catholic Elementary School, a partnership of parents and parish,

Nurtures a sacramental life rooted in Jesus Christ and Catholic teaching, pursues academic excellence, and promotes a life of faith, integrity, and service.

Introduction

This plan is intended as a “road map” for LFS to navigate and respond to the guidelines and mandates in response to COVID-19 pandemic. The information contained within this plan is fluid and ever-changing as we respond to the virus and guidance from health and education officials.

We have created this plan to aid in navigating the reestablishment of our school where employees, students, and families feel safe and to reduce the impact of COVID-19 conditions upon returning to our schools. The guidelines referenced in this plan are based on guidance from the Centers for Disease Control and Prevention (CDC), North Dakota Department of Public Instruction (NDDPI), North Dakota Department of Health (NDDOH), the North Dakota Safety Council, and local and state public health agencies and guidelines.

Parent/Guardian Guidelines

In order to keep LFS safe and healthy throughout the school year, parents will use the following guidelines for health and safety:

Home Health Screener

Little Flower School kindly asks that parents use the following screening tool to determine if a child should be sent to school each day. This screening tool is not required to be sent with the child to school each day, rather it's to be used only as a guide.

Does your child have a fever of 100.4 or higher?

Yes___ No___

Is your child experiencing a loss of taste or smell?

Yes___ No___

If yes to any of the above questions, child should stay home from school

IF child has **two or more** of the following symptoms, **child should stay home**

Fatigue

Headache

Muscle/body aches

Chills

Cough

Shortness of breath

Sore throat

Congestion/runny nose

Nausea

Vomiting

Diarrhea

Abdominal Pain

If your child is ill, contact your school to inform them of your child's symptoms. Also, contact their health care provider for more guidance. You may also contact the ND Department of Health with any Covid-19 questions (701-328-2372).

COVID-19 Exposure Guidelines

If your child has **FIRST DEGREE EXPOSURE** to COVID-19:

Staff/student has been diagnosed with COVID-19.

- He/she must leave school immediately and go home.
- He/she will be required to self-quarantine according to the recommendations from the NDDOH and local public health and be COVID-19 symptom free without the use of fever reducing medications to return (at least 10 days from symptom onset or positive test result)
- Everyone in his/her family (living in the same home) will also follow the requirements by the NDDOH and local public health.
- He/she will be able to learn remotely with a plan developed by the classroom teacher and principal, including:
 - o Complete assignments using the designated learning management system (Google Classroom).
 - o Meet with the teacher for any questions or instructional support. These meetings will be set up between the teacher and parent(s)/guardian(s).

If your child has **SECOND DEGREE EXPOSURE** to COVID-19:

Student/staff who has been determined to have had “close contact” with a person diagnosed with COVID-19.

“Close contact” has been defined by the CDC as being within six feet of someone for 15 minutes or more.

- He/she must leave school immediately until the county health nurse can determine a course of action.
- We will follow the recommendations by the the NDDOH and local public health on a case by case basis.
- He/she will be required to self-quarantine for 14 days to make sure symptoms don't develop.
- Everyone in his/her family (living in the same home) may also needs to quarantine.
- He/she will be able to learn remotely with a plan developed by the classroom teacher and principal, including:
 - o Complete assignments using the designated learning management system (Google Classroom).
 - o Meet with the teacher for any questions or instructional support. These meetings will be set up between the teacher and parent(s)/guardian(s).

If your child has **THIRD DEGREE EXPOSURE** to COVID-19:

Student/staff who has been determined to have had “close contact” with a person deemed a 2nd degree exposure.

Staff/student who has had contact with a person who is considered a second-degree exposure. In this situation, the staff/student does not need to self-isolate.

If your child has **FOURTH-** and **FIFTH-DEGREE EXPOSURE** to COVID-19:

Staff/student who has had contact with a person outside their household (i.e. friend or extended family member) who is considered a third-degree exposure. In this situation, the staff/student does not need to self-isolate.

School Decision Scenarios

The following are scenarios and recommendations from the Centers for Disease Control and Prevention (CDC), the North Dakota Department of Health (NDDOH), and the North Dakota Safety Council to assist schools in the decision making for their school community. LFS School will continue to respond to the health and safety of our students using this guide along with guidance from the Department of Public Instruction and local public health guidance.

Communication will be a key priority throughout the 2020-2021 school year to best share the strategies, tools, and decisions that impact students, families, and staff of LFS School.

