



# What is the proper technique for handwashing?



**Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.**

**Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.**



**Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.**

**Make sure you rinse your hands very well under clean, running water (warm or cold).**



**Dry your hands using a clean towel or air drying.**

*Source: Centers for Disease Control and Prevention*



**LEARN MORE at [cdc.gov/handwashing](https://www.cdc.gov/handwashing)**





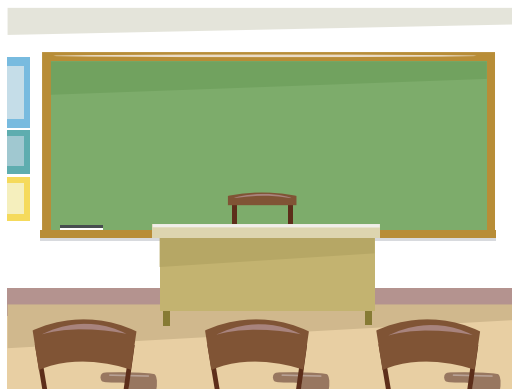
## Will hand sanitizer be available in schools?

Yes! Students will be given time throughout the day to wash their hands. When students cannot wash their hands, they can use hand sanitizer that will be available in schools and classrooms.

JC Schools teachers and staff will help remind students to use hand sanitizer when coming into classrooms and leaving classrooms by using the fun slogan: **"Gel in, gel out!"**



**GEL IN**



**GEL OUT**







# What songs can students sing while handwashing?



*There are many great songs students can sing or hum while washing their hands for 20 seconds. Here are some recommendations:*



## **Chorus: "Stayin' Alive" by the Bee Gees**

"Whether you're a brother or whether  
you're a mother,  
You're stayin' alive, stayin' alive  
Feel the city breakin' and everybody  
shakin'  
And we're stayin' alive, stayin' alive  
Ah, ha, ha, ha, stayin' alive, stayin'  
alive  
Ah, ha, ha, ha, stayin' alive"



## **Chorus: "Let It Go" from Frozen**

"Let it go, let it go  
Can't hold it back anymore  
Let it go, let it go  
Turn away and slam the door!  
I don't care what they're going to say  
Let the storm rage on  
The cold never bothered me anyway!"



## **Chorus: "Just the Way You Are" by Bruno Mars**

"When I see your face  
There's not a thing that I would change  
'cause you're amazing  
Just the way you are  
And when you smile  
The whole world stops and stares for a  
while  
'Cause you're amazing  
Just the way you are"

## **Song: "Happy Birthday"**

"Happy birthday to you,  
Happy birthday to you,  
Happy birthday dear (insert name)  
Happy birthday to you"  
(Sing twice)





## Will my student be expected to help clean?

Yes, teachers and staff may ask students to help clean hard surfaces, like desks and chairs, throughout the school day.

### ***Are the cleaning products safe for students?***

Of course! Our germicidal disinfectant sprays and wipes are safe for students. The cleaners are FDA approved to clean hard surfaces and can be handled without the use of latex gloves. The wipes have the same or similar ingredients as the wipes you may find at a grocery store to wipe down cart handles, child seats, changing tables, etc. Students will not use harsher disinfectant wipes, like Clorox or Lysol wipes, that can be harmful to their skin and eyes.

### ***What cleaning technique will be taught?***

The technique is like what you're probably already doing at home! There are three simple steps:



**1** **SPRAY**  
hard surfaces  
to disinfect



**2** **WIPE**  
the area you  
just sprayed



**3** **LET IT DRY**  
for 3 minutes  
before using

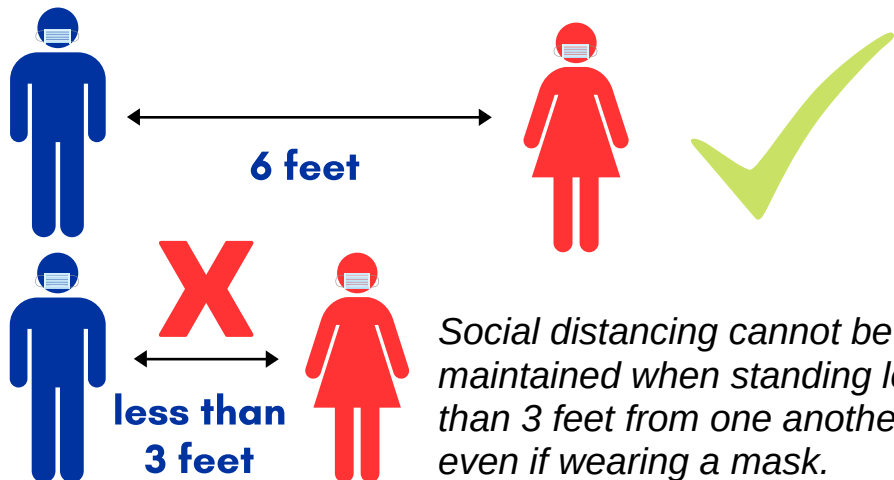
## KEY PRIORITY: SOCIAL DISTANCING



# What is social distancing and why is it important?

Social distancing means keeping a safe space between yourself and others not from your household. COVID-19 spreads among people who are in close contact (within about 6 feet) for a prolonged period.

