2021-2022
STUDENT & FAMILY HANDBOOK
COVID-19 SAFETY

Return to In-Person Instruction

Office of the Superintendent
Sonoma Valley Unified School District
www.sonomaschools.org

Effective Date: Aug 30, 2021, Revised 1/12/2022

OVERVIEW

The Sonoma Valley Unified School District (SVUSD) anticipates a full return to in-person school, beginning August 2021. Our goal is to ensure that all students and staff have access to safe and full in-person instruction. We continue to implement and enhance COVID-19 health and safety practices and protocols based on guidance from the Sonoma County Office of Education (SCOE), Sonoma County Department of Health Services (SCDHS), California Department of Education (CDE), the California Department of Public Health (CDPH), and the Centers for Disease Control (CDC). The purpose of this handbook is to provide you with updated information and practices for the 2021-2022 school year.

Scenario-based COVID-19 Guidance for Schools, Childcare, and Youth Programs - Sonoma County Department of Health Services, updated August 27, 2021

In order to ensure the safety of all students and staff, please follow these guidelines to help us maintain a safe and healthy learning environment:

- ❏ Instruct your child / children in proper hand hygiene and respiratory etiquette.
- ❏ Wear face coverings.
  - ❏ Face coverings are required for all students and staff
    - ❏ Instruct your child in safely wearing and taking off face covers. Ensure your child arrives at school with a face covering daily (pack a back-up face covering in their backpack).
- ❏ Plan for possible school closures.
- ❏ Talk to your child about precautions to take at school.
- ❏ Instruct your child to visit the school health office only if they feel sick. It is a high-risk area

- ❏ To ensure that it is safe for all students to arrive at school each day, SVUSD will be utilizing the health screening tool on the "**Crisis Go**" app. Each school day families/guardians will receive an email asking them to screen their child(ren). A paper form will be provided at the school for families with no access to a cell phone. A few simple questions like "Does the student have a temperature over 100.0 degrees, has the student been close to someone who has tested positive, etc." will need to be answered to ensure safety. This process will inform the school that your child is safe to be at school. If your student is not safe to be at school they will not be allowed on campus. If they arrive at school without pre-screening, they will remain in an isolated area until the family can arrange to screen their child.
  - ❏ Do not pre-medicate your child with symptomatic relief medications (e.g., ibuprofen [Motrin], acetaminophen [Tylenol], pseudoephedrine / Sudafed, diphenhydramine [Benadryl]) *unless for known, chronic conditions; e.g., seasonal allergies; sinusitis*)
  - ❏ Do NOT send your child / children to school if they *or anyone in the household* (e.g., caregivers, siblings) exhibit any symptoms of COVID-19. Per CDC, people with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.
    - ❏ Contact your healthcare provider immediately to discuss testing for appropriate household members.
    - ❏ Students with the following more common symptoms of COVID-19 must be tested for COVID-19 *or* stay at home and isolate for at least 10 days:
      - Fever (100.0° or higher) or chills
      - Cough
      - Sore throat
      - Shortness of breath or difficulty breathing
      - Not being able to taste or smell
      - Headache
      - Diarrhea
      - Nausea or vomiting
      - Students may return to school after they test negative for COVID-19 with copy of a negative test and/or after their healthcare provider provides an alternate diagnosis - e.g., migraine, strep throat - *and* their symptoms are improving *and* they are fever-free for 24 hours without the use of fever-reducing medication
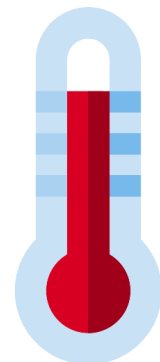
- ❏ Students who exhibit the following <u>less common symptoms</u> *must be evaluated* by a healthcare provider to determine if COVID-19 testing is required:
  - New onset of stuffy or runny nose (different from pre-existing allergies)
  - Body aches
  - Fatigue or lethargy.
  - Schools must receive communication from the healthcare provider that the student may return to school (e.g., doctor's note, fax, phone call).

