

Arcadia COVID-19 Plan School Year 2024-2025

In accordance with CDC guidelines, Arcadia requires the following:

- If you test positive for COVID-19, isolate yourself from the rest of the community for at least five days. (The day you test positive is day zero. The day *after* you test positive is day one.)
- If you are fever-free for 24 hours without the use of medication and your symptoms have improved, you may return on day six (after the five days), but should wear a high-quality mask. (Arcadia has some masks available if you do not have access to a high-quality mask.)
- If you suspect you have COVID-19, please isolate and test. (Arcadia has BinaxNOW tests available for students and staff to use for this purpose.)
- If you test negative, you can end your isolation.

Arcadia recommends regular hand washing, especially before lunch, and students can wash their hands in either the single-stall, or gender-specific restrooms. Hand sanitizer is also available throughout the school building.

Arcadia asks that students wipe down the area of the table they used after they eat their lunch to help keep things clean and sanitized.

General cleaning, including sanitization of the restrooms, occurs daily.

Arcadia will continue to work with our local provider to keep our HVAC system performing well. We will also keep doors and windows open (when practical and safe) to provide additional ventilation.

Masks are always welcome, though they are not required at this time.

In the event of an outbreak of COVID-19, Arcadia will ask students to wear masks indoors until the outbreak subsides. (An outbreak of COVID-19 is defined as 5% or more of the population being ill with COVID-19. Masking will also be required if Arcadia has an influenza-like illness (ILI) rate of greater than 5%.)

Previous COVID-19 Plans:

Online School for January 3, 2022 to January 7, 2022

We are moving to one week of online school to allow us to get COVID testing materials in place, making our return to in-person school somewhat safer. The middle and high school teachers have created schedules that give students instructions and links to every class, every day. Those schedules can be found below.

Note: There is not a late start on Wednesday, January 5th.

Middle School Schedule: [MS January 2022 e-Learning Schedule](#)

High School Schedule: [HS Schedule 1st Week of January 2022 Google links](#)

Online School (Limited)

Without the emergency order, we are no longer offering a distance learning option for all students. However, if we find ourselves once again in the position of needing to offer exclusively online school, we will send devices home with students who need them, and classes will be held online, synchronously (at the same time). We sincerely hope that we will be able to maintain an all in-person school experience this year!

That said, if a student must quarantine or isolate, or will otherwise be out of school temporarily for COVID-related reasons, we do have the capacity to include students in our in-person classes via an online stream. This online option is limited to students who are out temporarily, not intended to replace live instruction for students who are able to come to school.

Here are the expectations for online classes:

- 1) The online option is primarily for students who cannot be in the school building for COVID-19 quarantining and related health/medical reasons.

Here are three examples:

Ex. 1: The student had a fever over 100.4, so must stay home 24 hours.

Symptoms have resolved, the student had a negative COVID-19 test, and the student is feeling well enough to go to school. However, they aren't allowed to be physically present because of the fever guidelines, so they opt into online classes.

Ex. 2: The student had two or more common COVID-19 symptoms. They are waiting for test results, but are feeling well enough to attend school online, so they opt into online classes.

Ex. 3: The student was not vaccinated and is a close contact of a person with COVID-19. They have no symptoms, but, after consulting with the school nurse, they have to quarantine for two weeks, so they opt into online classes.

All health/medical-related absences should be reported so that we can document symptoms. Here is a [link to the absence form](#).

Therefore, to use the online option for health/medical reasons the student must either:

- a) be able to receive approval from Arcadia based on these guidelines or
 - b) have been asked to stay home by Arcadia (by the school nurse, health aide, or executive director), or
 - c) have a doctor's note.
- 2) The student's parent or guardian must request online school through the absence form, and the absence must be due to illness (COVID-19/health/medical reasons). Here is another [link to the absence form](#).
 - 3) If the student is requesting online for a reason outside of COVID-19 quarantining or related health/medical reasons, the request must be approved in advance by the executive director (Laura). These requests may be granted on a limited basis, but not for more than seven total days within the school year. I will not approve requests online for vacation travel.
 - 4) The online option is not designed to support students with mental health needs. Please do not try to use the online option for students struggling with mental health. The best resources for us to help support students with mental health needs are at school. If a student needs to stay home for mental health reasons, then online school is unlikely to be productive.

- 5) If a student who has requested online classes does not respond, they will be considered absent. This might mean that they never appear in the Meet that was set up for them, or that their icon is there, but they are not participating as expected in class.
- a) We do not require cameras to be on, but if it's not on, online students should respond either verbally or in the chat to be considered "present" in class.
 - b) We are currently having an issue with students requesting online, then not appearing, but we are still carrying a computer around all day for them. If they have not responded after the first class period, we will close the Meet and mark them absent for the day. If they miss the first period of the day, and realize they *do* want to participate, they can email Kim Hansen (khansen@arcadiacharterschool.org) to reinstate themselves. However, there may be a delay if this request is occurring after the initial morning setup, there is no guarantee that they will be able to join in a timely manner, and they cannot request this after 11:10am (the end of 3rd period).
- 6) If there is any gray area (a lack of clarity around why online is being requested), after three online school requests, we may start requiring that you receive approval from the school or provide a doctor's note **before** your child attends via the online option.

Regardless of the mode of teaching, all assignments and materials will be posted online in Google Classroom, with the exception of materials in an assigned textbook that doesn't have an online component (certain levels of math).

Masks

Mask wearing is required of all people at Arcadia--staff, students, families, and visitors--at all times. This includes outdoors if within three feet of another person.

Masks should be snug-fitting, preventing air from easily entering or escaping around the edges of the mask. Masks must fully cover the nose and mouth at all times. Masks with two or more layers of material provide better protection.

