

COVID-19

School Reentry Planning Guide

Updates for 2021-2022

Effective on February 7th, 2022

St. Ambrose Catholic School, Annandale, VA

This document has been updated to reflect the changes that St. Ambrose School has implemented because of Governor Glenn Youngkin's Executive Order #2, "Reaffirming the Rights of Parents in the Upbringing, Education, and Care of Their Children." The order rescinds Governor Northam's Executive Order 79 of 2021 and states, in critical part, "The parents of any child enrolled in a[n] elementary or secondary school or a school based early childcare and educational program may elect for their children not to be subject to any mask mandate in effect at the child's school or educational program."

The updates reflected in this document balance Fairfax County Health Department (FCHD) and The Centers for Disease Control and Prevention (CDC) recommendations and are subject to change at any time, except for the use of masks, which is still recommended by both entities. St. Ambrose Catholic School will continue working with the Centers for Disease Control and Prevention (CDC) and Fairfax County Health officials to maintain in-person classroom instruction.

St. Ambrose Catholic School continues to have a mask policy unless the Optional Mask Election Form is completed, and parents opt out of the mask requirement.

Updates of this plan have been made with the guidance of Father Andrew Fisher, St. Ambrose School faculty, staff, administration, Mrs. Shawn Camargo, parents, the Office of Catholic Schools, and the Virginia Council for Private Education, current Fairfax County Health Department guidance, and The Centers for Disease Control and Prevention (CDC).

The primary purpose of this process is to honor our mission to provide a strong education in a faith-based environment while considering the health and safety of our students, faculty, and staff to be of prime importance while dealing with the COVID-19 virus.

Health Screening

1. St. Ambrose highly recommends the use of masks as this has proven to be the most effective way to control the spread of COVID. Please see [CDC](#) mask guidelines.
2. All families must perform a health screening of every child in their household before dropping off. **This form will not be turned into the school each day.** However, no child should be sent to school with a fever, not feeling well, or having been given fever-reducing medication. If this should happen, a meeting with the Principal, the nurse, and our Pastor will be scheduled to discuss the next steps.
3. Parents will be contacted if their child is exhibiting any symptoms associated with COVID-19 or any other illness. Parents will be asked to pick up their sick child immediately. In addition, any student, faculty, or staff member that is identified with symptoms after the start of the school day, will not be allowed into the school building until he or she is cleared by a physician and a physician's note is provided.

4. Any student with any symptoms while at school and was sent home or stayed home with symptoms will need to be cleared by a physician to return, and cannot return even with clearance until all symptoms are resolved.
5. St Ambrose will continue with mask-wearing policies for non-students and non-employees, such as volunteers, visitors, contractors, etc.
6. All faculty and staff will continue to wear masks.
7. According to the school nurse's prudential judgment, students may be asked to wear a mask in the school clinic.
8. Students who returned to school after quarantine or isolation will be asked to wear masks from the sixth to the tenth day of being diagnosed with Covid-19. Should the student or family not comply, or the masks are deemed not an appropriate fit or are not worn properly, the student will be sent home for the remainder of the isolation/quarantine time.

Protocols

1. Students with a temperature over 100 degrees Fahrenheit or any Covid or illness symptoms will not be permitted to stay in school or return until symptoms resolve.
2. Students, faculty, and staff must have a written clearance from their Primary Healthcare Provider (PHP) to return to school. Should a physician deem a Covid test is necessary, all rapid and PCR results must be turned-in prior to their return to school.
3. Parents will be responsible to keep their child at home if any Covid-19 symptoms arise (fever, cough, sore throat, nausea, vomiting, diarrhea, chills, muscle pain, headache, loss of taste or smell, shortness of breath, etc.).
4. Identified sick students, faculty, or staff members will be isolated immediately and sent home.
5. Parents will be allowed to enter the school building with masks to pick up their sick child in the clinic.
6. St Ambrose will continue with mask-wearing policies for non-students and non-employees, such as volunteers, visitors, contractors, etc.

Faculty, Staff, and Students Stay Home Policy

Faculty, staff, and students will stay home when sick or have close contact with a confirmed case of COVID-19.

Protocols for when to stay home

1. If a student, faculty, or staff member has a fever (100°F), cough, or other symptoms, or if you think any member of your household may have been exposed to COVID-19, contact Mrs. Camargo and your healthcare provider. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:
 - a. Fever or chills
 - b. Cough
 - c. Shortness of breath or difficulty breathing
 - d. Fatigue
 - e. Muscle or body aches
 - f. Headache
 - g. New loss of taste or smell
 - h. Sore throat
 - i. Congestion or runny nose
 - j. Nausea or vomiting

k. Diarrhea

Please be aware that this list does not include all possible symptoms. The CDC will continue to update this list as we learn more about COVID-19. Please check that list regularly.

