



**SANBORN REGIONAL SCHOOL DISTRICT
2021 – 2022 School Year COVID Plan**

INTRODUCTION

Sanborn Regional School District will have a **five-day a week, in-person schedule** for the 2021-2022 school year. The district will not be offering a full-time remote learning option for the 2021-2022 school year. Families wishing to have students attend remote school will need to enroll their children in VLACS or homeschool them.

KEY ELEMENTS OF THE 2021-2022 SCHOOL YEAR	
Communication & Emergency Contact Information	All parents will be required to update their child's emergency and health information at the start of the year and whenever any contact information changes. Parents will be expected to pick up their children when it is deemed necessary.
Student Health Screening	<p>Parents/guardians should be screening their children for symptoms of COVID-19 or risk factors for exposure before sending them to school. Students with any identifiable symptoms or risk factors shall not be sent to school. Any student with even mild symptoms of COVID-19 must stay home and get tested for COVID-19. Test results must be shared with the school nurse or school principal.</p> <p>SRSD will also be offering testing for students at school if they arrive at the nurse showing symptoms of COVID, using the BinaxNOW Antigen Test. Permission to administer a test will be required from parent/guardian.</p>
Isolation Measures	<p>Each Sanborn school will have a designated room or area that may be used for the purpose of isolating a student exhibiting symptoms of COVID. As explained by the NH Department of Health and Human Services, any person with suspect or confirmed COVID-19 will be reported to the Department of Public Health. Students suspected of having COVID-19 symptoms must be picked up by a parent/guardian (or designee), and will not be allowed to utilize district buses to return home.</p> <p>Isolation and quarantine recommendations from the NH DHHS will be followed in all schools for students as well as staff. Simplified guidelines can be found in this chart. Sanborn Regional School District will be adhering to these guidelines for quarantine and isolation.</p>
Student Transportation	Students riding buses will practice social distancing. Students are encouraged not to carpool. Students will sit with family members or other students from their bus stop and will be given assigned seats. All students, riders, and drivers are required to wear a mask while riding a school bus per federal guidelines .
Classrooms & Instructional Spaces	Classrooms will be arranged to accommodate social distancing of 3 feet. Lunches will have social distancing. Students will have assigned seating.
Masking	For all staff and students: masks are recommended but optional UNLESS adhering to isolation and quarantine guidelines . Mask breaks for those wearing masks will be at various points during the day, including lunch and recess.
Visitors & Events	<p>Parents and visitors will be permitted in the building and mask wearing is recommended but optional during transitions from one location to another.</p> <p>Masks are recommended but optional for visitors at school-wide events, including but not limited to Athletic Events, Concerts, Conferences, and Open Houses.</p>

Field Trips, Events & Outside Organizations	In-school group events, such as assemblies, performances, school-wide parent meetings or other large gatherings will only take place in-person if social distancing requirements can be met. Field trips may be limited. Building use by outside groups may be limited.
Hygiene & Cleaning	<p>Staff and students will practice proper hygiene by washing hands often with soap and water for at least 20 seconds. When soap and water are not readily available, hand sanitizer with at least 60% alcohol content will be provided for use in all classrooms and instructional areas. Personal items will not be shared. Instructional material sharing will be limited and cleaned if shared.</p> <p>Disinfectants that kill COVID-19 will be used to clean. If a person with COVID-19 was in the school within the last 24 hours, we will clean AND disinfect the spaces the person was in contact with. All water bubblers will be closed. Staff and students will be able to fill water bottles at the filling stations located throughout the building.</p>
Student & Family Social-Emotional Needs	<p>In order to support the needs of our students and faculty, the schools will be implementing these strategies:</p> <ul style="list-style-type: none"> • Students will continue to have morning meeting, advisory or other check-ins regularly • School counselors will continue to work with students individually as well as in small groups • School counselors will work with staff to deliver a social emotional curriculum that address a variety of needs and skills including social awareness, relationship skills, self-management, responsible decision-making and self-awareness • School counselors will work with staff to identify and support students who might be affected by trauma and grief as well as students who might be at risk for more significant mental health issues • Faculty will continue to receive professional development and other wellness activities as established with the district nursing and counseling staff
Athletics & After School Activities	<p>The Athletic Director will be updating participating students and their families on a regular basis with regards to plans around athletics at Sanborn.</p> <p>After-school activities will be conducted by building in accordance with any guidance from NH DHHS or the CDC.</p>

Responding to Positive COVID Tests

If the District learns of a student or staff member who has tested positive for COVID-19, the District will work with local health officials who will support the District. In accordance with state and local laws and regulations, the District will notify other appropriate staff while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA) and Health Insurance Portability and Accountability Act of 1996 (HIPAA).

Students or staff who have tested positive for COVID-19 must still isolate at home until they have met [Criteria for ending Isolation](#).

