

Ready for Learning

*Carlisle School Restart Plan
2020-2021*



CARLISLE

Lead. Excel. Succeed.



A Safe Return to Campus



Our first priority is ensuring that both students and staff have the safest and healthiest environment possible when they return to school. Carlisle’s Reopening Plan is based on The Phase Guidance for Virginia Schools. It reflects the latest science, and the best health guidance and recommendations available. These recommendations will be implemented in accordance with the Forward Virginia Blueprint, any existing Executive Orders, CDC Guidelines for schools and in partnership with local and state public health officials to mitigate risks associated with COVID-19. This plan may change as more information about COVID-19 evolves.

Because of our large, open campus, facility changes, and creative staffing, we are able to operate school with in person instruction five days a week. There is also remote learning for students should parents want to choose this option. Both modes will begin on Monday, August 24, 2020. While it is our intent to open our doors, this is subject to change should the Governor issue an Executive Order to close schools to curb the spread of the virus. Preventive actions such as physical distancing, handwashing, cleaning and sanitizing, as well as appropriate use of face masks can reduce the risk of disease transmission and are most effective when used consistently and in combination. They are all a part of our plan.

Key Dates

August 20

- Virtual Parent Training on New Procedures
- Three Time Options

August 24

- First Day of School
- Student Training

Guiding Principles

- Ensure the safety and wellness of students and staff
- Deliver high quality instruction whether in person or virtually
- Optimize use of resources (spaces and materials)

School Administrators

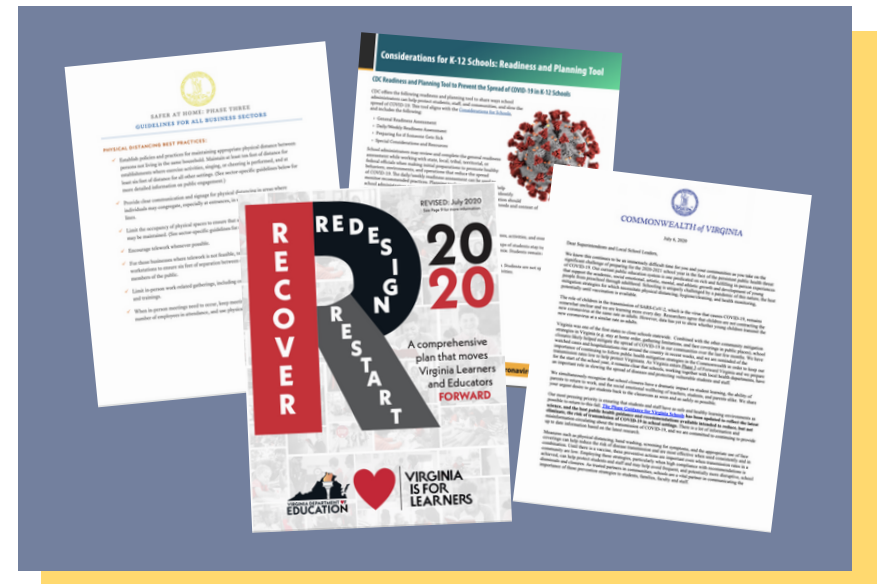
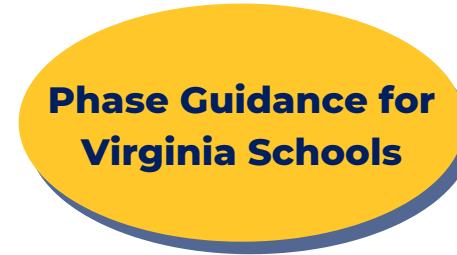
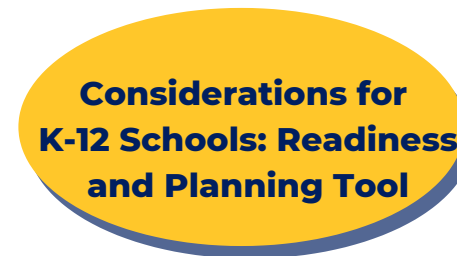
Head of School - Gracie Agnew, gagnew@carliseschool.org

Lower School Director - Neal Meyer, nmeyer@carliseschool.org

Middle & Upper School Director - Beth Gammons, bgammons@carliseschool.org

Resources for Success

In the face of COVID-19, the reopening of Carlisle School has required much collaboration to address our need for a collective, strategic approach to support the health, education and developmental well-being of our students. During this time, we have been appreciative of the guidance and knowledge that we have garnered from our partners and the resources made available through various agencies to help us in our planning for the 2020-2021 opening of school.



