

# Zion Lutheran School

Staying Paws-itive:  
Healthy School Initiative  
2021-2022



[Jesus said] "I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

--John 16:33

08/29/2021

*Subject to change without notice.*

Staff, School Families and Students,

Thank you for your continued support as we navigate a new phase of the global COVID-19 pandemic. This document updates our Healthy School Initiative to reflect our current policies as we take into account the requirements given to us by the State of Washington and the Snohomish Health District. Our hope is that the following policies and procedures keep our school community safe while allowing us to deliver the high quality Christian education for which we are known. Thank you to all who served on our committee this year, for your research, ideas, input and above all, spirit of cooperation as we battle this disease together. Once again, school families, I ask for your understanding, patience and grace as we begin this new school year.

In Christ,

Peter Martin  
Principal

## Healthy School Initiative Plan Summary:

- Our entire Healthy School Initiative Document is available on our website at [www.zionls.org](http://www.zionls.org), and we encourage you to look through this document.
- Per guidance from OSPI, we are able to exclude students from our close contact lists provided they have remained masked indoors, beyond a 3-foot radius, and that we have other mitigation measures in place including sufficient cleaning, sanitizing and disinfecting as well as proper ventilation. The result of this is that we are expecting no class-wide nor school-wide closures this year.
- School will be in session five days a week for all K-8 students, and preschool classes will operate under normal schedules.
- Masks are always on indoors, and may always be off outdoors. Exceptions to having masks always on indoors include eating and drinking, teachers in the context of a lesson, and persons with certain health conditions. In these cases, face shields must be worn if possible.
- Children under the age of 5 are not required to wear masks or shields.
- Except for preschool, parents will be asked to remain in vehicles at drop-off. A staff member will meet your child at your car and direct or escort him/her to class. We will work to ensure that the drop-off and pick-up processes are as easy as possible for each family, particularly those with children in several grades. A staff member will ensure that your child safely enters your vehicle.
- Staggered start and dismissal times help with traffic flow and assist with social distancing requirements, so we are making adjusting start and end times for the following classes to these new times:
  - Morning Preschool times remain 8:15am to 11:00am.
  - Afternoon Preschool times remain 12:30pm to 3:15pm (2:15pm on Fridays).
  - Kindergarten times remain 8:15am to 2:45pm (1:45 on Fridays).
  - Grades 1-5 remain 8:30 to 3:00 (2:00 on Fridays)
  - Grades 6-8 are changed to 8:15am to 2:45pm (1:45 on Fridays).
- Cohort requirements are removed, and classes can interact at recess and be mixed for PE classes, among others.
- Field trips and events will generally be returning to the calendar.
- Chapel services are held in the gym, with a Grade 3-8 Chapel from 8:45 to 9:15, and Pre-2 Chapel from 9:15 to 9:45. Occasionally, these chapel services may be combined outside.
- We'll continue to clean, sanitize and disinfect at or above CDC standards.
- We are working to bring athletics back as much as possible.
- If anyone in your home is sick, please keep your children home.



## **Policy & Procedures**

### **1. General Rules for Campus**

- a. Everyone on campus must wear cloth masks at all times with the following exceptions. In the case of each exception, face shields must be worn if possible, and a written doctor's note is required for items i-iv.
  - i. Those suffering from certain respiratory conditions or trouble breathing.
  - ii. Those with a disability that prevents them from comfortably wearing or removing a face covering.
  - iii. Those who are deaf or hard of hearing and use facial and mouth movements as part of communication.
  - iv. Those advised by a medical, legal, or behavioral health professional that wearing a face covering may pose a risk to that person.
  - v. Teachers are permitted to wear a face shield in lieu of a face mask within the context of a lesson
  - vi. Staff members working alone in a room.
- b. Administration limits non-essential visitors

### **2. Arrival at School Practices**

- a. Preschool and Kindergarten Classes will continue to be staggered to start 15 minutes earlier than other classes.
- b. A staff member greets each vehicle
- c. Kindergarten, 1B and 2B will use the Western Breezeway (adjacent to the library)
- d. Preschool, 1A, 2A, and 3rd grades will use the Eastern Breezeway (adjacent to the office)
- e. 4th and 5th grades will drop off and pick up just to the North of the 5th grade classroom, between the playground and the gym.
- f. Grades 6-8 drop off and pick up in front of their portables
- g. Parents will escort preschoolers to and from class by waiting at Pawprints at breezeway with children.
- h. Students wash or sanitize hands upon entering classroom

### **3. In Classroom Practices**

- a. Desks will be spaced around each classroom so that there is a minimum of three feet between desks.

- b. Continue to limit shared teaching materials to those you can easily clean and sanitize
- c. Clean and sanitize hands-on materials often and after each use, or provide dedicated materials to each student
- d. Rotate toys and other frequently shared items to allow opportunity to wash and sanitize frequently
- e. Handwashing stations are used in most classrooms
- f. Students aged 3 and 4 in preschool are not required to wear masks, and extra measures will be taken in preschool to ensure student safety.
- g. Teachers will continue to reduce activities that would require students to congregate in one part of the room
  - i. Calendar Time
  - ii. Small group reading
  - iii. Gathering on a rug

#### **4. Adjustments to Physical Plan**

- a. Parking Lot
  - i. Barriers will keep cars from so that the center of the campus is free of moving vehicles
    - 1. These will be set up at 9:00 and taken down at 1:00 every day
    - 2. "No through traffic" signs will be posted, and cones placed to create a turn around pathway
  - ii. Teachers and staff will park between the West Gym doors and the Central Crosswalk
- b. Dampers in the main building have been opened to allow the maximum amount of outside air to enter
  - i. Teachers leave windows open when possible.
  - ii. Teachers are encouraged only to utilize office for essential purposes
- c. Water fountains remain closed.

