

# **City of Fountains School**

## **COVID-19 Response Plan**

Revised: Aug. 25, 2021

## Guiding Principles of the Covid-19 Response Plan for the 2021- 22 School Year

We wish to acknowledge that we are all holding questions about the coming school year. Where do we begin? How do we maintain the integrity of an education inspired by Waldorf within the constraints of our current health crisis? How do we meet each other within the diversity of perspectives on what it means exactly to uphold the safety and well-being of our community? Can our teachers educate students effectively while wearing a mask? Will the children be required to wear a mask? How do we take preventative measures, such as mask-wearing, and ensure our children's respiratory, social and emotional well-being? These are just a few of the questions we are all holding while we navigate a fluid situation with no immediate answers.

Rudolf Steiner explained that without form, there can be no real freedom. At City of Fountains, we strive to uphold this fundamental truth at the heart of the education we offer. It is quite the task to decipher the form that provides an education for both the physical and spiritual well-being of the child, especially in the light of a pandemic that continues to challenge us. Our school's faculty, administration, and board have worked in cooperation to agree upon the appropriate form within which we will bring this inspired education. Within this form, each staff member holds the freedom to imagine and determine the most beautiful and developmentally appropriate delivery. How we bring this form to the children may vary in detail throughout the school, and throughout the year as the situation continues to change.

Moving forward, this pandemic will continue to impact all of our lives. We will continue to be called upon for flexibility and creativity in our Thinking, compassion in our Feeling, and consciousness in our Willing. We know that the goal, above all, is for everyone's health and safety. The challenge remains how to meet that in light of our differences. We look forward to joyfully welcoming the students back to school. We are deeply grateful to be held by a community that values coming together in this great challenge, and offers us deep trust to create both the form and freedom that live at the root of an education inspired by Waldorf.

*\*Due to the ever-evolving nature of this situation, the contents within this document are subject to change. Any certain section may be refined or discontinued in part or in its entirety, at any time without prior notice. Furthermore, additional content or sections may be added as necessary. We will communicate any updates to our school community through the typical channels.*

## Start of School

We will open our doors on September 7, 2021, for the first day of the 2021-22 school year.

We acknowledge that some families in our community are not comfortable or capable of being with us for in-person instruction. We respect each of the various levels of comfort and beliefs among our families. Whether you remain enrolled or choose an alternate path of education for the year, we honor your decision. We hope that you will continue to feel at home within your COFS community.

## COVID-19 Screening & Response

It is vital that we work in strong partnership with families on a daily basis to conduct health screens for each child. You are expected to be alert for signs of illness in your child prior to leaving for school and to keep them home when they are feeling unwell. Please utilize the Screening Checklist and keep your child comfortable at home if they are experiencing ANY of the symptoms (high-risk or additional) outlined in the Screening Criteria section below.

Upon arriving at school and before entering the classroom, a visual health check of each child will take place. If a child is showing signs of illness, they may be asked to return home for the remainder of the day. Students and Faculty exhibiting any symptoms of illness will be required to wear a mask until they have vacated the premises.

### Temperature Checks

At school, we will be using infrared forehead thermometers if a fever is suspected. Students who develop a temperature of 100.4°F or higher during the school day will be put in a designated area until a parent or caregiver arrives to take them home.

### Faculty & Staff

Faculty and staff members will track their own symptoms daily either at home or upon arrival at school. A teacher or staff member must report to Administration and not come to work if they are experiencing any of the symptoms detailed in the Screening Criteria section.

### Confirmed COVID-19 Case

If there is a confirmed COVID-19 case within our student body or staff, we will immediately notify local health officials to determine a course of action for the specific class, program or entire school. This may include a ten day *minimum* quarantine for anyone exposed to COVID-19 regardless of vaccination status. Through our work with the KC Health Department, we will determine appropriate next steps, including whether an extended dismissal duration is needed to stop or slow further spread of COVID-19.

## Screening Criteria

- **Exposure** is defined as being within six feet of an individual for longer than fifteen minutes.
- **Case** is defined as an individual who tests positive for SARS-CoV-2 (COVID-19).

