

A young girl with long brown hair is holding the hand of an adult wearing a dark grey sweater. The girl is wearing a light-colored sweater with a pattern of small brown hearts and a pink backpack. The backpack has a cartoon rabbit sitting in a pink polka-dot cup, a small brown dog, and the text "Twins have twice as much fun!". The background is blurred, showing other people in a school setting.

FREMONT CHRISTIAN SCHOOL COVID GUIDELINES 2021-22

DISCLAIMER

The following information does not constitute legal advice, medical advice, or an endorsement of any product of service referenced herein. The following document is intended only as a starting point and outline in preparing to reopen Fremont Christian School.

FREMONT CHRISTIAN SCHOOL

COVID GUIDELINES AT SCHOOL (TK-12) 2021-2022

COVID-19 Liaison/School Site Liaison

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Backup 2: Danielle Gasper, Registrar, dgasper@fremontchristian.com

Introduction

Alameda County Public Health Department has aligned with the California Department of Public Health which has mostly aligned with the Center for Disease Control. Fremont Christian School relies heavily on [COVID-19 SCHOOL GUIDANCE: Alameda County School Reopening Plans compiled by the Alameda County Superintendent of Schools and the Alameda County Health Officer](#). It is important to note that there are some funds available to public schools that are not available to private schools. FCS does not receive Elementary and Secondary School Emergency Relief Funds (ESSER) funds.

Prevention Strategies to Reduce Transmission of SARS-CoV-2 in Schools

Regardless of the level of community transmission, it is critical that schools use and layer prevention strategies. Five key prevention strategies are essential to safe delivery of in-person instruction and help to prevent COVID-19 transmission in schools:

- Universal and correct use of masks
- Physical distancing
- Handwashing and respiratory etiquette
- Cleaning and maintaining healthy facilities
- Contact tracing in combination with isolation and quarantine

All prevention strategies provide some level of protection, and layered strategies implemented at the same time provide the greatest level of protection. Schools should adopt prevention strategies to the largest extent practical—a layered approach is essential.

Universal and Correct Use of Masks

Effective cloth face coverings (as defined by ACPHD) are strongly recommended (except when eating or drinking) indoors and when being transported in school buses and vans or authorized-for-a-school-event personal vehicles for everyone at school. Effective end of day March 11, 2022, CDPH transitioned from indoor masking being required to strongly recommended for all individuals, regardless of vaccination status. ACPHD has aligned their guidance with CDPH on indoor masking. Local educational agencies have the right to maintain or establish masking requirements for K-12 school setting in their respective jurisdictions.



Students are strongly encouraged to wear a surgical facemask or a cloth face covering with two layers are preferred. In a study from Duke University, bandanas only block half the droplets and fleece gaiters emitted more droplets likely caused by breaking into smaller ones. Bandanas, neck gaiters, and masks with exhaust valves are not considered to be well-fitting and filtering masks.

FCS will provide a disposable face covering for a student who wishes to wear a mask but may have forgotten one at home.



A face shield is an acceptable alternative, but to be most effective it must be worn with a cloth drape across bottom and secured (i.e. tucked in to shirt, tied around back of neck).

Staff are strongly encouraged to wear a well-fitting mask or a face shield. To be most effective, face shields should be worn with cloth drape across bottom and secured (i.e. tucked into shirt, tied around back of neck). In limited situations where a face covering cannot be used for pedagogical or developmental reasons, a face shield may be used instead of a cloth face covering while in the classroom.

DO choose masks that

- Have two or more layers of washable, breathable fabric
- Completely cover your nose and mouth
- Fit snugly against the sides of your face and don't have gaps

DO NOT choose masks that

- Are made of fabric that makes it hard to breathe, for example, vinyl
- Have exhalation valves or vents, which allow virus particles to escape
- Are intended for healthcare workers, including N95 respirators or surgical masks

Do NOT wear a mask

- Around your neck
- On your forehead
- Under your nose
- Only on your nose
- On your chin
- Dangling from one ear
- On your arm

Physical Distancing

VISITORS/VOLUNTEERS

FCS will need to limit volunteers (with the exception of preschool parents as required by law) and visitors on campus in the following ways:

- Only volunteers willing to show proof of vaccination who can provide transportation of athletes to athletic events or students to field trips. Please follow the volunteer application process found in your Back to School Packet.
- Only after school learning providers willing to show proof of vaccination.
- Parents and emergency contacts to school offices.
- Visitors to the office should be limited to 2 at a time; others should wait outside.

Whenever possible, please contact the office by telephone or by email for assistance. Appointments will usually be conducted via Zoom or telephone.

Elementary Office: 510-744-2270

Secondary Office: 510-744-2280

LUNCH

TK-5 students will eat in the Activities Building. Seating is arranged so that no student is sitting directly across from another student while eating. Approximately 3 feet of distance will be between students.

Grade 6-12 students will always eat outdoors as is typical. On the rare occasion that eating outdoors is not possible, students will face the same direction, with approximately 3 feet distance.

