



St. Theresa School **HEALTHY HABITS Policy** 2022-23 School Year

All STS health policies are based on CDC and Department of Health Guidelines. They are subject to change accordingly. Families will be notified through School Speak of any updates to health policies. Public health issues are monitored and this policy will be updated to provide the best possible environment for our staff and learners.

Cleaning and Disinfection

1. STS facilities are cleaned and disinfected daily by ServiceMaster.
2. High touch surfaces in classrooms/ offices are disinfected throughout the day by teachers/office staff. High touch surfaces on lanai, bathrooms, and school yard are disinfected at regular intervals throughout the day by maintenance staff.
3. Hand sanitizer is available in 4 outdoor areas on campus, in each classroom, and in the office.

Social Distancing

1. A separate Preschool Entrance will be utilized on the west end of the lanai. Preschool families will enter and exit ONLY from that area. No congregating will be permitted and check in/out procedures are delineated by preschool classroom teachers.
2. West Parking Lot drop off is a DRIVE THROUGH ONLY for grades K-8. Parents/families must not park and walk onto campus from the west entrance.
3. Parents are asked to adhere to the following areas for after school pick up. Discuss and plan where the pick- up spot will be with your learners. Parents wait by their cars for learners to come to them.
 - On Kaumuali'i Hwy facing playground
 - In church parking lot behind church (Elepaio Rd entrance)
 - Preschool parents park on Kala Rd and pick up at preschool door
4. Parents must sign into the office when entering campus for ANY reason. Anyone entering the campus must park behind the church and walk into the school office from the Elepaio Rd ramp entrance.
5. Recess and Lunch times will be staggered to facilitate small groups on the playground.
6. Teachers will provide for 3ft social distancing in classrooms as much as is possible.
7. Masks are optional for all adults and learners on campus. Learners sent to the office with health symptoms will be provided a mask while they wait for pick up.
8. Learners displaying symptoms of illness will be separated from class immediately and sent home.

Containment*

1. Classroom supplies will not be shared. Each learner will keep all supplies at their desk to reduce high touch areas.
2. Learners with a temperature of 100.4 or higher will be sent to the office health room and family will be instructed to pick up immediately. Learners may not be admitted back to school until they have been fever free for 24 hours WITHOUT use of fever reducing medication and are displaying no other symptoms of illness.
3. STS will not hold field trips that expose learners or staff to potentially crowded or contaminated situations. Each family will be notified and given the option to refuse permission for field trips. STS will remain cautious when planning field trips and will always protect the best interest of our learners and staff.
4. STS will offer as many outdoor learning areas as possible to lessen high touch areas.
5. MAINLAND and INTERISLAND TRAVEL BY LEARNER: Travel off island must be followed by a 24 hour waiting period before returning to school. Recreational travel is not recommended while school is in session.

*State mandated quarantines/rules will override STS policies.

Response to Illness

1. **A learner/staff member tests positive for COVID 19.** Affected person will remain off campus for 5 days and until all symptoms are clear. Learner/staff member may return to school after 5-day quarantine or as directed by DOH and no symptoms present. A covid notice will be posted to the affected classroom School Speak page to inform parents of case.
2. **A household member or close contact, as identified by DOH, of a learner/staff tests positive for COVID 19.** The learner/staff will remain off campus for 5 days or as directed by DOH. The close contact may return to school after 5-day quarantine and no symptoms present. STS will not track or identify close contacts.
3. School will consult the Department of Health, Disease Investigation Branch in all decisions related to infection control.
4. If any learner displays symptoms of influenza like illness, that learner will be sent home and all persons in the affected classroom are transferred to a clean room until the room is thoroughly disinfected.
5. STS reserves the right to close classrooms IF spread of illness is determined to be in the classroom.

Distance Learning

1. IF the government issues a Stay-at-Home order, STS will transition to distance learning within 3 days.
2. Learners will be supplied with all learning materials for home use.
3. Teachers will utilize Google Classroom as a platform to deliver lessons. Lessons will consist of: Pertinent learning objectives. The goal is to keep learning moving forward. Video meetings daily to keep contact with learners. Each teacher's meeting schedule will be published prior to distance learning launch. Requirement to log in and submit attendance daily. Work accountability. Turning in work and receiving grades is mandatory. Help sessions (video, and/or in person) will be made available.
4. Teachers will work full time during distance learning.
5. At home learning time will vary by grade level.
6. Tuition payments will remain on schedule. Tuition credits (scholarships) will remain applicable. Parents should contact the school as soon as possible if unable to meet tuition payments. Each situation will be handled individually.
7. Google classroom assignments will be available to learners in quarantine. This service does not constitute the full scope of distance learning. It is to provide assignments to the learn

These guidelines will help your learner get the most out of their school year!

SLEEP Routines

Set a bedtime and wake up time for your learner and hold to it. Build a routine around going to sleep and waking up.... A bedtime story, a morning cuddle? Keeping sleep patterns regular helps learners recover mentally and physically from their day and recharge for the next day.

SCREEN Routines

Monitor screen time (TV, phone, computer, tablet), especially right before bed and right after waking up. Make sure parental controls are on so that content is age appropriate. A good book, song, or conversation is always a good substitute for screen time.

NUTRITION

Eating well keeps our bodies strong and keeps our brains awake!

Eat a full breakfast. Starting the day with a healthy breakfast gives your child a HUGE head start on a great day. Pack nutritious snacks and lunches, avoiding sugary drinks and snacks. **No candy, soda, sports drinks or canned juice please! Best bet? WATER!!**

Your child's teacher will let you know if they are not eating lunch or if they are getting run down toward the end of the day...sometimes an adjustment to their food can make all the difference!

Parties and Special Occasions

Party plan with your teachers first. Birthdays are a great time for a treat for the whole class, but the treat must be as healthy as possible. No sugary, frosting covered cupcakes please! Fruit cups and veggie sticks are great alternatives. All class treats must be individually wrapped.