Please bring extra masks to school so that if one gets wet, or isn't fitting well, it can be exchanged for another. For more on choosing and caring for masks, please see this

article: [Your Guide to Masks \(from the CDC\)](#). If needed, mask breaks can be taken outside, at least three feet away from any other person.

Respiratory Etiquette

If a person needs to sneeze or cough, they must fully cover their sneeze or cough to prevent the spread of droplets and throw used tissues into the wastebasket (not leave them sitting on desks or other surfaces). They should also wash or sanitize their hands after sneezing, coughing, or touching their face.

Handwashing or Sanitizing

Students will be asked to sanitize their hands as they enter their advisories each morning. They should also wash or sanitize their hands prior to eating lunch. Hand sanitizer is available throughout the building, in all classrooms, and we encourage students to wash or sanitize their hands regularly throughout the day.

Classroom Seating

The guidance from the CDC notes that a minimum of three feet of distance is preferable whenever possible, but does allow people to sit closer if they are properly wearing masks, and it's necessary to be able to fit people into a classroom. We will do our best to maintain that minimum distance whenever possible. Students are encouraged to make choices that feel safest for them, and ask an adult for support if others are not respecting a distancing boundary they have set.

Bathrooms

All bathrooms will be considered "single stall" at this time. The two restrooms designed to be single-stall restrooms will be available to students, along with what was previously the boys' restroom, but only one person can use it at a time. The former girls' restroom will be used as the staff bathroom.

Ventilation

The school is working with Better Air to provide the best possible ventilation, but the system does have limitations. (For example, the filter we are able to use in our systems is now better than previous filters, but not up to hospital-grade levels of filtration, because our system isn't strong enough to push air through a MERV 13+ filter.) We have increased the amount of fresh air coming into the building through our ventilation system, and most classrooms have access to fresh air, either through doors or windows. (Opening doors and windows allows the extra fresh air we are pulling in through the system to help us circulate the air in classrooms.)

Lunch

If choosing to eat indoors, Middle school students will have access to the Great Room and Purple Advisory (“quiet lunch”) to be able to distance themselves when they temporarily take their masks off to eat lunch.

High school students will be asked to eat in their advisories at their desks if they prefer to eat inside.

All students who choose to eat indoors should stay in one spot while eating, finish their meal within fifteen minutes, and immediately replace their masks when they are finished eating. Students who have not yet received the vaccine must keep a distance of at least six feet from any other person while eating in the building. (Seating in Purple/Great Room will be distanced, and the doors will be open in those rooms for maximum ventilation while eating indoors.)

All students are welcome to eat outside! We do have a picnic shelter, tables, and stools that students can use. Students eating outside will need to maintain a minimum three-foot distance from one another while eating, since masks will be off.

COVID Testing

We offer two types of tests at Arcadia. Families can have a Zoom-enabled VAULT test sent home with them (results received by the family), or a CUE test at school (results received by the school and shared with the family). To schedule a test, contact our school nurse, Gail Setterstrom (gsetterstrom@arcadiacharterschool.org), or director, Laura Stelter (lstelter@arcadiacharterschool.org).

Families can also order at-home COVID tests free from the State:

<https://www.health.state.mn.us/diseases/coronavirus/testsites/athome.html>

We recommend testing weekly or biweekly. If someone in your family tests positive, please notify our nurse, Gail Setterstrom (gsetterstrom@arcadiacharterschool.org), right away.

Quarantining and Isolation

Quarantine rules have changed, especially for those who are vaccinated. While last year, we did a fourteen day quarantine regardless of the situation, there is a bit more nuance this year.

Here is a link to the State’s official guidance for quarantining:

<https://www.health.state.mn.us/diseases/coronavirus/quarguide.pdf>

Here is a link to the State's *Decision Tree for People in Schools, Youth, and Child Care Programs*: <https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>

Here is a link to *Close Contacts and Tracing: COVID 19* from the State, which includes information about how to choose how long a quarantine to follow: <https://www.health.state.mn.us/diseases/coronavirus/close.html#not>

The documents above note that schools may have a different policy. Ours is not particularly different--we will primarily follow the decision tree. However, here is an overview of how we will manage quarantines:

If a person, **vaccinated or unvaccinated**, has at least one common or two less common symptoms, they will be sent home and asked to get a test for COVID-19. If the test is negative and they are symptom-free, they can return. If they prefer not to test, they will need to quarantine for the ten full days after the day their symptoms started.

In general, if an **unvaccinated** person is a close contact of someone who has tested positive for COVID-19, they must be quarantined for fourteen days (return to school on day fifteen). However, if the family keeps in contact with the school, and the person receives a negative test taken five to seven days after the exposure, the person may be allowed to return to school after day ten (on day eleven).

Vaccinated students and staff will not be asked to quarantine if they are a close contact of a person with COVID-19 unless they develop symptoms. They will still be asked to test five to seven days after their exposure.

The type of quarantine necessary in any particular situation will be determined in conversation with our nurse.

If a person tests positive for COVID-19, they will need to isolate for the ten days following the day that symptoms first appeared, or if they are asymptomatic, then the ten days after they received a positive test result.

Illness

Students who are ill, regardless of symptoms, should remain at home. Assuming a negative COVID-19 test, please only come to school if fever-free for 24 hours or more without the use of fever-reducing medications.

If a student becomes ill during the school day, we will call families to come pick them up. If an immediate family member cannot be reached, we will call additional emergency contacts to come get them.

We will not distribute any over-the-counter (OTC) or prescription medications, including acetaminophen and ibuprofen, unless in accordance with the “Medications” policy in our [Student/Parent Handbook](#).

A student with symptoms of COVID-19 will be isolated in the health office cot room until a family member can pick them up. They will then need to follow the quarantining policy.