



2023-2024
Elementary and Junior High Schools
HEALTH SAFETY PLAN

**In Accordance with the California Department of Public
Health Guidelines**

This is a working document and information may be subject to change as directed by federal or state law and regulations or guidance.

A Healthy Emotional and Spiritual Environment

Students will be encouraged to do the following to ease worry or anxiety:

- Share concerns and feelings.
- Seek peace through prayer.
- Find comfort and wisdom in God's Word.
- Take breaks from social media and news stories.
- Respect others.

A Healthy Social Environment

Students will be encouraged to practice the following:

- Utilize open spaces on outdoor play areas.
- Separate chapels will be held for TK-1st grades and 2nd-8th grades to lessen crowding.

The following healthy physical practices will be implemented:

- Each student's lunch will be kept separately in labeled containers.
- Sharing of students' personal snacks, food, or drinks will not be allowed.

A Healthy Physical Environment

Students will be taught healthy hygiene practices:

- Germs can get into the body through the eyes, nose, and mouth.
- Germs can make us sick.
- Germs from unwashed hands can get into food and drinks.
- Germs from unwashed hands can be transferred to other objects.
- Washing hands prevents illness and the spread of infection to others.

The following healthy hygiene practices will be reinforced:

- Use tissue to wipe their nose.
- Cough or sneeze inside a tissue or an elbow.
- Wash hands after coughing/sneezing, outside play, restroom use, and before eating.
- Wash their hands for 20 seconds with soap.
- Students are instructed to use hand sanitizer in classrooms and handwashing stations.

The school will implement the following cleaning routines:

- Frequently touched surfaces within the school will be cleaned.
- Cleaning of classrooms occurs daily by a professional service.
- Water filling stations will be used to refill personal, reusable water bottles.

School lunches should be individually packed:

- Students may order Choice Lunch: pre-selected, individually packaged items.
- Hot Box lunches are stored in a container and labeled with the student's name.
- Lunch bags should be cleaned at home.

School Health Procedures:

Symptom Precautions

- Visual wellness checks should occur at home before bringing a student to school.
- Parents are required to keep students at home if a child has a temperature of 100.4 or if the student is vomiting.
- Please be aware of the following COVID symptoms:
 - Fever of 100.4
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills
 - Fatigue
 - Muscle or body aches
 - Headache
 - Sore throat
 - New loss of taste or smell
 - Nausea/vomiting
 - Congestion/runny nose
 - Diarrhea

COVID-19 Exposure Procedures:

- The school will check state and local orders and health department notices and adjust school operations as needed to ensure safe practices. If the governor issues a mandatory stay at home executive order, the school will move to distance learning utilizing live, interactive, digital classroom meetings, and educational technology, such as Google Classroom and the SeeSaw App.