



2020-2021

Return to School FAQs
for the
Elementary School

SELA is prepared to open for onsite classes for the 2020-2021 school year. We asked our Elementary families for your questions regarding coming back for the fall, and we would like to take this opportunity to address them for you.

As always, please feel free to reach out to the SELA Administrative team with any questions or concerns you may have.

Updates have been made periodically to this document as SELA receives updated guidance and regulations. All new information, updates, or questions that needed further clarification or reminding can be found below highlighted in yellow.

Distance Learning

Because SELA is opening for students to be full time at school, we are not requiring that teachers also prepare and record separate classes for optional Distance Learning.

- If I choose not to send my child to school, will Distance Learning be provided? What if we go on an extended vacation, can Zoom classes be provided?*

Currently, SELA is requesting for students to return to school on site and in person for the start of the school year and is only offering Distance Learning for cases of illness or symptoms/exposure to COVID-19. SELA is not offering live Zoom classes for students missing school due to travel. Google Classroom is being used for students to access certain classroom materials such as homework assignments and summaries of units. This will always be available and accessible by all students and families.
- If my child must miss school due to illness or symptoms/exposure to COVID-19, will Distance Learning be provided?*

If a student is not able to attend school due to illness or symptoms/exposure, SELA will offer Educational support for them. If they are only out for 3 or less days, teachers will use google classroom to send home materials. If a child must be out for more than 3 days, their classes will be taught live via Zoom. Teachers will provide the Zoom link via google classroom and will have the feed live during their regular in-person class. Teachers will make every effort to include the student at home with the class.
- Why is SELA moving forward with a different start date and learning plan (Hybrid vs. in-person) than Hingham?*

As a private school, SELA is not mandated to follow the Hingham Public Schools reopening plan, as we have the ability to make the necessary adjustments specific to our school to reopen safely as we've outlined in our reopening policies.

SELA firmly believes that in-person learning is far more beneficial to Distance Learning. There have been adjustments to classroom space, supplies, safety protocols, additional staff designated to cleaning and sanitizing, etc. SELA feels that keeping students in consistent groups and cohorts while here at school will also limit potential exposure.
- If the school must close for a period of time, will Distance Learning be provided? Are teachers helping to prepare students in the case that we need to make this transition?*

Yes. If necessary, within 2 days SELA will switch to our full Distance Learning Program which will run from the hours of 8:20-1:30 approximately. Much of our curriculum has been transitioned to digital format this year, and so it will make for a smooth transition to distance learning if we need to. Google classroom and the majority of school materials will all be accessible to students throughout the year online. During the first couple of weeks of school all students will receive training and support regarding how to use technology appropriately from all of their classroom teachers.

Health Related Questions and Updates

Daily Screening, Exclusionary Symptoms and Pending COVID Tests

1. *How are students and staff being screened prior to entering school?*

Each morning prior to arriving at school, each staff member as well as each student is required to have performed a screening and sign off that it has been completed and is accurate. The morning screening performed prior to arrival includes confirmation that your child and members of your household are free of exclusionary symptoms, (see attached detailing exclusionary symptoms), household contacts with COVID cases, and any out of state travel. Additionally, upon arrival, there is a visual screening performed by the school nurse or other member of the administrative team. If a child is noted to have any exclusionary symptoms they will not be allowed into the school unless SELA has a medical note of clearance already on file. SELA is not performing temperature checks prior to entering school as DESE nor EEC require this, and agencies have as noted significant false readings and do not recommend that they be performed by the school.

Parents are required to take their child's temperature each morning prior to leaving the house. This will now be added as a separate question for you to fill in what their temperature was.

2. *How long will my child need to be out of school if they show just 1 or 2 symptoms of COVID-19?*

Please refer to the NEW chart at the end of this document for specific and updated details as to when a child must miss school and for how long. *Please disregard the previous "SELA COVID-19 Action Plan" as it does not reflect important changes.

Students with *exclusionary* COVID-19 like symptoms (1 Major Symptoms and/or 2 Minor symptom): Students must obtain a Negative COVID-19 test OR obtain a doctor's note of clearance to return to school, in addition to being 24 hours fever free (without the use of fever reducing medications) and/or symptom improvement. (see Quick Reference Guide Chart 2B) *Medical clearance note must be written on physicians/doctor's office letterhead paper.*

If a student is not seen by a physician and has not been tested for COVID-19, the student must be quarantined for at least 10 days of symptom onset, in addition to being fever free for 24 hrs (without the use of fever reducing medications and with symptom improvement).

Please also refer to the "SELA COVID-19 Symptoms Guide: Should I Send my Child to School" guide at the bottom of this document clarifying for which symptoms a child must miss stay home from school.

