



DIOCESE *of* SACRAMENTO
CATHOLIC SCHOOLS

BLUEPRINT FOR FALL
2021-2022 SCHOOL YEAR

PROVIDING APPROPRIATE INTERVENTION AS COVID-19
MOVES FROM PANDEMIC TO ENDEMIC

St. Rose School, Roseville, CA

The Roman Catholic Diocese of Sacramento

v4.1

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INTRODUCTION

Our schools responded heroically to the challenge of Covid-19, keeping students on campus while taking significant steps to mitigate the disease's spread. Our safety plan is currently in its eleventh iteration since last July. This updated document aims to create an expectation of what the coming year holds. While we embrace a less restrictive environment, the safety and well being of our students and staff remain our top priority.

Our priorities remain:

1. **Safety:** Our overall risk has been reduced because adults have had the opportunity to be vaccinated and students are less susceptible and suffer fewer effects. Our students remain unvaccinated thus, we will continue to manage our risk.
 - a. **Hygiene:** We will continue to emphasize robust hygienic practice.
 - b. **Distance options:** We have launched our Catholic Online School, Blessed Sacrament Online Academy which allows any family who desires to continue with independent, distance learning the opportunity to do so. The distance school is a full-fledged online school independent of the local parish school. For more information please visit the website here: [Blessed Sacrament Online Academy](#)
2. **Presence:** Keeping school open daily. We do not want to burden parents with challenging schedules that prevent them from working a full workday - we want our students at school in-person.
3. **Growth:** Despite limitations, we want our children to continue their academic progress at grade level in their faith and all core academic standards.

We have written this document specifically for our school environments, and we expect it to evolve as the public health situation changes. The school principal will share any updated documents on the school website and through the school information system.

***WHEN TESTING IS REFERENCED IN THIS DOCUMENT PLEASE NOTE:** Any PCR (molecular) or antigen test used must either have Emergency Use Authorization by the U.S. Food and Drug Administration or be operating per the Laboratory Developed Test requirements by the U.S. Centers for Medicare and Medicaid Services.

- **NOTE: BinaxNOW COVID-19 Antigen Self Test** - This is a solution for COVID-19 infection detection, with rapid results at home. FDA Emergency Use Authorization for self-testing *Detects multiple COVID-19 strains, including the Delta variant.* **The package contains two 15-minute tests. It is designed to test one person two times in a 3 day period, with at least 36 hours between tests. Please follow these instructions closely.**



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COVID-19 PREVENTION PROGRAM

Layers of Safety: Infection Mitigation Strategies

For the past year, we have offered a variety of mitigation strategies working in unison to reduce our risk of exposure and transmission of Covid-19 on campus. We have effectively applied all recommended strategies, as well as our own novel strategies (such as behavioral screening), at our schools this past year. As Covid-19 rates of spread increased, we layered on the strategies. As we move from pandemic to endemic, people get vaccinated or recover from infection, and Covid-19 wanes, it stands to reason that we can move to less-intrusive interventions.

The new [CDPH Guidelines for the 2021-2022 School year](#) affirm this approach and at the same time, allow for our school sites to have a less restrictive environment as we move forward.

Vaccination

CDPH strongly recommends that all persons eligible to receive COVID-19 vaccines receive them at the first opportunity.

All Catholic school employees who desired a Covid-19 vaccine have had access to one. Though we are not mandating vaccination, we will not make special accommodations for employees who choose not to receive them; in other words, this plan is predicated upon a vaccinated teaching force or society achieving herd immunity. Though we are not currently mandating vaccination for employees in the hope that we will reach herd immunity before that step is necessary, we will review this policy if faced with new mutations or other changes that may require a mandatory vaccination strategy.

In addition to vaccines required for school entry, CDPH strongly recommends that all students and staff be immunized each autumn against influenza unless contraindicated by personal medical conditions, to help:

- Protect the school community.
- Reduce demands on health care facilities.
- Decrease illnesses that cannot be readily distinguished from COVID- 19 and would therefore trigger extensive measures from the school and public health authorities.



Antigen Screening

- Our schools may require employees and students wishing to return to campus to undergo antigen screening at a place, time, and frequency as designated by the Catholic School Department, in collaboration with our advisors and county health departments.

Social Distancing

Recent evidence indicates that in-person instruction can occur safely without minimum physical distancing requirements when other mitigation strategies (e.g., masking) are implemented.