To practice social distancing, stay at least 6 feet (about 2 arms' length) from other people who are not from your household in both indoor and outdoor spaces.



Social distancing should be practiced in combination with:



**Wearing a mask**  
(required for teachers  
and all students  
grades K-12).



**Avoiding**  
touching your  
face with  
unwashed hands.



**Washing hands with soap**  
and water for at least 20  
seconds. Use alcohol-based  
hand sanitizer if soap and  
water are not available.





**KEY PRIORITY:  
SOCIAL  
DISTANCING**



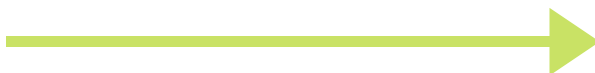
# How are schools helping students social distance?

JC Schools understands social distancing in schools will be a challenge, but it should be practiced whenever possible.



Because of this, all teachers are required to wear masks as well as students in grades K-12 when social distance cannot be maintained.

**YEP, YOU GOT IT!**



Students will go immediately to designated classrooms upon arriving at school and will not congregate in hallways or common areas.



**NOPE,  
STRAIGHT  
TO CLASS!**



**THAT'S  
BETTER!**



**KEY PRIORITY:  
SOCIAL  
DISTANCING**



# How are schools helping students social distance?

In order to prevent students from congregating in hallways or common areas, **buildings will likely only open 30 minutes before start times** to ensure students can be supervised in individual classrooms as needed.

Special arrangements for access into buildings outside of regular school hours (such as tutoring or extra/co-curricular activities) will be arranged by staff members and supervised accordingly.



## 2020–2021 START & END TIMES

**Elementary  
schools**

7:45 AM -  
2:45 PM

**Middle  
schools**

8:50 AM -  
3:50 PM

**High  
schools**

8:40 AM -  
3:40 PM

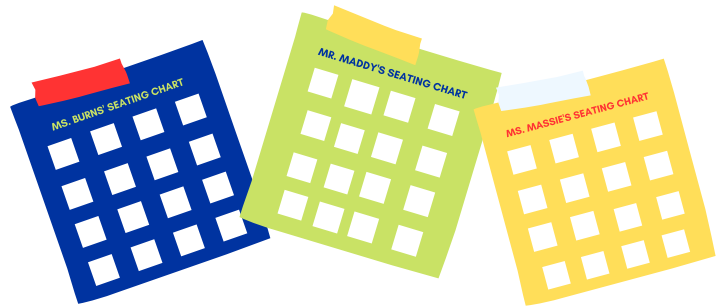


## KEY PRIORITY: SOCIAL DISTANCING

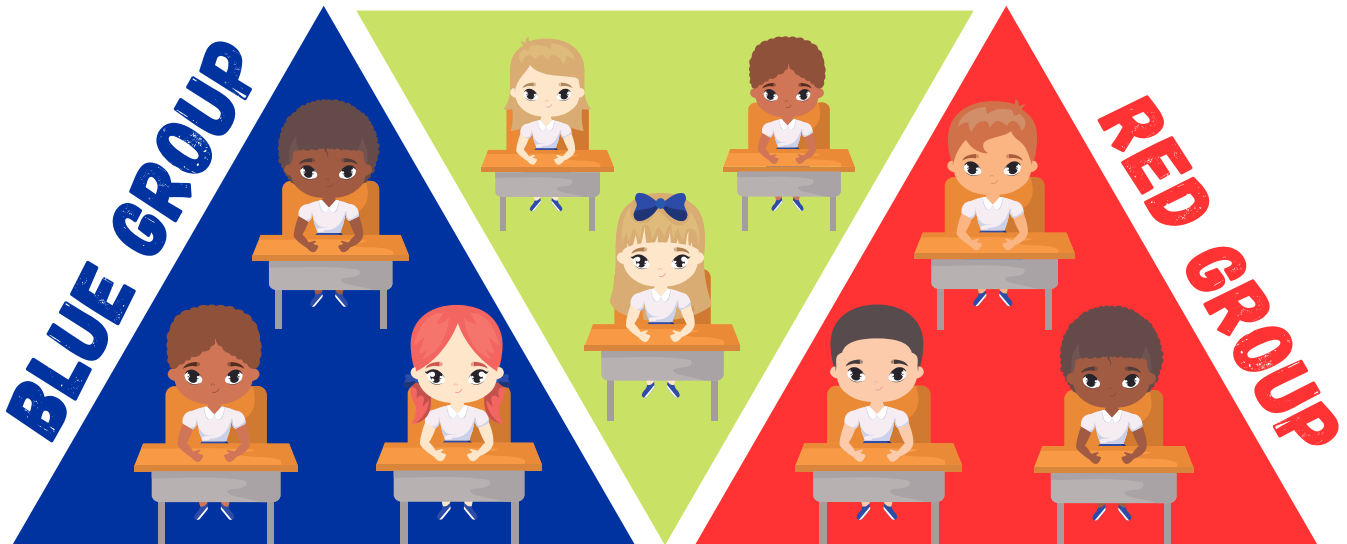


# How are schools helping students social distance?

Assigned seats will be given within classrooms, when occupying common areas, and for riding the bus.



