



# **St. Francis Xavier Jesuit School**

## **Health Guidelines - Covid-19 / Food Allergies**

### **Resources and Documents 2021/2022**

**(Updated July 31, 2021)**

#### **Introduction**

Our mission at St. Francis Xavier Elementary School is grounded in the Jesuit principles of building a strong religious based experience that is loving and strives for intellectual competence. We are open to growth and committed to doing justice for all. We exist for the Magis, or the concept of more, striving for excellence in our daily lives and living within intention as a community of Cura Personalis, caring for the whole person. We respect each individual as a child of God deserving of dignity and respect, loving and caring for the whole person. Our school exists for the greater glory of God. It is in this time of world pandemic that our personal choices matter more than ever. Our community of faith guides us to follow the teachings of Pope John Paul XXIII by making choices for the greater good of all. As we journey through this pandemic may we do so with respect for each individual, for the social well-being of our community at St. Francis Xavier and for peace and comfort for all.

#### **Assessment**

Our school will closely monitor the available data regarding COVID-19 from trusted sources that reflect the status and spread of the virus within our community. This includes, but is not limited to; SFX internal dashboard data, our trusted health advisors, data compiled from the Maricopa Department of Public Health, the Centers for Disease Control and Prevention, and recommendations from the American Academy of Pediatrics. SFX will most closely observe our own school data. We will provide daily updates on our Gradelink dashboard. We acknowledge that the fluid and changing nature of this virus requires close monitoring and decision making that supports our mission to offer our stakeholders an exceptional learning experience in the safest environment possible.

## SFX Plan

St. Francis Xavier will continue to work in coordination with the Diocese of Phoenix during the 2021-22 school year. Part of our Jesuit philosophy is to care for the body, mind, and spiritual needs of our students. We will continue to keep our campus safe by employing the recommended healthcare safety measures and by creating a classroom environment conducive to learning. This means that at this time:

### Morning drop off and afternoon dismissal

- Parents/Guardians will not be permitted in the classroom space at this time.
  - As highlighted in the summer newsletter, parents are welcome to drop off students in the morning and join the community for pledge and prayer. Parents that are vaccinated for Covid-19 are eligible for optional mask wearing. Parents that are unvaccinated for Covid-19 will be required to wear masks on campus at all times.
- Dismissal procedures, as highlighted in the summer newsletter, are as follows and are consistent with that of the 20/21 school year:
  - Dismissal for PK (2:40pm M-Th and 12:40pm F)
  - Dismissal for K-3 (2:50pm M-Th and 12:50pm F)
  - Dismissal for 4-8 (3:00pm M-Th and 1:00pm F)
    - Parents shall meet their student(s) outside of our St. Francis Xavier gates at designated locations similar to that of the 20/21 school year.

### Covid-19 virus spread

COVID-19 is classified as a respiratory virus. COVID-19 is primarily spread from person to person through respiratory droplets produced when an infected person coughs, sneezes, or speaks. Spread is more likely when people are in close contact with one another (within about 3 feet).

### Preventing virus spread

There are several practical steps that can be taken to limit the spread of germs, including the COVID-19 virus. **Best practices include washing hands, physical distancing, wearing a mask, and staying home when sick.**

### Home and school

Home and school share a bond. We need parents to do their part at home to keep their families healthy as we will do our part as teachers and staff to keep ourselves and our school community healthy. Be mindful of where you are going and avoid large crowds and gatherings. The CDC recommends that all persons over the age of 12

years old become vaccinated against the COVID-19 virus. Vaccination remains the best means for protecting yourself and others from contracting this disease. We encourage anyone with questions regarding the vaccine to speak with their trusted healthcare provider or our school nurses. The success of our school health depends on everyone doing their part to keep healthy. You can do your part by doing the following:

Parents, family members, and those who interact with our students, along with students eligible to receive the COVID-19 vaccine, are encouraged to become fully vaccinated.

Parent(s) should conduct a health screening for each student in their household each day before the student comes to campus. [Please click here for the screening tool.](#)

If your child(ren) will be absent from school because of COVID-19 symptoms, please notify the SFX attendance line (602)266-5364. Remember to call the attendance line to report each student's absence for any reason.

