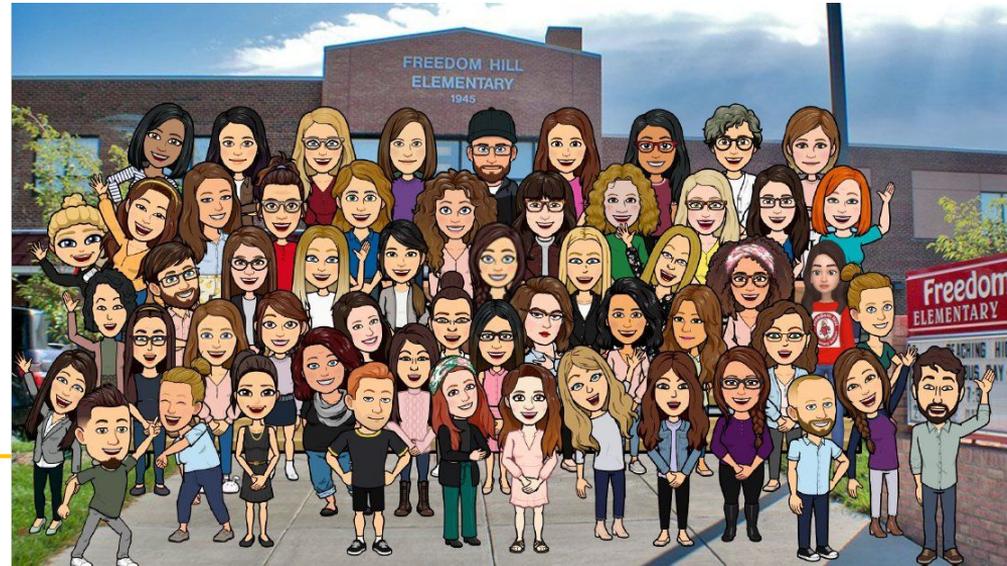




A FAMILY GUIDE FOR 2020-21 RETURN TO SCHOOL

February 10, 2021
Freedom Hill Elementary School



Welcome

We are focused on keeping students and staff safe and healthy as we return to school buildings for learning.

We are following recommended health guidance that focuses on student health, safety, and emotional well-being.

Family Guide on Return to School

- Talk to your children about what school will be like when they return.
- Ask if they have questions and let them know we are all going to work together to keep everyone safe and healthy.
- Practice wearing a mask or face covering during the day.
- Discuss the importance of social distancing.
- Talk about washing hands and covering coughs and sneezes.

Student Groups Phase-In Timeline



STUDENT GROUPS	Student In-Person Start Dates (Tuesdays)
VHSL Activities & HS Co-Curriculars	January 26
Intervention Cohorts - Elementary, Middle, High	January 26
Group 1-4 (8,000 students): Select CTE and Spec. Ed.	February 16 (New Bell Schedule Starts)
Group 5 (7,000 students): PreK-K and Spec.Ed.	February 23
Group 6 (13,500 students): Grades 1-2	March 9
Group 7 (27,500 students): Grades 3-6	March 16
Group 8 (24,500 students): Grades 8, 9, 12 Poe, Glasgow, Holmes - Grade 8	March 2
Group 8 (24,000 students): Grades 7, 10, 11 Poe, Glasgow, Holmes - Grade 6-7	March 9

Return to School Timeline, Grades 1-2

Date	Event
Friday, February 19 th	Parents receive notification of teacher assignment
Tuesday, March 2 nd	Transition Day – students will have a virtual opportunity to meet their new teacher and classmates during the day
Wednesday, March 3 rd	First virtual day with new teacher and classmates
Tuesday, March 9 th	In-person students return to the building