3. *If a sibling, or other household member is exhibiting exclusionary symptoms related to COVID-19, can my child attend school?*

Yes, as the new policy stands, if a sibling or other household member is showing "exclusionary" symptoms related to COVID-19, the child may still attend school. However, if the household member or sibling that is showing "exclusionary" symptoms plans on being tested, have test results that are pending or is suspected of having COVID due to possible exposure or recent travel then the student may not attend until the household members test results have been received. Please refer to the "SELA COVID-19 Symptoms Guide: Should I Send my Child to School" guide at the bottom of this document.

4. *“Is it okay if I give my child a fever reducing medication (Tylenol, ibuprofen) before school for a non-illness related reason (ie, tooth pain, injury)?”*
While we do discourage parents giving their children any medication that can mask early signs/symptoms of an illness, we understand that sometimes it is unavoidable. If your child requires fever-reducing medication for a non-illness related reason, you should first take child’s temperature and continue with the daily self-screening for your child. After you have determined that your child does not have any signs/symptoms that would exclude them from school, then you can administer the medication. Please notify the school nurse and director if you decide to give your child medicine so that we are aware.

5. *“My child has a chronic medical condition that can cause them to have many absences throughout the school year (allergies, chronic cough, GI issues etc). Do you need special documentation to be on file stating my child's medical condition?”*
Yes. We realize that not every cough or GI issue signals or warrants a child to be seen by their physician and/or get a COVID test. However, SELA must follow the guidelines given to us, and therefore must have documentation on file from your child’s pediatrician stating that your child has a prior medical history/known medical reason that can possibly explain their presenting symptom and that due to their medical history/diagnosis this symptom should be taken into consideration by the school. However, we do reserve the right to request that your child not attend school due to any presentations that are not conducive to what is detailed in the medical note.

6. *“My child doesn't have a fever and they look completely fine, but they do have one of the major symptoms listed on the Daily Self-Assessment form. Can they go to school?”*
No. If your child presents with any symptom(s) that are exclusionary, they may not enter the building unless they have prior documentation on file with us that may excuse their symptom(s). We understand that determining whether a child should attend school or not can sometimes be a very tricky thing to decide. To help with this, we have created a “road map” for parents called “Symptom Help Guide for Parents” to the end of this document. We hope that this may help you in your decision-making process in terms of keeping your child home or not.

7. *“A member of the household has a pending COVID test. Can my child attend school while the test is pending?”*
No. At this time our health policy states that, "students must remain at home if there is someone in the household who has pending COVID-19 test results for any reason, excluding tests for procedure protocols (surgeries, dental work etc.)"

8. *“What if I have a doctor's note giving medical clearance for my child to attend school while waiting for the COVID test results to come back?”*
At this time our policy states that, “if a COVID-19 test is ordered, then the individual must remain at home until test results have come back no matter if an alternative diagnosis is made or if the individual is no longer symptomatic.”

9. *“Why do you not allow a student with pending COVID test results back to school if they have a doctor's note giving them medical clearance that they are able to return?”*
No. While this is not required by the Massachusetts Dept of Public Health and many other schools, this is SELA’s policy. SELA respects the medical recommendations made by the state and by your child’s doctor, however we feel at this time it is best for our school to err on the side of caution and wait for the test results to come back before we allow a student (or their siblings) to return. As you may know, individuals can be asymptomatic with COVID-

19 and do not even realize they are infectious until they are tested. People can also have an alternative diagnosis such as strep or flu and still be asymptomatic (and infectious) with COVID-19.

10. *“Do I have to get my child tested every time they are sick?”*

No. That is up to the doctor assessing and treating your child. If they believe that your child does not have any signs, symptoms or other reasons that would warrant a COVID-19 test to be done, then we will absolutely accept their note of medical clearance for your child to return. **Please be sure to ask the doctor to make note of this in their clearance letter.*

11. *How is SELA protecting against asymptomatic exposure?*

Face coverings, social distancing, travel screenings, and all of the additional cleaning measures are specifically there to prevent asymptomatic exposure and spread. additional cleaning measures are specifically there to prevent asymptomatic exposure. We are also not permitting those with pending COVID-19 test (and their household members) into the building until the results are confirmed. Those are the measures that will help us prevent the spread if someone is not showing signs of illness. Of course, if someone does show signs of illness, they are not able to attend. Please reference the chart at the bottom for details.

