

# **The Safety and Physical/ Mental Health Recommendations document is a “draft plan” and should be viewed as a fluid document.**

## Safety and Physical/ Mental Health Committee

### Define-

The safety and physical/mental health committee enlisted a wide cross-section of staff and medical professional expertise to develop safety and wellness recommendations for the reopening of schools.

### Structure-

The committee identified new health and safety considerations that should be implemented to enhance practices that are already in place or replace current practices for the duration of the pandemic.

The committee also identified building-based practices and locations that should be suspended for the duration of the pandemic for health and safety considerations.

The committee focused on ways to address the social and emotional well-being of students and staff by recommending practices to promote wellness in and out of the classroom.

## Recommended School Based Actions

### New Guidelines-

1. Staff and Student temperature checks performed at school.
2. Daily Staff and Student Health Screening completed prior to arrival to school. (symptoms/travel/exposure)-awaiting confirmation if this contradicts state recommendations
3. Weekly Bus headcounts and daily bus attendance anomalies reported to administration.
4. Face Coverings of mouth and nose required for any persons in the building (medical exceptions considered/ alternative protective measures required)
5. Additional barrier (Face Shield) for staff that would interact with students when unmasked.
6. Portable barriers for staff that interact with students that need to unmask for educational/ emotional purposes in close proximity.
7. Full PPE (as recommended by local health officials) supplied to all nurses.
8. Designated quarantine area staffed by a school nurse ideally separated from the nurses office, optimally in a well ventilated area with external access to the building.
9. Disinfection of quarantine area after each student visitation
10. Staff training on COVID-19 transmission and spread-- nurses
11. Student and parent notification of informational resources relating to COVID-19
12. Communication (student, staff, parent, community) of safety measures and additional screening process in place in schools.

13. Communication to all staff and students how to build mask endurance and take safe mask breaks as needed throughout the day.
14. Communication to students about safety signage, procedure changes, altered building areas.
15. Signage displayed indicating directional flow in hallway areas, safety expectations, socially responsible behavior.
16. Communication or signage indicating student/staff cleaning procedures for personal space/items in classrooms.
17. Monitored use of restrooms to limit overcrowding and allow for efficient use.
18. Suggested cleaning procedures to staff of personal space/ communal space. (Planning Centers)
19. Social distance seating indications in large group areas. (Gym, cafe, auditorium, PC).
20. Special Content Areas with Lab/ Practical experiences will need to develop additional safety practices to perform these experiences safely.
21. Incorporate suggested mask breaks throughout the day for students--special circumstances
22. Language (policy) indicating the placement of students out of school aligned with CDC guidelines pertaining to (symptoms, travel, positive test, contact with positive case).
23. Language (policy) indicating the clearance to return to school based upon CDC guidelines.
24. Designated Pandemic Response Team to aid local health officials with Contact Tracing if needed.
25. Evaluate hallway traffic at dismissal and stagger as needed to maintain social distancing in hallways and stairwells.-- early dismissal for study halls
26. Elevated temp/humidity (weather) considerations could include (adjusted frequency of mask breaks, adjusted frequency of mask soiling, re-location of classes to lessen extended mask breaks)
27. Consider the use of the media center and computer labs. These areas can be used as classrooms to give teachers dedicated space for their classes during the day.

Suspend current practices -

1. Paper-passes
2. Students moving about the classroom
3. Sharing of classroom items (scissors, staplers etc..)
4. Computer labs- as much as possible try to use Chromebooks
5. Lockers
6. Class set of textbooks
7. Changing for PE class
8. Small group study halls- Large area preferred (media centers/ LGI/ Auditorium)
9. Holding areas (If possible)
10. Staff photocopying (if possible)
11. Papers distributed to students

12. Daily use of teacher mailboxes (if possible)
13. Bathroom passes
14. Hall passes
15. Vending machines
16. Drinking fountains requiring mouth use--changed to bottle fillers
17. Eating and drinking in classrooms minimized
18. Request an extension for performing student health screenings for the 2020-2021 school year. If staffing/ time allows- prioritize screening of students that were not screened in the 2019-2020 school year.
19. Limiting exposed classroom items to necessities. (Personal items should be removed to allow for optimal sanitizing)
20. Performance based lessons in closed air spaces (Chorus/Band)- performance lessons should take place outside.
21. Suspending the requirement of administrative staff to be present inside a testing facility for potential under the influence students.
22. Removal of keyboards and mice for any areas of the building that will be used by students. This would include the media center and computer labs. Power cords should also be removed so that the computer nor the monitor may not be turned on. Exception would be a classroom that is using special software that cannot be loaded onto the student chromebook.

#### Mental Health and Wellness

1. Provide a way for staff to visually be recognized by students.
2. Create times in the day to enhance building mood- (Calming or motivational music playing in halls during passing times)
3. Communicate - inspirational/ positive / encouraging messages as well as wellness resources
4. Promote social responsibility- (ex. Posters of "I wear my mask because..." of staff members and students throughout the building)
5. Streamline and promote Wellness Center usage through virtual sign up. In-person students and Virtual students can visit and speak with staff as needed. (Google form)
6. Create a building brand to communicate the buildings mantra for Safety and Wellness.
7. Consider turning building "traditional experiences" into a virtual forum. (Pride Day/ Carnival)
8. Create ways to build community within a class that is hybrid. (study-buddy/hybrid group work)
9. Create ways to build community within grade levels. (class resources)
10. Incorporate Hope messages in daily interactions. (ex. This is temporary, We will be together again)
11. If Virtual only- Staff/ students can incorporate video introductions to start the school year.
12. Weekly topics generated from the wellness center. (Dealing with Loss/ Stress/ Time Management/ Balance/ Anxiety/ Socialization etc)

13. Incorporate time into school day to conduct student check ins-
  - a. Have set days for content subjects for Brain Breaks and wellness checks in the first or last few minutes of class-
  - a. Personal relationship building time incorporated into the first few weeks of school.
  - b. App or Google Form used for appointments can include a wellness question.
  - c. Identify students affected by loss and provide resources and support.
14. Incorporate time into school day to address staff wellness
  - a. Wellness Partnership: Common Planning time monthly themed wellness discussions.
  - b. Focus on work/home balance: Collegiality Virtual Cafes- Google Classroom for staff wellness tips, tricks, conversations, etc
  - c. Staff virtual workouts or challenges to foster physical fitness and mental wellness
  - d. Identify staff affected by loss and provide resources and or support