- ❏ **Notify the school** immediately if:
  - If your child is being evaluated for COVID-19, they may return to school with a negative test or if they have received an alternate diagnosis made by their healthcare provider and followed any criteria for returning to school related to that diagnosis.
  - If a household member is being evaluated for COVID-19, the household member must [isolate/ quarantine](#) as appropriate

Quarantine and Testing

Fully Vaccinated Students:

Students who are considered fully vaccinated ([COVID-19 Public Health Regulations for Fully Vaccinated Persons)](#) can refrain from quarantine and testing following a known exposure if they are asymptomatic.

Unvaccinated Students

Exposure of Unvaccinated Student when Wearing a Mask:
Students who are not vaccinated or not fully vaccinated and had an exposure in an (indoor) in-class setting when both individuals were wearing masks may undergo a modified 10-day quarantine. They may continue to attend school for in-person instruction if they are:
1. Asymptomatic;
2. Continue to appropriately mask, as required;
3. Undergo at least twice weekly testing during the 10-day quarantine period; and
4. Continue to quarantine for all extracurricular activities at school including sports, and activities within the community setting.

Exposure of Unvaccinated Student when not Wearing a Mask:

Students who are not vaccinated or not fully vaccinated and had an exposure in an (indoor) in-class setting when one or both individuals were NOT wearing masks, quarantine is required; however, a full 14 day quarantine may not be required. In this circumstance, parents/guardians should contact their healthcare professional for guidance about questions regarding options for testing, monitoring of symptoms and length of quarantine.

For questions about COVID-19, please call the Sonoma County Health and Human Services phone call center at (707) 565-4400.

Preventative Measures at School

When to Keep Children Home from School
The Center for Disease Control and Prevention (CDC) recommends that people stay home when they are sick and get tested [CDC Guidelines for Staying Home When Sick and Getting Tested)](#).

Parents / guardians should check their child / children for symptoms of illness **every morning** before bringing them to school. If your child, or any other family member of your household, has any of the following more common symptoms of COVID-19, contact a health professional regarding testing for COVID-19 before bringing your child to school:

- Fever of 100.0°F or higher
- Cough
- Sore throat
- Shortness of breath or difficulty breathing
- Not being able to taste or smell
- Headache
- Diarrhea
- Nausea or vomiting

Getting tested for COVID-19 when symptoms are consistent with the COVID-19 infection will help with rapid contact tracing and prevent possible spread at schools.

Students who exhibit the following less common symptoms of COVID-19 *should be* evaluated by a healthcare provider to determine if COVID-19 testing indicated:

- New onset of stuffy or runny nose (different from pre-existing allergies)
- Body aches
- Fatigue or lethargy

Arrival at School and Departure from School

Each school has designated areas for entry to and exit from the school. Arrival at school and departure from school is site-specific. Your particular school site will present their plan directly to you.

- Parents must complete the Crisis Go self-certification process before students arrive to their campus

- Parents who are dropping off or picking up students before and after school will be asked to remain outdoors.

- Students will need to go directly to their designated classroom or meeting location for daily student check in.

Visitors (Revised 10/28/2021)

All visitors on campus are required to follow CDPH guidance.

Visitors will be required to wear a mask indoors when entering any school or district building and are strongly recommended to wear a mask outdoors on our campuses.

All campus visitors must be vaccinated and prepared to show proof of COVID-19 vaccination.

Visitors will be required to self-certify their COVID-19 status and register in the front office through the Raptor visitor system.

Student Transportation via School District Buses

All students will be required to possess a SVUSD bus pass for use of district transportation

Students must wear a mask to board and ride in a school bus.

A mask will be provided to students if they do not possess one.

Field Trips (revised 10/28/2021)

Only district sponsored walking field trips are allowed at this time.

Travel for Athletic Competitions

Travel for high school California Interscholastic Federation and middle school athletic competitions is authorized.

Masks will be required while traveling using district transportation to and from the athletic competition.

Restrooms

Students will have access to restrooms. Protocols for COVID safety will be followed.

Water Access

Students should bring **a personal labeled water bottle of their own from home that they do not share**. Bottle filling stations have been installed at all sites.