Faculty, staff, and students who are suspected or confirmed positive for COVID-19, including those who are asymptomatic, are prohibited from returning to school until:

Option 1: If in consultation with a health care provider and local public health authorities knowledgeable about locally available testing resources, it is determined that a faculty, staff, or student **will not have a test** to determine if they are still contagious, the employee or student can leave home and return to school after these three conditions have been met:

1. They have been fever-free for at least 24 hours without the use of fever-reducing medication.
2. St. Ambrose will follow the new CDC guidelines that state an individual will need to self-isolate at home for a minimum of five days. If at Day Five they have been fever-free without the use of fever-reducing medications and if they have no symptoms or their symptoms are resolving, they can return to school. They must continue to wear a mask around others for 5 additional days, even when not at school. If the individual is still presenting with a fever or symptoms are not resolving they must isolate at home for the full 10 days. Should the student or family not comply, or the masks are deemed not an appropriate fit or are not worn properly, or if the family does not want the child to wear a mask during that period, the student will need to be at home for the remainder of the isolation/quarantine time.
3. At least 10 days have passed since the date of their first symptoms.

Option 2: If in consultation with a health care provider and local public health authorities knowledgeable about locally available testing resources, it is determined that a faculty, staff, or student **will be tested** to determine if they are still contagious, the employee or student can leave home and return to school after these three conditions have been met:

1. They have been fever-free for at least 24 hours without the use of fever-reducing medications and no symptoms or symptoms are resolving.
2. St. Ambrose will follow the new CDC guidelines that state if an individual tests positive for COVID they need to self-isolate at home for a minimum of five days. If at Day Five they have been fever-free without the use of fever-reducing medications and if they have no symptoms or their symptoms are resolving, they can return to school. They must continue to wear a mask around others for 5 additional days, even when not at school. If the individual is still presenting with a fever or symptoms are not resolving they must isolate at home for the full 10 days. Should the student or family not comply, or the masks are deemed not an appropriate fit or are not worn properly the student will be sent home for the remainder of the isolation/quarantine time. They have a note from their health care provider or the Virginia Department of Health releasing them to return to everyday activity.

3. **If you choose to utilize the home test option:**

- a. **If the student tests positive on an at home test they must isolate for five days.** If at Day Five they have been fever-free without the use of fever-reducing medications and if they have no symptoms or their symptoms are resolving, they can return to school. They must continue to wear a mask around others for 5 additional days, even when not at school. If the individual is still presenting with a fever or symptoms are not resolving they must isolate at home for the full 10 days. Should

the student or family not comply, or the masks are deemed not an appropriate fit or are not worn properly the student will be sent home for the remainder of the isolation/quarantine time.

- b. **If the student tests negative on the first home test they will need to stay at home and re-test 48 hours later.**
- c. **If the second test is negative the student may return to school** if they have been fever-free without the use of fever-reducing medications and if they have no symptoms or their symptoms are resolving, they can return to school.
- d. **If the student tests positive on the second test they need to self-isolate at home for a minimum of five days.** If at day five they have been fever-free without the use of fever-reducing medications and if they have no symptoms or their symptoms are resolving, they can return to school. They must continue to wear a mask around others for 5 additional days, even when not at school. If the individual is still presenting with a fever or symptoms are not resolving they must isolate at home for the full 10 days. Should the student or family not comply, or the masks are deemed not an appropriate fit or are not worn properly the student will be sent home for the remainder of the isolation/quarantine time.

For students only: If your child has any COVID-19 symptoms, cold symptoms, or any other virus:

1. They must remain home until cleared by a physician.
2. **Siblings will be permitted to be at school unless the sick child does receive a positive COVID-19 test.**
3. If the physician states that the sick child has a virus or cold not related to COVID-19, **and it is stated on the clearance that the child has been assessed consistent with The Fairfax County Department of Health (FCDH) COVID-19 algorithm and provided recommendations consistent with St. Ambrose School Reentry Plan**, the student may return to school the following day if fever-free and symptoms are resolving.
4. The sick child will have to remain home until they are fever-free/symptom free for 24 hours without the use of fever-reducing medications.
5. Should the physician have concerns, and not sign off to clear the sick child, the sick child will have to remain home until the physician provides a clearance.
6. **All tests and physician notes must be received prior to bringing your students back to school.**
7. **If a physician** orders a COVID-19 test that includes rapid and a PCR, the PCR results must be submitted to the school prior to returning.