SCENARIO ONE: ZERO CASES IN YOUR COMMUNITY

- LFS School is open with face-to-face instruction. The North Dakota Department of Health does not recommend school closures.
- LFS School will follow physical distancing guidelines:
 - o Distance students in classrooms, hallways, and other school spaces
 - o No drinking from water fountains. Students should bring a water bottle daily
 - o Limiting unnecessary visitors to the school
 - o Limit sharing of supplies
 - o Monitor health and absenteeism of students and staff
 - o Increase communication with parents, staff, and community
 - o Limit large group gatherings
 - o Require sick students and staff to stay home

SCENARIO TWO: CASES IN OUR COMMUNITY BUT NOT IN OUR SCHOOL

- LFS School is open with face-to-face instruction. The North Dakota Department of Health does not recommend school closures if ongoing spread is not identified in your school community.
- LFS School will follow physical distancing guidelines:
 - o Distance students in classrooms, hallways, and other school spaces
 - o No drinking from water fountains. Students should bring a water bottle daily
 - o Limiting unnecessary visitors to the school
 - o Limit sharing of supplies
 - o Monitor health and absenteeism of students and staff
 - o Increase communication with parents, staff, and community
 - o Limit large group gatherings
 - o Require sick students and staff to stay home
- The North Dakota Department of Health may recommend that schools close to reduce the spread of COVID-19. In this event, LFS School with guidance from public health and the Advisory Board will determine if school will move to remote learning or remain face-to-face.
- If the Governor mandates school closures, LFS School will abide by the mandate and move to remote learning.

SCENARIO THREE: CASE IN OUR SCHOOL

- The North Dakota Department of Health or public health officials will notify the school. If the school becomes aware of a COVID-19 case before it is contacted by the North Dakota Department of Health or public health officials, the school will contact them.
- The school may close for at least 72 hours following a confirmed COVID-19 case of a school employee or student. This will be determined on a case by case basis with guidance from the NDDOH and local public health and the Advisory Board.
- The classroom in which the case has occurred may move to distant education as directed by the NDDOH and local public health and the Advisory Board.
- The school may move to a remote learning plan communicated through administration and classroom teachers.
- School will be cleaned and disinfected during the closure to allow for face-to-face learning to resume.

SCENARIO FOUR: SECOND COVID-19 CASE OCCURS IN OUR SCHOOL WITHIN 14 DAYS OF THE FIRST CASE

- The North Dakota Department of Health recommends the school close for 14 days to reduce the spread of COVID-19. Decisions will be made on a case by case basis with input from the county health nurse and the Advisory Board. This is no longer valid. Our health director for LRDHU recommends closing a school if there are 5% of students who are positive.

- School may move to a remote learning plan communicated through administration and classroom teachers.
- School will be cleaned and disinfected during the closure to allow face-to-face learning to resume.

- Color-Coded Health Guidance System

Each level of guidance after red becomes progressively less restrictive. Every level protects public health, outlines necessary mitigation strategies, and is guided by a measurement system. This system was developed and created from the North Dakota Safety Council to support schools with implementing the goals of the North Dakota Smart Restart plan.

BLUE: NEW NORMAL BASELINE

- Most normal activity can resume
- LFS School will work with students and staff in vulnerable populations to establish distance learning plans.
- Students and staff are expected to follow guidelines from the North Dakota Department of Health regarding isolation and quarantine
- Absenteeism will be monitored for students and staff
- Recommended mitigation strategies include:
 - o Routine hand washing
 - o Staying home when sick
 - o Good hygiene habits are taught and reinforced

GREEN: LOW RISK

- Low risk for exposure or transmission
- LFS School will work with students and staff in vulnerable populations to establish distance learning plans.
- Students and staff are expected to follow guidelines from the North Dakota Department of Health regarding isolation and quarantine
- Absenteeism will be monitored for students and staff
- Recommended mitigation strategies include:
 - o Some physical distancing recommended
 - o Increased cleaning and disinfecting of high-touch surfaces
 - o Limited gatherings
 - o No drinking from the water fountains. Students should bring water bottles daily
 - o Students eat lunch in cafeteria and parish hall (if needed) to allow significant distancing

- Routine hand washing
- Staying home when sick
- Good hygiene habits are taught and reinforced
- Students enter/exit through fire escape doors into classrooms
- Cleaning of bathrooms will take place between class bathroom breaks

YELLOW: MODERATE RISK

- Heightened exposure risk
- LFS will respond to any mandates or recommendations given by the North Dakota Department of Health and/or the Governor.
- LFS will work with students and staff in vulnerable populations to establish distance learning plans.
- Students and staff are expected to follow guidelines from the North Dakota Department of Health regarding isolation and quarantine
- Absenteeism will be monitored for students and staff
- Recommended mitigation strategies include:
 - Moderate physical distancing
 - Increased cleaning and disinfecting
 - No drinking from water fountains. Students should bring water bottles daily
 - Limited gatherings
 - Masks/Shields worn by staff where social distancing is not possible
 - Students eat lunch in cafeteria and parish hall (if needed) to allow significant distancing
 - Routine hand washing
 - Staying home when sick
 - Good hygiene habits are taught and reinforced
 - Students will enter/exit classrooms through fire exits
 - Cleaning of bathrooms will take place between class bathroom breaks

ORANGE: HIGH RISK

- Significant transmission
- LFS will respond to any mandates or recommendations given by the North Dakota Department of Health and/or the Governor.
- High risk for exposure due to widespread community spread
- LFS buildings will be closed with distance learning plan taking effect
 - Continued communication with families, including good hygiene practices