Food Guidelines and Food Services

Sonoma Valley will provide food services for students in accordance with the CDPH guidelines. We will arrange for outdoor eating as much as possible. Additionally, frequently touched surfaces will be cleaned regularly and sanitized before and after meals.

First, all meals, for all students, both breakfast and lunch, continue to be completely free of charge.

Hot lunch will be served at regular lunch times. Lunch will be eaten outside.

We initially were going to have the elementary school students take their breakfast home at the end of the day to be eaten in the morning, but it became clear to us that we would not have the capacity hold bagged breakfasts at the proper temperature between when they would be produced, and when they were handed out. We have decided that both lunch and breakfast will be served on campus. It is important for your child to understand, there can be no eating lunch or breakfast inside.

Face Coverings

Masks are optional outdoors in all TK-12 school settings. Students are required to mask indoors, with exemptions per CDPH face mask guidance. Adults and students are required to wear masks indoors at all times while in district owned facilities. Additionally, Sonoma Valley Unified School District is strongly recommending that all students and staff wear a mask while outdoors. Per CDPH guidance dated August 2, 2021, *"Masks are one of the most effective and simplest safety mitigation layers to prevent in-school transmission of COVID-19 infections and to support full-time in-person instruction in K-12 schools. SARS-CoV-2, the virus that causes COVID-19, is transmitted primarily by aerosols (airborne transmission), and less frequently by droplets."* The health and safety of our students and staff is our highest priority. Personal Protective Equipment, including masks, will be made available to all students and staff at district campuses.

People who are exempted from wearing a face covering due to a medical condition or disability must wear a non-restrictive alternative, such as a face shield with a drape bottom edge, as long as their condition permits it.

Students who come to school with unacceptable face coverings will be provided with an acceptable face covering. In SVUSD, the alternative educational setting offered to students who will not wear a face cover is the independent study program.

Acceptable Face Coverings

A face covering means: a covering made of fabric that covers only the nose and mouth and surrounding areas of the lower face. Early research shows a high thread-count cotton outperforms low thread-count and synthetic materials. Examples include: a cloth face cover, homemade ear loop mask, or surgical mask.

Unacceptable face coverings

- Halloween or plastic masks, ski masks with holes for the nose or mouth, or masks that have a one-way valve designed for easier breathing (the valves are often a raised plastic disk about the size of a quarter, on the front or side of the mask)
- Face coverings worn by students must be appropriate and meet district dress code requirements (*e.g.* no inappropriate fabric patterns, no Halloween masks, no hate symbols, *etc.*)

Wearing face coverings correctly

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Avoid touching the face-covering while it is on. If you do need to touch or adjust the face covering, wash your hands right away.

Removing face coverings correctly

Be careful not to touch your eyes, nose, and mouth when removing. Wash hands immediately after removing. CDC How to Safely Wear and Take Off a Cloth Face Covering (English) (Spanish)

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine (learn more about how to wash face coverings.)

Hand Hygiene

Frequent hand hygiene is one of the most important preventative practices to help slow the spread of COVID-19 and will be encouraged at school. Hand hygiene stations will be accessible on campus.

Students and staff will be required to wash or sanitize their hands upon arrival to school each day before entering the classroom. Time for hand hygiene will be scheduled throughout the day including before eating and before returning to the classroom after recess.

Five steps to proper handwashing

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.

5. Dry your hands using a clean towel or air dry them.
    [Handwashing is a Family Activity](#)

How to use hand sanitizer

- Apply the hand sanitizer to the palm of one hand (read the label to learn the correct amount).

- Rub the sanitizer over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Cough Etiquette and Other Important Health and Hygiene Practices

Please help us teach your child / children these important preventative measures to reduce the spread of COVID-19 and other illnesses.

- Cough and sneeze away from other people, and into a tissue or into the crook of the elbow, throw the tissue into the trash right away and wash hands.
- Avoid touching the eyes, nose, and mouth with unwashed hands.
- Avoid close contact with anyone who is sick

Encourage your child to ask questions and express their feelings with you and their teachers. Remember that your child may have different reactions to stress; be patient and understanding. Prevent stigma by using facts and reminding students to be considerate of one another.