DISTANCING

The enrollment at FCS allows for space within the classroom and outdoors. Whenever possible, teachers will encourage students to keep the habit of distance. Within the classroom, teachers will space students apart whenever possible. However, group work that is necessary to move forward with learning will be employed and may result in table group seating.

INDOOR ATHLETICS, BAND, CHOIR

School-Based Extracurricular Activities

The following is the ACPHD guidance for all extracurricular activities that are operated or supervised by schools, and all activities that occur on a school site, whether or not they occur during school hours, including, but not limited to, sports, band, chorus, and clubs.

Indoor mask use remains an effective layer in protecting against COVID-19 infection and transmission, including during sports, music, and related activities, especially activities with increased exertion and/or voice projection, or prolonged close face-face contact. Accordingly:

- Masks are strongly recommended indoors at all times for teachers, referees, officials, coaches, and other support staff.
- Masks are strongly recommended indoors for all spectators and observers.
- Masks are strongly recommended indoors at all times when participants are not actively practicing, conditioning, competing, or performing. Masks are also strongly recommended indoors while on the sidelines, in team meetings, and within locker rooms and weight rooms.
- When actively practicing, conditioning, performing, or competing indoors, masks are strongly recommended by participants even during heavy exertion, as practicable. Individuals using instruments indoors that cannot be played with a mask (e.g., wind instruments) are strongly recommended to use bell coverings and maintain a minimum of 3 feet of physical distancing between participants. If masks are not worn (or bell covers are not used) due to heavy exertion, it is strongly recommended that individuals undergo screening testing at least once weekly, unless they had COVID-19 in the past 90 days. An FDA-authorized antigen test, PCR test, or pooled PCR test is acceptable for evaluation of an individual's COVID-19 status.

Handwashing and Respiratory Etiquette

COVID-19 and other respiratory viruses are almost exclusively spread by respiratory droplet transmission. As a result, and because virus shedding may occur prior to symptom onset or in the absence of symptoms, routine, frequent and proper hand hygiene (soap and water or hand sanitizer) is critical to limit transmission. In fact, proper hand hygiene is one of the most effective strategies to prevent the spread of most respiratory viruses including COVID-19, particularly during the pre-symptomatic phase of illness.

Students will be reminded about how to clean their hands properly with age appropriate material and to try and avoid touching their face, eyes, nose and mouth as much as possible. Students who have symptoms of a respiratory tract infection should stay home and students will be reminded to sneeze or cough into their elbow/sleeve.

Age-appropriate signage is placed at Fremont Christian School to remind students to perform hand hygiene.

A regular schedule for routine hand hygiene, above and beyond what is usually recommended (before eating food, after using the bathroom, upon entry from outdoors, after using shared materials when sharing cannot be avoided, after touching face, nose, or mouth, etc.) will be encouraged.

Access to hand hygiene facilities (hand sanitizer dispensers and sinks/soap) is critical. Hand sanitizer (70% USP grade alcohol) is available at the entry point for each classroom and in all work spaces. Hand soap and sinks are available throughout the facility including multiple outdoor stations including near the playground. No-touch waste receptacles are available for disposal of materials throughout the facility. Disposable, disinfectant wipes or spray bottles of disinfectant and paper towels are available in every classroom and work space so that commonly used surfaces can be wiped down by individuals before each use (teachers, older students).

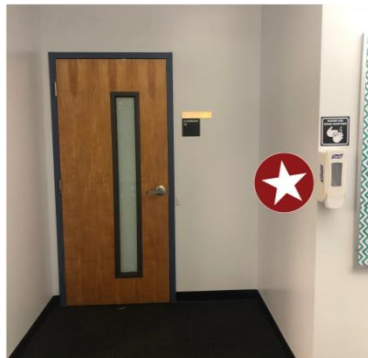


SLOW COVID-19 SPREAD WASH HANDS PROPERLY

Follow These 5 Steps Every Time

1. WET HANDS, APPLY SOAP
2. LATHER HANDS
3. SCRUB AT LEAST 20 SECONDS
4. RINSE HANDS
5. DRY HANDS

USE HAND SANITIZER, if washing is not an option
(Must be at least 60% alcohol based)



CLASSROOM ENTRANCE



CLASSROOM EXIT

PURELL HAND SANITIZER DISPENSERS
ARE AVAILABLE AT ALL
ENTRANCE/EXIT TOUCH POINTS.



OFFICE ENTRANCE

Cleaning and Maintaining Healthy Facilities

A regular cleaning schedule will be used throughout the school year with emphasis on high touch surfaces. Maximum efforts will be made to reduce the need to touch objects/doors (no-touch waste containers, prop doors open), and teachers and staff will regularly reinforce “no sharing” of food, water bottles or cutlery policies. To the greatest extent possible, sharing of classroom materials and equipment will be prohibited.

Teachers will keep windows and doors open when practicable.



