



# Resurrection Lutheran School

## Healthy Together 2022-2023

COVID & GENERAL HEALTH PROTOCOLS (Last revised March 7, 2023)

***Welcome to Resurrection Lutheran School! Below you will find information that will serve as a guideline for the 2022-2023 school year. This document will be revised periodically as we continue to monitor the latest information, best practices and professional guidance throughout the course of the school year.***

As a vital mission of Resurrection Lutheran Church, RLS remains committed to providing an academically rich, Christ-centered educational experience. Resurrection Lutheran School faculty, staff, and Board look forward to working in partnership with you to provide the best possible academic experience for our students.

Thank you for your support and encouragement as together we have navigated the COVID-19 pandemic with our Healthy Together plan allowing instruction at RLS to remain in-person, to minimize covid transmission, and protect our children and staff.

### GENERAL COVID PROTOCOLS

In accordance with the new CDC guidelines for COVID-19, RLS has adopted the following protocols:

If you were exposed to the virus that causes COVID-19 or have been told by a healthcare provider or public health authority that you were exposed, here are the steps that you should take, regardless of your vaccination status or if you have had a previous infection. Begin wearing a mask immediately and continue to wear a mask for 10 days. Watch for symptoms and if you develop symptoms, get tested immediately. As long as you are symptom free, you may attend school.

If you test positive, please stay home for a minimum of FIVE days. To return to school, you must be symptom free for 48 hours without the aid of medications and continue to wear a mask until 10 days after testing positive.

### PROMOTING VACCINATION

Achieving high levels of COVID-19 vaccination among eligible students as well as teachers, staff, and household members is one of the most critical strategies to help schools safely resume full operations. Vaccination is currently the leading public health prevention strategy to end the COVID-19 pandemic. People who are fully vaccinated against COVID-19 are at low risk of symptomatic or severe illness, including hospitalization or death. A growing body of evidence suggests that people who are fully

vaccinated against COVID-19 are also less likely to have an asymptomatic infection or transmit COVID-19 to others than people who are not fully vaccinated. In most settings, people who are fully vaccinated can safely resume activities they did before the pandemic.

## COPING AND RESILIENCE

*“The outbreak of COVID-19 can be stressful for many. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Schools can play an important role in helping students and staff cope and build resilience to support the well-being of the community,” according to StrongSchoolsNC: Public Health Toolkit (K-12).*

- RLS will provide educational resources for staff and parents on signs of mental stress.
- RLS will encourage staff, students, and families to talk with people they trust about their concerns about COVID-19 and how they are feeling.
- As always, Pastor Blanke is available for anyone seeking pastoral care.

## GENERAL HEALTH PROTOCOLS – NOT COVID RELATED *(taken from our student handbook)*

It is the responsibility of the parents to notify the school in writing if there are any special instructions regarding the application of first aid, food, or other allergies, special precautions concerning the student's health, or reasons why the child cannot actively participate in Physical Education. All students must be inoculated as required by the state. For the sake of clarity, the school office must be notified regarding medications, prescribed and over-the counter, to be taken by the child. ALL PRESCRIBED MEDICATIONS are to be given to the school office upon arrival at school in a pharmacy-labeled container with complete written instructions from the physician. Students may NOT self-medicate. Much of this reporting can take place via the Sycamore portal. Please contact the school office if you are unsure where your information is best reported to the school.

To minimize the danger of spreading diseases, a child having the symptoms of a contagious infection should be kept home. Fever should be absent (not masked by medications) for 24 hours. Should signs of illness arise while the child is in school, the office will contact the parent/guardian, who will then make arrangements for transportation home. In cases of serious illness, we will contact the parent and/or call 911.

Students unable to go outside for recess or participate in Physical Education will be required to have a note from the physician. Children will be supervised at all times by a teacher or staff member.