ST. JOSEPH CATHOLIC SCHOOL

COVID-19
SAFETY AND HEALTH PROTOCOLS

Updated: September 2021

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INTRODUCTION AND GUIDING PRINCIPLES

St Joseph Catholic School is committed to the health and well-being of our students, faculty/staff, volunteers and others who are part of the St. Joseph school community. We acknowledge that the novel coronavirus ("COVID-19"), which has been declared a pandemic by the World Health Organization, poses significant health risks and has affected many aspects of life. It is possible that other communicable diseases could pose risks to St. Joseph Catholic School students and others in the St. Joseph community. To confront the unprecedented challenges and risks presented by COVID-19 and other communicable diseases, St. Joseph Catholic School is following recommendations and guidance issued by county, state and federal authorities and agencies, including Clark County Health Department, OSPI and other Centers for Disease Control and Prevention.

Students and parents/guardians are expected to understand and acknowledge the dangers presented by COVID-19 and other communicable diseases. In particular, COVID-19 is contagious and believed to spread mainly from person-to-person contact. The risks associated with COVID-19 may include, but are not limited to, illness, and in some cases, death. Students and parents/guardians are expected to stay informed of COVID-19, as well as other communicable diseases and understand their associated risks. To prevent and to reduce the spread of communicable diseases like COVID-19, students and parents/guardians are expected to:

1. Comply with all recommendations and guidance for reducing the spread of communicable diseases published by county, state and federal authorities and agencies, including the Clark County Department of Health, the Centers for Disease Control and Prevention and Washington Department of Health. Such recommendations include, but are not limited to, maintaining physical distancing guidelines, wearing a face covering and washing hands with soap and water for a minimum of 20 seconds regularly.
2. Comply with all rules, guidelines and protocols adopted by St. Joseph Catholic School for reducing the spread of COVID-19 and other communicable diseases.
3. Notify St. Joseph Catholic School within twenty-four (24) hours if the student (a) has been in contact with someone known or suspected to be infected by COVID-19 or any other communicable disease; (b) has been diagnosed as being infected by COVID-19 or any other communicable disease; or (c) has been running a fever or exhibiting other symptoms as outlined by Clark County Department of Health.

Students must stay at home if they feel ill, exhibit symptoms of COVID-19 or any other communicable disease or have tested positive for COVID-19 or any other communicable disease. Students who are at school must report to the front office staff if he/she becomes ill during the day. In those circumstances, St. Joseph Catholic School will contact the student's parent/guardian and send the student home. Students are expected to stay home until they are no longer contagious as determined by a licensed medical professional.

St. Joseph Catholic School will close its campus if St Joseph Catholic School deems it necessary to protect students, faculty/staff, volunteers and other who are part of the St. Joseph Catholic community from exposure to COVID-19 or any

VACCINATION

Vaccination is the most effective prevention strategy available for allowing schools to resume full in-person instruction. While it is not a requirement at this time, it is the strongest protective measure against COVID-19 available (WADOH).

Fully Vaccinated

You are considered fully vaccinated:

- Two weeks after you have received the second dose in a two-dose series (PfizerBioNTech or Moderna)
  OR
- Two weeks after you have received a single-dose vaccine (Johnson and Johnson/Janssen)

Vaccination Verification

The school is asked to verify the vaccination status of all employees and any other volunteers who will be working directly with students. Please contact Mary Yamoah to verify your status.

FACE COVERINGS/MASKS

Indoor Mask Requirements

Per the Department of Health, **correct use of face coverings helps prevent the spread of COVID-19 and is required when indoors at K-12 facilities for all school personnel, students, visitors, and volunteers regardless of vaccination status.**

Outdoor Mask Requirements

Outdoor masking will be required at SJCS at this time. Teachers are allowed to take students outdoors for mask breaks as long as physical distancing is maintained.

This guidance may change in accordance with changes to local, state, or federal health guidelines. Per the Secretary of Health's mask order, exceptions may be made for people with a diagnosed health condition that prevents them from wearing a face covering. If you will be requesting such an exception, please contact Mary Yamoah, Principal, directly, to discuss.

HEALTH SCREENING AND ATTESTATION

As noted by the CDC, the effectiveness of screening students for symptoms at school is not well known. Therefore, we do not intend to implement daily symptom screening.

