

The logo for Little Flock Christian School is a circular seal. It features a central cross with a green base. The words "LITTLE FLOCK" are written in an arc at the top, and "CHRISTIAN SCHOOL" is written in an arc at the bottom. The seal is light gray and serves as a background for the main text.

Little Flock Christian School 2022-2023

COVID-19 Mitigation Strategies & Protocols

“Train up a child in the way he should go, and when he is old, he will not depart from it.” Proverbs 22:6

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COVID-19 Mitigation Strategies & Protocols

LFCS will follow strategies recommended by the Virginia Department of Health and the Centers for Disease Control during the school day with the goal of preventing the spread of COVID-19 at LFCS, including:

Higher-priority strategies:

1. Utilize outdoor spaces when possible.
 2. Implementing more precautions at a “high” COVID-19 Community Level
- Wearing cloth face coverings (2 years old and over) is optional, except during exposure periods and “high” community level.
 - Increasing cleaning of high-touch surfaces and common areas
 - Students and staff remaining at home when sick
 - Reminding students and staff of proper cough/sneeze etiquette
 - Limited sharing of student supplies
 - Frequent handwashing
 - Ensuring availability of hand sanitizer for classroom use and in high traffic areas
 - Increasing ventilation of indoor spaces and/or using of outdoor spaces, when either are possible
 - Monitoring health of students and staff and differentiating rooms for treatment of students

LFCS will seek to mitigate exposure during the school day, but the entire LFCS community must equally share in the responsibility to limit risks when the school day ends. As a community, we ask that we all work together in partnership to achieve this goal.

LFCS will implement a kiss and ride format during drop off and pick up times. LFCS will coordinate the drop off/pick up schedules with parents. Touchless student check-in/check-out by parents. Backpacks will be sanitized every morning. Except for school supplies, lunch, medicine, and clothing needed for the day.

Face Coverings

All face coverings are optional except for exposure periods and when CDC COVID-19 Community Level is “high”. The school will follow the CDC COVID-19 Community Level for Fairfax County. In the event, the community level rise to “high,” LFCS would then require all students, staff, and visitors to wear a face covering when indoors on school property. Masks should fit securely over **both** the nose and mouth and should be washed daily if reusable. All students and staff should retain additional personal face coverings such that they have a clean face covering each day, which may include triple-layer cloth/disposable masks. (Bandanas, face shields, or masks with exhalation valves are not acceptable)

During exposure periods or “high” community levels, Students 2 years old and over will wear face coverings as medically and developmentally appropriate:

- In all transitional times; e.g. from car to class, from class to bathroom/back, during dismissal, etc.
- When indoors, including classrooms and meeting spaces.
- When physical distancing of 6’ is not maintained and/or possible.

During exposure periods or “high” community levels, Staff will wear face coverings:

- In all transitional times; e.g. from car to class, from class to bathroom/back, during dismissal, etc.

- When indoors, including classrooms and meeting spaces.
- When physical distancing of 6' is not maintained and/or possible.

During exposure periods or “high” community levels, Students and staff may remove face coverings when:

- Eating or drinking while maintaining physical distancing of at least 6’.
- Outdoors
- Indoors and **solely** occupying a classroom, meeting space, office, etc.
- Nap times while maintaining physical distancing

Individuals who prefer to always wear face coverings will be permitted to do so.

In the event an individual has a documented health condition, that individual should contact Jennifer Vaughan. LFCS will determine if any accommodation is possible consistent with maintaining the health and safety of everyone at LFCS.

LFCS will maintain a limited supply of disposable face masks in the event a student loses or damages his or her face covering.

In the event an individual has a documented health condition, that individual should contact Jennifer Vaughan. LFCS will determine if any accommodation is possible consistent with maintaining the health and safety of everyone at LFCS.

LFCS will maintain a limited supply of disposable face masks in the event a student loses or damages his or her face covering.