Immunizations

Immunization requirements for admission to school remain unchanged for the 2021-2022 school year.

Flu Vaccine

Sonoma County Public Health strongly recommends that all Sonoma County residents 6 months and older get their seasonal flu vaccine.

COVID-19 Vaccine

The California Department of Public Health and the Sonoma County Public Health Department strongly recommend that all eligible students, parents/guardians, and staff get their COVID-19 vaccine.

New State Health Order Regarding School Staff Vaccination

On Wednesday, August 11, 2021 all California public and private schools were provided with a new State Public Health Officer Order directing vaccine verification for workers in schools. All public and private schools providing instruction in grades transitional kindergarten through 12th grade are subject to the Order. The information contained in the Public Health Officer Order identifies the following actions:

All schools identified in this Order must verify vaccine status of all workers.

A. Pursuant to the [CDPH Guidance for Vaccine Records Guidelines & Standards](#), only the following modes may be used as proof of vaccination:

1. COVID-19 Vaccination Record Card (issued by the Department of Health and Human Services Centers for Disease Control & Prevention or WHO Yellow Card) which includes name of person vaccinated, type of vaccine provided and date last dose administered); OR

2. a photo of a Vaccination Record Card as a separate document; OR

3. a photo of the client's Vaccination Record Card stored on a phone or electronic device; OR

4. documentation of COVID-19 vaccination from a health care provider; OR

5.   digital record that includes a QR code that when scanned by a SMART Health Card reader displays to the reader client name, date of birth, vaccine dates and vaccine type; OR

6.   documentation of vaccination from other contracted employers who follow these vaccination records guidelines and standards.

In the absence of knowledge to the contrary, a school may accept the documentation presented as valid.

B. Schools must have a plan in place for tracking verified worker vaccination status. Records of vaccination verification must be made available, upon request, to the local health jurisdiction for purposes of case investigation.

C. Workers who are not fully vaccinated, or for whom vaccine status is unknown or documentation is not provided, must be considered unvaccinated.

III. Testing requirements:

A. Asymptomatic unvaccinated or incompletely vaccinated workers are required to undergo diagnostic screening testing.

B. Workers may be tested with either antigen or molecular tests to satisfy this requirement, but unvaccinated or incompletely vaccinated workers must be tested at least once weekly with either PCR testing or antigen testing. 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.

C. Unvaccinated or incompletely vaccinated workers must also observe all other infection control requirements, and are not exempted from the testing requirement even if they have a medical contraindication to vaccination, since they are still potentially able to spread the illness. Previous history of COVID-19 from which the individual recovered more than 90 days earlier, or a previous positive antibody test for COVID-19, do not waive this requirement for testing.

D. Schools with workers required to undergo workplace diagnostic screening testing should have a plan in place for tracking test results and conducting workplace contact tracing, and must report results to local public health departments. There are IT platforms available that can facilitate these processes for schools.

Reference:
https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Order-of-the-State-Public-Health-Officer-Vaccine-Verification-for-Workers-in-Schools.aspx

Sonoma Valley Unified will be integrating the above identified requirements such that we are in full compliance with the State Public Health Officer Order for the start of school. We will be updating district information to staff regarding the new requirements and ensure that our district has the required testing in place for workers who are asymptomatic unvaccinated or incompletely vaccinated.

School Health Office

Parents / guardians, teachers, and staff should instruct students to visit the school health office only if they are sick or injured. The school health office is a high-risk area that should only be used if medical assistance is necessary. If the health concern is not urgent, teachers and staff will attempt to resolve the matter with first aid interventions before sending a student to the school health office.

If you or your children are feeling worried or anxious, they can sometimes present with physical symptoms (e.g., headache, abdominal pain). Help your child learn how to deal with that anxiety in a healthy way.

