



VIRGINIA BEACH FRIENDS SCHOOL

Knowledge. Character. Community.

Consolidated COVID-19 Policies and Updates

4/14/2021

This document is a consolidated version of all the COVID-19 policies and the current update as of 04/14/2021. Please use this document as the “go-to” for all policies and procedures related to COVID-19. Highlighted items are current updates.

- **Physical Distancing**

- All desks will be positioned 6 feet apart and facing the same direction. Students will not be facing each other and will sit on one side of a table. If desks cannot be spaced 6 feet apart, students will, at a minimum be 3 feet apart.
- During music and drama, 6 feet of distance will be maintained for all students who are not singing, dancing, acting, or playing an instrument that requires use of the mouth. For students who are participating in singing, dancing, acting and playing a musical instrument that may increase respiration or production of respiratory droplets/aerosols that require the use of the mouth, an increased distance of 10 feet will be maintained. Additionally, each student will have a specific spot in the classroom to practice or perform.
- Hallways and outdoor walkways are marked with six-foot markers to ensure physical distancing.
- The Virginia Department of Health recommends that face coverings should not be used while exercising outside, so increased physical distance of 10 feet between students during physical education class will be practiced. When 10 feet of distance is not feasible outside, the physical education class will be adjusted to decrease the amount of exercising among students.
- Cottage and Pre-Kindergarten
 - The CDC does not state that students in this age group remain 6 feet apart from peers and teachers. The social distancing mitigation strategy for this age group is to keep the students in the same cohort each day and stagger playground and recess times. Although, the school will work diligently at keeping the students socially distanced as much as possible. The CDC states that during nap time the cots be placed 6 feet apart, and therefore this strategy will be utilized.

- **Face Coverings**

- Students, ages 5 to 18, and all faculty and staff must wear a face covering at all times while indoors, unless individuals are alone in a classroom or office.
- During recess and outdoor play, masks are to be worn only when on the playground equipment and not while running or outdoor recess that is not on the playground.
- If students are outside during classroom time or lunch, and there is six-feet of distance between the students, masks are not required.
- While singing in the classroom, including music and drama, face coverings are required except for when playing a wind or brass instrument.

- Per the Virginia Department of Health, face shields can be substituted for a cloth face covering for faculty who are teaching a language, such as Spanish, and when it is important for students to see a teacher’s lips or facial expression.
 - Per the CDC, masks with exhalation valves/vents and **ski masks** should not be worn, as they do not protect the spreading of COVID-19. Students are required to bring home their mask every day and bring a clean mask to school each day.
 - The American Association of Pediatrics states when accommodations are needed for a student with unique medical needs that are requesting not to wear a mask that they not be excluded from school unless required in order to adhere to local mandates or their medical need would put them at increased risk for contracting COVID-19. The CDC states, “Some people, such as people with intellectual and developmental disabilities, mental health conditions or other sensory sensitivities, may have challenges wearing a mask. They should consult with their healthcare provider for advice about wearing masks.” Therefore, if a student is requesting not to wear a mask at school, a doctor’s note must be provided that states they have intellectual and developmental disabilities, mental health conditions or other sensory sensitivities that prohibit them from wearing a mask.
 - **Medical mask exceptions do not apply to employees. All employees must wear a mask while at work.**
 - Per the Virginia Department of Health, face shields that cover the front and sides of the face and go below the chin may be considered as an alternative for those who have trouble using a cloth face covering but do not have trouble with a face shield.
- **Minimizing Exposure**
 - Visitors, contractors, vendors, and parents are not permitted in the school buildings at any point during the day. For late drop-off and early pick-up, you must fill out the attendance form in SchoolCues. When you arrive on campus, call the front office, and a staff member will escort your child to their classroom for late drop-off or will meet you in the circle in front of the school for early pick-up.
 - Students will remain in their “pods” for the majority of the day. The only time they will leave their designated academic area is during garden, art, music, Spanish and physical education. During these transitions, one “pod” of students will be in the hallways at this time.
 - The school is limiting objects that are usually shared by students. If a shared object is used, it will be clean and disinfected immediately after use.
 - Singing is prohibited inside the classrooms (Kindergarten through 12th grade) at all times, and only allowed during outdoor classroom time.
 - We will not be providing field trips or extra-curricular activities at this time. Considerations will be made for the spring months, April and May.
 - Early Morning Care and Extended Day will not be offering drop-in options at this time. Considerations will be made for the spring months, April and May. Only students whose families have registered for these programs may attend.
 - The use of hand dryers will not be permitted.
 - The gym will be separated into two sections so that while one part of the gym is being cleaned after a class, the second part of the gym will be in use.
 - Handshaking is prohibited.
 - Each cubby will be labeled with one student’s name, so there is no interaction with other cubbies. This cubby will be used by the same student all year. We will be cleaning the cubbies every day, so students should keep them organized.