Before coming to school, however, families should conduct a basic three-question assessment to determine whether a student should come to school:

1. Is the student exhibiting symptoms related to COVID-19?
   - Temperature of 100.4 degrees Fahrenheit or higher
   - Sore throat

- Cough (for students with chronic cough due to allergies or asthma, a change in their cough from usual)
- Difficulty breathing (for students with asthma, check for a change from their baseline breathing)
- Diarrhea or vomiting
- New onset of severe headache, especially with a fever

2. Has the student been asked to isolate or quarantine by a medical professional?
3. Has the student had a close contact with anyone with COVID-19?
    - Generally, a close contact is someone who was within six feet of a person with COVID-19 for at least 15 cumulative minutes over a 24-hour period during the period of time when the person with COVID-19 was infectious. The infectious period of someone with COVID-19 starts two days before the onset of symptoms or is estimated as two days before the positive test collection date if someone with COVID-19 is asymptomatic. This definition applies regardless of whether the case or contact was wearing a mask.

If the answer to any of these screening questions is "yes," the family should notify the school as soon as possible. In the event that a student is fully vaccinated and has been in close contact with someone with COVID-19, self-isolation may not be necessary.

CDC has a Coronavirus Self Checker available on its website, which may help you make decisions about seeking medical care for possible COVID-19.

HEALTH AND SAFETY

Physical Distancing

Physical distancing requirements have been adjusted to maintain three feet of distance between students in classroom settings. Our classrooms will be arranged to allow for this distancing when possible.

Distance will be maximized between students to the degree possible when eating, in common areas outside the classroom (such as Mass, assemblies, pick up), and during activities such as PE and while singing.

During these times, additional prevention strategies (such as increased ventilation) will be layered to further reduce the risk of disease transmission.

Lunch

The cafeteria will operate at a limited seating capacity to allow for six feet of distance between students while eating. Students may be required to eat inside their classrooms on a rotational basis.

Recess

Grade level cohorts will be allowed in one area each day for recess, rotating regularly: track, grass space, blacktop, and covered play area

- Balls and other equipment used in a cohort will be disinfected before the next group comes to recess

Ventilation

All classrooms have HEPA filters and windows are open for extra ventilation.

Handwashing and Respiratory Etiquette

Students will continue to be instructed in proper handwashing, with behaviors reinforced throughout the school. When handwashing is not possible, hand sanitizer containing at least 60% alcohol will be used. The use of hand sanitizer will be monitored by teachers and staff, especially with our youngest learners, to ensure it is used appropriately.

Teachers and staff will continue to model and teach proper respiratory etiquette, covering coughs and sneezes with a tissue or elbow, and immediately cleaning their hands.

Cleaning and Disinfecting

Throughout the school day, high-contact surfaces will be cleaned regularly. In addition to regular duties, our maintenance staff will sanitize and disinfect the building at the end of each school day and any time a student is sick and leaves a room. We will continue to review and adapt our cleaning and disinfecting procedures to ensure they follow guidelines set forth from the EPA and public health officials.

Drinking Fountains

Water filling stations are available for student use. Students may bring water bottles to school daily for this purpose. General drinking from the fountain is not allowed at this time.

Restrooms

Two students can be in the restroom at a time to minimize transmission. Faculty will supervise.

Signage

Handwashing, masking, physical distancing signage will be displayed throughout the school building as visual reminder for all students to adhere to safety protocols.

Arrival and Dismissal

Kindergarten and 1st grade families and carpools can park and walk the young child to the building. All other carpools will drop off in our normal drive through pattern and children will enter from the West with the exception of Grade 5 (See Map).

Two dismissal times will reduce the number of students gathered in the dismissal area awaiting pick up.

WHAT TO DO WHEN YOU ARE SICK

Staying home when sick with COVID-19 is essential to keep COVID-19 infections out of schools and prevent spread to others. Students and school employees who have symptoms of infectious illness, such as influenza (flu) or COVID-19, should stay home and seek medical evaluation, which may include testing for COVID-19 and other respiratory infections.

Symptoms can include:

- 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
- Diarrhea

SCHOOL RESPONSE TO CASES OR SUSPECTED CASES OF COVID-19

When Symptoms Develop at School

Any student, teacher, or staff who reports COVID-19-like symptoms at school will be immediately isolated from others and sent home and referred to diagnostic testing as soon as feasible. While waiting to leave school, the individual with symptoms will be isolated in a designated isolation space while they continue to wear a cloth face covering or mask.

