

JESSE REMINGTON HIGH SCHOOL

Family Guidance for Fall Opening

2020

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Introduction

The following plan is based on a “Healthy Only” framework for reopening the campus; the framework requires that parents and employees assure that only healthy individuals are permitted on campus. The school facilities will receive increased levels of cleaning and sanitizing, with our goal being to limit disruption to classroom routines.

This framework provides for a level of “normalcy” but depends on students and employees to remain at home if they display any flu-like symptoms or have been in contact with others who are symptomatic. Note the framework may be revised based on evolving guidance, government mandates, and/or changing conditions with respect to the extent of and spread of illness.

In essence, JRHS will operate as one “cohort” or social pattern, to use the term determined by the State of NH guidelines for safe schools during Covid 19. This system will only work with an “All-In” commitment from every participant in the JRHS community: students, faculty, staff, board, parents, volunteers and guests. In this unprecedented year of managing Covid19 in every area of our lives, we need to practice understanding and empathy as we quest for school safety in light of Covid 19.

Liability Waiver

Parents, employees and volunteers (including drivers) must sign a waiver at the beginning of the school year releasing JRHS of any liability in regard to Covid-19. See the attached waiver.

Self Daily Health Check (JRHS Daily Health Screening Form)

Parents and employees must agree to complete a Daily Health Self Check form and that they will neither send a student nor enter the campus themselves if they are exhibiting any of the symptoms listed here:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Every attendee to the school (student, faculty, staff, parent, volunteer, guests) must submit the Self Daily Health Check form before setting foot on campus. This includes a daily (morning) temperature check, and relies on the honor system with respect to being symptom free as we strive to make JRHS safe in light of a Covid-19.

Where can I access the “JRHS - Daily Health Screening Form”?

- 1) It will be available through a QR scan code flyer which you can place on your refrigerator and scan using a QR reader that you download to your cell phone.
- 2) Access the form through Renweb under Resources
- 3) Click Link in the Remington Weekly (email)
- 4) Place the Google form on your desktop computer or your cell phone Home Screen.

Entry Health Check

As a second line of defense, students will have a temperature check at the door of their first period class, see below for more information on arrival and departure.

The morning health screener will ask the following questions:

1. Have you been in close contact with a person who has COVID-19?
2. Do you feel unwell with any symptoms consistent with COVID-19?

<ul style="list-style-type: none"> ● Cough ● Shortness of breath or difficulty breathing ● Fatigue ● Muscle or body aches ● Headache 	<ul style="list-style-type: none"> ● New loss of taste or smell ● Sore throat ● Congestion or runny nose ● Nausea or vomiting ● Diarrhea
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3. The student's temperature will be taken.
4. Prior to entering the classroom students will be asked to sanitize their hands.

Students who answer either of the above questions affirmatively or have a temperature greater or equal to **100.4°F** must be returned to their parent/caregiver as soon as possible.

If a student becomes ill during the school day, they will be sent to an isolation room where they will be made comfortable until a parent or caregiver can pick them up. (Please see *Building Considerations / Modifications* regarding the isolation room.)

Stay Home When Sick: Exclusion/Inclusion Policies

Students and staff will be **excluded** from in-person school activities, if they:

- Show symptoms of COVID-19, such as a cough, shortness of breath, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell
- Have been in close contact with someone with COVID-19 in the last 14 days
- Have a fever (temperature higher than 100.4°F)
- Have a significant new rash, particularly when other symptoms are present
- Have large amounts of nasal discharge in the absence of allergy diagnosis

If above signs and symptoms begin while at school, the student (or staff member) will be sent home as soon as possible. Sick students will be separated from well students and staff contact will be limited as much as reasonably possible, while ensuring the safety and supervision of the sick student(s) until they leave campus.

- Students and staff should be excluded from school until they are no longer considered contagious.
- Students and staff with fever greater than 100.4°F and no specific diagnosis should remain at home until they have had no fever for 24 hours without the use of fever reducing medications (e.g., Advil, Tylenol).