12. *If someone within our family unit (mom, dad, stepparents, grandparent, babysitter, au pair, etc.) has a pending COVID-19 test, can my child attend school?*

No. Per SELA’s COVID-19 Quick Reference Guide 3A (below), “Individuals who have been in “close contact with someone who is being tested and/or has COVID-19 tests pending should notify the school nurse, and they should not return to school until the test results are known. *Does not include tests due to procedure protocols (surgeries dental work)*”.

This is an additional precautionary measure that SELA has put in place. Note that this is specifically referring to anyone who is within your child's family unit and in regular close contact with your child (mom, dad, stepparents, grandparent, babysitter, au pair, etc.).

Therefore, we ask that if anyone within your family unit is being tested for COVID-19 due to symptoms and or other risk factors your child should stay home until the test results are known to be negative.

At this time, we are not referring to friend or members of our school community. We understand that there is not always a one size fits all answer and we ask that you please contact one of our school nurses during school hours for any situation that may arise

13. *“My child’s friend and/or classmate has recently developed COVID-19 related symptoms and is being tested for COVID-19. My child has been in close contact with friend/classmate the day before the symptoms developed. Can my child attend school?”*

Yes, your child can attend school. Please see the above question for details. We do appreciate that you notify us of the details related to the situation, so that we can offer guidance and support, but until the symptomatic person is confirmed to be positive for COVID-19, then your child may attend school.

14. ***"I have recently been notified that I was a close contact to a COVID-19 positive person. I know that I need to quarantine, but when can my child come back to school?"***

If an individual within the student's household has been notified that they are a "close contact" to a COVID-19 positive individual, the student (and any SELA sibling) must stay home. They may return after it is confirmed that the "close contact" household member has tested negative, are not showing symptoms for COVID-19 and they are released from quarantine by their board of health, contact tracer or by a physician. Please be sure to notify SELA's school nurse of your "close contact" circumstances so that we can be aware and work with you regarding your child's safe return to school date.

15. ***I was just notified that my child has been identified as a "close contact" to a COVID-19 positive person. What should I do now? When can they return to school? Can they test out early?"***

Please notify the school nurses as soon as possible. We strongly encourage families to test their child on their day 5 or later of contact and seek guidance from their primary care physician and/or their local board of health. SELA continues to adhere to a required 14-day quarantine at this time. Students are not allowed to test out of their close contact quarantine because testing out requires consistent and accurate self-monitoring and reporting of symptoms for the remainder of the 14 days by the student. Due to our student age population, we feel that an accurate self-reporting of symptoms may be difficult, if not impossible to ascertain. It is for this reason will require a 14-day quarantine for all close contact SELA students. SELA siblings will also be required to stay home and be monitored for symptoms for the duration of their siblings' quarantine. The 14-day quarantine begins after last contact/exposure with the COVID-19 positive person. *If a student takes a COVID-19 test, the results must be received by nurse and director prior to individual returning to school. **If symptoms develop during the 14-day quarantine:** Please notify the school and your child's physician.

Travel

1. ***If a parent, or other member of the household travels to a "high risk" area and is required by the state to quarantine for 14 days or provide a negative COVID test (administered no more than 72 hours prior to their arrival to Ma), will the child also need to quarantine or supply a negative COVID test?"***

Massachusetts now requires a 10-day quarantine or provide a negative COVID test (administered no more than 72 hours prior to their arrival to MA). **Parents/Guardians are to notify the school of any travel plans throughout the year.** The daily student screening and the Holiday Travel Form prompts families to detail their travel arrangements and are required to be completed. Students ages 5 and up, must have a negative PCR COVID test upon return school. The test must be administered no more than 72-hours prior to their arrival back in Massachusetts (per MA guidelines) Students ages 4 and under must have a negative PCR COVID-19 test upon return to school OR their Parent/Guardian must submit proof of all eligible traveling household members negative PCR COVID-19 test that was administered no more than 72-hours prior to their arrival back in Massachusetts (per MA guidelines). ***Students will not be permitted to enter the building until the above document(s) are received by the school.***

2. ***"We have visitors coming from a "high risk" area. Does my child or other household members need a COVID-19 test to return to school?"***

No, they do not need a COVID-19 test to be able to return. However, we do adhere to the Massachusetts travel requirements. Therefore, we want our families to ensure that when having visitors that are coming from a "high risk" area, that those visitors should be able to produce either a negative COVID test (administered no more than 72hrs before their arrival to MA) or that they remain in quarantine for 14 days. If the visitors have not received the results of their test, they must quarantine until the results come back. Your child may return to school as long as the "high risk" area visitors have received a negative test result. If they need to quarantine for either not taking the test or waiting for the test results, then your child must remain out of school until negative test results are confirmed or the quarantine is over.