When Someone Attends School while Contagious

When a person tests positive for SARS-CoV-2, they should immediately contact the school, emailing the Principal, Mary Yamoah. When the school receives an official notification of a COVID-19 diagnosis, there will be outreach to the local public health department to begin the contact tracing protocol.

A close contact is someone who was within six feet of a person with COVID-19 for at least 15 cumulative minutes over a 24-hour period during the period of time when the person with COVID-19 was infectious. A person is contagious with COVID-19 starting two days before they have symptoms (or if asymptomatic, two days before they test positive for SARS-CoV-2) and through the end of their isolation period.

In a K-12 indoor classroom, the close contact definition excludes students who were at least three feet away from an infected student when (a) both students were wearing face coverings/masks and (b) other prevention strategies were in place. This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.

The ultimate determination of close contact is made by the local health jurisdiction during its investigation; it may delegate this determination if appropriate.

Quarantine

Quarantine is when someone who has been exposed to COVID-19 stays home and away from others for the recommended period of time in case they were infected and are contagious.

People who may be exempt from quarantine:

- **Close contacts who are fully vaccinated and do not have symptoms do not need to quarantine but should be tested 3-5 days following a known exposure to someone with suspected or confirmed COVID-19 and wear a mask in all public indoor spaces for 14 days or until they receive a negative test result.** They should isolate and follow appropriate guidance if they test positive. If they develop symptoms consistent with COVID-19, they should isolate themselves from others, be clinically evaluated for COVID-19, and tested for SARS-CoV-2 if indicated. The symptomatic fully vaccinated person should inform their healthcare provider of their vaccination status at the time of presentation to care.

- Close contact who had confirmed COVID-19 in the past three months, have recovered and do not have symptoms, do not need to quarantine but should watch for symptoms and get tested if symptoms develop. **Prior to returning to school, the close contact will need to provide the school with documentation demonstrating recovery from COVID-19 within the designated time frame.**

If a close contact is neither fully vaccinated nor recovered from confirmed COVID-19 in the past three months and does not have symptoms, the close contact must quarantine.

There are three options for the duration of quarantine:

1. Quarantine should last for 14 days after the last close contact with the COVID-19 positive person. This is the safest option. Monitor for symptoms during this time, and if any COVID-19 symptoms develop during the 14 days, get tested.

2. If 14 days is not possible, quarantine can last for 10 days after the last close contact, 12 without additional testing required. However, if any COVID-19 symptoms develop during the 10 days, remain in quarantine the full 14 days and get tested. Continue monitoring for symptoms until day 14.

3. Quarantine can end after 7 full days beginning after the last close contact if no symptoms have developed and after receiving a negative test result. The test should occur no sooner than 48 hours (2 days) before ending quarantine. Continue monitoring for symptoms until day 14. **Proof of a negative test result must be presented to the school prior to the student returning.**

<u>Isolation</u>

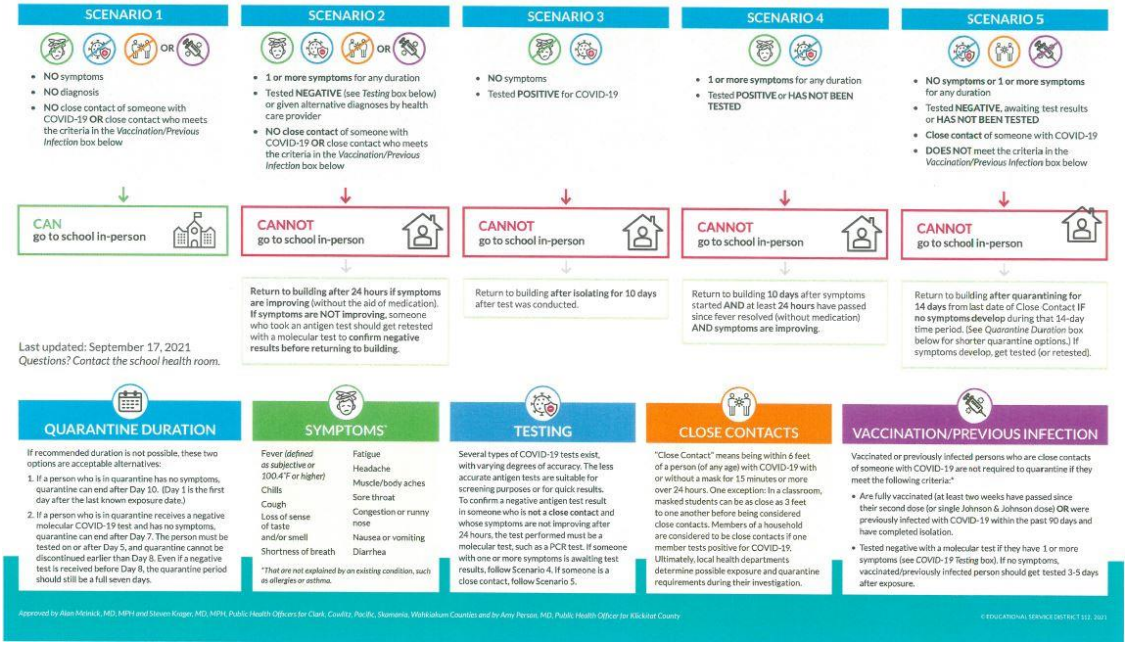
If a person tests positive for SARS-CoV-2, they can return to school when the following criteria are met:

1. 10 days since symptom onset, or since positive test specimen collection date if no symptoms are present (up to 20 days for those for those who are severely ill or severely immunocompromised), **AND**

2. 24 hours after fever resolves without use of fever-reducing medications, **AND**

3. Symptoms have improved This isolation guidance applies regardless of vaccination status.

COVID-19 Student Symptom Flow Chart



COVID-19 Return to Work/School Flow Chart

Public Health
Seattle & King County

COVID-19 SYMPTOMS[2]

- Fever (100.4˚F / 38˚C or higher)
- Cough
- Loss of taste or smell
- Chills
- Shortness of breath or difficulty breathing
- Fatigue
- Headache
- Muscle pain or body aches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

[2]That are not explained by a preexisting condition, such as asthma.

CLOSE CONTACT DEFINITION[3]

"Close Contact" includes anyone in one or more of the following categories:

- **Been within 6 feet (2 meters) of a person with COVID-19 for a combined total of 15 minutes or more within a 24-hour period**
- **Live in the same household as a person with COVID-19**
- **Cared for a person with COVID-19**
- **Been in direct contact with saliva or other body secretions from a person with COVID-19 (for example: been coughed on, kissed, shared utensils, etc.)**

In a K-12 indoor classroom setting, the close contact definition excludes students who were at least 3 feet away from an infected student when

- **Both students were wearing face coverings/masks AND**
- **Other prevention strategies were in place**

This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.

If you've been exposed to someone with COVID-19 and you have no symptoms, Public Health recommends the following:

1. **Stay in quarantine for 14 days after your last contact. This is the safest option.**
2. **If this is not possible, stay in quarantine for 10 days after your last contact, without additional testing.**
3. **If the first two options are not possible, stay in quarantine for 7 full days beginning after your last contact *and* if you receive a negative test result (get tested no sooner than day 5 after your last contact). *This option depends on availability of testing resources and may not be recommended in some settings.***

***Fully vaccinated people (2 weeks after last vaccination dose) with no symptoms do not need to quarantine after COVID-19 exposure. Watch for symptoms for 14 days. If symptoms develop, follow flowchart.**

Updated Sept. 3, 2021. Adapted from document of Health Officers in Clark, Cowlitz, Klickitat, Pacific, Skamania, and Wahkiakum Counties.

Notifying and Working with Public Health

When the school learns of a student or staff with COVID-19 on the school premises, the principal will notify the Office for Catholic Schools and local public health officials. The school will cooperate with public health authorities in the investigation of cases, suspected cases, outbreaks, and suspected outbreaks. Per the governor's proclamation, the school must release information about COVID-19 cases to local public health as part of a case or outbreak investigation. This information may include, but is not limited to:

- Name
- Date of birth
- Sex
- Role (student, staff, teacher)
- Parent or guardian name
- Home phone number, or home phone number of parent or guardian
- Home address
- Classroom/Grade
- Dates of school attendance
- Type of COVID-19 Test
- Specimen collection date of positive test
- Date of symptom onset
- Preferred language spoken
- Vaccination status (manufacturer, dates of administration)
- Information about any close contacts of the student or staff with COVID-19

To prepare for conversations with public health officials, the principal or designated representative may reach out to families to gather the necessary information to support public health's investigative efforts. Additionally, the principal or designee will conduct contact tracing at the school level.