Classrooms

Plexiglass shields on student desks will be optional and available upon the parents' request. Bedding during nap time will be spaced (head-to-toe positioning).

Exposure to COVID-19

LFCS will implement Test-to Stay for students and staff at “high” COVID-19 Community Levels.

- (a) Fully Vaccinated, including boosted if indicated AND without symptoms: (no need to quarantine or test to stay or test on day 5) but wear a well-fitting mask for 10 full days. At medium and high COVID-19 Community Levels, need to test on day 5.
- (b) Had COVID within the past 6 months AND without symptoms: (no need to quarantine or test to stay), need to wear a well-fitting mask for 10 full days.
- (c) Non-vaccinated AND without symptoms: Test to Stay for 5 days or need to quarantine and get tested on day 5 and may return to school on day 6, must wear a well-fitting mask for full 10 days.
- (d) Non-vaccinated and without symptoms: If not tested, need to quarantine for 10 days

Cleaning

Following CDC and EPA guidelines, our staff and/or contractors will:

- Clean and disinfect frequently touched surfaces during the day.
- Clean and disinfect classrooms and common spaces in the evening.

- Clean and disinfect school playground before and after each class
- Staff will also perform regular wipe-downs of frequently touched classroom surfaces and shared objects during the day and in between use by different student cohorts.
- Implement robust policies and procedures for cleaning and sanitizing frequently touched surfaces with a sign off sheet for each area.

Staying Home When Sick

As LFCS seeks to provide educational services to our community and prevent the spread of COVID-19, LFCS is asking all members of our community to remain home when demonstrating any symptoms associated with the COVID-19 virus, as well as other more common illnesses. In general, individuals should remain at home if they experience fever, cough, runny nose/congestion not associated with known allergies, recent vomiting or diarrhea, sudden fatigue, chills, and muscle aches that are new/unexplained.

It is likely that students and staff will experience common colds, influenza, and other illnesses during the school year. Many of the symptoms associated with these illnesses are also mirrored by a COVID-19 patient. It may be hard to distinguish illness based on symptoms alone, and both consultation with a health care provider as well as diagnostic laboratory testing will be important to help differentiate. In order to protect the health of our LFCS community, we will act with an abundance of caution. It is encouraged that LFCS staff and community members to protect their personal health.

Proper Respiratory Etiquette

LFCS will seek to encourage all students and staff to practice proper respiratory etiquette as a variety of illnesses can be spread from person-to-person via respiratory droplets. These droplets are spread by coughing, sneezing or by touching contaminated objects or people. Certain habits help reduce the spread of illness:

- ***Cover mouth and nose when coughing/sneezing.*** If able, cough/sneeze into a tissue and then throw it away. If a tissue isn't available, cough/sneeze into the inner elbow or upper sleeve rather than hands.
- ***Wash hands after coughing/sneezing.*** If hands are used to cover a cough, sneeze or blow a nose, hands should be immediately washed with warm water and soap to reduce the spread of germs.

Limited Sharing of Student Supplies:

Parents will be informed of any particular supplies that their students need and students will be required to use (and not share) their supplies. Teachers will carefully allocate any LFCS-provided supplies. Any supplies that require use by more than one student will be cleaned prior to being given to another student. Each child's belongings will be kept separately from others' and in individually labeled containers, cubbies, or areas.

Frequent Handwashing and Use of Hand Sanitizer:

Staff and students are strongly encouraged to wash hands with soap and water prior to entering LFCS facilities for the day, always after using the restroom, before and after eating, before and after using any shared equipment (such as during outside activities), after changing a diaper, when hands are visibly soiled, after coughing/sneezing/blowing their nose if using a tissue, and upon leaving classroom.

Hand sanitizer (alcohol-based hand rub with at least 60% alcohol) will be available in each LFCS classroom and in other high traffic spots in LFCS facilities as a supplement to hand washing.

