

Checklist: Planning for In-Person Classes

Accessible version: <https://www.cdc.gov/coronavirus/2019-nCoV/community/schools-child-care/parent-checklist.html#planfor-in-person-classes>

Actions to take and points to consider	Notes
<ul style="list-style-type: none"> <input type="checkbox"/> Check in with your child each morning for signs of illness. If your child has a temperature of 100.4 degrees or higher, they should not go to school. <input type="checkbox"/> Make sure your child does not have a sore throat or other signs of illness, like a cough, diarrhea, severe headache, vomiting, or body aches. <input type="checkbox"/> If your child has had close contact to a COVID-19 case, they should not go to school. Follow guidance on what to do when someone has known exposure. 	<p>Our drivers will be checking each student's temperature before they get on their designated van. If the student has a temperature of 100.4 or higher, they will not be allowed on the van and must stay home from school for 10 days or have a negative COVID-19 test.</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Identify your school point person(s) to contact if your child gets sick. 	<p>Name of school point person(s): East Valley Education Center</p> <p>Contact information: (209) 848-1834</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Be familiar with local COVID-19 testing sites in the event you or your child develops symptoms. These may include sites with free testing available. 	<p>My local testing options: Please refer to your local community for places to test.</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Make sure your child is up-to-date with all recommended vaccines, including for flu. All school-aged children should get an influenza flu vaccine every season, with rare exceptions. This is especially important this year because we do not yet know if being sick with COVID-19 at the same time as the flu will result in more severe illness. 	<p>Date of flu vaccination:</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Review and practice proper hand hygiene at home, especially before and after eating, sneezing, coughing, and adjusting a mask. Make handwashing fun and explain to your child why it's important. 	<p>East Valley will have hand sanitizing stations.</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Be familiar with how your school will make water available during the day. Consider packing a water bottle. 	<p>All shared spaces are off limit until further notice, including water fountains. Students are encouraged to bring their own water bottles.</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Develop daily routines before and after school—for example, things to pack for school in the morning (like hand sanitizer and an additional (back up) mask) and things to do when you return home (like washing hands immediately and washing masks). 	
<ul style="list-style-type: none"> <input type="checkbox"/> Talk to your child about precautions to take at school. Children may be advised to: <ul style="list-style-type: none"> • Wash and sanitize their hands more often. • Keep physical distance from other students. • Wear a mask. • Avoid sharing objects with other students, including water bottles, devices, writing instruments, and books. • Use hand sanitizer (that contains at least 60% alcohol.) Make sure you're using a safe product. FDA recalled products that contain toxic methanol. Monitor how they feel and tell an adult if they are not feeling well. 	<p>If students do not have a mask, one will be provided for them by their driver. Also, there is hand sanitizer in each classroom that is available for the students to use.</p>



cdc.gov/coronavirus

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<input type="checkbox"/> Develop a plan as a family to protect household members who are <u>at increased risk for severe illness</u> .	
<input type="checkbox"/> Make sure your information is current at school, including emergency contacts and individuals authorized to pick up your child(ren) from school. If that list includes anyone who is at increased risk for severe illness from COVID-19, consider identifying an alternate person.	Contact our office if you have any questions regarding updated contact information.
<input type="checkbox"/> Be familiar with your school's plan for how they will communicate with families when a positive case or exposure to someone with COVID-19 is identified and ensure student privacy is upheld.	
<input type="checkbox"/> Plan for possible school closures or periods of quarantine. If transmission is increasing in your community or if multiple children or staff test positive for COVID-19, the school building might close. Similarly, if a close contact of your child (within or outside of school) tests positive for COVID-19, your child may need to stay home for a 2-week quarantine period. You may need to consider the feasibility of teleworking, taking leave from work, or identifying someone who can supervise your child in the event of school building closures or quarantine.	You may get a student log-in for daily Zoom sessions by e-mailing your teacher. In addition, you may request log-in information from: mmusselman@eastvalleyed.org
<input type="checkbox"/> Plan for transportation: <ul style="list-style-type: none"> • If your child rides a bus, plan for your child to wear a mask on the bus and talk to your child about the importance of following bus rules and any spaced seating rules. • If carpooling, plan on every child in the carpool and the driver wearing masks for the entire trip. If your school uses the cohort model, consider finding families within your child's group/cohort at school to be part of the carpool. 	Students are required to wear a mask on school transport vehicles. If they do not have access to a mask, one will be provided to them by their driver. Our drivers are also required to wear a mask while driving students.
<input type="checkbox"/> If your child has an Individualized Education Program (IEP) or 504 Plan or receives other learning support (e.g., tutoring), ask your school how these services will continue.	Services will continue during virtual learning and online via Zoom.
<input type="checkbox"/> If your child receives speech, occupational or physical therapy or other related services from the school, ask your school how these services will continue.	Services will continue during virtual learning and online via Zoom.
<input type="checkbox"/> If your child receives mental health or behavioral services (e.g., social skills training, counseling), ask your school how these services will continue.	Services will continue during virtual learning and online via Zoom.
<input type="checkbox"/> If your school uses a cohorting model, consider limiting your child's in-person out-of-school interactions to children in the same cohort or to activities where physical distancing can be maintained.	
<input type="checkbox"/> Reinforce the concept of physical distancing with your child.	All students and staff are required to practice social distancing on campus.
<input type="checkbox"/> Talk to your school administrators and teachers about their plans for physical education and physical activity (e.g., recess). <i>Safer options include being outdoors when possible, reducing the number of people in an indoor space, and encouraging students to stay at least 6 ft apart.</i>	Students are able to go outside in the courtyard with their cohort, and are required to practice social distancing. Students are NOT allowed to be outside with students from other cohorts.
<input type="checkbox"/> Ask how your school plans to help ensure that students are following practices to reduce the spread of COVID-19.	We are constantly monitoring each student to make sure they are following all CDC guidelines.