3. *We plan on going on a family vacation during a school break, but I am nervous that I will not be able to find a testing site while on vacation therefore my child may miss a lot of school. What should I do?*

Families may request a COVID-19 PCR test through SELA before any major holiday/vacation break and/or 3-day weekends. This testing option is provided by PMH laboratory, which is a high complexity and CLIA certified and fully licensed clinical diagnostics laboratory in Huntington Beach, CA, that specializes in infectious diseases. It is a mid-turbinate test, which is less invasive and more user friendly than the nasopharyngeal test. Once you submit your request to obtain a COVID test kit, SELA will email you additional information regarding, when you can pick up your test kits from the school, how to perform the test, what information is needed, how and where to submit the completed test and how you will receive the results. Please know that we are providing the test kits as a courtesy to our SELA families and are not responsible for any lost, damaged, incomplete, or otherwise inadequate test samples. We also request a minimum of a 3-day notice before you would like to pick up a test kit.

Notification of a Positive Case(s)

1. *Have there been any COVID-19 cases at the school since it opened in June? What is the protocol if a child/staff tests positive for, or has been exposed to, COVID-19?*
SELA had its first positive case in late December 2020. Since then, we have seen both positive and close contact cases within the school, but the number of incidences remained extremely low. Fortunately, because of all our proactive and preventative COVID-19 health and safety measures such as cleaning, hand washing, daily screenings, mask wearing, and social distancing protocols etc., we have been able to stop the spread within our school which has enabled us to continue our goal of keeping the school open for full in person learning safely.

School Cohorts and Class Size

1. *What is a Cohort? Why is SELA using them?*

According to the DESE for an effective and a safe reopening, schools should implement and create separate cohorts (or groups) between grade levels to minimize cross contamination and to keep the same set of teachers with the same group of students. Due to this new model of cohort teaching, for every cohort that we have, we need a set number of teachers who are able to teach each main subject in order to continue to provide SELA's advanced education

and language immersion to every grade level. Last year all teachers were specialty teachers spread across grades K-5. In order to follow the DESE guidelines of creating cohorts we had to separate the teachers between the two cohorts: K-2 and 3-6.

2. *What is the average class size?*

In the Elementary School, we have an average of 8-12 students per class. Class lists are released at Orientation. Our largest class is 1st grade, with 17 students. Due to this new model of cohort teaching, SELA has had to increase our staff and faculty because we need a set number of teachers who are able to teach each main subject in order to continue to provide SELA's advanced education and language immersion to every grade level. In order to follow the DESE guidelines of creating cohorts we had to separate the teachers between the two cohorts: K-2 and 3-6. We've also hired a full time Teaching Assistant to support with classroom management, social distancing, and other general support. This will allow for the one-on-one educational opportunities that SELA always offers to our students.

3. *Are students rotating days, or attending each day?*

Students are scheduled to attend each day in person for the school year; SELA is not doing a hybrid model.

4. *Can classroom layouts be provided to families prior to the first day of school?*

Yes, parents will receive a virtual orientation prior to the first day of school which will show each classroom and its set up for the new year.

5. *Desks look close together, what is the spacing between students in the classrooms? Will you be sanitizing between groups?*

Students are spaced 3 to 6 feet apart (as mandated by DESE) within the classroom, depending on classroom attendance. Only one group of children is assigned to each classroom, therefore there is no rotating of student groups between classes. Throughout the day, while classes are outside of the classroom, designated staff will disinfect the classroom. Additionally, cleaning will also be done after using the bathroom, after snack, lunch, and going outside.

Social Distancing and Face Coverings

1. *Are faculty wearing masks or shields?*

All SELA staff members are required to wear a face covering at all times. Teachers are permitted to wear the face shields in the classroom when they are able to maintain 6 feet distance from the children. Our face shields wrap around the face and extend below the chin which can be used as an alternative when cloth face coverings could potentially hinder the learning process, especially when learning and enforcing a second language. If the teacher needs to break that distance, then a SELA provided fabric mask with transparent covering will be used. While the CDC does not endorse the use of face shields as a replacement for facial masks, they do recognize that, "wearing a mask may not be feasible in every situation..." The CDC goes on to say, if using a face shield, the shield should "wrap around the sides of the wearer's face and extend below the chin"

2. *I see photos of students not wearing masks, why are students in Kindergarten and 1st Grade not required to wear a mask?*

SELA is following state regulations and guidelines given to us by the Massachusetts Secondary Education Department. In their guidelines for reopening, they stated that children in grades K-1 are not mandated to wear face coverings while at school. Here at SELA we are following such regulations and are not mandating students in grades K-1 to wear face coverings, but they will be strongly encouraged to do so by all of our faculty. We are strongly encouraging all students to wear face coverings and will provide students with a clear face shield if they cannot wear a mask safely.

