



## **Welcome Back Rapids Covid-19 Guide August 2021**

*We've designed the following policies in order to allow all of our students to come back to school and know that there are multiple protections in place to prevent Covid-19 from spreading. At the same time, we are committed to taking care of each student and are always mindful of their social & emotional needs. These are cornerstone values at Ma'ayanot and this year requires that we pay careful attention to them. During a year when we are all carrying the stress load and worries of 18 months of Covid-19, we are committed to creating spaces of joy and connectedness in every possible way. We are proud to be a caring and thoughtful school community - we will act, and educate our students to act, with derech eretz and our faculty will model this every single day.*

Please note that this document is a living document and will evolve to reflect any changing conditions in our community. Ma'ayanot reserves the right to alter its policies and rules, with notice, as it deems advisable with respect to Covid-19 procedures. Parents and students must abide by the new policies as they are developed, communicated and implemented. We recognize that these processes are extensive. Each component of this plan requires the collaboration and cooperation of the entire Ma'ayanot family so that we will be able to have as healthy and successful a year as possible. Therefore, the act of sending your daughter to Ma'ayanot, in-person or on Zoom, constitutes an agreement to follow the Covid-19 Safety Policies and Procedures outlined below.

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### **I: Educational Philosophy**

The Ma'ayanot mission statement reflects our belief that each student is capable of multiple levels of growth within the supportive and dynamic learning community that we have created. Ma'ayanot is a school where individuality is cherished and the community is thriving precisely because each person is valued and contributes to a vibrant and dynamic learning experience. This year we will take care of each other so that what we cherish in each other is safe and so that our community can continue to learn and grow together.

We are excited to be welcoming everyone back on campus for in-person learning and hope that this year we will be able to significantly limit distance learning. This will allow us to embrace the positive energy and exciting dynamic that learning on campus creates.

Our health and safety recommendations and guidelines, outlined below, are protective measures against the spread of Covid-19 within our school community. Our approach and our decisions reflect thoughtful, deliberative, impassioned discourse with stakeholders and our commitment to the Ma'ayanot mission. We recognize the complexity of education

during a global pandemic and have created an approach that demonstrates resilience and creativity based on the following priorities:

- We prioritize the health and safety of our students, teachers, families, and staff.
- We prioritize the needs of a holistic educational model that addresses the social, emotional, academic and spiritual well being of our students, teachers, and families.
- We prioritize our faculty's abilities to teach and reach our students with creativity and the best practices of pedagogy.

## **II: Covid Policies & Medical Advisory Committee**

Your daughter's well-being, mentally, emotionally, and physically is at the core of everything we do. We worked tirelessly last year to maintain in-person school knowing the importance of relationships and face-to-face learning. This year, we will be fully in person and continue to implement safety guidelines to protect the students and faculty, all with the guidance of our Medical Advisory Committee, our Administration, and members of our Guidance team.

Our medical advisory committee is composed of 4 highly regarded local pediatricians who consult on a voluntary basis with members of the administration and our school nurse. We work together on researching and outlining possible approaches. The doctors track the CDC and DOH recommendations, consult with other specialists, and with each other, on each of our questions and offer their best recommendations. Ultimately, the policies and their implementation are the responsibility of the Ma'ayanot Administration. We are fortunate to have a very balanced and thoughtful group to advise us and we've navigated last year's issues with compassion and strategic decisions. We kept school open the entire year, never quarantining a class or a grade, and only surgically applied quarantines to small groups upon exposures. This year, we are fortunate to have the same group of doctors continuing to serve as our advisors. Their role is to advise the school and not to discuss or debate the merits of the policies that we establish. The school's policies are adopted to reflect the best balance of our values and what we are practically able to implement. For personal medical guidance, each parent needs to seek guidance from their own doctor and make the best decisions that they can for their children.

### **Ma'ayanot Advisory Medical Committee:**

**Dr. Burt Appel**

**Nurse Tali Feder**

**Dr. Howard Friedman**

**Dr. Lorie Greenberg**

**Dr. Dora Suldan**

Considering the emergence of new Covid-19 strains, new data, and changing guidelines, we expect to keep revisiting and revising our approach, as needed, over the course of the year.