Options for Parents

Plan A: In-Person Instruction

- Lower
 - PK- 3 - Self-contained classrooms, specialists rotate into classrooms except for p.e., music, and labs.
 - 4-5 - Teachers change classrooms, not students
- Middle – Teachers change classrooms, not students
- Upper – Students change classrooms in a staggered release
- Classes such as p.e., art, and music will adhere to social distancing while limiting collaborative activity and shared resources.

Plan B: Distance Learning

- K-5
 - Workbooks, textbook, paper/scanned documents, iPad, and supplies provided
 - Videos
 - Scheduled live streaming
- Middle
 - Workbooks, textbooks, paper/scanned documents, and supplies provided
 - Videos
 - Scheduled live streaming
- Upper
 - Videos
 - Scheduled live streaming

Friday Teacher Support

Platforms used for distance learning will vary. The teacher will provide the specifics of instruction, and a schedule will be determined. The curriculum will be followed and it will not be modified.

All student work will be graded, not on a pass/fail basis.

Platforms for Distance Learning



Operations

For health and safety reasons, there have been changes made to our facilities as well as to our daily operations. There may be additional changes as we receive updated guidelines from the CDC and our state and local health officials.



Drop Off & Pick Up

- Staggered dismissal patterns
- Parent drop off and pick up curb side only

Classroom

- Individual desks to support 6 feet social distancing and maximum classroom capacity
- Teachers rotate among classrooms
- Individual student devices

Class Changes

- Staggered release
- 6 feet physical distancing
- Instructional floor signage
- Supervised travel on campus

Field Trips

- Virtual only

Cafeteria

- Lunch served in classrooms and outside areas
- Pre-packaged lunch for purchase option or bring a lunch (no food sharing)

Recess

- Physical distancing
- Individual equipment

Masks

- PK-5 - Required on the bus, in hallways, small group instruction, and one on one instruction.
- MS/US - Required on bus, in hallways and classrooms
- Required of all staff following CDC, local and state guidelines
- Visitors are by appointment only and must wear a mask

Bus

- Passengers limited in accordance with current public health guidelines
- Siblings will sit together and others will be socially distanced
- Face masks required

Assemblies/Events

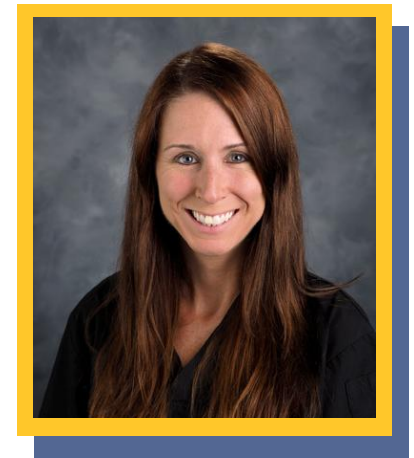
- Assemblies limited based on gathering restrictions by Governor
- Hosted virtual events
- Conference guidelines followed for athletic events

Lockers

- Lower and middle school - no locker use
- Upper school - scheduled locker use

Health & Safety Considerations

Michelle George school nurse, will lead the health and safety protocols for screening, self-reporting, communicating, and tracing COVID-19 activity on campus. She has been certified through Johns Hopkins University. Carlisle School will implement the following health and safety practices across campus:



Daily health screening and temperature check for students and staff



Limited access to school to protect students and staff



Visual reminders of physical distancing around campus



Frequent hand sanitizing on bus & throughout the day



Handwashing before lunch, after lunch, & throughout the day



Surfaces, facilities, and buses to be cleaned and disinfected regularly throughout the day



Face coverings to be worn by students and faculty



Health and safety training for employees, students and families



Individual supplies
No supply sharing



Water coolers used in place of water fountains

In Case of Sickness

Feeling Sick at School

If a student or staff member develops any symptoms of illness consistent with COVID-19 in school, that person will be isolated in a designated room equipped with PPE and hygiene supplies while waiting to be picked up or until able to leave on their own. Staff monitoring the student or staff member will wear a disposable gown, mask/face shield and gloves. The isolation room will be closed off after the ill person leaves. The space will be cleaned and disinfected following CDC guidelines for cleaning and disinfecting facilities. Carlisle will communicate with Martinsville/Henry County Health department to monitor cases within our community and will follow all instructions and guidance.