3. *Why is SELA requiring disposable masks rather than reusable cloth masks?*

SELA is requiring the use of disposable face masks to be worn for Elementary students rather than reusable cloth masks to ensure that while students are attending 5 days per week full time in person, that each day and throughout the day, they have access to and are using a clean face mask. This is being done in an effort to help curb the spread of COVID-19 within our school and community.

4. *If a child chooses a shield, are they also required to wear a mask?*

All students will be encouraged to wear a mask to help them get used to wearing them appropriately. However if your child has a medical or behavioral reason for not being able to wear one, SELA must have something in writing from either the parent or your child's pediatrician requesting the use of a face shield and the reason why. If it is noted by your child's teacher that your child is having trouble throughout the day wearing a face mask appropriately, the parent will be contacted. Director, teacher and parent will work together to come up with a plan for their child to be able to successfully wear a face mask appropriately throughout the day.

5. *What will P.E. and Recess look like? How will equipment be sanitized?*

P.E equipment will no longer be communal to limit cross-contamination. All students will have their own personalized P.E equipment which will be sanitized after each use and kept in separate bags designated for each student. Designated cleaning staff will be sanitizing all surface areas, playgrounds, and playground equipment after each use or switch in class. All areas will be cleaned with the Evaclean.

6. *When are mask breaks offered?*

Mask breaks will be given to all SELA elementary students whenever they are outside and or eating snacks or lunch. Surgical mask holders will be provided to all SELA students during mask breaks to ensure that all face coverings are kept safely and separately.

Cleaning and Building Maintenance

1. *What are the procedures for cleaning and disinfecting?*

SELA is following all CDC recommendations for cleaning and disinfecting surfaces. During the day surfaces and materials will be cleaned using soap and water and disinfected using a bleach and water solution. Each night classrooms will also be disinfected using an EPA-approved agent called Bioesque, which will be used in our EvaClean system. SELA has also hired dedicated full-time cleaning professionals to support our teachers with these increased cleaning and laundering procedures.

2. *The procedures for cleaning and disinfecting outlined in the policies sound very detailed. Are they sustainable?*

Yes. SELA has hired dedicated full-time cleaning professionals to support our teachers with these increased cleaning and laundering procedures.

3. *Is SELA increasing air circulation and outdoor activities?*

Yes, in a variety of ways. Each classroom at SELA is now equipped with an air purifier which cleans the air every 15 minutes. SELA's building AC/heating units and filters are regularly maintained, checked, and will be on during the entire day. We will also do our best to stay outdoors as much as possible.

School Bus & Pick up and Drop Off

SELA families that reside in Hingham have the opportunity to sign their child up to ride the Hingham Bus to/from SELA. Hingham Transportation is the best contact for any bus specific questions.

1. *Will the buses begin on Aug 31 even though Hingham is not beginning until later in September?*

Yes. SELA is happy that we will have the buses available for our first day of school on Aug 31st.

2. *If we arrive a little early for drop off, can we get in the car line?*

Yes, of course. If you arrive just a little early than your designated drop off time, please just get right into line to wait until the door opens and a staff member greets you.

Other Questions

1. *Where is a quick and easy place I can find a link to the morning screening?*

Families can access the morning screening forms (EGE and Elementary) on SELA's website [HERE](#).

2. *What happens if I forget to send my child with a water bottle or with a snack?*

As in previous years, SELA always has several cases of water and boxes of snacks on hand for situations like these. As soon as a staff member knows a child does not have their water/snack, they will be provided with one from admin.

If your child needs to get a water bottle from administration more than two times in a school year, you will be charged 5.00\$ per bottle. If your child forgets their lunch at home and if you are unable to drop off your child's lunch at school, once administration is notified, we are asking that families place a food order from the selection below to be delivered to school (or from a place of your choosing). Upon receiving the delivery, SELA will provide the food to the child. If it is outside scheduled lunch time, the child will eat with a member of administration.

- a. Chipotle
- b. Subway

- c. Papa Ginos
- d. Bruegger's Bagels
- e. D'Aneglo's

3. *Will children be able to use the restroom outside of the scheduled times?*

Of course! Students are able to use the restroom whenever they need to throughout the day. We created the schedule so that we can limit the amount of time that students are leaving the classroom in between, but if a child needs to use the restroom at another time, they are certainly welcome to do so.