Quarantine is defined by the CDC to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent the spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Close contact is defined by the CDC as follows: In indoor and outdoor K-12 settings, a student who was within 3 to 6 feet of an infected student is not considered a close contact if both students wore well-fitting masks the entire time. Students without a mask will be deemed close contact regardless of vaccination status. **Please be aware that St. Ambrose Catholic School will abide by the recommendations of the CDC and FCHD.**

FCHD recommends close contact investigations in the following situations:

1. Three or more positive cases of COVID-19 within classroom in a fourteen-day period
2. Self-identified close contact originating outside the school setting.
3. Ten percent of the school population.

If a student or faculty member becomes sick while in school:

If a student, faculty, or staff member becomes sick or shows any symptoms of COVID-19 while in school, they will be sent home immediately. If we have a confirmed case of COVID-19 in a classroom the following protocols will take place.

Protocols

1. St. Ambrose Catholic School will contact the Fairfax County Health Department to report a suspected and/or confirmed case of COVID-19. The local health officials determine who else in the school setting will need to quarantine.
2. Families will be notified if there is a confirmed and/or suspected case of COVID-19 at the school. Due to HIPAA Laws, we will not be able to identify the student/staff member by name.
3. All exposed students, faculty, and staff will be required to stay home (quarantine) per CDC/Fairfax County Health Department (FCHD) guidelines if FCHD determines to do so.
4. It is not possible to “test out” of quarantine. If quarantine is initiated by state and local guidance, then testing negative will not release individuals out of the required quarantine period.
5. Affected areas of the school will be disinfected immediately.

Safe classroom spaces

Physical distance will continue to play an important role in school safety to prevent a second wave of infection.

1. Three of our classrooms, third, fifth and eighth grade will be operating at six feet of social distancing.
2. A minimum distance of three feet apart inside the classroom will always be maintained. Desks in classrooms will be spaced facing the same direction.
3. *Specialty teachers (e.g., music, art, physical education, and library) will be rotating to individual classrooms. Students are not expected to travel through common spaces.*
4. Physical education classes will be held in the gym and outside (weather permitting). All participants will wash their hands before and after physical education classes. Students will remain six feet apart when participating in PE.
5. Middle school students will not move from class to class.
6. Students will attend Mass on a rotating schedule, maintaining six feet of distance. There will be a Live Stream of the Mass that will be viewed by those homerooms that are not in attendance.
7. Students from K-5 will eat snacks outside every day, even on cold days, when the gym is not available maintaining six feet of social distance.
8. Middle School students will not have snacks during the day. In the event that any Middle School student needs to have a snack, he/she will be sent to the clinic to eat there.
9. Each child will have their own supplies.
10. Recess will be in the lower parking lot (Area II). Recess will be by groups: K-2, 3-5, and Middle School)

Virtual online learning will be offered only in the following situations:

1. Online learning will be offered only when school is out for an extended period of time with a substantial COVID outbreak within the classroom or the entire school. Furthermore, online learning will be available on those instances that Fairfax County Public Schools decide to close due to inclement weather.
2. Online learning will be offered only to students who become sick with COVID-19 and are asked to isolate or are deemed a close contact and must quarantine. Parents must provide a positive COVID-19 test result to

the school or a letter from their health care provider/FCHD stating they are a close contact and must quarantine.

3. **No virtual online learning for non-COVID or sick students.** Daily lessons will be posted in Schoology so ill students can have access to lessons and classwork. Please check the St. Ambrose Handbook for policies regarding absentee work.

Common Areas

Common areas in educational settings pose a significant risk to the population. Therefore, common areas will be limited as follows:

1. Restrooms will be open but limited to one student per homeroom. Proper handwashing will follow CDC guidelines.
2. Hand sanitizer stations will be accessible and located throughout the school and at a minimum in each classroom.
3. When students leave a classroom, they will be instructed to wash their hands or apply hand sanitizer before going to the next location.
4. If hand washing is not easily accessible, hand sanitizer should be used by all students and personnel.
5. St. Ambrose Catholic Schools will continue to employ UVC lighting technology for use in the school. We use two different UVC methods to protect our students. Every night the custodians will clean and disinfect the classrooms and then place the mobile unit in the center of the classroom and activate it after they exit the space.
6. In St. Ambrose's classrooms, most germs can be killed within five minutes, but we will double that time as the custodian cleans another classroom before the mobile unit is moved.
7. For large areas like the gym, we will move the unit around and will extend the time to be most effective.
8. The mobile unit will only be used at night to eliminate human exposure to the light. Window blinds must be closed, and door windows must be covered. Warning signs are posted when the mobile units are in use.
9. Students will enter the gym utilizing three separate entrances (gym entrance, extended day entrance, hallway entrance) to minimize mixing. Classes will use a rotating schedule to be seated six feet apart either at tables or lap desks. Students will remain seated during lunch. Trash cans will be moved throughout the aisles to collect trash as students are done. When being dismissed from the lunchroom, students will wait for their teacher who will call them one class at a time to exit through the gym doors. Students will remain seated until they are called to be dismissed.

Student Mixing

CDC guidelines emphasizing the importance of physically distancing throughout the school day cannot be overstated. A typical school setting has students and faculty mixing throughout the day. St. Ambrose Catholic School will operate under strict guidelines regarding mixing student and adult populations.

1. Students will not be rotating throughout the day. All Specialty teachers will come to the classroom.
2. Field trips will not be offered.
3. School assemblies/rallies will be offered, if maintaining six feet of distance is feasible. This could require three separate assemblies.
4. Parents will only be allowed on campus if wearing a mask and will be required to wash hands or apply hand sanitizer immediately upon entry.
5. Any adult experiencing any COVID-19, cold, or flu-like symptoms will not be permitted to enter the building.
6. **Extended Day services will be offered by following the guidelines and protocols below:**

- a. Students will be placed at tables adhering to six feet of social distancing and will be designated by homeroom. Students will remain seated and will not be allowed to mix with other tables.
- b. Students will be taken outside (Area II, lower parking lot) to play by homeroom. Only three homerooms will be taken outside at a time, similar to our recess procedures.

Staff and Student Protective Equipment

To maintain a safe environment due to the need to move about in the school, St. Ambrose Catholic School highly recommends the use of masks to minimize the spread of Covid-19 disease from asymptomatic vectors, as this is proven to be highly effective.

1. **It is highly recommended that students wear a mask at all times while in school. N-95/KN-95/KF-95 masks that are the correct size and well-fitted are the best masks for protection against Covid-19.**
2. All faculty and staff will continue to wear masks.
3. Masks must be brought from home for those students whose parents have decided that their child will be wearing a mask.
4. With the help of the PTO, faculty and staff will be provided with KN-95 masks.

Final Thoughts

1. Because the COVID situation remains fluid, this plan may be modified and updated as needed throughout the remainder of the 2021-2022 academic year. When that happens, the updated version will be disseminated to all school families.

Saint Ambrose Preschool Reentry Plan
(Updated February 2022)

Morning Arrival and Dismissal: We will follow the same plan as Saint Ambrose School with the following modifications:

Parents must continue to wear a mask during this transition and students who do not have a signed opt out form submitted at Saint Ambrose School will be required to wear a mask

Health Screening: We will follow the same plan as Saint Ambrose school with the following modifications.

Faculty and staff will be asked to always wear masks while in school. Preschool children will have to wear masks unless we have a signed opt out form submitted at Saint Ambrose School. Students who do wear masks will be required to wear them at all times of the day with the following exceptions: During snack/lunch and during rest time (full day students only). Students, faculty, and staff are required to bring their own face coverings to school. With the help of the PTO, faculty and staff will be provided with KN-95 masks.

Protocols for Parents: We will follow the same plan as Saint Ambrose School.

Safe Classroom Spaces: We will follow the same plan as Saint Ambrose School with the following modifications.

- *The 3-year-old class will have no more than 10 students to 2 teachers*
- *The 4-year-old class will have no more than 12 students to 2 teachers.*
- **Specialty teachers will rotate into preschool classrooms.**
- **Virtual learning will not be available** unless Saint Ambrose School Closes for a long period of time.
- *We will sanitize tables, chairs, doorknobs, cubbies etc. daily in preschool classrooms.*

Common Areas: We will follow the same plan as Saint Ambrose School.

Student Mixing: We will follow the same plan as Saint Ambrose school.

Personal and Student Protective Equipment: We will follow the same plan as Saint Ambrose School.

Sanitation/Disinfection Guidelines (Daily Cleaning): We will follow the same plan as Saint Ambrose school.

Final Thoughts

1. Because the COVID situation remains fluid, this plan may be modified and updated as needed throughout the remainder of the 2021-2022 academic year. When that happens, the updated version will be disseminated to all school families.