Masks

If your school is requiring or encouraging masks

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<input type="checkbox"/> Have multiple masks, so you can wash them daily and have back-ups ready. Choose masks that <ul style="list-style-type: none"> ◦ Fit snugly but comfortably against the side of the face ◦ Completely cover the nose and mouth ◦ Are secured with ties or ear loops ◦ Include multiple layers of fabric ◦ Allow for breathing without restriction ◦ Can be washed and machine dried without damage or change to shape 	Students are encouraged to bring their own masks to school each day. If for some reason they do not have a mask, their driver will provide one for them.
<input type="checkbox"/> Label your child's masks clearly in a permanent marker so that they are not confused with those of other children.	
<input type="checkbox"/> Practice with your child putting on and taking off masks without touching the cloth.	
<input type="checkbox"/> Explain the importance of wearing a mask and how appropriately worn masks reduce the chances of getting and spreading COVID-19.	Masks should be worn over the mouth AND nose.
<input type="checkbox"/> Consider talking to your child about other people who may not be able to wear masks for medical reasons (e.g., asthma).	If an issue arises, please contact East Valley.
<input type="checkbox"/> As a family, model wearing masks, especially when you are in situations where physical distancing is difficult to maintain or impossible.	
<input type="checkbox"/> If you have a young child, help build their comfort wearing a mask and become comfortable seeing others in masks. <ul style="list-style-type: none"> ◦ Praise your child for wearing a mask correctly. ◦ Put a mask on stuffed animals. ◦ Draw a mask on a favorite book character. ◦ Show images of other children wearing masks. ◦ Allow your child to choose their mask that meets any dress requirements your school may have. ◦ Suggestions from the American Academy of Pediatrics 	
<input type="checkbox"/> Consider providing your child with a container (e.g., labeled resealable bag) to bring to school to store their masks when not wearing it (e.g., when eating).	

Mental Health & Social-Emotional Wellbeing Considerations

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<input type="checkbox"/> Talk with your child about how school will look different (e.g., desks far apart from each other, teachers maintaining physical distance, possibility of staying in the classroom for lunch).	Desks are arranged at least 6' away from one another in all directions. Lunch is brought to each classroom by staff to limit exposure.
<input type="checkbox"/> Talk with your child about how school is going and about interactions with classmates and teachers. Find out how your child is feeling and communicate that what they may be feeling is normal.	Students at East Valley need to remain with their individual cohorts.
<input type="checkbox"/> Anticipate behavior changes in your child. Watch for changes like excessive crying or irritation, excessive worry or sadness, unhealthy eating or sleeping habits, difficulty concentrating, which may be signs of your child struggling with stress and anxiety .	
<input type="checkbox"/> Try to attend school activities and meetings. Schools may offer more of these virtually. As a parent, staying informed and connected may reduce your feelings of anxiety and provide a way for you to express any concerns you may have about your child's school.	Email your child's teacher for a link if interested.
<input type="checkbox"/> Ask your school about any plans to reduce potential stigma related to having or being suspected of having COVID-19.	
<input type="checkbox"/> Check if your school has any systems in place to identify and provide mental health services to students in need of support. If so, identify a point of contact for these services at your school.	<i>Name of school point person:</i> East Valley Education Center <i>Contact information:</i> (209) 848-1834
<input type="checkbox"/> Check if your school has a plan to help students adjust to being back in school. Students might need help adjusting to how COVID-19 has disrupted their daily life. Support may include school counseling and psychological services (including grief counseling), social-emotional learning (SEL)-focused programs and curricula, and peer/social support groups.	East Valley opened with a hybrid model on 11/2/2020.
<input type="checkbox"/> Check if your school will provide training for students in mindfulness, incorporating SEL into classroom curriculum (either virtually or in-person), or support a child's ability to cope with stress and anxiety. If not, consider asking about ways to add this to your child's at-home learning.	East Valley kept students apprised of the ever-changing educational status.
<input type="checkbox"/> You can be a role model for your child by practicing self-care: <ul style="list-style-type: none"> • Take breaks • Get plenty of sleep • Exercise • Eat well • Stay socially connected 	