Return to School Timeline, Grades 3-6

Date	Event
Friday, February 26th	Parents receive notification of teacher assignment
Tuesday, March 9th	Transition Day – students will have a virtual opportunity to meet their new teacher and classmates during the day
Wednesday, March 10th	First virtual day with new teacher and classmates
Thursday March 11th Friday March 12th	Asynchronous Days for students and classroom setup days for teachers. Students will join AM meeting and specials only
Tuesday, March 16th	In-person students return to the building

Concurrent Instruction—ES Schedule

ES Concurrent Instructional Schedule				
	Tuesday	Wednesday	Thursday	Friday
Group A	In-School	In-School	Online	Online
Group B	Online	Online	In-School	In-School
Group C <i>(full time online)</i>	Online	Online	Online	Online

Two days of instruction in the school and two days of virtual instruction at home – both led by the teacher.

Mondays: Teachers will use for planning. Students will have independent work day.

We can only accommodate parents' requests to change to in-person learning if classroom space permits.

Full-Time Virtual Instruction

Students who selected full-time virtual learning will still receive **four days of teacher-led instruction** while learning from home.



School Buildings

Safety Protocols



Cleaning Protocols



Refreshed Cleaning Methods/Processes

FCPS cleaning personnel will be sanitizing and disinfecting more frequently. Their cleaning protocol will include thoroughly disinfecting and sanitizing all surfaces, doors, toilets, and handles, and ensuring that all supplies are always fully stocked.

Increased Cleaning to High-Touch Surfaces/Points

FCPS cleaning crews will be sanitizing touch surfaces/points thoroughly such as door handles, glass, elevators buttons, doors, tables, chairs, and light switches. Daytime custodians have been instructed to continuously disinfect and sanitize all touch points throughout the day.

Lunch



Cafeteria:

The cafeteria has been converted into a state standardized testing room and socially-distanced collaborative space for staff.

Students will eat in classrooms daily. Food will be delivered to the classrooms.

FCPS offers grab and go breakfast and lunch for all students for the rest of the school year.

Recess in Elementary Schools

Large, structural playground equipment is currently off-limits at recess.

Staff will encourage students to play games or activities that minimize close physical contact and allow for social distancing.

Everyone must wear masks at all times because occasional close contact is expected during play.

Students will wash their hands with soap for at least 20 seconds at the end of the recess period before returning to class.

School Health Room

Support to students in the health room will continue to be provided by the School Health Aide. To drop off medicine, make an appointment with Kelly Harris in our front office.

Students with Individualized Health or Action Plans who require specialized care, medication administration and emergency care will be seen in the health room. Parents will be required to bring in medications needed to support their student during the school day prior to or on the first day of school.

***Reminder that health requirements, including necessary documentation for required immunizations, tuberculosis screenings, physicals and Tdap must be met before a student can return to “in-person” learning.**

Care Room

We have a predetermined Care Room that is a designated location for students who exhibit symptoms of COVID-19 while at school.

It is separate from the health room.

The Care Room is necessary due to the requirement for social distancing and room capacity.

A designated staff member will be assigned to supervise students in the Care Room while waiting for the parent to pick up the student.

Student and Family Safety Protocols



FCPS Approach to CDC's 5 Mitigation Strategies



Consistent and Correct Use of Masks

- New FCPS Regulation: Face Coverings to Mitigate the Spread of Infectious Disease (Regulation 2109)
- Face coverings will be worn by staff and students.
- Face coverings will be provided to students unable to provide their own.



Cleaning and Disinfection

- Daily sanitizing of high touch areas (doorknobs, handles, fixtures, etc.) with medical grade sanitizing solution
- Frequent monitoring and cleaning of restrooms throughout the day
- Contracted cleaning services utilized as needed



Contact Tracing in Collaboration With Local Health Department

- Collaborate with County Health Department in response to outbreaks in order to implement all necessary health and safety protocols
- Establishment of isolation rooms



Social Distancing to the Largest Extent Possible

- Six foot separation wherever possible; limited mixing among student groups
- Social distancing on buses in accordance with health and safety protocols
- Desks will be separated by up to a six feet distance, facing same direction
- Students will eat meals in classrooms whenever possible
- Student traffic patterns that maintain social distancing
- Limit volunteers/visitors in buildings



Hand Hygiene and Respiratory Etiquette

- Students will wash hands for at least 20 seconds after blowing nose, coughing, or sneezing; before eating; upon entering classrooms; breaks will be provided for hand washing.