Increasing Ventilation, Use of Outdoor Spaces:

LFCS will, where possible, seek to increase ventilation in certain classrooms and meeting spaces to circulate and refresh the air supply. As weather and class content allows, staff will seek ways to increase the time students spend outdoors while maintaining necessary physical distancing.

Additional General Guidelines for Little Flock Summer Camp Program

- LFCS summer camp program will continue to follow the VDH's recommendations for screening for signs and symptoms of COVID-19 infection and testing.

Monitoring Health of Students and Staff at LFCS facilities:

LFCS will continue to regularly monitor COVID-19 updates from the [World Health Organization](#), [U.S. Centers for Disease Control and Prevention \(CDC\)](#) and the [Virginia Department of Health](#), and update our protocols and response plans as needed. LFCS staff will closely observe the health of our students with the goal of keeping them and everyone in our community healthy. We will teach and review handwashing, physical distancing, mask wearing, and respiratory etiquette.

LFCS will maintain two distinct treatment spaces:

- The "Well Room" will manage routine first aid needs, scheduled medications, over-the-counter medication administration, collecting medical forms, etc.
- The "Sick Room" will manage illness symptoms (including symptoms consistent with COVID-19) that arise during the school day.

Frequently Asked Questions:

1. What if my child is not feeling well when school starts on Monday?

As you have done all school year, please keep your child home if they are not feeling well. This includes having a fever, cough, runny nose and/or vomiting. A doctor's note will be required to return to the school.

2. What happens if I send my child to school with a runny nose, cough, or other COVID-like symptoms?

Your child will be sent to the front office, and we will call you to come pick up your child. What if my child recently tested positive for COVID? When can they return to school?

A student must stay out of school for 5 days beginning from the start of their symptoms. For example, if someone starts showing COVID symptoms on January 1, and tests positive, they can return on January 6.

3. My child does NOT have COVID. But they were "close contact" to someone who tested positive. What should I do? When can they come to school?

During times when CDC COVID-19 Community Level is "high" Individuals will begin Test-to-stay guidelines

Close contact exposure

- a. Fully Vaccinated, including boosted if indicated AND without symptoms: (no need to quarantine or test to stay or test on day 5) but wear a well-fitting mask for 10 full days. At medium and high COVID-19 Community Levels, need to test on day 5.

- b. Had COVID within the past 6 months AND without symptoms: (no need to quarantine or test to stay), need to wear a well-fitting mask for 10 full days.
- c. Non-vaccinated AND without symptoms: Test to Stay for 5 days or need to quarantine and get tested on day 5 and may return to school on day 6, must wear a well-fitting mask for full 10 days.
- d. Non-vaccinated and without symptoms: If not tested, need to quarantine for 10 days

5. Will I be notified if my child has been in close contact/exposed to COVID-19?

Yes, LFCS will notify parents if their child has been in close contact/exposed to COVID-19. Further guidance about next steps will be given at that time, including details about test to stay. LFCS will no longer send school wide emails regarding COVID-19 cases/exposure. Parents will be notified ONLY if their child was in direct contact to the COVID-19 case.

6. Can I choose to keep my child home if I am not comfortable sending them to school at this time?

Parents can keep their child home if they choose to do so, though at this point in time, we are not able to offer asynchronous or virtual learning options to students. In the case that any classroom needs to be closed due to exposure, we will be prepared to move to virtual learning and disseminate learning packets and materials for the children.

If an outbreak does occur, LFCS will notify the local Fairfax health department at 703-246-2411 and LFCS licensing inspector and follow all recommendations. Facilities with a confirmed case of COVID-19 among their population may need to close classrooms or the facility temporarily. Classes/groups/school may need to quarantine if recommended by local health officials. This will be determined in consultation with the local health department. Parents/guardians and staff facility-wide will be informed. The CDC guidance for cleaning and disinfection will be followed.

**Guidelines are derived from the American Academy of Pediatrics, Center for Disease Control, Department of Social Services, and Virginia Department of Health.*