Preventative Strategies to Stay Healthy

Together, with you, we will teach and promote all students to:

- Frequently wash their hands. Hand washing for 20 seconds with soap and water, or using hand sanitizer that contains at least 60% alcohol, is the best way to reduce the spread of germs.
- Cover coughs and sneezes with a tissue or their elbow. And to wash their hands or use hand sanitizer once they discard of the tissue.
- Not to share personal items such as drinks, food or water bottles.
- Practice social distancing by maintaining at least 3 feet between people when outside their home.
- Properly wear a cloth face covering that covers their mouth and nose to protect others when in public areas.
- Avoid touching their eyes, nose, or mouth with unwashed hands.

Staying Healthy During COVID-19

COVID-19 Symptoms

COVID-19 is most commonly spread through respiratory droplets when an infected person talks, coughs, sneezes or sings. We ask for your support to take the following precautions, per NH DHHS, to prevent the spread of the disease:

- Know the **symptoms of COVID-19**:
 - ➔ Fever/chills (measured 100.4F)
 - ➔ Fatigue
 - ➔ Cough
 - ➔ Headache
 - ➔ Shortness of breath or difficulty breathing
 - ➔ New loss of taste or smell
 - ➔ Sore throat
 - ➔ Nausea or vomiting
 - ➔ Runny nose or nasal congestion
 - ➔ Diarrhea
 - ➔ Muscle or body aches

- Please do not send your child to school if they have:
 - Any new or unexplained symptoms of COVID-19 (listed above); this includes even mild symptoms. Please report this to the school nurse.
 - Shared a household (temporarily or permanently) with someone who has been diagnosed with COVID-19 in the prior 10 days.
 - Travelled internationally or on a cruise ship in the last 10 days.

MONITORING HEALTH AND WELLNESS





As a school community we ask for your support to take the following precaution to prevent the spread of the disease:

1. Keep sick children home and report their illness to the school nurse if your child has a fever or is not feeling well.
2. If your student develops any of the symptoms listed above during the school day, **and you have given permission** for them to receive a BinaxNOW Antigen test, the school nurse will administer the test provided the District has test available. A positive result, or inability to conduct a test at school, will require parents/guardians to come school to pick up their child. Students with symptoms or a positive test result will be isolated under supervision of the nurse and will not be allowed to take school transportation home.
3. Prior to arriving to school, please screen your student for:
 - a. Any **new or unexplained** symptoms of COVID-19 (listed above); this includes even mild symptoms.
 - b. Close contact with someone who has confirmed to have COVID-19.
4. Any person with new or unexplained symptoms of COVID-19 **will be excluded from school**, and instructed to isolate at home and seek COVID-19 testing.

Criteria for ending Isolation

The NH DHHS adopted the updated CDC Guidelines for isolation and quarantine on [January 5, 2022](#). These guidelines can be found in [this chart](#) (also at the right).

Sanborn Regional School District will be adhering to these guidelines for quarantine and isolation.

COVID-19 Isolation and Quarantine Guidance: Updated January 6, 2022 Based on guidance from the New Hampshire Department of Health and Human Services				
	I have been exposed to someone who has tested positive for COVID-19 and I am fully vaccinated and I have no symptoms	I have been exposed to someone who has tested positive for COVID-19 and I am not fully vaccinated and I have no symptoms	I tested positive for COVID-19 and I have symptoms	I tested positive for COVID-19 and I do not have symptoms
	• I do not need to stay home (isolate).	• I need to stay home (isolate) for 5 days after exposure. Day one is the day after I was exposed.	• I need to stay home (isolate) for 5 days. Day one is the day after I developed symptoms.	• I need to stay home (isolate) for 5 days. Day one is the day after I tested positive.
	• It's recommended for me to test for COVID-19 3 days after I was exposed. • If I develop symptoms, it's recommended that I isolate and get tested.	• I need to watch for symptoms for COVID-19 for up to 10 days. • It's recommended for me to test for COVID-19 3 days after I was exposed and/or if I develop symptoms.	• To end isolation after 5 days, I need to be fever-free (off fever-reducing medications) with other symptoms improving for at least 24 hours.	• No other tests are needed.
	• I am required to wear a face mask for 10 days (day one is the first day I was exposed).	• I am required to wear a face mask for 10 days (day one is the first day I was exposed). If I am unable or unwilling to wear a mask, I must isolate for 10 days instead.	• I am required to wear a face mask for 10 days (day one is the first day I developed symptoms). If I am unable or unwilling to wear a mask, I must isolate for 10 days instead.	• I am required to wear a face mask for 10 days (day one is the day I tested positive). If I am unable or unwilling to wear a mask, I must isolate for 10 days instead.
	• I should avoid recreational travel until 10 days have passed since I was exposed.	• I should avoid recreational travel until 10 days have passed since I was exposed.	• I should avoid recreational travel until 10 days have passed since I tested positive.	• I should avoid recreational travel until 10 days have passed since I tested positive.

• What does "being exposed" mean? Per the guidance provided by the New Hampshire Department of Health and Human Services, an "exposure" continues to be defined as a close-household contact (including sleepovers) with someone who has tested positive for COVID.