Communication and Notifications

The school wants to keep the community informed with regards to cases of COVID-19 at school. However, we also want to respect and maintain the confidentiality of the person(s) who tested positive. School communications will be directed by our correspondence with public health officials and will seek to inform close contacts of potential exposure. Further communications may be directed to a specific classroom, grade level, or schoolwide audience, dependent on the guidance provided by the public health.

Outbreaks and School Closures

A COVID-19 outbreak in a school is considered when the following have been met:

1. There are two or more COVID-19 cases among students or staff.
2. The cases have a symptom onset or positive test result within a 14-day period of each other.
3. The cases are epidemiologically linked.
4. The cases do not share a household.
5. The cases are not identified as close contacts of each other in another setting during the investigation.

The school will adhere to the guidance of our local public health officials in the event of an outbreak in a classroom or the school. If such a case arises, the school may be required to ask a specific classroom, grade-level, division, or entire school to quarantine to limit the spread of and possible exposure to COVID-19.

TRAVEL RECOMMENDATIONS AND REQUIREMENTS

For unvaccinated persons traveling domestically, the Washington State Department of Health advises that if you **must** travel you must get tested 3-5 days **after your trip and stay home and self-quarantine for a full 7 days after travel**, even if your test is negative. If you don't get tested, stay home and self-quarantine for 10 days after travel. We ask our families to follow the DOH and CDC travel requirements and recommendations.

SCHOOL PROGRAMS, CURRICULUM AND INSTRUCTION

We want to maximize in-person instruction. While St. Joseph is not currently offering full-time distance learning, our classrooms remain outfitted for distance learning accommodations if circumstances arise (i.e. covid exposure/quarantine/travel quarantine). If your family requires this accommodation, please contact Mary Yamoah.

COVID-19 Distance Learning Accommodations

Grades K-2:

- Packet/materials for lessons will be provided (request a 24-hour workday window in which to prepare these items).
- Each packet/materials will only cover lessons for one week at a time.
- At-home pages may look different than in-class assignments and expectations.
- Provide 2 live log-ins during the day: reading and math.
- Parents will be emailed with the Google Meet link as needed.

Grades 3-5:

- Provide 3 login times (math, reading, religion) for Google Meets.
- Parents will be emailed with the Google Meet link as needed.
- Grades 4 and 5 will provide worksheets on Google platform.
- Grade 3 will provide packets to be picked up at the front desk (request a 24-hour workday window in which to prepare these items).

Grades 6-8:

- Teacher will provide online instruction.
- Students will be able to access homework via Google Classroom.
- No online tests will be available. Any assessments will be administered when the student returns to the classroom.

In the event that SJCS has to shift to full-time distance learning, updated plans will be communicated with families.

Before and After School Care

Before and after school extended care will be provided if we are in-person learning.

- A larger space has been acquired on site for them to spread out
- All health and safety requirements are in place following school day rules

CYO

CYO sports will be offered at this time pending no changes from the Department of Health. All health and safety requirements are in place for this program including masking and vaccination of volunteers/coaches.

Resources:

Archdiocese of Seattle C2P Newsletter - https://archseattle.org/for-parishes/c2p-newsletter/

Archdiocese of Seattle Covid-19 Resources - https://archseattle.org/for-parishes/covid-19-resources/

Washington Department of Health - https://www.doh.wa.gov/Emergencies/COVID19/ResourcesandRecommendations#schools

Centers for Disease Control - https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html

POPE FRANCIS' PRAYER TO MARY FOR PROTECTION FROM CORONAVIRUS

O Mary, you shine continuously on our journey as a sign
of salvation and hope.
We entrust ourselves to you, Health of the Sick.
At the foot of the Cross you participated in Jesus' pain,
with steadfast faith.
You, Salvation of the Roman People, know what we need.
We are certain that you will provide, so that,
as you did at Cana of Galilee,
joy and feasting might return after this moment of trial.
Help us, Mother of Divine Love,
to conform ourselves to the Father's will
and to do what Jesus tells us:
He who took our sufferings upon Himself,
and bore our sorrows to bring us,
through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God.
Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.