SELA COVID-19 QUICK REFERENCE GUIDE CHART FOR SELA STUDENTS

UPDATED 2.2.21

(PREVIOUS CHART DATED 10.20.20)

| | SCENERIO | ACTION |
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| TRAVEL | | |
| 1 | <p>Student travels to a “high risk” state or area as determined by the state of Massachusetts.</p> <p>Please click HERE to go directly to Massachusetts Travel.</p> | <p>Parents/Guardians are to notify the school of any travels plans. The daily student screening and the Holiday Travel form prompts families to detail their travel arrangements and required to be completed.</p> <p>Ages 5 and up:</p> <ul style="list-style-type: none"> • Student ages 5 and up, must have a negative PCR COVID test upon return school. The test must be administered no more than 72-hours prior to their arrival back in Massachusetts (per Mass guidelines) <p>Ages 4 and under:</p> <ul style="list-style-type: none"> • Student ages 4 and under must have a negative PCR COVID-19 test upon return to school OR • Parent/Guardian must submit proof of their negative PCR COVID-19 test that was administered no more than 72-hours prior to their arrival back in Massachusetts (per Mass guidelines) <p><i>*Students will <u>not</u> be permitted to enter the building until the above document(s) are received by the school.</i></p> |

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| SYMPTOMATIC OF COVID-LIKE SYMPTOMS | | |
| Major Symptoms: fever 100F or greater, cough, sore throat, difficulty breathing, GI distress (nausea, vomiting, diarrhea), new loss of taste or smell, new muscle aches. Minor Symptoms: Fatigue, headache, runny nose/congestion, other signs of illness. | | |
| 2A | Student displays one COVID-19 like symptom while at the program or at home from a known cause (e.g. allergies) | <ul style="list-style-type: none"> • Doctors note or a prior diagnosis of “known cause” must be on file as a known medical condition. <ol style="list-style-type: none"> 1. Attend as usual <p><i>*This does not include fever. All students must be 24 hours fever free (without the use of fever reducing medications) before returning to school</i></p> |
| 2B | Student is <i>symptomatic</i> with one major and/or two or more minor symptoms of COVID-19 that is not related to a known cause. | <ul style="list-style-type: none"> • Notify School Nurse • Sibling(s) should stay home. • Symptomatic Student <u>is strongly encouraged</u> to be tested and/or be seen by their physician. <p>Student may return with the following</p> <ol style="list-style-type: none"> 1. Negative COVID-19 Test Result: Student may return, with negative COVID-19 test <u>AND</u> after being 24 hours fever free (without the use of fever reducing medications) and/or symptom improvement. <i>*If test is positive, follow directives for “Individual is Confirmed to be Positive”</i> 2. Doctor’s Note of Medical Clearance: Student may return due to an alternative diagnosis <u>AND</u> after being 24 hours fever free (without the use of fever reducing medications) and/or symptom improvement. <i>*Drs Note should state that a COVID-19 test was not needed if one was not ordered.</i> |

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| | | <p>3. Individual does not wish to be seen by physician and has not been tested for COVID-19: Individual <u>must isolate for a minimum of 10 days from symptom onset and be 24 hours fever free</u> (without the use of fever reducing medications) and/or with symptom improvement. Household family members should quarantine during this time and monitor themselves for symptoms.</p> <p><i>*If a COVID-19 test is ordered, then student must remain at home until test results have come back no matter if alternative diagnosis is made or if the student is no longer symptomatic.</i></p> <p><i>*COVID-19 test results must be received by nurse and director prior to student returning to school</i></p> |
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“CLOSE CONTACT” EXPOSURE

Definition of close contact: Individuals who have been within 6 ft distance of the positive individual for at least 10-15 mins over the course of a 24 hour period while the person was infectious (48 hours prior to symptom onset or if asymptomatic 48 hours prior to testing)