## GREEN GROUP



Desks in classrooms will be spaced as far apart as possible for social distancing. Additionally, **small groups** will be used to the extent possible. This will assist with contact tracing if needed.

Non-essential furniture and other soft surfaces such as carpets and seating will be removed for sanitation purposes.





## KEY PRIORITY: SOCIAL DISTANCING



# How are schools helping students social distance?

**Modifications within the school day will be made as needed.**

For example, elementary teachers for classes like art or music will come to primary classrooms to limit the amount of movement within buildings, recess times will be staggered, etc.



## ***Will there still be class parties or school dances?***



**In-school gatherings such as assemblies, rallies, school parties, dances etc. will not be held unless social distance can be maintained and students can remain with limited small groups.**



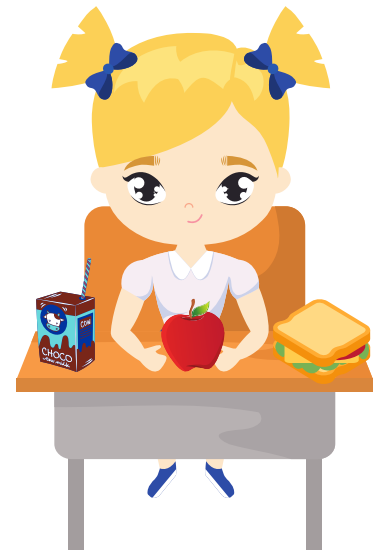
## KEY PRIORITY: SOCIAL DISTANCING



# How can students social distance during lunch?

Modifications to meals will be made as needed. For example, some students may eat **meals in the classroom**, some students may **eat meals in other common areas** to limit the number of students in the cafeteria.

If eating meals in the **cafeteria**, the number of students will be limited and students will be seated with fellow students from their **small groups** to minimize exposure.



**BLUE  
GROUP**



**GREEN  
GROUP**



**RED  
GROUP**



**KEY PRIORITY:  
SOCIAL  
DISTANCING**

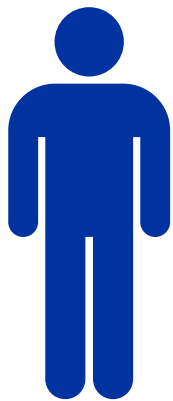


# When should you wear a face mask or covering?



**FIRST, ASK YOURSELF:**

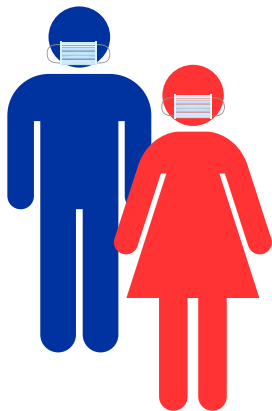
*Can I social distance at least 6 ft from others?*



**YEP** 👍



Facial masks or coverings are not necessary, but staff and students can wear facial masks or coverings if they so choose.



**NOPE** 👎

Students in grades K-12 will be required to wear a mask or face covering in any instance where social distance cannot be maintained (such as passing periods in the hallways, lunch lines, etc).



***Students in grades K-12 will be required to wear a mask while riding the bus.***





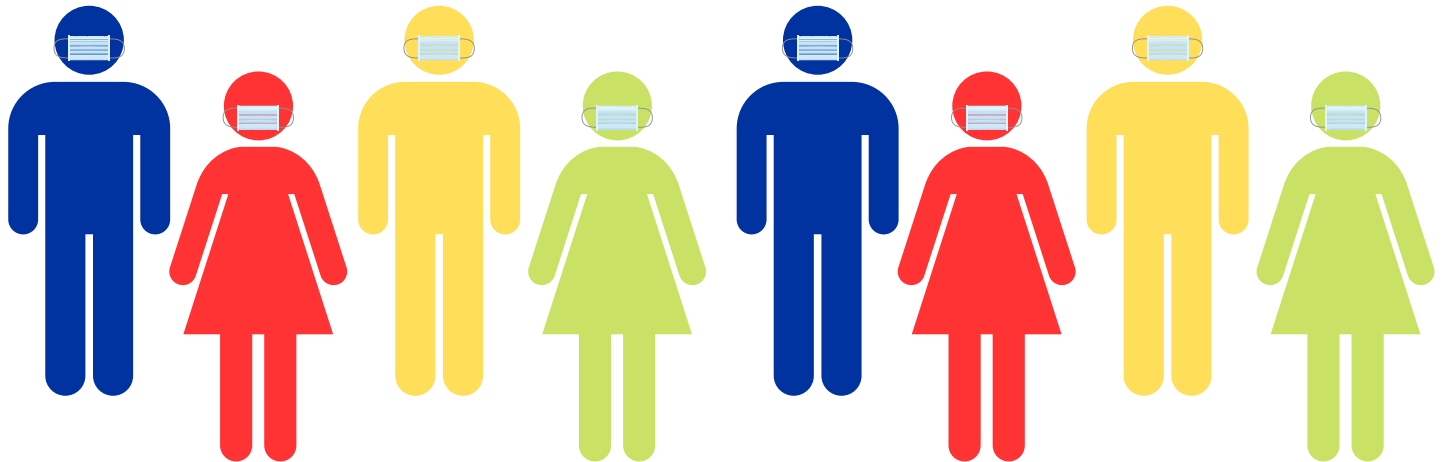
**KEY PRIORITY:  
SOCIAL  
DISTANCING**



# Who is required to wear a mask at school?



**All teachers and staff must wear masks during the school day any time social distancing cannot be maintained.**



**Students in grades K-12 will be required to wear a mask or face covering in any instance where social distance cannot be maintained (such as passing periods in the hallways, lunch lines, etc).**



***Students in grades K-12 will be required to wear a mask while riding the bus.***



**KEY PRIORITY:  
SOCIAL  
DISTANCING**



# How will social distancing work on the bus?



Students in grades K-12 are required to wear a mask while riding the bus. Students who do not wear masks on the bus could be restricted from riding the bus.