High-risk Symptoms	Additional Symptoms
<ul style="list-style-type: none"> <li>• New cough</li> <li>• Difficulty breathing</li> <li>• Loss of taste/smell</li> </ul>	<ul style="list-style-type: none"> <li>• Fever (<math>\geq 100.4^\circ</math>) or chills</li> <li>• Congestion/runny nose</li> <li>• Nausea/vomiting/diarrhea</li> <li>• Sore throat</li> <li>• Headache</li> <li>• Muscle or body aches</li> </ul>

If a student screens POSITIVE for COVID-19 **SYMPTOMS**:

Screening Results	Is a COVID-19 test required?	When can child return to school?
<p>1 <b>additional symptom</b> AND No COVID-19 exposure</p>	<b>NO</b>	<p>Return to school 24 hours after symptom resolution</p> <p style="text-align: center;"><b>OR</b></p> <p>If alternate diagnosis is made, return precautions should be specific to diagnosis</p>
<p>1 <b>high risk symptom</b>  <b>OR</b>  <math>\geq 2</math> <b>additional symptoms</b> AND No COVID-19 exposure</p>	<b>YES</b>	<p><b>Negative COVID-19 Test</b></p> <p>Return to school 24 hours after symptom resolution</p> <p style="text-align: center;"><b>OR</b></p> <p>If alternate diagnosis is made, return precautions should be specific to diagnosis</p>
		<p><b>Positive COVID-19 Test</b></p> <p>At least 24 hours since resolution of fever without the use of fever-reducing medications AND improvement in symptoms AND At least 10 days have passed since symptoms first appeared</p>

If a student screens POSITIVE for COVID-19 **EXPOSURE**:

Screening Results	Is a COVID-19 test required?	When can child return to school?
<p>Exposure to a person with confirmed COVID-19 case</p>	<b>NO</b>	<p>Quarantine for 14 days from last exposure to a person with confirmed or suspected COVID-19. If child develops high-risk or additional symptoms during quarantine, follow steps for SYMPTOMS.</p>

# AT-HOME SCREENING CHECKLIST

Before you leave for school each day, please review the checklist. Your responses may indicate possible illness that may decrease your child's ability to learn and also put them at risk for spreading illness to others. Refrain from bringing your child to school if you can not verify any of the following:

MY CHILD DOES NOT HAVE A TEMPERATURE OF 100.4F OR HIGHER

MY CHILD DOES NOT HAVE A SORE THROAT

MY CHILD DOES NOT HAVE A NEW UNCONTROLLED COUGH THAT CAUSES DIFFICULTY BREATHING\*

MY CHILD DOES NOT HAVE NAUSEA, VOMITING, DIARRHEA OR ABDOMINAL PAIN

MY CHILD DOES NOT HAVE A NEW ONSET OF SEVERE HEADACHE

MY CHILD HAS NOT HAD EXPOSURE (BEEN WITHIN 6 FEET FOR AT LEAST 15 MINUTES) WITH A CONFIRMED COVID-19 CASE.

*\*For children with chronic allergic/ asthmatic cough, a change in the cough from baseline.*

Thank you for your cooperation and care in keeping our school community safe!

## Face Masks

The current mask mandate will be followed- with the exception of our mixed-ages kindergarten program.

Masking will be optional in our kindergarten program. There is a constellation of reasons why we have made this decision, primary among them being that, children of this age typically struggle with masking effectively, masking interferes with the development of articulate communication and paralanguage as well as social-emotional development and masking is difficult to maintain in a mixed-ages play-based program. We welcome all families who wish to send their child in a mask to do so.

Masks or facial coverings will be required for first through eighth grades and adults in all indoor spaces where six feet of social distancing cannot be maintained.

Frequent mask breaks will be continued per last year's plan, including limited times in which removing masks is necessary for an activity and when distance can be properly maintained. All students in the school spend a significant amount of time outdoors, in all kinds of weather. This amount varies in each class. We highly encourage you to discuss this detail with your child's class teacher to learn more.

## Social Distancing

### Students

Our goal is to allow for physical distancing in a way that is not punitive in nature – does not isolate students from their peers and teachers. Some of the measures in consideration include classroom and desk spacing, staggered recess in designated areas, and staggered outdoor pick-up and drop-off.

## Curbside drop-off/pick-up

Administration is currently devising a plan for drop-off and pick-up including designated areas for each class to meet at the beginning of the day and leave at dismissal. We are taking into consideration many options including staggering arrival and dismissal times, separate entrances for different classes and having designated staff members outside the school to pick up children as they arrive. Our goals are to adhere to social distancing recommendations and restrict the number of people entering the building. Final drop-off and pick-up plans will be included in our 2021/22 Family Handbook.

## Guests on campus

Visitors to school will continue to be limited. Any visitor who needs to enter the building or classroom area (i.e., maintenance) will be required to wear a face covering. New family tours will be by appointment only on Fridays after Enrichment classes have been dismissed.