## **III: Safe & Healthy Campus - Policies & Operations**

### **Vaccinated and Unvaccinated Individuals**

At this time with new variants of greater contagion rates appearing across the country, we are strongly recommending that all members of our school community get the Covid-19 vaccine that is available for their age group. Vaccinations continue to be the single most effective protection against serious illness from Covid-19. Ma'ayanot will require all adults who work on campus to be vaccinated unless they have an approved medical exemption. Unvaccinated adults will be required to wear a medical grade mask at all times in the building and undergo regular Covid-19 testing. Unvaccinated students will need to adhere to safety protocols that are designed to offer greater protections as included in the sections

below pertaining to masking, athletics, performing arts, weekly testing, and quarantining. The increased exposures of Lunch and PE will be addressed with universal protocols allowing all students to participate safely. We are exploring using a testing protocol for Shabbaton to see how we can safely include all of our students. Please read each relevant section carefully. Our commitment to treating each student and family with kindness and *derekh erez* will guide our efforts in this partnership to support all of our students in having a healthy year. Please note that all policies and their implementation will be continually reviewed and updated as needed.

### **In-Person Learning**

We are pleased to be able to return to in-person learning for all of our students 5 days a week. Our classroom setup will abide by the current recommendation and will have desks placed at 3 ft. distances. Everyone in the building, staff, faculty, students, and visitors are required to mask at all times, with limited exceptions as included below.

### **Limiting Zoom Learning**

We recognize that during this stage of the pandemic, with the highly contagious Delta variant, we will continue to see Covid-19 cases in our school community. We will therefore continue to allow limited zoom access on a case-by-case basis. Students who are unable to attend school for Covid-19 quarantine reasons or for an extended medical leave will be permitted to zoom into their classes. Our goal is to enable these students to access their classes as seamlessly as possible.

Parents should send an email to our school nurse if a student is experiencing any Covid-19 symptoms or has had a known Covid-19 exposure. Students will be given permission to zoom into class while they remain at home for Covid-19 reasons. Students who are fully vaccinated do not need to quarantine after a Covid-19 exposure as long as they remain asymptomatic.

### **Daily Arrival Procedures**

Students and Staff arriving at school will be required to submit a self-monitoring Attendance/Health Screening survey reviewing the Covid-19 symptoms to be aware of, as described below, in the “Stay Home and Stay Healthy” section.

### **Masking Policy**

The Governor of NJ recently announced that masking will be required for all staff and students in all K-12 schools. Therefore, we will be requiring that all staff and students are masked while indoors. This means that:

- Everyone inside the school building will be required to wear a mask that properly covers one’s nose and mouth at all times. Medical grade masks have a better fit and are highly recommended for everyone. Because the current strains of Covid-19 are highly contagious and masking is an important mechanism of protection that prevents spread, unvaccinated students must wear medical grade masks. This refers to the disposable paper filtered masks rather than the commercially designed cloth masks.
- Masking is mandatory in all areas of the building - including classrooms, common space, hallways and bathrooms.
- Masks with exhalation valves, bandanas, and neck gaiters are not acceptable.
- Face shields alone are also not sufficiently protective and will not be an acceptable replacement of masks.

When students are outdoors, masks will not be required. There is a morning and an afternoon break, in addition to lunch time, during which students will have the opportunity for scheduled mask breaks.

### **Lunch Period**

All students will be encouraged to eat outdoors when possible. In general, students will only be allowed to eat indoors in designated areas. First semester these will be the Gym, Library and Beit Midrash. When the construction of the new Student Center is completed, lunch will move to this space specially designed for lunch and eating will no longer be

permitted in the Gym, Library and Beit Midrash. These areas for eating lunch will be set up with appropriate distances between seats for all students who would like to eat indoors during inclement weather. When students are eating outdoors they will have the opportunity to enjoy mask-free time with their friends.

We are pleased that our Sophomores, Juniors, and Seniors will once again be allowed to spend their lunch period enjoying the dining venues on Queen Anne Road and West Englewood Avenue. Unvaccinated students should dine outside only. We will track the local establishments' dining guidelines to see if there are changes in policy related to unvaccinated patrons. For now, we understand that no distinction is in place. Should that change, we will update our policy as well. Please keep in mind that in the case of a positive Covid-19 exposure, which can happen during lunch, vaccinated students will not need to quarantine, while non-vaccinated students will need to quarantine. Hopefully, in accordance with our usual policies, our Freshmen will be permitted to go off campus during their lunch period starting second semester as well.

### **Physical Education**

There will be PE classes in-person as we start this year. We will continue to review the best way to safely assure that all of our students are guided on a healthy plan for moving and getting exercise on a weekly basis. Due to CDC and DOH guidelines for space and safety concerns, we will start the year with all students having PE outdoors so that students can be unmasked. During inclement weather students will be directed to PE activities indoors that are designed to ensure safe distances.