### **EXPOSURE, CLOSE CONTACT, NO SYMPTOMS**

[Click here for visual flow chart](#)

**Please review the guidelines stated in the visual chart above. If you have questions regarding exposure, please contact our school nurses directly.**

### **DIAGNOSIS, POSITIVE TEST, NO SYMPTOMS**

If a student or staff member tests positive, St. Francis will follow the Maricopa County Department of Public Health safe practices guidelines.

Anyone who tests positive for COVID-19 may not attend school. They must stay home and quarantine for a minimum of 10 days and must be symptom free without medication for the 24 hour period before returning to school. Please check with the nurse with any questions. There will be no synchronous virtual learning at St. Francis Xavier. Students who are either **sick or quarantined** will coordinate with their teacher for learning materials and will be allowed the number of days absent to make up work. For example, if a student is out 5 school days due to **sickness or quarantine**, they will have 5 school days to make up any assignments/assessments upon their return to school.

### **DIAGNOSIS, POSITIVE TEST, AT LEAST 1 SYMPTOM**

Anyone who has not had a COVID-19 test but has at least 1 symptom from the list below **MAY NOT ATTEND SCHOOL**. They must stay home and quarantine for a minimum of 10 days after the first symptom. A person must be fever-free for at least 24 hours without the use of fever-reducing medications before returning to school.

A student will be sent home with any of the following COVID-19 symptoms identified by the CDC:

**Cough**

**Shortness of breath**

**Fatigue**

**Congestion**

**Sore Throat**

**Diarrhea**

**Nausea**

**Headache**

**Body Aches**

**Fever**

**Chills**

**New Loss of Taste or Smell**

If a child exhibits symptoms of COVID-19, parents should have their child evaluated by their physician to rule out COVID-19 or any other illness. The student should follow the direction of their physician which includes potentially isolating for 10 days. Please update the school nurse with any direction received by the healthcare provider.

[Click here for Maricopa County Guidance](#)

Parents must promptly notify the school nurse with recommendations from their physician thus giving SFX the opportunity to proceed with any potential further actions needed to maintain a safe environment at school.

### **Health and safety on campus**

The school nurse is the designated point of contact for St. Francis and can be reached through the main school phone number, (602) 266-5364.

The school nurse is responsible for the daily tracking of attendance and monitoring for trends in illness escalation.

Home is the first point of screening for illness. All members of the SFX community are expected to monitor for signs of illness and **MUST STAY HOME if they are sick. There will be a zero tolerance policy with regard to sick students, staff, and teachers on campus.**

According to the CDC, children may be less likely to have a fever as an initial symptom of COVID, thus the absence of fever may not be a reliable indicator of disease. Please check all symptoms listed above.

**It is understood that when a parent or designated caretaker brings a child to school, they are assuring the child is well and fit for school. If your student is sick, do not bring them to school.**

Daily “spot checks” will be done by the school nurse throughout the day to obtain random sampling of students and staff.

Students may experience similar symptoms to COVID-19 from a variety of other illnesses. If your child has symptoms that are undiagnosed and on the COVID-19 symptom list, they will be sent home. Please consult with your health care provider to treat known conditions, such as seasonal allergies, to avoid having your student sent home from school.

Increased surveillance measures will be added when warranted based on the monitoring of community health indicators. Screenings include checking for fever (temperature greater than 100.4) and COVID-19 like symptoms.

**Families/staff should self-report to the school nurse if they or their student(s) have symptoms of COVID-19, a positive test for COVID-19, or through contact tracing were exposed to someone with COVID-19. The school nurse is directed to notify the Maricopa County Department of Public Health in accordance with Guidelines for School Reporting.**

### **Management of illness**

Any teacher, staff member, or student who becomes ill at school with any respiratory symptom not known to be part of a chronic condition (i.e. asthma, allergies) will be separated from other staff and students and will be excluded from school.

Parents/guardians are expected to pick up an ill child within **30 - 45** minutes of notification. Please provide the school with any updated contact information. Students will only be released to those listed on that student’s allowed pick-up list. Please update this list as necessary by calling the front desk for instructions.

