

# Return to School Health Plan

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Conversations & Concerns  
Lessons & Homework  
Purpose, Passion & Pride

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# Outline:

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Overview of Covid-19

Thank you

State plans

Our District's plans

# in this together

Information & Updates

# Overview of Covid-19

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Covid -19 is a “novel” virus meaning it is new . The first case was identified in the US on Jan 20<sup>th</sup> in the state of Washington .

To stop a rapid rise in cases and avoid hospital surge schools, businesses, and individuals were required to isolate.

Currently there have been 5.1million cases, and 173,000 deaths in the US. In Armstrong County there have been 269 cases and 9 deaths. In Clarion County there have been 95 cases and 3 deaths.

Armstrong and Clarion Counties have moved from red, thru yellow, and now to green phase of reopening. These color codes have specific guidelines for resuming activities.

# COVID-19 Symptoms

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Fever (100.4 degrees F) or chills

Cough

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Headache

New loss of taste or smell

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea

*Many illnesses can mimic COVID therefore we must be vigilant and cautious with any signs or symptoms of illness in school and at home !*

*Prevention is worth a pound of cure!*

# Thank you!

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We understand that this has been a difficult time for everyone!

We especially appreciate and acknowledge the time, effort, and understanding that the parents /guardians, students, and staff have displayed while distance learning.

Moving forward to reopen school will require everyone's cooperation! Everyone is "essential" in this next step. It will be different, it will require extra effort from everyone, and a tremendous amount of flexibility!

We can do this together!!

# State and Federal Guidance

## PA DOH and PDE Public Health Guidance Regarding COVID-19 Phased Re-Opening of Schools Pre-K to Grade 12

The Pennsylvania Department of Health (DOH) and the Department of Education (PDE) are issuing the following public health guidance to assist Pre-K to 12 schools in developing and implementing Health and Safety Plans for safely returning to in-person instruction for the 2020-21 school year amidst the COVID-19 pandemic. The DOH, PDE, PSBA, etc have given suggestions. These plans, suggestions, and recommendations are guidelines to assist schools to develop their own plans according to their specific populations, buildings, and current status of community viral spread. Countless hours have been expended in thoughtful consideration of what is attainable, feasible, and suitable for each school.

[PA DOH and PDE School Re-Opening Guidance](#)

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## CDC Updated Guidance for School Re-Opening

[CDC Updated Guidance for School Re-Opening](#)

# State Guidance on Instructional Models

## **PDE & DOH: Determining Instructional Models During the COVID-19 Pandemic Recommendations for Pre-K to 12 Schools**

*In response to school leaders' need for additional guidance as to the risk of COVID-19 transmission in their communities, the Departments of Health and Education are providing recommendations to Pre-K to 12 schools for use when making decisions related to the instructional models used during the 2020-21 school year.*

PA DOH and PDE Guidance for Instructional Models During COVID-19

# Our School District's Plan



[http://www.redbankvalley.net/images/District/Reopening/RVSD\\_Phased\\_Reopening\\_Plan\\_08192020.pdf](http://www.redbankvalley.net/images/District/Reopening/RVSD_Phased_Reopening_Plan_08192020.pdf)



# #in this together !!!

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In order to fight this virus we need to stay strong and as healthy as possible.

Eat right, get exercise, maintain good sleep habits and hygiene.

It is important that students are well fed either at home or school. Nutritious foods assist the body with immunity and energy levels throughout the school day. (Fatigue and low blood sugar levels may be mistaken as illness )

Cleanliness is more important than ever! Students need to come to school showered, face clean, hands clean , teeth brushed, and in clean clothes to prevent any spread of the virus. (Matted eyes may be mistaken for conjunctivitis a COVID symptom)

Daily health screening **MUST** become a part of your morning routine! (Every home should have a thermometer). **Do NOT send any sick student to school.** It takes all of us to maintain the safety of our community.

Students with asthma, allergies , diabetes, etc should be well maintained on medications so that symptoms are not confused with COVID. (Address this well before school starts)

**FLU vaccine** Strongly recommended ! As are all routine vaccinations! **Plan for this!**

**#in this together!!!**

● *Let's start our day....*

- ✓ Temp check and health screening at home !
- ✓ Breakfast at home or school
- ✓ Showered, face washed, teeth brushed, clean clothes
- ✓ Daily medication if needed (No Tylenol or Advil if exhibiting illness symptoms-stay home)
- ✓ All school supplies in book bag (you need your own supplies of contact solution, lip balm, etc. – no sharing)
- ✓ Water bottle
- ✓ Packed lunch if needed
- ✓ Mask on! (Have a few so your mask can be cleaned frequently)

# #in this together!!!

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- *Bus ride ....*— stay in seat , don't touch each other, wear mask
- *At school ....*— follow signs , place school supplies on your desk, place your bookbag, coat, lunch box in your cubby bag . Sit at desk and greet your teachers and friends with a wave.

Follow teachers directions for frequent handwashing times, social distancing, and new procedures.

- *The School Nurse's office....* is now limited to scheduled visits to avoid having sick and well students in the office at the same time. We are discouraging visits for minor things like chapped lips, paper cuts, loose teeth , etc. The classroom will have bandaids and tooth holders for minor occurrences. We ask that you discuss trips to the nurses office with your child BEFORE school starts and periodically as needed.

# #in this together!!!

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- *Sick student....*

*The teacher will inform the nurse of a potentially sick student.*

*The nurse will either triage care, visit the classroom, or pick up student for further evaluation in the nurse's office.*

*Student may be placed in a designated isolation area for evaluation. The nurse may put on PPE (personal protective equipment) before evaluating student in office. A mask may be placed on a student with symptoms of COVID.*

*Parents /guardians will be called to pick up . (Students will be brought to the car ) You MUST plan for parental substitutes BEFORE school starts!*

*Information will be given regarding follow up care. Excuse forms will be given at that time for return to school. Siblings will also be dismissed at that time if symptoms of COVID!*

*Distance learning will be initiated immediately until cleared to return to school.*

# #in this together!!!

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- *Follow up and testing ....*

*You will be required to call pediatrician, PCP, or clinic for follow up.*

*Testing may be ordered.*

*NO school until results are back and you are feeling well or the doctor has written an excuse for you to return to school.*

*If positive the DOH will likely conduct contact tracing and educate you regarding isolation and quarantine .*

# #in this together!!!

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## *Stigmatism.....*

*Anyone can get this virus .*

*Finger pointing and gossiping are not helpful!! Discuss this with your students before school starts.*

*It will take strong community effort , patience , flexibility, and support to get through this time.*

*Be part of the team that is working hard to get our students back into school in the safest and least restrictive way possible!*

*YOU are “essential” in this fight! Thank you for your cooperation!*

**Please tell your child, “Don’t be afraid of what the school nurse may wear when taking care of you if you get sick at school as it is important to keep germs from spreading”.**

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Remember, she is there to help you and is very kind.



# Information & Updates

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## *Webpage....*

*Information changes based on the latest evidence and data*

*Please look at Redbank Valley School District's webpage for updates*

*Call or email the School Nurse with any questions or concerns  
(814) 275-2424 ext. 4 or [vsteffy@redbankvalley.net](mailto:vsteffy@redbankvalley.net)*

*Keep the school informed of any changes to your contact numbers or parental substitutes for pick up.*



# Resources:

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[Symptoms of Coronavirus](#)

[Public Health Guidance Regarding COVID-19 for Phased](#)

[Preparing K-12 School Administrators for a Safe Return to School in Fall 2020](#)

[Cases by County](#)

[Deaths by County](#)