RED: CRITICAL RISK

- Significant and uncontrolled community transmission
- Multiple outbreaks resulting in increased deaths
- Surge capacity of hospitals are threatened
- Lack of adequate PPE supplies available for healthcare workers
- Strictest mitigation strategies implemented
- LFS will respond to any mandates or recommendations given by the North Dakota Department of Health and/or the Governor.
- LFS buildings will be closed with distance learning plan taking effect
 - o Continued communication with families, including good hygiene practices

Procedures and Systems

Morning Drop Off

Drop off for students: 8:20

Protocol:

- Students will place backpacks against designated areas along the fence and report to areas on playground.
- Parents are asked to not enter the school unless it is an emergency.
- Students arriving late must check in at the school office. Parents can bring students to the door and buzz them in, but parents must remain outside.
- When the morning recess bell rings, students must line up at their fire entrance/exit. Classroom teachers will be waiting.

Reporting Absences

If a student is absent due to illness, parents must notify the school office.

Visitors

No nonessential visitors will be allowed in LFS. Potential visitors will be screened prior to entry. Essential visitors must wear PPE and keep visit brief.

Recess

Students will continue to have recess with social distancing guidelines being followed. An additional staff member will monitor recess to ensure students abide by social distancing and avoid “close contact.” Students will wash and/or sanitize their hands before and after recess. Recess equipment will be disinfected as directed from local health officials.

Lunch

Protocol:

- Students will eat at their assigned lunch times.
- Students will maintain distancing in line, and class tables will be spread out in the cafeteria to allow social distancing. The parish hall will also be used as needed.
- Students will wash and/or sanitize their hands before eating lunch.
- No guests will be allowed for lunch.
- No self-serve for staff or students

After School Pick Up

Students will be dismissed by their teacher and exit the building through the fire exits or designated entrance/exit. Teachers and students will wait outside for parents to pick them up or for their bus

Transportation

Students will follow the guidelines set by Harlow Bus Company. If the public school should develop COVID cases, LFS may stop the sharing of bussing with Rugby Public School and ask parents to transport their students to school. This may allow LFS to continue school as normal as possible. If the Rugby Public School does not have school one day per week, we will ask parents to transport their child/children to school on that schedule day of the week.

Specials Classes

Specials classes are music, band, physical education, computer, and Social Skills. Below is the plan for each of the special classes: Subject to change if LFS experiences a COVID

- Music will be held in the music room with cleaning procedures between classes.
- Band for 5th and 6th grade is being determined with Mrs. Hill.
- Physical Education will be held outside, when possible. Materials will be disinfected or rotated between use.
- Computer Education will be held in the computer lab or in classrooms as arranged with classroom teachers. Students will use individual devices.
- Social Skills will be held in classrooms with Mr. Risovi

- Students qualifying for extra services will meet with Sister Mary Ruth in her room. Students from the same class will be brought in on the same day as much as possible to limit interclass interactions. Surfaces will be disinfected between use.
- Students who receive IEP minutes from outside staff will be determined and plans will be communicated with families.
- Students will have access to the library to check out books. Students will abide by distancing standards in the library, and materials will be disinfected after being handled.
- FOCUS time will continue following social distancing protocols.

Religious Formation

Mass

Because of its importance in the Christian life, Mass will be celebrated regularly for the entire school. The administration will work closely with the pastor to create appropriate distancing for students. We will follow all directives given by Bishop Folda for school Masses.

Reconciliation

Students will have the opportunity to participate in the Sacrament of Reconciliation at school.

Priest Visits

Priests will continue visits to classrooms. If LFS moves to higher risks or remote learning, priests will continue visits remotely through ZOOM or GOOGLE MEET.

Frequently Asked Questions

Will my child be required to wear a mask?

Mask may be required for transportation, however the wearing of masks for school will be at the discretion of parents. Teachers are unable to guarantee that students will leave masks on throughout the day.

How will the school practice social distancing?

LFS has small class sizes for all classes, which will aid in social distancing.

There will be visual reminders throughout the building to remind students about distancing.

How will the school address the social and emotional impact of COVID-19 and all the changes that come with it?

Teachers and staff will receive information on recognizing anxiety and worry in students and how to respond to it. This will include creating an environment where social-emotional health and well-being of students is a high priority. Teachers will create opportunities to have a sense of normalcy and joy in the daily experience of school.

Students in need of counseling services will be able to receive services through the school counselor.

When will my child be able to return from quarantine or self-isolation?

LFS will follow all recommendations from [the NDDOH](#) and [local public health](#) regarding quarantine and isolation. Students and staff needing to quarantine will receive guidance from health officials when they are able to return to school.

How will my child learn if he/she needs to quarantine or self-isolate because of exposure to COVID-19?

Students will have remote learning available to them during quarantine. Students and families will use learning management system Google Classroom to collect and return homework. In the event a student is quarantined, the teacher will make every effort to live stream classroom instruction throughout the day.

What happens if someone (student or staff) starts showing symptoms during the school day?

The school office will be notified immediately by staff who are sick or have a student who is showing symptoms. Sick students will be masked and brought to an isolation room and parents will be called to immediately pick up their son/daughter. Sick staff will leave school immediately.