## Student health & wellbeing

Maintaining a safe and healthy environment for our students is our highest priority.

### Hand washing and sanitizing

We recognize the importance of frequent hand washing and the role it plays in controlling the spread of infectious disease. We will continue to provide education on proper hand washing techniques to all students.

Some of our classrooms are equipped with a sink, allowing students to have a dedicated area to wash their hands at regular intervals throughout the day.

Students will be required to wash their hands upon entering their classroom, after bathroom use, before and after each meal and other designated times as determined by their Lead Teacher. We will use single-use paper towels for drying hands. If and when hand washing is not feasible, we plan on using a hand sanitizer produced by a local business.

### Health station

We will have a dedicated, private area indoors for students who fall ill during the school day. COFS does not currently have a school nurse on staff, however, we plan to renew usual first aid and CPR certifications as an entire Faculty and Staff. Any staff member who cares for unwell children will be provided with appropriate personal protective equipment and we will continue to follow the guidelines of the public health department.

### Air filtration and purification

Teachers will continue to use HEPA/ UV air filters and purifiers, circulate the air with fans, and open windows when weather permits.

### Water bottles

Our water fountains will be restricted. Please ensure your child has a clearly-labeled water bottle filled up each day. If you feel that one water bottle is not enough, please pack two. Coming prepared with a full water bottle will greatly reduce the hallway traffic and class distractions. If water bottles need to be refilled during the school day, a staff member will properly do so using our filtered water system.

## School sanitization

In alignment with last year's plan, daily disinfecting of high-touch surfaces, daily cleaning/disinfecting of each classroom by teachers at the end of each day, ongoing bathroom cleaning throughout the day, enhanced hand washing, will be continued.

## Force of Nature

We will utilize Force of Nature and thymol-based products to clean, sanitize and disinfect our school.

This cleaner and disinfectant kills viruses and is an EPA registered disinfectant & sanitizer as effective as bleach that's registered for use in hospitals, ICUs, schools, daycares and more. Furthermore, it is on the EPA's List of Disinfectants for Use Against SARS-CoV-2 (COVID-19).



### Tough on Germs. Gentle Around Kids.

Force of Nature is an EPA-registered disinfectant & sanitizer that kills 99.9% of [germs](#)\*, even Staph, MRSA, Norovirus, Influenza A, Salmonella, and Listeria when used as directed. It's on EPA's List N, the disinfectants approved for use against SARS-CoV-2, the cause of COVID-19. Even better? Extra bonus points for having no toxic chemicals!



It kills [viruses and bacteria](#) with no toxic chemicals. EPA registered for hospital & ICU use.



It disinfects & sanitizes just as effectively as bleach with no harmful chemicals.

### Program Specific Details:

#### Parent- Child Program: 9:00- 11:30

Fall/ Spring- Outdoors at Cave Spring Park will remain largely unchanged

Handwashing stations will be available at all times

Winter Sessions- Indoors when mask mandate is lifted

### **Kindergarten Program: 9:00- 1:00**

In alignment with last year's plan, Masking will be optional for all kindergarten children, and no masks will be worn outdoors.

The children will be guided to wash their hands when coming in from outside play, before preparing food, before eating snack and lunch, after toileting, and at other times the teacher finds it necessary. Single use paper towels will be used for drying.

Drop-off and pick-up will both occur outdoors. Specific locations will be shared by lead teachers in their welcome emails.

As more indoor play time may be incorporated, open windows; fans; and air purifiers will be utilized for maximum air flow

The kindergarten teachers and assistants will be wearing either shields or face masks (indoors only) with the option of lowering them during story or at other times when the class is six feet in distance in order to clearly and warmly share stories, puppet shows, or other times in which articulate communication is necessary.

In an effort to bring back the warmth of community meals, children will set the table's placemats and napkins.

In alignment with the usual kindergarten rhythm, a sense of warm community and kinship will be embraced by inviting the children to participate in preparing the foods before cooking, as well as working together to clean up after meals.

### **Extended- Care: 1:00- 2:55**

The same daily cleaning standards will be maintained as in last year's plan

This program will be capped at 8 students

Frequent handwashing and the use of single-use paper towels for drying will be continued

Masks will be removed for children before rest time (if child has opted for a mask)

### **Grades 1- 8: 8:30- 2:55**

Snack and lunch will be outside when weather permits

Given the substantial distractions of traffic and pedestrians, our outdoor classrooms are not optimal learning environments for extended periods of time. They will be used when the curriculum allows.

