

Middleton School District

Stay Open Plan



Task Force Report

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HEALTH AND SAFETY

Symptoms Checklist for Staff and Students

- Staff and families should familiarize themselves with symptoms of COVID-19 including symptoms of Multisystem Inflammatory Syndrome in Children (MIS-C) associated with COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/mis-c.html>
- Any student/staff experiencing new or unexplained symptoms, whether witnessed by a staff member or reported by the student/staff, should be sent to a designated room for the nurse's assessment and recommended action. These symptoms include, but are not limited to: any acute upper respiratory illness, such as runny nose, sore throat, sinus congestion, cough, shortness of breath, or any muscle aches, chills, new loss of taste or smell, unexplained headache or fatigue.
- The school nurse should record the symptomatic person's temperature and perform a brief assessment of the person's complaints or symptoms. If the school nurse needs to be in close contact with the individual (within 6 feet), school nurses should have personal protective equipment (PPE) on hand and use it as indicated; following the NH Division of Public Health Services (DPHS) guidance for the most up-to-date recommendations for healthcare providers.
- Symptomatic persons should be instructed to contact their health care provider to be tested for COVID-19 if recommended. If a student arrives at an education facility and appear acutely ill and needs to be seen by a medical provider, contact the parent or guardian to have the student picked up.
- If students have COVID symptoms and the parent of student or a student who has reached the age of majority provides written permission the school nurse will perform an antigen test until the State of NH no longer provides the tests.
- If the individual requires immediate medical care, call 911 for an ambulance and inform emergency medical services about the individual's symptoms.
- School Nurses may call NH DPHS at 603-271-4496 for additional guidance.

Sources:

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

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<https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/inline-documents/sonh/k-12-back-to-school.pdf>

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/school-childcare-toolkit-2021-2022.pdf>

Confirmed Exposure to COVID-19

Isolate: those who have tested positive for COVID or those who are sick with symptoms and awaiting testing. Everyone, regardless of vaccination, should isolate for 5 days and then wear a well-fitted face mask for an additional 5 days when around other people at home or in public locations.

Confirmed Positive for COVID-19

Quarantine: those who are a household contact and are unvaccinated or who are not “up to date” on receiving all recommended COVID-19 vaccine doses (including booster shot) should quarantine for 5 days and then wear a well-fitted face mask for an additional 5 days when around other people at home or in public locations. Household contacts with up-to-date vaccines (including booster shot) do not need to quarantine. Our schools will treat everyone as unvaccinated unless families voluntarily provide the school with their vaccination status.

Monitor for symptoms. Monitor yourself for potential symptoms of COVID-19 such as respiratory illness (cough, sore throat, runny nose, shortness of breath), body symptoms (fatigue, chills, muscle aches), change in taste or smell, nausea, vomiting or diarrhea, even after you end your quarantine. If you develop any symptoms of COVID-19 seek medical advice and get tested (call ahead and tell them you were recently exposed to someone with COVID-19 and have symptoms).

The latest guidance regarding isolation and quarantine can be found [here](#).

Travel Related Risk

Travel related risk is associated with the area in which the travel occurs. You will find the most recent guidelines and travel information [here](#).

Conditions to Reduce the Spread of COVID 19

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COVID-19 is mostly spread by respiratory droplets released when people talk, cough, or sneeze. Therefore, personal preventive practices such as handwashing, air circulation, and environmental cleaning and disinfecting are important to practice on a regular basis.

Sanitizer Stations

Hand sanitizing stations will be available in each school. . Each classroom will have hand sanitizer available.

Washing your hands with soap and water is the best way to get rid of germs in most situations; however, soap and water are not always available. In those cases, an alcohol (60%) based hand sanitizer can be used to help reduce germs.

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

Use soap and water if your hands are visibly dirty or greasy; do not use hand sanitizer.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>

Hand Hygiene and Respiratory Etiquette

Staff and students are encouraged to cover coughs and sneezes with a tissue and wash hands (or sanitize) immediately afterwards. If tissues are unavailable, the appropriate action is to sneeze or cough into your elbow.