### **Busing / Carpool**

Busing and Carpool arrangements are possible settings for a Covid-19 exposure. Therefore, all students must wear a mask when on a school bus and we strongly recommend that masking is enforced during carpool trips as well. In the case of a Covid-19 positive student, students in the same carpool or within 3ft on the bus, who are unvaccinated will need to be quarantined. Vaccinated students who have no symptoms will not need to quarantine.

### **Student Life @ Ma'ayanot**

The relationships we develop in and out of class are key aspects of the Ma'ayanot experience for students and faculty. We are eager to see our students' talents emerge as they connect with friends and mentors. While this year will have certain restrictions and challenges as we navigate new strains of Covid-19, we will adjust our safety protocols accordingly. We are planning for Mishmar to be in-person and Clubs and Committees will also have designated times for in-person meetings. We expect that some co-curricular competitions may be held online this year, and are awaiting the Yeshiva League Covid Policies regarding inter-yeshiva Athletics.

### **Grade Teams/Faculty Advisors**

Our Advisory Program is another proactive structure designed to help support our students and ensure that everyone is known and connected. Each student in Ma'ayanot has been assigned a faculty advisor who will be her "go-to" person for any questions. Faculty advisors will schedule 1:1 check-ins with students, small group lunches and be active members of that grade's programs. Together, the faculty advisors assigned to each grade will serve as a **Grade Team**, working to support the students in their grade. Faculty Advisors/Grade Teams are composed of faculty members and members of our Student Activities Team, our Guidance Department, our Torah Enrichment and Programming Team, and the Grade Mashpi'im. Faculty advisors will reach out to their respective teams prior to the start of school.

### **Athletic Teams & Performing Arts**

We are currently only permitting vaccinated students to participate in team sports and performing arts activities that involve singing. As the year progresses we will review this policy to see whether changes are warranted. Additional Covid-

19 rules regulating inter-yeshiva competitive games will be announced shortly and we will update all athletes about those regulations.

### **Campus Cleanliness and Hygiene Preparations**

Classrooms have been re-arranged so that students are seated three feet apart. Appropriate cleaning staff have been hired to clean the bathrooms and communal areas throughout the day and perform more intensive cleaning and disinfecting procedures every night.

The HVAC filters in our building have been updated to MERV-13 for better filtration.

### **Visitors on Campus**

Ma'ayanot is pleased to welcome visitors and family members back on campus and excited to share our renovations with you. This year, however, for the health and well-being of Ma'ayanot students and faculty, **all visitors will be required to wear medical grade masks while on campus indoors regardless of their vaccination status.** This refers to the disposable paper filtered masks rather than the commercially designed cloth masks. Visitors will also need to complete a health screening reviewing the typical Covid-19 symptoms.

### **Deliveries**

All deliveries must be labeled for a specific student and left outside at a security table to be picked up by students during their free time.

## **III: Stay Healthy & Stay @ Home Health Protocols**

### **Immunization Policy / Flu Vaccine**

Immunizations records must be uploaded to the [Magnus Health Portal](#) before any student may attend in-person learning on campus. Ma'ayanot does not accept religious exemptions. Medical exemptions must be documented and submitted for review by our medical committee at least 30 days prior to the start of school. Since many Flu symptoms mirror Covid-19 symptoms, **it is strongly encouraged that all Ma'ayanot students get a Flu shot before November 1, 2021**, in order to avoid the necessity of staying home, or testing, when experiencing similar symptoms.

### **Health/Wellness Screening**

As part of the daily attendance screening, students/parents (and all visitors) will answer one question confirming a daily self-monitoring check for overall health and wellness.

**There is an understanding that NO ONE comes to school sick, ever.**

As a member of the Ma'ayanot community, each student has the opportunity and obligation to keep herself and her fellow classmates safe. A key factor in maintaining a healthy environment will be ensuring that students only attend school when they are well.

The act of sending your child to school or coming to work at school indicates that the following statements are true.

- Our family is adhering to state and local government mandates regarding social distancing and face coverings outside of school.
- We are monitoring our family for any new Covid-19 related symptoms.
- We are adhering to travel quarantine requirements for unvaccinated members of our family.

The following symptoms are possible indicators of Covid-19 and should prompt you to contact your family doctor for guidance.