**GEL IN**



**GEL OUT**

*Students are encouraged to use hand sanitizer when coming on and getting off the bus. An easy way to remember is to **"gel in and gel out."***

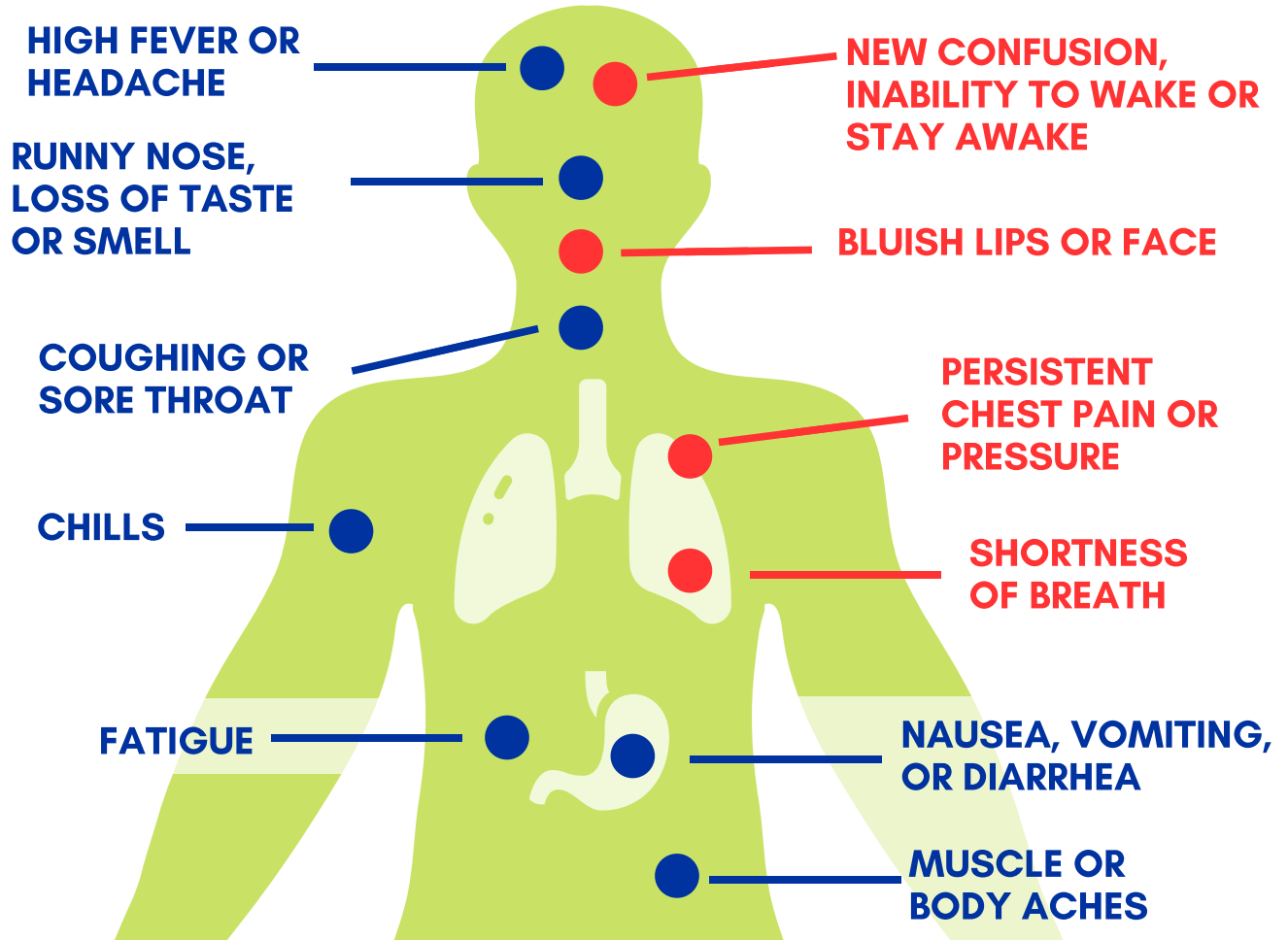
- Buses will be loaded from the back to the front to minimize student contact and interaction. Students should follow loading and unloading directions from bus drivers.
- Students will have assigned seats and should remain in those seats throughout the entire bus ride.
- Students will only be able to ride the bus they are assigned to, except in true cases of emergency. This will help with school and public health officials if they need to conduct contact tracing.