#### **5. Dismissal Practices**

Staggered times and varied pickup/dropoff areas help with traffic flow and social distancing requirements. Expediting vehicles should be as quick as safely possible, and families requiring extra time may be asked to pull out of line so that we can provide extra help.

Classes will dismiss directly to vehicles at four pre-assigned positions on campus:

- a. Kindergarten, 1B & 2B will use the Western Breezeway

(adjacent to the library)

b. Preschool, 1A, 2A & 3rd grades will use the Eastern Breezeway

(adjacent to the office)

c. 4th and 5th graders will walk to their parent's vehicles directly

These vehicles will wait for students "below" the Central Crosswalk located at the 5th grade portable

d. 6th through 8th graders will walk to their parent's vehicles directly.

These vehicles will wait for students in front of the middle school portables

e. Preschool parents wait at paw prints on breezeway for children to be dismissed

## **6. Lunch Practices**

- a. Staggered mealtimes ease congestion and allow for social distancing
- b. Spread classes throughout cafeteria
- c. No more than five classes in the cafeteria at a time
- d. Separate entrance and exit doors
- e. 2-3 students sit at each bench
- f. Students remained seated during lunch, trash can brought to table or placed near exit
- g. Students use the restroom before arriving in the cafeteria
- h. Maximum of two students in the gym restrooms

## **7. Communication Practices**

- a. Signs posted at fences and office entrance remind everyone that they should not be on campus if they are showing any signs of COVID-19 sickness
- b. School communicates regularly with families and staff to emphasize the importance of staying home when sick, physical distancing of three feet, and hand hygiene.

## **8. Cleaning Practices**

- a. Maintain increased cleaning, sanitizing and disinfecting
- b. Vacuum carpets daily with HEPA filters
- c. Cleaning high touch surfaces in classrooms and common areas
- d. Cleaning high touch plastic and metal surfaces outdoors such as door handles, grab bars and railings
- e. Use of E-Mist daily

## **9. Office Practices**

- a. Limit congestion in the office
- b. We'll continue to have an isolated health room for students or staff who show symptoms of COVID-19.

## **10. Athletics**

Tentatively, we plan to operate all of our sports programs and attend LEST in Tacoma in February. Current athletic guidance is found here:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/820-201-SportsFitnessGuidance.pdf>

## **11. Recess**

- a. Classes have recess separately but may interact
- b. Students wash hands on their way out and in from recess
- c. Masks may be removed for outdoor recess

## **12. We'll continue to use Paws-itive Physical Distancing Language and encourage and uplift our students and families as we navigate this pandemic together**

- a. Zion Cougars wash our paws to stay healthy "Cougar care"
- b. Zion Cougars are careful to keep our paws to ourselves "Check your paws"
- c. Zion Cougars stay one cougar length apart for safety "Paws-itive space"

## **Reference:**

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/420-287-COVID-19SymptomEvalMgmtFlowChart.pdf>

**COVID-19 Protocol Family Reference--Please Use this Guide!**

**If you have questions about COVID-19 procedures,** you may call the school at 425-334-5064 or call or text Peter Martin at 206-351-5975 any time day or night.

**If your children have any of the following symptoms,** we advise you to keep them home and to consult with your child's doctor to confirm that the symptom(s) are caused by seasonal allergies or and/or are non-COVID-19-related. Our teachers will work with you to keep your children caught up with their schooling should they need to stay home.

**People with these symptoms or combination of symptoms may have COVID-19:**

<ul style="list-style-type: none"><li>● Fever</li><li>● Cough</li><li>● Shortness of breath</li><li>● Chills</li><li>● New loss of taste or smell</li><li>● Headache</li></ul>	<ul style="list-style-type: none"><li>● Fatigue</li><li>● Muscle or body aches</li><li>● Sore throat</li><li>● Congestion or runny nose</li><li>● Nausea or vomiting</li><li>● Diarrhea (at least 2 loose stools in the past 24 hours)</li></ul>
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**If your child has been in direct contact with someone who has either tested positive for COVID-19 or is likely to test positive for COVID-19 based on the onset of symptoms,** please keep him/her home and call the office or principal at your earliest convenience. We will most likely ask you to keep your child home for 3 days and until symptoms have fully resolved.

**If your child tests positive for COVID-19** they will need to remain home. They may return to school when all three of the following criteria have been met:

- 10 days have passed since the onset of symptoms
- No fever for 24 hours without fever-reducing medication
- Symptoms have improved.

**When to get tested:**

We require either a negative COVID-19 test or that 10 days have passed since the onset of symptoms for your child to return to school following either a positive test or a likely COVID-19 case based on the preponderance of symptoms.

**When sick individuals and close contacts can return to school:**

- We accept a negative test, including a rapid-test, after three days following the onset of symptoms or exposure in order to return to school.
- Family members in the same household stay home 10 days following onset of symptoms for a positive case in the family.
- The school will inform families of a positive case in the class and ask that parents monitor their children for symptoms.