Safety Teams

Correct and consistent implementation of the mitigation strategies allows FCPS to provide students with in-person instruction even if COVID-19 transmission rates are high in the community.

CDC says that as schools re-open for in-person instruction, it is important to have systems in place for monitoring and assessing COVID-19 mitigation strategies.

Safety Teams

What will Safety Teams be doing?

They will spend about two hours observing multiple locations at the school:

- Arrival or dismissal
- Classrooms
- Care rooms
- Staff break rooms
- Kitchen
- Cafeteria, if observing during lunchtime
- Outdoor play areas, if observing class during recess
- Other common areas frequented by students

Health Screening Commitment Form

Important!

Parents/guardians who chose in-school instruction for their child will be required to complete a [Parent/Guardian Health Screening Commitment form](#) as students are phased back into in-person learning.

The document indicates the parental/guardian's agreement and commitment to completing a daily health screening prior to sending the student to school and also to keep ill students at home. These health screenings will be done on an honor basis and **will not** be required to be submitted to the school each day.

Families can complete this form in [ParentVue](#) – OR – submit the form to your child(ren's) school.



Parent/Guardian Health Screening Commitment Form

To protect our children and staff, I commit to complete a daily health screening of my child using the COVID-19 Health Screening Questions and to not to send my child to school when he/she is sick or feeling unwell with the symptoms consistent with COVID-19. This commitment will apply to all school-age children in my home.

I agree to screen all school-aged children in my home each day prior to sending him/her to school and agree to keep my child at home if he/she has:

- Feeling feverish and/or having chills (if documented temperature/fever of 100.4F or greater)
- A new cough not due to another health condition
- A new sore throat not due to another health condition
- New chills not due to another health condition
- New muscle pain not due to another health condition or that may have been caused by a specific activity such as physical exercise
- New loss of taste or smell

I understand that the COVID-19 Health Screening Questions may change over time as required by the Centers for Prevention and Disease Control (CDC) and that Fairfax County Public Schools (FCPS) will update the health screening questions, as required. FCPS will communicate any necessary changes to me and I agree to continue daily health screenings based on the current requirements.

I agree not to send my child to school if he/she has any of these signs of COVID-19 until:

- o My child tested negative for COVID-19 and is otherwise well enough to go back to school OR
- o A healthcare provider has seen my child and documented a reason for the symptoms other than COVID-19 OR
- o All are true: 1) at least 10 days since the start of symptoms AND 2) fever free off anti-fever medicines for 24 hours AND 3) symptoms are getting better.

I agree not to send my child back to school if he/she is diagnosed with COVID-19, until the following are met:

- o It has been at least 10 days since my child first had symptoms AND
- o My child has had no fever off anti-fever medicines (ex: Tylenol, ibuprofen) for 24 hours AND
- o My child's symptoms are getting better

If someone in my household has been diagnosed with COVID-19, or my child is exposed, I agree to keep my child home for 14 days after their last exposure to the household member.

***Exposure is defined as spending more than 15 minutes within six feet of a person with COVID-19 or having exposure to the person's respiratory secretions (for example: coughed or sneezed); shared a drinking glass or utensils; kissing while they were contagious. A person with COVID-19 is considered to be contagious starting 2 days before they became sick, or 2 days before they tested positive if they never had symptoms.**

If someone in my household develops fever, new cough, shortness of breath or two of the following: sore throat, chills, muscle pain, headache, new loss of taste or smell, I will get that person evaluated and tested for COVID-19. If that person tests positive, I will keep my child home for 14 days after their last exposure to this household member OR as above if my child tests positive.

