**Updated COVID-19 Health and Wellness Guidelines for New Horizons Preschool**

**Masks**

Anyone entering the building will be required to wear a mask inside the church and classroom. This includes siblings that are 2 years and over that may be coming in during drop off and pick up. Please make sure to put extra masks in your child’s tote bag. We suggest having at least 3, 1 the child wears to school and 2 extras inside a ziplock in the child’s tote bag.

Based on public health guidance, the most effective masks are surgical masks, medical masks or triple layered cloth masks. Masks should be worn correctly and consistently for the best protection. The mask should completely cover the nose and mouth and fit snugly against the sides of the face.

[Your Guide to Masks](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprevent-getting-sick%2Fhow-to-make-cloth-face-covering.html)

Take some time at home before school starts to teach your child how to wear their mask properly. Encourage them to practice wearing masks for short periods at home and especially when they are out in public. This will help them be a successful mask wearer at school.

**Helpers**

Parent helpers will be allowed this year. All parent helpers (or other adults) that volunteer must wear a mask and participate in a health screening and temperature check.

**Hand washing**

Teachers and preschoolers will wash their hands every hour or before beginning a new task. If needed, teachers and preschoolers may utilize hand sanitizer when soap and water are not available. Teachers will supervise the use of hand sanitizer. Hand sanitizer is most effective when spread evenly and entirely over both hands, then allowed to air dry.

At home, you can teach your children the five steps for hand washing: wet, lather, scrub, rinse and dry. Teach them how long to wash their hands: scrubbing with soap and water for at least 20 seconds. Teach them to wash their hands after using the restroom, playing outside, coughing, sneezing or blowing their nose, before or after eating, and upon entering the home (or school).

**Cleaning and Disinfecting**

Regular cleaning and disinfecting will occur. An hourly cleaning and disinfecting of high touch surfaces and toys will be ongoing throughout the school day. The entire classroom, hallway, and bathrooms will be sanitized between classes in accordance with CDC protocols.

**HVAC**

School/church building ventilation system will be activated one hour before school begins and kept running after the school day ends to ensure air exchanges.

**Cohorts**

Each of our classes will be treated as a cohort. We will minimize close contact as much as possible, but we understand that preschoolers love to be near each other. That’s why we are wearing masks and doing health screenings!  We will talk about personal bubbles, using Superman/Superwoman arms (arms straight ahead) for walking in a line,  and use blue tape X’s or carpet squares to designate available places to play.

**Health Screening**

At drop off, parents will be asked to initial a form indicating that they have conducted an At Home Health Screening of their child, and that their student is healthy enough to attend school. A  touchless thermometer will be used to complete a temperature screening upon arrival at school.

**Children may not attend if** they have a fever over 100.4, have a cough or shortness of breath, anyone in their household is pending a COVID-19 test, anyone in their household is exhibiting COVID-19 symptoms, or have one or more of these symptoms; sore throat, muscle pains, new loss of taste or smell, nausea or vomiting, headache, runny nose, or diarrhea.

We are following Anchorage School District’s home Screening Guidelines which you can find here [At Home Health Screening for Parents and Guardians](https://www.asdk12.org/cms/lib/AK02207157/Centricity/Domain/5372/11-4-20_Home-Health-Screening_PROOF2.pdf) .

**A child who comes to school healthy but develops any of the above symptoms at school** will be immediately isolated and parents will be called to pick up their student. In this situation, all wellness guidelines must be followed.

**Wellness Guidelines**

Students, teachers, and helpers are required to wear masks.

Any student or staff member who is ill must stay home from school. Any student or staff member

who becomes ill at school must be sent home immediately.

Any student or staff member who has one or more of the following new symptoms must go

home - Fever or chills- Cough - shortness of breath or difficulty breathing- Tiredness or fatigue-

Muscle or body aches - Headache- new loss of taste or smell - Sore throat - Congestion or

runny nose - Nausea or vomiting - Diarrhea

The student or staff member should be tested for COVID-19, and if necessary, be evaluated by

their health care provider.

We are following Anchorage School District’s guidance for close contact and quarantining.

[COVID Close Contact and Quarantining Info](https://www.asdk12.org/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceID=115&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=64076&PageID=1)