Daytime cleaning of the school buildings:

- All Bathrooms cleaned 3 times a day
- Atrium door handles wiped regularly
- Water bottle filling stations cleaned twice a day
- Handrails sprayed 3 times per day
- Playground equipment sprayed 3 times per day
- Classroom doors and surfaces wiped down regularly
- Drinking fountains are cleaned

Nighttime cleaning includes:

- A Kaivac machine is used every night in the student restrooms and 3 times per week in the staff restrooms.
 - Kaivac machines see link for explanation and video. https://kaivac.com/p_36-KaiVac-1750
- A Protexus machine is used to spray the Preschool, TK, and Kindergarten classrooms nightly. Elementary classrooms are sprayed 3 times a week. Secondary classrooms are sprayed 2 a week.
 - Protexus Backpack sprayer: See link for video and explanation. <https://evaclean.com/products/protexus-cordless-electrostatic-sprayers>.
- There are Betco cleaning product mixing stations to properly mix chemicals for use in classrooms and restrooms.
- Janitors have separate mops and buckets for restrooms and classrooms.
- Rooms with carpet are vacuumed nightly.



- Rooms with tile floor are mopped nightly.
- Doorknobs wiped down every night
- Mops are washed and sanitized nightly.
- Dispensers are checked for product nightly.
- Bathrooms cleaned nightly.

Other cleaning includes:

- HVAC services heating and air conditioning filters changed 4 times per year.
- HVAC is cleaned 3 times a year.
- The highest quality air filters are used: MR-13, comes from the Glasfloss Z-Line Series, comparable to HEPA filters, kills 99.9% of airborne germs as small as .3 microns.
- Air conditioning units pull 60% of outside air and 40% of inside air in all buildings, except for the I classrooms, which pull 25% of outside air, through a different style air conditioning system.
- Campus windows are cleaned 3 times per year.
- Campus is pressure washed 2 times a year.
- Steps on Rankin Building and S Building are pressure washed 3 times per year.
- All doors will be propped open to the restrooms with the exception of the church and the Secondary Building. Doors that cannot be propped open will have special toe pulls to be opened with foot instead of hands.
- The pest control company, Orkin, comes monthly to service the facility.
- The Activities Building and Gym floors are stripped and waxed 2 times a year.
- Outdoor tables and chairs are sprayed with degreaser and pressure washed 2 times a year.

Contact Tracing in Combination with Isolation and Quarantine

ACPHD requires staff members be designated for the identification and tracing of contacts in the event of a possible COVID-19 exposure at FCS. These staff are:

Ann Dutra, Assistant to the Head of School, adutra@fremontchristian.com

Backup 1: Patti Lucero, HR Specialist, plucero@fremontchristian.com

Backup 2: Danielle Gasper, Registrar, dgasper@fremontchristian.com

FCS will collaborate with the health department, to the extent allowable by privacy laws and other applicable laws, to confidentially provide information about people diagnosed with or exposed to COVID-19. Students, teachers, and staff with positive test results will be expected to isolate, and close contacts should quarantine. FCS will report positive cases to the health department as soon as they are informed. School officials will notify families of close contacts as soon as possible after they are notified that someone in the school has tested positive.

Staying home when appropriate: Students, teachers, and staff who have symptoms should stay home and be referred to their healthcare provider for testing and care. Please keep these principles in mind:

1. If your child feels ill enough that he/she would not be able to benefit from school.
2. If having your child at school would put others at risk for contracting your child's illness
3. If your child has vomited within the past 24 hours
4. If your child has/had a fever in the past 24 hours

FCS will work with the local health department to facilitate, to the extent allowable by applicable laws, systematic case investigation and contact tracing of infected students, teachers, and staff, and consistent isolation of cases and quarantine of close contacts as required.

The definition of a close contact is someone who was within 6 feet of a person diagnosed with COVID-19 for a total of 15 minutes or more over a 24 hour period. The definition of a close contact applies regardless of whether either person was wearing a mask.

SUMMARY

This document provides guidance surrounding the new school year as it relates to the measures to mitigate the risk of contracting COVID-19. Finally, it is important to note that these recommendations reflect the information available at the present time and may evolve as new evidence emerges and as information is gathered.

FCS strongly recommends that every person, regardless of vaccination status, wears a well-fitting mask when indoors. FCS will return to pre-COVID classroom layouts but will continue to encourage students to keep distance whenever possible both inside and outside with particular adjustments to the Elementary lunch room. FCS will continue an emphasis on handwashing and respiratory etiquette and will continue to work to clean and maintain healthy facilities. FCS will continue to rigorously review student absences and students who show symptoms during the school day according to the guidelines provided by ACPHD.

Please stay connected with FCS by reading all email from FCS, reading the weekly bulletin/newsletter sent from your child's campus office, and visiting the FCS website at www.fremontchristian.com. Engage with us on social media by following Fremont Christian School on Facebook or @fremontchristianschool on Instagram. Tag us at #weareFCS

Contact your campus principal for campus related needs (Mrs. Williams, Elementary Principal, mwilliams@fremontchristian.com or Dr. Raymond Meyer, Secondary Principal, rmeyer@fremontchristian.com) or the Head of School Dr. Tricia Meyer, tmeyer@fremontchristian.com) for schoolwide questions or concerns. We also appreciate hearing about what is going well for your child or family. We need and rely on your partnership for a successful educational experience for your children.