The Nurse’s Office will be used as a sick room as it is a self-contained space, has a door which can be closed, has furnishings that can be easily disinfected, and allows for the relative separation of a potentially infectious person from those who are not ill. A sign will be placed on the outer door to clearly communicate the use of the nurse bay for the care of a potentially infectious person. All non-urgent, routine visits to the Nurse’s Office will be halted. If necessary, the medical needs of other students may temporarily be met by another member of the school staff as designated by the Principal to limit cross exposure. When exiting the building, the ill person will use the “sick kid pick up door” on the South drive..

A person displaying symptoms associated with COVID-19 will be referred to their primary care provider for assessment and recommendations for COVID testing.

A person who tests positive for COVID-19 should follow current Maricopa County Department of Public Health Guidelines.

Using the required COVID-19 School Report Form and established protocols, the school nurse will notify the Maricopa County Department of Public Health (MCDPH) of positive COVID-19 cases. MCDPH will investigate confirmed cases and provide follow-up recommendations and instructions for SFX.

The school nurse will work in collaboration with Maricopa County Department of Public Health to perform contact tracing and identify those members of the community who are considered to have met the criteria for close contact. Recommendations of the MCDPH may include the need for evaluation and testing for COVID-19 by their health care provider and home quarantine.

## **Masks**

### **Effective August 11 -**

#### **Protocol for August 11 - 27**

Masks will be required indoors through Friday, August 27. Masks will not be required in PE, recess, and lunch. The rationale behind this approach is to help ensure a smooth start to on-campus learning for all students with what we hope is minimal disruption with regards to quarantine and positive cases of Covid-19. Beginning August 30, masks will be strongly encouraged indoors, but optional for all. We have not been all together as a community in over two months and this short term policy will help us have a strong and stable start to the year. Masks are required during large indoor community gatherings such as school Mass and indoor assemblies.

### **Effective August 30 -**

Part of the SFX safety plan during this COVID-19 pandemic encourages that masks be worn on campus. Masks are meant to protect other people. A person who is unknowingly infected with COVID-19 can spread the virus to others. For this reason, masks are encouraged. Masks are required during large indoor community gatherings such as school Mass and indoor assemblies. The mask policy at SFX is subject to change as conditions and recommendations become updated in real time. Masks should not be worn on a person who is having trouble breathing or is unconscious or cannot remove the mask on their own. A mask should not be worn by children under the age of 2 years. **Your student should always have a mask with them in their backpack.**

Your mask should have 2 or more layers and should be made of a breathable material. Your mask should fit correctly, it should cover your nose and mouth and should fit your face. Make sure that the mask you wear allows for easy breathing and does not block your vision. Your mask should either be a one-time use disposable version or one that can be properly cleaned. A reusable mask should be laundered daily to remove any germs and dirt that may have accumulated during wearing. A wet mask is ineffective in filtering out potential droplets and should be changed. **Please have a back up mask to use should your student's become wet or dirty.**

It is important to handle your mask safely. If possible, your mask and your face should not be touched. Touching your face is a way to spread germs from your hands to your face. If you do handle your mask, wash your hands after touching your mask. If you need to remove your mask, please carefully place your mask in a container such as a zip top food bag or plastic container. This keeps your mask from touching other surfaces and helps keep germs from spreading.

Do not wear a mask that makes it hard to breathe, such as one that is made of vinyl. Never wear a mask that has a valve. This type of mask is intended to only filter inhaled air and is designed to provide a direct path out for exhaled air. Certain healthcare workers are required to wear masks labeled as N95. These specialized masks require certified fittings and should only be worn in hospital settings by hospital staff. Additional information regarding mask wearing can be found [here](#).

## Handwashing

Handwashing is good practice anytime. Thorough hand washing during this time of COVID-19 takes on additional importance. When germs get onto hands and are not washed off, they can be passed from one person to another leading to illness. Washing hands prevents illness and the general spread of germs. Germs can unknowingly be transferred to us if our hands are not clean. People frequently touch their eyes, nose or mouth without even being aware. This is an easy avenue for germs to enter our body. Unwashed hands that handle food can also be an avenue where germs are shared.

The simple task of washing our hands is one of the most important steps we can do to help prevent the spread of the Covid-19 as well as other agents that can make us sick. There is a proper way to wash your hands. Wet your hands with clean running water that is either warm or cold, and then apply soap and wash your hands.