Healthy students and staff with the following symptoms/conditions are ***not excluded*** from in person school activities:

- Allergy symptoms (with no fever) that cause coughing and clear runny nose may stay if they have medically diagnosed allergies and follow medical treatment plans.
- Well-controlled asthma

Absenteeism Due to Health Screening

- Absences due to the Health Screening restrictions will not be counted as school day absences.

Cases of COVID-19 in School

If COVID-19 is confirmed in a student or staff member:

- The school will close off all areas used by a sick person and not use these areas until after cleaning and disinfecting;
- The school will clean and disinfect all areas such as offices, bathrooms, common areas and shared electronic equipment used by the ill persons, focusing especially on frequently touched surfaces.

- We will participate in contact tracing as requested by the Health Department by contacting the public health at 603-271-4496 (after hours call 603-271-5300).
- We will communicate with parents/caregivers and staff with general information about the situation. It is critical to maintain confidentiality.
- If a staff person or student has been identified as a close contact to someone who is diagnosed with COVID-19, they should self-quarantine.

Anyone diagnosed with COVID-19 should self-quarantine following the [NH Self Quarantine Guide](#).

Returning to School

- If a student/staff has a **negative COVID-19 test**, they can return to school once there is no fever without the use of fever-reducing medicines and they have felt well for 24 hours.
- In order for a student/staff who **tested positive for COVID-19** to be allowed to return to campus they must be able to answer **YES** to the following questions:
 - ◆ Has it been at least 10 days since the individual first had symptoms?
 - ◆ Has it been at least 3 days since the individual had a fever (without using fever-reducing medicine)?
 - ◆ Has it been at least 3 days since the individual's symptoms have improved including cough and/or shortness of breath?
- Any person who has traveled out of the country or to a Covid-19 "hot spot" as described in the [Community Mitigation Framework](#) shall self-quarantine for no less than 14 days with no symptoms appearing, prior to returning to school. To see the level of Covid activity where you plan to travel click [HERE FOR US](#) and [HERE FOR INTERNATIONAL](#).

School Day Considerations

Drop-Off and Pick-up / Arrival and Departure

The following procedures will be in place:

- No one may enter the school if they have symptoms of respiratory illness or fever.
- Only JRHS employees, registered volunteers, and students are permitted on campus.

- Student drop-off begins at 7:30 a.m.
- Students should go directly to their assigned period one classroom where they will complete the required entrance screening. This is in addition to the Self Daily Health check using the JRHS Daily Health Screening Form from home. A volunteer will ask questions and take student temperature as described above.
- To avoid congregating, parents/caregivers and visitors are not allowed to enter the building with the student. Parents/caregivers should drop off their child outside and leave as soon as their child has entered the building and passed the health screening.
- If a parent/caregiver needs to talk with school personnel, they should make arrangements to do so in advance, and are asked to wait until at least 8:15 before entering
- All parents/caregivers who enter the school building must wear a face mask, be screened upon entry (screening questions and temperature check) and are to leave immediately upon completing business. Please use the office entrance located to the left side of the Remington Education Center at the top of stairs.
- Individuals who are self-quarantining due to close contact with a COVID-19 positive individual should not do drop-off or pick-up.
- Tardy students checking in after 8:10 AM are to make a cell phone call to the school office (483-5664) and await further directions. Students will either be asked to walk up the office entrance located to the left side of the Remington Education Center at the top of stairs, and await a health screening from office personnel, or walk to their class directly and await health screening by teacher or volunteer. Face masks must be worn when visiting the office.
- Ideally, students will leave their last period class upon dismissal at 2:30 pm, and depart to personal or parent cars and leave campus, avoiding congregating on porch or indoor areas

Physical Distancing & Minimizing Exposure

Health reminders will be displayed throughout the school.

Classroom

- All classrooms will be equipped with hand sanitizer, disinfectant spray, wipes, and paper towels.
- Students are to sanitize their hands upon entering the classroom.
- Students may only touch or handle their own learning materials (e.g., textbooks, pens, notebooks, backpacks).
- All personal items (including textbooks) must be labeled with the student's name (e.g., water bottles, notebooks, backpacks).
- Common areas will be cleaned by the Faculty and appointed students throughout the day as we subscribe to a "Clean In-Clean Out" approach to sanitization.
- At the close of each day, a thorough cleaning by the Stewardship Team will be faithfully executed
- Doors will be kept open as much as possible to allow ventilation and airflow.