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| <p>3A</p> | <p>1. Individual within the student’s household has been notified that they are a “close contact” to a COVID-19 positive individual OR 2. Individual within the student’s household has a pending COVID-19 test. <i>*Does not include tests due to procedure protocols (surgeries, dental work)</i></p> | <ul style="list-style-type: none"> • Notify School Nurse • Student and sibling should not come into school. • Household members should also stay at home and monitor themselves for symptoms. <p>1. Individual within the student’s household have been notified that they are a “close contact.”</p> <ul style="list-style-type: none"> • Student (and sibling) may return after it is confirmed that the “close contact” household member has tested negative, are not showing symptoms for COVID-19 and they are released from quarantine by their board of health, contact tracer or by a physician. • If the “close contact” household member tests positive, follow directives below (<i>3B “Student has been notified that they are a close contact”</i>) <p>2. Individual within the student’s household has a pending COVID-19 test.</p> <ul style="list-style-type: none"> • Student may return after it is confirmed that the household member has tested negative and are not showing symptoms, or suspected of having COVID-19 |
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| <p>3B</p> | <p>Student has been notified that they are a “close contact” to a COVID-19 positive person.</p> | <ul style="list-style-type: none"> • Notify School Nurse. • Student <u>is strongly encouraged</u> to be tested on their day 5 or later of quarantine and seek guidance from their primary care physician and/or their local board of health. <i>*Close Contact” students <u>cannot</u> test out of the required 14-day quarantine at this time.</i> |
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| | | <ul style="list-style-type: none"> SELA siblings will also be required to stay home and be monitored for symptoms. <p>Student may return after the following has occurred.</p> <ol style="list-style-type: none"> 14-day quarantine. The 14 day quarantine begins after last contact/exposure with the COVID-19 positive person. <u><i>*If student takes a COVID-19 test results must be received by nurse and director prior to individual returning to school.</i></u> <p>If symptoms develop during the 14 day quarantine: Please notify the school and your child’s physician. If student tests positive for COVID-19 : Follow directives below (4 “Individual is Confirmed to be Positive”)</p> <p><i>*If individual does not wish to be tested for COVID-19, <u>14 day quarantine must still occur.</u> documentation of medical clearance given by one of the following, Physician, Local Board of Health or Contact Tracers may be required.</i></p> |
| INDIVIDUAL IS CONFIRMED TO BE POSITIVE FOR COVID-19 | | |
| 4 | Student tests positive for COVID-19 | <ul style="list-style-type: none"> Notify the school nurse and director as soon as possible and send a copy of the positive test results. Contact your local Board of Health and or physician for guidance regarding any close contacts, quarantine, isolation, and your child’s potential release date. Student should isolate for a minimum of 10 days from onset of symptoms or test date (if no symptoms are present). <p>May return after the minimum 10-day self-isolation in addition to the following...</p> <ul style="list-style-type: none"> Being 24 hours fever free (without the use of fever reducing medications) and/or show a significant improvement of all other symptoms <i>*Please be aware that documentation of medical clearance received from one of the following, physician, Local Board of Health, Contact Tracers may be required depending on the circumstances.</i> |

SHOULD I SEND MY CHILD TO SCHOOL?

Here is a simple checklist to help you determine if your child should come to school.

HAVE THE FOLLOWING SYMPTOMS BEEN OBSERVED IN CHILD OR HOUSEHOLD MEMBER IN THE PAST 24 HOURS?

Symptoms highlighted in yellow are considered “Major Symptoms” and are cause for automatic exclusion from school. Symptoms not highlighted are considered “Minor Symptoms” and must be in combination with other symptoms to be considered exclusionary.

Please refer to the SELA COVID-19 Quick Reference Guide for SELA Students for further instruction if needed.

MAJOR

1. Fever (100.0° F or higher), feeling feverish, has chills
2. Cough
3. Sore Throat
4. Difficulty breathing
5. Gastrointestinal symptoms (diarrhea, nausea, vomiting)
6. New loss of smell/taste
7. New muscle aches

Other exclusionary factors

MINOR

8. Fatigue **must be in combination with other symptoms to be cause for exclusion*
9. Headache **must be in combination with other symptoms to be cause for exclusion*
10. Runny Nose or Congestion **must be in combination with other symptoms to be cause for exclusion*
11. Any other signs of illness **must be in combination with other symptoms to be cause for exclusion*

- Household member is being tested for COVID-19 like symptoms and is awaiting the results. (does not include testing for protocol procedures such as for surgeries, dental etc.)
- Household member has been notified that they may be a “close contact” to a confirmed COVID-19 positive person.

Symptoms Help Guide for Parents

This guide is to be used as a tool to help parents decide whether or not to send their child to school. It is not to be used as a replacement for professional medical advice.

MAJOR SYMPTOMS

1. Fever greater than 100.0 F:

- Your child will be required to stay home, no matter what the reasoning might be. We cannot allow any child with a fever above 100.0F into the building. No exceptions.
- Having a fever is one of the simplest and most objective ways to identify that the body is fighting an illness.
- Do not assume that a fever is not present because someone looks to feel fine
- Be sure that your thermometer is in good working order and be sure that your child is not doing anything that could alter their temperature reading

2. Cough: Ask yourself the following questions.

- Is this cough new and different for your child and their body?
- Is the cough dry, wet, barking, hacking, and/or loud?
- Does the cough produce other symptoms such as mucus, vomiting, dizziness, sleeplessness, or sore throat?
- How bad is the cough, does it interfere with daily activities?

If you have answered “yes”, to any of these questions your child should not come to school and you should contact your child's PCP.