Isolation Protocol: If a Student Develops Symptoms at School

If a student develops a fever of 100.0°F or higher and/or symptoms consistent with COVID-19, your child will be placed in an isolation area and observed until they are picked up. Students must be picked up within 30 minutes by you or your identified emergency contact.

- Parents / guardians must always have a plan for picking up their child. Siblings and/or other household members attending school must also be picked up.

- If a student starts exhibiting symptoms, staff will assure the student is wearing a mask. If not, the student will have a mask placed on them and will be isolated.

Multisystem Inflammatory Syndrome in Children (MIS-C)

Some children infected with COVID-19 develop an extremely rare condition called Multisystem Inflammatory Syndrome in Children (MIS-C). Children with MIS-C may have a fever and various symptoms, including abdominal (gut) pain, vomiting, diarrhea, neck pain, rash, bloodshot eyes, or fatigue. Contact your healthcare provider immediately if your child has any of these symptoms.

Attendance Policies

Attendance:

Protocols for excused and unexcused absences will continue as they have been used during a regular school year. If your child will miss school due to illness, we ask that you contact your school office and leave a message to inform the school of your child's absence. Your child will be considered excused from attendance and make up assignments may be provided.

If your child attends school in person and must be absent from school due to exposure to COVID-19 that requires quarantine, please contact your school office to indicate the reason for your absence and the school will reach out to you regarding how to support your child during this time. Your child's teacher(s) and school principal will make plans for supporting your child during the quarantine period.

To report an illness or absence, please contact your school office.

- Parents / guardians should inform the school immediately if their child / children *or household member* (incl. caregiver):
- is being evaluated for COVID-19; or,
- if they test positive for COVID-19; or,
- if they may have been exposed to COVID-19.

  Contact the school principal. This information will be kept confidential.

- Student absences related to illness or quarantine are considered excused absences (Ed Code 48205).

Community Clinics

You can find a list of community health centers and clinics in Sonoma County on the Redwood Community Health Coalition's website. These health centers and clinics are dedicated to providing high quality, affordable health services to families and children and will serve uninsured/underinsured families.

When to Return to School

Students who are ill may not return to in-person instruction until they have met CDPH criteria to return to school for those with symptoms. In general, these guidelines are:

1. At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; AND
2. Other symptoms have improved; AND
3. Student tests negative for SARS-CoV-2 OR healthcare provider has provided documentation that symptoms are typical of an underlying chronic condition (e.g., allergies or asthma) OR healthcare provider has confirmed an alternative named diagnosis (e.g., Streptococcal pharyngitis, Coxsackie virus) OR at least 10 days have passed since symptom onset.

"My child tested positive for COVID-19 but had no symptoms."

If your child continues to have no symptoms, they can return to school after 10 days have passed since they had a positive viral test for COVID-19. Retesting is not required and not advised. If your child develops symptoms after testing positive, contact your healthcare provider.

"My child tested positive for COVID-19 and had symptoms."

A child who tested positive for COVID and had symptoms can return to school 10 days after their symptoms first appeared *and* their symptoms have been improving *and* they have been fever-free for 24 hours without the use of fever-reducing medications or after receiving a negative COVID-19 test.

"My child stayed home or was sent home because of COVID-19 symptoms."

If your child stayed home or was sent home for COVID-19 symptoms, they may return to school after they test negative for COVID-19 and/or after their healthcare provider provides an alternate diagnosis - e.g., migraine, strep throat - *and* their symptoms are improving *and* they are fever-free for 24 hours without the use of fever-reducing medications.

"My child was diagnosed with another illness / communicable disease."

Depending upon the illness, a clearance from the student's healthcare provider may be required for return to school after illness.

Communications

School Actions and Communications in Case of Possible Exposure at School

Families will be notified of school closures and any restrictions in place to prevent COVID-19 exposure as soon as possible.

Parents/guardians of students who are close contacts will be notified by phone call and/or letter outlining the specific steps to take to address the potential COVID-19 exposure.