Entering and Exiting

- To the extent possible, we are going to establish entrance and exiting patterns to and from each class, utilizing multiple doors and walk paths in an effort to reduce congestion.
- During the “walking time” between classes, Faculty and appointed Students will efficiently accomplish the “Clean In – Clean Out” standards of sanitizing

Congregating

- We anticipate that at unscheduled times of the day (waiting for rides at 2:30 for example) will be the more difficult times to maintain social distancing. Students are asked to make use of the broader campus, including outdoors, when possible to keep social groups small and to honor distancing guidelines. In the times when social distancing is not easy or realistic, face masks are recommended.
- Another area of potential congregating that will need vigilance will be the cubby areas. Access to cubbies will be systematic and orderly, limiting congestion. Individual cubbies will not be assigned. Cubbies will be used by class.

Hand Hygiene

Hand hygiene involves washing hands with soap and water for at least 20 seconds. If hands are not visibly dirty, alcohol-based hand sanitizers with at least 60% alcohol can be used if soap and water are not readily available. All students, staff and volunteers should engage in hand hygiene at the following times:

- Arrival to the facility (hand sanitize)
- Before and after preparing food or drinks
- Before and after eating, handling food
- After using the bathroom
- After coming in contact with bodily fluid
- Before and after handling facial coverings/face shields
- After being outdoors
- After handling garbage
- Before and after cleaning
- Prior to switching rooms or locations

Bathroom Protocol After Use

To minimize exposure to Covid-19 in the bathrooms we are asking the following of all students, faculty and staff:

- **Close** the lid before you flush (some studies have shown that Covid can be spread through water droplets escaping)

- **Wash** your hands using the five steps:
Step 1: Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
Step 2: Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
Step 3: Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
Step 4: Rinse your hands well under clean, running water.
Step 5: Dry your hands using a clean towel and dispose of in the trash.
- **Disinfect** all surfaces you touched (lid, handles of toilet and sink) with a small amount of lysol spray which will be provided in the bathroom.

Face Masks and Personal Protective Equipment

All staff and students are encouraged to wear facial coverings when physical distancing cannot be maintained.

- For Faculty and Staff: Face masks are expected to be worn when working with students or colleagues within a 6-foot limit.
- For Students: masks are recommended during arrival, dismissal, and any time of movement between classrooms or campus areas during times when physical distancing may be difficult to maintain
- In the event of a known health risk, everyone will be expected to wear masks until further notice
- Face masks will need to be worn to the office.
- Follow the CDC guidelines for cleaning your masks:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>

Food and Drink

- Students and Staff will sanitize eating areas prior to and after eating lunch.
- Students will be assigned one of three “lunch rooms” where any/all food is to be consumed
 - ◆ Families are asked to greatly limit the use of microwaved foods to not more than 2x/week;
 - ◆ Students are expected to wipe (disinfect) the microwave exterior before each use and will not be able to use the microwave ovens without a “cleaning supervisor” present.
- When students are done consuming food and personal items are cleaned and put away, they are encouraged to go outside for recreation.
- Until further notice, there will be no commonly shared foods, to include birthday cakes, pizza, etc.
- Students need to provide their own silverware with their lunch.

Athletics/Clubs

- JRHS will comply with all guidelines provided by the NHSPSAL
- JRHS will not provide transportation to athletic events in the 2020-2021 school year.
- If interscholastic sports are not viable, we will explore the development of a robust intramural program.
- It is recommended that athletes, coaches, staff, and participants wear a cloth face covering when not actively engaged in physical activity or when they may be near other people (i.e., less than 6 ft.).
- Pre-Work Screening:
 - ◆ All coaches and students must be screened for signs/symptoms of COVID-19 prior to each workout. Screening may include a temperature check.
 - ◆ Any person with positive symptoms reported will not be allowed to take part in workouts and must immediately contact his/her parents.
- Students must wear their own appropriate workout clothing (do not share clothing).
- All athletic equipment including balls must be cleaned after each use and prior to the next workout/game.