Soap is an effective agent in the process of removing germs. Studies have shown that the surfactant in soap helps to lift germs off skin surfaces, allowing them to be rinsed off hands and sent down the drain. People who use soap also tend to wash their hands longer. Lathering and scrubbing creates friction which also aids in lifting germs from skin. Washing your hands for 20 seconds, which is easily timed if you hum the

'Happy Birthday' song twice, is sufficient time to wash your hands. Remember to dry your hands with a clean towel.

Additional handwashing information can be found [here](#).

## **Hand Sanitizer**

St. Francis Xavier has continued to invest in additional hand sanitizing stations. These stations have been placed throughout school. Washing your hands with soap and water, rinsing and drying hands thoroughly remains the most effective way to remove germs from the skin. Sometimes handwashing is unavailable or is inconvenient. A reasonable substitute is the use of hand sanitizer. Alcohol is the agent in hand sanitizer that reduces the number of germs. The CDC recommends that a minimum of a 60% alcohol based hand sanitizer be used to reduce germs. If you choose to use hand sanitizer, wash your hands as soon as possible to facilitate the removal of germs.

Additional information regarding the use of hand sanitizer is [here](#).

## **Physical Distancing**

Another effective step to prevent the spread of COVID-19 is to allow for distance between people. The accepted standard of 3 feet of distance between others reduces the potential spread of germs. Students will be instructed to maintain a safe distance while on campus, especially while indoors. Classrooms have been arranged to help with physical distancing. Assigned seating and seating charts will continue to be utilized. Students will be encouraged to keep a safe space between themselves and classmates throughout the school day.

Class cohorts/packs (grades PK - 5) have been created to limit the interaction between students. Each homeroom will stay with their homeroom as much as possible. There will be no mixing of classes (grades PK - 5) at this time with the exception of specific scheduled recess, lunch, and PE periods. Some students from different grade levels may temporarily mix during morning care or after care. Students should come prepared for class and should have their own school supplies.

Elective and special classes, for the most part, will be conducted within the elective and special classrooms. This means that students will be traveling to other classrooms on campus during the day.

## **Lunch and Recess**

Students will eat lunch either in their classroom, in the gym, or outside. Physical distancing will be maintained as best as possible. Handwashing will take place before and after eating lunch. Students will not be allowed to share food of any kind. Students may bring lunch from home or pre-order lunch from our new lunch



program. Please send a clearly labeled reusable water bottle with your student each day. Refillable water bottle stations are available on campus.

## Food Allergies

Food allergies affect every classroom at St. Francis Xavier. It is estimated that food allergies are present in 6-8% of all school age children. Approximately 25% of allergic reactions to food occur in school settings. First time allergic reactions can occur anywhere, including on a school campus. Food allergies must be taken seriously by all. **Food allergies may be life threatening.**

**NO food items containing peanuts or tree nuts of any kind may be brought to campus. This includes items that use any component of nuts or are manufactured in a facility where nut items are processed. Students will not be allowed to share any food items. Sharing food potentially exposes a person to a life threatening situation.**

According to the Arizona Resource Guide for Supporting Students with Life Threatening Allergies, "Allergic reactions to foods vary among students and can range from mild to severe life-threatening anaphylactic reactions. Some students, who are very sensitive, may react to just touching or inhaling the allergen. For other students, consumption of as little as one five-thousandth of a teaspoon of an allergic food can cause death. The severity of a reaction is not predictable. Allergic reactions look different from one student to the next. Because there is a cumulative effect from past exposures to an allergen, the severity of a future exposure cannot be predicted."

Avoiding allergens is the best prevention. Students will wash hands before and after eating. Students with known allergies are required to inform St. Francis Xavier and to provide an Action Plan to the school nurse that will be followed by all staff. Students with EPIPens or AViQ epinephrine pens will follow the directions on their action plan. Staff are trained to administer epinephrine in an emergency situation.

Additional information regarding allergies, especially in the school setting, can be found [here](#).

## Campus cleaning and disinfection

Upgrades have been made to the air filtration system throughout the campus. We will have two HEPA air purifiers in each classroom. Our water fountains on campus have been altered to allow for refilling a water bottle only. **Please have your student(s) bring a refillable water bottle to school labeled with their name.** Cleaning supplies and masks are available in each classroom. Disinfecting of high touch surfaces will take place throughout the day. The entire campus will undergo enhanced cleaning every night.