



VIRGINIA BEACH FRIENDS SCHOOL

Knowledge. Character. Community.

COVID-19 Policies and Updates

8/2/2021

This document provides all of the guidelines for the COVID-19 policies and the current update as of 08/2/2021. Please use this document as the “go-to” for all policies and procedures related to COVID-19. Highlighted items are current updates.

Screening Students

- For Cottage through Second Grade Students:
 - Temperature checks will be required for a student entering into the building each morning. Upon arrival in the morning, the teacher will make a visual inspection of the student 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 student is not experiencing coughing or shortness of breath. The teacher will then take the student’s temperature.
- For Third through Eighth Grade Students and Employees:
 - The school has continued to be at a blue low transmission level for COVID-19 since March, 2020. If the school continues to exhibit “blue” levels, screening of students in these grades and employees will not be required. If the school exhibits a moderate, substantial or high transmission of COVID-19, the school may offer screening testing for students and employees who are not fully vaccinated.

Face Coverings

- Students in cottage through second grade will not be required to wear a mask while indoors, as long as the school maintains a blue (low) transmission rate. If the school moves to a yellow (moderate) or above transmission rate, pre-kindergarten through second grade students will be required to wear a mask indoors.
- Students in third through eighth grade, regardless of vaccination status, will be required to wear a mask while indoors.
- All employees, regardless of vaccination status, will be required to wear a face covering while indoors.
- When outdoors, all students and all employees do not need to wear masks.
- While traveling on buses or other modes of transportation for field trips, masks are required for students and employees ages five years old and up, regardless of being vaccinated or not vaccinated.
- 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 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.

- 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. Third through Eighth grade 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.

Social Distancing

- Social distancing among cottage through second grade students will not be required. The social distancing mitigation strategy for this age group is to keep the students in the same cohort each day, spend more time outdoors, hand and respiratory hygiene, and staggering playground and recess times. Although, the school will work diligently at keeping the students socially distanced as much as possible.
- Students in cottage and pre-kindergarten will have their nap mats head to toe for rest time to help promote social distancing.
- Social distancing will be used whenever possible among third through eighth grade students while indoors. When masks cannot be worn, such as when eating, singing, or playing sports, ensuring at least three feet of physical distance will be a priority among students who are not fully vaccinated.
- If a student or employee is vaccinated social distancing policies do not apply

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, continuing the cohorting method, as used last year.

Exposure to COVID-19

- Students and employees 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 person who is infected with COVID-19, as long as the student or employee does not have symptoms. This exemption from quarantine currently lasts for three months from the date that the diagnostic test was administered. If a student or employee has been fully vaccinated, they are not required to quarantine as long as they do not have symptoms, but the student or employee must still watch for symptoms of COVID-19 for fourteen days after coming in contact with an infected person.
- 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 students and employees with COVID-19 symptoms or exposure:

- Does the student or employee have symptoms of COVID-19?
 - If no, has the employee or student been in 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 or living with a providing care for a person who has COVID-19)?
 - If no, the student and the employee can return to school.
 - Please note for Kindergarten through Eighth Grade students, a student who was within three to six feet of an infected student is not considered a close contact as long as both students were wearing masks.
 - If yes and the student or employee has been directed to stay home, the student or employee can return to school, once 10 days have passed since symptoms first appeared, at least 24 hours with no fever without fever reducing medication, and other symptoms have improved (noting that loss of taste or smell might persist for weeks or months and should not delay the end of isolation).
 - If the student or employee is diagnosed with COVID-19 by testing positive, but never had any symptoms, the student or employee can return to school after 10 days have passed since the date of the first positive diagnostic test and the student or employee continues to have no symptoms since the test.

Household Contacts

- If a student or employee lives with someone in their household who is infected with COVID-19, the student or employee but quarantine (stay home) while the infected person is home and for fourteen days after the person has been released from isolation.
 - If the student or employee is unable to stay home for fourteen additional days and does not have symptoms, the student or employee may leave home earlier after ten days without testing or after seven days with a negative PCR or antigen test performed on or after day five.

Non-Household Contacts

- If a student or employee has come in contact with a person who is infected with COVID-19 and the person does not live with the student or employee, the student or employee must quarantine (stay home) for fourteen days after the date of last contact with the person infected with COVID-19.
- If the student or employee is unable to stay home for fourteen days and do not have symptoms, the student or employee may return to school after ten days without testing or after seven days with a negative PCR or antigen test performed or after day five.

Requirements for COVID-19 testing and Traveling

- The United States currently requires all air passengers entering the United States from an international flight to receive a negative COVID-19 test or a documentation of recovery from COVID-19 before boarding.
 - If a student or employee is vaccinated:
 - Self-quarantining after arriving in the United States is not required
 - 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.

COVID-19 Vaccine

- Employees who have chosen to receive the vaccine have been fully vaccinated at this point. At this time, the school is not requiring the vaccination for employees. An employee's individual vaccination status is confidential medical information that is protected and may not be disclosed.
- The school can't disclose any student or employee's particular vaccination status. The school's safety measure should provide reassurance that we are taking necessary steps to ensure a safe school.
- The school is requesting students who have received the vaccine to voluntarily submit documentation of COVID-19 vaccination status. The protocol to collect, secure, use, and further disclose this information will comply with relevant statutory and regulatory requirements, including Family Educational Rights and Privacy Act (FERPA) statutory and regulatory requirements.

Sports, Field Trips and Extracurricular Activities:

- Field trips and extracurricular activities will resume for the 2021-2022 academic year.
- The sports program will more than likely resume with basketball, volleyball, cross country/run club, tennis, golf or bowling. These are potential programs the school would like to include for middle school students, but implementation of the sports teams will be determined on student interest.
- When sports programs and extracurricular activities are offered, guidance will be released in regards to the COVID-19 policy for that program.