Transportation

In general:

- Sick students should not get in the van. See Stay Home When Sick for more detail.
- Hand sanitizer will be provided and used by each student prior to boarding.
- Van drivers are required to wear face masks while transporting students in the school van.
- Volunteer drivers using their own cars are encouraged to wear face masks while transporting students.
- All students are required to wear face masks in the van or in the motor vehicles of volunteer drivers.
- There will be no consumption of food or drink in transport.
- We will ask Parents to drive to school events at an unprecedented level this year.

Operational and Facilities Considerations

Cleaning and Disinfecting

Students and staff will be utilizing a “Clean In-Clean Out” protocol. Students and staff will engage in frequent thorough cleaning each day.

All students will be trained in proper cleaning and disinfecting. At a minimum, common spaces and frequently touched surfaces and doors should be cleaned and disinfected at the beginning, middle and end of each day. The school shall continue to follow regulations regarding cleaning, sanitizing and disinfecting.

Clean In - Clean Out Protocol

- Common areas will be cleaned by the Faculty and appointed students throughout the day as we subscribe to a “Clean In-Clean Out” approach to sanitization.
- Each team will be responsible for cleaning frequently touched objects and surfaces such as:
 - Counters and tables, especially where students eat
 - Bathrooms
 - Door handles and handrails
 - Sports equipment such as basketballs, frisbees, volleyball

Integrity of Group/Cohort/Pod

In an effort to maintain the integrity of the group, the school will implement the following requirements for Volunteers, Visitors and for Field Trips:

Volunteers

- Only JRHS employees and authorized volunteers who have signed a waiver may enter the school during the morning Entry Health Check. All others please, wait until at least 8:15 before entering and follow the protocol listed above.

Field Trips

- Field trips are only allowed if the program is able to maintain all health guidance.

Visitors

- All guests and visitors to the campus will be required to report to the office and complete the health screening form.
- In addition, all guests and visitors will be required to wear a mask.

Building Considerations/Modifications

Larger Assemblies:

- Fire and safety drills will continue to occur according to state regulations. Administrators and school safety teams have developed protocols to do this safely in the context of this guidance and for physical distancing of staff and students.
- Chapel services will be held outdoors and in Congregational Church of Candia Sanctuary with physical distancing in place.
- All indoor areas will be cleaned and sanitized after each use.

Isolation Room:

- When students present symptoms or fever during the day, the faculty in charge will complete the assessment and notify parents. The student is to be sent home as soon as possible. While the student waits, they will be directed to the isolation room where they will be made comfortable.
- The JRHS Isolation room is the West Room.

Instructional Toggling

Hybrid Learning and Partial Attendance

- Our plan is to prioritize as much in-school learning as possible realizing that there may be days when not all students will be able to attend. To the extent possible, those not in session are expected to join class using our virtual system.
- When a student or family member has been exposed to Covid or suspected case of Covid, they are to stay away from the school, and notify the office immediately
- The JRHS administration will determine who else may have been infected, and will determine if others need to stay away from the school until further information can be obtained.

Closure

- If a case of Covid-19 appears on the campus, or there is a viable potential source of Covid to the school, we will immediately close the school and go to Remote Instruction.
- Protocols and practices to ensure a high level of engagement in learning will be in place to support home-based learning.