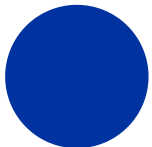


# How do I know if my student has COVID-19 symptoms?

**Students and staff who feel sick should NOT come to school.**



Source: Centers for Disease Control and Prevention (CDC)



## **BLUE DOT SYMPTOMS**

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19.



## **RED DOT SYMPTOMS**

Emergency warning signs for COVID-19. Seek emergency medical care immediately if showing any of these signs.

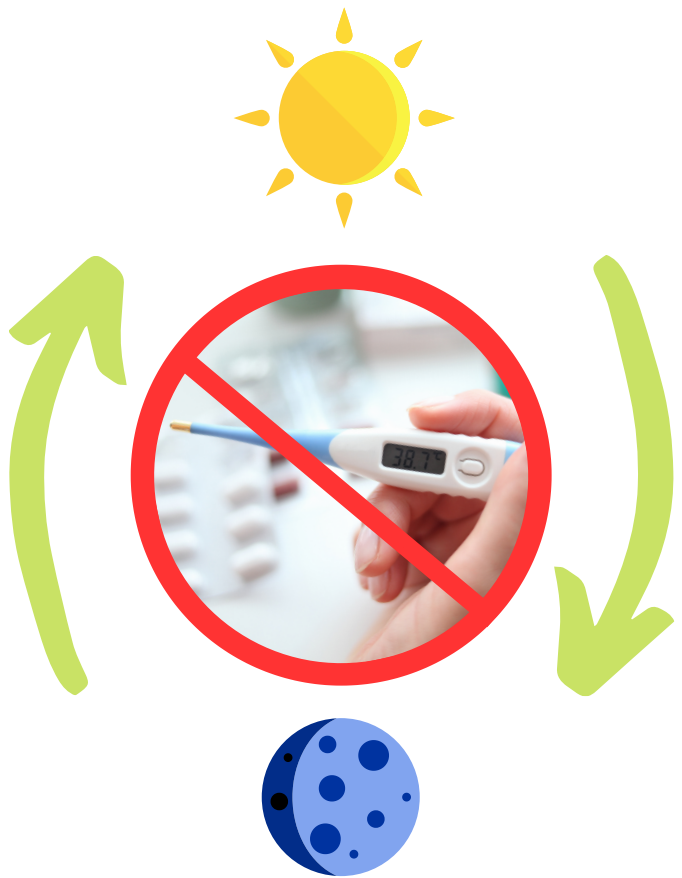




## When can students return to school after feeling sick?

Students and staff who are sent home with a temperature must be fever free for **24 hours without the use of fever reducing medications** and **may return to school if accompanied by a doctor's note** with a diagnosis not related to a respiratory illness, influenza or COVID-19 (such as pink eye, strep throat, ear infection, etc.).

Students and staff must be fever free for **72 hours without the use of fever reducing medications** *if not accompanied by a doctor's note* for a diagnosis. Fever reducing medications include Tylenol, Acetaminophen, Motrin, Ibuprofen etc.



When students are kept home due to illness, the school attendance secretary will ask additional screening & entry questions regarding symptoms to confirm whether COVID-19 is a factor.

### *Will perfect attendance be an incentive for students?*



No, perfect attendance will not be incentivized this school year. Families are encouraged to keep their students home if they're feeling sick.



## How do the thermal temperature cameras work?

**Thermal cameras will be installed at the entrance of every building to scan all who enter for elevated temperatures.**



Students and staff arrive to school and enter through the main entrance(s).

Thermal cameras will check their temperatures as they walk through the main entrance.



Students and staff will have their temperature checked again with a handheld thermometer to ensure the accuracy of the thermal camera reading.

Anyone with a temperature at/above 100.4 will be moved to a designated sick area to minimize contact with others.



***Will schools regularly check the temperature of students and staff?***

**Where appropriate, handheld thermal temperature readers will also be used at buildings, at additional entrances, by parent educators before meeting with families, for activities purposes, etc.**

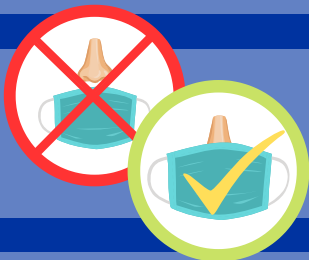
**KEY PRIORITY:  
PROTECTIVE  
EQUIPMENT**



# What are some tips for wearing a mask properly?

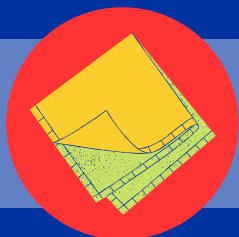
*When wearing a mask, make sure your mask:*

fits snugly but comfortably  
against the side of your face



completely covers the nose  
and mouth at all times

is secured with  
ties and ear loops



includes multiple  
layers of fabric

allows for breathing  
without restriction



can be laundered and machine dried  
without damage or change to shape

*Wash your hands or use hand sanitizer before putting on your mask.*



**KEY PRIORITY:  
PROTECTIVE  
EQUIPMENT**



# What's the best way to clean my student's mask at home?



## Washing Machine

You can include your mask with your regular laundry. Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask.