Staff members and students will be trained in proper handwashing and students will be reminded several times a day to wash or sanitize hands. There is a link to a video for you to view on proper handwashing just click:

[Handwashing Link](#)

Handwashing is extremely important. It is one of the best ways to keep all of us from getting sick. Germs can spread from other people and surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands.
- Prepare or eat food or drink with unwashed hands.
- Touch a contaminated surface or object.
- Blow your nose, cough, or sneeze into your hands and then touch objects or other people's hands.

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The key times for students and staff to wash their hands while in school are:

- Before, during and after preparing food.
- Before eating food.
- After using the toilet.
- After blowing your nose, coughing or sneezing (use tissues when coughing or sneezing or cough or sneeze into the elbow).
- After you have touched a surface area that has been touched by many individuals, like a door handle, computer keyboard, etc.

Follow the following 5 steps in order to ensure the correct technique for hand washing:

1. Wet your hands with clean, running water (warm or cold), and apply soap.
2. Lather your hands by rubbing them together with soap, back and forth, between the fingers, under the nails (if possible).
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song twice from beginning to end.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a paper towel

Source: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>

Mask Wearing Expectations

[Recent studies](#) show that a significant portion of individuals with COVID-19 lack symptoms (are “asymptomatic”) and that even those who eventually develop symptoms (are “pre-symptomatic”) can transmit the virus to others before showing symptoms.

Source: <https://www.cdc.gov>

Mask wearing is optional. Those who wish to wear a mask should consider what constitutes a mask

- Well secured multi layered paper or cloth that covers the mouth and nose
 - Securement is defined as remaining in place on its own by:

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- Wrapping around the face and head or
 - Tying behind the head or
 - Having elastic loops or ties behind the ears
 - Should not have holes
 - No exhalation valves
 - No rips or tears
 - Not made of a material with holes or transparent material
 - Should be able to be removed without touching the face or area of the mask in front of the mouth or nose
 - Each day should be started with a clean mask
- <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Face-Coverings-Guidance.aspx>
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>
<https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-19-face-covering-faq.pdf>

The CDC is now recommending N95 and KN95 masks as most effective against the spread of the coronavirus.

Physical Distancing Expectations

Social distancing, also called “physical distancing,” means keeping a safe space between yourself and other people who are not from your household. Classrooms will be arranged to minimize close contact between students. Care should be taken not to have students packed closely together for activities. Some social distancing will be practiced in combination with other everyday preventive actions to reduce the spread of COVID-19, including avoiding touching your face with unwashed hands, and frequently washing your hands with soap and water for at least 20 seconds.

Classroom Distance and Cleaning/Disinfecting

Individuals in the classroom will be spaced whenever possible. Students will have assigned seats.

Classes may be taught outdoors when feasible.

Touched surfaces will be cleaned as needed and appropriated. The custodial staff will maintain a clean and sanitized environment for our students.

Physical Education and Gym Area

- Outdoor activities will be encouraged to improve physical distancing and increase availability of fresh air.

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- Physical distancing will be increased as appropriate for activities that increase respiratory effort.
- Locker Room Use
 - Locker room facilities can be used for changing clothes, showering, and toileting.
 - Alcohol-based hand sanitizer will be made available at entrances to locker rooms and changing facilities.

Field Trips and Off-site Activities

Field trips are determined on a case-by-case basis.

Visitors to the Schools

Visitors to the school will be required to make an appointment. Members of the public in any school building will be expected to be COVID free.

Professional Development

Professional development resources will be provided for new staff in the areas of infectious disease transmission, COVID-19 symptoms, proper wearing of masks, and social distancing. Some of this information is provided for parents and teachers in this document.

[Professional Development Slide Show](#)

Social Emotional Learning

Social Emotional Learning as part of a multi-tiered system of supports for behavioral health and wellness has been an ongoing priority for Middleton and GWRSD, with professional development and resources put in place throughout the District prior to the pandemic. The continued integration of tools and resources gave a strong foundation on which to build from March 2020 forward.