Returning to School or Re-Opening

- The school will plan to re-open for as many students as possible within 2-5 days, dependent on access to accurate Covid testing.
 - Those in direct contact with Covid will be required to submit a negative

- test result to JRHS Office before returning
- Others at potential risk may be asked to submit a Covid test result.
- The JRHS Administration will determine who will be required to get a test
- Those who cannot or choose not to get a Covid test are expected to stay away from the school in self quarantine for 14 days

Software

In order to ensure a smooth transition at any time in the future that the school may need to shift from campus-based to home-based instruction, all teachers will be proficient in the use of the following online tools:

- **Renweb LMS Classroom:** This Learning Management System (LMS) will be utilized for posting all assignments and communications regarding assignments.
- **SIS - FACTS/RenWeb:** This Student Information System (SIS) will host all grade-book information as well as all parent communication.
- **VTS - Zoom**

Resources

[JRHS Daily Health Screening Form](#)

[Symptoms of Coronavirus](#)

[Six Steps for Effective Disinfectant Use](#)

[Hand Washing and Sanitizing](#)

[How to Safely Wear and Take Off a Cloth Face Covering](#)

[Social Distancing Guidance](#)

[Covid Testing Options in NH](#)

[Covid-19 Testing Guidance](#)

[CDC Self Quarantine Guide](#)

[Community Mitigation Framework](#)

[CDC Covid Data Tracker](#)

[Covid 19 Travel Recommendations by Country](#)

Notice and Release

Jesse Remington High School (JRHS) is hereby providing notice to me that it intends to open its educational and school program for the 2020-21 school year. I understand that JRHS cannot protect my child/student and/or me from risks which may be encountered as a result of my child attending JRHS. I realize there are natural, mechanical, and environmental conditions and hazards which independently or in combination with any activities engaged in while participating in this program may result in the exposure to certain risks including exposure to coronavirus (COVID-19), or other biological agents, virus or similar bacteriological agents, and the risk of being quarantined, or illness that may result in medical care, hospitalization or death.

I hereby state that I, on behalf of my child/student and myself, am an adult, over the age of 18, and legally competent to sign this form. I understand these inherent risks and dangers involved with participation in the school providing its educational program and acknowledge the existence of risks which are not obvious or predictable, and hereby intend this release to extend to injury or loss which results from both obvious or predictable risks, including, but not limited to, the negligent conduct of JRHS, its officers, directors, employees, agents, and representatives as well as risks that are unpredictable and not obvious and to extend to myself and my child/student, as applicable.

In consideration of myself and my child/student participating in JRHS' educational and school program, I, and any legal representatives, heirs and assigns, hereby release, waive, and discharge JRHS, its officers, directors, employees, agents, and representatives from any and all liability for any and all loss or damage, and any claim or damages resulting therefrom, on account of any injury, illness or exposure to and/or contracting the corona virus (COVID-19) or other biological agents, virus or similar bacteriological agent by me or my/our child/student's attendance at and participation in JRHS' educational program, including any medical expenses, injury and/or death.

I agree to indemnify JRHS, its officers, directors, employees, agents, and representatives from any loss, liability, damage, or cost that may be incurred due to my child/student's participation in the aforementioned program, whether caused by negligence of JRHS, or otherwise. I fully understand, on my own behalf and on behalf of my child/student the risks associated with the aforementioned participation and assume any risk associated therewith.

This notice, release and indemnity agreement contains the entire agreement between and among the parties hereto, and the terms of this release are contractual and not a mere recital.

The parties to this agreement hereby agree that the interpretation and enforceability of this release shall be governed by the laws of the State of New Hampshire.

I expressly agree that this release, waiver, and indemnity agreement is intended to be as broad and inclusive as permitted by applicable laws, and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I/we understand that by signing this agreement I am giving up on behalf of my child/student and myself certain legal rights and remedies including the right for my child/student and/or myself to recover damages in the event of death, personal and/or bodily injury of any kind, property loss or damage, expenses of any nature whatsoever including attorney's fees, and other losses that my student(s) or that I may sustain in association with my child's participation in JRHS' educational program.

I/WE HAVE CAREFULLY READ THE FOREGOING RELEASE AND KNOW AND UNDERSTAND THE CONTENTS THEREOF. I/WE SIGN THIS RELEASE VOLUNTARILY AS MY OWN FREE ACT WITH FULL KNOWLEDGE OF ITS SIGNIFICANCE, INTENDING TO BE LEGALLY BOUND THEREBY.

Parent/Guardian or Volunteer_____ Date_____

Parent/Guardian or Volunteer_____ Date_____