- We will continue to encourage outdoor play and activities (masks optional outdoors), and we will encourage all persons on campus to continue to practice social distancing
- Close contact interactions (to determine contact tracing) are considered less than 6ft and longer than a cumulative total of 15 minutes or more over a 24-hour period.
- We encourage the continued use of signage throughout campus to support social distancing and proper hygiene norms.

Classroom Plans

- Doors will be opened for proper ventilation.
- Students have their own supplies, water bottle, cleaning materials, and hand sanitizer.
- Shared spaces are cleaned regularly.
- Teachers will utilize outdoor space as much as possible.

Screening

- Students and staff must conduct a daily self-check and temperature check before they come to campus. Student temperatures need to remain below 100.4 degrees Fahrenheit.
- School employees may all function as designated screeners for students and non-employees. The principal or school office staff may serve as screeners for faculty and staff if a third-party screener is required.
- During the day, any person experiencing or showing symptoms will report to the office for screening.



- If a staff member already at school shows symptoms described above, a supervisor will allow them to go home without penalty for that day.
- The school principal and/or contact tracers shall update the Catholic School Department Executive Assistant and the school's county department of public health every Monday morning regarding confirmed COVID-19 cases amongst staff and students from the previous week.

Personal Protective Equipment (PPE)

PPE is not a substitute for social distancing or proper handwashing. In addition to using PPE, please remember to:

- Wash your hands often with soap and water for at least 30 seconds. Use hand sanitizer with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.

Face Coverings

We will continue to comply with CDPH and county guidelines on the use of face coverings. The CDPH order may be found [HERE](#).

FACE COVERINGS FOR EMPLOYEES

- Adults in TK-12 school settings are required to mask when sharing indoor spaces with students.
- N-95 masks are more effective than cloth masks.
- Personal hygiene, social distancing, and frequent cleaning efforts are critical parts of employee protection.

FACE COVERINGS FOR STUDENTS

a. Masks are optional outdoors for all in K-12 school settings. **Masks are optional in all outdoor spaces on the St. Rose School campus including the Inner Courtyard - these spaces and times are during arrival to school and morning assembly, at snack time, recess, lunchtime, lunch recess, and when teachers, aides, or Extension are allowing children to read, or do other activities outside. Students and Teachers may also be unmasked while waiting for their carpools at dismissal loop.**

b. TK-12 students are required to mask indoors, with exemptions per [CDPH face mask guidance](#). **Indoor spaces are as follows: all classrooms, restrooms, meeting rooms, gym, library, Extension room, school office, church.**



c. Persons exempted from wearing a face covering due to a medical condition, must wear a non-restrictive alternative, such as a face shield with a drape on the bottom edge.

d. When masks are worn, they MUST be worn properly, over the nose and mouth, fitting correctly on the face. Face shields may still be worn BUT they do not replace masks.

e. A face covering will be provided to students who inadvertently fail to bring a face covering to school to prevent unnecessary exclusions. St. Rose School provides child size and adult size masks.

f. Students who refuse to wear a mask indoors will be isolated from other individuals, a parent/guardian will be called to pick up the student. The student may return once a proper face mask/cover is worn.

Staff Training and Family Education

Delivering Instruction

- Principals will present the plan to their communities and make themselves available for questioning.
- Teachers will provide initial and routine instruction in mitigation strategies and health practices to their students in keeping with all provisions of this protocol.
- Schools will inform the community of changes to this plan via their information system (School Speak) and post the updated plan or a link to the diocesan portal website on the school website.

Cleaning & Disinfection Routine

- We will continue to maintain a high level of hygiene on campus. Students will continue to routinely clean and disinfect their desks and materials.

Healthy Hygiene Practices

Reducing the risk of exposure to COVID-19 by proper personal hygiene practices and disinfection is a critical part of ensuring student and staff safety.

- Staff and families will be trained and educated in sanitation and hygiene instruction through training if needed and review of protocols.
- [Cleaning hands at key times](#) with soap and water for at least 20 seconds or an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not readily available is essential.
- Build time into daily routines for students and staff to wash hands.



- Families will be constantly reminded to maintain hygiene and distancing when necessary at home and in the community.

Volunteer Protocols

According to the new CDPH Order found [HERE](#), all volunteers who are on-site at a school campus supporting school functions must follow employee vaccination requirements.

F. "Worker" refers to all paid and unpaid adults serving in the school settings described in Section I. Workers include, but are not limited to, certificated and classified staff, analogous staff working in private school settings, and volunteers, including sports coaches and Academic Decathlon coaches who are on-site at a school campus supporting school functions.