In addition to counseling available at all buildings, remotely and now in-person again, students and families also have access to a high school-based K-12 Social Worker and an Outreach Counselor based out of Ossipee Central School. The Outreach Counselor has expanded outreach districtwide (as needed) to support the social-emotional well-being of students.

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Along with these roles, there are a variety of resources used at the elementary level to support social-emotional learning. These include, but are not limited to: Toolbox, Mindful Schools curriculum, Responsive Classroom, FlyFive, GoZen, Nurtured Heart, Zones of Regulation and Everyday SEL for Elementary Schools. The middle school has incorporated Ripple Journals in their advisories, which is a resource supported by the NHDOE's Bureau of School Wellness. The Ripple Journals are a social-emotional learning tool as well as a wellness curriculum. The high school offers support for drug and alcohol prevention as well as community resources and supports for students and families.

Furthermore, in the spring of 2021, the District was awarded a System of Care Expansion and Sustainability grant from the NH Department of Education. This grant supports our Student Wellness Coordinator, who also serves as the System of Care Project Manager. Our coordinator is responsible for overseeing the planning, implementation, and sustainability of all project objectives and activities, some of which include: increasing awareness of mental health issues among school-aged youth; providing training for school personnel and other adults, including parents; connecting school-aged youth to needed services; and collaborating with the District Social Worker and Outreach Counselor as appropriate in supporting the social-emotional well-being of students.

Fact Sheets for Families and Teachers

[Symptoms of COVID-19](#)

Source - CDC

[Wearing a Mask](#)

Source - NH Department of Health and Human Services

[Using Personal Protective Equipment \(PPE\)](#)

Source - CDC

[Handwashing/Hand Sanitizing Poster](#)

Source - CDC

[Talking with Children about COVID-19](#)

Source - CDC

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[Things to Know About COVID-19 to Protect Yourself and Others](#)

Source - CDC

[Teaching Children to Wear Masks](#)

Source - CDC

Communication Plan

The communication team comprises SAU administrators and school principals. Each school principal also has a crisis team within the school which will be meeting as needed to discuss COVID-19 related issues and topics. We are fortunate to have a districtwide phone messaging system that reaches all families and staff members that is used for emergencies and important messages. Important COVID-19 related information needing to be conveyed on an immediate basis will be communicated through this system. Updates will also be provided to parents and staff by the Superintendent of Schools and the school principals as important information becomes available. Specific classroom related information will be conveyed by the teachers.

The District will continue to provide information to parents and staff members regarding COVID-19 symptoms, information regarding when to keep a child home from school, proper handwashing, social distancing, and the proper donning and doffing of masks.

The school nurse will be responsible for documenting, reporting to, and coordinating with public health officials to respond to any suspected or confirmed cases of COVID-19. This information will be conveyed to the school principal and Superintendent of Schools as soon as possible until DHHS no longer requires this information. The State (DHHS) may require these individuals to quarantine or isolate. Every attempt will be made to keep school open full-time in-person. The vehicles for communication include SchoolMessenger, the District and school websites, email, Facebook (for schools who have a Facebook page), local television, and video messages.

Middleton incorporates stakeholder feedback by utilizing surveys, providing public participation at Board meetings, access to an ESSER-specific email address to offer written feedback, as well a special public hearing for ESSER III in April 2022.

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FOOD SERVICE

All new food service staff members will complete all required District professional development prior to the start of the school year, work, review hygiene procedures pertaining to the food service, and clean and sanitize all areas.

Students at each level are welcome to bring their own meals as an extra precaution; however, meals will be provided to all students who choose to have breakfast and lunch provided by the school.

In the cafeteria and the gym there will be as much distance as possible given the activity. C. Students will be asked to wash or sanitize their hands before and after lunch.

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Disinfecting and Cleaning Procedures

The Middleton and Governor Wentworth Regional School District follows a comprehensive and aggressive cleaning and disinfecting program. Our custodians and school staff take great pride and care in providing a clean, healthy learning environment for the students in our schools. To achieve this goal the CDC cleaning and sanitizing procedures are in place to ensure we are doing our very best to keep our schools clean and safe for our students and staff.