- If a student visits a high-risk area, we ask that families let the school know where they visited and when the student returned from that area.
- **Screening Students**
 - The CDC does not currently recommend universal symptom screenings (screening all students grades K12) be conducted by schools, which includes temperature checks. At this time, K through 12th grade students will not receive temperature checks when entering into the buildings in the morning. Parents are highly encouraged to monitor their children for signs of infectious illness every day. The school has included an attachment to assist parents with the daily home screening. Students who are sick should not attend school in-person.
 - For Cottage and Pre-Kindergarten, temperature checks are recommended and will continue to be a policy for a student entering into the buildings each morning. Upon arrival in the morning, Cottage and Pre-Kindergarten teachers will wash their hands, wear face mask, a face shield and gloves. The teacher will make a visual inspection of the child for signs of illness which could include flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme fussiness, and confirm that the child is not experiencing coughing or shortness of breath. The teacher will then take the child's temperature. Since temperature checks will be performed on multiple students at a time, a thorough cleaning of the thermometer between each use is required. So, please be patient when dropping off your child, as these steps must happen for every student.
- **Exposure to COVID-19**
 - Students with documentation of a previous positive COVID-19 diagnostic test on file at the school will not have to self-quarantine in the event that they have close contact with a positive case while at school. This exemption from quarantine currently lasts for three months from the date that the diagnostic test was administered. A positive antibody test does NOT hold the same weight because individuals could potentially have antibodies to a coronavirus but not specifically COVID-19. Thus, a positive antibody test does not exempt someone from having to quarantine. If a student or employee has been fully vaccinated, they are not required to quarantine as long as they do not have symptoms for 14 days.
 - Symptoms of COVID-19:
 - Temperature of 100.4 degrees
 - Chills, Fatigue (more tired than usual), headache, muscle aches, cough, nasal congestion or runny nose, new loss of taste or smell, sore throat, shortness of breath or difficulty breathing, abdominal pain, diarrhea, nausea or vomiting, new onset of poor appetite.
 - The Virginia Department of Health recommends the following evaluation of a child with COVID-19 symptoms or exposure:
 - Is your child sick with symptoms of COVID-19?
 - If no, has the child had close contact with someone with COVID-19 (being within six-feet of that person for a total of 15 minutes or more over a 24-hour period, had contact with the person's respiratory secretions from the mouth or nose, hugged or kissed the person, shared eating or drinking utensils with the person)?
 - If no, you can send your child to school.
 - If yes, test for COVID-19 and isolate/quarantine at home. If the test is negative, or the student wasn't tested they must self-isolate for 10 days from the date of the last exposure, if after 10

days there are no symptoms, the student can return to school on day 11, or after day 7 with a negative PCR or antigen test performed on or after Day 5.

- If yes, (student does have symptoms) are the symptoms new for your child?
 - If yes, keep your child home, call your healthcare provider and notify the school immediately.
 - If no, and symptoms are usual for your child (allergies, migraines, asthma) or caused by a known diagnosis (ear infection, strep throat), seek care as per usual practice. If fever is present, stay home, until at least 24 hours fever-free without fever-reducing medicines.
 - If symptoms are new for the student and the parents have contacted their healthcare provider, and the student is not diagnosed with COVID-19, the student can return to school once they are fever-free for 24 hours without fever-reducing medication.
 - If the student is diagnosed with COVID-19, the student must isolate for 10 days and can return to school as long as symptoms have improved and they are fever-free for 24 hours without fever-reducing medication.
- Anyone with symptoms who 1) has not had any close contact with a person with COVID-19 and 2) has not been in an area with high rates of COVID-19 should stay at home and away from others until fever-free for at least 24 hours without the use of fever-reducing medicine and other symptoms have improved.
- **Requirements for COVID-19 testing**
 - The United States currently requires all air passengers entering the United States to receive a negative COVID-19 test.
 - Before departure to the United States, a required test, combined with the CDC recommendations to get tested again 3-5 days after arrival and stay home for 7 days post-travel is required.
 - Air passengers are required to get a viral test (a test for current infection) within the 3 days before their flight to the U.S. departs, and provide written documentation of their laboratory test result (paper or electronic copy) to the airline or provide documentation of having recovered from COVID-19. Airlines must confirm the negative test result for all passengers or documentation of recovery before they board. If a passenger does not provide documentation of a negative test or recovery, or chooses not to take a test, the airline must deny boarding to the passenger.
 - Families are **REQUIRED** to notify the school of international travel and must follow the guidelines in order for their child to return to campus for in-person learning.
- **Traveling**
 - The Virginia Department of Health recommends to avoid non-essential travel, especially if you or someone in your family are at a higher risk of serious COVID-19 or visiting someone at higher risk of COVID-19. This is for everyone, including individuals who have been fully vaccinated.

- If you do travel, you must get tested for COVID-19 3-5 days after travel and quarantine for a full 7 days after travel, even if you test negative. If you do not get tested, you must quarantine for 10 days after travel.
- Fully vaccinated people do not need to get tested before or after travel, unless required by your destination, and do not need to quarantine after travel.

- **COVID-19 Vaccine**

- The Virginia Department of Health has designated that private school faculty, staff and employees are included in the frontline essential worker 1B vaccination priority group.
- The vaccine is now available and faculty who have chosen to receive the vaccine have been fully vaccinated at this point. At this time, we are not requiring the vaccination for employees.
- Per the Virginia Department of Health, for employees who have been fully vaccinated:
 - Vaccinated employees can be in a private space with other fully vaccinated employees without wearing a mask or physical distancing.
 - Vaccinated employees can be in a private space with **one** unvaccinated employee that is not at a high risk for a severe outcome of COVID-19, without wearing a mask or physical distancing.
 - Vaccinated employees do not need to quarantine if they come in close contact with someone with COVID-19, as long as they have remained asymptomatic since the exposure. Although vaccinated employees, should still watch for COVID-19 symptoms for 14 days following the exposure.