FOR RESOURCES AND CDPH Recommendations Here

CDPH Guidelines for K-12 Schools

Sonoma County Office of Education (SCOE)

SVUSD Return to School FAQ (English)

SVUSD Return to School FAQ (Spanish)

Student Quarantine Protocol IN-School Exposure (from SCOE) English

Student Quarantine Protocol IN-School Exposure (from SCOE) Spanish

In order to foster the safety of our students, staff, and parents in our school community, I pledge to:

- Conduct daily home symptom screening of my child/children using the **Crisis Go** self-certification.
- Abstain from pre-medicating my child/children with symptomatic relief medications.
- Keep my children home when they are sick or if a household member exhibits any symptoms of COVID-19.
- Schedule COVID-19 testing and/or visit with a healthcare provider if my child/children have any of the following more common symptoms of COVID-19:
    - Fever (100.0F or higher) or chills, cough, sore throat, shortness of breath or difficulty breathing, not being able to taste or smell, headache, diarrhea, nausea or vomiting
    - Contact my health care provider if my child/children have any of the following less common symptoms of COVID-19:
        - New onset of stuffy or runny nose (different from pre-existing allergies), body aches, fatigue or lethargy
- Notify the school immediately if:
    - My child/children or a household member has any symptoms of COVID-19.
    - My child/children or a household member has a known COVID-19 exposure.
    - My child/children or a household member is being tested for COVID-19.
- Follow Sonoma County Public Health's isolate/quarantine orders if indicated.
- Follow public health guidelines.

Student Name: _____

Grade: _____

_____

Parent/Guardian Name   Parent/Guardian Signature   Date

Designated COVID-19 Contacts

The designated person at each site listed on the following page is responsible for:

- Maintaining communication systems that allow staff and families to self-report symptoms and receive prompt notifications of exposures and closures, while maintaining confidentiality
- Providing impacted individuals with family-student guidance documents, including materials in Spanish as needed
- Responding to COVID-19 concerns

Elementary Schools

School Site:	Contact:	Phone:	Email:
Dunbar	Linda Dehzad, Office Manager Jillian Beall, Principal	707-935-6070	ldehzad@sonomaschools.org jbeall@sonomaschools.org
El Verano	Laurie Salmas, Office Manager Maite Iturri, Principal	707-935-6050	lsalmas@sonomaschools.org miturri@sonomaschools.org
Flowery	Karina Rubio, Office Manager Rachel Galdamez, Principal	707-935-6060	krubio@sonomaschools.org rgaldamez@sonomaschools.org
Prestwood	Regina Webb, Office Manager Jennifer Montgomery, Principal	707-935-6030	rwebb@sonomaschools.org jmontgomery@sonomaschools.org
Sassarini	Lida Pulido, Office Manager Stefanie Jordan, Principal	707-935-6040	lpulido@sonomaschools.org sjordan@sonomaschools.org

Middle School

School Site:	Contact:	Phone:	Email:
Adele Harrison	Gina Parisi, Office Manager Paul Tuohy, Principal	707-935-6080	gparisi@sonomaschools.org ptuohy@sonomaschools.org
Altimira	Kimberly Smith, Office Manager Irene Preciado, Principal *(currently on maternity leave: Chrissy Waters, Principal)*	707-935-6020	ksmith@sonomaschools.org ipreciado@sonomaschools.org

High School

School Site:	Contact:	Phone:	Email:
SVHS	Maribel Gonzalez, Office Manager Jessica Hutchinson, Principal	707-935-4010	mgonzalez@sonomaschools.org jhutchinson@sonomaschools.org
Creekside/ Independent Study	Terri Hernandez, Office Manager Liz Liscum, Principal	707-933-4046	thernandez@sonomaschools.org lliscum@sonomaschools.org

District Nurses

School Site:	Site:	Phone:	Email:
Daniela Ziemer	Altimira, Flowery, Prestwood	707-935-2220	dziemer@sonomaschools.org
Emily Henke	Adele Harrison, Dunbar, Sassarini	707-935-2224	ehenke@sonomaschools.org
Erin Weaver	El Verano, SVHS Creekside/Independent Study	707-935-2225	eweaver@sonomaschools.org