If you have determined that your child's cough is not new/different because it is related to another cause (chronic cough, allergies, asthma) SELA must have documentation on file, stating that this to be a consideration for your child by your child's PCP.

However, if you feel in any way that this symptom is different than usual, your child should not come to school.

3. Sore Throat: Ask yourself the following questions.

- Is this sore throat new and different for your child and their body? ***
- Does their throat hurt when they talk, drink, or eat? If so, what does it feel like?
- Does the inside of their mouth (lips, tongue, tonsils) appear to be redder than normal, have white patches, sores or otherwise look infected/different than normal?

If you have answered “yes”, to any of these questions your child should not come to school.

*** If you have determined that your child's sore throat is not new/different because it is related to another cause (i.e. chronic cough, allergies, asthma etc.) SELA must have documentation on file, stating that this to be a consideration for your child by your child's PCP.

However, if you feel in any way that this symptom is different than usual, your child should not come to school.

4. Difficulty Breathing: If you are having trouble breathing then you should seek emergency medical attention IMMEDIATELY!

- Difficulty breathing can include the following signs: Feeling like you are not getting enough air in when you breathe which can cause dizziness, feeling faint or lightheaded, confused, anxious, scared, and tired.
- Physical signs can include bluish extremities, lips, looking pale and sweaty.

Please seek medical attention immediately if you think your child is experiencing any of these signs/symptoms.

5. Gastrointestinal Issues (diarrhea, nausea, vomiting): Ask yourself the following questions

- Is this new and different for your child, without a possible direct cause? ***
- Does your child show signs of being in discomfort or pain?
- Are they unable to eat or drink without experiencing diarrhea, vomiting and/or feeling nauseous?

If you have answered “yes”, to any of these questions your child should not come to school.

***If you have determined that your child's gastrointestinal issues are not new/different because it is related to another cause (i.e. Irritable bowel syndrome, Crohn's Disease etc.) SELA must have documentation on file, stating that this to be a consideration for your child by your child's PCP. GI issues do to your child

ingesting food or drink items that can cause GI issues should be reported to the school nurse directly but does not need to be checked off on the daily screening because they are negative effects of what was ingested not a sign of illness. (Ex. Child was given 2 cups of prune juice and now has diarrhea)

However, if you feel in any way that this symptom is different than usual and may not be attributed to a direct cause, your child should not come to school.

6. Loss of Taste and/or Smell:

- Your child will be required to stay home, no matter what the reasoning might be. We cannot allow any child with a loss or taste and/or smell into the building. No exceptions.
- We ask that you contact your child's PCP if you think your child is experiencing a loss of taste and/or smell

7. New Muscle Aches:

- First ask yourself is there a simple and direct cause for my child's "muscle ache" (ie, strenuous exercise, a recent injury that occurred etc.). If the answer is "no" ask yourself the following questions.
- Is this new and different for my child?
- Does the pain/ache make it difficult/exhausting for your child to perform daily activities such as walking, or playing?

If you have answered "yes", to any of these questions your child should not come to school.

If you have determined that your child's muscle aches are not new/different because it is related to another cause (Diagnosis of Lyme disease, musculoskeletal abnormalities etc.) SELA must have documentation on file, stating that this to be a consideration for your child by your child's PCP.

However, if you feel in any way that this symptom is different than usual, your child should not come to school.

MINOR SYMPTOMS

Fatigue, Headache, Runny Nose or Congestion, and or any other signs of illness:

For any of the above minor symptoms ask yourself, could any of these symptoms negatively impact my child's school day?

If you have answered "yes", to the above question your child should not come to school.

COVID-19 Testing Site Locator

Link: [COVID-19 Testing Site Locator](#)

Local Testing Sites

CareWell Urgent Care Norwell

42 Washington St, Norwell, MA 02061

PHONE: 781-421 3503

HOURS: 8:00am-8:00pm Mon-Sun

Tests children 2yrs and older. No appointment needed.

Health Express Weymouth

330 Washington St., Weymouth, MA 02188

PHONE: 781-626-5160

HOURS: 9:00am-7:00pm Mon-Fri

9:00am-4:00pm Sat-Sun

Tests children 5yrs and older. Call first, appointment is required.

Convenient MD - Quincy

479 Washington St, Suite 2, Quincy, MA 02169

PHONE: 857-529-5220

HOURS: 8:00am-8:00pm Mon-Sun

Test children of all ages. Call first. No appointment required.

South Shore Medical Center Drive-Up

143 Long Water Dr, Norwell, MA 02061

PHONE: 781-681-0365

HOURS: 7:30am-2:00pm Mon-Fri 8:00am-12:00pm Sat-Sun

Drive up testing. Test children 6 mos and older. Call first to make an appointment