Child's name: _____
Parent/guardian name: _____
Parent/guardian signature _____
Date: _____

Revised 8.9.20

Daily Temperature Checks



Fairfax County Public Schools (FCPS) will no longer conduct daily temperature checks for students, staff and visitors.

The Centers for Disease Control and Prevention (CDC) does not recommend schools conduct symptom screening for all students in grades K-12 on a routine (e.g. daily) basis.

- Symptom screening will identify only that a person might be sick, not that the person necessarily has COVID-19.
- Accuracy of thermometers is limited in extreme temperatures

The CDC recommends that parents, caregivers or guardians, should monitor their children for symptoms of infectious illness every day through home-based symptom screening.

Students, staff and visitors still required to complete a daily health screening questionnaire.

Any student, staff or visitor demonstrating symptoms of illness should stay home to help stop the spread of COVID-19.

Face Coverings/Masks



All students who are two years old and up are required to wear face coverings (cloth or disposable) while on school property.

Students should wear a mask to school and bring one extra mask in their backpack.

Face Coverings



Bus Transportation



- Parents will receive information about bus schedules prior to start. Also available on ParentVUE.
- Seating capacity will be reduced to allow for social distancing.
- Students are reminded to wear a face coverings when riding the school bus.
- Students will be required to sit in seats as marked on the school bus.
- We will using the new bell schedule (9:45-4:15) beginning February 16.

Kiss 'n Ride and Bus Arrival

- The Kiss n' Ride loop will begin releasing students into the building **no earlier than 9:30**. We are not able to accommodate early students this year.
- All students will sanitize their hands upon entering the building
- Students will report directly to their classroom to avoid congregating in the lobby.
- Students eating breakfast at home will be directed to the cafeteria and will take their breakfast to their classroom.
- Walkers enter the school through the Kiss N Ride doors (right side doors)

Social Distancing at School



Social distancing should be maintained as much as possible. Exceptions may occur when a student requires support for activities of daily living that may make staff unable to maintain a distance of six feet. In all other cases, six feet of social distancing should be maintained as much as possible.

- Six foot separation wherever possible; limited mixing among student groups.
- Social distancing on buses in accordance with health and safety protocols.
- Desks/seats will be separated by up to a six feet distance, facing same direction.
- Students will eat meals in classrooms
- Student traffic patterns in hallways will be set up to maintain social distancing, including during arrival and dismissal.
- Students transitioning to after school care will also follow traffic patterns in the hallways to maintain social distance.

Handwashing



- There will be breaks provided during the day for handwashing.
- Automatic hand sanitizer dispensing stands have been placed at school entrances and 1-gallon pump containers of hand sanitizer are available in all classrooms.

School Supplies and Communal Classroom Items



- FH has purchased individual plastic containers for in-person students. Students will keep their items within.
- Students will not be allowed to share electronic devices, toys, books, games or learning aids unless they can be cleaned or disinfected.
- Students **should bring their own water bottle** for use during the day.
- Water fountains can be used to refill water bottles if practical, but students and staff should not be drinking directly from any water fixtures; individual water bottles should be used instead.

Student Laptops

Students should bring their FCPS-assigned laptops with them to school **and** take that laptop home each day.

Extra laptops may not be available in all classrooms.

Laptop should be fully charged each morning and ready to use.

DO NOT use disinfectant spray on the device or apply hand sanitizer directly on the device as it may damage the electronics.

Parents may use an alcohol wipe or disinfectant wipe to gently wipe down the laptop and keyboard if necessary.

Visitors to FCPS Facilities

When possible (unless an emergency) visitors must **schedule appointments prior** to visiting a school by contacting the main office.

All visitors will be required to **complete a health screening questionnaire**.

All visitors are required to **wear a face covering** (cloth or disposable) while on school property and inside FCPS facilities.