Specialized Cleaning

All classrooms, offices, and used spaces

Classroom teachers and students will have sanitizer available for hand and for touch surfaces to use as needed. The day custodian will clean and disinfect the building (e.g., cafeteria, lecture halls, restrooms, hallways, lobbies, main entrances and other similar locations). The night custodians will clean the classrooms and all other spaces on a nightly basis. Rooms with carpet will have the carpets washed on an as needed basis.

Restrooms

Restrooms will be checked and cleaned throughout the school day as well as on a nightly basis.

Touch Surfaces

All high touch surfaces, such as door knobs, light switches, countertops, handles, desks, phone, and faucets, will be disinfected regularly.

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Heating Ventilation and Cooling

Research has found that air ventilation can serve to dilute the coronavirus. While school is in session the heating, ventilation, and cooling system will be programmed for air exchange throughout the day.

Daily Routines

In addition to the procedures listed above the custodians are performing their regular daily and nightly cleaning including snow removal during winter months and other non-cleaning responsibilities.

Laundry

Employees who handle contaminated laundry are to wear protective gloves and other appropriate personal protective equipment to prevent exposure and utilize other universal precautions during and after handling.

- Contaminated laundry shall be handled as little as possible with a minimum of agitation.
- Do not sort/rinse laundry in the location of use.
- Place the laundry in the container/bag where it was used.
- Wet, contaminated laundry, which may soak through, or cause leakage from bag or container, will be placed and transported in bags or containers that prevent soak-through and/or leakage of fluids to the exterior.

Methods of Implementation and Control

Universal Precautions

All employees will utilize Universal Precautions. All blood and other potentially infectious materials (OPIM) will be handled as if contaminated.

Handwashing and other workplace controls

Handwashing is a primary infection control measure which protects both the employee and the student. Appropriate hand washing shall be diligently practiced.

Employees shall wash hands thoroughly using soap and water whenever hands become contaminated and as soon as possible after removing gloves or other personal protective equipment.

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When other skin areas or mucous membranes come in contact with blood or other potentially infectious materials, the skin shall be washed with soap and water. Mucous membranes shall be flushed with water as soon as possible.

Handwashing facilities with antiseptic soap are present in all restrooms and throughout all of our schools. Instant hand sanitizer is located in various areas of our schools for use when hand washing facilities are not available.

Eating, drinking, applying cosmetics or lip balm, and handling contact lenses are prohibited in work areas where there is a reasonable likelihood of exposure.

Food and drink shall not be kept in refrigerators, freezers, shelves, cabinets or on countertops or benchtops where blood or other potentially infectious materials are present.

Mouth pipetting potentially infectious material is prohibited.

Employees shall use practices to minimize splashing, spraying, spattering, and generation of droplets during procedures involving blood or other potentially infectious materials.

Personal Protective Equipment (PPE)

General Guidelines

Potentially infectious materials of all persons must be considered potentially hazardous. Direct skin contact with all bodily fluids should be avoided.

Employees shall wear personal protective equipment (PPE) when performing procedures in which exposure to the skin, eyes, mouth, or other mucous membranes is anticipated.

The articles to be worn will depend on the expected exposure. Hypoallergenic gloves, gowns, face shields, masks and eye protection are located in the custodial supplies storage room.

If a garment is penetrated by blood or other potentially infectious material, the garment shall be removed as soon as possible and placed in a designated container for laundering or disposal. All personal protective equipment shall be

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removed before leaving the work areas; it shall be placed in assigned containers for storage, washing, decontamination or disposal.

Protection for Hands

- Gloves shall be worn when it is reasonably anticipated that hands will come into contact with blood or other potentially infectious materials.
- Employees shall inspect gloves for holes, punctures and tears before use.
- All disposable gloves shall be properly disposed of after use. They are not to be reused.
- If the gloves protective barrier has become compromised, the glove shall be removed and properly disposed of and new gloves shall be used.
- Utility gloves can be reused if decontaminated, but must be discarded if cracked, discolored, punctured or showing any signs of deterioration.