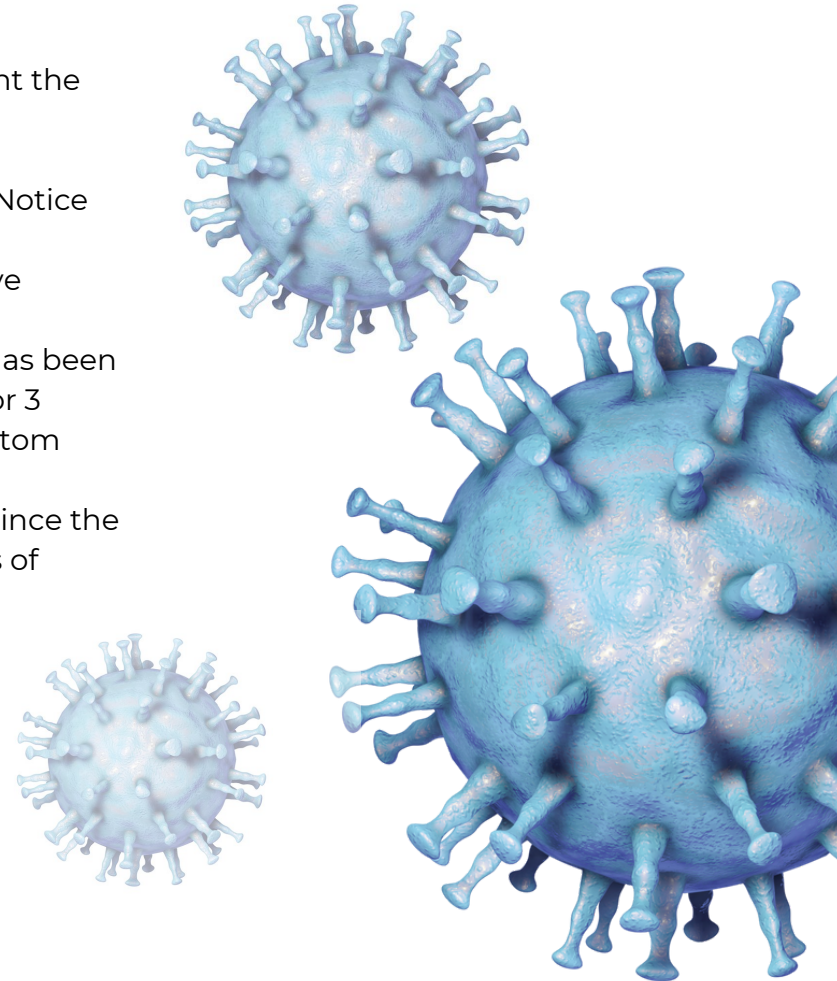
When to Stay Home

Under certain circumstances, staff and students will need to stay home to prevent the spread of the virus:

- Those who travel abroad or to a destination under CDC Level 3 Travel Health Notice should remain at home for 14 days.
- Those exposed to COVID-19 within the last two weeks (even if they do not have symptoms) should remain at home for 14 days.
- Those who have received a COVID-19 diagnosis should remain home until it has been 10 days since the first positive test, 10 days since the first symptom; no fever for 3 consecutive days without fever meds, and you must also have 3 days of symptom improvement.
- Those who present at least one symptom should remain home until 10 days since the first symptom, no fever for 3 consecutive days without fever meds, and 3 days of symptom improvement.
- Those presenting with a temperature of 100.4 or above should remain home.

Contact Nurse George

276-632-7288 Ext. 278
mgeorge@carliseschool.org



School Sanitation

Sanitation, Cleaning and Disinfection Protocols

Carlisle School will follow the COVID-19 Cleaning and Disinfecting Guidance for Schools issued by the CDC. Routine cleaning and disinfecting is key to maintaining a safe environment for faculty, students and staff.

Each classroom will be outfitted with additional sanitation stations with a variety of supplies to encourage proper cleaning practices. Each station will include gloves and disinfectant wipes for spot cleaning, along with hand sanitizer. Students and staff will work together to ensure everyone is contributing to a healthy environment by wiping surfaces like desktops, chairs, face shields, or plexiglass after classroom instruction.

Extra custodial help will be available. Custodial staff will disinfect using EPA proper cleaning products. Throughout the day, there will be a routine of surface cleaning of the major touch point areas such as:

- Doorknobs
- Soap dispenser
- Handles
- Restrooms
- Stairwell railings
- Bus seats
- Light switches

Evening custodial staff will apply the full standard cleaning of all areas. Cleaning and sanitizing will be consistent and scheduled.



Social & Emotional Wellbeing

Christina Tisdale is our full time school counselor for all divisions. Realizing that students who feel balanced and healthy are more engaged and better learners, she will be in regular contact with students. She is ready to lend a listening ear and support to all students whether it be through one-on-one counseling, weekly guidance lessons, or more informally in the halls or during classroom support.