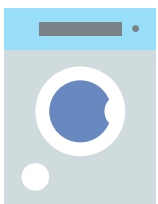
## Washing by hand

Prepare a bleach solution by mixing: 5 tablespoons (1/3rd cup) household bleach per gallon of room temperature water or 4 teaspoons household bleach per quart of room temperature water.

Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection. Ensure the bleach product is not past its expiration date. **Never mix household bleach with ammonia or any other cleanser.**

Soak the mask in the bleach solution for 5 minutes.

Rinse thoroughly with cool or room temperature water.



## Dryer

Use the highest heat setting and leave in the dryer until completely dry.



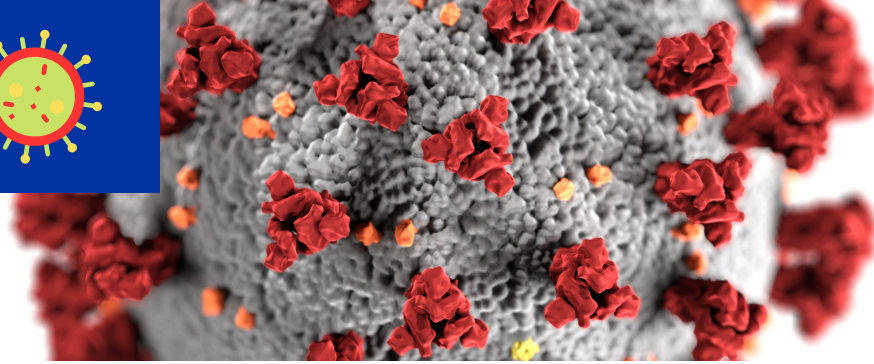
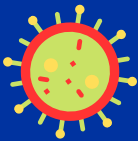
## Air dry

Lay flat and allow to dry. If possible, place the mask in direct sunlight.



*Source: Centers for Disease Control and Prevention*





## How do I talk to my child about COVID-19? (1/2)

The Centers for Disease Control and Prevention have some tips for families when talking to children about COVID-19:

**Remain calm.** Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.



**Reassure children that they are safe.** Let them know it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.

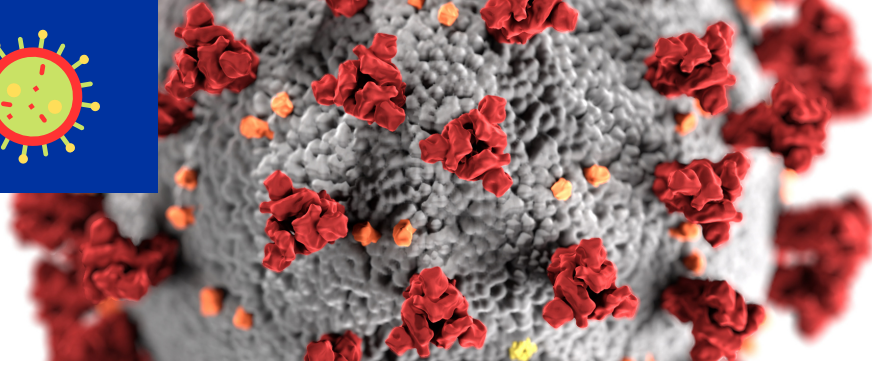


**Make yourself available to listen and to talk.** Let children know they can come to you when they have questions.

**Avoid language that might blame others** and lead to stigma.

**Pay attention to what children see or hear** on television, radio, or online. Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.





## How do I talk to my child about COVID-19? (2/2)

**Provide information that is truthful and appropriate** for the age and developmental level of the child. Talk to children about how some stories on COVID-19 on the Internet and social media may be based on rumors and inaccurate information. Children may misinterpret what they hear and can be frightened about something they do not understand.

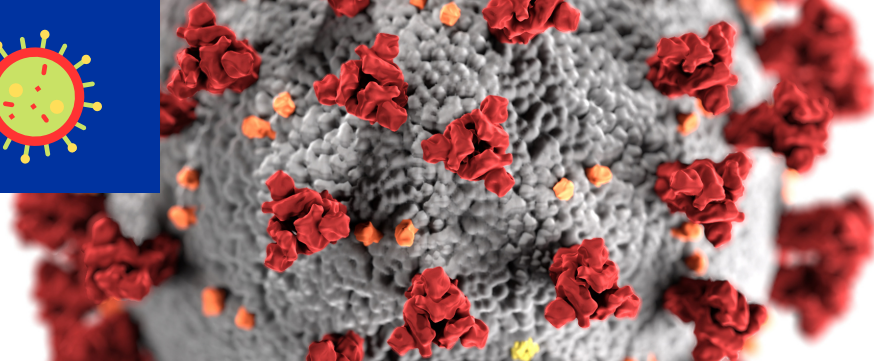
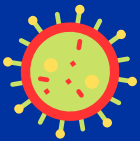


**Teach children everyday actions** to reduce the spread of germs. Remind children to wash their hands frequently and stay away from people who are coughing or sneezing or sick. Also, remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.



**Read the Back to JC Schools Re-entry Plan at [jcschools.us](https://jcschools.us) and discuss** new actions that may be taken at school to help protect students, teachers, and school staff.