Playgrounds

According to the CDC, outdoor areas such as playgrounds and parks require normal cleaning but do not require disinfection. Training

In addition to the annual training, new custodial and maintenance staff will complete training in the following areas: Infectious Disease, COVID-19 Symptoms, Mask Donning and Doffing, and Social Distancing.

Approved Cleaning Chemicals for Disinfecting

Disinfectants

- Hyperfect and Contact 256
 - Hospital grade broad spectrum disinfectant
 - Effective against human coronavirus
 - Health Rating: 1
 - Dwell Time: 10 minutes
 - Green Seal certified
 - Used in spray bottles, electrostatic sprayers, pump sprayers, buckets and mop buckets
- Pathos II Disinfectant wipes

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- Hospital grade broad spectrum disinfectant
- Effective against human coronavirus
- Health Rating: 1
- Dwell Time: 4 minutes
- Pre-moistened disposable towels
- Other disinfectant wipes, such as Clorox Wipes may be used
 - Health Rating: Varies depending on product
 - Dwell Time: Typically 10 minutes, however most surfaces when wiped with disinfecting wipes tend to dry in less than 10 minutes making it difficult to ensure proper dwell time. If possible use Pathos wipes.

Non-Approved Disinfectants

- Bleach
- Any household spray or liquid chemicals. Please use chemicals provided by the District. All chemicals used within our schools require SDS Sheets. All spray bottles and other containers containing chemicals must have labels that adhere to OSHA requirements.
- Lysol
- Disinfectants in aerosol spray cans may contain known carcinogens and should not be used.

Alternative Disinfection Methods

- The efficacy of alternative disinfection methods, such as ultrasonic waves, high intensity UV radiation, and LED blue light against COVID-19 virus is not known.
 - The EPA does not routinely review the safety or efficacy of pesticidal devices, such as UV lights, LED lights, or ultrasonic devices. Therefore, the EPA cannot confirm whether, or under what circumstances, such products might be effective against the spread of COVID-19.
- The CDC does not recommend the use of sanitizing tunnels. There is no evidence that they are effective in reducing the spread of COVID-19. Chemicals used in sanitizing tunnels could cause skin, eye, or respiratory irritation or damage.
- The CDC only recommends use of the [surface disinfectants identified on List N](#) against the virus that causes COVID-19.

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TRANSPORTATION

New bus drivers will complete all required District professional development prior to the start of the school year. Masks, shields and gloves will be available for the drivers' use.

All students will be seated as far apart as possible. When loading the buses, students will move to the back seats first. When the students are ready to leave the bus, the students in the front of the bus will exit first. Students will enter and exit the bus one by one.

New bus drivers will complete all required District professional development prior to the start of the school year. Drivers will wear face coverings while students are aboard. Masks, shields and gloves will be available for the drivers' use.

All students will be seated as far apart as possible. Upon arriving at the bus stop, students will enter the bus and sit in their assigned seats. When loading the buses, students will move to the back seats first. When the students are ready to leave the bus, the students in the front of the bus will exit first. When students enter or exit the bus they must keep a 3-foot physical distance from others. Students will enter and exit the bus one by one.

Staff members monitoring pick-up and drop off will be requiring that students be physically distanced by at least 3 feet. Parents and students will be instructed to maintain at least 3 feet of physical distancing at bus stops while loading and unloading the buses.

The CDC requires all passengers on public transportation, including school buses, to wear masks. Students will be required to wear a mask on the school bus. Children will be expected to come to the bus wearing a mask. Additional masks will be kept on the bus should a student need one for any reason. All bus drivers will wear a cloth face covering (mask) at all times while students are on the bus or while students are exiting and entering the bus, as detailed above.

Parents will be asked to have their children wash their hands before boarding the bus; however, hand sanitizer will be available on the bus if needed.

Bus drivers will keep an attendance record of who has ridden the bus each day. All the buses will be cleaned daily.