



FREQUENTLY ASKED QUESTIONS ABOUT THE *recently revised* SPRUCE TREE MONTESSORI COVID-19 MITIGATION PLAN

- If my child has symptoms, what should I do?
 - Keep them home from school. Symptoms include fever, sore throat, shortness of breath, loss of taste or smell, as well as congestion (even a runny nose), body aches, and headache – all are considered common COVID symptoms. We recommend a visit to see your pediatrician to have your child checked out and your provider may suggest a COVID test – prevention is key – and per Dr. Zink even providers can not tell the difference between common cold, flu, COVID, even the onset of bronchitis, so a test is critical to prevent the spread of COVID. If your child has symptoms and gets tested, we ask that you keep your child home until test results come back negative. Please call the school office at 479-8733 to report absences for illness.
 - This applies to you as well (or other household family members). If Mom or Dad or sibling is showing symptoms and anyone gets a test, we ask that you keep your student home from school until the family member’s results come back negative.
- Who and what is a close contact and why? Reference p. 4-5 of our Mitigation Plan
 - A close contact is anyone (child or teacher) who comes within six feet of a COVID+ person for a total of 15 minutes or more on the days of contagion; typically members of your child’s cohort (or class) will be identified as close contacts of the child or teacher who tests positive for COVID.
 - Days of contagion? The days of contagion are the days that the COVID+ person is presumed to be contagious/able to spread the virus. Public Health defines those days as the day of symptoms onset and the two days (48 hours) prior to the day of symptoms onset.
- So what do we do if our child is named a close contact?
 - Sabrina will provide parent names and phone numbers to the local public health nurse assigned to our case. Nurse Spears, for example, was assigned to Ms. Megan’s case. Nurse Spears (or another public health nurse) will call each close contact to provide guidance. Your

child (if named a close contact) will be advised by Public Health to quarantine. The length of quarantine will be determined by public health, and our attendance tolerance will align with the guidance of public health; currently it's 14 days from the last date of exposure to the COVID+ person.

- What do we do during quarantine? Public Health will advise you to stay home and not have outside visitors into your home. Spruce Tree will provide virtual learning for the duration of any/all student quarantines.
- Do I have to quarantine? Parents and siblings of close contacts are considered secondary contacts, and secondary contacts do not have to quarantine. Siblings of close contacts may attend school and parents of close contacts may go to work (unless your employer says otherwise of course).
- What do I do if my child tests positive for COVID?
 - Please call Sabrina right away, 479-8733 or 590-2829. She is obligated to inform the Spruce Tree parent community as soon as possible by email (your child's name will be withheld from the alert email).
 - Keep your child home from school for the duration of your child's isolation period. Your provider will contact Public Health and they will define your child's isolation period (which is currently 10 days), and support you during your child's illness. Your child, if feeling well enough to do so, should log into their Canvas classroom and participate in live lessons via Zoom, again if they're feeling up for it. As you've likely heard, COVID affects everyone differently... from few and very minor symptoms to all and hard to handle symptoms.
 - You and your household members will be identified as household contacts and Public Health will advise you about your quarantine period, which currently is the 10-day isolation period for your C+ child and then a 14 day quarantine period after that. (Yes, 24 days, unfortunately.)
 - If you have two children who attend Spruce Tree, then the sibling of the C+ child (a household contact) can not attend school in person for the duration of the quarantine period defined by Public Health.
 - Sabrina will identify close contacts of your C+ child: close contacts will most likely be most or all of the children in your child's cohort (or class) and your teachers. The parents and teachers in your class will be alerted by Sabrina.

- If I travel outside of Alaska for work, what do I need to do when I come back? Refer to p. 2 of our Mitigation Plan.
 - As of 10/16/20, the State of Alaska revised Travel Mandate 10 – no longer requiring quarantine for 7-14 days plus a second negative COVID-19 test taken within 7-14 days after arrival. Travel Mandate 10 now requires proof of a negative test taken within 72 hours of departure to Alaska, and social distancing for five days after arrival.
 - Alternatively, you may get tested upon your return for free at the airport (tests for residents of Alaska are free!). You must follow social distancing guidelines for five days after arrival and until you have your results.
 - In addition, if you don't want to get tested, you can quarantine for 14 days instead.
 - As of 10/5/20. We've lifted our restriction on families of those who travel. Previously, we had applied Travel Mandate 10 to household members (and I had provided examples of such travel... i.e. Mom travels outside, kid can't come back til has negative test or following quarantine with Mom)... BUT that was out of caution since there wasn't guidance for household contacts, close contacts, etc. earlier this summer. Mandate 10 does not require household members to do anything, only the traveler. So... if/when Mom travels, she has to get a test within 72 hrs of coming back to Alaska and then is advised to quarantine until she gets a second negative test (7-14 days after arrival)... but that does not apply to children/spouses. Therefore your child can come to school when you're out of town (of course) and upon your return with no restriction.
- So will the school close the next time a teacher or student tests positive?
 - No. We will identify close contacts (most likely one cohort) and that cohort will pivot to virtual learning using our new online Canvas classrooms on the next school day, including live Zoom meetings for lessons and use of printable 'home' work.
 - We have devices to lend if your child needs one; recommended devices for virtual learning are iPads or computers, phones screens are too small in our experience.
 - We'll schedule pick ups for printable lessons/work from the main school office. You'll receive specific information about device and packet pick up as needed.
- What are the expectations for my child when it comes to virtual learning?

- For preK: We understand the limitations for screen engagement with young children. We expect you to connect your child to his/her class on zoom and meet with your teacher individually on zoom as scheduled. Our virtual learning will be varied; i.e. activities, use of iPad apps, and live lessons with your teachers, including songs and time to talk to friends. We're asking that you try... if you can't get your child to engage, it's okay, it's not a requirement of your enrollment. Your Canvas classroom will provide links to printable activities as well.
- For Kindergarteners: We expect kindergartens to attend live lessons on zoom, zoom meetings with their class, and meet with their teacher regularly. Attendance is taken. We will provide printable kindergarten work and links to academic apps or educational videos that align with lesson plans.
- For Lower El: Lower El students are expected to use the Canvas classroom to attend all zoom classes, live lessons, and individual or small group meetings with their teacher. Attendance is taken. Lower El students will have printable work to do at home as follow up assignments to live lessons, reading assignments, and assignments within apps (like Khan Academy and others). Students are expected to turn in completed work upon their return.
- For Upper El: Upper El students are expected to use the Canvas classroom to attend all zoom classes, live lessons, and individual or small group meetings with their teacher. Attendance is taken. Completion of printable assignments as well as online assignments / use of apps, and daily reading are required.

Do you have additional questions? Email or call Sabrina anytime.

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