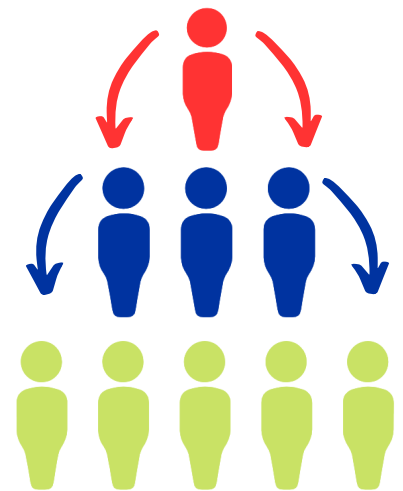


# What is contact tracing and what does it involve?

Contact tracing is used by health departments to prevent the spread of infectious disease.

Contact tracing involves identifying people who have an infectious disease (cases) and people who they came in contact with (contacts) and working with them to interrupt disease spread.

This includes asking people with COVID-19 to isolate and their **close contacts** to quarantine at home. Contact tracing has been used for decades to slow or stop the spread of infectious disease.



Source: Centers for Disease Control and Prevention

## Contact tracing involves:



**Interviewing people with COVID-19** to identify everyone they had close contact with during the time they may have been infectious.

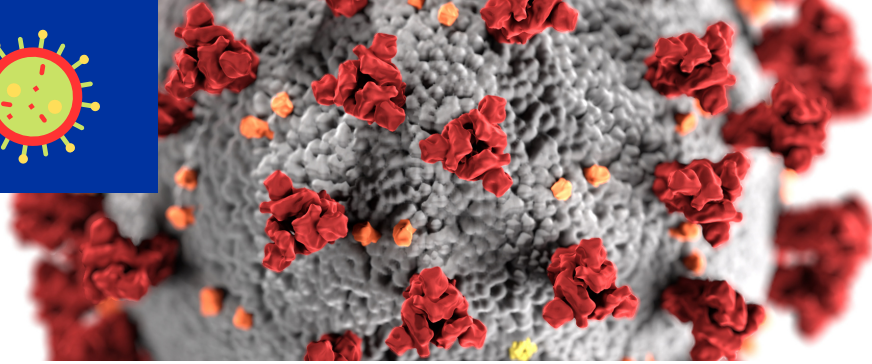
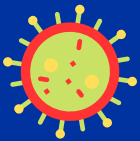


**Notifying contacts** of potential exposure and Referring contacts for **COVID-19 testing**.



Monitoring contacts for **signs & symptoms**, and connecting contacts with services during **self-quarantine**.