Food

- Maximize physical distance as much as possible while eating (especially indoors). Arrange for eating outdoors as much as feasible.
- Clean frequently touched surfaces. Surfaces that come in contact with food should be washed, rinsed, and sanitized before and after meals.
- Given very low risk of transmission from surfaces and shared objects, there is no need to limit food service approaches to single use items and packaged meals.

Travel Restrictions

Our focus will be on behaviors and not the act of travel itself. We reserve the right to ask community members to quarantine if they have traveled to regions which are documented hotspots, so please be prepared for a revisiting of this policy.

COVID Symptoms and Case Response

Definitions

A **close contact** is defined as a person who is less than 6 feet from a case for more than 15 minutes over a 24 hour period.



Contact Tracers

- The school has a designated employee who is a contact tracer whose name is on file with the Catholic School Department and County Health.
- Contact tracers must be trained either by the county within which the school resides or take one of the following courses on contact tracing:
 - Webinar-Based as recommended by the CDC:
<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/general-training-modules.html>
 - Coursera Option:
<https://www.coursera.org/learn/contact-tracing-for-covid-19>

Contact Tracing

- Contact tracing will “specifically focus on indoor environments where individuals spend significant amounts of time (e.g., classrooms, cafeterias, and school buses). Contact tracing would also be pursued among participants in sports programs (indoors and outdoors), particularly those with any component of potential close contact indoors (e.g., weight training, locker room use, team gatherings, and shared transportation).” CDPH change (K-12 Q&A)

Symptoms

Due to the contagious nature of COVID-19 and its variants the following symptoms must be taken seriously. Should any staff member or student feel ill for any reason we ask that they please stay home and get tested for COVID-19.

Students

- Fever of 100.4 degrees or higher;
- Sore throat;
- New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline);
- Diarrhea, vomiting, or abdominal pain;
- New onset of severe headache, especially with a fever.
- (If a student is exhibiting symptoms refer to student health history form)

Adults

- Fever of 100.4 degrees or higher;
- Chills;
- Cough;
- Shortness of breath/ difficulty breathing; Fatigue;
- Muscle or body aches;
- Headache;



- New loss of taste or smell;
- Sore throat;
- Congestion or runny nose;
- Nausea or vomiting; Diarrhea

Testing

- Any student or staff person with symptoms not explained by another non-infectious condition diagnosed by a medical professional needs to be tested for COVID-19.
- Per this directive, symptomatic individuals must be tested within 48 hours of symptom onset, and provide test results within 72 hours.
- If the medical provider for the individual with symptoms cannot guarantee a 72-hour turnaround in test results, the symptomatic individual must seek out a different lab.
- **NOTE: BinaxNOW COVID-19 Antigen Self Test** - This is a solution for COVID-19 infection detection, with rapid results at home. FDA Emergency Use Authorization for self-testing without the need to ship samples to a lab or for a prescription from your healthcare provider. *Detects multiple COVID-19 strains, including the Delta variant.*
The package contains two 15-minute tests. It is designed to test one person two times in a 3 day period, with at least 36 hours between tests. Please follow these instructions closely.
- The school principal should be notified immediately of a positive or negative result.
- **TESTING RESOURCE (availability in real time): findacovidtest.org**

Parents and students are responsible for the cost of their own testing, unless the school directs an entire cohort to get tested at a designated site.

Employee Testing

According to the CDPH Order found [HERE](#) all unvaccinated employees must be tested weekly and provide results to the principal beginning immediately. Weekly tests are tracked accordingly.

For local testing information, visit <https://lhi.care/covidtesting>



Quarantine and Isolation

COVID Protocols (Placer Co./CDPH COVID Protocols-adopted Feb. 8, 2022)

The California Department of Public Health (CDPH) and California Division of Occupational Safety & Health (Cal-OSHA) have recently (January 8, 2022) updated the isolation and the quarantine guidance. Please review the following COVID processes.

Students who test positive for COVID-19:

- Stay home for at least 5 days.
- **Isolation can end after day 5 if symptoms are not present or are resolving and a diagnostic specimen (Antigen preferred) collected on day 5 or later tests negative.**
- **If - unable to test or choosing not to test, and symptoms are not present or are resolving, OR If a student tests positive, isolation can end after day 10.**
- If fever is present, isolation should be continued until fever resolves.
- If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after day 10.
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking -CDPH Guidance- for additional information)

Persons who are exposed (Close Contact) to someone with COVID-19, one or both parties not wearing masks (outside of school or home exposure):

1. Unvaccinated students:

- Stay home for at least 5 days, after your last contact with a person who has COVID19.
- Test on day 5.
- Quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative.
- If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10.
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking -CDPH Guidance- for additional information).
- If testing positive, follow isolation recommendations above. o If symptoms develop, test and stay home.