- Significant cough
- Shortness of breath or difficulty breathing
- A fever of 100.0°F or higher, or chills
  - ❖ Families must check the temperature of any household member who does not feel well
- Sore throat
- Chills
- New loss of taste or smell
- Muscle or body aches without obvious explanation
- Nausea, vomiting, or diarrhea
- Severe abdominal pain without constipation
- Congestion/runny nose – not related to seasonal allergies
- Unusual fatigue

Any of these symptoms might signal the onset of Covid-19 regardless of vaccination status . Therefore, if **any of these symptoms are present in one's household**, parents should consult with their physician for clearance prior to sending students to school.

If a household member experiences the above-mentioned symptoms, check with their doctor for a Covid-19 clearance. A Ma'ayanot student in this household who is feeling well (no symptoms) can still come to school, remaining masked in school, as long as she is vaccinated. A Ma'ayanot student in this household who is not vaccinated must remain at home until her family member's status is clear. In the case of a positive Covid-19 exposure a non-vaccinated student must quarantine.

### **Weekly Testing Protocol**

Unvaccinated students must submit a weekly negative Covid-19 test by Wednesday morning. These may be either a PCR or Rapid test taken on Sunday, Monday or Tuesday with results submitted to [nurse@maayanot.org](mailto:nurse@maayanot.org) before the student's arrival in school on Wednesday. Due to the calendar of chagim, test results for the first weeks of school will be due on the following dates on 9/10, 10/4. We are currently only accepting documentation from a clinic, pharmacy, or doctors office. We will review the efficacy of at-home testing kits and report any changes to this policy if and when applicable.

### **Travel limits and Quarantine**

Ma'ayanot will be complying with NJDOH and CDC recommendations regarding quarantine with domestic and international travel.

### **Positive Covid-19 Exposure**

It is important to inform us if a student is exposed to a positive Covid-19 case so that we can guide that student regarding her quarantine and return to school. Students who are fully vaccinated who are asymptomatic will not have to quarantine but will need to monitor closely for any symptoms. Asymptomatic, unvaccinated students will still need to quarantine.

In the case of a Covid-19 exposure, rules are different depending on vaccine status.

Fully vaccinated students:

- 1) Do not need to quarantine.
- 2) Do need to monitor for symptoms and test only if symptoms of Covid-19 develop.

- 3) As long as they remain asymptomatic, they will continue to attend school, masked as usual, and should mask in public indoor places.

Not fully vaccinated students:

- 1) Will need to quarantine for 10 days or 7 days with a “test-out” option (negative test on day #5) provided they remain asymptomatic through the quarantine period. (Return to school on day #11 or #8, respectively).
- 2) The quarantine starts on the day after last exposure to the “index case.” Please note that if a household member is infected with Covid-19 and does not isolate from the student, this means that the students’ last exposure will be the last day that the ill household member was contagious, essentially causing a 17 day minimum quarantine.

### **Students with documented conditions that might mimic Covid-19 Symptoms**

Students who have a regular, documented, or ongoing condition with symptoms that correlate with any of the above listed symptoms will need to submit a doctor’s note to the school nurse indicating the condition and its symptoms. This might apply to a student who suffers from migraine headaches or someone who has had recent dental work or sustained an injury. With a doctor’s note on file, these students can attend school and take their indicated medications during the day. However, this does not eliminate the need to be vigilant and to self monitor on a daily basis. In all circumstances, a parent is required to conduct daily checks of these symptoms and consult with the family’s pediatrician before sending any student to school when the symptoms listed are not related to a regular pre-condition. Your vigilance is critical to the health of our school community!

### **Protocols If Someone Develops Symptoms at School**

**Students are never permitted to self-medicate in school in order to manage a slight headache, to reduce a fever, or in a general case of “not feeling well.”** If a student experiences an onset of new symptoms during the school day, she should immediately visit the school nurse.

**Protocols for Returning to School after Symptoms** are based on current recommendations from the CDC and the local Board of Health, and are subject to change. A student’s ability to return to school, after experiencing the symptoms listed above will vary depending on whether she receives physician’s clearance, confirmation of Covid-19, or an identified other illness. If Covid-19 is ruled out by the family physician and another illness is identified (such as documented strep), return to school will require 24 hours fever-free and appropriate treatment. A doctor’s note will be needed to return to school after an illness.

If Covid-19 is identified, the student must stay home for ten days after the positive test (or onset of symptoms, whichever came first) and must be fever-free for 24 hours, along with improvement of other symptoms.

**If a Student Tests Positive for Covid-19, parents must notify the school** in order to expedite contact tracing as per Board of Health protocols. We will, of course, handle this information with great sensitivity- in order to safeguard students’ privacy, while at the same time addressing the health concerns in the school community.