Visitors who do not have face coverings will be provided a disposable mask upon entering a school.

Visitor access should be limited to essential activities.

If Sick at School



Becoming Ill While at School



Students will be sent home if they demonstrate:

- fever greater than or equal to 100.4 Fahrenheit
- new chills
- new cough
- new sore throat
- new muscle aches
- new loss of taste or smell
- nausea, or diarrhea, abdominal pain
- poor appetite
- nasal congestion or runny nose
- shortness of breath or difficulty breathing not due to another health condition
- more tired than usual
- headache

Parents/guardians will be notified and are expected to pick up their child. Parents are to check in with the front office.

Student Illness at Home

If a student becomes ill at home, STAY HOME.

Parents need to contact the school and report the reason for their child's absence.

Parents will need to follow established procedures when contacting the school regarding student illness.

Parents/guardians will be required to complete and return the [Permission to Return to School/Child Care Form](#) when the student returns.

The form will be completed by the health care provider and will indicate to the school when the student may safely return.

Returning to School After Illness

Families will receive guidance from the FCHD Public Health Nurses (PHNs) and School Health Aides (SHAs), identified as the school health team as to when their student can return to in-person learning.

Students who are showing signs of COVID Like Illness may not return to school until:

- The parent/guardian provides the school, a completed “Return to School” portion of the Sick Student Notification and Return to School Form.

Students who have been diagnosed with COVID-19, may not return until:

- At least 10 days have passed since symptoms started **AND**
- The student has had no fever or anti-fever medicines (ex: Tylenol, Ibuprofen) for 24 hours **AND**
- The student’s symptoms are getting better

Students who have been exposed to COVID-19:

If someone in the household has been diagnosed with COVID-19, or the student is exposed, the student must remain home for 14 days after their last exposure to the household member.

Response to COVID Case in a Classroom

With one confirmed case of COVID, the classroom will transition to 100% virtual learning for up to 14 days from the date of onset.

The school health team, will support the contact tracing process in our school.

Individuals who are identified during the contact tracing will receive notification, as directed by the FCHD. The community will also be notified that a COVID case has occurred in a cohort and the contact tracing process has been initiated.

Upon the conclusion of contact tracing, cleaning and disinfecting, students and staff in the cohort will be notified as to when they will return to in-person learning.

The length of time for this process may be shorter than 14 days based on results of contact investigation and tracing by the FCHD. The community will also be notified that the contacting tracing has been completed and of any further recommendations.

Response to Two or More COVID Cases in a School

As related to school closure, FCPS will work closely with the FCHD to make the determination as to whether or not an entire school will be required to transition to distance learning based on contact tracing.

Should multiple linked cases occur, the community will receive **immediate communication** of an outbreak and all students would be transitioned to distance learning for a period of time.

A **follow up communication** will go out to the community when in-person learning may resume, as recommended by the FCHD.

Resources



Mental Health and Wellness

All children and youth face challenges from time to time managing emotions such as feeling depressed, anxious, or worried.

As students prepare to return to in-person learning, these emotions may be heightened.

Our school counselors, school psychologists, and school social workers are available to support all students as they transition back to their school buildings.

If you or someone you care about is experiencing a mental health crisis, or if you believe there may be a mental health emergency, call 911. Additional resources are available at www.fcps.edu and search [Mental Health Emergency Services](#).

FCPS - Helpful Links



[Mental Health Resources and Emergency Services Information](#)

[Parent/Guardian Health Screening Commitment form](#)

[ParentVue](#) – where parents can access information about their child(ren)

[Return to School](#)

[Student Health and Safety Guidance Document](#)

Plus

[Centers for Disease Control and Prevention](#)

[Permission to Return to School/Child Care Form](#)

[Virginia Department of Health](#)

“How-To” Videos - Links

[Mask-Wearing](#)

[Riding the Bus](#)

[Return to School Daily Procedures](#)

[ParentVue](#)

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