2. Vaccinated students **OR were previously infected with (laboratory confirmed) SARS-CoV-2 within the last 90 days:**

- May remain on campus



- Recommend testing on day 5
- Wear a well-fitting mask around others for 10 days, especially in indoor settings (see Section below on masking for additional information)
- If testing positive, follow isolation recommendations above.

Students who are exposed (Close Contact at School) to someone with COVID-19, both parties wearing masks:

- Parents will be notified
- Remain at school and self-monitor for symptoms
- Recommended testing between day 3-5 and again on day 7
- If symptoms develop after exposure, contact your healthcare provider or school nurse, remain at home and self-monitor
- Recommend a SARS-CoV-2 Test
- If not positive with COVID-19 or symptoms are from an underlying condition, a student may return after 24 hours without a fever and other symptoms have improved.
- Continue to mask appropriately at school

Students who develop symptoms of COVID-19:

- Stay home and notify the school
- Student can return to campus when the following criteria has occurred:
 - 10 days have passed since symptoms onset OR
 - A negative test OR
 - A doctor's note stating the symptoms are due to a different condition/illness than COVID-19 (such as strep throat, flu, etc.).
 - Student must also be 24 hours fever-free and symptoms improving.

Reminders, Changes, Additions:

- FDA Emergency Use Authorized At-Home Tests (Rapid Antigen tests recommended) can be utilized to clear a student to return to school in the above scenarios.
- A negative FDA Emergency Use At-Home test result may also be used to return a student to school who is symptomatic after 24 hours have passed and symptoms have resolved.
- Additional information regarding COVID test kits, quarantining, masks (face coverings), weekly testing options, and general information regarding COVID 19 can be found at the CDPH website current CDPH guidelines.
Testing Resource (availability in real time): [findacovidtest.org](https://www.findacovidtest.org)



Per the Catholic School Department of the Diocese of Sacramento, the following the implementation of this cautionary outbreak guideline may be necessary:

- **Classroom Outbreak Scenario:**

Approximately 20% of a class (including teacher and/or aide) have currently tested positive

➤ Next Steps: ■ Distance (Virtual) Learning is expected if the teacher is COVID

negative, or asymptomatic COVID positive, and does not need to take sick leave.

■ Independent Study (work is sent home for students to do without being taught) if teacher and/or aide are symptomatic and taking sick leave (in which case they cannot teach).

Approximately 20% of school staff

➤ If the school cannot realistically or safely run your school due to limited staff on campus, you may go to DL or IS.

- **Person Who Tested Positive for COVID-19 in Past 90 Days**

- See Decision Tree #4 on SchoolSpeak → School Forms. This decision tree addresses:

- NEW symptoms
- COVID-19 positive within the last 30 days
- Previous diagnosis 31-90 days ago
- IF to test, WHEN to test, and WHICH TEST to use or not
- Isolation and Contact Tracing

Additional Details

Virtual Academy

The Diocese of Sacramento will offer a dedicated virtual academy for any family opting for remote learning for their student. Our traditional parochial elementary schools will not offer dual delivery of instruction (ie, in-person and online simultaneously) and instead will focus on in-person instruction. Information can be found here:

<https://www.scd.org/schools/online>

Distance Learning

If a grade level group (entire class) must quarantine for a period of time, we will transition to distance learning as in the 2020-21 school year until quarantine is over.



School Closure and Subsequent Reopening: The Catholic School Department, in consultation with Public Health, will determine if a partial or full school closure is needed based on guidance and recommendations from CDPH. Both the school and the county must meet current state guidance to reopen.

SAFE ENVIRONMENT

The safety of our employees and students is our first priority. Upon reopening, our schools have been completely cleaned and disinfected, and we will continue to adhere to all necessary safety precautions. In addition, the process outlined below will routinely serve to protect everyone and reduce the risk of spread of infection.

- Custodial staff and any other workers who clean and disinfect the school site must be equipped with proper personal protective equipment, including gloves, eye protection, respiratory protection, and other appropriate protective equipment as required by the product instructions. All products must be kept out of the reach of children and stored in a space with restricted access.
- Establish a cleaning schedule in order to avoid both under- and over-use of cleaning products.
- Ensure safe and correct application of disinfectant and keep products away from students.
- Ensure proper ventilation during cleaning and disinfecting. Introduce fresh outdoor air as much as possible for example by opening windows where practicable.