Drop-off and pick-up will both occur outdoors. Specific locations will be shared by lead teachers in their welcome emails.

Masks will be worn indoors. There may be times when a student has the option to lower their mask when six feet of distancing can be maintained in a well-ventilated and filtered room. These situations may include when class size permits social distancing for desk work. They may also include times in which students are singing, performing speech exercises, reciting poetry or verses, or performing individualized movements. These, and other related activities, are ones in which articulate communication and/or respiratory freedom is necessary. They will be chosen with intentionality and with consideration of everyone's health and safety.

### **Enrichment: 9:00- 1:00**

Classes will take place on campus to better provide a learning experience inspired by Waldorf education.

Given the substantial distractions of traffic and pedestrians, our outdoor classrooms are not optimal learning environments for extended periods of time. They will be used when the curriculum allows.

Lunch will be outside when weather permits

Drop-off and pick-up will both occur outdoors. Specific locations will be shared by lead teachers in their welcome emails.

Masks will be worn indoors. There may be times when a student has the option to lower their mask when six feet of distancing can be maintained in a well-ventilated and filtered room. These situations may include when class size permits social distancing for desk work. They may also include times in which students are singing, performing speech exercises, reciting poetry or verses, or performing individualized movements. These, and other related activities, are ones in which articulate communication and/or respiratory freedom is necessary. They will be chosen with intentionality and with consideration of everyone's health and safety.

### **Specialties:**

#### **Handwork:**

**Grades 1- 8:** Will remain largely unchanged from last year.

#### **Music Classes:**

**Grades 1-6:** Since respiratory freedom is essential in singing, all music classes will take place in the Fellowship Hall, gym or outdoors where six-foot distancing can be maintained. Teachers will utilize a point of reference (such as music stands) to ensure adequate distancing when singing or playing flutes. Masks may be worn while playing stringed instruments. When it is age appropriate and permitted by the curriculum, music classes may be held outdoors.

**Grades 7/8:** All effort will be made to create six-foot distancing between students in order to allow for singing with their guitars. When distancing cannot be maintained, masks will be worn. When it is permitted by the curriculum, singing classes may be held outdoors.

### **Spanish Classes:**

Since clear and articulate speech is crucial in teaching foreign language, the teacher may lower her mask when it is necessary and when six-foot distancing can be maintained. Likewise, students may lower their masks when clear enunciation is necessary and when six-foot distancing can be maintained.

### **Integrated Arts and Movement:**

Weather permitting, all movement classes will be held outdoors while the mask mandate is active. In the event that classes must be held indoors, the teachers will be very intentional in developing curriculum activities that ensure the students respiratory health by maintaining a six-foot distance when lowering masks.

### **Additional requirements:**

Additional requirements will be modified over time as recommendations evolve.

Regardless of strict adherence to these guidelines, infectious transmission is always possible. Everyone who comes to City of Fountains School including children, teachers and parents should be comfortable with the requirements set forth above or should postpone their enrollment.

### **Contact**

You may submit any questions you have regarding the 2021-22 school year to the school administrator. Specific feedback can be directed to the following individuals based on subject matter:

#### **Administration**

Daniela Hindman, Administrator  
admin@cityoffountainsschool.org

#### **Financial**

Kari Cottrell, Business Manager  
business.manager@cityoffountainsschool.org

## Additional Resources:

Kansas City COVID-19 Information Center

<https://www.kcmo.gov/city-hall/departments/health/coronavirus>

Kansas City Health Department

<https://www.kcmo.gov/city-hall/departments/health/coronavirus>

Children and COVID-19: State-Level Data Report

<https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/children-and-covid-19-state-level-data-report/>

Medical Section at the Goetheanum

<https://medsektion-goetheanum.org/en/news/covid-19>

CDC

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

[Explaining the News to Our Kids](#) (Common Sense Media)

[How to talk to children about difficult news](#) (American Psychological Association)

[Talking to Children about Coronavirus \(COVID-19\)](#) (American Academy of Child & Adolescent Psychiatry)

## Community Recommendations for Wellness and Prevention:

N95 masks

Throat Defense: <https://truebotanica.com/products/throat-defense-berry-flavor-srw0358>

Vit. D

Vit. C

Zinc

Omega- 3s

Quercetin

Adequate sleep

Lowering stress through rhythms and routines

Healthy diets