Two office spaces are available for easy access to the counselor and are developmentally appropriate for lower, middle and upper school. These are a space for connection, listening, and healing. The counselor will be well attuned to the feelings of anxiety, grief, loss, and stress as a result of the pandemic and is prepared to guide students in self care and regulation. She will also consult with teachers to support a healthy and safe classroom environment.

The school will provide parents access to community and online resources when needed. School newsletters and social media will also be used to share information to encourage healthy practices.

Community Mental Health Resources

- Piedmont Community Services Board (540) 489-4612
- Life Stages (276) 632-2080
- National Counseling Group (276) 638-8000
- Dandelion Counseling (276) 634-8304
- Danville-Pittsylvania Community Services (434) 799-0456
- Epic Health Partners (434) 835-4601

Contact Mrs. Tisdale

276-632-7288 Ext. 269
ctisdale@carliseschool.org



#CarlisleFamily

To make this year successful we need assistance from parents and caregivers.

- 1.** Have conversations with your children about COVID-19. Discuss the ways they can avoid getting and spreading the disease.
- 2.** Monitor your children for signs of infectious illness every day.
- 3.** Do the required health check and keep children home who are running a fever or if you answered yes to any of the screening questions.
- 4.** Students who are sick should not attend school in-person.
- 5.** Teach children healthy hygiene and have them practice.
- 6.** Practice social distancing and wearing face masks/coverings.
- 7.** Follow CDC guidelines if travel has occurred internationally or to areas designated as high-risk for contraction of the virus.



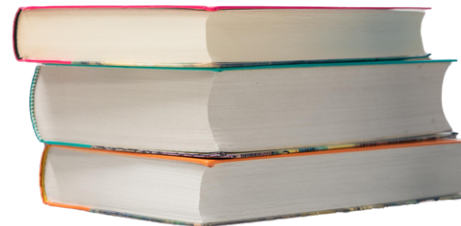
Re-Entry Checklist

STUDENTS

- Water Bottle
- Backpack
- Mask or Other Approved Face Covering
- Have Devices Charged for Class
- Be Prepared to Use Hand Sanitizer Upon Arrival/Departure To/From Room/Space
- Dress Appropriately for Outdoor Classes
- COVID-19 Screening Completed via School Info App Daily Prior to Arrival

PARENTS/CAREGIVERS

- Complete Health Forms as Required (Immunization Record, Sports Physical, etc.)
- Follow Curb-Side Drop-Off & Pick-Up
- Self-Report any Family Travel Outside of Virginia
- Complete Daily COVID-19 Screening Form for Each Child Prior to Their Arrival Each School Day
- Have a Back-Up Plan Ready if Your Child Posts a Fever Upon Morning Arrival to Campus
- Participate in a One-Hour Parent Re-Entry Training on August 20



Mask Safety

Masks are a very important part of our safety plan, but there will be dedicated times throughout the day for breaks from wearing masks.

Students may bring their own masks, or one will be provided.

Masks that students choose to wear should conform to Carlisle's standards of appearance.



Do

-  Wash mask after use in hot water and dry thoroughly
-  Wash hands for 20 seconds prior to putting on and taking off your mask
-  
-  Still practice social distancing when wearing a mask
-  Make sure it fits snugly but comfortably against the side of your face
-  Make sure it covers your mouth and nose



Don't

-  Take the mask on and off - once on, leave on
-  Touch or adjust the mask once it is on your face, this can cause contamination 
-  Touch your eyes, nose, or mouth when removing the mask
-  Place on young children under the age of two 
-  Wear it all day - mask breaks will be provided

How to Protect Yourself & Others

The following guidance comes directly from the CDC.

High Risk Individuals

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness. See the CDC website for more information.

Know How it Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Wash Your Hands Often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid Close Contact

- Inside your home: Avoid close contact with people who are sick.
 - If possible, maintain 6 feet between the person who is sick and other household members.
- Outside your home: Put 6 feet of distance between yourself and people who don't live in your household.
 - Remember that some people without symptoms may be able to spread virus.
 - Stay at least 6 feet (about 2 arms' length) from other people.
 - Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Cover Your Mouth and Nose

- You could spread COVID-19 to others even if you do not feel sick.
- The cloth face cover is meant to protect other people in case you are infected.
- Everyone should wear a cloth face cover in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing

Cover Coughs and Sneezes

- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

CDC Guidance Cont.

Clean and Disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common EPA-registered household disinfectants will work.

Monitor Your Health Daily

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
 - Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- Take your temperature if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow CDC guidance if symptoms develop.

Let's work together to keep the Carlisle Family healthy!



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