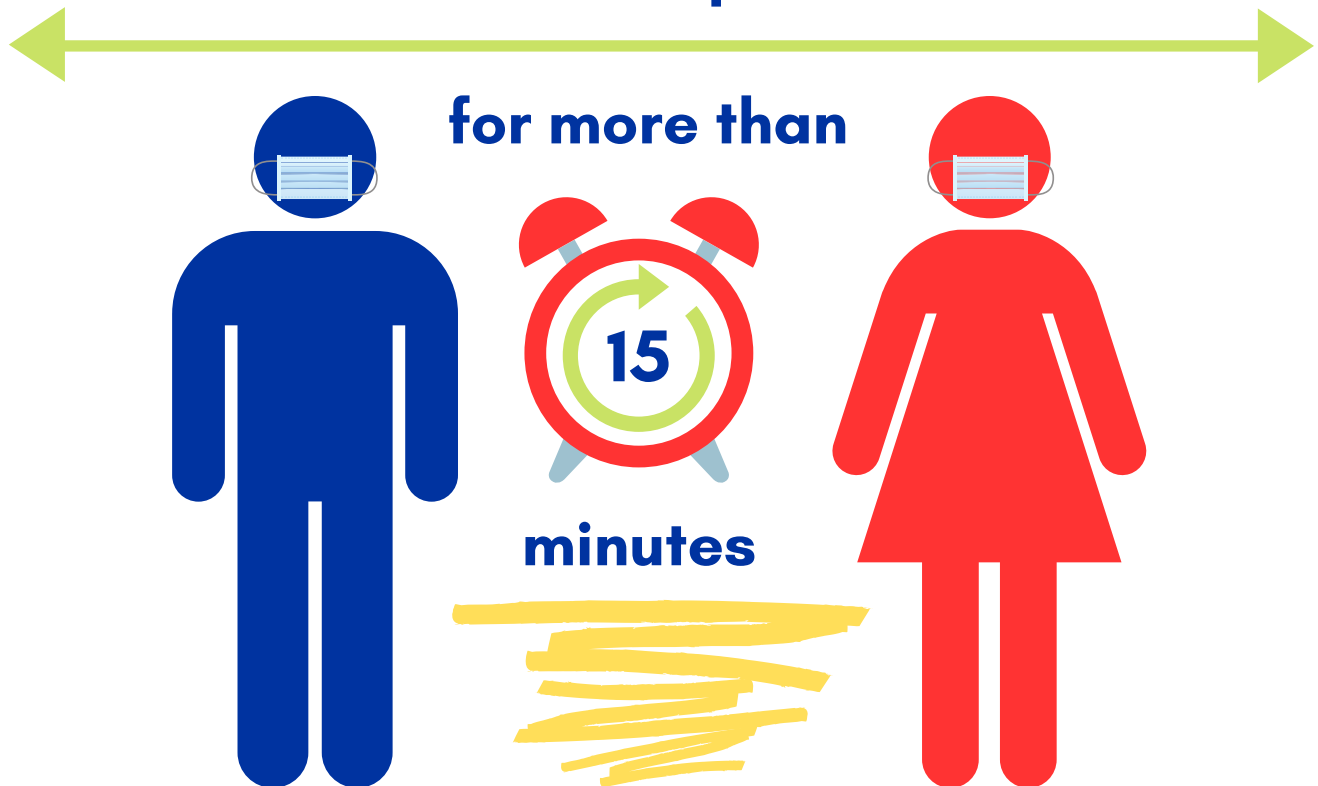




# Who is considered a close contact of a positive case?

*In contact tracing, you're considered a close contact when you've been*

**within 6 feet of a positive case**



The health department will notify you if you're a close contact and advise you to quarantine at home for 14 days.





**KEY PRIORITY:  
BUILDING  
ACCESS**



## Why can't parents visit their students at school?

To minimize the exposure of students & staff to others outside of their assigned small groups, non-essential visitors & parents will not be permitted beyond the secure vestibules at schools.



### *What if my student forgot his/her lunch or homework?*

Parents can drop off their students' forgotten lunch, homework, books, etc. at their schools, but they cannot go past the vestibule.

### *How will schools screen visitors in buildings?*

Any essential visitors who do enter the building will be required to:



enter through the main entrance



required to wear a mask while in the building



scanned by thermal temperature cameras



be tracked in a visitor log to include symptom screening questions, date & time of visit, where in the building they travel to, & any students or staff they have contact with.



## KEY PRIORITY: VIRTUAL EDUCATION



# Where can I find more information on Launch?

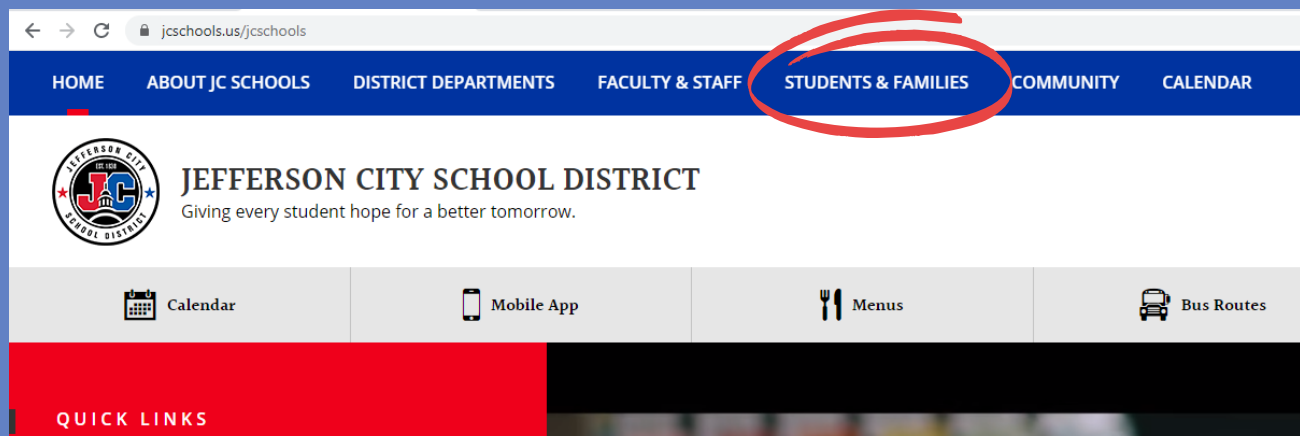
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Go to [jcschools.us](https://jcschools.us)



Hover over "STUDENTS & FAMILIES"

2



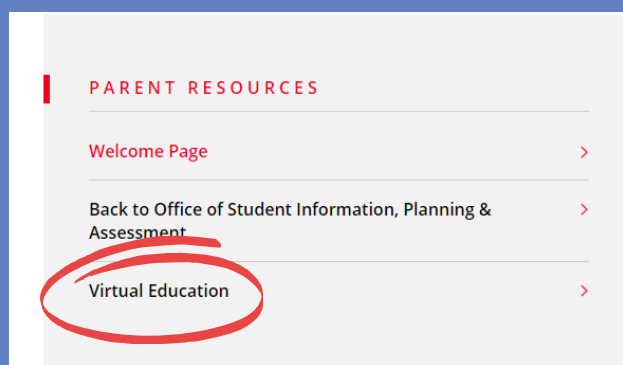
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Click "Parent Resources" in drop down menu



Click "Virtual Education"

4



[Home](#) » [Students & Families](#) » [Parent Resources](#) » Welcome Page

**PARENT RESOURCES**

### PARENT RESOURCES

[Welcome Page](#)

[Back to Office of Student Information, Planning & Assessment](#)

[Virtual Education](#)



Infinite Campus is a web-based student information system. Some of the information available to parents/legal guardians via the Portal include: demographic information, a calendar, individual student schedule, grades, attendance and immunization records.

