

COVID-19 ADDENDUM - PARENTS

Isolation and Quarantine

- **Isolation** – For those who have tested positive for COVID-19 (regardless of vaccination status), the isolation period has been shortened to **5 days**. After the isolation period,
 - one can resume normal activities if asymptomatic OR if symptoms are improving.
 - children returning to school must be symptom free for 24 hours without the use of fever-reducing medications.
- **Quarantine** – After a COVID-19 *exposure*:
 - Unvaccinated individuals must quarantine for **5 days** from time of exposure.
 - Vaccinated individuals will only have to quarantine for **5 days** if either of the following apply:
 - They received their J&J dose more than 2 months ago and have **not** received a booster.
 - They received their second Moderna or Pfizer dose more than 6 months ago and have **not** received a booster.
- CMS will **not** require a negative test after quarantine/isolation to return to school.

Communication of Positive Cases

- Parents, Faculty and Staff will be notified, through email and possibly phone calls, in the event we have a positive case of COVID-19 in school.
- CMS will follow recommendations from the Virginia Health Department. This might mean closing certain classrooms or the entire school for a two-week period (or longer).

Travel

- Please refer to the following link for CDC guidelines for travel [Travel During COVID-19 | CDC](#)
- Those families considering travel will:
 - read and are encouraged to adhere to the CDC guidelines for travel.
 - acknowledge that teachers will not prepare work ahead of time for their child(ren), and that their children will need to make up missed work upon their return to school.
- Work prepared ahead of time is reserved for those students who are quarantining/isolation due to COVID-19, per CMS COVID-19 protocol.

Masks

- None for infant
- Toddler parents *may choose to* send their 2-year-old (no younger than 24 months) with a mask to begin practicing how to wear a mask at school.
 - CMS will not enforce 2-year-old children to wear masks
 - Parent attempts are appreciated – please use your own judgment
 - Masks are *optional* for 2-year-old children until a child turns 3-years-old, after which point, masks are required
- CH and Elementary - Children ages 3 and older must come to school with *three* clean masks every day.
 - one to be worn into school
 - one to be changed mid-day after lunch
 - one as a back-up

- NOTE: Recent CDC information suggests that KN-95 provide more protection from the Omicron variant. Children wear KN-95 masks to school:
 - do NOT need to change masks mid-day and
 - must only bring one extra mask as a back-up
- General Mask Information
 - CMS has disposable child masks on hand
 - If your child comes to school without a mask or needs a new mask, we will provide a disposable mask.
 - Children may remove masks when outdoors. Outdoor masking is optional. – If you prefer your child remain masked outdoors, please inform your child’s teacher so that they can aid in this effort.

Sanitizing

- ALL children must arrive to school with clean bodies and clean clothes daily.
- Any adult entering the building must use sanitizer upon entry at the sanitizing station.

CMS Hygiene Practices and Sanitizing Protocol

- Children are expected to wash their hands upon entering the classroom, before and after eating and using the bathroom.
- Children will be asked to wash their hands at other times during the day or if they touch their mouth or nose.
- Depending on the age to the child, the teacher might supervise the children’s use of hand sanitizer.
- Please do not send hand sanitizer in your child’s school bag. The Office of Health and Safety does not allow it unless under the guidance of an adult.
- All classrooms are sanitized a minimum of twice daily. This includes all furniture, shelving, and materials.
- Each classroom and all common spaces in the school have designated staff assigned to sanitize and said staff must sign off on a daily sanitizing checklist.

CMS COVID-19 MITIGATION

CMS Distancing Protocol

- Each child (aged 3 years and up) will be assigned their own workspace and may be assigned their own work mats (sent home on Fridays to be laundered and returned on Monday).
- Plexiglass dividers are in place for larger classroom tables.
- CMS acknowledges that distancing is difficult and unnatural for young children.
- CMS approaches COVID-19 mitigation from a holistic view, to include social/emotional as well as physical well-being of the children.

CMS Temperature Checks

- CMS will conduct temp checks at arrival and at least once in classrooms throughout the day.
- If your child develops a fever of 100 degrees F or higher, you will be called to pick them up and they may not return until fever free for 24 hours.

Other Mitigation Strategies

- Handwashing
- Sanitizer
- Each classroom has an Air Doctor (infant and toddler rooms have air purifiers) that remain on.

- When weather is cool, windows are opened to allow fresh air into rooms.
- Drinking fountains are closed. Water bottle refill stations are open.
- Classrooms will remain separated during playground play and during all specialty classes (with the exception of Kindergarten PE and some instances in aftercare).