

Heritage Lutheran School Healthy Learning Plan for 2021-22

Dear Parents,

Overall wellness will be a focus for our faculty, staff, and students throughout the year. Daily wellness checks will help identify COVID-19 cases and potentially minimize student sick days and missed classes. Focusing on wellness might positively impact attendance and instill healthy habits long past the pandemic. At Heritage, we have the best safeguard in place. We place our trust in God knowing His almighty providence will help and aid us in all blessings and in all hard and difficult circumstances. We search His Word, pray for His help, and ask that His will be done in Jesus' name.

The following policies explain Heritage Lutheran School's Healthy Learning Plan.

Morning and Afternoon Drop Off and Pick Up Procedures

Teachers will be taking their own temperatures and self-checking every morning for signs of illness (fever of 100.4 degrees or more without medication, shortness of breath, coughing, or loss of smell or taste).

Drop-off

All parents must check their child's temperature before leaving for school to verify they do not have a fever of 100.4 degrees or more without medication. All parents must also make a visual inspection of the child for signs of illness which include flushed cheeks, shortness of breath, coughing, extreme fussiness or uncharacteristic behavior. Parent/caregiver will be permitted to access the building to drop off their student. Parent/caregiver will be asked to complete the COVID-19 Health Screening form either online or upon drop-off.

Please bring only necessary items from home. The extra change of clothes will need to be placed in a gallon sized baggie to be

kept in the child's cubbie. For preschool extended day students, limit quiet time items to a stuffed animal or blanket that can fit into their backpack.

Student will drop personal items at cubbie, enter the classroom and immediately wash hands.

Healthy Practices

Handwashing will take place frequently throughout the day with soap and water (for at least 20 seconds.) Handwashing for all will take place upon entering the building, after coughing, sneezing or wiping nose, before and after snacks and meals, after bathroom breaks, before and after touching any high-use items or surfaces, and after outdoor or gym play. Handwashing skills will be taught and reviewed frequently in addition to how to cover coughs and sneezes and other healthy hygiene habits. Teachers will manage the use of hand sanitizer when appropriate.

Ventilation

To prevent the airborne spread of COVID-19, the ventilation system has been adjusted. Outdoor air intakes have been increased and new air filters have been installed.

Cleaning and disinfecting

Frequently touched surfaces such as tables, doorknobs, and light switches will be cleaned regularly. A more thorough cleaning and disinfecting will be done at the end of every day. This includes light switches, tables, chairs, sinks, faucets, countertops, bathrooms, and Lunch Bunch room, etc.

If multiple cases of COVID-19 present in our school population, the school will go to distance learning until classrooms, hallways, and bathrooms can be deep cleaned and it is safe for students, teachers and staff to return.

Social Cohorting and Social Distancing

The Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) have emphasized that other strategies, such as the practice of social cohorting (the practice of maintaining smaller, consistent groups or cohorts of children and related workers who avoid intermixing) may be a more effective risk mitigation strategy for settings with younger children than universal face coverings. As a smaller school setting with only three teachers and three classrooms, Heritage naturally has a reduced risk of exposure due to consistent classrooms with smaller groups of students and teachers who stay together throughout the day.

Additional spacing between students will be provided during the Lunch Bunch hour in the fellowship hall.

Students who participate in rest time will be placed head to toe to further reduce the potential of viral spread.

Face Coverings

If a mask mandate is in effect, all staff must wear a face covering in communal areas (e.g., center or building hallways, narthex, restrooms, lunchroom, etc.) where groups may intermix or for any who float between classrooms. Staff may wear a mask or a face shield (clear plastic shield that covers the forehead, extends below the chin, and wraps around the sides of the face) when wearing a face covering is problematic (for example, when young children would benefit from viewing staff facial expressions and lip movements to understand what is being said and how words are formed or when wearing a covering or shield would interfere with childhood development process).

Face coverings for children

In order to maintain an age-appropriate and supportive learning environment, students will not be required to wear masks due to

their developmental needs. Children who can reliably wear a face covering or face shield in compliance with CDC guidance on *How to Wear Cloth Face Coverings* may do so. (This means they can wear it without frequently touching or removing it.)

Outdoor Learning

Teachers will strive to increase the amount of time spent learning/playing outdoors with the children, weather permitting.

Children will wash hands before and after playground use.

Daily Health Screening

In addition to the Health Screening upon arrival, prior to Lunch Bunch, students will wash hands and have temperatures checked before entering the lunch room.

Student temperatures will also be checked if a student starts to show signs of illness (flushed cheeks, fatigue, uncharacteristic behavior).

School Visitors

Adults and other visitors entering the building will be expected to use hand sanitizer and complete the Health Screening Form.

Sick Policy

If your child will be absent due to illness, please contact your child's teacher or the Heritage office.

If a student, teacher, or staff member exhibits signs of illness during the school day, the following takes place:

1. The individual is taken to a sick room/quarantine room. Parent/caregiver will be contacted for immediate pick-up.

2. Teachers and staff will reference the updated COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs.

<https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>

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Talking to Children About Coronavirus

Heritage staff will play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety and fear.

General principles for talking to children:

-Remain calm and reassuring. Remember that children will react to both what you say and how you say it. They will pick up on cues from the conversations you have with them and with others.

-Make yourself available to listen and talk. Make time to talk. Be sure children know they can come to you when they have questions.

-Avoid language that might blame others and lead to stigma. Remember that viruses can make anyone sick. Avoid making assumptions about who might have COVID-19. -Pay attention to what children see or hear on television, radio, or online. Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.

-Provide information that is honest and accurate. Give children information that is truthful and appropriate for the age and developmental level of the child. Talk to children about how some stories on COVID-19 on the Internet and social media may be based on rumors and inaccurate information.

-Remind them of unalterable, divine truth: Jesus is good; Jesus loves them; Jesus is in control; Jesus loves them.

-Tell them stories of when God helped people who were scared: Jesus Calms the Storm; Jesus Walks on Water; Daniel in the

Lion's Den; Jesus Appears Alive to His Disciples.

-Tell them stories of Jesus' Power over Sickness: Jesus Heals 10 Men with Leprosy; Jesus Heals a Centurion's Servant; Jesus Raises a Young Girl from the Dead; Jesus Rises from the Dead.

-Pray with children: "Dear Jesus, we are feeling scared. Please keep us safe and help us feel brave. Amen." "Dear Jesus, people are sick. Please help them get better. Amen." "Dear Jesus, People are sad. Help them feel joyful because you love them. Amen."

Substantial Transmission

In the event of substantial transmission at Heritage Lutheran School or the community has a high level of confirmed cases of COVID-19, in-person learning will be suspended and Heritage Lutheran School will provide distance learning until the determination is made to return to normal.

This Heritage Healthy Plan will be available to all parents and posted in the school hallway. Staff will be trained on this plan during annual staff training.